

A Wonderful Surprise in Toronto

Sarita Sud, Breast Cancer Recovery

by Charlotte Gerson

I must admit that I cannot remember *all* our past patients. So I didn't recognize Sarita as a former patient when she introduced herself at one of my lectures at the Health Expo in Toronto in November.

She was very happy to testify about her recovery from breast cancer. Her husband and six-year-old son were in the audience, supporting her.

Sarita was born on August 31, 1957. During the summer of 2001, she noticed a small rash on the arm side of her nipple on her right breast. It was extremely itchy, so much so she went to her family physician, Joanne Mugford, M.D., who thought it was a "summertime eczema," and gave Sarita some ointment for it. The 'rash' disappeared, but recurred in September. Sarita went back to the doctor since the rash was itchier than before. This time, Dr. Mugford sent her to Dr. Holloway, a specialist, who 'suspected something,' and put her through an all-day battery of tests. The ultrasound of her breast showed 'something suspicious,' and Dr. Holloway advised Sarita to return for a biopsy. Sarita remembers the exact date: on September 28th, the doctor phoned and told her, "Kidido, you have breast cancer."

Of course, this news was a big shock, and Sarita cried all the way home. She imagined that she would pass away and leave her family, including her little two-year-old boy. For a long time, she just rode around on her bicycle, avoiding the inevitable disclosure. Eventually, of course, she returned home and told her husband and her two older daughters.

Sarita was so upset that she told Dr. Holloway to schedule surgery to remove her breast. She wanted that tumor *out*. The surgeon also removed some lymph nodes, but called her two weeks later to tell her that she needed more surgery to remove other 'infected' lymph nodes, too.

This dismal news convinced Sarita that the medical treatments would never end,

and she told the surgeon not to schedule an additional surgery, that she would have to think about it. Meantime, her husband was doing intensive research for other options. On the Internet, he found out about the Gerson Therapy, and the information that this Therapy had the highest success rate of all alternative treatments. He printed out the material and brought it home to Sarita, showing how nutrition could heal. Sarita instinctively felt that this approach was right for her: she had always



Sarita Sud, recovering breast cancer patient testified in Toronto

taken good care of herself but never thought about nutrition!

She submitted her medical records to be passed along to Dr. Melendez, who believed that Sarita would be 'a great success.' Arranging for her sister from India to come and care for her children, Sarita completed the Gerson Caregiver Training course so she could do the Therapy at home. When she met Dr. Melendez, she was so nervous about being in the presence of a doctor that her blood pressure went sky high! Dr. Melendez gave her a big hug and asked her why her blood pressure was so high. She told Sarita that she was not with a regular doctor, but with a healer.

From that moment on, she knew she would recover.

As a small child, Sarita annually had a summer rash near her tailbone. Each time, the doctors gave her mother some ointment to put on it, and it would disappear, only to return the next year. While she was on the Gerson Therapy, she had one strong flare-up around the same area with a deep red circle developing, some 10 cm across. And that was the last one. Another flare-up came in the form of a huge swelling of her wrist, which swole to double its normal size after only about three months on the Therapy. Sarita was horrified and feared the Gerson Therapy was not working for her, and the cancer had spread to her bones. But her sister encouraged her to read all about the treatment and about flare-ups. A coffee enema helped. Then she recalled that some four years earlier, she had fallen on the ice and badly scraped her wrist. It even turned blue and took a number of weeks to heal. This was a flare-up, the skin turned blue again, but the swelling and blue color disappeared in time and never returned.

Another episode occurred after she had been on the Gerson Therapy four months. A mole on the side of her face, just in front of her ear, which had been there all her life, grew larger and turned black. Sarita went to a skin specialist who said that the mole would have to be removed and biopsied. Again she opted against surgery. One morning shortly thereafter, she woke up and remarked that there was sand on her pillow. When she showered, she noticed that the mole was gone, and there was only an area of pink skin where it had been.

Two and a half years since she started the Gerson Therapy, Sarita feels well, has good energy and knows she can remain well.

After her testimony at the lecture in Toronto, so many people approached her and wanted to know more about her illness and recovery that she invited many of them to come to her house so she could talk to them. 26 people came to learn more about how she got well, and several have already arrived at the Mexican Gerson hospital to recover under medical care. 🐾

Cancer specialist attacks alternative therapies

Glass Houses

From the Internet

Everyone knows the old saying 'People in glass houses shouldn't throw stones', everyone, that is, except Prof. Jonathan Waxman, a cancer specialist at Imperial College in London.

He's been throwing stones at the alternative medicine and organic foods markets, which he says do nothing to help cancer patients other than to give them false hope, and generate vast profits for themselves in the meantime.

"It is the hope of clinicians that the snake oil salesmen that peddle cures and exploit the desperate will be tipped in the cobra-filled dustbin of oblivion," he writes in a vitriolic essay in the *British Medical Journal*.

To that end, all alternative strategies should be reclassified as drugs—as they all claim a cure (although few to our knowledge actually do)—and legislate them out of existence, he says. "Protect our patients from vile and cynical exploitation whose intellectual basis, at best, might be viewed as delusional," upon saying which he went back into his house, made entirely from glass.

First up with his own slingshot was Dr. Damien Downing, medical director with the Alliance for Natural Health, a group that is fighting to safeguard alternative medicine against a barrage of EU legislation.

Prof. Waxman assumes that, in contrast to alternative and complementary medicine, conventional therapies are tested by sound science. Sadly, that's not the case, says Dr. Downing. A quick visit to the *BMJ* Clinical Evidence website reveals that, of the 2,404 treatments surveyed, just 15 per cent were rated as beneficial, while it's not known if 47 per cent are effective at all.

Turn to Prof. Waxman's own specialty of oncology and the picture worsens. A study prepared in 2004 revealed that chemotherapy achieved a five-year survival rate of less than 2.5 per cent. Dietary

Skiing, Rock climbing, Motorcycling, Golf ...

Esther's Active Recovery from Breast Cancer with Liver Metastases

by Esther B., as reported to Charlotte Gerson

On September 13, 2006, the Gerson Institute received the following e-mail:

"For those who don't know me ... I'm a 45-year-old stage IV breast cancer patient, with met[astases] to liver and bones. In January 2004, when diagnosed stage IV, my liver was so covered in tumors that it was shutting down. My skin was completely yellow, even my eyes were yellow.

"I didn't know any better, so I began Chemo treatments at once. My onc[ologist] said that with treatment, we could hope for a year. I went in search of other options, and stumbled upon Max Gerson's method. I figured I had nothing to lose. Liver met[astases] from breast cancer has a very poor survival rate with traditional medical treatment. Fewer than 1% survive past two years.

"I celebrated my two-year anniversary of being diagnosed with breast cancer with metastases by skiing in Telluride, CO, one of the steepest mountains in the U.S.



Esther celebrates life at Telluride

"Well, I am still here, and just had a PET/CT scan to check my status. I'm getting close to three years now. Things are better than ever! My liver is fully functioning! Nothing in my bones! Nothing to treat! I was walking on air!!!

"I'm not just here either ... I snow ski 30 days a year, water ski every summer, rock climb, golf, motorcycle ride and travel frequently.

"I am followed by my traditional oncologist, who orders all my tests for follow-up. He can't explain my marvelous progress. They say in his office that 'I cured

myself' and that I am a 'miracle patient'. Even my traditional oncologist is asking questions about my lifestyle and supplements.

"So for me ... the only proof that counts is how well I am doing and I know that lifestyle changes have had an enormous impact on my health."

Signed: Esther—California

changes are four times as effective in treating cancer, another study revealed.

Other doctors don't seem to share Prof. Waxman's confidence in the scientific basis of medicine. Writing in the same issue, Aubrey Blumsohn, a consultant at the Sheffield Teaching Hospitals, says that doctors have allowed the drugs industry to sabotage medicine. "We have allowed (the drugs) industry to subvert the rules of science. We have watched quietly as governments and academics have colluded with industry to hide information critical to our patients. We have remained silent as our medical schools have churned out graduates who have no knowledge of the dilem-

mas and scandals of medicine. We have allowed many of our medical journals to become corrupted and timid," he writes.

Come to think of it, Prof. Waxman's house isn't made of glass at all. It's constructed entirely from straw.

(Sources: *British Medical Journal*, 2006; 333: 1121 (Blumsohn) and 1129 (Waxman)).

Editor's Note: There are two intriguing statements in this article. One is the "less than 2.5%" figure for chemo, essentially "zero". The other is "few [alternative therapies] to our knowledge actually do [provide cures.]" If any cures exist, shouldn't they be trumpeted rather than attacked?

A Letter from Gina F.

Ten Years Recovered from Breast Cancer

In December 2006, the Gerson Institute received the following letter from Gina F.: Italics as in the original.

“I ask that you please pass this note to Miss Charlotte Gerson for me. Seeing her 10 years ago in Seattle changed my life and the lives of many others. Ten years ago, I was diagnosed with breast cancer and the same as most of the people with whom you come in contact, I was headed for the dreaded knife, radiation, chemo and sores. I was scared and thought I had no options.

“To make a long story short, I found the Gerson Therapy and went to hear Charlotte talk. I had already undergone surgery and was getting ready to do radiation and chemo—when I began to have dreams of three people in black hoods. I soon figured out that these were the henchmen: my surgeon, radiation doctor and my oncologist. *I knew that if I continued in this manner it would kill me.* I realized that

doing these therapies was not for me. I had the surgery and radiation, but chose not to do the chemotherapy or any follow-up drug treatment.

“It was because of Charlotte’s inspiring message that my life is now so wonderful. My life before cancer was no life at all. It is all because I started the Gerson Therapy and started to take care of myself. I was eating organic, filtering my drinking and bathing water, doing coffee enemas (that I do up to this day), juicing, exercising, using supplements, massage, dry brushing—the list goes on and on. It is because of these changes and incorporating all of these things into my life that gave me a new life.

“I now have a seven-year-old son. Had I done chemo, I would not have been able to give birth to him. He is my gift as well as was my cancer. My son teaches me lessons daily.

“In March I will be in Europe for a month with my son, celebrating my 10th anniversary (10 years cancer-free). I started my life over 10 year ago.

“Thank you Charlotte Gerson, and I send thanks from all of those to whom I have passed the Gerson Therapy along.”

Editor’s Note: We often hear patients voice the seemingly contradictory statement that cancer was a gift to them. It is not that cancer was such a pleasure, but that the immediate and life-threatening illness forced them to learn about health, nutrition, toxicity and a far better way forward for which the patient is grateful.

—Ed.



An encouraging report

Roger W. Calls from Ohio

by Howard Straus, Editor

I got a telephone call on Dec. 19 from Roger W., an 86-year-old gentleman from Ohio. Over the years, he has bought a number of Gerson books and DVDs to distribute to schools and libraries, just wanting to do good by getting the word out.

In spring of 2007, Roger told me that a long-standing melanoma tumor on his ear had started to grow, and he was concerned. What should he do? Of course, I recommended that he immediately go to the clinic in Mexico, which he did in June. I asked him to let me know what happened, but had heard nothing from him since he returned from Mexico.

Then, out of the blue, Roger called. After a description of his arrival at the Gerson clinic, and meeting Charlotte ("Quite a woman! I'm just two months older than she is."), praise for Dr. Cervantes and the wonderful staff at the center, Roger said, "Well, I was there for three weeks, and nothing much happened to the tumors."

I held my breath, wondering if there was some bad news. After all, nobody ever claimed a 100% cure rate! But he went on. "When I got home, the tumor started changing, and about a month after I left Mexico, the one on my ear fell off." (Whew!) In allopathic medical terms, this would have been considered a miracle. Melanoma tumors don't just "fall off."

"Then," he went on, in his languid upper-mid-Western rural manner, "in September, the other tumor, behind my ear on my scalp, fell off too. Just wanted to tell you what's been happening."

I live for calls like this!

Correction ... sort of

In the last issue of the Gerson Healing Newsletter, we gave a website on page 7 for a film clip of a Merck immunologist. Because of its length, it was hyphenated across a line break. Those who typed it in character for character got a quite different website. To get the correct website, remove the hyphen at the end of the line, between the words "live" and "leak". And we apologize for the problem!

Shirley Tice — Recurrent Breast Cancer

Will Wonders Never Cease?

by Charlotte Gerson

In July of 1986, when her right breast began secreting a reddish fluid, Shirley Tice consulted her regular gynecologist, Dr. Jacquelyn Walker, and had a mammogram. A 'suspicious lump' was then biopsied by Dr. Joann Scheer at St. Luke's Hospital in Pasadena, CA. Several lumps were found and her surgeon suggested a radical mastectomy and the usual treatment with chemotherapy. Her friend of about a year who was very much into natural healing therapies, took her to visit the Mexican Gerson hospital before the scheduled mastectomy. She chose nutritional healing and spent a few weeks in Mexico, then followed the Gerson Therapy for another two years—recovered and was well for about eight years. She also started a new business and was successful and happy.

Her next mammogram was clear. When she took it to Drs. Scheer and Walker to compare it with the original mammogram, they claimed to have 'misaid it'. Dr. Scheer even wanted to perform a mastectomy, as she put it, "to make sure that the cancer was gone." Needless to say, Shirley refused.

That is not the end of the story. A little later she was looking after several of her grandchildren while her daughter was working. Foolishly, she took them to McDonald's for some meals and also ate there! She soon had a recurrence of the cancer in her breast. She reverted to the Gerson Therapy for about one and a half years—and recovered *again*.

Incredibly, she subsequently spent some time working with disabled patients and again abandoned the 'healthy eating' habits of the Gerson Therapy. And she had a second recurrence! This time it was very serious with metastases to the bones requiring a metal rod in the bone of her leg.

The wonder of this story is that in the 30 years that we have been working at the Mexican clinic, we have had ample evidence above all, the Gerson Therapy is able to reverse even 'terminal' cancer. We have also seen a number of cases where recovered patients go back to ordinary foods, or travel and work in other countries without access to organic foods and juices—and develop a recurrence of their cancer. These patients then go back to the Therapy and recover again.

However, we have had to warn patients to avoid a second recurrence at all costs! While we have seen a few rare patients who got ill again, none of these has recovered a third time. We generally warn all patients that a recurrence will be slower and more difficult to heal than the original cancer, but a second recurrence would be fatal.

You'll see from the above that Shirley Tice had this additional recurrence and was very ill, with bone metastases and spreading cancer. She did go back to the strict Therapy and to the amazements of all of us involved with the Gerson Therapy, she recovered a third time! The power of the Gerson Therapy is wondrous.

Suppressed for over a century

Why "They" Don't Want to Cure Cancer

"Triumph over cancer ... would mortally threaten the present clinical establishments by rendering obsolete the expensive surgical, radiological and chemotherapeutic treatments ... Such fear, however unconscious, may result in resistance and hostility to alternative approaches in proportion as they are therapeutically promising. The new therapy

must be disbelieved, denied, discouraged and disallowed at all costs, regardless of actual testing results, and preferably without any testing at all. As we shall see, this pattern has in actuality occurred repeatedly, and almost consistently."

Quote from Hans Ruesch, Naked Empress—the Great Medical Fraud, CIVIS, Massagno/Lugano, Switzerland 1992, pp. 62-65, in quoting an article by Robert Houston and Gary Null.

ESSENTIAL BIMONTHLY HEALTH NEWS FOR GERSON THERAPY PATIENTS AND HEALTH CONSCIOUS INDIVIDUALS — FROM THE GERSON INSTITUTE

Norway Becomes First Country to Ban Amalgam Fillings

by Adam Miller <http://www.naturalnews.com/022943.html>

(NaturalNews) Effective January 1st of this year, Norway has become the first nation to legislate a sweeping ban on the use of amalgam fillings in dental work. Previous laws forbid the use of mercury-containing fillings in more vulnerable segments of the population, such as pregnant women and children, but the new law is the first to forbid the use of the toxic metal without exemption. Mercury has also been banned from all other products produced, imported, exported, sold, and used in the country.

In a prepared statement, Norway's Minister of Environment and Development, Erik Solheim stated that "Mercury is among the most dangerous environmental toxins. Satisfactory alternatives to mercury in products are available, and it is therefore fitting to introduce a ban."

Sweden has followed suit with a ban on mercury fillings effective April 1st, 2008, and other countries are now contemplating similar moves.

Amalgam fillings, which unbeknownst

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Nancy Kosobucki—Metastasized Breast Cancer

A Happy Update

by Charlotte Gerson

We wrote up Nancy's story after she started the Gerson Therapy in Mexico in our Newsletter, Vol. 22 #4, Jul./Aug. 2007. For our new friends and subscribers, we will repeat the basic story.

Nancy Kosobucki had a lumpectomy in 1999 after a 'suspicious area' in her mammogram had doubled in size. The biopsy showed a malignancy, but the surgeon obtained 'clean' margins and felt that she need not take chemotherapy. Nevertheless, he suggested radiation which Nancy refused.

Meantime, she conceived but lost her baby at about four months. Another mammogram in 2000 showed a recurrence in her right breast. She consulted a naturopath, followed her suggestions for some natural treatments and felt comfortable with those. She assumed that she was getting better. Unfortunately, the naturopath was killed in an automobile accident—and Nancy was unsure as to what to do next. So she did nothing.



Nancy Kosobucki

In 2003, she noticed a ring-shaped redness around the nipple of her right breast and had a CAT scan and an MRI. These showed that she had an invasive, inflammatory breast cancer that had invaded her pectoral muscles, her vertebrae and both femurs (leg bones) causing pain walking.

She also had nodules in both lungs, the largest one measuring 2 cm. Nancy was told that she would be dead in six months and only chemo could prolong her life. She still felt that with the right treatment, her body would be able to heal itself and refused chemo.

By November of 2006, she started to have back pain and soon she was unable to stand up straight. She was

sent to a doctor who gave her muscle relaxants. These gave her no relief. By December, the pain had become severe and on Jan, 3, 2007 she had a new CAT scan and bone scan. These showed that three vertebrae, her lungs and shoulder had also been invaded.

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From the mailbag

Juicing Rules!

Hi. I'm a 43-year-old male. My wife and I have been juicing according to the Gerson romaine, carrot, apple recipe for two years.

This New Years Day I fell cleaning gutters and broke my tibia [the larger shin—Ed.] bone. After four weeks the doctor said he had never seen healing so fast with this type of injury for my age group. He said I had the bones of an eight-year-old! I went from a full leg cast to a removable boot. After my next four-week checkup, he said I don't need a brace, but can wear one if I feel more comfortable.

I owe it all to the juice. I told him and his nurse about the juicing. He is calling me his 'poster child' and telling all his patients about juicing and gerson.org.

—Robbie, GA. 

ADA Amalgam Patents ...

continued from page 2

who would not install mercury fillings, and had a gag order in place for conscientious dentists who might otherwise have spoken out against mercury fillings.

To refer to the material as “silver” fillings is a deliberate misnomer, as it contains 50% mercury and only 30% silver. Another piece of disinformation promulgated by the ADA and their intimidated dentists is to call the mixture “alloy,” making it seem so much more stable than “amalgam.” Semantics aside, mercury amalgam is treated as a toxic danger before it is installed in a tooth, and by law the excess material must be handled and disposed of in accordance with strict toxic waste disposal procedures.

For over 30 years, the US Congress has been demanding that the Food and Drug Administration (FDA) test mercury amalgam fillings for safety, and for 30 years, the FDA has stalled, refused, made excuses, and *not* tested the material. Meanwhile, the ADA holding a monopoly position with dentists, has literally mandated its use in dentistry to their own financial advantage. To claim that the ADA has no connection with the use of mercury fillings is an outright lie.

The ADA must someday be held liable for the terrible effects of mercury fillings they mandated, including sterility, degenerative

Nancy Kosobucki ...

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Nancy had worked as a massage therapist. Fortunately, a client of hers was familiar with the Gerson Therapy, and some time earlier had given Nancy a brochure with information about the treatment. She had paid no attention to it and put it away. However, when her pain became unbearable, she remembered that she had some information, looked for it and found it. At that point, she took it seriously and decided to try the Gerson Therapy.

When she arrived on January 31, 2007 she was in extreme pain. Attempting to take the worst edge off her suffering, she was on a morphine patch. She was told that it was to be renewed every 72 hours. That was not nearly enough to help her bear the pain and she was also prescribed hydro-codeine (500mg tablets) to take 'as needed'. She was taking three to four of those tablets on top of the morphine. This heavy medication only took the edge off her pain.

Then came the amazing news: On the full intensive Gerson Therapy, Nancy was *free of all drugs and entirely free of pain in exactly one week*. She was able to walk on the hospital grounds. The doctors, nurse and frankly myself found this difficult to believe. Most of our patients get pain relief very promptly—but few are on such heavy drugs, have such severe pain and bone lesions and respond that rapidly.

Nancy had only just started on the treatment, was by far not cured; she had many healing reactions, occasional low back pains, some prickling, some migraines and other discomforts. During those healing reactions, she no longer needed morphine or codeine but still used some drugs for pain relief. Back home, her own doctor was impressed about her dramatic pain relief on

disease, mental disease, and a host of chronic illnesses (See *It's All In Your Head*, by Hal Huggins, DDS).

Because mercury continues to leach out of fillings and into your system for over 50 years, it is essential for your health that you have a specially trained dentist remove your mercury fillings very carefully, and replace them with a non-toxic material. 

the Therapy. He took her blood and urine for analysis and had to admit that “all is normal.” Nancy also lost 42 pounds which she urgently needed to lose

As she prepared to leave her doctor's office, he urged her to stop at a McDonalds on her way home and have “... a strawberry or chocolate milk shake in order to bulk up,” since, after all, she was fighting for her life! He even suggested that she continue to take Vicodan for pain (minimal at this point) and assured her that it “would do no harm to your body nor affect your cancer in any way.” Nancy didn't follow his advice or either of his suggestions.

Then, on my birthday, at the end of March 2008, I received a card from Nancy with the following note enclosed: “I can say without hesitation that I am a different person now than when I was in Mexico just 14 months ago. My body has gone through many healing reactions, some lasting several months (!). Cell-by-cell I am transformed. My habits have changed most dramatically.

“I have enclosed a recent photo (January '08). I have lost 75 pounds. My energy increases daily. I am forever grateful ...”

Nancy's photo shows how wonderful she now looks, having regained an almost girlish figure.

I hope and trust that this story is a great inspiration for patients suffering from extreme pain and widespread metastases [spreading] of their cancer.

At 14 months, Nancy is not cured. With the extreme damage to her bones, she will have to stay with the strict Therapy for at least another 10 months. However, bones heal more slowly than other tissues and it may take longer. At this point, another few months will not bother her!

—CG. 

Last report: March 27, 2008

“The only statistics you can trust are those you falsified yourself.”

—Winston Churchill

“Insanity is hereditary—you catch it from your kids.”

—Ronald Reagan

Quotes courtesy of *Coffee 'n' Carrots*, GSG-UK

We get letters ...

Sharlene Stump, Metastasized Breast Cancer

by Sharlene Stump, R.N.

Dear Charlotte,

I'm sure you hear many stories like this but I want to add mine. In November of 2007 I was diagnosed with extremely aggressive, metastatic breast cancer. It was found through a biopsy of an enlarged lymph node under my right arm. I took the biopsy report to Jake my personal trainer. His response: "This is not a disaster. It's an opportunity." He got on the internet and found the Gerson Therapy. I've been a RN for 30 years and nothing I read that day made any sense to me, but Jake handed me his juicer and said: "Get started!"

I did, and in between juices, I contacted your California office and they emailed me the basic program. I ordered your book to arrive the next day and I started enemas with a little Fleets squeeze bottle that I emptied out and just kept refilling with coffee.

Two days later I had an MRI which showed cancer in the right breast, the breast bone and the lymph nodes with a second, unrelated tumor in the right lung.

There would be no surgery so I was sent to the Mayo clinic to see an oncologist. He was very grim but he ordered a PET scan before starting chemo. *Three weeks* after starting the Gerson Therapy I had a PET scan. It showed mildly hypermetabolic activity in the right axillary node but everything else was gone!! The oncologist sent me back to the surgeon. The surgeon didn't know what to do with me. He said the difference between the MRI and the PET scan was [like] two different people! I tried to tell him about Gerson but he just held up his hand and said he didn't want to hear any more. I went home with a heart full of hope and joy.

I'm into my seventh month of therapy now and it continues to be hard, challenging, enjoyable and those healing reactions are just plain awful. Jake is on this with me and he has seen some amazing and wonderful things happen to his body. My changes are much slower, but I lost my hair to alopecia when I was nine years old. I wonder if

you've ever seen anyone with this disease grow hair back on the Gerson Therapy?

I am so very thankful for you and your wonderful father. He worked so hard and went through so much, but the gift he left for me and people like me is way beyond words.

I would be delighted to have you use my story in the *Newsletter*. Feel free to use my name and email address in case someone would like to contact me. I have no intention of ever going back into traditional medicine. I was doing things that were really bothering me [even] before I started Gerson. Now I could never do those things with a clear conscience.

About my hair. Three or four weeks after

Three weeks after starting the Gerson Therapy I had a PET scan that showed mildly hypermetabolic activity in the right axillary node ... but everything else was gone!

I started the Gerson Therapy I grew a bit of hair on my head and most of my eyelashes came back. Then two months ago my triglyceride level skyrocketed, my body started heating up and cooling with drenching sweats, my stomach filled with air every evening, my fingers became stiff and swollen and all my new hair fell out. I hope it's healing reactions but I don't know for sure what's going on.

Jake has been doing a lot better, too. He had a brain tumor removed about ten years ago and it left him with serious headaches. He also had arthritis in his right shoulder. He was taking 1800mg to 2400mg of Ibuprofen/day. He hasn't taken a single one since starting the Gerson Therapy in January.

He has occasional stiffness but he is pain-free. He's a personal trainer and this November he's planning to compete for the state title in weightlifting using only Gerson. He's hoping to smash the theory that you have to consume large amounts of meat protein and protein powder in order to excel in this sport.

I also talked another friend into doing this with me. She bought a Norwalk juicer, read your book and has been pretty faithful with the program. She saw stress incontinence and chronic bladder infections heal in two months. Now, after four months, she is watching her chronic fatigue syndrome disappear and her weight is slowly coming down. She also wanted me to thank you for the change in her skin. She really does look wonderful.

There are several of us here in Phoenix who love you for giving us this therapy and hopefully we'll be able to talk a lot more people into joining us. I have noticed that cancer patients are often too scared to try this. Hopefully, more will listen in time. Right now they're all watching me! I am definitely in this for at least two years.

Sincerely,

Sharlene Stump

Shades of Green ...

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required by law.

In the near future, we will be replacing our training class plastic binders with recycled ones; will be changing to recycled office paper and also focusing on recycle, reuse and reduce to the point of "zero" waste.

The Gerson Institute is committed to reduce its negative impact on the environment and to be more efficient in the use of every resource. Thank you for your financial support, which we are doing our best to use wisely.

The Healing Newsletter—a perfect gift for someone you love!

Margaret Straus forwards from Italy

Rosita's Story

by Italian patient Rosita

August 2008

At the age of 39 I was diagnosed with breast cancer. I smoked, ate poorly, had vaginal candida, irregular menstruation from hormonal dysfunction, herpes, acne, hay fever, numerous ovarian and breast cysts and suffered from depression.

I started having panic attacks at 25, and by the age of 30, I began to sink deeper into depression. I underwent psychotherapy after a diagnosis of chronic obsessive-compulsive behavior from childhood. My treatment included anti-depressive medication (Zoloft® and Anafranil®).

In 2002, after trying many creams and treatments, including the birth control pill and antibiotics, for the acne that had plagued me since adolescence, I tried Roacutan® for five or six months. They told me it was the definitive solution, inhibiting the sebaceous glands so they no longer produced sebum. Instead, after about four months, I developed a large cyst on my right breast.

This frightened me, and I immediately went for an ultrasound test. The doctor assured me it was only a cyst which could grow or shrink for no apparent reason and in any case not to worry, even if it grew.

In fact, a few months later, the cyst shrank, and when it began to grow again. I wasn't concerned and waited a whole year before having another examination.

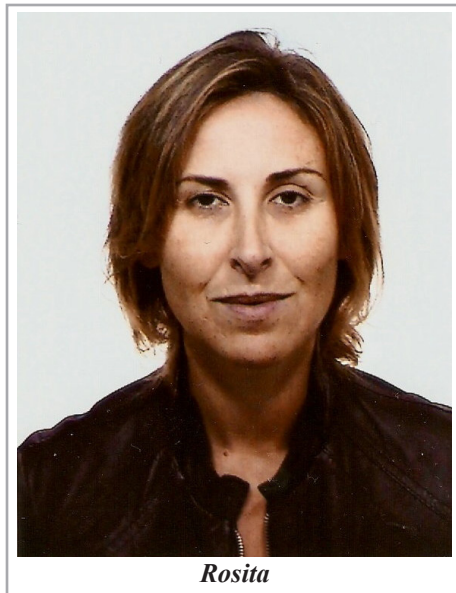
When I finally was examined, in September 2006, I was diagnosed with hormone sensitive breast carcinoma and was given eight cycles of adjuvant chemotherapy—Bevacizumab [Avastin®], Capecitabine (Xeloda® in pill form to be taken for 21 days at home), Vinorelbine [Navelbine®]—and endocrine therapy: Decapeptil® and Femara® to reduce the breast nodule. Instead of a mastectomy, I underwent a quadrantectomy followed by a cycle of 30 radiation treatments.

During the chemotherapy I suffered from gastritis, mouth sores, fungal invasion of my big toes, extensive herpes, back pain and

numbness in my hands, I had trouble sleeping and developed severe tendonitis in my heels, making it difficult to walk without pain. One drug brought on menopause and my cycle stopped completely.

After all these treatments, I began to gather more information about cancer and began to learn and understand many things. I spent several months studying books and various Italian and American websites. Through a doctor here I heard of the Gerson Therapy and got in touch with Dr. Max Gerson's granddaughter, Margaret Straus.

I attended her seminar, and thanks to her continuing and constant support, vital



Rosita

explanations and teachings, started the modified Gerson Therapy on December 15, 2007.

After a short time I began to sleep better and in mid-January stopped taking all the endocrine therapy drugs. At the end of January I had a healing reaction.

My abdomen was very swollen and hard, full of fluid, and I did not digest well. I was nervous, suffered from obsessions, anger, fear, an aversion to the juices, exhaustion, dry mouth, catarrh in my throat, and while expelling the enemas, I began to find long thin worms, masses of worms and mucus. After this first reaction I stopped expelling worms but kept evacuating mucus in large

blocks like tennis balls. At the end of the enema I would get a harsh pain in my abdomen and immediately afterwards, a mass of mucus came out. Even today, after about seven months of Gerson therapy, I still get these stomach pains, although the size of the mucus masses is decreasing.

Having got rid of this mixture of worms and mucus, I began to feel reborn, full of energy and in a good mood. My tummy was much less swollen and hard.

After this first big healing reaction I went for several weeks alternating good days with days of depression and obsessions, anxiety and tiredness just like when I was thirty.

During the days of depression, I often felt it would be better to die. I began to think of suicide, until I discovered that these extreme thoughts are a side effect of Roacutan. I heard of the parents of a 22-year-old who crashed his airplane into a building, who are suing the pharmaceutical company that produces Roacutan because the boy was taking the drug when he committed suicide.

These absurd thoughts, moods when I see only insurmountable problems and fears for any little thing, last only a few days and then I go back to feeling calm and well. I am another person and the enormous problems I saw only the day before are gone.

On March 19 my period returned after almost two years of drug-induced menopause. Since then I have had a normal flow which returns with perfect regularity every 28 days. The dryness and lack of desire associated with menopause have also disappeared.

The sebaceous glands must have returned to activity, since my skin erupts from time to time, although not nearly as badly as before.

In June I had another big healing reaction with painful mouth sores, strong nausea, difficulty in holding the enemas, a lot of gas, hair loss, anger, nervousness, depression, backache, brief migraines, tiredness, dry mouth and herpes. These symptoms typically last for five or six days then for a few days I feel better, though still tired.

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Rosita's Story...

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Lately, the symptoms have been less severe. I no longer have the morning nausea. I just started the castor oil enemas, and the day after castor oil, I usually feel pretty bad.

In March 2008 I had a mammogram (Margaret scolded me) and there is no new tumor tissue. A lady I met when we both were having treatment, and who continued conventional care, has had a recurrence.

Of course I have a long way to go, but the improvements since I started the Gerson Therapy have been dramatic: my hay fever is gone, also the herpes and candida, and the scar tissue in my mouth is going away. My period has returned and the occasional skin breakout shows me that also that area is beginning to work again.

Rosita updated us at the end of November:

From June to September was a very bad time, then I slowly started to improve. The biggest reactions seem over, I have much more energy and fewer obsessions, but even though they are weaker, the crises continue with the same symptoms and alternate with better days. I added (at Margaret's insistence, and she was right as usual) a fourth enema, just of water, in the evening and eliminated a lot of toxic matter. As a result the morning nausea disappeared. The reactions are less violent and the quiet moments get longer. I realize more and more how long the road to detoxification is and how

toxic I am. I am still eliminating mucus but less, and it is transparent, like gelatin. Charlotte says this kind of mucus contains toxins while the white mucus is dead infectious material.

The pimples are subsiding and to my amazement my nails, which had always been weak and broken or peeled easily (in the past I had tried everything to strengthen them, without success), have become very hard and long, and one ear has completely cleared of wax.

I still have moments of discouragement and obsessive bouts of cleaning, but mostly before an enema, and I am better immediately afterwards. Sometimes the day following castor oil I have terrible rages and anxiety with crying jags. I have my own personal wailing wall, which is really the wailing bathroom! At these times getting all the work done seems overwhelmingly impossible. I still feel tremendous anxiety. The "Gerson rages" make me really mean with those around me, and it takes very little to make me snap. In my calmer moments, I would simply ignore the same things.

Just before, and during my period I have big reactions: nervous tension, mouth sores, pimples, tiredness, lack of appetite. As soon as it is over, I feel better. Some nights I wake up soaked in perspiration, especially when I have my period or take castor oil. As it explains in the book, my body is detoxifying through the skin.

There are days when I am famished, as though I hadn't eaten for months and I eat continually, while during castor oil days I am nauseated and eat very little.

In October I had a blood test and the values are all normal. The bilirubin, which had always been high in the past, has come down a lot, and the tumor markers are normal. The only thing that has not come down much in a year is my cholesterol, though it is down from 246 to 204. It was suggested I am not taking enough thyroid, and in fact my resting temperature is low. I had my first gynecological examination since reversing the pharmaceutical menopause, and everything is fine. Actually my ovaries are in such good condition that I have to be careful not to risk getting pregnant, something that I just could not afford at the moment. (A friend of mine, who

originally did the same treatment as I, who is still on chemotherapy, did not experience a return of menstruation when she gave up the pharmacological menopause drugs.)

It is the middle of November and since my last period and violent reaction (I had three or four extremely painful mouth sores one after the other) I am much calmer, experience less anger and the "yes" time is lasting longer than before.

At Christmas I will celebrate my first year of therapy. It seemed impossible to me that I would get this far (every morning I wake up and ask Jesus that I may be able to do the therapy and get through the day) and I hope that God will help me, as he has done in these months, and that I will heal.

Charlotte comments:

We present Rosita's story for a very important reason. Every Gerson patient is carefully informed about "Healing Reactions." This is a new concept for many people and it is very difficult to explain. Patients can hardly imagine that the body goes back through the very same symptoms as they originally experienced when treated by specific chemo or other drugs or radiation, when they experienced symptoms of their disease. Rosita describes in full detail all the problems of her malignant disease and how, in the course of her healing reactions, she experienced them again.

We hope that other patients who experience the same or similar reactions, as they feel their bodies overcoming toxicity, releasing poisons, going through their original pain, depression or anxieties, are encouraged by Rosita's experience: they are not the only ones—they can defeat these problems and come out vastly improved and progressing on the path of healing!

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Ten Years After Breast Cancer

by Charlotte Gerson

Katressia Smith first noticed a lump in her breast. She consulted a doctor who said "It is probably just a spot." Because of the doctor's negative statement, Katressia did nothing. As much as five years later the 'spot' was rather sizable. Katressia again consulted a doctor and this time he removed a tumor and biopsied it. The tumor proved to be malignant. He took the results to a "Tumor Board" that met, without Katressia's presence or input, and decided what they wanted her to do.

Katressia had some background in herbs and vitamins and started to do a lot of research into unorthodox therapies. She found the Gerson Therapy, and it appealed to her. She was especially impressed with the idea of detoxification and healing the whole body. These ideas did not appear in other treatments. There was an herb and vitamin shop in her neighborhood, and she found interesting information there. Her mother was a nurse and her father a dentist, and she was actually doing work in medical research—but the detoxification was the key to her understanding. She liked the idea of detoxifying

the liver and rebuilding the organs contained in the Gerson Therapy. She also did a lot of praying.

During the three months she was researching, the tumor was still growing, so Katressia phoned the Gerson Institute. She was given the names of recovered patients, video-tapes and information, and she decided to go to the Mexican Gerson hospital. In 1998 she spent two weeks there.



Katressia in 2003 with her daughter

Katressia was greatly impressed with the kind and humble doctors she met there. One of these doctors did a lumpectomy. Dr. Melendez spent a good deal of time with her and taught her many details of healing. She also discussed liver toxicity and the need for heal-

ing and rebuilding her organs. Katressia was impressed with meeting so many interesting and extraordinary people at the clinic, patients from all over the world. Dr. Gerson's book was like a bible for her.

During one of Charlotte's visits, she discussed the role of cosmetics with Katressia, who quickly took off her false nails. "I've been natural ever since," she says.

In the course of the ten intervening years, Katressia had a number of other problems besides her cancer. She is a single mother, and her daughter was five years old at the time of her visit in Mexico. When she returned home, she was lucky: a Whole Foods Market plus a food co-op opened in her neighborhood so she could readily find organic food. However, also during that

time, her mother was diagnosed with colon cancer and passed away. Not much later, her father developed prostate cancer, and also died. With other family problems, she even lost her home and went into bankruptcy. Yet she was able to work through all these problems and is now well. She has strength and stamina, is currently working and stays close to the Gerson Therapy.

Katressia credits the Gerson Therapy, Charlotte Gerson, Dr. Melendez and the many others at the hospital and Institute "who were very attentive to encourage and teach me how to stay healthy. That is why today I still have life, hope and joy!"

Watch a 10-minute trailer for Dying to Have Known on www.dyingtohaveknown.com

GERSON® HEALING NEWSLETTER

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Howard D. Straus, Editor

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Publication Schedule

The Gerson Healing Newsletter is published bi-monthly by the Gerson Institute. It is our membership organ, and is intended to keep our members informed of health issues surrounding the Gerson Therapy, including political developments, case histories, clinical notes and recent literature having a bearing on nutrition and health.

Members receive the Gerson Healing Newsletter six times a year. You can become a member of the Gerson Institute simply by making a tax-deductible contribution of US\$40.00 or more (foreign memberships US\$45.00) to The Gerson Institute.

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Gerson Basics Workshop Reaches 77 Participants!

by Diane Ake, Editor

Our June Gerson Basics Workshop reached an all time high for number of participants – 77 attendees from all over the United States. The workshop was held at the San Diego Women’s Club, a lovely colonial-style building with natural lighting, a large auditorium, an outdoor patio and an institutional kitchen. Fifteen volunteers helped in the kitchen to prepare breakfast, lunch and snacks, as well as set up the event.

A majority of attendees had just recently learned about us by searching the internet or seeing a Gerson documentary, such as *The Beautiful Truth*. “This is the answer I have been looking for,” said Alicia Yang

from San Jose, who is recovering from cancer. “Being able to attend this workshop has been eye opening, inspiring and so informative! I felt both amazed and grateful that this path of healing exists, and what a wonderful relief it is that it is

based on the natural healing powers of the earth. I can’t wait to go home and start the therapy and experience a refreshed outlook on life!”

A participant from San Diego came to support her son, who is seeking to change his lifestyle after finding a benign lump. After an intensive internet search, they chose the Gerson Therapy because “a lot of the other therapies don’t have a support system – a staff

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Charlotte Gerson speaks to the class

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The “Gerson Twins” Two Sisters with Breast Cancer

by Sharlene Stump

Sent to Charlotte Gerson July 2008.

Dear Charlotte,

I'm sure you hear many stories like this, but I want to add mine. In November of last year I was diagnosed with extremely aggressive, metastatic breast cancer. It was found through a biopsy of an enlarged lymph node under my right arm. I took the biopsy report to Jake, my personal trainer. His response: “This is not a disaster. It's an opportunity.” He got on the internet and found the Gerson Therapy. I've been a registered nurse for 30 years and nothing I read that day made any sense to me, but Jake handed me his juicer and said, “Get started!” I did, and in between



juices I contacted your California office and they emailed me the basic program. I ordered your book to arrive

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“Gerson Twins” ...

continued from page 1

the next day, and I started enemas with a little Fleet squeeze bottle that I emptied out and just kept refilling with coffee. Two days later I had an MRI which showed cancer in the right breast, the breast bone, and the lymph nodes with a second, unrelated tumor in the right lung.

There would be no surgery, so I was sent to the Mayo clinic to see an oncologist. He was very grim and told my daughters I had about 5 months to live with chemo. Three weeks after starting the Gerson Therapy I had a PET scan. It showed mildly hypermetabolic activity in the right axillary node but everything else was gone!! The oncologist sent me back to the surgeon. The surgeon didn't know what to do with me. He said the difference between the MRI and the PET scan was two different people! I tried to tell

him about Gerson Therapy but he just held up his hand and said he didn't want to hear anymore. I went home with a heart full of hope and joy.

I'm into my 7th month of therapy now and it continues to be hard, challenging, enjoyable, and those healing reactions are just plain awful. Jake is on this with me and he has seen some amazing and wonderful things happen to his body. My changes are much slower but I lost my hair to alopecia when I was nine years old. I wonder if you've ever seen anyone with this disease grow hair back on the Gerson Therapy?

I am so very thankful for you and your wonderful father. He worked so hard and went through so much, but the gift he left for me, and people like me, is way beyond words.

Received June 10, 2010:

My name is Sharlene, and my sister and I were both diagnosed with breast

cancer and are using the Gerson Therapy to treat it. Mine was poorly differentiated and had metastasized to several places, and hers was moderately differentiated with mets to the lymph system. I've been on the Therapy for two and a half years now and am slowly easing off the intense therapy. I still get occasional healing reactions, so I continue to drink ten cups of juice a day and use 2-3 coffee enemas a day. My sis is just six months in, so she is on the full therapy. Neither of us had chemo or radiation. But I had a biopsy to an enlarged lymph node, and she had her breast tumor removed along with two lymph nodes. My lymph node sealed off after the biopsy and continued to grow slowly for another year. A PET scan taken 2 years into the therapy showed it still had a blood supply and slow growth but it was not spreading. I am going to have this last tumor removed

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Cultivating Healthy Food Partnerships

by Scott W. Stobbe, Marketing & IT Coordinator



Scott Stobbe, Rip Esselstyn and Alex Bacaj

In June, our Information Specialist Alexandra Bacaj and I were lucky enough to represent the Gerson Institute at two exciting events: the first organized by EarthSave and the second organized by the San Diego Roots Sustainable Food Project. EarthSave, founded by John and Deo Robbins, was celebrating its new program *Meals for Health* and the release of John Robbins' book *The New Good Life*. *Meals for Health*, in partnership with the Sacramento Food Bank, provides plant-based foods in an effort to teach their clients the healing powers of a healthy diet and avoid the processed junk food that typifies food bank donations. The event was hosted in the gardens of a stunning Beverly Hills estate and featured vegetarian cuisine, a live band, and inspiring words from John Robbins and Rip Esselstyn. Rip, a retired fireman, is the author of *The Engine 2 Diet*, and son of internationally recognized cardiologist Caldwell Esselstyn, MD.

Later that month, the San Diego Roots Sustainable Food Project screened *The Beautiful Truth* as part of their Food for Thought Film Series, which shows free films and leads discussions on how people's food choices affect not just their own lives and health, but the health of the community and the world at large. The film was shown in San Diego's Hillcrest neighborhood and was accompanied by a multi-course vegetarian meal. *The Beautiful Truth* was well received by the audience, who was eager for more information. To the crowd's delight, our Medical Director Dr. Kayla Smith was there to answer their questions.

If you would have told me two years ago that I'd be representing the Gerson Institute at a screening of *The Beautiful Truth*, and bumping elbows with John Robbins at a Beverly Hills dinner party, I would have laughed it off as impossibility. (After all, John Robbins was basically responsible for my choosing a vegetarian lifestyle.) At that point, I had just heard of the Gerson Therapy during a late night documentary binge which happened to conclude with *The Beautiful Truth*. Talk about coming full circle! Attending these two events was a revolution of taste and a re-awakening to the things that have brought me to where I am today. I'm not sure what Robbins' "new good life" entails, but I'm certainly enjoying mine!

For more info, or to join us in supporting these great organizations, visit: www.earthsave.org www.sandiegoroots.org and <http://engine2diet.com>.



Alzheimer's, Caregiving and Depression

by Charlotte Gerson

While we often write about recovered patients, they are mostly cancer cases. However, we are very aware that the Gerson Therapy is a total healing treatment from which many other people benefit. Since Big Pharma pushes the sale of anti-depressants so actively, also for children, even though they have terrible side effects (suicidal behavior among others!) we thought that it was important to share the below item prepared by Mr. Jones a few months ago.

My wife continues on a partial Gerson Therapy in her battle with Alzheimer's, now in its tenth year. She is still able to remain at home under my care, which has gradually increased to 24 hours a day, seven days a week. As a caregiver in this advanced stage of her disease, I gradually have developed rather severe emotional depression when I awaken each morning after each stressful, exhausting day and night of her

frequent violent behavior.

Though I am in good health at age 83, I am also on a partial Gerson Therapy in order to survive as a caregiver and have noticed with amazement that my emotional depression disappears immediately after doing a coffee enema early each morning. The depression does not return until I awaken the following morning.

Robert A. Jones

This report is especially important because it points to the problem of toxicity in patients with depression! It also helps almost immediately to overcome this "medical condition" with a simple coffee enema, which has no harmful side effects and requires no doctor's prescription!



Gerson Twins...

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in September. The rest of my tumors, including the one on the breast bone, healed within six weeks on the Gerson Therapy.

This has been an amazing time for both of us. My arthritis and carpal tunnel in my hands has healed. My cholesterol level is normal for the first time in 20 years. My thyroid gland, which showed a pre-cancerous uptake, is now completely normal, and my blood sugar is now completely normal.

My sister was pre-diabetic, had high blood pressure, was diagnosed with breast cancer and had to quit playing

softball because of pain and weakness in her leg. After two weeks on the Gerson Therapy, she stopped all diuretics and blood pressure medications. Last week her thigh turned red, swelled and became so painful she couldn't walk. After 24 hours, the same thing happened to her calf and ankle. Now her leg is perfectly fine. [This is an example of a healing reaction, an essential part of the Gerson Therapy, in which the immune system is activated and the body produces a healing inflammation which can cause swelling and pain, after which healing occurs.]

This is a wonderful therapy and it works very well. It takes a long time but if you just let the body take its time to heal, it will.

Thank You, Sharlene



Cherries – a Threat to Big Pharma!

by Charlotte Gerson

It is so interesting that bit by bit the "scientific" studies over time validate Dr. Gerson's ideas.

The Gerson Institute published an item entitled "Health News" in the July/August 1999 newsletter (vol. 24, no. 4, page 10) that bears repeating because Big Pharma is coming through with threats – actually validating the studies! The following is an excerpt from the article, which was featured in the May/June 1999 issue of *New Age* magazine.

An article entitled "Sweet Treatment" discussed a new study done at Michigan State University on a phytochemical known as anthocyanin, found in deep red cherries. This phytochemical helps relieve pain and inflammation better than aspirin or ibuprofen. The head researcher of the team, Muralee G. Nair, professor of natural

products chemistry, says, "Just twenty cherries a day can keep pain related to inflammation and arthritis at bay."

The article suggests that you reach for some sweet red cherries instead of drugs, which cause [toxic] side effects, for better results. We couldn't agree more heartily.

In a new issue of *Nutrition & Healing* (vol. 17, issue 5, of July 2010), Dr. Jonathan V. Wright uses this headline: **Is the biggest threat to Big Pharma ... Cherries?**

Dr. Wright reports that *los federales* at the FDA leaped all over Michigan cherry producers with warning letters that they can't claim that cherries have any health effects. What did these farmers do? They dared to tell the truth about research concerning the healing effects of cherries (in the July 2009

issue of *Nutrition & Healing*). Additional recent research now makes it clear that cherries, specifically Montmorency tart cherries (but others may do the job too) could be a threat to the patent medicine industry, with very little chance of side effects. They won't let this "slip by," says Dr. Wright, since the FDA has stated: "It is not our policy to jeopardize the financial interests of the pharmaceutical industry."

Thus, the FDA admits that revenue of Big Pharma is more important than the public's health. Dr. Gerson pointed out many, many years ago (before the scientific studies came out) that cherries are the best summer fruit, and asparagus are the best anti-cancer vegetables. I wonder when the FDA is going to go after asparagus!



Breast Cancer and the Gerson Therapy

by Rita Sagarra

I am from a little town 25 km North of Barcelona, Spain. I was diagnosed with a hormone dependent breast cancer in November 2009 called invasive ductal adenocarcinoma; stage II/III, tumor size 2cm.

I felt devastated at that moment, and so did my husband, my mother and my sisters. But then I felt the strength inside myself, and a furious rage came out saying that this cancer wasn't going to kill me -- that I would be victorious!

The doctors immediately started to plan surgery, then radiotherapy and, following that, five years of Tamoxifen. After a pre-surgical routine MRI the doctors found another little 4mm tumor in the same breast. Since they could not localize it because it was small and very deep, the doctors couldn't perform a biopsy. They took out the tumor and decided I should have a check-up with an MRI every 3 months just in case it grew. I was lucky to have my lymph nodes clear so the doctors only took out



Rita Sagarra

the sentinel lymph node.

After surgery, my hospital oncologist said that I had to take Tamoxifen. I found out that, according to the National Cancer Institute, Tamoxifen's side effects range from hot flashes, vaginal dryness, joint pain and leg cramps to

blood clots, cataracts, strokes and uterine cancer. So I was clear in my mind that I was not going to take that poison.

I started radiotherapy for six weeks, but was worried it would be a big mistake. After one month I was so ill that I ended up in the hospital because I could not stop vomiting. I lost about 22 pounds of weight in a few months. My family was very alarmed and fearful and my husband could see that I was not doing well. The day after I returned from the hospital, I started vomiting again.

I continued looking for other less aggressive treatments. In Spain, it is still not very common to do alternative treatments for serious illnesses like cancer. I read about the Gerson Therapy and asked a private oncologist her opinion about the Therapy. She said that it was the best Therapy I could do, but that it was very difficult and required a lot of effort, commitment and discipline.

My next MRI showed that I had

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40th Annual Cancer Control Convention

by Diane Ake, Editor

The Gerson Institute participated in the three-day 40th annual Cancer Control Convention over Labor Day weekend, which took place in Universal City, CA. The convention is organized by the Cancer Control Society, a non-profit organization that educates the public and professionals with information on non-toxic alternative therapies and nutritional approaches to cancer and other diseases. There were numerous booths there with natural skin care products, supplements, far infrared saunas, juicers, information on clinics and other cancer treatments. Each day there was a full menu of speakers on topics such

as nutritional approaches to cancer, oxygen therapy, hyperthermia, chelation, laetrile, thermography, Ayurvedic Medicine, ultraviolet blood irradiation and recovered patients testimonials. Dr. Nicholas Gonzalez spoke about his enzyme treatment of cancer.

At our booth we were visited by recovered patients, some of whom had done the Therapy on their own and some who had been to the Gerson clinic, including Kevill Murray, who recovered from testicular cancer in 2006. Other friends we saw included Lucinda Messer, a Gerson Practitioner, and Kyoko Abe, our Home Set-Up Trainer Ambassador,

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Breast Cancer and the Gerson...

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not one but three little tumors, 4 mm each. The prognosis was mastectomy and chemotherapy in case the tumors grew. I was very clear that I was not going to have any of this done to me. I wrote to the Gerson Institute in the USA. They very kindly sent me a lot of information and the contact details for Stephen Gamble (a Gerson practitioner in England who is no longer practicing).

Then my husband and I watched the movie *Dying to Have Known* and afterwards he looked at me with very a clear light in his eyes and said "You are going to recover with the Gerson Therapy." And I breathed deeply in peace, not just because I knew what I was going to do but also because my husband was with me. He was going to support me until the end and truly follow me on that path. No more doubts, no more fear, no more fighting with doctors. And then I could feel how tired I was. My husband set up an appointment with Stephen.

I started the Therapy on July 2010, when my husband was on holiday, so he could be with me the whole time. Yes, at the beginning everything was new and I found that the day was too long, and exhausting. My husband prepared juices. I cleaned carrots and prepared all the foods during the morning and coffee for the next day's enemas

too, so that in the afternoon I could have some rest. I have been following this schedule ever since then and it has become very normal. Besides, I am feeling better now, so it is not as stressful as it was in the beginning.

When I started the Therapy my weight was 85 pounds but the castor oil treatment affected me very strongly. Every time I did it, I lost almost a pound, so after three weeks I weighed just 81 pounds. Stephen made some adjustments to the schedule in order to avoid negative consequences.

I had my first flare up just 10 days after starting! I must say I felt a bit scared, but in a sense happy, since it meant that the treatment was working. My first flare up had nothing to do with cancer but with an injury from an accident where I broke my nose two years earlier. It was terribly painful then, and it hurt when the healing reaction occurred. I felt pain all over my face and I could hardly open my mouth. My ears were hurting too, and I had a strong headache. The pain went away in a week and then I felt for the first time in two years that my nose didn't hurt anymore! Then, just a week later, the second and third healing reactions happened. They continued almost non-stop during the first three months. I had recurring headaches, and one day around mid-April I

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New Gerson Employees

We want to welcome Alex Weitz, our new Educational Resources Manager, to the Gerson Team. Alex replaces Michael Wolvin who moved to Ohio to pursue higher education. Alex has a Bachelor of Science in Administrative Management. He comes to us with extensive experience in operations, office, program and project management.

Because of his strong personal interest in health, Alex did lots of online research, watching documentaries, and reading about health, healing, and diet. Alex first heard of the Gerson Institute when he watched the



documentary *The Beautiful Truth*. He signed up for our e-mail list, found out we were in San Diego and contacted us to start volunteering at the office.

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Gerson®

HEALING news

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Diane Ake, Editor

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Publication Schedule

The Gerson Healing Newsletter is published bi-monthly by the Gerson Institute. It is intended to keep our members informed of health issues surrounding the Gerson Therapy, including political developments, case histories, clinical notes and recent literature having a bearing on nutrition and health. Members receive the Gerson Healing Newsletter six times a year.

You can become a member of the Gerson Institute simply by making a tax-deductible contribution of U.S. \$45 or more (international memberships U.S. \$55) to The Gerson Institute.

Breast Cancer and the Gerson Therapy

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had a strong migraine. I could not eat anything and I had to make a big effort to drink the juices. But since then I have had fewer headaches, which is a big improvement.

By the end of October 2010, four months after starting the Therapy, my next MRI showed that the three little tumors were not there; they had just disappeared! Everybody was surprised. My surgeon said: "I don't know exactly what are you doing, but it is going very well." He didn't ask anything else and I did not try to give any explanations. But my husband could not keep quiet, he has an acute sense of humor. With a very naïve look, he asked the doctor how it was possible for the tumors to just disappear. The doctor's answer was "Well, the breast is a place where there is a lot of movement. Things come and go" (sic). The MRI report assumed that the three little tumors vanishing was due to the radiotherapy, which was totally untrue. Because before I started radiotherapy I had asked all the doctors if the radiotherapy could kill these tumors and all of them (radiologist, gynecologist, surgeon and oncologist) agreed that was not the purpose of the radiotherapy, and in fact was impossible.

By the beginning of 2011 my breast

and right lung started to hurt a lot. Since then it has happened quite often; the last time was in mid-July. I could hardly move my right arm and I had headaches for more than three days, non-stop. I applied castor oil packs and did more enemas and finally it went away.

I did everything as prescribed. I drank thirteen juices a day and did five coffee enemas during the first three months, after which the enemas were reduced to four a day. I continued with the juices since I could not eat a lot. I took all the medications and liver injections with B12. I followed what my practitioner said, and I must say that I have been doing it very exactly and very well.

The second year on the Therapy was easier than the first; I had many flare ups but they were shorter and a bit different from the ones I had at the beginning. They lasted just a few days and the headaches were less strong, but I continued to suffer strong pains in the breast and in the lung. I used a lot of castor oil packs on the area. During the second year I started to feel quite anxious and had emotional flare ups (maybe other Gersonites have experienced that too) including fear, sadness and rage. I cried a lot and could not stop.

My last visit to the oncologist was

in March 2012. My blood tests were perfect and the results of the last MRI (done on February 2012) were perfect, too. The last three months on the Therapy I was drinking nine juices and doing two enemas a day, along with all the medications but a bit reduced.

Two weeks ago I reached the two-year mark, and very naturally I just continued with the Therapy. I am planning to go on with the Therapy until mid-September when I will start working again. I am taking seven juices, two enemas and liver capsules, acidol, and pancreatin. I've stopped the thyroid and Lugols. After September, I am going to continue the Therapy in the same way but I will concentrate the Therapy mainly during the mornings and work a few hours in the afternoon. Until when? I don't know, really. I probably will continue for life, with some breaks. It is clear in my mind that there is no going back.

I look forward to what life and the universe puts in front of me. But I learned a good lesson. It's important to listen to our body and to listen to all the alarms and signals that it gives to us before we discover that we are ill. Now I am feeling strong and healthy.



Cancer and After – a short review

Cancer and After is a short holistic self-help handbook, published as a free e-book, primarily for cancer patients who have completed their orthodox, non Gerson, treatment. However, the material is equally suitable for prevention and - even without any illness or disease - as a guide to a healthy inner and outer way of life. This

book is written by Beata Bishop, co-author of *Healing the Gerson Way* and author of *A Time to Heal*, her memoir about healing melanoma with the Gerson Therapy.

You can find it on <http://www.smashwords.com/books/view/208846>.



Listen to Charlotte Speak on the Radio

Charlotte spoke on the *Case for Health* radio show on Wednesday September 26th. You can listen to an archive of the show at <http://gerson.org/gerpress/free-audio-downloads/>. The host of the show is Dr. Brad Case, a holistic chiropractor, the author of *Thugs, Drugs and the War On Bugs*, which we sell in our Gerson bookstore.



Our Story

by Lynne Ray-Rule

I was a busy wife and mother of three. I worked in our family business, taught our three children, milked goats morning and night, ground my own wheat to bake homemade bread, cooked organic meals, handled all the family's and company's finances and walked two miles a day.

Suddenly, one day in September of 2007, our lives changed forever. I was going about my normal activities like any other given day. 24 hours later, it was like someone switched on a light. I was in more pain than I had ever felt in my life.

The pain increased, and what we thought was a poison ivy rash from a few weeks before now became very suspicious to everyone. We thought I had the flu, and the doctor initially diagnosed my condition as a sinus infection. Actually, it turned out to be chronic disseminated neurological Lyme disease. My life completely changed overnight. The Tylenol I was taking as a pain killer only helped



Lynne Ray-Rule

me make it through the day. I was never without pain, but it just allowed me to function. At Christmas, I almost passed out in a store. That was the last time I shopped on my own two feet. I barely made it to my car and back home. I fell into our bed and there I would stay for the next few years.

I was dealing with Bell's palsy, strong leg spasms, degraded sight, loss of cognitive function and extreme pain. Just to survive, I used heavy doses of Percocet but it wasn't helping the nerve pain. Out of fear, we chose to deviate from our organic lifestyle. I started on the extreme Lyme treatments—high doses of antibiotics, along with various other drugs—but after approximately nine months, I was worse. I could barely lift my head off of my pillow. I saw my children's lives flashing before me, and was faced with the terrible realization I wasn't a part of them. I could no longer work or take care of myself, the house, my children or my precious husband.

In April of 2008, the joints in my legs locked into place and I could no longer walk. One day, I was walking to the bathroom and my knee stopped moving. From that moment on, I have been in a wheelchair. My right leg was in a 45 degree position and my left leg was in a 70 degree position with both ankles in

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Phil Collen of Def Leppard Rocks the Gerson Institute for Pancreatic Cancer Awareness Month

by Mikhaela Payden-Travers

Life at the Gerson Institute is always exciting, but Thursday November 15, 2012 was especially exciting, since Phil Collen, the lead guitarist for Def Leppard (a rock band), came for lunch. Actually, it was a little more than lunch. Phil came to our office with guitar maker Jake Willoughby to present the Institute with a \$20,000 donation and give us a private acoustic performance.

We were first contacted by Melissa Cordero, Phil's publicist, in September during Def Leppard's

Rock of Ages Tour. Melissa explained that in January of 2012, Jake Willoughby, a guitar maker and musician, approached Phil about the idea of auctioning off a guitar to raise awareness about pancreatic cancer. Jake had recently lost his mother Connie Rae Alsip Willoughby to pancreatic cancer after a courageous thirteen month battle. Sadly, Phil's own father, Kenneth Frank Collen, had passed away from pancreatic cancer two years before. Jake built the guitar, and artist Mike Learn, whose aunt

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Our Story

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a drop-footed position, with no muscle control and hips locked in place. I was so immobile that even going to the bathroom required assistance.

The next few years were filled with treatments of all kinds, including antibiotics, hyperbaric oxygen treatment (HBOT), and kinesiology. The list goes on and on, but nothing worked. The antibiotic therapy—thought to be the only way to treat Lyme disease—put in me bed, so weak that I was unable to hold my head up. I was nothing but skin and bones and hope was fading with each passing day.

The doctors were baffled. Then, to add to the already unbearable situation, in January 2009, a large lump was discovered in my left breast. I had felt a thickening in my breast for several years. In 2006, it started to ache a little, but I thought it was from wearing underwire bras. I changed my bra choice and the pain got better for a while. After the onset of the Lyme though, the thickening became a lump and began to grow rapidly.

It was first thought to be a Lyme cyst but it wasn't long before it was diagnosed as breast cancer. Everyone's first thought about the issue with my legs was that the cancer had metastasized, but after various tests and

scans, that was ruled out. The legs and the cancer were not related other than perhaps due to a decreased immunity from the Lyme disease. The two diseases didn't play nicely together. Whatever treatment helped the Lyme just made the cancer worse. Whatever helped for the cancer affected the Lyme negatively. After months in HBOT treatment for the Lyme, we had to stop because the cancer was thriving in a 100% oxygen environment.

Doctors were hesitant to touch me. The tumor needed to be removed, but I was too weak from the antibiotics used to treat the Lyme. We had to delay the surgery so I could gain enough strength to survive. It was a triple-negative tumor so there was not a great chance that either chemotherapy or radiation would be successful. After having seen the Gerson Therapy work for a relative, we opted for that direction as our best chance.

We were unable to afford to go to one of the Gerson clinics outside of the US, but we worked with a local practitioner to administer the treatment at home. We had to start one step at a time, changing the diet, moving to the juicing with the Champion at first and then the Norwalk, adding the supplements, coffee breaks, etc. It was a

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Phil Collen of Def Leppard Rocks...

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Gladys and cousin Ray Learn were also lost to this terrible disease, painted the guitar. Thus, the guitar "Wings" was born.

Phil played Wings throughout the American tour and it was auctioned on eBay at the tour's end. Wings ended up finding the perfect home with New Zealand businessman Murray Bolton, who came to California to meet Phil Collen and receive Wings. Phil said "Meeting Murray and handing over Wings was bittersweet. I really grew to love that guitar but am so happy that it's going to a great home and the money will help so many more people."

A Gift in Honor of Pancreatic Cancer Awareness Month

Although Wings was auctioned off back in September, Phil and Jake wanted to wait until November to present Gerson with the donation so that the presentation would coincide with Pancreatic Cancer Awareness Month.

Pancreatic cancer is the fourth-most common cause of cancer-related deaths in the United States. Pancreatic cancer is a particularly lethal form of cancer even when detected in the initial stages, and it is rarely detected early. The most common symptoms – unexplained

Gerson®

HEALING news

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Phil Collen of Def Leppard Rocks the Gerson Institute...

continued

weight loss, abdominal pain and jaundice – are associated with a variety of other conditions. The overall 5-year relative survival rate from 2002-2008 for individuals in the US diagnosed with pancreatic cancer was 5.8%.

For Jake, it was especially important that this donation raise awareness about pancreatic cancer, the disease to which he lost his mother Connie.

Not Just Another Day at the Institute

So what is it like to be presented with a donation from a rock star? A lot of fun! This is the first time I have received a donation from a rock star. Phil is a longtime vegetarian, and more recently transitioned to veganism. He is passionate about health and fitness, and even brings his juicer with him on tour!

As soon as we started working with Melissa it became clear that for both Phil and Jake the auction of Wings had very little to do with publicity and a whole lot to do with a passionate desire to raise awareness about pancreatic cancer, the importance of nutrition and healthy lifestyle, and supporting the Gerson Institute. As Phil told one reporter,

“So many times in the past, we’ve signed guitars for charity and had no connection with them whatsoever. This is the first time I’ve been involved 100 percent.”

So it didn’t seem that strange to suggest that since they were coming to the Institute to make a formal presentation of the donation, that they join us beforehand for a Gerson lunch.

Phil and Helen Collen came to the Institute for lunch, along with Jake and Tisha Willoughby, and Debbie Blackwell-Cook, Helen’s godmother. Melissa Dragich, who I had the pleasure to work with during the auction, and Chris Epting, who writes for Spinner also joined us.



Phil Collen of Def Leppard presents donation

commitment to work as a faithful steward of that trust. As Jake told me, “She wasn’t just my mother. She was my best friend. I don’t know if she would have done Gerson, but I would have liked for her to have known that there were other options. I saw how she suffered. I don’t think anyone should have to suffer like that.”

Sharing a Gerson Meal

All our guests were obviously excited to be at Gerson and focused on talking about alternative health and cancer prevention. The Institute’s chefs Jen and Eric created a beautiful meal for our guests, a perfect introduction to Gerson food – with the help of many dedicated volunteers! (Additional thanks go out to the several volunteers who helped me move furniture to get ready for the event – and washed dishes afterwards!) Our guests even had the chance to learn about the Therapy from Charlotte Gerson herself, who was able to join us for the afternoon, and chatted with our guests at the lunch table.

After lunch we presented Phil and Jake with some educational gifts, so that they could continue learning about the Gerson Therapy.

Honoring Loved Ones Lost to Pancreatic Cancer

After lunch, we took a moment to light candles in memory of the lives of Kenneth Frank Collen, Connie Rae Alsip-Willoughby, and Gladys and Ray Learn. As the Institute’s Development Coordinator, I am deeply touched each time someone makes a donation to our organization in honor of a loved one. It reminds me of the great faith that people place in us and renews my energy and

Lights, Camera, Action!

Next came the “official” event, and the building quickly filled with reporters and camera crews, with Phil and Charlotte giving back-to-back interviews. We had spots on the local ABC, CBS, and FOX affiliates, as well as a local cable station CUSI TV and reporters from local papers. It was so exciting to see the Institute on the local news.

Phil Collen and Jake Willoughby presented the donation to our Executive Director Anita Wilson, our founder Charlotte Gerson, and our newest board member Rachel Hiner. As Charlotte said to them, “This is very exciting and moving. We’ll use it well. People are being helped and are being returned to productive lives. Thank you very much.”

After Phil and Jake told the story of Wing for the cameras, Phil gave an acoustic performance of several songs, starting with “Hysteria.” We also heard Def Leppard’s best-known anthem “Pour Some Sugar on Me” and Debbie Blackwell Cook joined Phil for a few other songs, including “Muddy Water Blues” and a rousing rendition of Bob Marley’s “Lively Up Yourself.”



Our Story

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difficult process, especially the coffee breaks since I was a paraplegic.

After the first two weeks on the Therapy, I noticed a reduction in my pain level. I had been taking morphine but until I started the Gerson Therapy, it did almost nothing. Once on the Therapy, it was finally beginning to control some of the pain, or at least took the edge off. Nerve pain is difficult to control on any level.

Once on the full Therapy a bizarre phenomenon began to occur. The tumor would open up and spew out a red substance.

We later learned from the surgeon that this was caused by the tumor expelling dead cancer cells. The surgeon said it was miraculous; she had never seen a tumor do this unless someone was undergoing heavy chemotherapy treatments to reduce the size of the tumor. She was amazed to hear that we had achieved the same results with the Gerson Therapy. This began to open her eyes to new possibilities.

By the end of 2009, the bottom part of the tumor had begun to die. Unfortunately, since the tumor was far too large for my body to absorb, an infection set in the dead area. This reduced my immunity and allowed the top part of the tumor to flourish. Everyone agreed that it needed to come out. Finally, after being on the Gerson Therapy for a few months, my strength rebounded enough in December 2009 for me to have a mastectomy.

The tumor was 3 ½ pounds by the time it was removed and over 14 inches across. There was an operating room full of specialists. With the tumor being so large, the problem was how to close me up after removing the cancer. The plan was to do muscles grafts since they believed the tumor had grown into the chest wall. Secondly, there were to be skin grafts from three places on my body and a negative pressure wound therapy to promote healing. All the plans were made and I was rolled into the operating room to have the tumor, and my breast, removed.

Once in surgery, everyone was surprised. The tumor had not grown into

the chest wall at all. In fact my body had pushed the 3 ½ pound tumor out of the breast so the majority of the tumor was sitting on skin level. There were no muscles or skin grafts needed and in the end, the clearances were so good, they were able to perform a simple mastectomy, taking only two lymph nodes.

When the pathology report came back, everyone was amazed that although the 3 ½ pound tumor was a triple-negative tumor, the two lymph nodes that were wrapped in the tumor and had to be removed were both negative and did not contain cancer. The doctors had no idea how that was possible. Our surgeon was so impressed that she did not pressure me to do chemotherapy or radiation. She asked only that I continue with the Gerson Therapy, since it was working so well.

Once at home we began with the healing process. An odd issue did come up, however. As I was checking over my incision one day I noticed there were small cream-colored pin-like things sticking out all along the incision. They were evenly spaced and hurt a little to touch. Being concerned, we made the trip in to see the surgeon.

The surgeon sat in amazement, as it was determined that my body was rejecting the sutures and was pushing them out, just like it did the cancer. We actually had to slide off the Gerson Therapy a little, adding some chicken, dairy and eggs, to slow down the healing process long enough to allow the wound to heal up without pushing out the necessary sutures. Once the healing was well on its way, we went back on the full Therapy.

Almost three years after the surgery, I have just received my new cancer numbers and I am clean again this year. My blood tests look very good, although we are still fighting the Lyme and I have some residual effects from being on morphine for so long. Slowly but surely, we are gaining control of the pain from the Lyme having infected my spinal fluid and damaged the nerves. If I do not stay faithful to the Gerson diet, I pay with additional pain and regression. Because we have continued on the Gerson maintenance diet, I am able to maintain both the clear cancer numbers as well as control the Lyme. Because of the Gerson Therapy, I have

not become addicted to the morphine. On my good days, I can simply not take as much pain medication without any negative effects. So, as we work with the physical therapist in hopes of retraining the nerves and muscles and hopefully reducing the pain, I have been able to lower the level of morphine.

As a result of the physical therapy I have stood up for the first time in six years. There has been a loss of communication between my muscles and brain but we are working hard at retraining and are seeing significant progress. My right leg is now at a 12 degree position and my left leg is now at a 38 degree position. This is huge progress. I believe one day I will walk again.

There is no question in my mind that if I had attempted to use conventional therapy I would have died. By using the Gerson Therapy, we gave my body the ability to fight the cancer and the Lyme. We are still in the battle with the Lyme disease, but I know it is better than what it would be if I were trying to fight it with the antibiotics that nearly killed me.

The Gerson Therapy saved my life.



Please check to see if your workplace has a matching gifts program (where they match your donation to the Gerson Institute).

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Overcoming Breast Cancer

How Carrie made gradual and grand changes on the Gerson Therapy while she was pregnant

by Carrie Dugo

In 2009 when I was 31 years old and still nursing my 1 year old daughter I found a lump in my breast and learned that I was pregnant again. I just knew something was wrong inside of me. I was diagnosed with stage III breast cancer.

I underwent multiple surgeries and chemo while I was pregnant. Despite everything, I delivered my “chemo baby” and she was healthy. I got infections after every surgery, including urinary tract, kidney and staph infections, and infections in my eyes and under my fingernails. I was on antibiotics all the time and terribly depressed. I continued the chemo and took Tamoxifen (a drug that blocks the actions of estrogen) for another six weeks, but it made me feel ill and crazy. Enough was enough. I became pregnant with my third child and was so excited because I had a stronger reason not to take the medicine.

When I was five months pregnant, I came across the documentaries *The Gerson Miracle* and *The Beautiful Truth*. Something just clicked inside of me. About a week later, as I was starting to prepare for the therapy, my husband found me in a pool of blood in the bathroom. I had lost my baby. I knew it was because my body was so toxic from all the treatments, stress and worry. I believe that if I had found the Gerson Therapy earlier, it could have saved that little baby of mine. The doctors said I should not, and probably could not, have any more babies.

I was determined to get healthy, to prove them wrong and to have my three babies. That’s when I started the Gerson Therapy and made a choice to be happy and healthy.

I followed the protocol for chemo pre-treated patients. I eased into the juices, starting with just a few each day. I gradually increased to 10-13 juices a day and 2-3 enemas on most days. For a few days, I felt like I did after the chemo treatment: really tired, achy in my bones, headaches and no appetite. I had to force myself to drink the juice and eat the foods. The bathroom smelled really bad, but I started feeling healthier every day after a short time.

Time, energy, understanding and other people’s



Carrie Dugo

opinions were big hurdles. I tried to wrap my brain around what had to be done, to read the books, and to understand and trust why the therapy would work. I tried to avoid family members, friends and doctors talking me out of doing the therapy. They wanted me to trust the allopathic doctors, like they did. I had to re-learn everything I thought I knew about food and medicine. Cravings for salt, fat and sugar were also big hurdles to overcome. I had to stop eating out, and eating dinner with friends meant bringing our own food.

My ceiling is still stained from carrot and apple juice explosions, but now I have juicing down to an art. After I started feeling better, it took no time at all to muster the energy to do all of the work with little help. After

a few weeks, everything that had previously tasted bland was like an explosion of flavor for me. I craved broccoli and carrot juice!

In the beginning, I found the hard work and the negative opposition from others very stressful. All of my family lives in Australia. My mother came over for three months at a time, for a total of nine months over two years. She was a tremendous help with the kids. My aunts gifted me a Norwalk juicer. My husband and I do all the daily work the therapy demands. After detoxing for only a short while, all my mood swings were for the better. It took time to kick old food cravings and habits, but the growth I felt was both gradual and grand. I went through a spiritual awakening on the therapy.

A few months into the Gerson Therapy, I became pregnant again. After consulting the Gerson Institute, I decided to continue the therapy. Even though there were few guidelines for a pregnant patient, I believed it was what the baby and I needed to heal and grow. The documentaries I watched, the books I read and the baby growing in my belly gave me the strength and inspiration I needed to continue. I continued the therapy at home until the day I went into labor. I even did a coffee enema that morning. My baby was born, weighing just less than eight pounds, and he was perfect. His skin was glowing, he didn’t cry for but a minute and he glowed with health. And so did I.

Before starting the therapy, I had needed to see a chiropractor 2-3 times a month. Now, I have no back pain and do not go to the chiropractor. I am no longer depressed. The whites of my eyes cleared up and they are no longer streaked with red blood vessels. All the infections I had in my eyes, skin and under my nails have cleared up and I have not had a urinary tract infection since I started the therapy over three years ago.

None of the many doctors I saw and talked with about the therapy with were supportive. Most were dismissive of any nutritional approach and even more were aggressively opposed to it. I stopped seeing my cancer doctors after I fell pregnant on the therapy and only visited my obstetrician.

Even though my husband didn't do the therapy, he did drink juices and become vegan. He also did some coffee enemas. Just doing those things has cleared his chronic sinusitis that he suffered from for ten years. Eating and juicing this way has made my children mild mannered and well behaved. My first daughter received the principal's award last year at her graduation for being the overall nicest, kindest and most helpful child. They never get sick. They have never had antibiotics and I haven't vaccinated them.

I still juice and take coffee enemas every day. I take some supplements and eat a whole food plant-based diet. I do not eat animal products or processed foods. I live a simple family-friendly lifestyle and enjoy simple activities with my kids and husband. I have given up working myself into the ground to chase the American dream.

“Even if you have little money and no help, it is possible to do the therapy.”

I am just thrilled that this therapy and living this way is not only the healthiest thing we could be doing for our bodies but also the single most effective thing we can do to heal our mother, Earth. I believe I am fully recovered and feel I could carry the world on my shoulders.

That is why the Gerson Therapy is a real beautiful truth.

Advice for a person just starting the Gerson Therapy

Even if you have little money and no help, it is possible to do the therapy. We live in a very small town with one of the lowest average incomes in the country. I was on food stamps for a while and still managed.

“The Gerson Institute gave me phone support...and the belief that I could do it.”

Buy in bulk

Ask bulk stores, like Sam's Club, to order produce. Grow your own food and let friends with gardens know you will take the excess. I also cut costs by canceling my phone, cable and car insurance, no longer eating out, no longer drinking alcohol, accepting second hand clothes, cutting chiropractor appointments and simplifying life.

Seek support and assistance

I watched the documentaries whenever I lost enthusiasm. The Gerson Miracle and The Beautiful Truth were uplifting and inspiring for me. I was really moved and motivated by the many personal stories of recovered patients and I watched both documentaries countless times. I listened to the audiobook version of The Gerson Therapy daily to keep myself motivated and as a reminder of how important it was to be healthy for my kids. The Gerson Institute gave me phone support, references, advice on where to get foods, and the belief that I could do it.

Be efficient in food/juice preparation.

Be really nice to your partner and they will help you a lot!

Organize and schedule your day around the Gerson Therapy protocol.

Get up when the sun rises and go to sleep when the sun goes down. Think ahead and map out your day in your mind, and on paper if necessary. Get yourself into a routine that works for you and stick to it. After more time on the therapy, you will find that your mind is clearer and that you are better able to organize and prepare.

Even if you have little money and no help, it is possible to do the therapy.

The Gerson Institute gave me phone support ... and the belief that I could do it.

Editor's note: The Gerson Institute received Carrie's story on July 11, 2014. To share your story, email us at info@gerson.org

My Tough Road to Recovery from Breast Cancer

The importance of removing dental toxins for healing

by Ruth L. Newman

I am 60 years old this year and praise God that I have reached this milestone in my life. I live in a small town in Iowa called Mason City. It is surrounded by farming communities where pesticides, insecticides and herbicides are used. After high school, I attended a beauty college, married and was blessed with three children. I worked as a beautician for a short time before I became pregnant. After my children were in school, I went to work for a cabinet factory. I stayed with this cabinet factory until I had to take a leave of absence because of my diagnosis.

In July 2009, I was diagnosed with advanced invasive triple-negative ductal carcinoma Nottingham grade III in the right breast. I had experienced no symptoms and was not aware of a problem until a lump was noticed. During this time, I was reeling from the news of my younger brother, Jon, who was diagnosed with pancreatic cancer in June 2009 and passed that August. It was a very traumatic time in my life. We had vowed many years before that if we ever got cancer we would go the holistic route. Both Jon and I went to Bio Medical in Tijuana, Mexico (formerly known as the Hoxey Clinic before it moved from the United States to Mexico). When Jon passed, my tumor grew from 1 x 1.5 cm to 14 x 12 cm. Having watched Jon go downhill so quickly and knowing that my cancer was advanced, I knew I needed to do something more.

After my brother's funeral, my oncologist really pushed me to take chemotherapy, something I never wanted to



Ruth Newman and her granddaughter

do. I knew the poisons that would be pumped into my body and that scared me more than cancer itself. My doctors concurred that chemo was necessary to reduce the size of the tumor. Reluctantly, I started treatments in December 2009. In February 2010, I had completed four of the six prescribed rounds of chemo, which reduced the two tumors I had back to 1 x 1.5 cm, and then I stopped.

I first heard of the Gerson Therapy in September 2009. The next July, I started doing my own research: I read the

book *Healing the Gerson Way*, watched the Gerson DVDs and discovered the Gerson Institute's free helpline. I started the therapy as soon as I digested all the information. My oncologist did not object to my following the Gerson Therapy, but would much rather have seen me follow his advice. Despite this, he agreed to continue seeing me. I also had a root canal removed after reading *The Root Canal Cover-up*, a book which was recommended by the Gerson Institute. I took the instructions for proper extraction to my dentist, who agreed to follow them.

At first, I followed the chemo-pretreated therapy protocol of ten juices and three coffee enemas. After six months or so, I increased my protocol to 13 juices and five coffee enemas daily. I never really had much pain. I believe that the coffee enemas helped tremendously with the pain. But I had trouble with my root canal extraction, which never properly healed.

All this time I was using the Gerson Telephone Coaching

Service because I could not afford to go to the Gerson clinic in Mexico. The Coaching Service was invaluable to me. I so appreciated the help and support I received. My Gerson coach talked me and my husband through some tough deci-

“The Coaching Service was invaluable to me. I so appreciated the help and support.”

sions. However, after I had been on the Gerson Therapy about a year and doing well, my tumors grew once again. My oncologist advised me to do a mastectomy, the very thing I did not want to do. Upon consulting with a surgeon, my husband, my oncologist and the Gerson Coaching Service, I decided to have the mastectomy to relieve the tumor load from my body so the Gerson Therapy could really go to work. I had the mastectomy in May 2011. Two lymph nodes were removed and tested: one was positive and the other was negative. The surgery revealed that the tumors were encapsulated with scar tissue and had not attached to my chest wall, i.e. the tumor was confined to a specific area. The surgeon was able to obtain clean margins all the way around the tumors. When I heard that, I knew the Gerson Therapy was working without a doubt.

When I returned home, I continued with the Gerson Therapy as much as I could and improved daily. I was nearing my anniversary of almost two years on the Gerson Therapy and everything was looking up. Then I had tumor growth again, only this time in my right armpit. I was devastated and called the Gerson Coaching Service.

My Gerson coach asked if I had any root canals. I told her I did and that I was still having problems with my wound. She told me about Dr. Huggins, a holistic dentist and advocate for safe, nontoxic dental procedures who developed the Huggins Protocol for removing amalgam fillings. I investigated further and spoke with my own dentist, who then admitted to me that he had not followed the root canal protocol completely, as he had promised, but instead had forgotten to do one step. Dr. Huggins put me in touch with a dentist who took care of the root canal wound properly and removed all my amalgam fillings in December 2011.

I visited my oncologist in August of 2012. He told me I was cancer-free. I started breast reconstruction surgery in May 2013 with fat grafting. I have had no recurrences since.

The biggest hurdle to doing the therapy was getting my children on board. My husband was very supportive. Once my sister put a plan together for people to help, we were

off and running. I had a couple of friends, my sister, sisters-in-law and even a cousin chipping in. I had no idea how much time and work had to go into this. My helpers worked tirelessly, cleaning vegetables and preparing food and the coffee enema concentrate. One even helped with light housekeeping. All were faithful during the whole long haul.

I was so blessed to have good positive people coming to help me that I didn't want to be down for them and I am sure they put on their best face as well. That is not to say I didn't have downs, because I did. Those times were not my focus. I wanted to get better and I knew I would with God's food. I did not experience difficulty adjusting to the therapy emotionally because I was so thoroughly convinced that this was the only way to go. It's a tough road, but when one has reached a crisis, the path is often tough to follow. I never regretted choosing to do the therapy.

For health maintenance, I now eat only organic fruits and vegetables, mainly raw and some slow-cooked. If this is not possible I try to minimize any conventionally-grown products. I do eat some meat, but it is always either grass-fed beef or organically-raised poultry, no pork and very little fish because of the high mercury content. I drink alkaline water and receive intravenous Vitamin C monthly from my medical doctor. I don't juice as often as I used to, but I will do a coffee enema if I feel the need to. I do not consume refined sugars or flour, candy, gluten or anything prepared. I do not drink any soda or alcohol. I do not eat at fast food restaurants and minimize eating at any other type of restaurant. I thank God for my mother instilling the importance of

“It's a tough road, but when one has reached a crisis, the path is often tough to follow.”

what is good food and what is not, and the dangers of mercury in dental work.

I am fully recovered and feel very good. Gerson Therapy is a no-nonsense way to redeem your health. I felt Gerson was a therapy that gave me the right tools I could use to regain my health. Thank you Gerson and thanks to God.

Ruth's Tips for Using the Gerson Therapy

- Buy organic produce in bulk and look into purchasing from co-ops and online companies. This saves money and time.
- Get support and assistance. I had volunteers help for two to three hours in the morning and I did the rest. That was super helpful. It felt good to be able to do things for myself.
- Be efficient in food and juice preparation. Organization was key to my success. Wash produce ahead of time. The volunteers pre-bagged each juice portion for the day and next morning so all I had to do was pull the bag from the refrigerator and juice. This saves time and makes life easier for yourself and those helping.
- Buy an extra refrigerator for storing the vegetables. My second refrigerator was originally a chest freezer which my husband converted to a refrigerator.

- Organize and schedule your day around the Gerson Therapy protocol.
- Follow the book *Healing the Gerson Way*. It gives great pointers and advice. Also seek advice from the Institute's free helpline, Coaching Service, website and DVDs. The Gerson Telephone Coaching Service was invaluable to me.
- Buy or lend your volunteers *Healing the Gerson Way* so they understand what the Gerson Therapy is all about.
- Believe in it; it works. The therapy is work, but be positive. Pray and believe in it.

The Gerson Institute's Telephone Coaching Service provides an affordable way for many people to receive guidance on doing the therapy at home. For more information about this service, visit www.gerson.org or contact Blanca Ayala bayala@gerson.org. To order Gerson books and DVDs that can help you get started on the therapy, visit <http://store.gerson.org>.

The Boy Who Couldn't Eat

An eight-year-old achieves remission from eosinophilic esophagitis

by Diane Ake

You may remember a story from 2013 about Sy Harger, a six-year-old boy in Florida with a rare and little-understood illness, eosinophilic esophagitis (EoE). EoE can cause severe allergic reactions and swelling of the esophagus from eating. Left untreated, EoE increasingly narrows and damages the esophagus, causing food to get stuck with resultant difficulty in swallowing. If it progresses far enough, the damage may be irreversible. Without proper treatment, Sy would have needed a permanent feeding tube to receive nutrition.

After years of getting nowhere with conventional treatments, Sy's parents decided to try the Gerson Therapy. He started the therapy in February 2012, right

after his medical doctor had told the family that Sy was out of options. Due to his condition, Sy had been on a mostly liquid diet and very few foods for the better part of

two years, and his mother saw that the lack of food was taking a toll on his body. Using organic food as medicine made perfect sense to her. Sy started consuming carrot/apple juice, green juice, and Hippocrates soup; he also did a detoxification process. Ten months after beginning the therapy, there were remarkable results.

"...we received word from his father stating that he is in complete remission."

In their efforts to raise money to continue the therapy, Sy's father emailed the Institute to let us know that friends of the family held a 5K race in February 2013. They invited one of our staff to travel to Florida and

In retrospect, I believe that he likely would have done better if he had done the strict Gerson Therapy for the full period of time. But even with the non-strict therapy, he obtained good results as evidenced by the repeat CT scan 45 days after starting the therapy showing shrinkage of the large lung tumor.



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Clinical Geneticist for the past 8 years, Board Certified by the American Academy of Clinical Genetics. She completed her Genetics training at Duke University Medical Center, Durham, North Carolina. Dr. Vidya started her medical career as a Pediatrician with over 15 years' experience and is Board Certified by the American Association of Pediatrics, having completed her residency at the University of Massachusetts. To contact Dr. Krishnamurthy, visit: www.georgiawellnessclinic.com

Gerson Basics Online

The most comprehensive online class on every aspect of the Gerson Therapy. Also available in Spanish. Purchase it at store.gerson.org.

Patient Stories

From Fear to Empowerment:

Tami McVay's Journey of Letting Go and Recovery

by Marina Yanay-Triner

Tami McVay's story began with fear, shock, and anxiety, but blossomed into empowerment and transformation, as she learned to take her health into her own hands and gain control over her healing process by using the Gerson Therapy.

Tami became a vegetarian at age 30, which she believes helped her adjust to Gerson food. She also became a true believer in holistic treatments when her gallstones were healed using homeopathy. Before she was diagnosed, Tami worked in retail management and marketing for eight to ten hours a day, in a high-stress workplace. Her husband often worked out of town and they were raising a teenage daughter. She blamed these aspects of her life for her constant tiredness. Looking back, she realizes that the tiredness was a symptom: her body was asking for help and self-care.

Her tired body's alert fell on deaf ears, until it began to scream. In September 2012, Tami's annual mammogram results came back irregular. She had an ultrasound, which led to a biopsy that revealed cancer. She had three tumors in her breast and one in her armpit.

The first question she asked was, "If 99.9 % of my cells are healthy, why can't I use those cells to heal those cells that have gone rogue?" Nobody in the room had a very good answer. The oncologist threw statistics and numbers at her, while she sat there, dazed: only 15% of women get this type of breast cancer, estrogen and progesterone positive and HER2 negative. Tami received advice from a variety of

"She now believes taking [Gerson Basics online] class is a must-do for both patients and support persons."

doctors, including having a lumpectomy, radiation, and chemotherapy. Eventually, in November of 2012, Tami had a modified, radical mastectomy on the right breast with 16 lymph nodes removed. She did not know about the Gerson Therapy at that point. A naturopath doctor suggested she do juicing, which helped her heal quickly from surgery, and she was able to have her drains removed a week early, which amazed her plastic surgeon. She decided to have radiation after the surgery, because her oncologist told her that her PET scan showed all was clear but revealed that some cancer cells had probably escaped during surgery. Tami did not experience ill-effects during the radiation which she also attributes to the juicing.

“She learned how important it was to ask questions, rather than take doctors’ orders for granted.”

Tami did not have an aggressive type of cancer, and she had some time to make decisions. The doctors pushed her to do chemotherapy right away and to take Tamoxifen, but something inside her told her to wait and think about it. She started reading Kris Carr’s blog (the author of the book *Crazy, Sexy Cancer*) which led her to Jess Ainscough, the Wellness Warrior, who described a day in the life of someone doing the Gerson Therapy.

Tami was immediately drawn to the therapy. On her birthday, February 14, she drove to Oregon with her sister and daughter for a consultation with Dr. Donato, a certified Gerson practitioner. He told her several times: “It is a very intense protocol.” However, the therapy still spoke to her and she decided to move forward. After doing so, she instantly felt a sense of relief. She was taking healing into her own hands. As Tami said, “It just felt right. It felt more than right. I had prepared my whole life for the Gerson Therapy. Every master cleanse, juice fast, becoming vegetarian, believing in holistic medicine and following my gut instinct all got me ready for the Gerson Therapy.”

At this point, she was scheduled to start chemo in six days. After she declined chemo, the doctor ordered a special Mammoprint test which analyzes certain genetic activity in breast cancers. Tami was told that on the basis of her test results that she had a 27% chance of recurrence with chemotherapy and a 10% chance of recurrence without

chemo, which she instead viewed as a 90% survival rate without chemo. The doctor told Tami that she no longer recommend chemo. From this experience, Tami learned how important it was to ask questions, rather than simply take doctors’ orders for granted.

After 30 days of radiation, she had to wait six weeks to start the Gerson Therapy on June 11, 2013. Dr. Donato prescribed a modified Gerson Therapy protocol. She did not want her home to look like a “sick” person’s place and wanted to maintain normalcy for her daughter. Tami scheduled her protocol around her daughter’s school drop-off and pick-up times and started the therapy during summer vacation to give herself time to adjust.

Tami kept her Gerson protocol in a sheet protector and marked off each step hourly, helping her keep on track. The greatest challenge was letting go of trying to maintain the house in perfect condition and tidy, like it used to be. Letting go in all aspects of life was empowering, knowing that even if she did not control every single aspect of life, her body was still strong enough to pull through.

Tami took the Gerson Basics Online class in June of 2013, during the second week of the therapy. She received materials in the mail, which felt to her like getting accepted into college. A lot of her questions were answered and her fears calmed during the 3-day workshop. She now believes taking this class is a must-do for both patients and support persons. She referred to her Gerson Basics manual and *Healing the Gerson Way* book constantly, and referred friends and family to those sources, which provided credibility to her way of healing.

“She was taking healing into her own hands.”

In the beginning, Tami found it easy to adjust emotionally to the therapy. She felt in control and the therapy gave her direction and hope for healing. Later on in the therapy, she experienced anger, anxiety, and frustration at times, but her physical healing reactions were very subtle. She took two short naps daily and went to bed before 10 pm to maintain her energy. It was difficult not to be able to go out to eat or to see a movie with her family; they brought home take-out food, however, and she tried to mimic what they were having with her Gerson food. She wished she could continue coloring her hair, wearing makeup, using her favorite perfume and adding basil to the tomatoes, but in the end, none of that was as important as being alive for her daughter.

Tami completed two years of the Gerson Therapy, mostly on her own. She lived away from family, making it difficult for them to help physically, but she was supported by their love: gifts, cards, calls and messages. She kept her friends and family updated on her healing progress via social media and a CaringBridge site.

Today, at age 54, Tami feels that she has fully recovered: she had a CT scan in June of 2015, and the results were good except for a cyst on her liver, which she believes will resolve itself as she continues Gerson Therapy maintenance and begins ozone therapy. She stopped eating yogurt, and continues to have Hippocrates soup, baked potatoes, and veggies. She has two green juices and one carrot-apple juice daily. Two- and-a-half years after surgery, her plastic surgeon could not believe that her scar was completely gone and he asked “What is in that juice that you are drinking?”

Reflecting back, Tami said she decided to do the Gerson Therapy as her “insurance policy” for her mind, body and spirit. She wanted to make sure she dealt with whatever caused her sickness in the first place and keep it clear. She wanted to heal everything else. “Doing the therapy was

a fabulous experience. I am not the same person - I am a much more connected human being. It allowed me to take care of myself and follow my intuition.” She described the therapy as a “two year meditation and ritual” that is much more than a diet plan. “You feel much more connected to the earth, the planet and to yourself.”

If you or someone you know is interested in doing the Gerson Therapy, please read our free Introduction Packet available at: <http://store.gerson.org> to see if the therapy is appropriate and to learn how to get started. To learn about the Gerson Therapy more in depth, you can register for our online Gerson Basics Class at store.gerson.org.



Marina Yanay-Triner of Soul in the Raw (www.rawsoulnutrition.com) is a certified health and nutrition coach, specializing in raw veganism. She began her journey with food medicine as a result of the healing of a family member, and this interested her more in healthy eating. She is currently volunteering her time with the Gerson Institute, writing articles for the newsletter.

Programs and Services

Gerson Practitioner Training 2016

by Amanda Onken

Seventeen medical practitioners from around the world gathered for a six-day intensive course on the Gerson Therapy – the Module I Practitioner Training – at the Gerson Institute office in San Diego. They travelled from the UK, the Philippines, Jamaica, Brazil, and multiple cities throughout the United States. For the first time, we even had translators attend along with a doctor from China. Every year, the participants are proving that the Gerson Therapy is becoming more and more recognized and embraced internationally.

Dr. Melania Nagy, director of the Gerson Centre in Hungary, a licensed Gerson clinic, joined us as an instructor. We were very fortunate to have her share first-hand her knowledge and experience from practicing the Gerson Therapy. A Gerson practitioner for



Dr. Miven Donato, head clinical Instructor of Module II.

over ten years, she has many cases to draw from when teaching practitioners in training. Along with Dr. Miven Donato, certified Gerson practitioner and head clinical Instructor of Module II (the second phase of our Practitioner Training), she taught many elements of the therapy, from *Lab Testing to Healing Reactions*, and also presented detailed overviews of patient cases. Dr. Pedro Cervantes, one of the most experienced Gerson practitioners, who has worked in a clinical setting for numerous years, also joined us to present a case study of a young man with melanoma.

Four recovered Gerson patients spoke about their experience on the therapy. Jesse Yu told about his research on the science behind the Gerson Therapy before he made his decision to embark on this journey. Verena Muller provided valuable insight and