

GERSON INSTITUTE™

FROM THE GERSON HEALING NEWSLETTERS, BROCHURES AND BOOKS

SECTION ONE: DIAGNOSIS

Nov/Dec/ 2011

INDEX

ACID REFLUX

NL Vol. 21 # 6 Nov/Dec/06 pg. 4. Internationally known tenor. Gerson Therapy saved my career, my life. Acid reflux was irritating his vocal cords to the point where he had to cancel his performance.

ACNE

NL Vol. 24 # 1 Jan/Feb/09 pg. 6. Margaret Straus forwards from Italy: Rosita's story
NL Vol. 10 # 5, Sep/Oct/95, pg. 6, Yvonne Nienstadt had a typical long history of damage to her body by Drug treatments with hormones and antibiotics. Now teaches Health Education, one of her students was Rosie, later author of the immensely successful cookbook: In The Kitchen with Rosie.

ADDICTION

NL Vol. 22 # 3 Nov/Dec/08 pg. 7. In the Aug. 19, 2007, Journal of the American Medical Association (JAMA). Infusing chemo drugs in colorectal cancer. In the same issue of the JAMA, an article appears under the heading Adolescents and illicit drug use.
NL # 2 Jul/Aug/84 pg. 7. Gerson Therapy overcomes drug addiction.

AIDS

NL Vol. 19 # 5 Sep/Oct/04 pg. 4, From the book by Harold Foster, Ph.D. He is known to us from prior research which he published on "Lifestyle Changes and the Spontaneous Regression of Cancer". AIDS according to its name is an "Acquired Immune Deficiency Syndrome"
NL Vol. 10 # 3, May/Jun/95, pg. 4, It stands to reason then, that since the Gerson Therapy restores the Immune system, it could well overcome this problem, too. (One recorded case of HIV+ reports Good results)
NL Vol. 9 # 2, Jul/Aug/94, pg. 4, Ozone: A Catalyst in Killing AIDS Virus? Tests on HIV-infected blood conducted at the Bethesda Naval Hospital in Maryland showed that ozone effectively killed the virus without damaging those cells that had been infected.

ALLERGIES

NL Vol. 26 # 6 Nov/Dec/11, pg. 1, Allergies, Thyroid Problems and Toxicity – Annalisa Cerrina;s Story.
NL Vol. 18 # 4 Jul/Aug/03 pg. 5. By Howard Straus. Good News for Millions of Allergy Sufferers. What is the cause of allergies?

ALS (AMYOTROPHIC LATERAL SCLEROSIS)

NL Vol. 24 # 1 Jan/Feb/09 pg. 4. Very encouraging changes while at Gerson Clinic.
NL # 7 pg. 11, 1985 Report from La Gloria. Improvement of ALS through Gerson Therapy. Note: Raw Liver juice was used until 1989. Results have changed for this disease after the raw liver juice was discontinued.

ALZHEIMER'S

NL Vol. 25 #5 Sept/Oct/10 pg. 5. Caregiving wife who suffers Alzheimer's and coffee enemas clear his depression.
NL Vol. 23 # 2 Mar/Apr/09, pg. 5. High doses of niacin fight Alzheimer's disease, from the Orthomolecular medicine news service, Dec. 9/08
NL Vol. 10 # 5, Sep/Oct/95, pg. 5, Connecting Fluoridation with Alzheimer's Disease. Why are Medical Researchers Ignoring the Probable Cause of Alzheimer's and concentrating on a cure Instead? This is the title of an article, which is sponsored by the Safe Water Association, Inc., P.O. Box 502, Fond du Lac, WI 54936.
NL Vol. 25 #5 Sept/Oct 2010 pg. 5 Alzheimer's, Caregiving, and Depression, a letter from Robert Jones, who is taking care of his wife with Alzheimer's.

ANKYLOSING SPONDILITIS

NL Vol. 21 # 2 Mar/Apr/06 pg. 6. Terrance was diagnosed with lymphoma, emphysema, glaucoma, Reiters syndrome, arthritis Ankylosing spondilitis and arrhythmia have gone!

- NL Vol. 12 # 3 pg. 1, (resembles arthritis), Not just Cancer, Phoenix Patients share their stories.
- ANXIETY**
- NL Vol. 26 # 5 Sept/Oct/11 pg. 1. Inspiring Patient story Heidi Lipes. Diagnosed with fibromyalgia six herniated discs, arthritis, yeast infections, bursitis, sciatica, migraines, leaky gut syndrome, weight gain, constipation, anxiety, insomnia, hypertension, tachycardia, thyroid disorder.
- APLASTIC ANEMIA**
- NL Vol. 24 # 1 Jan/Feb/09 pg. 1. Benny's remarkable recovery from idiopathic hepatitis and plastic anemia.
- ARTHRITIS**
- NL Vol. 26 # 5 Sept/Oct/11 pg. 1. Inspiring Patient story Heidi Lipes. Diagnosed with fibromyalgia six herniated discs, arthritis, yeast infections, bursitis, sciatica, migraines, leaky gut syndrome, weight gain, constipation, anxiety, insomnia, hypertension, tachycardia, thyroid disorder.
- NL Vol. 24 # 4 Jul/Aug/09 pg. 5. FDA approves deadly drug Cimzia® . Don't trade arthritis pain for death.
- NL Vol. 21 # 2 Mar/Apr/06 pg. 6. Terrance was diagnosed with lymphoma, emphysema, glaucoma, Reiters syndrome, arthritis Ankylosing spondilitis and arrhythmia have gone!
- NL Vol. 20 # 6 Nov/Dec/2006 pg. 4. Arthritis and the Gerson Therapy. Anon-toxic approach to beating the Pain.
- NL Vol. 11 # 1 pg.1, Root Canal Cover up and arthritis connection, research by Dr. Price.
- NL Vol. 9 # 4 PG. 11, Jim Elk Forehand, also diagnosed with lymphoma. The lymph glands were swollen to the size of softballs and he became paralyzed from the pressure on his spinal cord.
- NL Vol. 9 # 3 PG. 7, Xavier Naude was a heavy smoker and developed emphysema and arthritis and lost 70% of lung tissue.
- ARRHYTHMIA**
- NL Vol. 21 # 2 Mar/Apr/06 pg. 6. Terrance was diagnosed with lymphoma, emphysema, glaucoma, Reiters syndrome, arthritis Ankylosing spondilitis and arrhythmia have gone!
- ASTHMA**
- NL Vol. 16 # 2 pg. 7, My Story of Hope and Recovery with the Gerson Therapy. Her daughter was treated for asthma 35 years ago.
- NL Vol. 10 # 5 pg. 6, Yvonne Nienstadt, had a typical long history of damage to her body by drug treatments with hormones and antibiotics. Now teaches Health Education, one of her students was Rosie, later author of the immensely successful cookbook: In The Kitchen with Rosie.
- NL # 6 pg. 4, Susan Smith, also had yeast infection.
- ASTROCYTOMA**
- NL Vol. 16 # 1 pg. 7, by Norma LaMadrid, The Adventures of Dizzy Downes; Or When the Going Gets Tough, So does Dizzy! Diagnosed with brain cancer, astrocytoma.
- NL Vol. 11 # 3 pg. 5, Nora Kulwicki, just weeks from her 10th birthday, she started to suffer from headaches, then vomiting. Her mother took her for a CT scan and a brain tumor was discovered.
- NL Vol. 10 # 6 Nov/Dec/95 pg. 4, Patient Story: Kenneth Edward Titus, recovery.
- NL Vol. 5 # 2 pg. 10, David Nelson, "They found cancer, the size of a large lemon, with crabgrass roots growing throughout my brain".
- NL 16 pg. 7, Teddy Norton. He lost speech, sight, control of his bladder and bowel functions and use of his extremities.
- AUTISM**
- NL Vol. 22 # 2 Mar/Apr/07 pg. 7. Heroic Mother Saves Son from Vaccine-induced Illness. Good News About Autism.
- NL Vol. 21 # 2 Mar/Apr/06 pg. 4. No autism for unvaccinated children. The numbers don't lie: Unvaccinated children are safe and have no autism. Vaccines have a toxic mercury based preservative, called Thimerosal.
- NL Vol. 19 # 3, May/Jun/04, pg. 10. CDC calls safety "Review" on mercury in vaccines and links to autism.
- AUTO-IMMUNE DISEASES**
- NL Vol. 24 # 6, Nov/Dec/09 pg.9. Recoveries from "AutoImmune" Disease, George Smalley.
- NL Vol. 18 # 2 Mar/April/03 pg. 8. Two more booklets: Healing Lung, Cancer & Respiratory Diseases and Healing "Auto-immune" Diseases.

BASAL CELL CARCINOMA

NL Vol. 25 #3 May/June 2010 pg. 3. Lori Williams had an annoying irritation, actually a lesion, at the side of her right nostril for three or four years. Her doctor suggested "Mohs Micrographic surgery" but she refused.

BILE DUCT

NL Vol. 24 # 3 May/June/09 pg. 1. Shaye Ramont's remarkable story. Recovered from colon, rectal and biliary, pancreatic cancer.

NL Vol. 18 # 4 Jul/Aug/03 pg. 8. An Extraordinary Response to Treatment at Baja Nutri Care. Before Arriving to the clinic she was very ill and weak. Her doctor had given her a short life expectancy.

BIPOLAR DISEASE

NL Vol. 25 # 3 May/June/10 pg. 8. Joseph Biederman's Comeuppance, by Jenny Thompson, www.TimelessTouch.us 4000% increase in the number of children diagnosed as bipolar over the decade that Biederman and colleagues expanded the concept of the disorder and a huge jump in the use of powerful (and potentially dangerous) antipsychotic medications for very young children.

BLOOD PRESSURE

NL Vol. 9 # 4 pg. 1, Salt Poisoning study by the University of Tennessee on video, The relation between salt consumption and its effect on blood pressure.

BOEKS SARCOID

NL Vol. 17 # 4 July/Aug/02 pg. 4. Excerpts from "You will not Die", a memoir of Miriam Halliday-Borkowski's experience with Dr. Gerson and the Gerson Therapy. Edited by Kristina Wylie. 1953 diagnosed with Boeks Sarcoid.

BONE

NL Vol. 22 # 5 Sep/Oct/07 pg. 6 Suppressed Harvard Study Links Fluoride, Bone Cancer.

NL Vol. 22 # 3 May/June/07 pg. 1. Max Gerson's patient helps celebrate. Gail Allen Bogue and daughter visit for Charlotte's March 24, 2007 85th Birthday.

NL Vol. 22 # 2 Mar/Apr/07 pg. 8. Osteoporosis Drugs Making Bones Brittle, by Susan Lark, MD, with comments by Charlotte Gerson.

NL Vol. 17 # 6 Nov/Dec/02 pg. 6 Letter from Carla Shuford: September 4th, 2002 a special day: 44th anniversary.

NL Vol. 13 # 4 Jul/Aug/98, pg. 5, Carla Shuford osteogenic sarcoma, was a patient of Dr. Gerson.

NL Vol. 13 # 2 Mar/Apr/98, pg. 6, Fosamax, Dangers and side effects of drug designed to rebuild bones after 50.

NL Vol. 12 # 3 May/June/97, pg. 5, Milk Ads and Osteoporosis, bone density.

NL Vol. 10 # 6 Nov/Dec/95pg. 7, Alexandra Lennox's son (Legg-Calve-Perthes disease)

NL # 1 pg. 5 Case # 23 in book A Cancer Therapy page 325, myosarcoma, osteomyelitis, thigh bone cancer.

BONE FRACTURE

NL Vol. 23 # 3 May/June/08 pg. 4. Robbie broke a tibia bone and his doctor said he had never seen healing so fast with this type of injury for his age group. He said he had the bones of an eight-year old!

BOWEL

NL Vol. 22 # 3 Nov/Dec/08 pg. 7. Kim Cuddeback's recovery from bowel cancer.

BRAIN

NL Vol. 14 # 3 pg. 6, Sandi Stewart: Brain tumor, Hashimoto's disease & rheumatoid arthritis.

NL Vol. 14 # 1 Jan/Feb/99 pg. 8, Brain Disease Spreads to U.S. Livestock and Wildlife, May be misdiagnosed as Alzheimer's in Humans.

NL Vol. 11 # 3 May/June/96, pg. 5, Nora Kulwicki, just weeks from her 10th birthday, she started to suffer from headaches, then vomiting. Her mother took her for a CT scan and a Astrocytoma brain tumor was discovered.

NL Vol. 10 # 6 Nov/Dec/95, pg. 3, Kenneth Edward Titus, Astrocytoma.

NL Vol. 9 # 3 Sep/Oct/94, pg. 1. Hot Dogs linked to Leukemia, Brain Tumors. Research Journal Reports.

NL Vol. 8 # 1&2 1992, pg. 20, Behavior therapy works like drugs on brain.

NL Vol. 7 # 3&4 pg. 10, Will changing your mind help you heal? Pg. 12, How to achieve emotional independence and a healthy personality, Ronald Grossarth-Maticek, pg. 14, Maticek and Me.

NL Vol. 5 # 2 pg. 10, David Nelson, Astrocytoma. "They found cancer, the size of a large lemon, with crabgrass roots growing throughout my brain".

BREAST CANCER

- NL Vol. 25 #5 Sep/Oct/10 pg. 1. Two sisters with breast cancer, by Sharlene Stump.
- NL Vol. 25 #3 May/June 2010 pg 9. A letter from a patient Sandra H. who healed her whole family—breast cancer, pleurisy, prostate cancer, diabetes.
- NL Vol. 25 # 1 Jan/Feb/10 pg. 4. From the mail bag Machele, diagnosed w/Lyme disease and later breast cancer, lyme disease cleared in one month and her doctor also had lyme disease and asked about the Gerson Therapy. Page 4 Angelita, PET scans show improvements to bone and breast cancer, doing Gerson Therapy at home.
- NL Vol. 24 # 2 Mar/Apr/09 pg. 2. Ten years after breast cancer, how Katressia is doing.
- NL Vol. 24 # 1 Jan/Feb/09 pg. 6. Margaret Straus forwards from Italy: Rosita's story
- NL Vol. 23 # 5 Sep/Oct/08 pg. 4. Sharlene Stump. 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.
- NL Vol. 23 # 3 May/June/08 pg. 1. A Happy Update. Nancy Kosobucki – Metastasized breast cancer.
- NL Vol. 23 # 2 Mar/Apr/08 pg. 6. Shirley Tice – Recurrent Breast Cancer.
- NL Vol. 22 # 3 Nov/Dec/08 pg. 5 Susan Hacker rediscovers the power of the Gerson Therapy. 90 – And healing again. pg. 8. The Genetic Risk Factor. Will you get cancer?
- NL Vol. 22 # 4 Jul/Aug/07 pg. 4. Fast relief from extreme cancer pain. A Dramatic response for Nancy Kosobucki.
- NL Vol. 22 # 3 May/June/07 pg. 9. For advanced breast cancer Yet another drug. In 1975, Prof. Hardin Jones, University of California, proved for the first time, on a large-scale study that lasted 23 years, that cancer patients refusing to undergo surgery, radiotherapy and chemotherapy (on a free food regime without following a particular diet) survived on average 12 ½ years .
- NL Vol. 22 # 2 Mar/Apr/07 pg. 6, A letter from Gina F., ten years recovered from breast cancer.
- NL Vol. 21 # 2 Mar/Apr/06 pg. 1. Michele Klimek: Recovery against all odds.
- NL Vol. 20 # 5 Sep/Oct/2006 pg. 3, The long term recovery of Helga Braun is quite extraordinary and extremely rare in cases of breast cancer treated with orthodox therapies.
- NL Vol. 20 # 4 May/June/05 pg. 5, Renee Soboleski's remarkable victory over breast cancer.
- NL Vol. 20 # 1 Jan/Feb/05 pg. 8, Sarita Sud, breast cancer recovery.
- NL Vol. 19 # 6 Nov/Dec/04 pg. 9, Bronwen King, breast cancer spread to liver and lymph.
- NL Vol. 19 # 4 Jul/Aug/04 pg. 8. Joyce was diagnosed with Intraductal Carcinoma, stage 3. Her husband visited the Gerson clinic to gather information about the therapy. Page 9, Breast Cancer May Be Linked to Antibiotic Use, from the London Sunday Times, Feb. 15, 2004
- NL Vol. 17 # 5, Sep/Oct/02 pg. 6. The Beginning of the Journey: Lora Valsi's Story, by Kristina Wylie.
- NL Vol. 17 # 4 Jul/Aug/02 pg 6. New Booklets by Charlotte, Healing Cancer The Gerson Way: Alexandra Lennox, Alberta Frye, Betty Stenzel, Janet Pottinger, Jean Clark, Kathie Bartholomew, M.C., Paula Bambic, Sandi Stewart, Shirley Tice and Mary Hennessey.
- NL Vol. 17 # 4 Jul/Aug/02 pg. 1. A new program developed by the Gerson Institute allows people interested in becoming a Gerson caregiver to attend our Caregiver Training Weekend workshop. After fulfilling the requirements, they will be placed on our Gerson Institute Approved Referral List and be connected with patients who request assistance in their home. By Shirley Tice
- NL Vol. 17 # 2 Mar/Apr/02 pg. 6. Breast Thermography a non-invasive test. "Dr. Chapman, DC, whose experience with breast Thermography began in 1978, believes that what is most important is the patient's understanding of their body and health.
- NL Vol. 14 # 6 pg. 2, Mrs. Kathy Bartholomew at the Cancer Control Convention Sep/99.
pg. 8, My Story of Change K.C. Collins, recovered from breast cancer.
- NL Vol. 14 # 5 pg. 8, Cora Cayton was 51 in September of 1991, when she found a lump in her breast. Cora is now living a normal life in good health.
- NL Vol. 14 # 3 pg. 7, V.T., four and a half recovery of breast cancer after chemotherapy.
- NL Vol. 14 # 1 pg. 6, Patient Follow Up, Celia Collins writes "The Gerson Therapy Works!"
- NL Vol. 13 # 6 pg. 3, Frances Carroll, Recovering from breast cancer, after chemo.
- NL Vol. 13 # 3 pg. 3, Zavarina Light: Long Road to Recovery.
- NL Vol. 13 # 2 pg. 1, Celia Collins w/mets. To liver. She is a puppeteer.
- NL Vol. 12 # 2 pg. 7, Paula Bambic. In December of 1991, Paula came to the Gerson Treatment Center In Mexico. Nine months later she was cancer free, all her tests looked good, her cancer Markers were normal. She now reports that she "feels wonderful" and stay close to the therapy.
- NL Vol. 12 # 2 pg. 4, Alberta Frye shares some of her experiences. After some time on the Gerson Therapy, I realized I was not getting worse but was getting better! My hair dye came out from the

bottom of my feet as I detoxified!

NL Vol. 12 # 1 pg. 7, Mercedes LaPine, N.D. In 1951 she was diagnosed with duodenal and peptic ulcers. In 1970 a boating accident left her partially paralyzed. The severe pain led to take still more drugs. In 1971 a pap smear showed carcinoma in situ.

NL Vol. 11 # 4 pg. 7, Janet Pottinger intraductal carcinoma.

NL Vol. 10 # 6 pg. 7, Alexandra Lennox, recovery from intractable intraductal breast cancer. She further helped her father, overcome the debilitating effects of a heart attack and stroke.

NL Vol. 10 # 5 pg. 4, Agi Peter from Hungary, with metastasis to the lymphs. Reported by Beata Bishop).

NL Vol. 10 # 5 pg. 7, Alexandra Lennox recovered and well. She was diagnosed with invasive intraductal carcinoma, her doctor told her: "This is atypical two- to- ten year illness. But I don't think that you'll be alive in two years. Get your affairs in order and have the best time you can. And don't worry; we have powerful medications for you when your pain begins"

NL Vol. 10 # 2 pg. 8, Shirley Tice, fully recovered and well. She also started a new business and is successful and happy.

NL Vol. 10 # 1 pg. 6,7, Dr. Lorraine Day (Video: Cancer Doesn't Scare me anymore).

NL Vol. 9 # 2 pg. 8, Diana Sals & Vitamin study.

NL Vol. 7 # 3 & 4 pg. 16, Mammography Radiates Doubts.

NL Vol. 25 #5 Sept/Oct 2010 pg. 1. Sharlene Stump and her sister, both recovering from breast cancer.

BREAST FIBROIDS

NL Vol. 12 # 4 pg. 4, So Much Healing to Do... Blanca Ayala. Also had colitis, depression, chronic fatigue, digestive problems and hemorrhoids.

BREAST IMPLANTS

NL Vol. 24 # 3 May/Jun/09 pg. 5. The Gerson Therapy has trouble helping women with breast implant Poisoning.

NL Vol. 9 # 4 pg. 4."Of the twelve women I know with implants, two have died of cancer in the past year, and two more have had the implants burst, with disastrous health consequences".

BURSITIS

NL Vol. 26 # 5 Sept/Oct/11 pg. 1. Inspiring Patient story Heidi Lipes. Diagnosed with fibromyalgia six herniated discs, arthritis, yeast infections, bursitis, sciatica, migraines, leaky gut syndrome, weight gain, constipation, anxiety, insomnia, hypertension, tachycardia, thyroid disorder.

CANCER

NL Vol. 11 # 2 pg. 9, Cancer, a growth industry. Specific anti-neoplastic agents (chemotherapy) shipped totaled \$782,914,000.

NL Vol. 5 # 3 pg. 14, Lifestyle changes and the "Spontaneous" regression of cancer: An initial computer analysis. Harold D. Foster, Ph. D. University of Victoria, British Columbia. Analysis of the geographical distributions of cancer mortalities in the United States and elsewhere, undertaken previously by the author, suggest that cancer is most common in areas having significant bulk and trace element imbalances in soils and water supplies.

NL # 12 pg. 1, War On Cancer A failure.

CANDIDIASIS

NL Vol. 26 # 5 Sept/Oct/11 pg. 1. Inspiring Patient story Heidi Lipes. Diagnosed with fibromyalgia six herniated discs, arthritis, yeast infections, bursitis, sciatica, migraines, leaky gut syndrome, weight gain, constipation, anxiety, insomnia, hypertension, tachycardia, thyroid disorder.

NL Vol. 24 # 4 Jul/Aug/09 pg. 4. From the mailbag, Candida, eczema, mercury, Jeanette Boothby.

NL Vol. 24 # 1 Jan/Feb/09 pg. 6. Margaret Straus forwards from Italy: Rosita's story

NL Vol. 10 # 3, pg. 2, Candidiasis regularly develops in people who have undergone severe or long-term treatments with antibiotics.

NL # 6 pg. 3, Yeast, Candidiasis, Candida Albicans. Food allergies, headaches, swollen bellies, irritable moody behavior, sinus problems, constipation.--

NL # 6 pg. 4, Susan Smith, My asthma went away after a few months and has never returned. The yeast infection went away very slowly with many flare-ups in the beginning, but gradually disappearing altogether.

CARDIOVASCULAR DISEASE

NL Vol. 19 # 6 Nov/Dec/04 pg. 5, Cardiovascular disease is the number one disease killer in the USA. As obesity increases, so do the number of new cases of diabetes and cancer.

CENTRAL SEROUS RETINOPATHY

NL Vol. 10 # 6 pg. 7, Pamela Ptak, told us how she had been working in a highly toxic job, in advertising. She was constantly exposed to spray glue, toxic art materials and severe stress. Aside from the poisons in her workplace, she also regularly used various insect sprays in her home.

CERVICAL

NL Vol. 20 # 6 Nov/Dec/2006 pg.1. 20 years plus of good health, and counting. Companion of Elizabeth Curry reported she is well, bore two healthy children and continued her health education.

NL Vol. 17 # 4 Jul/Aug/02 pg. 6. Charlotte's new booklets: Healing Cancer The Gerson Way Echo Maillet, Elizabeth Littlefield, Sonya Travis, Elisabeth Curry.

NL Vol. 15 # 1 pg. 8, Overcoming Adversity: Echo Maillet's Testimony.

NL Vol. 14 # 3 pg. 6, Sonya Travis: Endometriosis turns into cervical cancer.

NL Vol. 10 # 5 pg. 6, Soleil Donahue diagnosed with adenocarcinoma of the cervix.

CHEMICALLY SENSITIVE

NL Vol. 26 # 2 Mar/Apr/11 pg. 2. Gerson Therapy heals Myalgic encephalomyelitis/Chronic fatigue, by Paul Stuart. I was constantly cold, my skin was yellow and the white of my eyes were a dirty grey color.

NL Vol. 23 # 4 Jul/Aug/08 pg. 4 Faye Joseph's ordeal, Healing environmental disease.

NL Vol. 23 # 2 Mar/Apr/08 pg. 7. Bob Owens recovers from 25 years of pain and disability, Myelofibrosis – Reversed. Was exposed in 1970 to Agent Orange. Exposed to formaldehyde. Diagnosed with lupus and fibromyalgia.

NL Vol. 12 # 4 pg. 4, Something in the Air... Report about sudden illness with air fresheners, a female patient who was ordinarily cheerful and open, complained of feeling dizzy and "muzzy", having heart palpitations and insomnia.

CHONDROSARCOMA MIXE

NL Vol. 9 # 3 pg. 7, Karl M., he had a huge tumor in his abdomen, his left thigh was enormously swollen with tumors. Aside from that, the area on his thigh where the biopsy was taken, did not heal.

CHRONIC FATIGUE

NL Vol. 26 # 2 Mar/Apr/11 pg. 2. Gerson Therapy heals Myalgic encephalomyelitis/Chronic fatigue, by Paul Stuart. I was constantly cold, my skin was yellow and the white of my eyes were a dirty grey color.

NL Vol. 19 # 5 Sep/Oct/04 pg. 1, Jeffrey Ciriello, Recovery from chronic fatigue syndrome.

NL Vol. 18 # 5 Sep/Oct/03 pg. 8. We had the pleasure of seeing another recovered patient, Brad Mavis, at our Monterey lecture. His story was first told in the Gerson Healing Newsletter Vol. 12 # 4, July/August 1997.

NL Vol. 10 # 3, pg. 1, The volume Health Conditions, p. 616, describes Chronic Fatigue Syndrome as a mysterious infectious illness" that supposedly existed and was described in the past as "the vapors", and, after World War I, as "soldier's heart". Researchers have failed to find a single cause, but suspect it to be related to the Epstein-Barr virus infection.

NL Vol. 9 # 4 pg. 8, George Smalley. He did not have cancer, but he did have an incredible array of problems including: candidiasis, arthritis, high blood pressure, migraine headaches, pancreatic infections, high cholesterol, edema.

CROHNS DISEASE

NL Vol. 26 # 1, Jan/Feb/11 pg. 1. Gerson Therapy without a colon. An amazing story of survival. Colleen Johansen. Constant bleeding, the doctors performed a colonoscopy and was diagnosed with Crohns disease. Her entire colon and part of the small intestine was removed, leaving her to Function with an ileostomy bag.

CIRRHOSIS

NL Vol. 24 # 1 Jan/Feb/09 pg. 5. Hepatitis C turned into liver cirrhosis, Jim Wright.

NL Vol. 19 # 5 Sep/Oct/04 pg. 9. Frank Gill - An Update. He was suffering from liver cirrhosis, acid reflux and gastric ulcers, sleep apnea, pulmonary lung disease, diabetes, high blood pressure, chronic fatigue and depression. After 17 months on the Gerson Therapy, all his tests results are in normal range!

NL Vol. 14 # 4, pg. 7, The Cure of Advanced Hepatitis and Liver Cirrhosis, by Charlotte Gerson.

NL # 4 Dec/Nov/84 pg 4. A 55 year old man was told that he had no more than 3 months to live due to advanced liver cirrhosis.

NL # 1 pg. 6. This patient has a history of alcohol abuse and was admitted with symptoms of liver cirrhosis: ascites (fluid in abdomen), fluid in lungs, difficulty breathing.

COLLAGEN DISEASE

NL Vol. 23 # 2 Mar/Apr/08 pg. 1. Anne's escape from medical purgatory. Was prescribed Plaquinel, steroids and methatrezate (a chemotherapy drug prescribed for patients assumed to suffer from auto-immune disease, since it kills the immune system). Developed scleroderma, polymyositis and Reynaud's syndrome.

COLITIS

NL Vol. 12 # 4 pg. 4, Blanca Ayala. After my husband's death for some five years, I was very sick. I had severe migraines, colitis, hemorrhoids, digestive problems and fatigue.

COLON

- NL Vol. 26 # 6 Nov/Dec/11, pg. 4. Al Schaefer went to the clinic in 1978 for colon cancer. In 202 he joined the Gerson Institute Networker list of recovered patients who agree to speak to others considering doing the Gerson Therapy.
- NL Vol. 26 # 1 Jan/Feb/11 pg. 1. Gerson Therapy without a colon, by Colleen Johansen, in Alaska.
- NL Vol. 25 # 6 Nov/Dec/10 pg. 1 Ai Jiang was diagnosed with colon cancer, refused chemotherapy and surgery. Started Gerson Therapy at the Mexican clinic in March 9,2010. Well after her return from Mexico, she developed a fever and four days later she passed some type of tissue. Dead tumors!
- NL Vol. 24 # 5 Sep/Oct/09 pg. 5. Two years after refusing chemo and radiation. Recovering from colon cancer, Walter P.
- NL Vol. 24 # 3 May/June/09 pg. 1. Shaye Ramont's remarkable story. Recovered from colon, rectal and biliary, pancreatic cancer.
- NL Vol. 24 # 2 Mar/Apr/08 pg. 6. On the path to recovery on the Gerson Therapy, by Tom D'Anastasio. Colon cancer with liver metastases.
- NL Vol. 21 # 6 Nov/Dec/06 pg. 6. Don McQueen: Recovery from colon cancer. Conclusion. Pg. 9 Bob Harrison, a surprising update. Two generations of the same family recovered.
- NL Vol. 21 # 5 Sep/Oct/06 pg. 6. Don McQueen: Recovery from colon cancer. Part 1.
- NL Vol. 21 # 4 Jul/Aug/06 pg. Carl Townsend's twenty five year recovery from widespread colon cancer.
- NL Vol. 19 # 6 Nov/Dec/04 pg. 3, John F. Kennedy, Beating colon cancer. At the end of the 1970s, he noted irregular rectal bleeding. The physician diagnosed colon cancer. Page 7, Ella Augenti's Amazing Story. Ella is now 88 years old, was born in Switzerland in 1916. She suffered colon cancer, Grave's disease, hypoglycemia, glaucoma and a concussion.
- NL Vol. 18 # 5 Sep/Oct/03 pg. 4. Letter from a cured patient. Gaelle Olson writes from Australia. I have regularly received the Gerson Newsletter over the past two years, since my diagnosis of colon cancer in November, 2000. I have been on the Gerson Therapy since March 2001 after meeting a woman on the beach in Bowen, North Queensland, I have gained tremendous inspiration from her.
- NL Vol. 17 # 4 Jul/Aug/02 pg 6. New Booklets by Charlotte, Healing Colon Cancer The Gerson Way: Nicola Williams, Ella Augenti, Professor Yoshihiko Hoshino, M.D., Al Schaefer, Rosamond Ray, Bob Harrison and John Huey.
- NL Vol. 13 # 6 pg. 1, Nicola Williams, 22 Year Old Fights Colon Cancer with Confidence. (Metastasis to the spine and stomach).
- NL Vol. 12 # 5 pg. 3, Al Schaefer, he told us how he had suffered from colon cancer and used the Gerson Therapy to recover.
- NL Vol. 12 # 4 pg. 7, Al Schaefer, Success with Colon Cancer. Al's story is rather unusual. It started when his first wife "died from treatments she got for breast cancer" Two and a half years later, Al was diagnosed with colon cancer and used the Gerson Therapy successfully.
- NL Vol. 12 # 3 pg. 5, Bob Harrison, his mom Irene was Dr. Max Gerson's patient.
- NL Vol. 10 # 1 pg. 6, Prof. Yoshihiko Hochino, Professor of Medicine at Japan's Fukushima University Medical Scholl published an article used Dr. Gerson's book to treat and cure himself from colon cancer. Nelly Goldfeld has essentially the same problem. Like Professor Hochino, she vowed to beat this cancer, even though her doctor gave her little hope of survival.
- NL Vol. 6 # 3 & 4 pg. 1, Louis Lucas, The cure of advanced (Duke's C) colorectal cancer through the Gerson Therapy.

COLORECTAL CANCER

NL Vol. 22 # 3 Nov/Dec/08 pg. 7. In the Aug. 19, 2007, Journal of the American Medical Association (JAMA). Infusing chemo drugs in colorectal cancer.

COMPULSIVE BEHAVIOR

NL Vol. 24 # 1 Jan/Feb/09 pg. 6. Margaret Straus forwards from Italy: Rosita's story

CONSTIPATION

NL Vol. 26 # 5 Sept/Oct/11 pg. 1. Inspiring Patient story Heidi Lipes. Diagnosed with fibromyalgia six herniated discs, arthritis, yeast infections, bursitis, sciatica, migraines, leaky gut syndrome, weight gain, constipation, anxiety, insomnia, hypertension, tachycardia, thyroid disorder.

NL Vol. 10 # 5 pg. 6 & 7, Yvonne Nienstadt had a typical long history of damage to her body by drug treatments with hormones and antibiotics. Now teaches Health Education, one of her students was Rosie, later author of the immensely successful cookbook: In The Kitchen with Rosie.

CROHN'S DISEASE

NL Vol. 26 # 1 Jan/Feb/11 pg. 1. Gerson Therapy without a colon, by Colleen Johansen, in Alaska.

NL Vol. 15 # 2 pg. 7, Megan's Recovery. Megan was a very sick fifteen year old girl four years ago. She spent most of the year in the hospital where she was first diagnosed with Crohn's disease. The situation changed completely when she began the Gerson Therapy. Megan now 19, is attending university taking pre-med. She is planning to become a naturopathic physician.

CYSTIC FIBROSIS

NL Vol. 22 # 1 Jan/Feb/07 pg. 1, Faye Chipperfield: Overcoming Cystic Fibrosis.

DEMENTIA

NL Vol. 26 # 1 Jan/Feb/11 pg. 6. Book Review. Drug Induces Dementia: A Perfect Crime. American psychiatrist Grace E. Jackson believes it is high time for the public to know of the horrifying crimes being perpetrated daily in the name of psychiatry.

DEPRESSION

NL Vol. 25 #5 Sept/Oct/10 pg. 5. Caregiving to wife who suffers Alzheimer's and coffee enemas clear his depression.

NL Vol. 24 # 3 May/Jun/09 pg. 2. FDA Approves dangerous antidepressants: For women? And children?

NL Vol. 24 # 1 Jan/Feb/09 pg. 6. Margaret Straus forwards from Italy: Rosita's story

NL Vol. 14 # 6 pg. 3, Debbi Wagner at the Cancer Control Convention Sep/99. (Had diabetes, gall stones, a cyst in kidney and was diagnosed with ovarian cancer)

NL Vol. 12 # 4, pg. 5, St. John's Wort, Antidepressant.

NL Vol. 10 # 4, pg. 1, Clinical Depression...a Biochemical Problem.

NL Vol. 8 # 1&2, pg. 20, Behavior therapy works like drugs on brain, reprinted from the Los Angeles Times, Sept. 16, 1992.

NL Vol. 25 #5 Sept/Oct 2010 pg. 5 Alzheimer's, Caregiving, and Depression, a letter from Robert Jones, who is taking care of his wife with Alzheimer's.

DIABETES

NL Vol. 25 #3 May/Jun 2010 pg 9. A letter from a patient who healed her whole family—breast cancer, pleurisy, prostate cancer, diabetes.

NL Vol. 18 # 4 Jul/Aug/03 pg. 1. Frank Gill... A Second Chance. Patient story suffering from diabetes, pulmonary heart disease, high blood pressure, gastric ulcers, gastro-esophageal reflux disease sleep apnea, chronic headaches, chronic fatigue, insomnia and depression and healing with the Gerson Therapy.

NL Vol. 14 # 2 pg. 6, Defeating Diabetes. The cause and cure of Type II (adult onset) diabetes.

NL Vol. 10 # 2, pg. 1, Cure and Prevention of Diabetes.

NL # 1 pg. 5, Juvenile Diabetes.

DOWN SYNDROME

NL Vol. 16 # 5 pg. 2, Sep/Oct/2001. Early Results with a Down Syndrome Baby, by Charlotte Gerson. While traveling across Europe, I heard of a baby girl born with Down Syndrome. Many years ago I obtained literature on Dr. Henry Turkel's research, he treated patients with Down Syndrome with large quantities of Vitamin C, other supplements and antioxidants. The mother was started on Dr. Turkel's therapy so the baby could receive the supplements through the mother's milk. Goat's milk was added in addition to mother's milk.

DRUG ADDICTION

NL Vol. 22 # 3 Nov/Dec/08 pg. 7. In the Aug. 19, 2007, Journal of the American Medical Association (JAMA). an article appears under the heading Adolescents and illicit drug use.

NL Vol. 15 # 3 pg.1, Ritalin. Overuse and dangers for hyperactive children.

NL Vol. 13 # 6 pg. 4, Scarce Available Treatment for Drug Addiction in Adolescents, JAMA August 19, 1998.

NL Vol. 10 # 6 pg. 7, Alexandra Lennox's son R.J. as a child was suffering from a rare bone disease, called Legg-Calve-Perthes disease, later in high school was addicted to alcohol and drugs.

DRUGS

NL Vol. 15 # 3 pg.1, Ritalin. Overuse and dangers for hyperactive children.

NL Vol. 14 # 1 pg. 7, Drugs on Tap? Discovering the Age of ECOceuticals.

NL Vol. 13 # 4 pg. 1, Doctor Prescribed Drugs Kill Over 100,000 Each Year in the U.S., A Cancer Cure?, Concerns you should have about new "Wonder Drugs".

NL Vol. 12 # 3 pg. 9, Juvenile Hyperactivity. Ritalin, The Drugging of American Children.

NL # 2 Jul/Aug/84 pg. 7. Gerson Therapy overcomes drug addiction.

ECZEMA

NL Vol. 24 # 4 Jul/Aug/09 pg. 4. From the mailbag, Candida, eczema, mercury, Jeanette Boothby

EMPHYSEMA

NL Vol. 21 # 2 Mar/Apr/06 pg. 6. Terrance was diagnosed with lymphoma, emphysema, glaucoma, Reiters syndrome, arthritis Ankylosing spondylitis and arrhythmia have gone!

NL Vol. 11 # 4 pg. 8, Xavier Naude leg cramps and arthritis also.

NL Vol. 9 # 3 pg. 7, Xavier Naude was a heavy smoker. He started to use inhalants and vasodilators to help him breathe. His doctors in England told him he had 70% loss of lung tissue.

ENDOCARDITIS

NL Vol. 24 # 6 Nov/Dec/09 pg. 9. Elwood Goodier, he was suffering from osteomyelitis as well as endocarditis.

ENDOCRINE

NL Vol. 22 # 6 Nov/Dec/07 pg. 1 Problem stems from environmental exposure to a whole slew of endocrine disrupting chemicals, largely agricultural pesticides, etc. These man-made chemicals affect your hormones.

ENDOMETRIOSIS

NL Vol. 26 # 3 May/June/11 og. 1. Healing Endometrial Tumors, by Dr. Lynn Von Schneidau, the GT save my life 25 years ago this May (2011)

NL Vol. 17 # 4 Jul/Aug/02 pg. 6. Charlotte's new booklets: Healing Cancer The Gerson Way: Lynn von Schneidau, Sonya Travis.

NL Vol. 14 # 3 pg. 6, Sonya Travis, Endometriosis turns into cervical cancer.

NL Vol. 12 # 5 pg. 3, Lynn Bittner Von Schneidau, gave her testimony at the Convention in Seattle. She is now a Naturopath Doctor.

NL Vol. 11 # 2 pg. 5, Lynn Bittner Von Schneidau Endometriosis, shingles.

NL Vol. 9 # 2 pg. 6, Judy Sears. Her husband was treated for muscular dystrophy, his mother was a patient of Dr. Gerson.

NL Vol. 10 # 5 pg. 6, Teresa Saenz, For about seven years she was on broad spectrum antibiotics, after a year her colon stopped functioning. She suffered from constant colds and other respiratory infections. For nine months she took male hormones to keep the endometriosis from recurring. She had terrible side effects.

EPILEPSY

NL Vol. 22 # 4 Jul/Aug/07 pg. 6. Phenobarbital investigated. Epilepsy drug link to heart attack risk. Dr. Giovanni Babbolin from Vicenza, Italy has made an alarming discovery.

EPITHELIOID SARCOMA

TV interview in Australia of patient Jessica Ainscough, she went to CNV in Mexico, her story at:

<http://www.profilemag.com.au/cms/news/news.aspx?id=461&fid=15>

ERYTHROMELAGIA

NL Vol. 25 # 2 Mar/Apr/10 pg. 4 Eric Ellis recovers from multiple health problems: erythromelagia (burning feet), eye lens damage, aches and pains, back injury, all cleared.

ESOPHAGUS

NL Vol. 17 # 4 Jul/Aug/02 pg. 6. Charlotte's new booklets: Healing Cancer The Gerson Way: Kent Gardner.

NL Vol. 13 # 2 pg. 5, Kent Gardner story. Taxidermist for 28 years. In view of the odds, I knew I wasn't going to do what the doctors had offered me.

EWING SARCOMA

- NL Vol. 21 # 3 May/June/06 pg. 8. Hungarian boy with Ewing's Sarcoma. Tamas Istenes: an update.
NL Vol. 10 # 5 pg. 2, Tamas Istenes a child from Hungary, recovered from Ewing's sarcoma a diffuse endothelial myeloma.

FIBROMYALGIA

- NL Vol. 26 # 5 Sept/Oct/11 pg. 1. Inspiring Patient story Heidi Lipes. Diagnosed with fibromyalgia six herniated discs, arthritis, yeast infections, bursitis, sciatica, migraines, leaky gut syndrome, weight gain, constipation, anxiety, insomnia, hypertension, tachycardia, thyroid disorder.
NL Vol. 23 # 2 Mar/Apr/08 pg. 7 Bob Owens diagnosed with myelofibrosis. He was also diagnosed with lupus and sometime later with fibromyalgia.
NL Vol. 22 # 6 Nov/Dec/07 pg. 1. Fast response to seven years of fibromyalgia, by Denae Hyde, Gerson Institute Chef.

FIBROIDS

- NL Vol. 12 # 4 Jul/Aug/97pg. 4, by Blanca Ayala, Sharing my experience with the Gerson Therapy.

FLU

- NL Vol. 15 # 1 pg. 4, Healing Minor Childhood Illnesses Naturally. This cold and flu season, why not rake a giant leap of faith?

GALL STONES

- NL Vol. 14 # 6 pg. 3, Debbi Wagner at the Cancer Control Convention Sep/99. (Had diabetes, gall stones, a cyst in kidney and was diagnosed with ovarian cancer)

GIANT CELL SARCOMA

- NL Vol. 22 # 3 May/June/07 pg. 1. Max Gerson's patient helps celebrate. Gail Allen Bogue and daughter visit for Charlotte's March 24, 2007 85th Birthday.
NL Vol. 10 # 6 pg. 8, Convention Circuit Gail Allen Bogue, bone cancer, was patient of Dr. Gerson in 1957.

GLAUCOMA

- NL Vol. 21 # 2 Mar/Apr/06 pg. 6. Terrance was diagnosed with lymphoma, emphysema, glaucoma, Reiters syndrome, arthritis Ankylosing spondylitis and arrhythmia have gone!

HASHIMOTO'S THYROIDITIS

- NL Vol. 25 #3 May/June 2010 pg 7. Charlotte reports on her visit to the clinic. She met David, with multiple myeloma, George, with multiple sclerosis, Sasha, with Hashimoto's thyroiditis, and another patient with melanoma.

HEADACHES

- NL Vol. 9 # 2 pg. 4. Jun/Aug/1994. Eleven Commonly Asked Questions About the Gerson Therapy Are headaches a good sign? How often do/should they recur? Of course headaches are not good. They can signify that the body is toxic, in the course of a healing reaction, or otherwise.

HEART DISEASE

- NL Vol. 26 # 5 Sep/Oct/11 pg. 4. Cardiac Society draws bulk of funding from stent makers. A Town, M.D. cardiologist faces a hearing on the fate of his medical license after being accused of implanting stents unnecessarily in more than 500 patients.
NL Vol. 19 # 3 May/June/04 pg. 12, An unsolicited Compliment – Richard Mauro reports a recovery.
NL Vol. 18 # 3 May/June/03 pg. 2. A Frightening New Development. On Tuesday, March 18, 2003 a large front-page article entitled, "Heart Disease Hits the Preschool Set" by Tara Parker-Pope appeared in the Persona; Journal (section D) of the Wall Street Journal.
NL Vol. 14 # 3 pg. 8, Clipping from Bucks County Courier about heart specialist Dr. Demetrio Sodi Pallares of Mexico City, from one of our Newsletter reader. Pg. 9, News from the Journal of the American Medical Association on Heart Disease.
NL Vol. 13 # 4 pg. 3, Zavarria Light breast cancer and heart failure.
NL # 7 pg. 1, High fluid content Potassium-Diet as therapy for Cardio-renal Insufficiency, pg. 10, Reversal of Coronary Artery disease.

HEMORRHOIDS

- NL Vol. 12 # 4 pg. 4, So much Healing to do... by Blanca Ayala. After my husband's death, for some five years, I was very sick. I had severe migraines, colitis, hemorrhoids, digestive problems, fatigue.

HEPATIC COMA

NL Vol. 12 # 2 PG. 9, Coffee Corner & Dr. Gerson's coffee enemas help the body rid the toxic by products.

- HEPATITIS NL Vol. 25 # 1 Jan/Feb/10 pg. 5. Why are we going like sheep to the slaughter? More on vaccinations. The Maryland State's Attorney, Glen Ivey, JD, refused to vaccinate his own children with the same vaccines he compelled thousands of children to endure November 17, 2007. Page 5
Hepatitis B Vaccine triples the risk of Autism in infant boys, by Dr. Joseph Mercola, M.D. Oct. 8, 2009.
NL Vol. 24 # 1 Jan/Feb/09 pg. 1. Benny's remarkable recovery from idiopathic hepatitis and plastic anemia. Pg. 5 Hepatitis C turned into liver cirrhosis, Jim Wright.
NL Vol. 14 # 4, pg. 7, The Cure of Advanced Hepatitis and Liver Cirrhosis, by Charlotte Gerson.
NL Vol. 11 # 3 pg. 7, Paul came down with fever, jaundice and severe nausea in 1981.

HERNIATED DISCS

NL Vol. 26 # 5 Sept/Oct/11 pg. 1. Inspiring Patient story Heidi Lipes. Diagnosed with fibromyalgia six herniated discs, arthritis, yeast infections, bursitis, sciatica, migraines, leaky gut syndrome, weight gain, constipation, anxiety, insomnia, hypertension, tachycardia, thyroid disorder.

HERPES

NL Vol. 24 # 1 Jan/Feb/09 pg. 6. Margaret Straus forwards from Italy: Rosita's story
NL Vol. 10 # 3, pg. 2, Herpes or fever sores, have been around for a long time. Genital herpes, on the other hand, is a relatively new sexually transmitted disease (STD).

HIGH BLOOD PRESSURE

NL Vol. 9 # 4 pg. 7, High blood pressure medication causes impotence.

HIVES

NL Vol. 11 # 2 pg. 9, Hives defeated, Coffee provides relief... but not forever.

HYPERACTIVITY

NL Vol. 22 # 3 Nov/Dec/08 pg. 4. British Food Standards Agency Study Finds: Some food additives raise hyperactivity, by Elisabeth Rosenthal.
NL Vol. 15 # 3 pg.1, Ritalin. Overuse and dangers for hyperactive children.
NL Vol. 13 # 6 pg. 10, Potassium Helps Fight Teen Hypertension.
NL Vol. 12 # 3 pg. 9, Ritalin, Juvenile Hyperactivity: The Drugging of American Children.
NL Vol. 12 # 2 pg. 9, Hyperactivity in Children, An easily prevented problem.

HYPERINSULINAEMIA

NL Vol. 16 # 2 pg. 1, Protein and Healing. Why you can't heal on a high-protein diet. On a high protein, high fat diet the body produces vast amounts of acids which are cleared in the urine (placing great strain on the liver and kidneys). By Kathryn Alexander.

HYPERTENSION

NL Vol. 26 # 5 Sept/Oct/11 pg. 1. Inspiring Patient story Heidi Lipes. Diagnosed with fibromyalgia six herniated discs, arthritis, yeast infections, bursitis, sciatica, migraines, leaky gut syndrome, weight gain, constipation, anxiety, insomnia, hypertension, tachycardia, thyroid disorder.

IMMUNE SYSTEM

NL Vol. 9 # 2 pg. 6, Anna K. gave her testimony at the Chicago Convention. She was so ill, weak and non-functional. She embarked on the Gerson Therapy in 1991 to overcome these problems: Endometriosis, allergies, sinus infections, chronic bronchitis, chronic kidney infections, inner ear ulcers, chronic fatigue with loss of memory and concentration, ocular migraines, arthritis, heart valve problem, stomach ulcers and candidiasis.

IMPOTENCE

NL Vol. 9 # 4 pg. 7, One of the expectable side effects of blood pressure medication is impotence.

INFECTIONS

NL Vol. 11 # 1 pg. 2, Infected tonsils can also cause problems.

INSOMNIA

NL Vol. 26 # 5 Sept/Oct/11 pg. 1. Inspiring Patient story Heidi Lipes. Diagnosed with fibromyalgia six herniated discs, arthritis, yeast infections, bursitis, sciatica, migraines, leaky gut syndrome, weight gain, constipation, anxiety, insomnia, hypertension, tachycardia, thyroid disorder.
NL Vol. 16 # 2 pg. 1, Protein and Healing. Why you can't heal on a high-protein diet. On a high protein,

high fat diet the body produces vast amounts of acids which are cleared in the urine (placing a great strain on the liver and kidneys). By Kathryn Alexander.

KIDNEY

- NL Vol. 19 # 4 Jul/Aug/04 pg. 1, Stephanie, The amazing story continues. At the age of six she was diagnosed with kidney cancer, "Wilm's Tumor". She then suffered 11 surgeries, three full courses of chemotherapy. The last one with a bone marrow transplant, innumerable radiation treatments.
- NL Vol. 17 # 4 Jul/Aug/02 pg. 6. Charlotte's new booklets: Healing Cancer The Gerson Way: Josephine Petith.
- NL Vol. 16 # 4 pg. 2, Getting Rid of a Tumor is Not "Healing"- A Case History, interrupting the Gerson Therapy is a dangerous action.
- NL Vol. 14 # 6 pg. 3, Debbi Wagner at the Cancer Control Convention Sep/99. (Had diabetes, gall stones, a cyst in kidney and was diagnosed with ovarian cancer)
- NL Vol. 12 # 2 pg. 7, David Saracoff. In October of 1990, he was diagnosed with kidney cancer that had spread to both kidneys.
- NL Vol. 11 # 6 pg. 5, Gerson Therapy at Home, hard, but it can be done. Pat Cockfield, of Queensland, Australia was exceptionally severely ill, and struggled for some eight months before she really saw improvements, yet she stayed on the Gerson Therapy with her husband's devoted help, and won.
- NL # 3 pg. 8, Vegetarian diet cures kidney disease.
- NL # 1 pg. 5, Case # 38 Sister Moranda in book A Cancer Therapy.

LEUKEMIA

- NL Vol. 18 # 4 Jul/Aug/03 pg 3, Rex Eyre. First patient in Mexico 25 years ago remains well, Rex Eyre.
- NL Vol. 9 # 3 pg. 1, Hot Dogs Linked to Leukemia, Brain Tumors.

LIVER

- NL Vol. 24 # 2 Mar/Apri/08 pg. 6. On the path to recovery on the Gerson Therapy, by Tom D'Anastasio. Colon cancer with liver metastases.
- NL Vol. 19 # 4 Jul/Aug/04 pg. 7. I can look at how far my Dad (Gary Williams) has come since he has started the Gerson Therapy and I will be eternally grateful for the second chance at life this program has given him. (Letter from Daniel and Pamela Edwards).
- NL Vol. 17 # 4 Jul/Aug/02 pg. 6. Charlotte's new booklets: Healing Cancer the Gerson Way: Joergen G. van Zsidy, M.D., professor Yoshihiko Hoshino, M.D. colon with metastasis to the liver,
- NL Vol. 17 # 2 Mar/Apr/02 pg. 5. Stella Petras's story: How Stella Got Her Groove Back. I was diagnosed with hepatocellular carcinoma, or liver cancer. "Enjoy your summer!" the doctor said as he bid me farewell after informing me of my diagnosis.
- NL Vol. 15 # 3 pg. 4. Detoxing and the Flagging Liver by Kathryn Alexander.
- NL Vol. 14 # 4, pg. 7, The Cure of Advanced Hepatitis and Liver Cirrhosis.
- NL Vol. 12 # 3 pg. 7, An Ounce of Prevention: Healthy eating now Prevents Liver Damage Later. Liver Transplants.
- NL Vol. 11 # 5 pg. 5, Houston Support Group headed by Jim and Sally Forehand.
- NL Vol. 11 # 4 pg. 8, Dr. Joergen van Zsidy attended the seminar in Montreal, he had been diagnosed with advanced liver cancer.
- NL Vol. 11 # 1 pg. 8, Recovering from Liver Cancer Dr. Joergen G. van Zsidy, pg. 9. Recurrence, The cancer is gone... now keep it that way!
- NL Vol. 10 # 5 pg. 3, Mickey Mantle, great Yankee baseball slugger pickled his liver to the point where he not only got hepatitis, but, eventually, liver cancer.

LUNG

- NL Vol. 20 # 2 Mar/Apr/05 pg. 6. From the mail bag: John Foumakis, Lung Cancer , treated on Gerson, but with out supplements.
- NL Vol. 18 # 2 Mar/Apr/03 pg. 8. Two more booklets: Healing Lung, Cancer & Respiratory Diseases and Healing "Auto-immune" Diseases. By Charlotte Gerson.
- NL Vol. 13 # 3 pg. 1, The Story of John Peters. Non-small cell lung cancer.
- NL Vol. 10 # 4, pg. 4, William Hetzler, patient story. Small cell lung cancer.
- NL # 2 pg. 1, Ed Braun. He recovered on the Gerson Therapy after his doctors sent him home to die when cancer spread through his chest and lungs.

LUPUS see: SYSTEMIC LUPUS ERYTHEMATOSUS

LYME DISEASE

- NL Vol. 25 # 1 Jan/Feb/10 pg. 4. Mabelle recovered in one month and her doctor also had Lyme disease

and asked about the Gerson Therapy.

NL Vol. 24 # 5 Sep/Oct/09 pg. 7. From the Yahoo Gerson Group. Help with chronic Lyme disease.

NL Vol. 23 # 5 Sep/Oct/08 pg. 6. Defeating Lyme disease with the Gerson Therapy, by Bob Childree, DDS.

NL Vol. 10 # 3 pg. 2, Lyme Disease was first observed and described in Lyme, Connecticut. It seems to be caused by an infectious agent, transmitted by a tick, and causes Various problems, including in some cases arthritis, erythema (reddening of skin), Bell's palsy, brain and possible heart abnormalities.

- LYMPHOMA
- NL Vol. 26 # 2 Mar/Apr/11 pg. 1. By Leo Almaguerp. At the age of 29, I was touring around the world, singing in one of the Salsa shows that been my life for the last few years. My lifestyle was pretty normal for a young artist who enjoyed his job: plenty of receptions and invitations to parties in each country we visited. Alcohol, drugs, the lack of control and rest, and imbalance of nutrition were all on the menu. Was diagnosed with Non-Hodgkins lymphoma.
- NL Vol. 25 # 1 Jan/Feb/10 pg. 1. Nancy Bronzi: Four year recovery from widespread lymphoma stage IV.
- NL Vol. 24 # 1 Jan/Feb/09 pg. 4. "I healed myself from mantle cell NHL with Gerson Therapy", Joyce F.
- NL Vol. 21 # 4 Jul/Aug/06 pg 4. Dr. Gerson's patient remembers "Touching the hem of his garment". By William Schickel.
- NL Vol. 21 # 2 Mar/Apr/06 pg. 6. Terrance was diagnosed with lymphoma, emphysema, glaucoma, Reiters syndrome, arthritis Ankylosing spondylitis and arrhythmia have gone!
- NL Vol. 20 # 5 Sep/Oct/2006 pg. 6. Another Letter From the Mailbag. The drug ENBREL caused lymphoma. T.M.
- NL Vol. 20 # 5 Sep/Oct/2006 pg. 8, Lymphoma caused by drug ENBREL.
- NL Vol. 20 # 1 Jan/Feb/05 pg. 4, Becky Lasch recovered from Non-Hodgkin's lymphoma
- NL Vol. 19 # 6 Nov/Dec/04 pg. 1, In 1980, Mary Westerfield, aged 25, suffered from night sweats – then found a lump in her neck rear her collar bone, it was found to be Hodgkin's Lymphoma.
- NL Vol. 19 # 3 May/Jun/04 pg. 1. Five years recovery from lymphoma, Ernie Viano.
- NL Vol. 17 # 4 Jul/Aug/02 pg. 6. Charlotte's new booklets: Healing Cancer The Gerson Way: Dr. Allison Sinclair, Becky Lash, Bill Schickel, Chuck Kohlhase, Delphine Lettau, Charles Heimbach, Denis S., Sharon Lamar, Evelyn Wingate and Gray Robinson.
- NL Vol. 16 # 6 pg. 4, Nov/Dec/01 Case # 18 in A Cancer Therapy. William Schickel, recovered from Retroperitoneal lymphoma.
- NL Vol. 16 # 4 pg. 1, by Janet Robinson, her husband (Gray) was diagnosed with Lymphoma Non-Hodgkins. Miraculous recovery.
- NL Vol. 14 # 3 pg. 5, 1995 had two kinds of cancer: Lymphoma large cell non-Hodgkins & breast adenocarcinoma, C.S.
- NL Vol. 13 # 5 PG. 2, A Surprise Visitor Billy Best (At 16 ran away from chemo Tx.)
- NL Vol. 13 # 3 pg. 2, Sharon Lamar and pg. 3, Chuck Kohlhase, recovered patients.
- NL Vol. 12 # 5 pg. 3, Sharon Lamar non-Hodgkins, From the Convention Circuit.
- NL Vol. 12 # 1 pg. 7, Becky Lash on own.
- NL Vol. 11 # 6 pg. 7, William Schickel, retroperitoneal (Dr. Gerson's patient in 1950)
- NL Vol. 11 # 4 pg. 6, Eileen Richards Non-Hodgkins, centrocytic/centroblastic follicular.
- NL Vol. 11 # 2 pg. 6, John with an incredible story.
- NL Vol. 9 # 4, Jim Elk, also had arthritis, letter from Jim Forehand.
- NL Vol. 9 # 3, Delphine Lettau pg. 6.
- NL Vol. 9 # 3 pg. 8, Kenneth Parker's transcript about Raymond Swing Comments on Dr. Gerson's Congressional Testimony, July 1946 (the Pepper-Neely bill).
- NL Vol. 9 # 1 pg. 4, Richard O. & Chuck Kohlhase had incredible, long history of various illnesses, Rheumatic fevers, and heart attacks.
- NL Vol. 7 3+4 pg. Follicular, Dr. Allison Sinclair.
- NL Vol. 7 1+2 pg.1, Dr. John Albracht (Mixed Cell).
- NL # 14 pg. 5, Linda Scobey.
- NL # 12 pg. 6, Charles Heimbach.
- NL # 9 pg. 7, The Case of Reverend Shawn M. Non-Hodgkins Lymphoma.

LYMPHOSARCOMA

NL Vol. 12 # 2 pg. 10, Gary B., Ph. D. (Does not want to be contacted)

NL # 1 pg. 5 Case # 18 in book A Cancer Therapy. Mr. W.S. was diagnosed with retroperitoneal lymphosarcoma, active, spreading, in glands all around, also bilateral bronchial.

MACULAR DEGENERATION

NL Vol. 10 # 3, pg. 5, Veggies help eyes. Macular degeneration, a disease of the eyes which attacks the center of the retina.

MANTEL CELL NON-HODGIN'S LYMPHOMA

NL Vol. 24 # 1 Jan/Feb/09 pg. 4. "I healed myself from mantle cell NHL with Gerson Therapy", Joyce F.

MELANOMA

- NL Vol. 26 # 1, Jan/Feb/11 pg. 1. Gerson Therapy without a colon. An amazing story of survival. Colleen Johansen. Constant bleeding, the doctors performed a colonoscopy and was diagnosed with Crohns disease. Her entire colon and part of the small intestine was removed, leaving her to Function with an ileostomy bag.
- NL Vol. 25 #3 May/June 2010 pg 7. Charlotte reports on her visit to the clinic. She met David, with multiple myeloma, George, with multiple sclerosis, Sasha, with Hashimoto's thyroiditis, and another patient with melanoma.
- NL Vol. 24 # 6 Nov/Dec/09 pg. 1. Lisa Mendoza beats melanoma in two years.
- NL Vol. 24 # 5 Sep/Oct/09 pg. 7. Howard Doan writes of his recovery. One year after melanoma diagnosis.
- NL Vol. 24 # 2 Mar/Apr/09 pg. 4. Recovering from stage 4 melanoma in the spine, by Bill Donat.
- NL Vol. 23 # 6 Nov/Dec/08 pg. 6. Mary Ellen Childree. She had about five hundred melanomas removed in all.
- NL Vol. 23 # 4 Jul/Aug/08 pg. 1. Roger Wilson, Not too old to Heal!
- NL Vol. 23 # 2 Mar/Apr/08 pg. 6. Roger W. Calls from Ohio to report that his ear melanoma "fell off".
- NL Vol. 21 # 3 May/June/06 pg. 1. Eugene "Gene" Lyons, Five year recovery from melanoma.
- NL Vol. 21 # 2 Mar/Apr/06 pg. 6. From the mail bag: Beata Bishop's letter.
- NL Vol. 21 # 1 Jan/Feb/06 pg. 1. Mary Harrington- Nine year recovery.
- NL Vol. 20 # 2 Mar/Apr/05 pg. 1, Wilma Erven: Recovery from Melanoma spread to the Liver.
- NL Vol. 20 # 1 Jan/Feb/05 pg. 5, Irene Stananought recovered from melanoma.
- NL Vol. 19 # 3, May/June/04, pg. 8. Karen – A long-term melanoma recovery.
- NL Vol. 18 # 6, Nov/Dec/03, pg. 1. Patient Story: Rocky Adams, Recovery from Melanoma.
- NL Vol. 18 # 3 May/June/03 pg. 1. My Journey With Cancer, by Connie Spancake.
- NL Vol. 17 # 4 Jul/Aug/02 pg. 6. Charlotte's new booklets: Healing Cancer The Gerson Way: Beata Bishop, Debbie Dole, Robyn Martinez Thompson, Julie Hepner, George Taylor, Carl W. King, Kay Alina, Ross Mansergh and Sue Jessup.
- NL Vol. 17 # 3 May/June/02 pg. 4 The Diet That Saved My Life, Article from the Independent on Sunday March 6th, 1997 and Update from Ross Mansergh written autumn 2001.
- NL Vol. 17 # 1 pg. 7. Jan/Feb/2002. By Kristina Wylie. Marilyn Barnes discovered the Gerson Therapy Through a mutual friend after melanoma diagnosis from a removed mole in 1979.
- NL Vol. 16 # 6 pg. 2. Nov/Dec/2001. Talk About Eye Openers: Norman R, Piersma's Story. We are always thrilled to hear from our former patients. Their testimonies offer hope and inspiration. His recent letter. Pg. 4 Edward Dowd Case # 14 in A Cancer Therapy.
- NL Vol. 15 # 5 Sep./Oct., 2000, pg. 5, Georgia McC.
- NL Vol. 14 # 5 pg. 9, :There is no other way except surgery" Words One Patient Could not Accept. Miriam Vernon. Melanoma Cleared After Recurrence- Now Totally Well.
- NL Vol. 14 # 4 pg. 8, A "Burning" Issue with Sunscreen. An article in the Journal of the American Medical Association (April 21, 1999) reports a session on current controversies in dermatology. Mark Pittelkow, M.D. of the Mayo Clinic was one of the speakers at an annual meeting of the American Academy of Dermatology. Inspiration from a Recovering Patient. The Fight Against Melanoma by Floyd Blaine, also on page 8.
- NL Vol. 14 # 2 pg. 7, Melanoma: Still Being Defeated, Irene Stananought and Evelyn Oberlander.
- NL Vol. 13 # 2 pg. 7, Tom Powers, Jr. How the Gerson Therapy saved my life.
- NL Vol. 12 # 5 pg. 2, Melanoma Overcome Again: Norman Piersma Shares his Story.
- NL Vol. 12 # 4 pg. 5, George Taylor stage IV, Another cancer story, with a happy ending.
- NL Vol. 11 # 5 pg. 5, Julie H. had brain metastasis also, pg. 8, More news on Melanoma.
- NL Vol. 11 # 4 pg. 6, Beata Bishop her specialty: Psychological Aspects of Healing the Cancer Patient.
- NL Vol. 11 # 2 pg. 7, From the Mailbag George Taylor 3 years on GT fantastic results!
- NL Vol. 11 # 1 pg. 6, From the Convention Circuit, again Norman Piersma.
- NL Vol. 10 # 6 Nov/Dec/95 pg. 1, Melanoma Retrospective Study Published, Maureen Binnie, Jacqui Davison, Sue Jessup, Lura and Dael Mintz.
- NL Vol. 10 # 5 pg.1, Beata Bishop, pg. 4 Erzi Doman, Katalin & Doris Kovacs, pg 8 update Dael Mintz, pg 10, Joyce E Lewis.

- NL Vol. 10 # 3 pg. 11 Statistics (outcomes) Robyn Martinez Thompson and Sue Jessup pg 7.
 NL Vol. 10 # 2 (Ocular melanoma) pg. 7, Lura, by the time her baby was one year old she had 7 surgeries, pg. 8,
 Dael Mintz had metastasis to the nose, ribs, lungs and bones.
 NL Vol. 9 # 4 pg. 10, Dael Mintz.
 NL Vol. 9 # 3 pg. 6 & 7, Joan S., Janet P.& John Hagger.
 NL Vol. 9 # 2 pg. 5, Norman Piersma.
 NL Vol. 6 # 1+2 pg. 30, Linda Coffee.
 NL # 12 pg. 3, Susan Cantrell.

MELANOMA, OCULAR

- NL Vol. 19 # 3 May/June/04 pg. 3, Alan Grog sends an addendum about a friend with blood cancer.
 NL Vol. 19 # 2 Mar/Apr/04 pg. 9. Do-it-yourself cancer control. Alan Grog recovered from Ocular Melanoma.
 NL Vol. 10 # 2 pg. 7, Mar/Apr/1995, From Charlotte Gerson's Clinical Notebook. Pregnancy and cancer incidence, Youthful Folly, Convention Circuit. Lura Gronwold, her mother reported she healed completely.

MENIERE'S DISEASE

- NL Vol. 23 # 2 Mar/Apr/08 pg. 5 A letter from Jackie Yager, her sister introduced her to the Gerson Therapy and recovered.

MENSTRUAL PAIN

- NL Vol. 25 # 1 Jan/Feb/10 pg. 6. Letter from Italy, by Margaret Straus. Resolving menstrual pain excluding salt and increasing consumption of fresh raw fruits and vegetables.

MENTAL ILLNESS

- NL Vol. 25 # 3 May/June/10 pg. 8. Joseph Biederman's Comeuppance, by Jenny Thompson, www.TimelessTouch.us 4000% increase in the number of children diagnosed as bipolar over the decade that Biederman and colleagues expanded the concept of the disorder and a huge jump in the use of powerful (and potentially dangerous) antipsychotic medications for very young children.
 NL Vol. 18 # 5 Sep/Oct/03 pg. 5. mental illness: A Fallacy? Keep your children safe from legal drug pushers. By Howard Straus. There is a huge industry built around "mental illness", including hospitals, pharmaceutical treatments, pharmacological psychiatrists, counselors and much more. Ritalin is so damaging that the United States military will not accept a recruit who has had a history of Ritalin use, yet we give it to our two-year-olds!

- MIGRAINES NL Vol. 14 # 2 pg. 1, New Drugs Add Fuel to the Fire Dr. Gerson Extinguished more than Fifty Years Ago.

MONONUCLEOSIS

- NL Vol. 18 # 5 Sep/Oct/03 pg. 8. We had the pleasure of seeing another recovered patient, Brad Mavis, at our Monterey lecture. His story was first told in the Gerson Healing Newsletter Vol. 12 # 4, July/August 1997.
 NL Vol. 12 # 4 Jul/Aug/97 pg. 8, A Long Struggle to Regain health: Brad Mavis and his Road to Better Health.

MORBID OBESITY

- NL Vol. 19 # 3 May/June/04 pg. 4. Super Size Me! Documentary slams McDonald. Morbid Obesity now No. 1 avoidable Health Hazard.

MULTIPLE MYELOMA

- NL Vol. 25 #3 May/June 2010 pg 7. Charlotte reports on her visit to the clinic. She met David, with multiple myeloma, George, with multiple sclerosis, Sasha, with Hashimoto's thyroiditis, and another patient with melanoma.
 NL Vol. 20 # 5 Sep/Oct/2006 pg. 4, The Gerson Community mourns the loss of a friend and advocate: Prof. Michael Gearin-Tosh, 1940-2005. Thoughts on the Gerson Therapy.
 NL Vol. 19 # 4 Jul/Aug/04 pg. 4. In depth study by Carmen Wheatley, Ph. D. On the occasion of the 19th anniversary of healthy survival of Multiple Myeloma by Professor Michael Gearin-Tosh, A most interesting addition in his book is a report by Dr. Carmen Wheatley.
 NL Vol. 18 # 4 Jul/Aug/03 pg. 1. Thoughts on the Gerson Therapy by Michael Gearin-Tosh. Dr. Gerson

wrote that many patients die simply of fear (see Healing Newsletter Vol. 17, Jan 2002). What cancer patient is not afraid? And fear is destructive. We allow our fears to sabotage us. **(Author of Living Proof: A Medical Mutiny)**

NL Vol. 18 # 2 Mar/April/03 pg. 2. The Thought Police. Last year a Professor at Oxford University named Michael Gearin-Tosh published a book entitled Living Proof. Mr. Gearin-Tosh was diagnosed some eight years ago as suffering from Multiple Myeloma, a bone marrow cancer considered "incurable" by orthodox medicine. Mr. Gearin-Tosh chose to use a combination of the Gerson Therapy with Chinese breathing exercises and vitamin supplements

MULTIPLE SCLEROSIS

NL Vol. 25 #3 May/June 2010 pg 7. Charlotte reports on her visit to the clinic. She met David, with multiple myeloma, George, with multiple sclerosis, Sasha, with Hashimoto's thyroiditis, and another patient with melanoma.

NL Vol. 23 # 1 Jan/Feb/08 pg. 5. Rebekah M's triumph over M.S.

NL Vol. 20 # 6 Nov/Dec/2006 pg. 2 An article from the Internet about Aspartame and M.S.

NL Vol. 18 # 2 Mar/April 03 pg 1, Part 2 of 2. John's Journey with Multiple Sclerosis.

NL Vol. 18 # 1 pg. 6, Jan/Feb/03. John's Journey with Multiple Sclerosis. Part 1 of a 2 part Story, by Debbie Stout.

NL Vol. 13 # 5 Sep/Oct/98 pg. 4. Convention attendee: Jean.

NL Vol. 12 # 3 pg. 1, Not just cancer. Phoenix patients share their stories.

MUSCULAR DYSTROPHY

NL Vol. 14 # 3 pg. 5, Dr. Gerson's patient after 50 years, Mr. Lyle Barnett.

MYALGIC ENCEPHALOMYELITIS

NL Vol. 26 # 2 Mar/Apr/11 pg. 2. Gerson Therapy heals Myalgic encephalomyelitis/Chronic fatigue, by Paul Stuart. I was constantly cold, my skin was yellow and the white of my eyes were a dirty grey color.

MYELOFIBROSIS

NL Vol. 23 # 2 Mar/Apr/08 pg. 7. Bob Owens recovers from 25 years of pain and disability, Myelofibrosis – Reversed. Was exposed in 1970 to Agent Orange. Exposed to formaldehyde. Diagnosed with lupus and fibromyalgia.

MYOSARCOMA

NL # 1 pg. 5 Case # 23 in book A Cancer Therapy page 325, myosarcoma, osteomyelitis, thigh bone cancer.

NECK

NL Vol. 23 # 2 Mar/Apr/08 pg. 9. Visiting with the patients. Robert, had a tumor on the side of his neck that threatened to block his breathing.

NEPHROBLASTOMA

NL Vol. 17 # 5, Sept/Oct/02 pg. 2. Stephanie – an Extraordinarily Courageous Fight. Nephroblastoma (Wilm's Tumor), by Charlotte Gerson.

OBESITY

NL Vol. 25 # 2 Mar/Apr/10 pg. 5. Dr. Joseph Mercola explains the connection between HFCS and obesity. In mid December he posted an interesting article about obesity.

NL Vol. 14 # 1 pg. 10, Childhood Obesity Declared "An Epidemic", linked to Cause of Type II Diabetes in Kids.

OCULAR HISTOPLASMOSIS SYNDROME

NL Vol. 10 # 6 pg. 7 Pamela Ptak. Had been working in a highly toxic job, in advertising. Woke up one day and noticed there was a big gray spot in her field of vision.

OCULAR MELANOMA

NL Vol. 19 # 3 May/June/04 pg. 1. Alan Grog sent us this addendum about a dear friend with a blood cancer.

NL Vol. 19 # 2 Mar/Apr/04 pg. 9. Do-it-yourself cancer control. Alan Grog recovered from Ocular melanoma.

NL Vol. 10 # 2 pg. 7, Mar/Apr/1995, From Charlotte Gerson's Clinical Notebook. Pregnancy and cancer incidence, Youthful Folly, Convention Circuit. Lura Gronwold, her mother reported she healed

completely.

OCULAR VEIN OCCLUSION

NL # 3 pg. 5, Case history. The patient reported taking antidepressant Elavil for fifteen years, on and off and complained about pains all over.

ORTHOREXIA

NL Vol. 16 # 4 pg. 9, Would you believe?, In early March (2001), San Francisco's Channel 5 News aired a report describing a new disease called "Orthorexia" It is a combination of terms: "ortho" meaning straight, correct and true, and "orexia" meaning appetite.

NL Vol. 25 #5 Sept/Oct 2010 pg 7. Henrietta Butler answers the common question "where will I get my protein?" and explains why proteins are excluded from the Gerson diet

OSTEOGENIC SARCOMA

NL Vol. 13 # 4 pg. 5, Carla Shuford's story, was Dr. Gerson's patient. My mother was talking to Dr. Max Gerson in his New York city office, making arrangements for me to begin his therapy immediately upon my hospital discharge.

OSTEOMYELITIS

NL Vol. 24 # 6 Nov/Dec/09 pg. 9. Elwood Goodier, he was suffering from osteomyelitis as well as endocarditis.

NL Vol. 11 # 1 pg. 7, From the Convention Circuit Elwood Goodier, was on heavy doses of morphine for pain, upon arriving at the Gerson Treatment Center.

NL # 1 pg. 5 Case # 23 in book A Cancer Therapy page 325, myosarcoma, osteomyelitis, thigh bone cancer.

OSTEOPOROSIS

NL Vol. 22 # 2 Mar/Apr/07 pg. 8. Causing Bone Death and Collapse: Osteoporosis Drugs Making Bones Brittle, by Susan Lark, MD, with comments by Charlotte Gerson.

NL Vol. 12 # 3 pg. 5, Milk Ads and Osteoporosis.

NL Vol. 10 # 4 pg. 5, Veggies, Not Supplements, "But Where Will I Get My Calcium?"

NL # 15 pg. 7, Up on Ions, heart disease and osteoporosis. From the turn of the century until WWII, world medicine was cast in the glow of the Golden Age of German Medicine.

OVARIAN

NL Vol. 24 # 4 Jul/Aug/09 pg. 1. Karen Miller. Recovering from stage 4 ovarian cancer.

NL Vol. 23 # 5 Sep/Oct/08 pg. 1. Polly Emery – How I'm recovering from stage III Metastasized Ovarian cancer.

NL Vol. 23 # 3 May/June/08 pg. 9. Betsy Heilman's saga continues. Her recovery from stage IV ovarian cancer almost lands her in jail!

NL Vol. 23 # 1 Jan/Feb/08 pg. 5. Betsy Heilman's Story. Recovery from ovarian cancer.

NL Vol. 23 # 1 Jan/Feb/08 pg. 1. If she can do it.... Lupita is now 16. In 2006 she was diagnosed with an ovarian teratoma.

NL Vol. 21 # 5 Sep/Oct/06 pg. 1. Ten year recovery from metastasized ovarian cancer, by Evelyn Clegg.

NL Vol. 17 # 4 Jul/Aug/02 pg. 6. Charlotte's new booklets: Healing Cancer The Gerson Way: Leslie Tell, Sandra Whitwell, Mary Hildebrand, Barbara Conklin, Debbie Wagner and Aurora Lamm.

NL Vol. 14 # 6 pg. 3, Debbi Wagner at the Cancer Control Convention Sep/99. (Had diabetes, gall stones, a cyst in kidney and was diagnosed with ovarian cancer)

NL Vol. 13 # 5 pg. 3, Barbara Conklin, stage II. After my surgery, when the surgeon advised me to have chemotherapy to get rid of the cancer cells left behind, I refused.

NL Vol. 12 # 5 pg. 9, Sandra Whitwell: Recovery from Ovarian Cancer.

NL Vol. 12 # 3 pg. 6, Her story, Debbi Wagner stage III.

NL Vol. 5 # 4 pg. 24, Leslie Tell, sharing her experience and details about healing reactions.

PAIN

NL Vol. 22 # 4 Jul/Aug/07 pg. 4. Fast relief from extreme cancer pain. A Dramatic response for Nancy Kosobucki.

NL Vol. 16 # 6 pg. 7. Nov/Dec/2001. Pain can have many causes such as: pressure from existing tumor; inflammation at tumor site or at old injury site, healing reaction during Gerson Therapy. Definition, Causes, Methods of pain Relief, etc.

- PANCREAS NL Vol. 24 # 3 May/Jun/09 pg. 1. Shaye Ramont's remarkable story. Recovered from colon, rectal and biliary, pancreatic cancer.
- NL Vol. 23 # 2 Mar/Apr/08 pg. 9. Visiting with the patients. Margaret, pushing 70, suffering from pancreatic cancer, in pain, unable to eat or drink, extremely weak, before she left the clinic, was up and about, walking to the dining room, filling her plate and free of pain!
- NL Vol. 21 # 6 Nov/Dec/06 pg. 1. Lawrence Kirk: Twelve year recovery from pancreatic cancer.
- NL Vol. 19 # 1 Jan/Feb/04 pg. 1. My 8 year recovery from pancreatic cancer, by Lawrence Kirk. My doctor said "You have pancreatic cancer. It cannot be removed by surgery, chemotherapy does not work, and radiation does not work. All I can do is help you find an oncologist".
- NL Vol. 17 # 4 Jul/Aug/02 pg. 6. Charlotte's new booklets: Healing Cancer the Gerson Way: Patricia Ainey, George Birnie and Lawrence Kirk
- NL Vol. 16 # 4 pg. 1, The Gonzalez Test. NIH Awards Grant to Dr. Nicholas Gonzalez of \$1.4 Million, for the purpose of comparing enzyme/nutritional therapy with the best chemotherapy treatments presently available for pancreatic cancer.
- NL Vol. 16 # 2 pg. 7, My Story of Hope and Recovery with the Gerson Therapy, by Carol Beard (about her mother's case)
- NL Vol. 12 # 3 pg. 4, The Whole Story of James Wilson, Cheating Hell.
- NL Vol. 12 # 2 pg. 5, James Wilson, Cheating Hell (also in NL Vol. 10 # 4).
- NL Vol. 11 # 5 pg. 5, At the Houston Support Group meeting with Jim Forhand; Lawrence K. reports that the tumor on his pancreas has disappeared and the lymph nodes back to normal.
- NL Vol. 10 # 4 pg. 8. A report from the patient's doctor " for the decent into hell"
- NL Vol. 9 # 2 pg. 9, Ron. Pancreatic cancer with metastasis to the liver.
- NL # 13 pg. 5, Marie Carns. Well differentiated adenocarcinoma of the pancreas with multiple hepatic metastasis.
- PANIC ATTACKS NL Vol. 24 # 1 Jan/Feb/09 pg. 6. Margaret Straus forwards from Italy: Rosita's story. At the age of 39 diagnosed with breast cancer, candida, irregular menstruation, herpes, acne, hay fever, ovarian and breast cysts, depression.
- PARKINSON'S NL Vol. 14 # 4 pg. 10 An article entitled "Lifestyle and Parkinson's Disease" discusses how researchers from the Parkinson's Institute in California have shown that in most people suffering from this disease it is the environment and not genetics that is most likely to blame.
- PERITONEAL NL Vol. 23 # 1 Jan/Feb/08 pg. 5. Betsy Heilman's Story. Recovery from Extra-ovarian cancer primary peritoneal carcinoma stage IV.
- NL Vol. 22 # 4 Jul/Aug/07 pg. 1. An unusual cancer two year recovery. Geoffrey A. Peritoneal mucinous adenocarcinoma.
- PITUITARY NL Vol. 26 # 1 Jan/Feb/11 pg. 3. Lisa St. John was diagnosed with a pituitary tumor after she experienced weakness, forgetfulness and huge weight gain.
- NL Vol. 10 # 6 Nov/Dec/95 pg. 6, Case # 6 George Sample of A Cancer Therapy.
- NL Vol. 8 # 1& 2 pg.49, Short note: Where are they now? George Sample.
- PLEURISY NL Vol. 25 #3 May/Jun 2010 pg 9. A letter from a patient who healed her whole family—breast cancer, pleurisy, prostate cancer, diabetes.
- NL Vol. 18 # 5 Sep/Oct/03 pg. 1. Patient story: Sandra Hanson recovered from breast cancer, her daughter from pleurisy and her husband from prostate cancer.
- POISONING NL Vol. 20 # 6 Nov/Dec/2006 pg. 1. 20 years plus of good health, and counting. Recovered from near -fatal petroleum poisoning. Did Gerson Therapy in 1977.
- POLYMYOSITIS NL Vol. 23 # 2 Mar/Apr/08 pg. 1. Anne's escape from medical purgatory. Was prescribed Plaquinel, steroids and methatrezate (a chemotherapy drug prescribed for patients assumed to suffer from auto-immune disease, since it kills the immune system). Developed scleroderma, polymyositis and Reynaud's syndrome.
- POLYPS SINUS NL Vol. 9 # 3 pg. 5, Sep/Oct/1994. How I removed Sinus Polyps With No Drugs or Surgery by Pat McClendon.

- PROSTATE NL Vol. 26 # 6 Nov/Dec/11, pg. 9. Letter from Susan Morton and Fred Rogers, they are going to be in a documentary. They can be reached at: secondchancenutrition@gmail.com
- NL Vol. 26 # 1 Jan/Feb/11 pg. 5. A Special thanks to all. Robert Beaudoin . I was diagnosed with prostate cancer in 2008. After fifteen months, I am feeling energetic and smiling.
- NL Vol. 25 #3 May/June 2010 pg 9. A letter from a patient who healed her whole family—breast cancer, pleurisy, prostate cancer, diabetes.
- NL Vol. 24 # 6 Nov/Dec/09 pg. 8. MD Cures own metastasized prostate cancer in Japan. Letter from Yushihiro Wananabe, M.D.
- NL Vol. 24 # 3 May/June/09 pg. 8. Prostate tests saves few lives, tests show.
- NL Vol. 22 # 5 Sep/Oct/07 pg. 4. A happy note from Bill Nasby. Recovering from prostate cancer.
- NL Vol. 22 # 3 May/June/07 pg. 5, Recovered Gerson Patient tells his Story: My recovery from prostate cancer, by Issa Khalaf.
- NL Vol. 20 # 2 Mar/Apr/05 pg. 3 Patient story: John Moffitt: Prostate cancer cured over five years.
- NL Vol. 18 # 5 Sep/Oct/03 pg. 1. Patient story: Sandra Hanson recovered from breast cancer, her daughter from pleurisy and her husband from prostate cancer.
- NL Vol. 15 # 6 Nov/Dec/00 pg. 4, A Victory for Bill DeJka.
- NL Vol. 15 # 5 Sep./Oct/00 pg. 4, Paul Scelsi.
- NL Vol. 14 # 3 May/June/99 pg. 5, George H.
- NL Vol. 12 # 5 Sep/Oct/97 pg. 8, Roger Middleton, Roger's Story.
- NL # 15 pg. 4, Art McGarry.
- PSORIASIS NL Vol. 24 # 6. Nov/Dec/09 pg. 9. Clifford Sherrell. His problem began in 1970.
- NL Vol. 11 # 5 pg. 6, Clinical notebook Clifford.
- PSYCHOTIC NL Vol. 25 # 3 May/June/10 pg. 8. Joseph Biederman's Comeuppance, by Jenny Thompson, www.TimelessTouch.us 4000% increase in the number of children diagnosed as bipolar over the decade that Biederman and colleagues expanded the concept of the disorder and a huge jump in the use of powerful (and potentially dangerous) antipsychotic medications for very young children.
- RECTAL NL Vol. 24 # 3 May/June/09 pg. 1. Shaye Ramont's remarkable story. Recovered from colon, rectal and biliary, pancreatic cancer.
- RESPIRATORY DISEASES
NL Vol. 18 # 2 Mar/April/03 pg. 8. Two more booklets: Healing Lung, Cancer & Respiratory Diseases and Healing "Auto-immune" Diseases.
- RETINITIS PIGMENTOSA
NL Vol. 25 # 2 Mar/Apr/10 pg. 8. Reversing Retinitis Pigmentosa, and a healthy guide dog, by Carolyn
NL Vol. 24 # 5 Sep/Oct/09 pg. 1. Carolyn and Hedy complete Caregivers' class. (attended with her guide dog, Hedy)
- RETINOPATHY, CENTRAL SEROUS
NL Vol. 10 # 6 Nov/Dec/95 pg. 7, Pamela Ptak, told us how she had been working in a highly toxic job, in advertising. She was constantly exposed to spray glue, toxic art materials and severe stress. Aside from the poisons in her workplace, she also regularly used various insect sprays in her home.
- REYNAUD'S SYNDROME
NL Vol. 23 # 2 Mar/Apr/08 pg. 1. Anne's escape from medical purgatory. Was prescribed Plaquinel, steroids and methatrezate (a chemotherapy drug prescribed for patients assumed to suffer from auto-immune disease, since it kills the immune system). Developed scleroderma, polymyositis and Reynaud's syndrome.
- RHEUMATIC FEVERS
NL Vol. 9 # 1 May/June/94 pg. 4. From Charlotte Gerson's clinical notebook. Chuck Kohlhasse. He had an incredible, long history of various illnesses, In his teens, ha had undulant and rheumatic fevers. At 17 he developed bulbar (the most severe) polio, in his early thirties, several heart attacks.
- RHEUMATOID ARTHRITIS

NL Vol. 23 # 2 Mar/Apr/08 pg. 9. Visiting with the patients. Suzanne, in a wheelchair, she was at the clinic two weeks and the severe swelling and pain in her knees eased.

NL Vol. 23 # 2 Mar/Apr/08 pg. 1. Anne's escape from medical purgatory. Was prescribed Plaquinel, steroids and methatrezate (a chemotherapy drug prescribed for patients assumed to suffer from auto-immune disease, since it kills the immune system). Developed scleroderma, polymyositis and Reynaud's syndrome.

NL Vol. 15 # 5 Sep./Oct., 2000, pg.5, Susan Adams.

NL Vol. 10 # 2 pg. 8, Penny Martin.

SALMONELLA NL Vol. 10 # 3 pg. 4. May/June/1995. Healing Modern Diseases with the Gerson Therapy. This is a topic that has to be treated separately, and is not really a "modern" disease. It has several forms ranging from mild to severe gastro-intestinal inflammation all the way to serious food poisoning. Other species of salmonella are the causative agents of paratyphoid and typhoid fever.

SARCOMA EPITHELIOID

TV interview in Australia of patient Jessica Ainscough, she went to CNV in Mexico, her story at:

<http://www.profilemag.com.au/cms/news/news.aspx?id=461&fid=15>

SARCOMA GIANT CELL

NL Vol. 10 # 6 pg. 8, Nov/Dec/1995. On the Convention Circuit. A gentleman identified himself as the brother of another former patient of Dr. Gerson, Gail Allen Bogue. We first met Gail in 1981 in San Diego when she came to our convention to celebrate Dr. Gerson's 100th birthday. At that time she testified about her illness and recovery. She was diagnosed when she was six years old with a giant cell sarcoma on her left ankle.

SCHIZOPHRENIA

NL Vol. 11 # 3 pg. 6, Cause of schizophrenia ignored for 24 years.

NL Vol. 11 # 1 pg. 6, From the Convention Circuit Mary Turpin's son.

SCLERODERMA

NL Vol. 23 # 2 Mar/Apr/08 pg. 1. Anne's escape from medical purgatory. Was prescribed Plaquinel, steroids and methatrezate (a chemotherapy drug prescribed for patients assumed to suffer from auto-immune disease, since it kills the immune system). Developed scleroderma, polymyositis and Reynaud's syndrome.

SEIZURES NL Vol. 13 # 3 pg. 7, Recovery at Home: The story of Jessica Kahn.

SHINGLES NL Vol. 11 # 2 pg. 7, From the Mailbag Lynn von Shneidau also cured with Vitamin C & B, by I.V. Dr. M.P. Ogden

SIDS (SUDDEN INFANT DEATH SYNDROME)

NL Vol. 19 # 2 Mar/Apr/04 pg. 7. Immunization and Vaccination and SIDS (Sudden infant death syndrome)

SINUS NL Vol. 9 # 2 pg. 6, Anna K. gave her testimony at the Chicago Convention. She was so ill, weak and non-functional. She embarked on the Gerson Therapy in 1991 to overcome these problems: Endometriosis, allergies, sinus infections, chronic bronchitis, chronic kidney infections, inner ear ulcers, chronic fatigue with loss of memory and concentration, ocular migraines, arthritis, heart valve problem, stomach ulcers and candidiasis.

SMALL CELL LUNG

NL Vol. 10 # 4, pg. William Hetzler.

SPINE NL Vol. 24 # 2 Mar/Apr/09 pg. 4. Recovering from stage 4 melanoma in the spine, by Bill Donat.

SQUAMOUS CELL

NL Vol. 20 # 6 Nov/Dec/2006 pg.1. 20 years plus of good health, and counting. Companion of Elizabeth Curry reported she is well, bore two healthy children and continued her health education.

STAPH INFECTION

NL Vol. 15 # 4 pg. 6, David Klein's Triumph: Defeating antibiotic resistant Staph infection.

STOMACH

NL Vol. 17 # 6, Nov/Dec/02 pg. 2, Arthur Kempel: Adenocarcinoma of the Stomach.

STRESS

NL Vol. 8 1+2 pg. 48, Life in the Jungle.

NL Vol. 7 # 3+4 pg. 10, Will changing Your mind. Pg. 13 Study finds high worker stress.

STROKES

NL Vol. 10 # 5 pg. 7, Alexandra Lennox's father recovered and was able to drive again.

NL Vol. 10 # 4 pg. 10. Jul/Aug.1995. Garlic recognized as Anti-Cancer Agent, by Charlotte Gerson. A patient handed me a page from The New Jersey Star Ledger, May 17, 1995, with the headline "Garlic comes out smelling sweet in cancer research", by Jean Carper. The author begins, There's dramatic new evidence that a specific chemical in garlic can actually help shut down the growth of tumors grown (sic) from human colon cancer cells"

SYSTEMIC LUPUS ERYTHEMATOSUS

NL Vol. 23 # 2 Mar/Apr/08 pg. 5 A letter from Jackie Yager, her sister introduced her to the Gerson Therapy and recovered Menier's Disease and Lupus.

NL Vol. 23 # 2 Mar/Apr/08 pg. 1. Anne's escape from medical purgatory. Mixed Collagen disease, lupus. Was prescribed Plaquinel, steroids and methatrezate (a chemotherapy drug prescribed for patients assumed to suffer from auto-immune disease, since it kills the immune system). Developed scleroderma, polymyositis and Reynaud's syndrome.

NL Vol. 15 # 3 pg. 7, Advanced Lupus, An incredible story of recovery, Arvil Bishop.

NL Vol. 8 # 1+2 pg., Barbara Cleaver. Pg. 22 Systemic lupus erytوماتosus, one disease, a thousand faces, a potent management. Pg. 29, Effect of vegetarian diet on SLE.

NL Vol. 7 # 3+4, Maticek & Me.

TACHYCARDIA

NL Vol. 26 # 5 Sept/Oct/11 pg. 1. Inspiring Patient story Heidi Lipes. Diagnosed with fibromyalgia six herniated discs, arthritis, yeast infections, bursitis, sciatica, migraines, leaky gut syndrome, weight gain, constipation, anxiety, insomnia, hypertension, tachycardia, thyroid disorder.

TESTICULAR

NL Vol. 23 # 6 Nov/Dec/08 pg. 9. Terminal Testicular cancer, by Kevil Murray. In October 12, 2006, he was diagnosed with testicular cancer. He is still here breathing, living and enjoying life like never before!

NL Vol. 22 # 2 Mar/Apr/07 pg. 5, Steven Svastits Story of Survival, 16 year Recovery from Testicular Seminoma and Germ Cell Carcinoma.

NL Vol. 21 # 3 May/Jun/06 pg. 7. Ned Wright's recovery: Five Years and going strong.

NL Vol. 19 # 1 Jan/Feb/04 pg. 8. Another success story, Ned Wright – Seminoma.

NL Vol. 16 # 6 pg. 4, Edmund Braun Case # 11 in A Cancer Therapy book.

NL Vol. 12 # 3 pg. 9, Rex Clement, News of a Testicular Cancer Recovery.

NL Vol. 11 # 5 pg. 6, Clinical notebook Jeff.

NL Vol. 9 # 4 pg. 5, Letter from Edmund Braun, Case # 11 in A Cancer Therapy.

THROAT

NL Vol. 13 # 2 pg. 5, Kent Gardner story. Taxidermist for 28 years. In view of the odds, I knew I wasn't going to do what the doctors had offered me.

THYROID

NL Vol. 26 # 6 Nov/Dec/11, pg. 1, Allergies, Thyroid Problems and Toxicity – Annalisa Cerrina;s Story.

NL Vol. 26 # 5 Sept/Oct/11 pg. 1. Inspiring Patient story Heidi Lipes. Diagnosed with fibromyalgia six herniated discs, arthritis, yeast infections, bursitis, sciatica, migraines, leaky gut syndrome, weight gain, constipation, anxiety, insomnia, hypertension, tachycardia, thyroid disorder.

NL Vol. 15 # 5 Sep/Oct/00 pg. 3. How do I know if I need Thyroid? The importance of thyroid to metabolism. The thyroid gland secretes thyroxin which helps to regulate metabolism, body temperature (therefore fever), and the immune system.

NL Vol. 13 # 3 pg. 3, Kathleen Frankel, growth on thyroid (non-cancer).

TONSILS

NL Vol. 26 # 3 May/June/11 pg. 3. A Healing Story by Rose Yong Lee Kien, Singapore.

NL Vol. 11 # 1 pg. 2 Infected tonsils also cause problems. Dr. Issels infrared detector machine.

TOXICITY

NL Vol. 26 # 6 Nov/Dec/11, pg. 1, Allergies, Thyroid Problems and Toxicity – Annalisa Cerrina;s Story.

- NL Vol. 23 # 4 Jul/Aug/08 pg. 4 Faye Joseph's ordeal, Healing environmental disease.
- NL Vol. 23 # 2 Mar/Apr/08 pg. 7. Bob Owens recovers from 25 years of pain and disability, Myelofibrosis – Reversed. Was exposed in 1970 to Agent Orange. Exposed to formaldehyde. Diagnosed with lupus and fibromyalgia.
- NL Vol. 16 # 2 pg. 1, Protein and Healing. Why you can't heal on a high-protein diet. On a high protein, high fat diet the body produces vast amounts of acids which are cleared in the urine (placing a great strain on the liver and kidneys). By Kathryn Alexander.
- NL Vol. 10 # 6 pg. 7, From Charlotte's Clinical Notebook Pamela Ptak (central serous retinopathy), Alexandra Lennox and her son.

TUBERCULOSIS

- NL Vol. 25 #3 May/June 2010 pg. 5. The granddaughter of a German man Karl Koenker, cured in the late 1920s by Dr. Gerson of lung tuberculosis.
- NL Vol. 23 # 3 May/June/08 pg.9. Are strange new diseases. Super-Bugs or Weaker Immune Systems? San Diego Union-Tribune's front page read: "Drug-resistant TB spread gaining, who says, infection rate faster than experts feared.
- NL Vol. 13 # 3 pg. 3, New & Improved Superbugs! Tuberculosis and others make comeback with antibiotic overuse in meat.
- NL # 17 Jan/Feb/87 pg. 1. Let's Set the Record Straight (Part 4). Pg. 4 Basic (Vitamin) Feeding in Tuberculosis (JAMA)
- NL # 15 Sep/Oct/86 pg. 1. Let's Set the Record Straight (Part 2). Pg. 4 Treatment of Tuberculosis by altering metabolism through dietary management.

ULCERATIVE COLITIS

- NL Vol. 18 # 6, Nov/Dec/03, pg. 6. Ellen Beck, daughter of Dr. Gerson's patient. Her mother was the patient 55 years ago. She healed with the Gerson Therapy and lived to be 94.

ULCERS

- NL Vol. 8 1&2, pg. 48. 1992, Life in the Jungle is no picnic for uptight baboons, by Jamie Talan. Newsday. Reprinted from the Los Angeles Times, October 9, 1992 Behavior: The animals, which suffer from ulcers and heart attacks, could help scientist unlock the secret of human stress.

UTERINE

- NL Vol. 25 #3 May/June/10 pg. 1. Josephine Merhar, declared terminal in 1978. Started Gerson Therapy over violent protest of physician who threatened that she would die within a year! Thirty years recovery!
- NL Vol. 17 # 4 Jul/Aug/02 pg. 6. Charlotte's new booklets: Healing Cancer The Gerson Way: Madelyn Handlong.
- NL Vol. 25 # 4 Jul/Aug/10 pg. 1. Josephine Merhar's 30 year recovery from uterine cancer.

UTERINE BLEEDING

- NL Vol. 24 # 4 Jul/Aug/09 pg. 8. We find one of Dr. Gerson's patients! Janice St. Croix, recovered from severe uterine bleeding, sixty years ago.

WILM'S TUMOR

- NL Vol. 19 # 4 Jul/Aug/04 pg. 1, Stephanie, The amazing story continues. At the age of six she was diagnosed with kidney cancer, "Wilm's Tumor". She then suffered 11 surgeries, three full courses of chemotherapy. The last one with a bone marrow transplant, innumerable radiation treatments. Picture on pg. 3. Stephanie and her sister visited the Gerson Institute in June.

YEAST

- NL # 6 pg. 4, Letter from Susan Smith (also asthma).

SECTION TWO

INDEX GENERAL TOPICS

A BANNED PESTICIDE

- NL Vol. 21 # 6 Nov/Dec/06 pg. 1. Chlordane in your garden?

A "BURNING" ISSUE WITH SUNSCREEN

- NL Vol. 14 # 4 pg. 8, An article in the Journal of the American Medical Association (April 21, 1999) reports

a session on current controversies in dermatology. Mark Pittelkow, M.D. of the Mayo Clinic was one of the speakers at an annual meeting of the American Academy of Dermatology.

A CANCER CURE?

NL Vol. 13 # 4 pg. 1, Concerns you should have about "Wonder Drugs".

A CANCER THERAPY

NL Vol. 24 # 1 Jan/Feb/09 pg. 3. Dr. Gerson's book will soon be in print in German with new publisher

ACTONEL

NL Vol. 25 # 2 Mar/Apr/10 pg. 5. Bone "Builders" Fosamax®, Actonel®, Boniva®. Bone drugs causing bone death. Report from the British Medical Journal of January 2008

A CURE OF ADVANCED CANCER BY DIET THERAPY: LINDA COFFEE

NL Vol. 6 # 1&2 pg. 30, Remission of recurrent, metastasized malignant melanoma.

ADA (See American Dental Association)

ADDING MILK PROTEINS TO YOUR DIET

NL Vol. 11 # 1 pg. 5 Do it carefully.... pitfalls abound.

ADDITIVES IN FOOD

NL Vol. 22 # 4 Jul/Aug/07 pg. 6 Nobody's checking on them. In the May 21, 2007 issue of Business Week an article appeared concerning the problems that have already come up in food additives

ADLER, DR. LESTER

NL Vol. 12 # 1, Medical Director at Gerson Healing Center at Sedona, AZ.

ADJUVANT THERAPIES

NL Vol. 9 # 1 May/Jun/94 pg. 3. Additional procedures can increase effectiveness of GT. Hyperbaric Oxygen, Laetrile, Hydrotherapy, Ozone, Vitamin C, Cartilage, Wobe Mugs, Polarizing Solution, Essiac and Tahebo Tea, Live cell therapy.

A DRAMATIC RESPONSE

NL Vol. 22 # 4 Jul/Aug/07 pg. 4. Fast relief from extreme cancer pain. A Dramatic response for Nancy Kosobucki.

ADVOCATES CALL AGENCY BIASED U.S. STUDY OF UNORTHODOX TREATMENTS FOR CANCER HIT

NL 24 & 25, 1988 pg 19 BY Barton Reppert, Associated Press, Los Angeles Times, January 3, 1988. Washington- A study of unorthodox treatments for cancer ranging from acupuncture to faith healing is stirring controversy at the Office of Technology Assessment, an influential agency which advises Congress on cutting-edge technological developments.

A "FAULTY" PROGNOSIS

NL Vol. 18 # 5 Sep/Oct/03 pg 3. 25 years ago Al was diagnosed with melanoma and developed severe leg swelling. At the Gerson clinic Charlotte told him the swelling would go away in five days. It took six days! Al eventually recovered totally.

A FOOTNOTE ON PETS

NL Vol. 12 # 3 pg. 9, Price Pottinger Nutrition Foundation Newsletter on Don't 'feed junk to your pet, because may cause cancer.

AFTER 3.11 REPORT FROM JAPAN

NL Vol. 26 # 5 Sep/Oct/11 pg. 4. After March 11, 2011. Report from Japan by Kioko Abe a Certified Home Set-up Trainer.

AGAINST ALL ODDS- WITH A LONG WAY TO GO

NL Vol. 22 # 5 Sep/Oct/07 pg. 8. A peer-reviewed article on six Gerson Therapy cases study by Prof. A Molassiotis, RN, PhD, University of Manchester, UK and Patricia Peat, RGN in Integrative Cancer Therapies, Chicago.

AGENT ORANGE

NL Vol. 23 # 2 Mar/Apr/08 pg. 7. Bob Owens recovers from 25 years of pain and disability, Myelofibrosis – Reversed. Was exposed in 1970 to Agent Orange. Exposed to formaldehyde. Diagnosed with lupus and fibromyalgia.

A GERSON PATIENT'S PROBLEMS

NL Vol. 14 # 4 pg. 1, by Charlotte Gerson, It has frequently occurred to me that, in order to really be sure that the patients understand and follow the Gerson Therapy exactly, I ought to follow them around their house and kitchen for 24 hours.

A GERSON PERSON CELEBRATES HER 90TH BIRTHDAY

NL Vol. 24 # 3 May/Jun/09 pg. 6. Susan Hacker started the Gerson Therapy in May 1978, recovered from breast cancer.

A HAPPY UPDATE

NL Vol. 23 # 3 May/Jun/08 pg. 1. A Happy Update. Nancy Kosobucki – Metastasized breast cancer recovery.

A HEALING STORY

NL Vol. 26 # 3 May/June/11 pg. 3. by Rose Yong Lee Kien, Singapore. In 202, I was diagnosed with stage II cancer of the right tonsil.

AIR POLLUTION

NL Vol. 14 # 2 pg. 1, Indoor Air Pollution: Home Sweet Home? Until about 25 years ago indoor air pollution was a very limited phenomenon, by Susan DeSimone.

AIR PURIFIERS

NL Vol. 23 # 6 Nov/Dec/08 pg. 3. Richard Boger from Norwalk Juicers, has available air purifiers “Fresh Air” by Ecoquest.

ALBRACHT, DR JOHN

NL Vol. 7 # 1&2 pg. 2, Cure of Lymphoma an interview with Dr. John Albracht.

A LECTURE TOUR IN IRELAND

NL Vol. 21 # 1 Jan/Feb/06 pg. 6. Enthusiastic Irish Audiences Welcome Gerson Therapy by Margaret Straus.

A LETTER FROM JACKIE (Yager)

NL Vol. 23 # 2 Mar/Apr/08 pg. 5 A letter from Jackie Yager, her sister introduced her to the Gerson Therapy and recovered from Meniere's Disease.

A LETTER FROM JOHN WAGNER: RECOVERED PATIENT

NL Vol. 13 # 1 pg. 7, Myeloma, a bone marrow cancer.

A LETTER FROM DANIEL AND PAMELA EDWARDS

NL Vol. 19 # 4 Jul/Aug/04 pg. 7. I can look at how far my Dad (Gary Williams) has come since he has started the Gerson Therapy and I will be eternally grateful for the second chance at life this program has given him.

A LETTER TO MR. CANCER, by Mike Brockey

NL Vol. 25 # 1 Jan/Feb/10 pg 6. This is a recent post from a Gerson melanoma patient, who came to the Mexican clinic a few months ago: Dear Mr. Cancer, You came into my life most unexpectedly.

ALEXANDER, D. TH. D, KATHRYN

NL Vol. 16 # 3 pg. 6 (Continuing series). Why you can't heal on a high-protein diet. We have discovered that protein restriction in patients with auto-immune disease often leads to remission of that disease. How much can a high protein diet be blamed for the rising incidence in chronic disease? By Kathryn Alexander.

NL Vol. 16 # 2 pg. 1, Protein and Healing. Why you can't heal on a high-protein diet. On a high protein, high fat diet the body produces vast amounts of acids which are cleared in the urine (placing a

great strain on the liver and kidneys). The question arises – how much is enough and how much is too much? By Kathryn Alexander.

NL Vol. 15 # 4 pg. 1, Part 3 of 3 by Kathryn Alexander, D. Th. D. Managing Toxicity

NL Vol. 15 # 3 pg. 4, Part 2 of 3, by Kathryn Alexander, How great is the toxic load, how well can it be eliminated and how fast can we safely do this?

NL Vol. 15 # 2 pg. 4, Part 1 of 3, by Kathryn Alexander, D. Th. Vegetable Juicing and Detoxification.

ALFALFA SPROUTS

NL Vol.1A # 11 pg.1, The trouble with alfalfa sprouts. A look into the recent medical literature has confirmed our suspicions. We are grateful to Dr. Kenneth John Baker for bringing key articles to our attention. According to the literature, research scientist Ms. Rene Mallnow and colleagues were studying the cholesterol lowering effect of alfalfa seeds in rats and rabbits. A new monkey study was in place and clinical trials were initiated to hopefully measure the same effect in humans. But serious problems occurred during the clinical trials. One of the patients suffered a swollen spleen, Coombs-positive hemolytic anemia, appositive antinuclear antibody (ANA) test, and fatigue.

ALLOPATHIC MEDICINE'S REAL GOAL

NL Vol. 23 # 5 Sep/Oct/08 pg. 6. Allopathic Medicine's Real Goal: "The great aim of modern cancer treatment is not necessarily to cure patients but to allow people to die with their tumors and not because of them"

ALOE VERA NL Vol. 11 # 5 pg. 6, Clinical notebook Jeff also drank a lot of Aloe Vera.

A LONG STRUGGLE TO REGAIN HEALTH:

NL Vol. 12 # 4 pg. 8, Brad Mavis, Mononucleosis.

ALLEN BOGUE, GAIL

NL Vol. 22 # 3 May/June/07 pg. 1. Max Gerson's patient helps celebrate. Gail Allen Bogue and daughter visit for Charlotte's March 24, 2007 85th Birthday.

ALLOPATHY vs. ALTERNATIVE:

NL Vol. 13 # 5, pg. 1 Sunday morning, May 24, 1998.CBS affiliate, KNX in Los Angeles, aired a segment by CBS commentator Charles Osgood, on his regular "Osgood File" broadcast.

ALLSHORN, SUSAN

NL Vol. 20 #3 May/June/05 pg. 1 Severe shoulder injury heals with the Gerson Therapy.

ALTERNATIVE MEDICINE

NL Vol. 18 # 2 Mar/April/03 pg. 1. For many years the AMA (American Medical Assoc). has supported a special division called The Council Against Health Fraud, which describes alternative therapies as "fraud" or "quackery".

NL Vol. 15 # 6 pg. 1, Nov/Dec/2000, Doors Open for Alternative Health Practice, by California Citizens for Health Organization.

NL Vol. 14 # 2 pg. 8, Is the AMA Finally Catching on?, part 2 of 2, by Howard Straus.

NL Vol. 14 # 1 pg. 1, JAMA Addresses Alternative Medicine, Is the AMA Finally Catching On? Part 1 of 2, by Howard Straus.

NL Vol. 13 # 5 pg. 1, Integrative Medicine, most recent moves toward "alternative"

NL Vol. 11 # 2 pg. 2, Slowly gaining mainstream acceptance.

NL Vol. 10 # 5 pg. 8, Finds a place in the mainstream.

NL Vol. 7 # 3&4 pg. 28, Health Quest Exploring Unconventional Medical Therapies.

NL Vol. 6 # 1&2 pg. 3, Study: Unproven cancer remedies cost billions. Pg. 10, Critics assail OTA.

NL Vol. 5 # 4 pg. 4, Unconventional cancer treatments.

NL 20 & 21 Jul-Oct/87 pg. 6. OTA Studies Cancer Alternatives. This timely study, an Unforeseen event in both conventional and unconventional cancer treatment circles, was the result of a direct request from John D. Dingell, Chairman of the Full House Committee on Energy and Commerce, and member of the Technology Assessment Board.

ALTERNATIVE THERAPIES

NL Vol. 14 # 2 pg. 10, Health News: Alternative Treatments Put to the Test, by Lauran Neergaard,

Associated Press and Susan Duerksen, S.D.U.T. Staff Writer.
NL Vol. 13 # 2 pg. 10, Health freedoms Are on the March...
NL Vol. 11 # 6 pg. 1, Alternative medicine Debate Heats Up, Lead articles in major media.
NL Vol. 11 # 2 pg. 2, Slowly gaining mainstream acceptance. Editor's Corner.

ALUMINUM (UNDER ARM DEODORANT)

NL Vol. 9 # 1 pg. 6. May/June/1994. Gerson Therapy Notes: From the Updated Gerson Therapy Primer. Substances and Activities to be Aware of for the Gerson Therapy Patient. All underarm antiperspirant or deodorant are harmful, even if purchased in a "health food store". Many contain aluminum and other chemicals which should never go to block lymph passages underarm. They not only block but are absorbed and toxic.

ALZHEIMER'S, CAREGIVING, AND DEPRESSION

NL Vol. 25 #5 Sept/Oct 2010 pg. 5 A letter from Robert Jones, who is taking care of his wife with Alzheimer's.

AMA (AMERICAN MEDICAL ASSOCIATION)

NL Vol. 18 # 2 Mar/April/03 pg. 1. For many years the AMA (American Medical Assoc). has supported a special division called The Council Against Health Fraud, which describes alternative therapies as "fraud" or "quackery".

NL Vol. 16 # 3 pg. 1, The Gerson Therapy on the Internet. The New Positive Tone. By Charlotte Gerson.

NL 24 & 25, 1988 pg. 9, The Roots of Modern Injustice and pg. 10 AMA Guilty of Conspiracy.

NL Vol. 10 # 5 pg. 8, Alternative Medicine finds a place in the Mainstream.

AMALGAM FILLINGS

NL Vol. 23 # 3 May/June/08 pg. 1. Norway becomes first country to ban amalgam fillings, by Adam Miller <http://www.natural-news.com/022943.html> effective January 1st 2008. Pg. 2. ADA Promoted, Held patents on mercury amalgam fillings.

AMERICAN ASSOCIATION OF NATUROPATHIC PHYSICIANS

TWN MAR/APR/94 pg. 2 free referral service (206)323-7610.

AMERICAN DENTAL ASSOCIATION

NL Vol. 23 # 3 May/June/08 pg. 1. Norway becomes first country to ban amalgam fillings, by Adam Miller <http://www.natural-news.com/022943.html> effective January 1st 2008. Pg. 2. ADA Promoted, Held patents on mercury amalgam fillings.

NL Vol. 18 # 2 Mar/April/03 pg 4. A Step Towards Mercury-free Mouths. The American Dental Assoc (ADA) maintains that although "minute amounts of mercury vapor may be released from amalgam under the pressure of chewing or grinding, there is no scientific evidence that such low level mercury exposure is harmful" Yet increased concerns about the most toxic non-radioactive element is being placed in our mouths.

AMERICAN HOLISTIC MEDICAL ASSOCIATION

TWN MARCH/APR/94 pg. 2 (919)787-5146 4101 Lake Boone Trail, Ste. 201, Raleigh NC 27607.

A MIRACLE IN WISCONSIN

NL Vol. 18 # 4 Jul/Aug/03 pg. 4. what if a classroom safety was really this easy? An article from the Feingold Association, October 14, 2002 in Appleton, Wisconsin, states that a revolution has occurred. It has taken place in the Central Alternative High School. The kids now behave. The hallways aren't frantic. Even the teachers are happy. What happened?

A NEW DISEASE – ORTHOREXIA-

NL Vol. 16 # 4 pg. 9, Would you believe?, In early March (2001), San Francisco's Channel 5 news aired a report describing a new disease called "Orthorexia" It is a combination of terms: "ortho" meaning straight, correct and true, and "orexia" meaning appetite.

AN EXCITING TRIP TO ENGLAND

NL Vol. 14 # 4 pg. 1. The Gerson Institute has a great Support Group in England. For many years now, under the leadership of Beata Bishop, Lesley Pearce and Rysia Zindalski, this group has given

generously of their time and financial support to help Gerson patients. Also in page 3, England Exceeds Our Expectations (successful fundraiser).

AN EXTRAORDINARY LIFE

NL Vol. 18 # 5 Sep/Oct/03 pg. 7 Anita Wilson An extraordinary life by Howard Straus. Anita Wilson was appointed Executive Director of the Gerson Institute shortly after the resignation of Andrew Printer. I would like to present the background of this extraordinary human being, who is now devoting her considerable experience.

AN EXTRAORDINARY RESPONSE TO TREATMENT

NL Vol. 18 # 4 Jul/Aug/03 pg. 8. At Baja Nutri Care, a patient with bile duct cancer. Before arriving to the clinic she was very ill and weak. Her doctor had given her a short life expectancy.

ANITA WILSON'S SEVEN YEARS OF SERVICE

NL Vol. 25 #3 May/June 2010 pg. 1. Gerson Institute celebrates, honoring Anita Wilson's seven years of service.

A 9% CREDIBILITY RATING

NL Vol. 21 # 1 Jan/Feb/06 pg.7. Billions in TV ads net big pharma by Tim Bolen, Consumer Advocate (www.bolenreport.net)

ANNE'S ESCAPE FROM MEDICAL PURGATORY

NL Vol. 23 # 2 Mar/Apr/08 pg. 1. Anne's escape from medical purgatory. Was prescribed Plaquinel, steroids and methatrezate (a chemotherapy drug prescribed for patients assumed to suffer from auto-immune disease, since it kills the immune system). Developed scleroderma, polymyositis and Reynaud's syndrome.

ANNUAL APPLE ALERT

NL Vol. 24 # 3 May/June/09 pg. 4. Important to plan ahead.

ANNOUNCING

NL Vol. 14 # 5 pg. 3, The New Gerson Clinic at Oasis of Hope Hospital in Tijuana (8/ 27/99).

ANNUAL APPLE ALERT

NL Vol. 26 # 3 May/June/11 pg. 9. The usual fresh crop of apples arrives on the market during the middle of August.

NL Vol. 25 #3 May/June 2010 pg. 6. In late May, only organic 'red delicious' apples are available, which are too sweet for regular juicing. Plan ahead, and order boxes of green apples in advance.

A NON-TOXIC APPROACH TO BEATING THE PAIN

NL Vol. 20 # 6 Nov/Dec/2006 pg. 4. Arthritis and the Gerson Therapy by Don Stillings, DC.

ANOTHER FAILED "HIT" ON ORGANIC FOOD

NL Vol. 23 # 2 Mar/Apr/08 pg. 5. A patient at the emergency room was told that organic food causes parasites.

ANTIBIOTICS NL Vol. 13 # 3 pg. 3, New & improved Superbugs!. Tuberculosis and others make comeback with antibiotic overuse in meat.

ANTIDEPRESSANTS

NL Vol. 24 # 3 May/June/09 pg. 2. FDA Approves dangerous antidepressants: For women? And children?

NL Vol. 24 # 1 Jan/Feb/09 pg. 6. Margaret Straus forwards from Italy: Rosita's story

NL Vol. 19 # 3 May/June/04 pg. 5. UK bans dangerous drugs for use for children.

ANTI-HISTAMINES

NL Vol. 9 # 2 pg. 7. Jul/Aug/1994. From Charlotte Gerson's Clinical Notebook. One of our supportive physicians, familiar with the Gerson Therapy, recently made the following remark: "It is interesting and rather alarming that most of the intricacies of the human metabolic biochemistry is poorly understood.

ANTIOXIDANTS

NL Vol. 10 # 6 pg. 9. Nov/Dec/1995. Antioxidants are not Vitamins. The same effects could not be obtained with artificial vitamins in pharmaceutical or pill form. The concept that antioxidants are vitamins has somehow become accepted in the holistic and medical communities.

ANT PEST CONTROL NON-TOXIC

NL Vol. 16 # 4 pg. 5, Non-Toxic Ant Control Spray. 4 to 8 peppers (Serrano or jalapeno) blend with water, strain, filter, transfer to a one-quart spray bottle, add a tsp of dish liquid detergent, fill with water and spray.

AN UNSOLICITED COMPLIMENT

NL Vol.. 19 # 3 May/June/04 pg. 12, I found the book Results of Fifty Cases and cured myself of heart disease. Richard Mauro.

AN UNUSUAL CANCER

NL Vol. 22 # 4 Jul/Aug/07 pg. 1. An unusual cancer two year recovery. Geoffrey A. Peritoneal mucinous adenocarcinoma.

AN UNUSUALLY EXCITING DAY IN MEXICO

NL Vol. 25 #3 May/Jun 2010 pg 7. Charlotte reports on her visit to the clinic. She met David, with multiple myeloma, George, with multiple sclerosis, Sasha, with Hashimoto's thyroiditis, and another patient with melanoma.

AN UPDATE ON THE DANGERS OF HORMONE REPLACEMENT THERAPY

NL Vol. 17 # 6 Nov/Dec/02 pg 1. A clinical trial of the risks and benefits of hormone replacement therapy had been instituted in 2002 by the National Heart, Lung and Blood Institute, an agency of the federal government.

A PATIENT RECOVERS AT HOME

NL Vol. 25 #3 May/Jun 2010 pg. 3. Lori Williams had an annoying irritation, actually a lesion, at the side of her right nostril for three or four years. Her doctor suggested "Mohs Micrographic surgery" but she refused.

A PEER-REVIEWED ARTICLE ON SIX GERSON THERAPY CASES

NL Vol. 22 # 5 Sep/Oct/07 pg. 8. A peer-reviewed article on six Gerson Therapy cases study by Prof. A Molassiotis, RN, PhD, University of Manchester, UK and Patricia Peat, RGN in Integrative Cancer Therapies, Chicago.

APPETITE

NL Vol. 13 # 3 pg. 6, About cancer patients losing their appetite, due to radiation, chemotherapy or drugs.

APPLES

NL Vol. 25 #3 May/Jun 2010 pg. 6. In late May, only organic 'red delicious' apples are available, which are too sweet for regular juicing. Plan ahead, and order boxes of green apples in advance.

NL Vol. 24 # 3 May/Jun/09 pg. 4. Important to plan ahead.

NL Vol. 23 # 3 May/Jun/08 pg. 6. A Grower responds Wax on Organic Apples and Summer Apple Alert.

NL Vol. 22 # 3 May/Jun/07 pg. 6. Annual Apple Alert. The usual fresh crop of apples arrives on the market during the middle of August.

A PRACTITIONER'S STORY

NL Vol. 19 # 4 Jul/Aug/04 pg. 5 by Eilin Ni Riordan. I had epigastric pain. The doctors wanted to remove my gall bladder. In London I learned about the Gerson system. I loved it.

APRON, GERSON

NL Vol. 26 # 6 Nov/Dec/11, pg. 5. Gerson Apron available at the G.I. for Gerson patients and their caregivers, who spend a lot of time getting wet and messy.

A QUESTION OF LIFE AND DEATH

NL 24 & 25, 1988 pg. 1. A fascinating question was posed last night, Sunday June 19th, 1988, as a group of Charlotte Gerson's friends and associates met in her living room to chat.

ARE THE COWS REALLY HAPPY?

NL Vol. 22 # 4 Jul/Aug/07 pg. 7. Are the cows really happy? Pus cells in milk. What is the USDA thinking?

Would you feed your child milk if you knew that a glass contained 500 pus cells?

ARE YOU A GOVERNMENT EMPLOYEE?

NL Vol. 25 # 6 Nov/Dec/10 pg. 4. Give this year to the Gerson Institute, through the Combined Federal Campaign.

A ROYAL MENTION

NL Vol. 19 # 5 Sep/Oct/04 pg. 1, Prince Charles and Gerson. "I know one patient who turned to Gerson Therapy having been told that she was suffering from terminal cancer, and would not survive another course of chemotherapy. Happily, seven years later she is alive and well.

ARRIMIDEX NL Vol. 23 # 5 Sep/Oct/08 pg. 6. A Horrifying ad. Would you buy this product?

ARTIFICIAL SWEETENERS

NL Vol. 23 # 6 Nov/Dec/08 pg.8. New report documents dangers of sweetener Splenda®: Deadly relative of DDT

NL Vol. 21 # 5 Sep/Oct/06 pg. 4. The poison in some 5,000 food products. The patents on the artificial sweeteners, Nutrasweet, Equal and Spoonful all made from Aspartame, have run out. Yet, its manufacturer, Monsanto, has managed to have it incorporated into some 5,000 foods.

NL Vol. 20 # 6 Nov/Dec/2006 pg. 2. An article from the Internet about Aspartame and MS.

NL Vol. 20 #3 May/June/05, The problems are so tremendous and frightening that will take some time to enumerate them all. One major indication is the recent epidemic of multiple sclerosis and systemic lupus.

NL Vol. 16 # 3 pg. 4, Sinfully Sweet? Part 2. Stevia is a natural, non-caloric sweetener that the FDA refuses to allow marketed as a food additive. The article is abridged for our Newsletter purposes. By Linda and Bill Bonvie.

NL Vol. 16 # 2 pg. 5, Sinfully Sweet? Stevia (Stevia Rebaudicana Bertoni), an herb as remarkable as it is unknown in the United States. A perennial shrub of the aster family, stevia contains natural compounds- specifically, stevioside and rebaudioside A, that are estimated to be 150 to 400 times sweeter than sugar.

NL Vol. 16 # 1 pg. 4, The Poison in Our Food. The patents on the artificial sweeteners NutraSweet, Equal and Spoonful, all made from Aspartame, have expired. Yet the manufacturer, Monsanto, has managed to have it incorporated into some 5,000 food products.

A SHORT HISTORY OF ENEMAS

NL Vol. 22 # 2 Mar/Apr/07 pg. 1. Short Story of Enemas. Learning from the Ibis, article in "The Medicine of the Month" journal and a report in Time magazine of July 1, 1946, titled "The Clyster Craze"

ASPARTAME NL Vol. 21 # 5 Sep/Oct/06 pg. 4. The poison in some 5,000 food products. The patents on the artificial sweeteners, Nutrasweet, Equal and Spoonful all made from Aspartame, have run out. Yet, its manufacturer, Monsanto, has managed to have it incorporated into some 5,000 foods.

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ASPIRIN IN THE PLACE OF COUMADIN

NL Vol. 17 # 2 Mar/Apr/02 pg. 1. Some recent scientific medical studies. A study published in the prestigious New England Journal of Medicine. The news item stated that according to the study, aspirin is just as effective as the expensive Coumadin, an anti-blood-clotting medication. Side

effects of Coumadin from the Physicians Desk Reference Guide: "hemorrhage in any tissue or organ, necrosis and/or gangrene of skin and other tissues"

ASSISTED SUICIDE

NL Vol. 12 # 3 pg. 1, Personal Liberty or Inappropriate Healthcare?

A STEP TOWARDS MERCURY-FREE MOUTHS

NL Vol. 18 # 2 Mar/April/03 pg. 4. The American Dental Association (ADA) maintains that although "minute amounts of mercury vapor may be released from amalgam under the pressure of chewing or grinding, there is no scientific evidence that such low level mercury exposure is harmful." Yet increasing concerns about the most toxic non-radioactive element being placed in our mouths is calling into question the safety of the "silver amalgam" - misnomer since a silver colored amalgam filling normally contains about 50% mercury.

A SURPRISE VISITOR

NL Vol. 13 # 5 pg. 2, Billy Best at the Arlington Mind-Body Medicine Convention (At 16 ran away from chemo treatment).

ATHLETE

NL Vol. 24 # 5 Sep/Oct/09 pg. 9. Carl Lewis, vegan. Did you know that one of the greatest athletes of all time, Carl Lewis achieved most of his history making victories while consuming a strict vegan diet?

NL Vol. 24 # 3 May/June/09 pg. 1. Shaye Ramont's remarkable story. Recovered from colon, rectal and biliary, pancreatic cancer.

ATTACK SNACK?

NL Vol. 13 # 3 pg. 4, Proctor & Gamble continue marketing efforts on Olestra (Olean)

A TIME TO HEAL

NL Vol. 25 # 2 Mar/Apr/10 pg. 7. New edition available in March 2010, \$17.95 plus shipping..

NL # 9 pg. 7, Beata Bishop, melanoma recovered patient.

A TRIP TO TORONTO FOR DR. HOFFER'S 90TH B'DAY

NL Vol. 22 # 4 Jul/Aug.07 pg. 9, A trip to Toronto for a very special occasion. Dr. Hoffer's 90th B'day in close conjunction with the 2007 Hall of Fame Awards of the International Society of Orthomolecular Medicine. Emcee actress Margot Kidder. By Howard Straus, Editor.

AVOCADOS

NL Vol. 14 # 5 pg. 1, A Gerson Patient's Problems. They contain a fairly large percent of fat, this is the reason they are forbidden, because fats tend to stimulate new tumor growth.

A WONDERFUL FIRST YEAR FOR BAJA NUTRI CARE

NL Vol. 18 # 3 May/June/03 pg. 4. Since its opening just a year ago, Baja Nutri Care has undergone a series of improvements that only enhance its nurturing and healing environment: the recreation room now holds two trampolines, an exercise bike and a treadmill; all rooms contain TV's, telephones, ozone generators and space heaters. (Opened May 1, 2002)

BAJA NUTRI CARE CREATION

NL Vol. 18 # 3 May/June/03 pg. 5. Recipe: Gerson Cookies by head Chef Marisol.

NL Vol. 18 # 2 Mar/April/03 pg. 5. Recipe: Spaghetti Squash by head Chef Marisol.

BAKING SODA

NL Vol. 11 # 1 pg.10, Recurrence. The cancer is gone... now keep it that way!

BANANA CHIPS

NL Vol. 15 # 6 pg. 3, Nov/Dec/2000, Some Tidbits of Importance. Banana chips from a grocery or health food store are NOT dried bananas. They are deep-fried and also contain oil and sugar.

BASIC RULES FOR CATS WHO HAVE A HOUSE TO RUN

NL Vol. 15 # 6 pg. 9, Nov/Dec/2000, by Ally Khat

BATHING IN FLUORIDATED WATER

NL Vol. 24 # 1 Jan/Feb/09 pg. 9. Bathing in fluoridated water. Fluoride passes through all filter systems.

Fluoride is a powerful poison. Displacing iodine (with fluoride) seriously impairs the immune system – and with it, the body's ability to heal.

B COMPLEX NL Vol. 9 # 2 pg. 2, Jul/Aug/1994. Eleven Commonly Asked Questions About the Gerson Therapy. What About Using a B-Complex supplement to keep the B-vitamins in balance –since we use fairly large amount of B-12?

BEATING COLON CANCER

NL Vol. 19 # 6 Nov/Dec/04 pg. 3, John F. Kennedy, Beating colon cancer. At the end of the 1970s, he noted irregular rectal bleeding. The physician diagnosed colon cancer.

BECERRIL, DC, ERNIE

NL Vol. 17 # 6 Nov/Dec/02 pg. 5. A fond Farwell to one of our Directors.

BEETS

NL Vol. 12 # 2 pg. 5, What's for Dinner & Table of Nutritional Contents.

NL Vol. 9 # 2 pg. 3, Why not to mix them with juice.

BEHAVIOR

NL Vol. 8 # 1+2 pg. 48, Life in the Jungle.

NL Vol. 7 # 3+4 pg. 10, Will changing your mind, pg. 12, How to achieve and Maticek & Me.

BEING HEALTHY NOW POLITICALLY CORRECT:

NL Vol. 13 # 3 pg. 7, Orthodox medicine bites the bullet.

BENEFITS OF VEGETARIAN NUTRITION - FROM THE BIBLE

NL Vol. 19 # 1 Jan/Feb/04 pg. 8. An alert Patient Services member brought this item to our attention, right out of the Old testament, noting the benefits of eating a moderate vegetarian diet, 5,000 years ago! It is a direct quote starting at Daniel, 1:12

BEST, BILLY

NL Vol. 13 # 5 pg. 2, A Surprise Visitor at the Arlington Mind-Body Medicine Convention.

BETSY HEILMAN'S STORY

NL Vol. 23 # 3 May/June/08 pg. 9. Betsy Heilman's saga continues. Her recovery from stage IV ovarian cancer almost lands her in jail!

NL Vol. 23 # 1 Jan/Feb/08 pg. 5 Betsy Heilman's Story. Recovery from ovarian cancer.

BEVERLY HILLS FILM FESTIVAL TO SCREEN "THE GERSON MIRACLE"

NL Vol. 19 # 3, May/June/04, pg. 1. Documentary in Film Festival. Created by Steve Kroschel, will be showing May 8, 2004 at 10:00 A.M. at the Clarity Theater, 100 N Crescent Dr. # 150, Beverly Hills, CA 90210.

BEWARE OF THE WATCHDOG

NL Vol. 20 # 1 Jan/Feb/05 pg. 11 BBC Journalist Integrity reaches a new low, by Beata Bishop, reprinted with permission from the Gerson Support Group, UK's Coffee 'n Carrots.

BIG DRUG COMPANY PICKS UP BLACK COHOSH

NL Vol. 18 # 5 Sep/Oct/03 pg. 8. Herbal remedy used by women for generations. Published in the Feb/Mar/ issue of Health Freedom News, the Journal of the National Health Federation. In November, 2002, Columbia University and George Washington University researchers reported that Glaxo-Smith-Kline was producing a new HRT (Hormone Replacement Therapy) "drug", a concentrated herb, black cohosh.

BIG PHARMA

NL Vol. 23 # 5 Sep/Oct/08 pg. 6. a Horrifying ad. Would you buy this product? Arimidex. Same page: Allopathic Medicine's Real Goal: "The great aim of modern cancer treatment is not necessarily to cure patients but to allow people to die with their tumors and not because of them". Page 9: Big Pharma attacks children, Statin drugs pushed for eight-year-olds.

NL Vol. 23 # 2 Mar/Apr/08 pg. 7. Excerpted from The Epoch Times, Jan, 24-30, 2008. "A third of Antidepressant drugs studies are never published in the medical literature and nearly all happen to show that the drug being tested did not work, researchers reported". This appears adjacent to the article describing Big Pharma's campaign to drug children!. Pg. 8, Big Pharma's push to Drug

Children.

NL Vol. 23 # 1 Jan/Feb/08 pg. 1. Food Irradiation. "It" is a propaganda campaign by Big Pharma. They were losing market share.

NL Vol. 22 # 3 May/Jun/07 pg. 4. Big Pharma, FDA Banning Supplements. Codex alimentarius coming to Fruition.

NL Vol. 25 #5 Sept/Oct 2010 pg. 5 Cherries—a Threat to Big Pharma! Cherry producers banned from telling consumers of the healing effects of cherries.

BIG PHARMA SUFFERS MULTIPLE BLOWS

NL Vol. 21 # 1 Jan/Feb/06 pg. 4. Vioxx comes home to roost; chemo discontinued for breast cancer. Merk & Co. withdrew their big money maker VIOXX® in October of 2004. FDA submission falsified.

BILL (HEALTH CARE)

NL Vol. 9 # 4 pg. 3, Gov. Cuomo NY.

NL Vol. 9 # 3 pg. 4, Sep/Oct/1994. New York Legislature approves Alternative Health Care bill. Patients rights protected. The legislation's primary backer has been the Foundation for the advancement of Innovative Medicine (FAIM), a New York-based advocacy group founded in 1987. FAIM is composed of 3,000 physicians, patients, suppliers and others interested in protecting patient access to alternative and complementary health care.

BIOTECH BULLIES SEEK TO DISCREDIT ORGANIC AGRICULTURE

NL Vol. 22 # 5 Sep/Oct/07 pg. 5. GM Push Vilifies Organics.

BIOTECHNOLOGY WATCH

NL Vol. 15 # 5 Sep./Oct, 2000, pg. 8, Biotechnology Watch, Fast-Food Chains Pull Monsanto's Biotech Spud, Wall Street Journal April 28, 2000.

NL Vol. 14 # 6 pg. 9, Biotech Update, Some Recent Victories.

BISHOP, BEATA Author of A TIME TO HEAL.

NL Vol. 26 # 3 May/June/11 pg. 4. Gerson Library Grows Again! Book A Time to Heal by Beata Bishop, available in French at <http://www.Amazon.fr>

NL Vol. 25 #3 May/Jun 2010 pg. 1. Beata Bishop Honored for Dedication to the Gerson Therapy.

NL Vol. 11 # 4 pg. 6 her specialty: Psychological Aspects of Healing the Cancer patient and her book A time to Heal translated in German.

BLACK COHOSH

NL Vol. 18 # 5 Sep/Oct/03 pg. 8. Herbal remedy used by women for generations. Published in the Feb/Mar/ issue of Health Freedom News, the Journal of the National Health Federation. In November, 2002, Columbia University and George Washington University researchers reported that Glaxo-Smith-Kline was producing a new HRT (Hormone Replacement Therapy) "drug", a concentrated herb, black cohosh.

BLOOD TESTS LAB

NL Vol. 23 # 3 May/Jun/08 pg. 3. Useful Gerson Therapy Resources. Direct Labs: www.directlabs.com ,

BOARD OF DIRECTORS OF THE GERSON INSTITUTE

NL Vol. 26 # 2 Mar/Apr/11 pg. 2. Carol Beard, President, Mary Magro, Treasurer, Conni Spancake, Secretary, Charlotte Gerson, Director, Paula Bambic, Director, DeAnn Waggoner, Director. Honorary Board of Directors: Carolyn Dean, M.D., N.D., Dr. Andrew W. Saul, Ph. D.

NL Vol. 23 # 6 Nov/Dec/08 pg.2. Carol Beard President, Charlotte Gerson Straus, Treasurer, Conni Spancake, Secretary, Paula Bambic, Director, Bob Lichtenberger, Director, DeAnn Waggoner, Director. Honorary Board of Directors: Carolyn Dean, M.D., ND, Dr. Harold Foster, Abraham Hoffer, M.D., Ph.D, Dr. Andrew W. Saul, Ph.D.

NL Vol. 22 # 5 Sep/Oct/07 pg. 1, Newest Honorary Board Member. Dr. Abram Hoffman.

NL Vol. 22 # 4 Jul/Aug/07 pg. 2, Carol Beard, President, Charlotte Gerson, Treasurer, Conni Spancake, Secretary, Paula Bambic, Director, Bob Lichtenberger, Director, Joan Lockwood, Director, DeAnn Waggoner, Director. Page 4, New Honorary Directors: Dr. Andre W. Saul, Dr. Harold Foster, Dr. Carolyn Dean, MD, ND.

NL Vol. 17 # 6 Nov/ Dec/02 pg.3. A new Board Member: From Vice-President to President Carol

- Beard 2002-2003
 NL Vol. 17 # 1 pg. 2,
 Mark Bruce, MBA, BS President, 2001-2002
 Carol Beard, Vice President, 2001-2002
 Ernie Becerril, MA DC Secretary and Personnel Liaison, 2001-2002
 Shirley Tice, Treasurer, 2001-2002
Advisory Task:
 Terry L. Thompson, Veronica Gutierrez, DC, Clifford Oliver, DC RN, Gray Robinson,
 Janet Robinson, RN, BA, Dorothy Crowther, BSc, RGN. 2001-2002
- NL Vol. 16 # 2 pg. 5,
 Mark Bruce, M.B.A., B.A., B.S., President, 1999-2001, Vice President 1998
 Ernie Becerril, M.A., D.C., Vice President and Personnel Liaison, 1998-2001
 Sheila Kendra, R.N., BSN, L. Ac., Secretary, 1999-2001
 Shirley Tice, Treasurer, 1999-2001
 Walter J. Urban, Ph.D. 2001
 Jane Vlahos, 2001
 Kathryn Alexander, D. Th. D., 1999-2001
 Lesley Pearce, R.S.C.N., 1999-2001
 Dr. Susan Baldwin, 1998
 Charlotte Gerson, President, 1998
 Sandra John, Secretary, 1998

BODY AND SPIRIT

- NL Vol. 17 # 1 pg. 9. Is There a Connection? By Reverend Gray Robinson, recovered from lymphoma. One of the problems we have in the Western World is that we have a view that compartmentalizes life. We divided our life into sacred and secular, body and soul, or even into body, soul and spirit; this follows the ancient Greek philosophers. Reverend Robinson and his wife Janet are both members of the Gerson Institute Advisory Task Force.
- NL Vol. 17 # 1 pg. 1. Jan/Feb/2002. Mind/Body/Spirit Survey Results, by Sharon Murnane, RN BA, HNC, CHTP. I wanted to determine an overall interest in complementary techniques, what seemed most valuable, how often these techniques were used, what benefits were felt or perceived, plus, would the patient recommend their supportive additions to the Gerson Therapy for others? A survey was mailed out to 200 Gerson Therapy patients.

BOMB THREAT QUELLS CANCER DEMONSTRATION AT OTA

- NL Vol. 5 # 4 pg. 1. A hearing room on March 9, 1990 for the Office of Technology Assessment's (OTA) "Unconventional Cancer Treatments".

BONE DRUGS CAUSING BONE DEATH

- NL Vol. 25 # 2 Mar/Apr/10 pg. 5. Bone "Builders" Fosamax®, Actonel®, Boniva®. Bone drugs causing bone death. Report from the British Medical Journal of January 2008.

- BONIVA NL Vol. 25 # 2 Mar/Apr/10 pg. 5. Bone "Builders" Fosamax®, Actonel®, Boniva®. Bone drugs causing bone death. Report from the British Medical Journal of January 2008

BOOK REVIEW: THE ATOMIC FIG LEAF

- NL Vol. 24 # 4 Jul/Aug/09 pg. 4. How military and industrial collusion foisted fluoride on our population. The Fluoride Deception by Christopher Bryson, Seven Stories Press, New York City, 2004.

BOOKS

- NL Vol. 26 # 3 May/June/11 pg. 4. Gerson Library Grows Again! Charlotte Gerson's fourth book, *Defeating Arthritis, Bone and Joint Diseases* will be available mid-summer 2011. Book A Time to Heal by Beata Bishop, available in French at <http://www.Amazon.fr> In April, we received the first copies of *Healing the Gerson Way* of the Croatian edition.
- NL Vol. 25 # 6 Nov/Dec/10 pg. 5. *Defeating Obesity, Diabetes and High Blood Pressure: The Metabolic Syndrome*, by Charlotte Gerson, available November 1, 2010.
- NL Vol. 24 # 5 Sep/Oct/09 pg. 1. Japanese, Spanish translations of *Healing the Gerson Way*.
- NL Vol. 24 # 4 Jul/Aug/09 pg. 9. Book *Healing the Gerson Way* translated to Hungarian and Italian.
- NL Vol. 23 # 6 Nov/Dec/08 pg. 4 The Gerson Institute has copies of the stunning, award-winning expose *Shedding Light on Genetically Engineered Food* by Beth Harrison, Ph.D. \$15.95 + S&H.
- NL Vol. 23 # 4 Jul/Aug/08 pg. 6. Gerson Biography translated to German. On may 21, 2008, we had the great pleasure to receive in the post a package from Germany containing the first foreign

language translation of Dr. Max Gerson: Healing the Hopeless. The publisher is AKSE-Verlag in Worthsee, Germany. www.akse.de/shop/index.htm . By Howard Straus, Editor

NL Vol. 11 # 6 pg. 8, Major New Book on Gerson Therapy: HEALING CANCER AND OTHER DEGENERATIVE DISEASES: The Gerson Therapy, by Charlotte Gerson and Chip White.

NOTE: This book was not printed.

NL Vol. 9 # 3 pg. 10, The Serpent on the Staff (politics).

BOVINE SPONGIFORM ENCEPHALOPATHY (BSE)

NL Vol. 19 # 3, May/June/04, pg. 9. Reports of "Mad Elk" disease; USDA buries head in sand.

NL Vol. 19 # 2 Mar/Apr/04 pg. 1. The following article first appeared in the July/August 1997 issue of the Gerson Healing Newsletter. Recent events have prompted us to reprint this now-highly relevant article. Revenge of the cannibal cows.

NL Vol. 11 # 4 Jul/Aug/97 pg. 1, The Approaching Era of BSE (Mad cow disease)

BRAD MAVIS, RECOVERED FROM CHRONIC FATIGUE

NL Vol. 18 # 5 Sep/Oct/03 pg. 8. We had the pleasure of seeing another recovered patient, Brad Mavis, at our Monterey lecture. His story was first told in the Gerson Healing Newsletter Vol. 12 # 4, July/August 1997.

BRAUN, EDMUND

Vol. 16 # 6 pg. 4, Nov/Dec/01. Edmund Braun Case # 11 in A Cancer Therapy book. Recovered from testicular cancer.

BRAVO, DR. LUZ MARIA

NL Vol. 17 # 3 May/June/02 pg. 1 Reunited! The Gerson Institute and Drs. Melendez and Bravo will be working together again. May 1, 2002 the Gerson Institute will initiate a license agreement with a clinic owned and operated by Dr. Alicia Melendez and Dr. Luz Maria Bravo. The Baja Nutri Care facility located in the Playas area of Tijuana.

NL Vol. 12 # 1 Veteran Gerson physician.

BREAD RYE NL Vol. 14 # 5 pg. 1, A Gerson patient's Problems. Rye bread should never be the main part of a meal.
NL Vol. 11 # 4 pg. 10, Rudolph's Specialty Bakery, salt-free, 390 Alliance Ave, Toronto, ON, CANADA M6N-2H8 1-800-268-1589.

BREAST IMPLANTS

NL Vol. 24 # 3 May/June/09 pg. 5. The Gerson Therapy has trouble helping women with breast implant Poisoning.

NL Vol. 12 # 5 pg. 8, In the News, damage to 200,000 women worldwide

NL Vol. 9 # 4 pg. 4."Of the twelve women I know with implants, two have died of cancer in the past year, and two more have had the implants burst, with disastrous health consequences".

BREAST THERMOGRAPHY

NL Vol. 17 # 2 Mar/Apr/02 pg. 6. Breast Thermography, by Kristina Wylie. "Dr. Chapman, DC, whose experience with breast thermography began in 1978, believes that what is most important is the patient's understanding of their body and health. We want our patients to be active consumers, so they can understand how to take care of their own health".

BREWERS YEAST

NL Vol. 9 # 2 pg. 2. Jul/Aug/1994. Eleven Commonly Asked Questions About the Gerson Therapy. What about using Brewer's Yeast on oats and salads? This is a very bad idea. Dr. Gerson warned that no other vitamins (or minerals) should be taken aside from the ones specifically stated. Brewer's Yeast is a B-Complex. But it is a yeast based material, a fermentative product. Since, generally, tumor tissue thrives on non-oxidative (fermentative) metabolism, yeast will help the tumor grow and thrive.

BR INTERNATIONAL MAGAZINE SHOWCASES THE GERSON THERAPY

NL Vol. 19 # 2 Mar/Apr/04 pg. 8. Honored in December when Ms. Sandee Harilela, Managing Editor of BR International magazine, invited us to write the cover article of their January 2004 issue. Bharat Ratna is published in Hong Kong.

BRITISH ONCOLOGISTS EVALUATE GERSON CANCER TREATMENT

NL Vol. 6 # 3&4 pg. 21, Mexico: juices, coffee enemas, and cancer.

BRITISH TEEN BLINDED BY TAMIFLU®

NL Vol. 25 # 2 Mar/Apr/10 pg. 7. Tamiflu®, deadly flu vaccine, British teen blinded by Tamiflu®. The British paper Metro, from Oxfordshire, U.K., reported on January 22, 2010, on the terrible problems and suffering endured by Samantha Millard after she took the antiviral tablets "Tamiflu", recommended by the NHS.

BRAUN, HELGA

NL Vol. 20 # 5 Sep/Oct/2006 pg. 3, The long term recovery of Helga Braun is quite extraordinary and extremely rare in cases of breast cancer treated with orthodox therapies.

BURZYNSKI WINS IMPORTANT HEALTH FREEDOM CASE IN TEXAS

NL Vol. 9 # 1 May/June/94 pg. 9. Texas judge hands down decision with wide implications for alternative therapies. Reprinted from the Nutritional Health Alliance March 15, 1994. A Texas administrative law judge has decided that a non-FDA-approved cancer and AIDS treatment developed by Dr. Stanislaw Burzynski can be given legally to patients in Texas, despite a state law which prohibits distributing or prescribing non-FDA approved drugs.

BUTLER, HENRIETTA

NL Vol. 26 # 2 Mar/Apr/11 pg. 3. Interview with Henrietta Butler, Director of Education and Training.
NL Vol. 25 # 3 May/June/10 pg. 3. Welcome new Gerson Institute Staff! Henrietta Butler, Education and Training Director.

BUYING NORWALKS ON eBAY

NL Vol. 20 # 5 Sep/Oct/2006 pg. 6, Gerson patients beware! By Richard Boger, Norwalk Juicers.

CAFFEINE

NL Vol. 12 # 3 pg. 8, Juvenile Hyperactivity, The Drugging of American Children. Caffeine in sodas.

CALCIUM

NL Vol. 10 # 4 pg. 5. Jul/Aug/1995. Veggies, Not Supplements, "But Where Will I Get My Calcium?", by Charlotte Gerson. An Interesting study is now available in a book called Rare Earths, The Forbidden Cures, by Joel D. Wallach, BC, DVM, ND(Double Happiness Publishing Co., 1994, PO Box 1222, Bonita, CA 91908) The authors point out that minerals, unless they are in the organic form, as they are found in fresh vegetarian foods, for instance, are poorly absorbed.

CALCIUM MONTMORILLONITE CLAY: A MIRACLE OF LIFE

NL Vol. 17 # 5, Sep/Oct/02 pg. 4. A recognized detoxifying agent, nutrient and bactericidal, Calcium Montmorillonite Clay is in the smectite group of clays.

CANCER

NL Vol. 24 # 4 pg. 7. The primary cause of cancer. Oxidation of glucose vs. fermentation.
NL Vol. 13 # 4 pg. 7, "Major New Discovery" It's "breakthrough" season for cancer research.
NL Vol. 13 # 1 pg. 7, Removal of Breasts for Cancer Prevention!

CANCER CONTROL SOCIETY

NL Vol. 25 # 6 Nov/Dec/10 pg. 4. Cancer Control Society Making Inroad in Japan. Howard Straus attends in July 2010.
NL Vol. 14 # 6 pg. 1, News Announced at the Cancer Control Convention in Los Angeles. Gerson & Contreras Unite! A new Gerson Clinic is formed at the Oasis of Hope Hospital October 28, 1999.
NL Vol. 12 # 6 pg. 2, Howard Straus recounts events of his visit to Japan.

CANCER DRUG SALES TO DOUBLE BY 2009

NL Vol. 21 # 2 Mar/Apr/06 pg. 2. Cancer is Big Business. In an article published by the San Jose Mercury-News Sunday, Jan. 29, 2006 Staff writer Steve Johnson notes that by 2009, global sales of cancer drugs will double to over \$55 billion annually. By Howard Straus.

CANCER HYPOTHESIS, OTTO H. WARBURG'S

NL Vol. 24 # 4 Jul/Aug/09 pg. 6. From Wikipedia.com. In 1924, Warburg hypothesized that cancer, malignant growth, and tumor growth are caused by the fact that tumor cells mainly generate energy (as e.g. adenosine triphosphate/ATP) by non-oxidative breakdown of glucose.

CANCER RISK FROM CT SCANS

NL Vol. 25 # 3 May/June/10 pg. 6 The cancer risk from CT Scans, by Joseph Mercola. PG. 5 The Dangers of Mammograms by Ben Johnson, MD., DO, NMD and Kathleen Barnes.

NL Vol. 24 # 3 May/Jun/09 pg. 7. Important bits and pieces. Patient's exposure to radiation by medical imaging procedures.

CANCER STUDY WAS MADE UP, JOURNAL SAYS

NL Vol. 21 # 2 Mar/Apr/06 pg. 4. Ongoing found in medicine. Nicholas Wade of the New York Times, January 19, 2006, report that a large cancer study of oral cancer, done in Norway, was based on "fabricated data".

CANOLA OIL NL Vol. 26 # 5 Sep/Oct/11 pg.7. Side effects result from the consumption of canola products. Reprint from Natural News. By Shona Botes.

NL Vol. 13 # 3 pg. 1, Consumers Beware: Canola oil studies show severe health effects!

CARBOHYDRATES

NL Vol. 16 # 2 pg. 1, Protein and Healing. Why you can't heal on a high-protein diet. On a high protein, high fat diet the body produces vast amounts of acids which are cleared in the urine (placing a great strain on the liver and kidneys). By Kathryn Alexander.

CARDIOLOGY

NL Vol. 22 # 2 Mar/Apr/07 pg. 4. Lifestyle Far Outperforms Medical Procedures, by Caldwell B. Esselstyn, Jr. MD. Torcetrapib drug to raise HDL, the "good" cholesterol, by Pfizer, was killing more people in its test run than were dying in the control group.

CARE OF THE ENEMA EQUIPMENT

NL Vol. 20 # 6 Nov/Dec/2006 pg. 3 Cleaning after a castor oil treatment.

CAREGIVER CERTIFICATION PROGRAM (re-named HOME SET-UP TRAINER)

NL Vol. 25 # 6 Nov/Dec/10 pg. 1. Strives to meet increased demand.

CAREGIVER REFERRAL PROGRAM (re-named HOME SET-UP TRAINER)

NL Vol. 26 # 3 May/June/11 pg. 7. Need help doing the Gerson Therapy at home? The Gerson Institute has a Caregiver Referral Program. info@gerson.org or www.gerson.org/programs/trained-caregivers.htm

CAREGIVER TRAINING (re-named HOME SET-UP TRAINER)

NL Vol. 24 # 3 May/Jun/09 pg. 3. Caregiver Gerson Therapy Basics Class June 26-28, 2009.

NL Vol. 22 # 4 Jul/Aug/07 pg. 3. Caregiver Class on Line Update. We are upgrading the class curriculum to improve the content and producing the accompanying materials including binders and power point slides. By Diane Ake, Resource Specialist.

NL Vol. 22 # 2 Mar/Apr/07 pg. 2. Gerson Therapy Caregiver Training, by Diane Ake. Do you want to learn how to do the Gerson Therapy? The Gerson Institute conducts a two and a half day training class.

NL Vol. 20 #3 pg. 3 May/June/05, There is such interest in the Caregiver Training Course that we will be creating an on-line Gerson University so that can be offered world wide at any time.

NL Vol. 17 # 1 pg. 7. Jan/Feb/2002. This 3-day weekend workshop is designed for both the general public and health care professionals requiring a more thorough understanding on the practical application of the Gerson Therapy. Dates: February, 22-, 23 & 24, 2002.

CARL LEWIS, VEGAN – OLYMPIC ATHLETE

NL Vol. 24 # 5 Sep/Oct/09 pg. 9. Carl Lewis, vegan. Did you know that one of the greatest athletes of all time, Carl Lewis achieved most of his history making victories while consuming a strict vegan diet?

CAROLYN AND HEDY COMPLETE CAREGIVERS' CLASS (re-named HOME SET-UP TRAINER)

NL Vol. 24 # 5 Sep/Oct/09 pg. 1. Carolyn was diagnosed with retinitis pigmentosa.

- CARROTS NL Vol. 26 # 5 Sep/Oct/11 pg.7. Why are carrots orange? Hundreds of years ago, carrots were not orange. They were white, yellow, red and purple.
- CASTOR OIL NL Vol. 15 # 4 pg. 1, Part 3 of 3 by Kathryn Alexander, D. Th. D. Managing Toxicity. Castor Oil Packs.
 NL Vol. 12 # 4 pg. 9, Castor oil enemas. More than just coffee
 NL Vol. 10 # 1 pg. 9. Mailbag. Castor oil, presents no problem of being poorly tolerated: it is an interesting material insofar.
 NL Vol. 9 # 4 pg. 9, The Oil That Heals, by William A. McGarey, M.D.
- CATS NL Vol. 15 # 6 pg. 9, Nov/Dec/2000, by Ally Khat. Basic Rules for Cats Who Have a House to Run.
- CAUSING BONE DEATH AND COLLAPSE:
 NL Vol. 22 # 2 Mar/Apr/07 pg. 8. Osteoporosis Drugs Making Bones Brittle, by Susan Lark, MD, with comments by Charlotte Gerson.
- CAVITATIONS: NOT JUST ANOTHER HOLE IN YOUR HEAD
 NL Vol. 14 # 5 pg. 6, Many of our readers are well aware of the problem that mercury amalgams and root canals can cause. A more silent health threat known as cavitations, not to be confused with a cavity, which is a hole in the tooth and a cavitation is a hole in the jawbone. References:
www.altcorp.com/cavitati.htm Christopher Hussar, D.O., D.D.S. 1698 Meadowwood Lane, Reno Nevada 89502 (775) 826-1200, For information on bio-compatible dental materials and biological dentistry, contact: The International Academy of Oral Medicine and Toxicology, Dr. Michael Ziff, Director PO Box 608010, Orlando FL 32860-8010. Another source of information: D.A.M.S. (Defense Against Mercury Syndrome), DAMS Newsletter, 725-Tramway Lane NE, Albuquerque, NM 87122 (505) 888-0111.
- CDC STONEWALLS INVESTIGATORS ON MERCURY-AUTISM LINK
 NL Vol. 19 # 3, May/Jun/04, pg. 10. CDC calls safety "Review" on mercury in vaccines and links to autism.
- CELEBRATING CHARLOTTE AT 88: CULTIVATE HER LEGACY.
 NL Vol. 25 # 2 Mar/Apr/10 pg. 1. She continues to guide hundreds of people along their healing journey and inspire thousands around the world, By Anita Wilson. Pg. 1 from her devoted daughter Margaret Straus: Honoring Charlotte's lifetime of healing. Pg. 2 A few words from Howard Straus, an admiring son.
- CENSURED FOR CURING CANCER
 NL Vol. 7 # 1+2, pg. 11. The American Experience of Dr. Max Gerson. Written in 1959 by investigative news reporter S.J. Haught, he originally intended to expose the "quackery" of Dr. Gerson's then-revolutionary diet therapy for cancer.
- CENTER FOR DISEASE CONTROL (CDC)
 NL Vol. 15 # 1 pg. 3, by Phyllis Schafly, On July 1999, the Centers for Disease Control and The American Academy of Pediatrics (AAP) halted the use of the oral rotavirus vaccine, which is given to infants to prevent one of the major causes of diarrhea, after reports that the vaccine caused a bowel obstruction in some infants.
- CENTER FOR SCIENCE IN THE PUBLIC INTEREST CRITICIZES U.S.F.D.A. OVER SODIUM CONTENT OF FOOD
 NL 11 Jan/Feb/1986 pg. 4. The Center for Science in the Public Interest, a Washington D.C. based consumer advocacy group, recently surveyed 100 packaged foods to review the effect of the FDA's program to reduce sodium levels.
- CGHRC's FIRST ANNIVERSARY -CHARLOTTE GERSON HEALTH RESTORATION CENTER
 NL Vol. 22 # 5 Sep/Oct/07 pg. 1. Distinguished visitors help us celebrate CGHRC First Anniversary. Dr. Carolyn Dean and Joyce Riley.
 NL Vol. 21 # 5 Sep/Oct/06 pg. 3. We are thrilled to announce the official opening of the center July 2006.
- CHANGES IN SCHOOL CAFETERIA FOODS

NL Vol. 22 # 1 Jan/Feb/07 pg. 1 by Jeffrey M. Smith of the Institute for Responsible Technology. Before this change, the school was described as “out-of-control”.

CHANTIX, by Pfizer

NL Vol. 25 # 1 Jan/Feb/10 pg. 7. Who provided the placebo? Fraud in drug testing.

CHARLOTTE'S CORNER

- NL Vol. 18 # 6, Nov/Dec/03, pg. 6. From the Medical Journals Infusing chemo drugs in colorectal cancer. Scarce available treatment for drug addiction in adolescents.
- NL Vol. 18 # 5 Sep/Oct/03 pg. 6. More drug industry tactics. Article that appeared in the National Health Federation's publication, Health Freedom News, of February/March 2003. The subject is Lupron, the anti prostate cancer drug. It is manufactured and distributed by TAP Pharmaceuticals and it is the main orthodox pharmaceutical treatment for prostate cancer.
- NL Vol. 18 # 4 Jul/Aug/03 pg. 6. The Drug Scene- An Update. The way that physicians define complete remission” may be very different from what you understand it to be.
- NL Vol. 18 # 3 May/June/03 pg. 2. A Frightening New Development. On Tuesday, March 18, 2003 a large front-page article entitled, “Heart Disease Hits the Preschool Set” by Tara Parker-Pope appeared in the Persona; Journal (section D) of the Wall Street Journal.
- NL Vol. 18 # 2 Mar/April 03. 2. The Thought Police. Last year, a Professor at Oxford University named Michael Gearin-Tosh published a book entitled Living Proof. Mr. Gearin-Tosh was diagnosed some eight years ago as suffering from Multiple Myeloma.
- NL Vol. 18 # 1 pg. 2, Jan/Feb/03. Jesus- A Vegetarian! I had been puzzled before concerning statements found in the Essene Gospel of Peace, a translation by Edmond Bordeaux Szekely of the Dead Sea Scrolls. In this translation, Jesus promoted natural healing and a vegetarian diet.
- NL Vol. 17 # 6, Nov/Dec/02 pg. 2, Arthur Kempel: Adenocarcinoma of the Stomach.
- NL Vol. 17 # 5, Sept/Oct/02 pg. 2. Stephanie – an Extraordinarily Courageous Fight. Nephroblastoma (Wilm's Tumor).
- NL Vol. 17 # 4 July/Aug/02 pg. 2. Part 2 of 2. The China Study. Charlotte continues her report on a lecture given by Dr. T. Colin Campbell, a professor of health and nutrition at Cornell University, taped at the Health and Healing Crusade in Lodi, Ca June 22nd, 2001.
- NL Vol. 17 # 3 May/June/02 pg. 2. Part 1 of 2. A Report on Nutrition Studies
- NL Vol. 17 # 2 Mar/Apr/02 pg. 2. From Peter Montague and reprinted by the Cancer Forum magazine of the Foundation for Advancement in Cancer Therapy, Ltd. (Vol. 17 No. 3 & 4, Summer 2000) from The Ecologist, Vol. 29, Oct. 1999. A case controlled study by two Swedish scientists, Lennart Hardell and Mikael Eriksson showed evidence that non-Hodgkin's lymphoma is linked to pesticide exposure.
- NL Vol. 17 # 1 pg. 2. Jan/Feb/2002. Body and Mind – Total Healing. It is now called “Psycho-Neuro Immunology” For many decades, already prior to Freud's writings, doctors and caregivers were very much aware that the mind plays a large role in a patient's physical condition.
- NL Vol. 16 # 6 pg. 2. Nov/Dec/2001. Talk About Eye Openers: Norman R, Piersma's Story. We are always thrilled to hear from our former patients. Their testimonies offer hope and inspiration. His recent letter. Recovered from melanoma.
- NL Vol. 16 # 5 pg. 2, Sep/Oct/2001. Early Results with a Down Syndrome Baby, by Charlotte Gerson. While traveling across Europe, I heard of a baby girl born with Down Syndrome. Many years ago I obtained literature on Dr. Henry Turkel's research, he treated patients with Down Syndrome with large quantities of Vitamin C, other supplements and antioxidants.
- NL Vol. 16 # 4 pg. 2, Getting Rid of a Tumor is Not “Healing”- A Case History, interrupting the Gerson Therapy is a dangerous action.
- NL Vol. 16 # 3 pg. 2, A Textbook Case. Healing reactions 6 months after chemotherapy. Pat Y. had frightening symptoms: extreme weakness, depression of her bone marrow (low red blood count), a new lump in her nose behind the eustachian tube (ear canal), severe difficulties breathing, and swelling in her leg (below the lymph node dissection in her groin). Naturally, she panicked.
- NL Vol. 16 # 2 pg. 2, Organic Food – News and Updates. One of the early discussions about eating to prevent cancer was in an article titled, “Diets That Protected Against Cancers in China”. In the October 1990 Saturday Evening Post, the author, Cory Ser-Vaas, MD, wrote about the developments that started in 1985. The Saturday Evening Post in their July 1985 issue reported on an important study in China that “proved how diets protect against cancer and other degenerative diseases”. By Charlotte Gerson.

CHARLOTTE GERSON HEALTH RESTORATION CENTER/INTERNSHIP EXPERIENCE

NL Vol. 26 # 1 Jan/Feb/11 pg. By Henrietta J. Butler, Director of Education and Training.

CHARLOTTE GERSON'S NEWEST BOOK

NL Vol. 25 # 6 Nov/Dec/10 pg. 5. *Defeating Obesity, Diabetes and High Blood Pressure: The Metabolic Syndrome*, available November 1, 2010.

CHARLOTTE'S SONG, ON HER BIRTHDAY

NL Vol. 25 # 2 Mar/Apr/10 pg. 3. Poem by Anita Wilson.

CHEATING HELL

NL Vol. 12 # 3 pg. 4, The Whole Story of James Wilson, Pancreas Cancer.

NL Vol. 12 # 2 pg. 5, James Wilson, recovery from pancreas cancer.

CHEATING "JUST A LITTLE BIT" ON THE GERSON THERAPY

NL Vol. 25 # 1 Jan/Feb/10 pg. 9. It can cost you your life! An "occasional" or "tiny snack" can block the healing and make the difference.

CHEMICAL EXPOSURE IN UTERO.... AND MORE

NL Vol. 20 # 5 Sep/Oct/2006 pg. 8, From the Organic Consumers Assoc., and Dr. Mercola.

CHEMICALS

NL Vol. 18 # 2 Mar/April/03 pg. 8. Bill Moyer's PBS special report that over 75,000 chemicals have been released into our environment since World War II.

NL Vol. 13 # 2 pg.10, Top Medical Journal Gives Apology to Readers.

CHEMO INFUSION: ADOLESCENT DRUG TREATMENT

NL Vol. 22 # 3 Nov/Dec/08 pg. 7. In the Aug. 19, 2007, Journal of the American Medical Association (JAMA). Infusing chemo drugs in colorectal cancer. In the same issue of the JAMA, an article appears under the heading Adolescents and illicit drug use.

CHEMOTHERAPY

NL Vol. 23 # 3 May/June/08 pg. 6. Immensely expensive, and no improvement in survival. New drugs attempt to "Starve" cancer.

NL Vol. 23 # 3 May/June/08 pg. 5. Italian study shows end-of-life. Chemo "Wasteful"; produces pointless suffering, by Margaret Straus.

NL Vol. 21 # 5 Sep/Oct/06 pg. 1. Report on chemotherapy "No Beneficial Effect"

NL Vol. 19 # 1 Jan/Feb/04 pg. 7. quotes from Ralph Moss on Chemotherapy. "Chemotherapy: A Dull Weapon". A devastating blow has been dealt to the cancer establishment's "war on cancer" by the release of Questioning Chemotherapy by the legendary cancer researcher Ralph W. Moss, Ph. D.

NL Vol. 16 # 3 May/June/2001 pg. 2, A Textbook Case. Healing reactions 6 months after chemotherapy. Pat Y. had frightening symptoms: extreme weakness, depression of her bone marrow (low red blood count), a new lump in her nose behind the eustachian tube (ear canal), severe difficulties breathing, and swelling in her leg (below the lymph node dissection in her groin). Naturally, she panicked.

NL Vol. 13 # 6 Nov/Dec/98 pg. 4, Infusing chemo drugs in colorectal cancer, JAMA.

NL Vol. 13 # 4 Jul/Aug/98 pg. 4, Class Action Suit Against Chemotherapy Use: Dr. Lew Brennehan.

NL Vol. 12 # 5 Sep/Oct/97 pg. 4, Chemo Drugs Toxic to Nurses and Pharmacists in JAMA 1/82 82

NL Vol. 10 # 1 Jan/Feb/95 pg. 1. Chemotherapy and the Gerson patient.

NL Vol. 10 # 3 May/June/95 pg. 6. Healing Modern diseases with the Gerson Therapy.

NL Vol. 7 # 1+2 pg. 12, What has Chemotherapy done for you lately?

NL 16 pg. 1, Snake Oil Remedy?

NL # 10 pg. 6, Benefits of chemotherapy Questioned.

CHEMO "WASTEFUL"; PRODUCES POINTLESS SUFFERING

NL Vol. 23 # 3 May/June/08 pg. 5. Italian study shows end-of-life. Chemo "Wasteful"; produces pointless suffering, by Margaret Straus.

CHERRIES

NL Vol. 25 #5 Sept/Oct 2010 pg. 5 Cherries—a Threat to Big Pharma! Cherry producers banned from telling consumers of the healing effects of cherries.

NL Vol. 14 # 4 pg. 10, Cherries vs. Aspirin. An article entitled "Sweet Treatment", a new study done at

Michigan State University finds a phytochemical anthocyanin in deep red cherries to help relieve pain.

CHEWING GUM

NL Vol. 10 # 4 Jul/Aug/95 pg. 9. Madison Avenue has made it very clear that bad breath is socially unacceptable, so people carefully avoid it. Some chew gum to mask the odor. When chewing starts, it stimulates stomach juices to flow, in the expectation of food to come.

CHICKEN

NL Vol. 22 # 4 Jul/Aug/07 pg. 8. What is really in a Chicken McNugget? From the Internet website <http://www.corp-watch.org/article.php?id=11984> we should like to give you some additional warnings about Chicken McNuggets. Mutagen, carcinogens, flammables, petroleum products.

NL Vol. 18 # 3 May/June/03 pg. 2. A Frightening New Development. On Tuesday, March 18, 2003 a large front-page article entitled, "Heart Disease Hits the Preschool Set" by Tara Parker-Pope appeared in the Persona; Journal (section D) of the Wall Street Journal. Chicken nuggets has 58% of fat content.

NL Vol. 15 # 5 Sep/Oct/ 01 pg. 6.,. Did You Know? By Charlotte Gerson. According to an article entitled What About Chicken?, the average North American consumes "more than 50 pounds of chicken per year. In years past, major newspapers like the Wall Street Journal and New York Times have published articles concerning the horrors of large chicken processors.

NL Vol. 9 # 1 May/Jun/1994 pg. 1.,. The Case Against Chicken, by Charlotte Gerson. Why Don't the Navajo get Cancer?. Dr. De Lamar Gibbons, M.D. found a different link between chicken consumption and cancer.

CHILDHOOD OBESITY DECLARED "AN EPIDEMIC"

NL Vol. 14 # 1 pg. 10, Linked to Cause Type II Diabetes in Kids.

CHILDREN LEARNING TO EAT RIGHT

NL Vol. 15 pg. 1, So what is the average child's breakfast before starting the day? By Echo Maillet.

CHLORDANE

NL Vol. 21 # 6 Nov/Dec/06 pg. 1. A Banned Pesticide. Chlordane in your Garden?

CHLORINE

NL Vol. 19 # 1 Jan/Feb/04 pg. 9. How chlorine affects our health. By Howard Straus, Editor.

NL Vol. 11 # 3 May/Jun/96 pg. 10 Recurrence. The cancer is gone... now keep that way!

NL Vol. 10 # 1 Jan/Feb/95 pg. 3, Non-Chlorine for swimming pool: Caribbean Clear: CA:800-246-6473, CT 203-761- 0888, PA 803-686-2450

CHOLESTEROL DRUGS FOR 8-YEARS-OLDS

NL Vol. 24 # 2 Mar/Apri/08 pg. 9. AAP now recommending the use of cholesterol drugs for children.

CHOLESTEROL DRUGS LOSING FAVOR

NL Vol. 24 # 2 Mar/Apri/08 pg. 6 San Diego Union-Tribune headline September 2, 2008 "Usefulness doubted for Zetia Vytorin"

CHOLESTEROL-LOWERING DRUGS AND CANCER

NL Vol. 21 # 1 Jan/Feb/06 pg. 5. Well-designed studies have shown the link between cholesterol-lowering Drug use and cancer. In a study published in the Journal of the American Medical Assoc. By Shabe Ellison, M.Sc (Source: www.HealthMyths.net)

CHOOSING HEALTHY FOODS NOW A "MENTAL DISORDER"

NL Vol. 25 #5 Sept/Oct/10 pg. 7. British newspaper, The Manchester Guardian, from natural News, by Mike Adams. Mike says, "In its never-ending attempt to fabricate mental disorders out of every human activity, the psychiatric industry is now pushing the most ridiculous disease they've invented yet.: It is called "Orthorexia Nervosa". Its Latin name is supposed to sound scientific so that they can bamboozie the public. In good ol' English, it translates into "healthy eating disorder".

CIGARETTES

NL Vol. 14 # 4 Jul/Aug/99 pg. 10 An article entitled "Lifestyle and Parkinson's Disease" discusses how Researchers from the Parkinson's Institute in California have shown that in most people suffering from this disease it is the environment and not genetics that is most likely to blame.

NL Vol. 5 # 3 pg. 11, When (at least) 20,679 Doctors were buttheads.

CIMZIA® NL Vol. 24 # 4 Jul/Aug/09 pg. 5. FDA approves deadly drug Cimzia® . Don't trade arthritis pain for death.

CLARIFICATION

NL Vol. 19 # 1 Jan/Feb/04 pg. 3. From the last Healing Newsletter readers mistook Joyce Riley's the Power Hour radio show for a similarly named religiously-oriented show. That is incorrect. The show is effective exposing facts that we need to know, politically, medically, and so forth, not in any particular religious viewpoint.

CLASS ACTION SUIT AGAINST CHEMOTHERAPY USE:

NL Vol. 13 # 4 pg. 4. Contact Dr. Lew Brenneman at (415) 677-0829 500 Sutter St., Ste.512, San Francisco, CA 94102.

CLASS ACTION SUITE AGAINST THE MAKERS OF RITALIN

NL Vol. 16 # 1 pg. 9, Class Action Suit Against the Makers of Ritalin. The law firm of Waters & Kraus files a class action suit in Texas against Ciba Geigy Corp. USA, Novartis Pharmaceuticals Corp., Children & Adults with Attention-Deficit Hyperactivity Disorder (CHADD), and the American Psychiatric Assoc. (APA). The suit alleges fraud and conspiracy.

CLAY NL Vol. 17 # 5, Sep/Oct/02 pg. 4. A recognized detoxifying agent, nutrient and bactericidal, Calcium Montmorillonite Clay is in the smectite group of clays. A miracle of life, by Dr. Simon Cohen.

CLEAN AIR NL Vol. 23 # 6 Nov/Dec/08 pg. 3. Richard Boger from Norwalk Juicers, has available air purifiers "Fresh Air" by Ecoquest.

CLEAN FOODS DIET

NL Vol. 12 # 2 pg. 10, We are winning, More organic food sold.

CLEANSING BUCKET SAFE

NL Vol. 17 # 3 May/June/02 pg. 9. There have been several inquiries regarding the "WARNING" on the label of the plastic Cleansing Enema Bucket Set. This warning states that: "This products contains a chemical known to the state of California to cause cancer". This is not a permanent affliction.

CODEX ALIMENTARIUS

NL Vol. 22 # 3 May/Jun/07 pg. 4. Big Pharma, FDA Banning Supplements. Codex alimentarius coming to Fruition.

NL Vol. 20 #3 May/June/05 pg. 7. Big Pharma's dream come true.....and our worst nightmare. So, what is this threat all about? It is supposed to "guide and promote the elaboration and establishment of definitions and requirements for foods, to assist in their harmonization and, in doing so, facilitate international trade

NL Vol. 19 # 6 Nov/Dec/04 pg. 6, health Freedoms Going Fast, from Dr. Jonathan V. Wright's Nutrition & Healing Vol. 11 No. 8 Sep.2004.

NL Vol. 13 # 2 pg. 10, Home of CODEX protester burned to the ground. Dr. Susan Harris.

NL Vol. 13 # 1 pg. 1, The Ultimate Attack on Our Health Freedom. (Reproduced from Dr. William Campbell Douglas's publication: Second Opinion, Aug. 97)

COENZYME Q-10

NL Vol. 16 # 1 pg. 3, Keeping the Gerson Therapy Pure.

COFFEE NL Vol. 12 # 5 pg. 5, More Kudos for the Lowly coffee Bean from JAMA Jan. 1 1982.

NL Vol. 10 # 5 pg. 3, Harbor House Coffee-(800)-541-4699, organic.

COFFEE & CARROTS

NL Vol. 13 # 6 pg.8, Noted articles from Support Group Newsletter in England: The Substance Called Sugar and Coeliacs Can Have Their Oats and Eat Them Too.

COFFEE CORNER

NL Vol. 12 # 4 pg. 9, More than Just Coffee.

NL Vol. 12 # 2 pg. 8, Some odd tidbits, Zulu Dance Company.

NL Vol. 12 # 1 pg. 8, Taking the Enema Preparing the Solution, keeping the equipment clean, What to do while soaking.

NL Vol. 11 # 6 pg. 8, Preparing the Space.

NL Vol. 11 # 5 pg. 9, A New feature: coffee enemas included in the Merck manual of Standard Medicine.

COFFEE ENEMAS

NL Vol. 24 # 5 Sep/Oct/09 pg. 4. We learn something new about coffee enemas, clears anger.

NL Vol. 23 # 4 Jul/Aug/08 pg. 7. Pain Control. Simple, inexpensive and powerfully effective methods of pain control.

NL Vol. 20 #3 May/June/05 pg. 9, Coffee enema long used against poisoning. The Lancet (London, 1862) mentions a case of mushroom poisoning in which unexpected success was obtained with enemas of 100g of coffee repeated every quarter of an hour.

NL Vol. 15 # 3 pg. 4, by Kathryn Alexander, part 2 of 3, How great is the toxic load, how well can it be eliminated and how fast can we safely do this?

NL Vol. 14 # 5 pg. 1, A Gerson Patient's Problems. Proper strength: 3 rounded tablespoons of coffee to a quart of water.

NL Vol. 12 # 4 pg. 9, Castor oil enemas. More than just coffee

NL Vol. 11 # 6 pg. 8, Coffee Corner, Preparing the Space.

NL Vol. 11 # 5 pg. 9, Coffee Corner, Preparing coffee for enemas, Concentrate, or an instant enema.

NL Vol. 10 # 6 pg. 3, Some frequently asked questions about the Gerson Therapy. Preparation directions: Rounded or heaping tablespoons? When should coffee be strained, immediately when turned off from simmering, or after it settles a while? What is the proper position to use while taking an enema? When do I get off the therapy?

NL Vol. 10 # 1 pg. 7, (tips).

NL # 13 pg. 1 What does it do?

NL Vol. 6 # 3&4 pg. 25, How the Gerson Therapy Works. Pg. 37, Scientific explanation how the coffee enema works (Glutathione-S-transferase. Bind bilirubin and its glucuronides so that they can be eliminated from the hepatocytes). Pg. 38 Dr. Peter Lechner from Austria, coffee enemas.

Book A Cancer Therapy pg. 191 & 247.

Book Gerson Primer pg. 3, 11 and 31 (Scientific description Glutathione-S-Transferase, Dr. Lechner)

COLDS

NL Vol. 9 # 1 pg. 7, May/June/1994. Cold and Flu There is presently in the general population quite a serious problem consisting of depressed immune systems.

COLLINS, CELIA

NL Vol. 13 # 2 pg. 1, A recovering patient and a puppeteer.

COLLINS, K.C. NL Vol. 14 # 6 pg. 8, My Story of Change, breast cancer.

COLON CANCER WITH LIVER METASTASES

NL Vol. 24 # 2 Mar/Apr/08 pg. 6. On the path to recovery on the Gerson Therapy, by Tom D'Anastasio. Colon cancer with liver metastases.

COLOSTOMY NL Vol. 6 # 3+4, pg. 1, Louis Lucas (Dukes C colon).

COLOSTRUM NL VOL. 14 # 6, pg. 3, A Boost from Mother Nature by Susan DeSimone

COMBINED FEDERAL CAMPAIGN DESIGNATIONS.

NL Vol. 24 # 6 Nov/Dec/09 pg. 6. This is the season when the Combined Federal Campaign asks their nearly 20 million potential donors to choose the charity that will receive their donations.

COMING OFF THE THERAPY

NL Vol. 21 # 6 Nov/Dec/06 pg. 5. Now that you are well, stay that way! Dr. Gerson suggested, for maintaining good health, to eat 75% "defensive" foods, fruit and vegetable that are high in organic nutrients.

COMMON MISTAKES:

NL Vol. 13 # 5 pg. 9, Charlotte Gerson Addresses some common misconceptions about the Gerson Therapy in the book "Self Help Cancer Cure" by authors: Walter Last, Chris Wheeler, Max Yelsaeb and a panel of Soil and Health writers.

COMPANIES INCREASINGLY RELY ON DOCTORS

NL Vol. 20 # 5 Sep/Oct/2006 pg. 6 To Sell Their Drugs by Scott Hensley and Barbara Martinez, The Wall Street Journal Staff Reports July 15, 2005 New York

COMPREHENSIVE GOVERNMENT REPORT CHALLENGES NCI CLAIMS

NL 20 & 21 Jul-Oct/87 pg.12. While it is heartening that cancer patient survival has improved for some cancer patients, we have apparently not done nearly as well treating cancer as Government officials have led us to believe.

CONKLIN, BARBARA

NL Vol. 13 # 5 pg. 3, Story of a recovered patient from ovarian cancer.

CONSIDERATIONS FOR BECOMING A GERSON CAREGIVER

NL Vol. 26 # 3 May/June/11 pg. 2 by Perry Ching. On October 1, 2010, I left Beijing to come to San Jose to take care of my fiancée, who was diagnosed with thyroid cancer.

CONSUMERS BEWARE:

NL Vol. 13 # 3 pg. 1, Canola oil studies show severe health effects!

CONTEMPORARY CONCERNS IN RAW LIVER JUICE THERAPY

NL Vol. 6 # 1&2 pg. 28, Raw liver juice discontinued due to campylobacter gastroenteritis, 1989.

CONTRERAS, M.D, ERNESTO

NL Vol. 19 # 1 Jan/Feb/04 pg. 5. By Howard Straus. On October 14th, at 10^h15 pm, Dr. Ernesto Contreras, Sr. died of natural causes in Playas de Tijuana, Baja California, Mexico.

NL Vol. 18 # 6 Nov/Dec/03 pg. 8. In Memoriam. It was with the deepest sadness that we learned of the passing on October 14, 2003 of one of the giants of alternative medicine, a principal component of Laetrile, our selfless friend and constant supporter.

CONVENTIONAL MEDICINE

NL Vol. 13 # 6 pg. 6, Conventional medicine discovers the obvious in Phytochemicals.

CO-OPERATIVE FOOD BUYING CLUBS AND DISTRIBUTORS LISTING

NL Vol. 15 # 2 pg. 4. Mar/Apr/2000. Northeast, Midwest, West and Resources and pg., 1 How to Start a Co-Operative Food Buying Club..

COPE, DR. FREEMAN WIDENER.

NL Vol. 6 # 3 & 4, pg. 25.

CORNELL ALUMNAE MAGAZINE REPORTS ON"VEGGING OUT"

NL Vol. 15 # 1 pg. 6, by Charlotte Gerson, a clip from a Member from the May/June 1999 Issue of the Cornell magazine reports on research done by Dr. Campbell a Jacob Gould Schurman professor of nutritional biochemistry and co-chair of the World Cancer Research Fund.

CORPORATE CONTRIBUTIONS

NL Vol. 11 # 5 pg. 3, Tax deductible Amatching contributions.

CORRECTION ... SORT OF

NL Vol. 23 # 2 Mar/Apr/08 pg. 6. In the last issue Vol. 23 # 1 Jan/Feb/08 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. Remove the hyphen between the words "live" and "leak" to get the correct website. Our apologies.

COSMETICS

NL Vol. 22 # 5 Sep/Oct/07 pg. 4 Little-known facts about cosmetics.

NL Vol. 9 # 1 pg. 6. May/June/1994. Gerson Therapy Notes: From the Updated Gerson Therapy Primer. Substances and Activities to be Aware of for the Gerson Therapy Patient. All substances that go onto the skin at best clog pores and keep the skin from breathing and eliminating toxins. At worst, these materials are absorbed into the blood stream and damage the patient.

NL Vol. 20 #3 May/June/05 pg. 8, Another source of toxicity. All Substances spayed or rubbed into the skin travel quite promptly into the blood stream.

COUNCIL AGAINST HEALTH FRAUD

NL Vol. 12 # 5 pg. 1, The Council Against Health Frauds Speaks: Alternative Therapies may Eventually Become mainstream. Meeting June 26, 1997 in Dallas, TX.

COWS

NL Vol. 22 # 4 Jul/Aug/07 pg. 7. Are the cows really happy? Pus cells in milk. What is the USDA thinking? Would you feed your child milk if you knew that a glass contained 500 pus cells?

CRAIN, DC, DARREL

NL Vol. 26 # 1 Jan/Feb/11 pg. 1. We hear a lot about “evidence-based medicine” but how long does it really take for clinicians and medical institutions to accept overwhelming evidence and change fundamental concepts about recovering from cancer and other chronic diseases. Darrell Crain, DC, San Diego, CA.

CRAVINGS

NL Vol. 14 # 5 pg. 1, A Gerson Patient’s Problems. They are simple hungry because they are not eating well nutritious Gerson Meals.

CREATING OBESITY WITH MSG

NL Vol. 21 # 5 Sep/Oct/06 pg. 5. The slow poisoning of America. MSG (monosodium glutamate) is added to food for the addictive effect it has on the human body!

CRIB DEATH

NL Vol. 12 # 4 pg. 8, Infant Vaccinations and Crib Death.

CRIME, VIOLENCE AGAIN LINKED TO DIET

NL Vol. 19 # 5 Sep/Oct/04 pg. 5. The Osgood File. Twenty-four years ago, in 1980, Alexander Schauss, MA, Director of the American Institute for Biosocial Research, published his book *Diet, Crime and Delinquency*. The book presents convincing evidence that “junk foods and environmental pollutants favor the development of crime”.

CRUDE LIVER EXTRACT UPDATE

NL Vol. 26 # 3 May/June/11 pg. 9. Update on crude liver for injections. At this time, the crude liver for injections is no longer available. Recommendations with what to substitute.

CSC OPENS ITS DOORS AND HEART TO PUBLIC

NL Vol. 12 # 4 Jul/Aug/97 pg. 1, Gerson Center at Sedona Grand Opening festivities.
(2/20/97)

CT SCANS DANGERS

NL Vol. 25 # 3 May/June/10 pg. 5 The dangers of Mammograms, pg.6 The Cancer risk from CT scans
NL Vol. 24 # 3 May/Jun/09 pg. 7. Important bits and pieces. Patient’s exposure to radiation by medical imaging procedures.

CUDDEBACK, KIM

NL Vol. 22 # 3 Nov/Dec/08 pg. 7. Kim Cuddeback’s recovery from bowel cancer.

CULTIVATING HEALTHY FOOD PARTNERSHIPS

NL Vol. 25 #5 Sept/Oct 2010 pg. 4. Scott Stobbe reports on going to two events—one to see John Robbins speak for EarthSave’s new project Meals for Health, and a screening of *The Beautiful Truth* with San Diego Roots.

DANGERS OF FOOD ADDITIVES

NL Vol. 22 # 4 Jul/Aug/07 pg. 6 Nobody’s checking on them. In the May 21, 2007 issue of *Business Week* an article appeared concerning the problems that have already come up in food additives.

DANGERS OF MAMMOGRAMS

NL Vol. 25 #3 May/Jun 2010 pg. 5. From the book *The Secret of Health—Breast Wisdom* by Ben Johnson, MD, DO, NMD and Kathleen Barnes. The dangers of mammograms: what your doctors won’t tell you is that mammograms expose you to approximately 1,000 times the amount of radiation you’d get in a chest X-Ray.

DANISH RESEARCHER DISAPPEARS WITH \$2 MILLION

NL Vol. 25 #3 May/June 2010 pg 8. More vaccine fraud emerges. Missing researcher Kreesten M. Madsen faked and manipulated data denying the link between vaccines and autism.

DATABASE OR BLACKLIST/PDQ?

NL Vol. 5 # 3 1989 pg. 9. Critics charge conflict of interest in government cancer index, by Ken Ausubel.

DAVID KLEIN'S TRIUMPH

NL Vol. 15 # 4 Jul/Aug/00 pg. 6, David Klein's Triumph: Defeating antibiotic resistant Staph infection.

DAY, DR LORRAINE

NL Vol. 13 # 2 Mar/Apr/98 pg. 1, Professors of Medicine Choose Gerson Therapy.

DEAR CHARLOTTE

NL Vol. 15 # 2 pg. 8, Answers to some Excellent Questions. Coffee effects, Salt deprivation, Potassium, Candida.

NL Vol. 13 # 4 pg. 10, Someone told me water that has been microwaved, inhibits the growth of sprouts....

NL Vol. 13 # 3 pg. 6, About cancer patients losing their appetite.

NL Vol. 13 # 1 pg. 4, Pesticides Daily Telegraph article (London, Sept. 1997)

NL Vol. 12 # 6 pg. 4, Have a question about health? Look for the answer here. Beta Carotene and carrot juice

DEFEATING DIABETES

NL Vol. 14 # 2 Mar/Apr/99 pg. 6, Two patients speak about their success with the Gerson Therapy, by Irene Stananought, Evelyn Oberlander and Charlotte Gerson.

DEFEATING LYME DISEASE WITH THE GERSON THERAPY.

NL Vol. 23 # 5 Sep/Oct/08 pg. 6. Defeating Lyme disease with the Gerson Therapy, by Bob Childree, DDS.

DEGO, Ph. D., Dr. GIULIANO

NL Vol. 15 # 6 pg. 1, Nov/Dec/2000. From labor day until December 31st, 2000 we are including a FREE copy of Doctor Max book with every new and renewing Membership.

NL Vol. 15 # 1 pg. 9, Honors for Deگو's Doctor Max in Italy.

NL Vol. 13 # 3 pg. 8, Serialization of Doctor Max, novel by Giuliano Deگو.

NL Vol. 12 # 1 pg. 1, Giuliano Deگو's Novel Doctor Max to Appear in January, 1997

NL Vol. 11 # 6 pg. 1, An excerpt from Doctor Max

NL Vol. 11 # 5 pg. 1, An excerpt from Doctor Max

NL Vol. 11 # 4, pg.1, Healing interviews Italian writer, his novel *Doctor Max*. Began his literary career in Great Britain, where he taught for 21 years in British Universities, the last 15 at London university. He has published 14 books in Italian and several in English and has been a literary critic for *The Times of London*, *Times Literary Supplement*, *Il Corriere della Sera*, *La Stampa*, and other major newspapers and magazines.

DENTAL

NL Vol. 23 # 3 May/June/08 pg. 1. Norway becomes first country to ban amalgam fillings, by Adam Miller <http://www.natural-news.com/022943.html> effective January 1st 2008. Pg. 2. ADA Promoted, Held patents on mercury amalgam fillings.

NL Vol. 18 # 2 Feb/Mar/03 pg 4. A Step Towards Mercury-free Mouths. The American Dental Assoc (ADA) maintains that although "minute amounts of mercury vapor may be released from amalgam under the pressure of chewing or grinding, there is no scientific evidence that such low level mercury exposure is harmful" Yet increased concerns about the most toxic non-radioactive element is being placed in our mouths. Pg. 8. The policies of the ADA in conjunction with the profiteering of chemical companies have caused immense health damage in our culture, particularly through the use of mercury and fluoride.

NL Vol. 17 # 4 pg. 9, Jul/Aug/02. Gerson Therapy Protocol Position Statements: Dental Issues, Based on the information available, it is the opinion of the Gerson Institute that patients intending to do the full Gerson Therapy for serious health purposes remove all root canal teeth

immediately, or as soon as possible after they begin the therapy. Mercury fillings should not be removed for at least nine months.

NL Vol. 15 # 6 pg. 8, Nov/Dec/2000, by John Anderson, BDS. According to traditional Chinese medicine, a form of bodily energy called Qi (pronounced "chee") is generated in internal organs and circulates throughout the body, forming paths near the surface of the skin called meridians.

NL Vol. 14 # 5 Sep/Oct/99 pg. 7, References: www.altcorp.com/cavitati.htm Christopher Hussar, D.O., D.D.S. 1698 Meadowwood Lane, Reno NV 89502 (775) 826-1200, For information on bio-Compatible dental materials and biological dentistry, contact: The International Academy of Oral Medicine and Toxicology, Dr. Michael Ziff, Director PO Box 608010, Orlando FL 32860-8010. Another source of information: D.A.M.S. (Defense Against Mercury Syndrome), DAMS Newsletter, 725-9 Tramway Lane NE, Albuquerque, NM 87122 (505) 888-0111. Dental Amalgam Banned! Swedish dentists can no longer use silver/mercury amalgam fillings. Pg. 6, Cavitations: More than just another hole in your head, by Susan DeSimone Pg. 8, Cora Cayton, breast cancer & root canals, by Charlotte Gerson. NL # 6 pg. 8, Teeth, In Dr. Gerson's writings: The importance of removing foci of dental infections.

DEODORANTS (Underarm)

NL Vol. 9 # 4 pg. 6. Possible link between deodorants and breast cancer. The normal excretory pathways and organs are overloaded.

NL Vol. 9 # 1 pg. 6. Even "health food store" bought are harmful. Many contain aluminum and other chemicals which should never go to block lymph passages underarm.. The passages should be clear and open for elimination of toxic perspiration.

DEPRESSION NL Vol. 12 # 4 pg. 5, St. John's Wort, A Promising Antidepressant.

DETOXING AND THE FLAGGING LIVER

NL Vol. 15 # 4 pg. 1, Part 3 of 3 by Kathryn Alexander, D. Th. D. Managing Toxicity

NL Vol. 15 # 3 pg. 4, Part 2 of 3, by Kathryn Alexander, How great is the toxic load, how well can it be eliminated and how fast can we safely do this?

NL Vol. 15 # 2 pg. 4, Part 1 of 3, by Kathryn Alexander, D. Th. Vegetable Juicing and Detoxification.

DIANE'S CORNER

NL Vol. 22 # 3 May/June/07 pg. 3, by Diane Ake, Resource Specialist. We are grateful to our sponsors! Raised \$35,000+ for Charlotte's March 24, 2007 85th Birthday.

NL Vol. 22 # 2 Mar/Apr/07 pg. 3, by Diane Ake, Resource Specialist. Fundraiser to honor Charlotte and enable the Gerson Institute to continue to carry out her and Dr. Gerson's work. Would like to raise \$85,000.

DI BELLA, PROFESSOR LUIGI

NL Vol. 13 # 3 pg. 9, The health revolution of Professor Luigi Di Bella.

DID YOU KNOW?

NL Vol. 22 # 5 Sep/Oct/07 pg. 4. Little-known facts about cosmetics.

NL Vol. 22 # 3 May/June/07 pg. 7. Warnings about household, grooming and food chemicals. Estrogen replacement therapy. Toilet paper dye. Talcum powder, fabric softeners, moth balls, banana chips and rice milk.

NL Vol. 19 # 2 Mar/Apr/04 pg. 3. Eating margarine can increase heart disease in women by 3% over eating the same amount of butter, according to a recent Harvard medical study.

NL Vol. 19 # 1 Jan/Feb/04 pg. 3. From Dr. Joseph Mercola, distributor of the e-Healthy Newsletter, we get the following bit of information: Reuters, the world's largest media source, is controlled by the world's largest drug company! One of the major players at Reuters is also Chairman of the drug giant GlaxoSmithKline!

NL Vol. 17 # 2 Mar/Apr/02 pg. 7. Facts From Our Research Files. "The average person today eats twice as much meat compared to the average person 50 years ago" (and more facts).

DIET AND CANCER

NL Vol. 5 # 4 1989-1990 pg. 30. Reprinted from Medical Tribune. Thursday, April 19, 1990 by Dr. Linda Glodwater Gochfeld, M.D. I found that there is a remarkable consistency in stories of long-term survival when drastic dietary programs are used. The evidence is largely anecdotal, in the form of books written by these survivors. A recent example is "Recalled by Life" by Anthony Sarrilaro,

M.D. (Avon Press, New York). Some describe the use of macrobiotic diets, others a strict regimen of fresh vegetables and fruits – such as that of Max Gerson, M.D.

DIET AND NUTRITION

- NL Vol. 18 # 4 Jul/Aug/03 pg. 4. what if a classroom safety was really this easy? An article from the Feingold Association, October 14, 2002 in Appleton, Wisconsin, states that a revolution has occurred. It has taken place in the Central Alternative High School. The kids now behave. The hallways aren't frantic. Even the teachers are happy. What happened?
- NL # 9 pg. 2, Reference to the SAUERBRUCH-HERRMANNSDORGER-GERSON diet.--

DIET COKE

- NL Vol. 10 # 5 pg. 4. Sep/Oct./1995. Just so you know, the ingredients listed on a can of Diet Coke are as follows: Contents: Carbonated water; caramel color, Aspartame (NutraSweet Brand), phosphoric acid, potassium benzoate (to protect taste) natural flavorings, citric acid, caffeine.

DIET FOR A NEW AMERICA by John Robbins, former heir of Baskin Robbins ice cream.

- NL Vol. 12 # 3 May/Jun/97. Milk Ads and Osteoporosis

DIET THERAPY AND CANCER TREATMENT

- NL # 6 pg. 6, Mar/Apr/1985. Last November the national Cancer Institute told Congress that it could look forward to cancer mortality being cut in half by the end of the century. Yet 50 years of intensive cancer research and treatment have not made a dent on the truly big killers.

DIRT! THE MOVIE

- NL Vol. 25 # 2 Mar/Apr/10 pg. 3. Added to store price \$19.95 plus shipping.

DISCOVER THE ANCIENT SECRETS AND MODERN MAGIC OF GARLIC

- NL Vol. 26 # 5 Sep/Oct/11 pg. 5. A REPRINT FROM Natural News. Medicinal use of garlic has been well documented around the world and throughout history, by Carolanne Wright.

DISEASE

- NL Vol. 24 # 1 Jan/Feb/09 pg. 8 Short excerpts from an article by Mike Donkers on www.NaturalNews.com Disease is like life itself because it is part of life, in the same way that death is part of life.

DOCTOR MAX biographical Novel by Giuliano DeGo

- NL Vol. 15 # 6 pg. 1, Nov/Dec/2000. From labor day until December 31st, 2000 we are including a FREE copy of Doctor Max book with every new and renewing Membership.
- NL Vol. 13 # 6 pg. 5, Doctor Max Re-published by One of Italy's Leading Publishers: Rizzoli.
- NL Vol. 12 # 1 Doctor Max to appear in January, 1997.
- NL Vol. 11 # 5 pg. 1, Excerpt from Doctor Max.

DOCTOR- PRESCRIBED DRUGS KILL OVER 100,000 EACH YEAR IN THE U.S.:

- NL Vol. 13 # 4 pg. 1. Jul/Aug/1998. If and when the average citizen becomes aware of a health problem, such as headache, stomach problems, muscle pains or cramps, he/she will visit the doctor, assuming that their doctor, being licensed and all-knowing, will properly diagnose the problem and issue them a prescription medicine to quickly cure the ailment. Generally, that is where the real problem starts.

DOCUMENTARY

- NL Vol. 26 # 3 May/June/11 pg. 4. Steve Kroschel is nearing completion of a fourth Gerson Therapy documentary, under the working title of: *Alive Tomorrow*.
- NL Vol. 19 # 3, May/Jun/04, pg. 1. Beverly Hills Film Festival to screen "The Gerson Miracle". Created by Steve Kroschel, will be showing May 8, 2004 at 10:00 A.M. at the Clarity Theater, 100 N Crescent Dr. # 150, Beverly Hills, CA 90210. Page 7, "The Gerson Miracle": Major new documentary now available! The film, which is available from the Gerson Institute on VHS (US \$29.95) and DVD (US \$24.95).

DOG FOOD

- NL Vol. 22 # 4 Jul/Aug/07 pg. 6 Nobody's checking on them. In the May 21, 2007 issue of Business Week an article appeared concerning the problems that have already come up in food additives

- DOGS NL Vol. 22 # 3 Nov/Dec/08 pg. 7. Dogs and their humans prefer – Organics!
NL Vol. 13 # 4 pg. 2, Is your Dog a Vegetarian?
- DOING THE GERSON THERAPY ON HER OWN
NL Vol. 26 # 1 Jan/Feb/11 pg. 3. Lisa St. John was diagnosed with a pituitary tumor after she experienced weakness, forgetfulness and huge weight gain.
- DO-IT-YOURSELF CANCER CONTROL
NL Vol. 19 # 2 Mar/Apr/04 pg. 9. Do-it-yourself cancer control. Recovered from ocular melanoma.
- DONORS NL Vol. 26 # 6 Nov/Dec/11, pg. 4. Thank you Schneider Electric Company and David Gilbert.
NL Vol. 13 # 2 pg. 11, Abbott Laboratories, Joyce Geering, Helen Shu
- DON'T TRADE ARTHRITIS PAIN FOR DEATH
NL Vol. 24 # 4 Jul/Aug/09 pg. 5. FDA approves deadly drug Cimzia® .
- DOORS OPEN FOR ALTERNATIVE HEALTH PRACTICE
NL Vol. 15 # 6 pg. 1, Nov/Dec/2000, by California Citizens for Health Organization.
- DOUBLE-SPEAK
NL Vol. 14 # 4, pg. 6, Excuses used by Orthodox Medicine Trying to Discredit Cures by “Alternative” Methods. 1. “Spontaneous Regression”, 2.”Misdiagnosis”, 3. “Lack of Appropriate Medical Proof, such as Double-Blind Studies and Biopsies:”, 4. “Results are not published in peer-reviewed ‘scientific’ journals”, 5. “Cancer is an aggressive disease; it has to be treated aggressively”, 6. Alternative Practitioners give false hope”.
- DO YOU NEED HELP STARTING THE GERSON THERAPY AT HOME?
NL Vol. 26 # 6 Nov/Dec/11, pg. 4. The G.I. trains Home Set-up Trainers, by Diane Ake.
- DR. GERSON'S INTERVIEW
NL Vol. 20 #3 May/June/05 pg. 1, The Gerson Institute is proud to make available to its members a two-CD set of the entire two-hour January 15, 1957 interview of Dr. Gerson on the Long John Nebel Show.
- DR. GERSON HEALS THE SEARS FAMILY
NL Vol. 20 #2, Mar/Apr/05 pg. 2, Dr. Gerson diagnosed Todd who was only three years old, with “clinical Muscular Dystrophy”. Todd is now 50 years old and in excellent health.
- DR. HOFFER'S 90TH B'DAY
NL Vol. 22 # 4 Jul/Aug.07 pg. 9, A trip to Toronto for a very special occasion. Dr. Hoffer's 90th B'day in close conjunction with the 2007 Hall of Fame Awards of the International Society of Orthomolecular Medicine. Emcee actress Margot Kidder. By Howard Straus, Editor.
- DR. MAX, MEET MR. WALT
NL Vol. 12 # 3 pg. 10, Further Musings on the Gerson Lifestyle, by Everett Doner.
- DRUGS NL Vol. 24 # 6 Nov/Dec/09 pg. 8. Pfizer fined record \$2,3 Billion for criminal behavior; No one jailed, from The Public Citizen, Sept. 2, 2009.
NL Vol. 25 # 2 Mar/Apr/10 pg. 5. Bone “Builders” Fosamex®, Actonel®, Boniva®. Bone drugs causing bone death. Report from the British Medical Journal of January 2008. Pg. 7 Tamiflu®, deadly flu vaccine, British teen blinded by Tamiflu®. The British paper Metro, from Oxfordshire, U.K., reported on January 22, 2010, on the terrible problems and suffering endured by Samantha Millard after she took the antiviral tablets “Tamiflu”, recommended by the NHS.
NL Vol. 25 # 1 Jan/Feb/10 pg. 7. Who provided the placebo? Fraud in drug testing. Chantix manufactured by Pfizer.
NL Vol. 24 # 3 May/Jun/09 pg. 4. Are you taking your neighbor's chemo drugs or HRT? Vast array of pharmaceuticals found in drinking water. Pg.2. FDA Approves dangerous antidepressants: For women? And children? Pg. 7 FDA leaves lethal drug on the market Raptiva. VisiCol, OsmoPrep.
NL Vol. 24 # 2 Mar/Apr/08 pg. 6 San Diego Union-Tribune headline September 2, 2008 “Usefulness doubted for Zetia Vytorin”. Pg. 9, The “Unholy Alliance” between psychiatrists and drug

companies, by Dr. Joseph Mercola. Pg. 9. AAP now recommending the use of cholesterol drugs for children.

- NL Vol. 23 # 5 Sep/Oct/08 pg. 6. a Horrifying ad. Would you buy this product? Arimidex. Same page: Allopathic Medicine's Real Goal: "The great aim of modern cancer treatment is not necessarily to cure patients but to allow people to die with their tumors and not because of them". Page 9: Big Pharma attacks children, Statin drugs pushed for eight-year-olds.
- NL Vol. 23 # 4 Jul/Aug/08 pg. 1 On May 9, 2007, the San Diego Union Tribune article a group of six doctors received \$2.7 million from Amgen for prescribing \$9 million worth of the company's drugs last year (2006).
- NL Vol. 22 # 3 May/June/07 pg. 9. For advanced breast cancer Yet another drug. In 1975, Prof. Hardin Jones, University of California, proved for the first time, on a large-scale study that lasted 23 years, that cancer patients refusing to undergo surgery, radiotherapy and chemotherapy (on a free food regime without following a particular diet) survived on average 12 ½ years .
- NL Vol. 22 # 2 Mar/Apr/07 pg. 1 FDA Approves Gemzar, Despite Its Proven Ineffectiveness. An article by Ralph Moss, Ph.D.- Page 6, Rise of the Super-Bugs, Drug-Resistant Bacteria article by Lisa Finneran "According to the Centers for Disease Control and Prevention, 90,000 people die from these types of infections every year"
- NL Vol. 21 # 3 May/June/06 pg. 9. Drug experiments go horribly wrong. Six volunteers fighting for their lives. On Wednesday March 15, 2006 a new drug Parexel was to be tested and approved for treatment for arthritis, leukemia and multiple sclerosis. Reported in the Sun, a UK newspaper.
- NL Vol. 18 # 5 Sep/Oct/03 pg. 6. More drug industry tactics. Article that appeared in the National Health Federation's publication, Health Freedom News, of February/March 2003. The subject is Lupron, the anti prostate cancer drug. It is manufactured and distributed by TAP Pharmaceuticals and it is the main orthodox pharmaceutical treatment for prostate cancer. Also pg. 9 a Tamoxifen study.
- NL Vol. 18 # 5 Sep/Oct/03 pg. 5. mental illness: A Fallacy? Keep your children safe from legal drug pushers. By Howard Straus. There is a huge industry built around "mental illness", including hospitals, pharmaceutical treatments, pharmacological psychiatrists, counselors and much more. Ritalin is so damaging that the United States military will not accept a recruit who has had a history of Ritalin use, yet we give it to our two-year-olds!
- NL Vol. 18 # 4 Jul/Aug/03 pg. 6. The Drug Scene- An Update. The way that physicians define "complete remission" may be very different from what you understand it to be.
- NL Vol. 15 # 5 Sep./Oct, 2000, Chemotherapy 5-FU.
- NL Vol. 15 # 3 pg.1, Ritalin. Overuse and dangers for hyperactive children.
- NL Vol. 13 # 6 pg. 5, Some Deadly Drugs Approved by the FDA (Food and Drug Administration), by Mike Culbert from The Choice journal of Freedom of Choice in Medicine: Viagra, Duracet, Posicor, Phen-fen, Seldane. More FDA approved drugs that later had to be withdrawn: MER/29, Methaqualone, DES, Enkaid, Aldactone, Flagyl, Phenformin, Phenacetin, Chloromycetin, Chlofibrate.
- NL Vol. 12 # 2 pg. 6, Drugs can cause symptoms they are supposed to treat, Causes of Many Chronic Diseases APoorly Understood≡ and Table of Prophylactic treatment of Migraine.
- NL 20 & 21 Jul-Oct/87 pg. 16. Team learns why drugs don't cure cancer. Reprinted from The Japan Times, Tuesday, August 4, 1987. A joint Japan-US research team has discovered why drugs are ineffective in curing a cancer patient with a relapse, the team announced recently.

DRUG EXPERIMENTS GO HORRIBLE WRONG

- NL Vol. 21 # 3 May/June/06 pg. 9. Six volunteers fighting for their lives. On Wednesday March 15, 2006 a new drug Parexel was to be tested and approved for treatment for arthritis, leukemia and multiple sclerosis. Reported in the Sun, a UK newspaper.

DRUG INDUCED DEMENTIA: A PERFECT CRIME, by Grace E. Jackson, MD

- NL Vol. 26 # 1 Jan/Feb/11 pg. 6. Book Review. American psychiatrist Grace E. Jackson believes it is high time for the public to know of the horrifying crimes being perpetrated daily in the name of psychiatry.

DRUG-RESISTANT BACTERIA

- NL Vol. 22 # 2 Mar/Apr/07 pg. 6, Rise of the Super-Bugs, Drug-Resistant Bacteria article by Lisa Finneran "According to the Centers for Disease Control and Prevention, 90,000 people die from these types of infections every year"

DRY SKIN?

- NL Vol. 17 # 2 Mar/Apr/02 pg 10. Dry Skin? Here is a natural cosmetic for dry skin: watermelon juice is a

good cleanse for dry skin and is said to reduce wrinkles. When skin feels itchy and dry, try using cider vinegar. It's very soothing. Add a spoonful of honey and massage into skin.

DYING TO HAVE KNOWN

- NL Vol. 21 # 4 Jul/Aug/06 pg. 1 At NYC Film festival and got a standing crying ovation on May 5, 2006. The film festival judges gave it a "Honorable Mention" in the Feature Length Documentary category.
- NL Vol. 21 # 3 May/Jun/06 pg. 1. Kroschel completes new documentary.
- NL Vol. 21 # 2 Mar/Apr/06 pg. 6. Sequel to The Gerson Miracle.

EARLY RESULTS WITH DRUG-INDUCED "ALS"

- NL Vol. 24 # 1 Jan/Feb/09 pg. 4. Early results with drug-induced "ALS". Very encouraging changes while at Gerson Clinic.

EARTHING

- NL Vol. 25 # 4 Jul/Aug/10 pg 4. The health benefits of Earthing. Vitamin G-for ground energy.

EATING GOOD IS GOOD FOR YOU!

- NL Vol. 13 # 6 Nov/Dec/98 pg.6, Conventional medicine discovers the obvious in Phytochemicals.

EATING WISELY GETS HARDER ALL THE TIME

- NL # 20/21 Jul/Oct/87 pg. 1. EPA Can't afford to ban carcinogenic pesticides, by Janet S. Hatheway, Senior Project Attorney, natural Resources Defense Council, Washington, D.C.

eBAY

- NL Vol. 20 # 5 Sep/Oct/2006 pg. 6, Buying Norwalks on eBay: Gerson patients beware! By Richard Boger, Norwalk Juicers.
- NL Vol. 20 # 1 Jan/Feb/05 pg. 9, e-Bay scam! Brad Mavis reports a scam that our members need to be aware of.

E. COLI

- NL Vol. 21 # 6 Nov/Dec/06 pg. 8. FDA wages war on organic agriculture. The e.coli scam.
- NL Vol. 11 # 5 pg. 3, Editor's Corner More food-borne diseases. Meat borne E. Coli kills thousands.

ED MAY DOES IT AGAIN!

- NL Vol. 20 # 5 Sep/Oct.05 pg. 1, Three Generations CD now available. Historical document.

EDITORIAL

- NL # 8 JUL/Aug/85 pg. 6, Dr. Arturo Ortuno- Atherosclerosis, blocked arteries, microscope pictures of red blood cells.

EDITOR'S CORNER – HOWARD STRAUS

- NL Vol. 12 # 4 Jul/Aug/97 pg. 6, The Fight Goes On.
- NL Vol. 12 # 3 May/Jun/97 pg., A change of Hands, New Editor: Everett Doner.
- NL Vol. 12 # 2 Mar/Apr/97 pg. 3, Notes from Sedona.
- NL Vol. 12 # 1 Jan/Feb/97 pg. 3, An exciting New Year.
- NL Vol. 11 # 6 Nov/Dec/96 pg. 3, Election Rhetoric. In this election year, our national drug policy has, once again been called into question.
- NL Vol. 11 # 5 Sep/Oct/96 pg. 3, Internet Revisited, Acknowledgment to Mr. Stephen Zins, More food-Borne diseases.
- NL Vol. 10 # 6 Nov/Dec/95 pg. 3, Gerson Institute's WWW Internet Inauguration.
- NL Vol. 10 # 5 Sep/Oct/95 pg. 2. Editor's Corner by Howard Straus. As I write this, one of the major heroes of my youth lies, fighting for his life. Baseball great Mickey Mantle, the big, handsome Yankee slugger who made news in the 1950's for his awesome home run hitting with the New York team, apparently spent his retirement years trying to drink the state if Texas completely dry. Along the way, he pickled his liver to the point where he not only got hepatitis, but eventually, liver cancer.

EDUCATION DEPARTMENT EXPANDS TO MEET THE NEED

- NL Vol. 26 # 5 Sep/Oct/11 pg. 6. Between June 2010 and 2011 the GI Education Department added five new employees and nine volunteers offered their time and skills.

ELECTRO-MAGNETIC ENERGY

- NL Vol. 22 # 2 Mar/Apr/07 pg. 9. Entire town recovers when cell phone towers removed, excerpted from

the British health journal Icon, No. 34, by Charlotte Gerson.

ELEVEN COMMONLY ASKED QUESTIONS ABOUT THE GERSON THERAPY

NL Vol. 9 # 2 pg. 1, Jul/Aug/1994, Charlotte Answers: Why not steam vegetables? What about using Brewer's yeast on oats and salads? What about using a B-complex supplement?

ELLEN BECK, DAUGHTER OF DR. GERSON'S PATIENT

NL Vol. 18 # 6, Nov/Dec/03, pg. 6. Earlier this year a precious voice from the past was heard, Ellen Beck, who knew Dr. Gerson, wrote a much appreciated letter.

ELSEVIER, A LARGE PUBLISHING COMPANY

NL Vol. 24 # 4 Jul/Aug/09 pg. 5 Elsevier caught publishing fake "medical journals". Lancet publisher operated a fake journal division.

EMERGING SCANDAL IN VACCINE MANDATES

NL Vol. 15 # 1 pg. 3, Vaccine-caused injuries have just forced the Clinton bureaucrats to make four sensational announcements that bugle temporary retreat from their plans to force all American children to submit to government-dictated medical treatment. By Phyllis Schlafly.

ENEMA BUCKET

NL Vol. 22 # 2 Mar/Apr/07 pg. 5, by Howard Straus. We found Stainless Steel Enema Buckets available on line from India for \$29.95, plus \$5.00 shipping at www.healthandyoga.com , email at Prakasini@healthandyoga.com

ENEMAS

NL Vol. 22 # 2 Mar/Apr/07 pg. 1. Short Story of Enemas. Learning from the Ibis, article in "The Medicine of the Month" journal and a report in Time magazine of July 1, 1946, titled "The Clyster Craze"

NL Vol. 17 # 3 May/June/02 pg. 9. There have been several inquiries regarding the "WARNING" on the label of the plastic Cleansing Enema Bucket Set. This warning states that: "This products contains a chemical known to the state of California to cause cancer". This is not a permanent affliction.

NL Vol. 10 # 4 page 6, From Charlotte Gerson's Clinical Notebook, Answers to some frequently asked questions.

NL Vol. 6 # 3&4 pg. 37, How the Gerson Therapy Heals, pg. 38 Dr. Peter Lechner, coffee enemas. Book A Cancer Therapy page 191, 247. Book Gerson Primer pages 3, 11 & 97.

ENERGY

NL Vol. 9 # 2 pg. 5. Question: When do patients begin to feel better, have more energy? Only when toxicity is reduced, enzyme systems work again, will muscular energy come back but must save energy for healing.

ENSURE

NL Vol. 10 # 3 pg. 6, A Number One Doctor-Recommended Source for Complete balanced Nutrition. Ingredients: U-D water, corn syrup, sucrose, corn oil, sodium and calcium caseinates, soy protein, etc

ENTHUSIASTIC IRISH AUDIENCES WELCOME GERSON THERAPY

NL Vol. 21 # 1 Jan/Feb/06 pg. 6. A lecture tour in Ireland by Margaret Straus.

ENTIRE TOWN RECOVERS WHEN CELL PHONE TOWERS REMOVED

NL Vol. 22 # 2 Mar/Apr/07 pg. 9. Entire town recovers when cell phone towers removed, excerpted from the British health journal Icon, No. 34, by Charlotte Gerson.

ENVIRONMENT

NL Vol. 13 # 4 pg. 6, Setting Examples: San Francisco proposes five year plan for revolutionary environmental reform.

NL Vol. 12 # 2 pg. 3, Environmental Sensitivities, Nutrition does play a part.

ENZYMES – OUR LIVING SPARK PLUGS

NL Vol. 18 # 6, Nov/Dec/03, pg. 5. By Howard Straus. Keeping our life fires burning. That fire is our metabolism. You may have never thought about it, but there is some "magic" process that keeps our bodies from cooling down to room temperature, that "burns" our fuel (food) intake to

convert it to heat, energy and movement.

- EPA NL Vol. 21 # 2 Mar/Apr/06 pg. 7. Tidbits from the Organic Consumers Association. EPA Ignoring public opposition to testing chemicals on kids. Help New Mexico ban aspartame.
NL Vol. 20 # 6 Nov/Dec/2006 pg. 5. EPA Unions call for nationwide moratorium on fluoridation.
- EPIGENETICS NL Vol. 25 # 2 Mar/Apr/10 pg. Rewriting Darwin. The “New” science of epigenetics. Old beliefs, investigated with modern methods, and found correct!
- EPILEPSY DRUG LINKED TO HEART ATTACK RISK
NL Vol. 22 # 4 Jul/Aug/07 pg. 6. Phenobarbital investigated. Epilepsy drug link to heart attack risk. Dr. Giovanni Babbolin from Vicenza, Italy has made an alarming discovery.
- EQUAL NL Vol. 16 # 1 pg. 4, The Poison in Our Food. The patents on the artificial sweeteners NutraSweet, Equal and Spoonful, all made from Aspartame, have expired. Yet the manufacturer, Monsanto, has managed to have it incorporated into some 5,000 food products.
- ESTROGEN NL Vol. 15 # 6 pg. 3, Nov/Dec/2000, Some Tidbits of Importance, Estrogen Replacement Therapy. Premarin :Pregnant Mares Urine, also 49 products that do not belong in women’s bodies. By Charlotte Gerson and Norma La Madrid.
NL Vol. 13 # 6 pg. 4, Tamoxifen. Its specific action is to interfere with the effect of estrogen.
- ERASMUS, UDO
NL 22 & 23. Author of Book: Fats that Heal, Fats that Kill. Excerpt from his book.
- ESSELSTYN, JR, MD, CALDWELL
NL Vol. 22 # 2 Mar/Apr/07 pg. 4. Lifestyle Far Outperforms Medical Procedures, by Caldwell B. Esselstyn, Jr. MD. Torcetrapib drug to raise HDL, the “good” cholesterol, by Pfizer, was killing more people in its test run than were dying in the control group.
- EVOLUTION OF THE GERSON THERAPY
NL Vol. 21 # 5 Sep/Oct/06 pg. 9. Modifications and additions meet today’s challenges.
- EXERCISE NL Vol. 9 # 1 May/Jun/94 pg. 8. Gerson Therapy notes: From the updated Gerson Therapy Primer. Substances and activities to be aware of for the Gerson Therapy patient. Dr. Gerson felt very strongly that a cancer patient just starting on the therapy, urgently needs rest.
- EXPLORING THE CANCER PATIENT’S PSYCHE
NL Vol. 15 # 5 Sep./Oct., 2000, pg. By Charlotte Gerson.
- EYRE, REX, FIRST GERSON PATIENT IN MEXICO JULY 20, 1977
NL Vol. 14 # 5 pg. 5 Was well for many years, died in 1996 due to a sinus surgery complication.
- FABRIC SOFTNERS
NL Vol. 15 # 6 pg. 3, Nov/Dec/2000, Some Tidbits of Importance. These products have a chemical residue, whether liquid or dryer sheets are used.
- FACEBOOK AND TWITTER
NL Vol. 26 # 3 May/June/11 pg. 7. Spreading the Word: Gerson is now on Facebook and Twitter!
www.facebook.com/GersonInstitute and www.twitter.com/GersonInstitute, BY Ally Bacaj.
NL Vol. 25 # 2 Mar/Apr/10 pg. 3. To make a donation go to <http://tinyurl.com/ykgh44f>.
- FALSHOODS ABOUT THE GERSON THERAPY
NL Vol. 22 # 3 Nov/Dec/08 pg. 6. Three quarters of a century of disinformation about the 1946 congressional committee, under the sponsorship of Senator Claude Pepper.
- FAST FOODS NL Vol. 15 # 5 Sep./Oct, 2000, pg. 8, Biotechnology Watch, Fast-Food Chains Pull Monsanto’s Biotech Spud, Wall Street Journal April 28, 2000.
- FAST FOOD DOCUMENTARY HEADING TO SCHOOLS

NL Vol. 20 # 2 Mar/Apr/05 pg. 7, Morgan Spurlock, director and star of “Super Size Me: a film of epic proportions”, is releasing an edited version of the film for classrooms.

FAST RELIEF FROM EXTREME CANCER PAIN

NL Vol. 22 # 4 Jul/Aug/07 pg. 4. Fast relief from extreme cancer pain. A Dramatic response for Nancy Kosobucki.

FAST RESPONSE TO SEVEN YEARS OF FIBROMYALGIA

NL Vol. 22 # 6 Nov/Dec/07 pg. 1. Fast response to seven years of fibromyalgia, by Denae Hyde, Gerson Institute Chef.

FATS

NL Vol. 26 # 5 Sep/Oct/11 pg.7. Side effects result from the consumption of canola products. Reprint from Natural News.

NL Vol. 13 # 3 pg. 1, Consumers Beware: Canola Oil studies show severe health effects!

NL Vol. 10 # 4 Jul/Au/95 pg. 7. Flax seed oil. (was added after Dr. Gerson’s book was published, he found Dr. Johanna Budwig’s work about flax seed oil).

NL 22 & 23 Fats that Heal Udo Erasmus.

NL # 8 pg. 7 Food Fats are Primary Cause of severe oxygen deficiency and therefore of heart attacks, cancer and degenerative diseases.

FAYE JOSEPH’S ORDEAL

NL Vol. 23 # 4 Jul/Aug/08 pg. 4 Faye Joseph’s ordeal, Healing environmental disease.

FDA (FOOD AND DRUG ADMINISTRATION)

NL Vol. 25 # 6 Nov/Dec/10 pg. 8. FDA Says walnuts are illegal drugs.

NL Vol. 24 # 6 Nov/Dec/09 pg. 2. FDA bans natural thyroid millions need. The FDA does not ban deadl pharmaceuticals, only that which is safe or effective.

NL Vol. 24 # 4 Jul/Aug/09 pg. 5. FDA approves deadly drug Cimzia® . Don’t trade arthritis pain for death.

NL Vol. 24 # 3 May/Jun/09 pg. 2. FDA Approves dangerous antidepressants: For women? And children? Pg. 7 FDA leaves lethal drug on the market Raptiva. VisiCol, OsmoPrep.

NL Vol. 24 # 2 Mar/Apr/09 pg. 4. Pregnant women and infants may now relax... FDA declares mercury “Safe”! Mercury toxicity can cause mental retardation, cerebral palsy, deafness, blindness, etc.

NL Vol. 23 # 3 May/Jun/08 pg. 6. Immensely expensive, and no improvement in survival. New drugs attempt to “Starve” cancer.

NL Vol. 23 # 3 May/Jun/08 pg. 5. The FDA considering drastic move. Salt may be removed from GRAS (generally recognized as safe) list.

NL Vol. 23 # 2 Mar/Apr/08 pg. 7. Excerpted from The Epoch Times, Jan, 24-30, 2008. “A third of Antidepressant drugs studies are never published in the medical literature and nearly all happen to show that the drug being tested did not work, researchers reported” . The FDA ahs a registry in which the companies are supposed to log details of their drug tests before the experiments begin.

NL Vol. 22 # 4 Jul/Aug/07 pg. 6 Nobody’s checking on them. In the May 21, 2007 issue of Business Week an article appeared concerning the problems that have already come up in food additives

NL Vol. 22 # 3 May/Jun/07 pg. 4. Big Pharma, FDA Banning Supplements. Codex alimentarius coming to Fruition.

NL Vol. 22 # 2 Mar/Apr/07 pg. 1 FDA Approves Gemzar, Despite Its Proven Ineffectiveness. An article by Ralph Moss, Ph.D.

NL Vol. 21 # 6 Nov/Dec/06 pg. 8. The e. coli scam. The FDA wages war on organic agriculture.

NL Vol. 21 # 1 Jan/Feb/06 pg. 4. Vioxx comes home to roost; chemo discontinued for breast cancer. Merk & Co. withdrew their big money maker VIOXX® in October of 2004. FDA submission falsified. Pg 7 Billions in TV ads net big pharma.

NL Vol. 20 # 5 Sep/Oct/2006 pg. 6. Another letter from the Mailbag. T.M. reports that the drug ENBREL caused lymphoma and the FDA still allowed it into the market.

NL Vol. 18 # 2 Fe/Mar/03 pg.1. The New Direction in Alternative Medicine.

NL Vol. 14 # 4 pg. 9, How Safe are New Medicines? The JAMA Questions Many FDA-Approved Drugs. In the Gerson Healing Nesletter Vol. 12 # 6 of Nov/Dec/97, we described the deadly problems which occurred as a result of the use of the Fen-phen reducing drug.

NL Vol. 13 # 6 pg. 5, Some Deadly Drugs Approved by the FDA, by Mike Culbert from The Choice, the journal of Freedom of Choice in Medicine: Viagra, Duracet, Posicor, Phen-fen, Seldane. More FDA approved drugs: Mer/29, DES, Enkaid, Aldactone, Flagyl, Phenformin, Phenacetin, Chloromycetin, Clofibrate, Methaqualone.

NL Vol. 11 # 4 pg. 5, New Cancer Initiatives from the FDA (April 24/96 JAMA)
NL 24 & 25 pg. 20. What's the FDA Up To? Allies in the War Against Health Fraud, by Frank E. Young,
M.D., Ph. D.

FEDERAL TRADE COMMISSION

NL Vol. 14 # 1 pg. 9, FTC Targets Supplement Industry, by Susan DeSimone.

FEN-PHEN NL Vol. 14 # 4 pg. 9, How Safe are New Medicines? The JAMA Questions Many FDA-Approved Drugs. In the Gerson Healing Newsletter Vol. 12 # 6 of Nov/Dec/97, we described the deadly problems which occurred as a result of the use of the Fen- phen reducing drug.

NL Vol. 12 # 6 pg. 1, The Fen-Phen Problem. On July 9th, 1997, a front-page headline appeared in the San Diego Union-Tribune, saying: "Study links Fen-phen with heart, lung damage" The article was written by Chris Tomlinson and credited to the Associated Press.

FERTILIZER NL Vol. 12 # 5 pg. 7, Toxic Waste use as Fertilizer on Farms Reported.

FEVER NL Vol. 15 # 4 pg. 3, Managing Toxicity, Category 3, Fever: It is not a good idea to suppress a fever. Try to let it run its course but keep a check by taking the temperature every half an hour. Remember the saying "if you suppress the fever, you prolong the illness".

FILM FESTIVAL

NL Vol. 24 # 1 Jan/Feb/09 pg. 3 The Green Lifestyle Film Festival will be held at the UCLA James Bridges Theater , 405 Hilgard Ave, Los Angeles from Friday March 13- Sunday, March 15/2009. The Beautiful Truth to be screened.

NL Vol. 19 # 3, May/Jun/04, pg. 1. Beverly Hills Film Festival to screen "The Gerson Miracle". Created by Steve Kroschel, will be showing May 8, 2004 at 10:00 A.M. at the Clarity Theater, 100 N Crescent Dr. # 150, Beverly Hills, CA 90210. Page 7, "The Gerson Miracle": Major new documentary now available! The film, which is available from the Gerson Institute on VHS (US \$29.95) and DVD (US \$24.95).

FILTERED FLUORIDATED SHOWER WATER

NL Vol. 24 # 2 Mar/Apr/08 pg. 7. Patient's recovery halted by Filtered fluoridated shower water.

FIRE RIPS LA GLORIA 01/14/86

NL # 11 pg. 4 Jan/Feb/86 pg. 4. A fire of unknown origin raced through the unpopulated central complex of the La Gloria Gerson Therapy Center hospital of Mexico during early morning hours of January 14th, 1986.

FIRST ANNUAL GERSON GOLF TOURNAMENT

NL Vol. 23 # 2 Mar/Apr/08 pg. 3. Fore The Cure is the first Golf Tournament fundraiser in Gerson Institute history. May 1st 2008 is the date at Arrowhead Gold Course.

FIRST SEDONA PATIENT

NL Vol. 12 # 2 pg. 4, Marilyn Hageman, Patient letter.

FIRST PATIENT IN MEXICO, JULY 20, 1977

NL Vol. 18 # 4 Jul/Aug/03 pg. 3. The first Gerson Patient in Mexico 25 years ago, Mr. Rex Eyre suffering from a rare form of leukemia, recovered and wrote a book: I Fought Leukemia and Won!.

NL Vol. 14 # 5 pg. 5, News On the First Gerson Patient in Mexico, 1977, Mr. Rex Eyre.

FISH NL Vol. 22 # 3 May/Jun/07 pg. 9. Worldwide threat to health from Mercury-Contaminated fish, excerpted from The Independent, March 8, 2007 a British publication.

FIVE YEARS RECOVERY FROM LYMPHOMA

NL Vol. 19 # 3 May/Jun/04 pg. 1. patient story, Ernie Viano.

FLARE-UPS (WHAT IS NORMAL)

NL Vol. 9 # 2 pg. 4. Jul/Aug/1994. Eleven Commonly asked questions about the Gerson Therapy. What is the "normal" number of flare-ups and reactions during the first 6 weeks? After 6 weeks?

FLAX SEED OIL

NL Vol. 10 # 5 pg. 3, Omega Nutrition 1(800)-661-3529.
NL Vol. 10 # 4 Jul/Au/95 pg. 7. Flax seed oil. (was added after Dr. Gerson's book was published, he found Dr. Johanna Budwig's work about flax seed oil).
NL Vol. 10 # 1 pg. 9.
NL 22 & 23 Fats that Heal Udo Erasmus.

FLU NL Vol. 24 # 1 Jan/Feb/09 pg. 5. Three reasons to reconsider flu shots. The majority of flu shots contain 25 micrograms of mercury.
NL Vol. 9 # 4 pg. 3, No/Dec/1994. Editor's Corner. November and December bring the holiday season, with all the fun, food, celebration and stress it brings. It is no accident that after two solid months of celebratory abuse plus the seasonal lack of sunshine, exercise and fresh air, our bodies finally give up.
NL Vol. 9 # 1 pg. 7, May/Jun/1994. Colds and Flues. There is presently in the general population quite a serious problem consisting of depressed immune systems.

FLUORIDE NL Vol. 26 # 2 Mar/Apr/11 pg. 7. The San Diegans for Safe Drinking Water Coalition Forms, by Diane Ake, Editor. We are sharing news of efforts to combat fluoridation of the public drinking water in San Diego. sandiegansagainstfluoride@yahoo.com
NL Vol. 24 # 4 Jul/Aug/09 pg. 4. How military and industrial collusion foisted fluoride on our population. The Fluoride Deception by Christopher Bryson, Seven Stories Press, New York City, 2004.
NL Vol. 24 # 3 May/Jun/09 pg. 7. Study in India by Teotia & Teotia, found tooth decay increased with fluoride and decreased with calcium concentration.
NL Vol. 24 # 2 Mar/Apr/08 pg. 7. Patient's recovery halted by Filtered fluoridated shower water.
NL Vol. 24 # 1 Jan/Feb/09 pg. 9 Bathing in fluoridated water. Fluoride passes through all filter systems. Fluoride is a powerful poison. Displacing iodine (with fluoride) seriously impairs the immune system – and with it, the body's ability to heal.
NL Vol. 23 # 4 Jul/Aug/08 pg. 6. San Diego Council meets on water fluoridation.
NL Vol. 23 # 2 Mar/Apr/08 pg. 1. Fluoride ...Again. Recent story that Prof. Chester Douglass and Harvard University suppressed for two years the research of his assistant, that fluoride seriously increases the incidence of osteosarcoma (bone cancer) in boys. Prof. Douglass has long been a consultant for Colgate, a major fluoride user.
NL Vol. 22 # 5 Sep/Oct/07 pg. 6 Suppressed Harvard Study Links Fluoride, Bone Cancer.
NL Vol. 20 # 6 Nov/Dec/2006 pg. 5. EPA Unions call for nationwide moratorium on fluoridation.
NL Vol. 11 # 1 pg. 10 Recurrence. The cancer is gone.... now keep it that way! (Swimming)
NL Vol. 12 # 5 pg. 1, Is Fluoridated Toothpaste Safe for Kids?
NL Vol. 10 # 5 pg. 5 Connecting Fluoridation with Alzheimer's disease
NL Vol. 10 # 2 pg. 9, Fluoride, The Deadly Fraud, reprinted from Health Naturally, Jun/July 1994, pg. 10, Fluoride for Population Control?

FOOD ADDITIVES

NL Vol. 22 # 3 Nov/Dec/08 pg. 4. British Food Standards Agency Study finds: Some food additives raise hyperactivity, by Elizabeth Rosenthal, published September 6, 2007. Published on line by the British medical journal The Lancet.

FOOD COMBINING

NL Vol. 9 # 2 pg. 2, Jul/Aug/1994. Eleven Commonly asked question about the Gerson Therapy. What about proper food combining? Not mixing starch and fruit, for example.

FOOD IRRADIATION

NL Vol. 23 # 1 Jan/Feb/08 pg. 1. "It" is a propoganda campaign by Big Pharma. They were losing market share.

FOOD MATTERS

NL Vol. 23 # 5 Sep/Oct/08 pg. 8. New documentary available at webstore. About world's leading authorities on nutrition and natural healing (including Charlotte Gerson), by Adam Huntington.

FORBIDDEN ITEMS

Book A Cancer Therapy pg. 238.

NL Vol. 9 # 1 pg. 7. Dentists may recommend baking soda, but it is a forbidden item. Sunscreen a forbidden item. Flu – patients have a weakened immune system- much care has to be taken to protect the patient from infected persons.

FORCED VACCINATIONS ARRIVE

NL Vol. 23 # 1 Jan/Feb/08 pg. 7. Forced vaccinations arrive. The rise of “Pharmacocracy” (as opposed to democracy) in the US, by Paul Joseph Watson & Steve Watson. Pg. 7 Merck Immunologist admits injecting cancer viruses in vaccines.

FORMALDEHYDE

NL Vol. 24 # 2 Mar/Apr/08 pg. 7. Oh, no! Not Victoria’s Secret... Formaldehyde in bras. Class action law suit.
NL Vol. 23 # 2 Mar/Apr/08 pg. 7. Bob Owens recovers from 25 years of pain and disability, Myelofibrosis – Reversed. Was exposed in 1970 to Agent Orange. Exposed to formaldehyde. Diagnosed with lupus and fibromyalgia.

FORMER PATIENT BRAD MAVIS HONORED

NL Vol. 20 # 1 Jan/Feb/05 pg. 10, Former Gerson patient and longtime supporter Brad Mavis was honored in October for his long years of selfless generosity and support for the Gerson Institute.

FOSAMAX

NL Vol. 13 # 2 pg. 6, Dangers and Side effects to rebuild bones after 50.

FOSTER, Ph.D., HAROLD D -1933-2009

NL Vol. 25 # 1 Jan/Feb/10 pg. 1. Honorary Board Member, In memoriam, from the Townsend Letter for Doctors and Patients, Dec. 2009. He was one of the giants in orthomolecular medicine.

FRANCESCA’S CONCERTS

NL Vol. 26 # 1 Jan/Feb/11 pg.8. Francesca DeGo’s New CD. In this new CD, Francesca DeGo plays a superb violin by Giuseppe Guarneri del Gesu kindly loaned by Florian Leonhard Fine Violins.
NL Vol. 20 # 2 Mar/Apr/05 pg. 9, The violin pieces that Francesca DeGo performed at the Benefit dinner are now available from the Institute on a CD.
NL Vol. 20 #3 May/June/05 pg. 1, Now available at the Gerson Institute a DVD of Francesca DeGo playing the Brahms Violin Concerto in competition at the 21st International Valsesia Musical Concourse.

FRANK GILL

NL Vol. 19 # 5 Sep/Oct/04 pg. 9. Frank Gill - An Update. He was suffering from liver cirrhosis, acid reflux and gastric ulcers, sleep apnea, pulmonary lung disease, diabetes, high blood pressure, chronic fatigue and depression. After 17 months on the Gerson Therapy, all his tests results are in normal range!
NL Vol. 18 # 4 Jul/Aug/03 pg. 1. Frank Gill... A Second Chance. Patient story suffering from diabetes, pulmonary heart disease, high blood pressure, gastric ulcers, gastro-esophageal reflux disease sleep apnea, chronic headaches, chronic fatigue, insomnia and depression and healing with the Gerson Therapy.

FRAUD IN DRUG TESTING

NL Vol. 25 # 1 Jan/Feb/10 pg. 7. Who provided the placebo? “Double blind study” covering the drug “Chantix” manufactured by Pfizer.

FREE DISTRIBUTION OF BOOKS AND VIDEOS TO LIBRARIES AND HEALTH FOOD STORES.

NL Vol. 11 # 1 pg. 4 As part of our charitable mission, to health food stores: A Cancer Therapy and Censured for Curing Cancer books and to libraries also tape # 1 and Workshop videos.

FREEDOM, FASCISM AND CANCER

NL Vol. 6 # 1 & 2 pg. 1. The headline in the Des Moines Register (July 31, 1990) read “\$28 Billion Spent on Unproven Cancer Treatments” by Sherry Jacobson.

“FREE” HEALTH SCREENING

NL Vol. 25 # 2 Mar/Apr/10 pg. 7. Next deadly medical scam. Big Pharma and the Hospitals have found a new way to raise huge sums of money –no matter that it causes deaths! Was prescribed Lipitor to lower cholesterol and Toprol to control her blood pressure! Both of these drugs are severely toxic.

FREE SAMPLE NEWSLETTER

NL Vol. 22 # 5 Sep/Oct/07 pg. 10 Do you know someone that might like to receive a copy of the Gerson Healing Newsletter?

FREQUENTLY ASKED QUESTIONS

NL Vol. 20 # 1 Jan/Feb/05 pg. 3, One of the most common questions starts out, "How long?"

FRITZ, NORMAN

NL Vol. 21 # 6 Nov/Dec/06 pg. 3. In Memoriam Co-Founder of the Gerson Institute. (1924-2006) Passed away in the middle of September/06 just a few days after his 82nd birthday.

NL Vol. 11 # 1 Jan/Feb/96 pg. 3. After 19 years of dedicated service, he retires, Norman Fritz, Vice President.

FROM A PATIENT'S FAMILY

NL Vol. 20 # 5 Sep/Oct/2006 pg. 5, Letter received by the doctors at the Mexican Gerson hospital

FROM CHARLOTTE'S CLINICAL NOTEBOOK

NL Vol. 11 # 5 Sep/Oct/96 pg 5. Melanoma, psoriasis, testicular cancer. Julie H., Clifford, Jeff.

NL Vol. 11 # 4 Jul/Aug/96. An excellent day at the Gerson Hospital., Missionary suffering from lymphoma, another from diabetes had been confined to a wheelchair due to a stroke.

FROM DR. GERSON'S UNPUBLISHED PAPERS

NL # 4 Nov/Dec/84 pg 5. "August 1948. In the early course of our life we have to go through a change from the sodium (Na) to the potassium (K) animal. That change must be complete, definite, and maintained throughout life as it is decisive for health from the beginning to the end of our existence.

FROM THE CONVENTION CIRCUIT

NL Vol. 12 # 5 Sep/Oct/97 pg. 3

NL Vol. 12 # 2 Mar/Apr/97 pg. 7. Charlotte reports on recoveries from kidney and breast cancer. David Saracoff- kidney cancer. Paula Bambic –breast cancer.

NL Vol. 12 # 1 Jan/Feb/97 pg. 7. Patients save the day in Toronto. Becky Lash- lymphoma. Mercedes LaPine, N.D.-ovarian carcinoma.

FROM THE DESK OF ANITA WILSON, EXECUTIVE DIRECTOR

NL Vol. 26 # 1 Jan/Feb/11 pg.8.Glancing Over Our Shoulder, by Anita Wilson, 2010 was a year of remarkable accomplishments. We are most excited about our ability to provide services to greater number of people and to enhance our current programs.

NL Vol. 25 # 2 Mar/Apr/10 pg. 3. Charlotte's Song. Poem by Anita Wilson

NL Vol. 25 # 1 Jan/Feb/10 pg. 3. Accomplishments, Grant, Growth, More Caregivers. Hungary center, Coaching program, Lyndon Sanders, St. \$50,000. grant, Charlotte Gerson's 88th birthday, May 2010 practitioner training.

NL Vol. 24 # 6 Nov/Dec/09 pg.3. Board, G.I.FT., Happy Growth, Hungary, New staff. Monthly E-Bulletin approaching 14,000. New team Member Merry Roberts. Recognition for Diane Ake, Resource Development Specialist.

NL Vol. 24 # 5 Sep/Oct/09 pg. 3. New Board Member Mary Magro, Admin. Assistant Mikhaela Payden-Travers , Intern Kristen Blackie, Workshop Oct 16/09.

NL Vol. 24 # 4 Jul/Aug/09 pg. 3. High response to The Beautiful Truth documentary. Dr. Gerson patient Janice St. Croix at Caregiver class. New website through the efforts of Diane Ake, Stan Simmons and graphic designer Sharon Taylor. GIFT program growing.

NL Vol. 24 # 3 May/Jun/09 pg. 3. Party, Green book and Healing Arts Fests, New staff. Charlotte's 87th birthday celebration. Green book festival entered Healing the Gerson Way and Dr. Max Gerson: Healing the Hopeless. May 3 2009, a booth at Healing Arts Festival in Balboa Park in San Diego, sheered with Victory Gardens San Diego www.victorygardenssandiego.com Diane Ake back Resource Development Specialist, new Educational Resource Specialist Marsha Anderson and Special Events Chef Liz Cook.

NL Vol. 24 # 2 Mar/Apr/09 pg. 3. Year of Growth, Caregivers, Happy B'Day Charlotte! A family in Pasadena, truly urban homesteaders www.pathtofreedom.com . January 2009 Caregiver class.

- Charlotte turns 87 on the 27th of March 2009.
- NL Vol. 24 # 1 Jan/Feb/09 pg. 3. Received donations, Lyndon Sanders, Sr./Alternate Health Decisions Foundation, new handbook, Coaching Program, A Cancer Therapy in German in print again and in Healing the Gerson Way in Polish at www.terapiagersona.com.pl
- NL Vol. 23 # 6 Nov/Dec/08 pg. 3. Two Birthdays and Golden Anniversary. Fifty years of the publication of Dr. Gerson's book: A Cancer Therapy: Results of Fifty Cases. Lupita turns 18.
- NL Vol. 23 # 5 Sep/Oct/08 pg. 3. Shades of green. Recycling , opting out junk mail , composting etc. by guest columnist Silvana Procopio, Client Services
- NL Vol. 23 # 4 Jul/Aug/08 pg.3. Another documentary highlights the Gerson Therapy. Australia 19 May 2008 – A provocative new documentary called Food Matters set to launch globally May 30..
- NL Vol. 23 # 3 May/Jun/08 pg. 3. New documentary: Healing Cancer from the Inside Out, available from the Gerson Institute. Charlotte's garden is growing. We had another very successful Caregiver Course in February/08. Two volunteers showed up: Felicia from Ireland and Ulla, from Estonia.
- NL Vol. 23 # 2 Mar/Apr/08 pg. 3. On March 27th Charlotte will celebrate 86 years of her amazing life. We have been evaluating and restructuring our training program for licensed medical professionals. Next Basics/Caregiver class in April/08.
- NL Vol. 23 # 1 Jan/Feb/08 pg. 3. Finished reading Phillip C. Callahan's book Ancient Mysteries, Modern – The magnetic Life of Agriculture. Along the lines of books, former employee Beth Harrison of the former Gerson Healing Center in Sedona, AZ, has released her book Shedding light on Genetically Modified Food. Steve Kroschel film producer has a new documentary # 3 – The Beautiful Truth.
- NL Vol. 22 # 3 Nov/Dec/08 pg. 3. Since our last newsletter, we have said good-bye to Diane Ake, Resource Development Specialist and welcome Adam Huntington to that position.
- NL Vol. 22 # 5 Sep/Oct/07 PG. 3. Transition House –Sharlene Knight, New Chefs – Denae Hyde & Susan Duniphin, Requirement Upgrade for Practitioner training.
- NL Vol. 22 # 4 Jul/Aug/07 pg. 3. Caregiver Trainers, Practitioners, Planned Giving, Seeking a new facility.
- NL Vol. 22 # 3 May/Jun/07 pg. 3. Honoring Charlotte, Medical Staff, Board, Staff, Charlotte's new book soon in mid August/07.
- NL Vol. 22 # 2 Mar/Apr/07 pg. 3. Charlotte's 85th Birthday, March 24th, Beata Bishop's visit, author of A Time to Heal. The Gerson Institute will soon have the Gerson Training Video Tapes in DVD format.
- NL Vol. 21 # 6 Nov/Dec/06 pg. 3. Food humor, Activity, Gratitude, Norman Fritz-In Memoriam.
- NL Vol. 21 # 5 Sep/Oct/06 pg. 3. Etta's DVD available, Charlotte Gerson Health Restoration Center Healing Center, Kayla Smith, N.D on staff.
- NL Vol. 21 # 4 Jul/Aug/06 pg. 3. Caregiver training, Etta, International attention, visitors from Japan and Thailand.
- NL Vol. 21 # 2 Mar/Apr/06 pg. 3. Spring brings quickening of activity, visit from Etta April 12-19/2006.
- NL Vol. 21 # 1 Jan/Feb/06 pg. 3. Hawaii Center Licensed, Video Caregiver Course Founded.
- NL Vol. 20 # 6 Nov/Dec/2006 pg. 3. Free Speech TV Stirs Interest; The Gerson Miracle created a tremendous increase in our phone calls, emails, book orders etc. New Staff on Board, Diane Ake, our Resource Development Specialist.
- NL Vol. 20 # 5 Sep/Oct/2006 pg 3, Newly Licensed center: The Whole Life Center, Framed Certificate Available.
- NL Vol. 20 #3 May/June/05 pg. 3, We have received a year's funding for a full-time Resource Development Specialist. Within the next month, we will initiate our new Companion Training Class for those who accompany their loved ones to the clinic in Mexico. We have started working on the development of our Gerson University online.
- NL Vol. 20 # 1 Jan/Feb/05 pg. 3, Glancing slowly over our shoulders to reminisce, to evaluate, to celebrate We remain focused on expanding the education, network and support of those individuals, anywhere in the world in need of the Gerson Therapy. We have two experienced Gerson trained doctors, one in California and one in Hawaii, pursuing Gerson licenses for small clinics. We continue to work toward the opening of the Hungarian Clinic.
- NL Vol. 19 # 6 Nov/Dec/04 pg. 3, A talented member that wishes to remain anonymous, donated shares of stock, another made a most generous pledge and has wired monthly donations. Two other members have listed the GI as beneficiaries on life insurance. In October we held our Fifth Caregiver Training Program. We are looking at a Bed and Breakfast six bed capacity project The recent staff addition of Lara Koljonen and Carmella Pingatore as Gerson Chefs add to our ability to develop such program.
- NL Vol. 19 # 5 Sep/Oct/04 pg. 3, We have renewed our third year contract with Baja Nutri Care. We have also finalized the contract for the new Gerson Healing Center outside Budapest, Hungary. We

anticipate a grand opening in early 2005. Additional caregiver training class to be offered in San Diego, another Module II training in December.

- NL Vol. 19 # 4 Jul/Aug/04 pg. 3. I would like to introduce our new, full time Director of Administrative Services, Mike Casebier. The addition of Dave Thomas, our half-time Gerson Chef.
- NL Vol. 19 # 3 May/Jun/04 pg. 3. Director Carol Beard joins Gerson Institute Staff. Anita Wilson First anniversary at the Gerson Institute on May 20th. We are proud to announce the hiring of Carol Beard as our new Director of Professional Services. Charlotte's lovely 82nd birthday celebration. A meeting in mid-March in Hawaii with Nicole Baylac, ND a Gerson-trained practitioner.
- NL Vol. 19 # 2 Mar/Apr/04 pg. 3. Gerson Institute Activities Accelerate in 2004. We have been extremely busy with the filming of a documentary and infomercial on the life and work of Dr. Gerson. Steve Krochel, filmmaker from Alaska, has brought an incredible enthusiasm to this work because of his own knowledge and experience with eating and juicing the Gerson Way. The training for Licensed Professionals will be held on May 10-16th at a mountain retreat center at Big Bear Lake, CA. Beata Bishop, author of A Time to Heal, will be coming from Europe to join our world-class faculty. We will also have our newsletter editor, Howard Straus, Dr. Gerson's biographer, joining us.
- NL Vol. 18 # 5 Sep/Oct/03 pg. 3. We are grateful for the wonderful response to our 'EACH ONE REACH ONE' membership enhancement program and at the request of several readers we are extending this throughout our entire 25th Anniversary year. Announcing our new fundraising project, the opportunity of a life-time.
- NL Vol. 18 # 4 Jul/Aug/03 pg. 3. Anita K. Wilson. One wiser than myself said "We make our living by what we get – we make our lives by what we give". Returning to the Gerson work certainly brings those two concepts together for me. I rejoined my healing family on May 20th as the newly appointed Executive Director of the Gerson Institute.

FROM THE DESK OF DIANE AKE

- NL Vol. 21 # 3 May/Jun/06 pg.3. Resource Development Specialist, Guest Columnist. Online Newsletter. Email List, Endowment, Earth fair. Also, we have joined GET TO GIVE (www.gettogive.com).

FROM THE EDITOR

- NL Vol. 20 # 1 Jan/Feb/05 pg. 12. The FDA has removed many popular remedies over the past decades and are set to remove the rest next year under Codex Alimentarius of the WTO. But stands by their approval of VIOXX and Celebrex!

FROM THE EXECUTIVE DIRECTOR

- NL Vol. 18 # 3 May/June/03 pg. 3. Client Services Department has been renamed Gerson Support Services. Our website has been re-designed so it is easier to navigate for first time users. Information on our brand new Gerson Patient Assistance Fund.
- NL Vol. 18 # 2 Mar/April 03 pg. 3. As I write, a meeting is taking place in the office behind me that will result in CEU's for practitioners participating in the Gerson Therapy Training Program for Licensed Professionals, thus making their investment more valuable and our education program more meaningful.
- NL Vol. 18 # 1 pg. 3. Module 1 of our four-part training was a success: 23 practitioners from 10 countries took part in this event on October 5-12, 2002.
- NL Vol. 17 # 6 Nov/Dec/02 pg.3. We are in the final count down to the 6th Gerson Therapy Training Program for Licensed Professionals (Module 1). A new Board President Carol Beard.
- NL Vol. 17 # 5, Sep/Oct/02 pg. 3. News and Updates Dr. Bravo & Dr. Melendez receive their license agreement and a gift from the Gerson Institute.
- NL Vol. 17 # 4 July/Aug/02 pg 3. Strategic Plan for 2000-2002: Administrative infrastructure was reorganized, job descriptions were designed, new positions were created, Gerson Therapy Programs, we relocated, Trademark registration granted, onsite workshops and seminars, The Gerson Therapy Training Programs for Licensed Professionals.
- NL Vol. 17 # 3 May/June/02 pg. 3. Gerson Institute reunited with Drs. Bravo & Melendez, Gerson Institute awarded full ownership of the registration for the "Gerson" trademark and the Gerson Therapy service mark. Gerson Institute Approved Referral Program, Gerson Therapy Training Program for Licensed Professionals Oct 5-12, 2002.
- NL Vol. 17 # 2 Mar/Apr/02 pg. 3 This month's column can only be about one thing: our extraordinarily successful Grand Opening held on Sunday, January 13th.
- NL Vol. 17 # 1 pg. 3. Jan/Feb/2002. First of all I would like to wrap up our Relocation Fund Campaign by announcing that you helped us raise an impressive \$15,506.46. Our gratitude to all of those who helped. A new program that the Gerson Institute is launching this month is the Gerson Institute

Approved Referral List and will be the definitive list of Gerson Therapy providers known and endorsed by The Gerson Institute.

NL Vol. 16 # 6 pg. 3 Nov/Dec 2001. Since August of last year both the Board and staff have been adhering to a carefully considered strategic plan of short-term and long-range goals. Grand Opening 1/13/2002.

FROM THE JOURNALS

NL Vol. 18 # 6, Nov/Dec/03, pg. 6. From the Medical Journals Infusing chemo drugs in colorectal cancer. Scarce available treatment for drug addiction in adolescents.

NL Vol. 13 # 6 pg. 4, Infusing Chemo Drugs in Colorectal Cancer (August 19, 1998 Journal of the American Medical Association JAMA), Scarce Available Treatment for Drug Addiction in Adolescents (in same JAMA issue). Prevention of Breast Cancer and Hormone Treatment of Postmenopausal Problems. Tamoxifen, also page 4.

FROM THE MAILBAG

NL Vol. 24 # 6 Nov/Dec/09 pg. 4. Indian MD'S Using Gerson Therapy for themselves.

NL Vol. 25 # 2 Mar/Apr/10 pg. 9. Bob and Marie Praise vegan diet, Gerson.

NL Vol. 25 # 2 Mar/Apr/10 pg. 5 . "You're just simple the best" a poem by Sue Egan

NL Vol. 25 # 1 Jan/Feb/10 pg. 4. Praise for the Gerson Therapy from Thomas Salewski, Machel, Glenna McCabe, Angelita, Ann and Bernard, Monaco. Breast cancer, lymphoma, cataracts.

NL Vol. 24 # 4 Jul/Aug/09 pg. 4. From the mailbag, Candida, eczema, mercury, Jeanette Boothby

NL Vol. 23 # 3 May/Jun/08 pg. 4. Juicing Rules! Robbie broke a tibia bone and his doctor said he had never seen healing so fast with this type of injury for his age group. He said he had the bones of an eight-year old!

NL Vol. 23 # 2 Mar/Apr/08 pg. 5. A letter from Jackie Yager, her sister introduced her to the Gerson Therapy and recovered from Meniere's Disease.

NL Vol. 23 # 2 Mar/Apr/08 pg. 4. We received a letter from a patient who received a nasty letter from her doctor when she explained she wanted to do a nutritional therapy.

NL Vol. 22 # 2 Mar/Apr/07 pg. 6, A letter from Gina F., ten years recovered from breast cancer.

NL Vol. 21 # 2 Mar/Apr/06 pg. 6. Catherine's strength, Terrence's gratitude, Beata's 25th anniversary.

NL Vol. 20 # 6 Nov/Dec/2006 pg. 3. Care of the Enema Equipment.

NL Vol. 20 # 5 Sep/Oct/2006 pg. 5, Letter received by the doctors at the Mexican Gerson hospital from a patient's family. Pg. 8, Lymphoma caused by drug ENBREL.

NL Vol. 17 # 6 Nov/Dec/02 pg. 6. Bob Jones, Peggy Hendershot and Carla Shuford , and update on Stephanie.

NL Vol. 16 # 1 pg. 8, comments from readers regarding the lead article in Vol. 15 # 5, of Sep/Oct 2000 got more responses than usual.

NL Vol. 12 # 5 pg. 5, No more Lithium.

FTC TARGETS SUPPLEMENT INDUSTRY

NL Vol. 14 # 1 pg. 9, For the first time the Federal Trade Commission issued advertising guidelines targeting the nation's burgeoning dietary supplement industry, by Susan DeSimone.

FUNDRAISER FOR HEALING CENTER

NL Vol. 20 # 2 Mar/Apr/05 pg. 4, On Feb. 19, 2005, the Gerson Institute held its first fundraiser for the Charlotte Gerson Health Restoration Center in San Diego, CA.

NL Vol. 20 # 1 Jan/Feb/05 pg. 1, Francesca Dego to perform. The Gerson Institute is most pleased to announce a fundraising Gala in San Diego to benefit the Charlotte Gerson Health Restoration Center, the Institute's newest project. The gala, whose theme is "A Legacy of Love" is intended to honor Charlotte Gerson for a lifetime of selfless dedication to healing.

FUNDRAISING BANQUET ENJOYED BY ALL

NL Vol. 12 # 4 pg. 1, by Susan DeSimone April 26th 1997, Charlotte's 75th birthday

FUNDRAISING BANQUET TO FÊTE CHARLOTTE'S 75TH BIRTHDAY

NL Vol. 12 # 4 pg. 1, by Susan DeSimone, Charlotte Gerson's 75th birthday.

NL Vol. 12 # 2 pg. 1, Event to be held in San Diego Castle April 26, 1997.

GAELLE OLSON WRITES FROM AUSTRALIA

NL Vol. 18 # 5 Sep/Oct/03 pg. 4. Letter from a cured patient. Gaelle Olson writes from Australia. I have

regularly received the Gerson Newsletter over the past two years, since my diagnosis of colon cancer in November, 2000. I have been on the Gerson Therapy since March 2001 after meeting a woman on the beach in Bowen, North Queensland.

GAIL ALLEN BOGUE

NL Vol. 22 # 3 May/Jun/07 pg. 1. Max Gerson's patient helps celebrate. Gail Allen Bogue and daughter visit for Charlotte's March 24, 2007 85th Birthday.

GAMBLE, STEPHEN

NL Vol. 26 # 2 Mar/Apr/11 pg. 4 From the Gerson Support Group in England. Stories about patients who were assisted in the UK by Stephen Gamble. Information at www.gersonsupportgroup.org.uk

GANM

NL Vol. 12 # 1 Gerson Association for Natural Medicine, U.S. Gerson Healing Center to Open in Sedona.

GARDNER, KENT

NL Vol. 13 # 2 pg. 5, Cancer of the esophagus, he is a taxidermist.

GARLIC

NL Vol. 10 # 4 Jul/Aug/95 pg. 10. Garlic recognized as an anti-cancer agent.

GEARIN-TOSH, MICHAEL

NL Vol. 20 # 5 Sep/Oct/2006 pg. 4, The Gerson Community mourns the loss of a friend and advocate: Prof. Michael Gearin-Tosh, 1940-2005. A gentle warrior.

NL Vol. 18 # 4 Jul/Aug/03 pg. 1. By Michael Gearin-Tosh. Dr. Gerson wrote that many patients die simply of fear (see Healing Newsletter Vol. 17, Jan 2002). What cancer patient is not afraid? And fear is destructive. We allow our fears to sabotage us. (Author of Living Proof: A Medical Mutiny)

GEMZAR

NL Vol. 22 # 2 Mar/Apr/07 pg. 1 FDA Approves Gemzar, Despite Its Proven Ineffectiveness. An article by Ralph Moss, Ph.D.

GENETICALLY ENGINEERED FOODS

NL Vol. 23 # 3 May/Jun/08 pg. 7. Beth Harrison's book shines light on the GMO propaganda machine. Loaded with pertinent references and web pages – a must read to understand what is at risk.

NL Vol. 23 # 1 Jan/Feb/08 pg. 3. Along the lines of books, former employee Beth Harrison of the former Gerson Healing Center in Sedona, AZ, has released her book Shedding light on Genetically Modified Food.

NL Vol. 21 # 4 Jul/Aug/06 pg. 5 Corporations risk irreversible damage to health (Ours) (Part 2)

NL Vol. 21 # 3 May/Jun/06 pg. 5 Corporations risk irreversible damage to health (Ours). The threat of Genetically Modified Organisms (Part 1)

NL Vol. 20 # 6 Nov/Dec/2006 pg. 4 by Geoffrey Lean, Environment Editor of the Independent. A respected British Sunday paper of May 22, 2005 revealed a secret study done by the food giant Monsanto on genetically modified corn.

NL Vol. 20 #3 May/June/05 pg. 7, Rats fed on a diet rich in genetically modified corn developed abnormalities to internal organs and changes to their blood, raising fears that human health could be affected by eating GM food.

NL Vol. 18 # 6 Nov/Dec/03 pg. 8. On Sunday, May 25, 2003, an article appeared in the San Diego Union Tribune (p. A-1) with the headline, "US takes aim at European ban on modified food" by Bill Lambrecht of the St. Louis Post-Dispatch. Nobody can say for sure that genetically (biotech) altered foods are safe.

NL Vol. 16 # 2 pg. 2, Organic Food – News and Updates. One of the early discussions about Eating to prevent cancer was in an article titled, "Diets That Protected Against Cancers in China". In the October 1990 Saturday Evening Post, the author, Cory Ser-Vaas, MD, wrote about the developments that started in 1985. The Saturday Evening Post in their July 1985 issue reported on an important study in China that "proved how diets protect against cancer and other degenerative diseases". By Charlotte Gerson.

NL Vol. 15 # 5 Sep./Oct, 2000, pg. 8, by Scott Kilman, Wall Street Journal, Biotechnology Watch, Fast-Food Chains Pull Monsanto's Biotech Spud, Wall Street Journal April 28, 2000. Pg. 9, by Neville Judd, Novartis Phasing Out Genetically Engineered Foods.

NL Vol. 15 # 4 pg. 6, Protect Organic Foods from Genetic Engineering!
Take Action Now!

NL Vol. 15 # 3 pg. 6, Excerpts from the media: New National Organic Standards proposed: Good news for organic farmers and consumers! On a related note... Companies go GE-free.

NL Vol. 14 # 6 pg. 9, Biotech Update: Some Recent Victories.

NL Vol. 14 # 1 pg. 1, Genetically Engineered Foods and Consumer Right-to-know, by Aisha Ikramuddin, reprinted from Green Guide # 60, October 1998.

GENETICALLY MODIFIED FOOD

NL Vol. 22 # 5 Sep/Oct/07 pg. 5. GM Push Vilifies Organics.

NL Vol. 21 # 4 Jul/Aug/06 pg. 5 Corporations risk irreversible damage to health (Ours) (Part 2)

NL Vol. 21 # 3 May/Jun/06 pg. 5 Corporations risk irreversible damage to health (Ours). The threat of Genetically Modified Organisms (Part !)

NL Vol. 20 #3 May/June/05 pg. 7, Rats fed on a diet rich in genetically modified corn developed Abnormalities.

GENETICS SEEN AN INDUSTRY "GOLD MINE"

NL Vol. 22 # 3 Nov/Dec/08 pg. 8. The Genetic Risk Factor. Will you get cancer?

GERMAN LANGUAGE

NL Vol. 23 # 3 May/Jun/08 pg. 6. AKSE of Germany has produced a fine translation of Dr. Max Gerson: Healing the Hopeless, and it will be carried by the Gerson Institute store. In May, we are expecting a Korean translation of Charlotte Gerson and Beata Bishop's book, Healing the Gerson Way.

GERMS

NL Vol. 23 # 3 May/Jun/08 pg.9. Are strange new diseases. Super-Bugs or Weaker Immune Systems? San Diego Union-Tribune's front page read: "Drug-resistant TB spread gaining, who says, infection rate faster than experts feared.

GERSON BASICS WORKSHOP

NL Vol. 25 #5 Sept/Oct 2010 pg. 1. Our June Gerson Basics Workshop reached an all time high for number of participants, from all over the United States. Reaches 77 Participants!

NL Vol. 25 #3 May/Jun 2010 pg. 4. A Huge Success! Enrollment overflowing, waiting lists.

GERSON BIOGRAPHY TRANSLATED TO GERMAN

NL Vol. 23 # 4 Jul/Aug/08 pg. 6. Gerson Biography translated to German. On May 21, 2008, we had the great pleasure to receive in the post a package from Germany containing the first foreign language translation of Dr. Max Gerson: Healing the Hopeless. The publisher is AKSE-Verlag in Worthsee, Germany. www.akse.de/shop/index.htm . By Howard Straus, Editor

GERSON BREAD

NL Vol. 11 # 4 pg. 10, Rudolph's Specialty Bakery, rye salt-free, 390 Alliance Ave., Toronto, ON, CANADA M6N-2H8 1-800-268-1589.

GERSON, CHARLOTTE

NL Vol. 26 # 3 May/June/11 pg. 1. Happy 89th Birthday, Charlotte! Sunday March 27 marked the 89th birthday of our wonderful founder Charlotte Gerson.

NL Vol. 25 # 2 Mar/Apr/10 pg. 1. Celebrating Charlotte at 88: Cultivate her legacy. She continues to guide hundreds of people along their healing journey and inspire thousands around the world, By Anita Wilson. Pg. 1 from her devoted daughter Margaret Straus: Honoring Charlotte's lifetime of healing. Pg. 2. A few words from Howard Straus and admiring son.

NL Vol. 22 # 4 Jul/Aug/07 pg. 3. Photos from Charlotte Gerson's 85th Birthday/Life Dedication Celebration. Special thanks to Neil Montanus®, retired professional Eastman Kodak photographer for volunteering his talents. To order an album at montanus@rochester.rr.com or 119 Shoreway Dr, Rochester, NY 14612.

NL Vol. 22 # 3 May/Jun/07 pg 1. Party in Carlsbad, Charlotte Gerson's 85th Birthday.

NL Vol. 18 # 2 Mar/April/03 pg. 8. Two more booklets: Healing Lung, Cancer & Respiratory Diseases and Healing "Auto-immune" Diseases.

NL Vol. 17 # 2 Mar/Apr/02 pg. 9. Happy Birthday! The staff and Board of Directors of the Gerson Institute would like to take this opportunity to congratulate Charlotte Gerson, our founder on the occasion of her 80th birthday on March 27th.

GERSON CENTER AT SEDONA

NL Vol. 13 # 3 pg. 10, Farewell Sedona, Gerson Wellness Center Closes (4/24/98)

- NL Vol. 12 # 6 pg. 7, News From Sedona by Anita K. Wilson.
 NL Vol. 12 # 4 pg. 1, GCS Opens Its Doors and Heart To Public. pg. 9, GCS continues Expansion,
 Howard Straus Returns to Carmel.
 NL Vol. 12 #2 pg. 1, Opens in Arizona, First Patients treated February 20th, 1997.

GERSON CUISINE STRATEGIES

- NL Vol. 23 # 5 Sep/Oct/08 pg. 3. A strategy for cooking Gerson Cuisine, by Susan Duniphin.

GERSON INSTITUTE

- NL Vol. 26 # 6 Nov/Dec/11, pg. 3. G.I. launches new Home Set-up Intern Training, by Diane Ake.
 NL Vol. 26 # 5 Sept/Oct/11 pg. 1. G.I. moves into a new office at 3844 Adams Ave, S.D., CA. 92173.
 Page 3, Gerson Institute supports "Meals for Health" at EarthSave, by Diane Ake, Director of Training.
 NL Vol. 26 # 1 Jan/Feb/11 pg. 5. Gerson is Growing and Growing and Growing – Thanks to you!, by Mikhaela Payden-Travers
 NL Vol. 24 # 6 Nov/Dec/09 pg.3. New Gerson brochure and new logo, thank to volunteer graphic designer Sharon Taylor www.STGraphicZone.com Launching our new website this month. Facebook fan and group page. Labor Day CCC 37th annual Convention. By Diane Ake.
 NL Vol. 18 # 5 Sep/Oct/03 pg. 3. The Gerson Institute celebrates its 25th Anniversary. We are grateful for the wonderful response to our 'EACH ONE REACH ONE" membership enhancement program and at the request of several readers we are extending this throughout our entire 25th Anniversary year.
 NL Vol. 18 # 3 May/June/03 pg. 5. List of approved referrals.
 NL Vol. 18 # 2 Mar/April/03 pg. 5, Gerson Institute Approved Referral Program – Support Groups.
 NL Vol. 17 # 3 May/June/02 pg. 10. Gerson Institute Approved Referral Program & decal.
 NL Vol. 17 # 2 Mar/Apr/02 pg. 1. Gerson Institute's Grand Opening a Success!. Over 150 guests attended our Grand Opening on Sunday January 13th, 2002.
 NL Vol. 16 # 6 pg. 10. Nov/Dec/2001. Grand Opening! Sunday January 13th, 2002 at 1572 Second Ave., San Diego, CA 92101. The Gerson Institute invites you to attend our Grand Opening!
 NL Vol. 16 # 5 pg. 1, Sep/Oct/2001. The Gerson Institute has a new home: 1572 Second Ave., San Diego, CA 92101. The Mayrhofer Residence is a historic building dating back to 1898.
 NL Vol. 14 # 6 pg. 1, Nov/Dec/1999, Gerson & Contreras Unite! A new Gerson clinic is formed at the Oasis of Hope Hospital October 28, 1999.
 NL Vol. 11 # 2 pg. 1 New Gerson Hospital Opens. Relationship with CHIPSA and Gerson Research Organization Discontinued February 26, 1996.
 NL Vol. 11 # 1 pg. 11 Gerson Institute and Cancer Curing Society offices to move. 3130 Bonita Rd. Ste 207, Chula Vista, CA 91910, (619)585-7600
 NL Vol. 7 # 1+2 Update 1991.

GERSON INSTITUTE APPROVED REFERRAL PROGRAM

- NL Vol. 18 # 3 May/June/03 pg. 5. List of approved referrals.
 NL Vol. 17 # 4 Jul/Aug/02 pg 10. Beginning in 2002 only those Gerson providers (clinics, practitioners, companions, specialists and home set up coordinators) in possession of a current "Seal of Approval" decal will be listed in our literature and referred to by our staff.

GERSON INSTITUTE SHORTS

- NL Vol. 25 # 2 Feb/Mar/10 pg. 3. Gerson Institute Shorts. Thank you to all contributors annual fundraising appeal. Dirt! The Movie in DVD added to our store. Facebook & Causes Group at <http://tinyurl.com/ykghw4f>

GERSON INSTITUTE SUPPORTS MEALS FOR HEALTH

- NL Vol. 26 # 5 Sep/Oct/11 pg. 3. EarthSave is a non-profit organization, its mission to educate and teach people to make healthy food choices, guided by John Robbins. Diane Ake attended a benefit party for EarthSave.

GERSON IN THE SCIENTIFIC LITERATURE

- NL # 3 pg. 1, How to explain it to your Physician. Alf it's so great, how come I don't know anything about it?"

GERSON IS GROWING

NL Vol. 25 # 6 Nov/Dec/10 pg. 6. 2010 Accomplishments: Coaching, Information and referral services, New Gerson day center, Patient Follow Up, More certified Gerson Caregivers, Gerson Basics Workshop, Educational Materials.

GERSON MEDICAL JOURNALS

NL # 3 Sep/Oct/84 pg. 1, Scientific Literature of Max Gerson, M.D.

GERSON MIRACLE ON YOUTUBE

NL Vol. 22 # 3 Nov/Dec/08 pg. 3. We are proud to announce that we have uploaded The Gerson Miracle to YouTube, by Adam Huntington.

GERSON PATIENTS BEWARE!

NL Vol. 20 # 5 Sep/Oct/2006 pg. 6, Buying Norwalk's on eBay. By Richard Boger, Norwalk Juicers.

GERSON PRACTITIONER TRAINING INSPIRES GLOBAL INTEREST

NL Vol. 25 #3 May/June/10 pg. 1. May 17-21 Module I.(from Nigeria, Hong Kong, Australia, Turkey, Colombia, United States, Italy, Poland, Romania, Hungary, Puerto Rico and Czech Republic).

GERSON REACHES YOUNGER GENERATION

NL Vol. 25 #5 Sept/Oct/10 pg. 9. Howard conducted a telephone interview with three middle school Students and they did a Gerson Therapy project display at McKnight middle school in Renton, Washington.

GERSON RESEARCH ORG Notice

NL Vol. 11 # 2 Mar/Apr/96 pg. 3, Third notice and announcement Relationship discontinued.

NL Vol. 11 # 1 Jan/Feb/96 pg. 3, Second notice GI and GRO are two separate organizations.

NL Vol. 10 # 4 Jul/Aug/95 pg. 3. The Gerson Research Organization has split off from The Gerson Institute, and incorporated itself as a separate, non-profit organization with goals different from those of The Gerson Institute/Cancer Curing Society

GERSON'S, DR. MAX UNPUBLISHED PAPERS

NL # 4 Nov/Dec/84 pg 5. "August 1948. In the early course of our life we have to go through a change from the sodium (Na) to the potassium (K) animal. That change must be complete, definite, and maintained throughout life as it is decisive for health from the beginning to the end of our existence.

GERSON SUPPLEMENTS UPDATES

NL Vol. 24 # 2 Mar/Apr/09 pg. 3. Gerson Supplements Updates by Kayla Smith, ND. Suppliers: STAT Pharmacy, ISHI and the Key Co.

GERSON SUPPORT GROUP IN ENGLAND

NL Vol. 26 # 2 Mar/Apr/11 pg. 4 From the Gerson Support Group in England. Stories about patients who were assisted in the UK by Stephen Gamble. Information at www.gersonsupportgroup.org.uk

NL Vol. 11 # 4 pg. 6, Janet Pottinger.

GERSON THERAPY

NL Vol. 26 # 6 Nov/Dec/11, pg, 1, Gerson Therapy rebuilds after toxic exposure, by Susan Erlich. (Exposure to powerful chemical fumes from furniture).

NL Vol. 26 # 3 May/June/11 pg. 7. Need help doing the Gerson Therapy at home? The Gerson Institute has a Caregiver Referral Program. info@gerson.org or www.gerson.org/programs/trained-caregivers.htm

NL Vol. 25 #5 Sep/Oct/10 pg. 3. Gerson Therapy Reaches Artic Circle. Two registered nurses and a tribal doctor were sent to the GBW.

NL Vol. 25 # 2 Mar/Apr/10 pg. 1. Gerson Therapy media news. Alam Furmanski in Bogota had to print 5,000 more of "Terapia Gerson" and was number 3 best selling book in Colombia and is arranging to to translate and subtitle Steven Kroschel's documentary The Beautiful Truth into

- Spanish. Margaret Straus reports from Italy that Guarire con el Metodo Geron, published by Macro Edizione is the best selling title on the list.
- NL Vol. 25 # 1 Jan/Feb/10 pg. 9. Cheating “Just a little bit” on the Gerson Therapy. It can cost you your life! An “occasional” or “tiny snack” can block the healing and make the difference.
- NL Vol. 24 # 5 Sep/Oct/09 pg. 6. Gerson Therapy gaining traction in Japan. We visit the Cancer Control Society convention in Tokyo July 25 & 26, 2009, by Howard Straus, Editor.
- NL Vol. 23 # 6 Nov/Dec/08 pg. 4, The Evolution of the Gerson Therapy. Changes and Updates.
- NL Vol. 23 # 4 Jul/Aug/08 pg. 5. Patients have problems when they do half a therapy: It's not enough.
- NL Vol. 21 # 5 Sep/Oct/06 pg. 9. Evolution of the Gerson Therapy. Modifications and additions meet today's challenges.
- NL Vol. 19 # 2 Mar/Apr/04 pg. 8. We were deeply honored in December when Ms. Sandee Harilela, Managing Editor of BR International magazine, invited us to write the cover article of their January 2004 issue. Bharat Ratna is published in Hong Kong.
- NL Vol. 19 # 1 Jan/Feb/04 pg. 1. Gerson Therapy in Europe. A Hungarian Castle 40 miles from Budapest owned by a well-to do business man, to open in late spring or summer 2004 for patients to receive Gerson Therapy treatment.
- NL Vol. 18 # 6, Nov/Dec/03, pg. 1. Gerson Therapy in Asia. By Howard Straus. In Bangkok, Thailand over 500 people filled the Impact Centre convention hall meeting room. Later We found out that a well-known and popular naturopath, Dr. Indrakamheng, had healed himself of cancer using the Gerson Therapy.
- NL Vol. 17 # 5, Sep/Oct/02 pg. 1. Using the Gerson Therapy for Prevention.
- NL Vol. 16 # 6 pg. 7. Nov/Dec/2001. Gerson Therapy Pain Management Protocol.
- NL Vol. 16 # 5 pg. 5, Finally, the long-awaited follow up to A Cancer Therapy.. “The Gerson Therapy” book by Charlotte Gerson and Morton Walker, D.P.M.
- NL Vol. 16 # 3 pg. 1, The Gerson Therapy on the Internet. The New Positive Tone. By Charlotte Gerson.
- NL Vol. 16 # 1 pg. 1, Keeping the Gerson Therapy Pure, by Charlotte Gerson.
- NL Vol. 14 # 5 pg. 1, A Gerson Patient's Problems.
- NL Vol. 11 # 6 pg. 5 Gerson Therapy at Home, Hard but it can be done.
- NL Vol. 11 # 3 pg. 4, First Gerson Therapy Introductory Training for Health Care Practitioners, July 8-13, 1996.
- NL Vol. 11 # 1 pg. 5 Adding Milk Proteins to your Diet.
- NL Vol. 10 # 6 pg. 3 Some frequently asked questions about the Gerson Therapy, pg. 10, Gerson Therapy... for the dogs?, pg. 11 When do I get off it?.
- NL Vol. 10 # 1 pg. 9, When to get off it.
- NL Vol. 8 1+2 pg. 30, History of Gerson Therapy, Dr. Max Gerson.
- NL Vol. 7 3+4 pg. 11, Will changing your mind...
- NL Vol. 6 # 3&4 pg. 21, British oncologists evaluate Gerson cancer treatment. Pg. 23 Commentary on the James, Reed and Sikora report. Pg. 25, How the Gerson Therapy Heals, transcript of a lecture.
- NL Vol. 5 # 2 pg. 16, A Best Case review.
- NL # 9 pg. 2 Diet & Nutrition from the Medical Press, 130: 207-209, September 10, 1930
- NL # 8 pg. 1 Protein-Calorie Restriction in Therapeutic Nutrition.
- NL # 6 pg. 1 Gerson Therapy Duplicated in Austria, Dr. Peter Lechner. GROSSARTH- MATICEK.

GERSON THERAPY AND NON-HODGKIN'S LYMPHOMA

- NL Vol. 26 # 2 Mar/Apr/11 pg. 1. By Leo Almaguerp. At the age of 29, I was touring around the world, singing in one of the Salsa shows that been my life for the last few years. My lifestyle was pretty normal for a young artist who enjoyed his job: plenty of receptions and invitations to parties in each country we visited. Alcohol, drugs, the lack of control and rest, and imbalance of nutrition were all on the menu. Was diagnosed with Non-Hodgkins lymphoma.

GERSON THERAPY AT HOME

- NL Vol. 21 # 4 Jul/Aug/06 pg. 8. Critical nature of mistakes or modification. The Patient's therapy at home.
- NL Vol. 20 # 5 Sep/Oct/2006 pg. 1, Difficulties we've all faced. Starting the Gerson Therapy at home.

GERSON THERAPY PAIN MANAGEMENT

- NL Vol. 16 # 6 pg. 7. Nov/Dec/2001. Pain can have many causes such as: pressure from existing tumor; inflammation at tumor site or at old injury site, healing reaction during Gerson Therapy. Definition,

Causes, Methods of pain Relief, etc.

GERSON THERAPY PROTOCOL POSITION STATEMENTS

NL Vol. 17 # 4 Jul/Aug/02 pg. 9. Juicers, Dental issues and chemotherapy.

GERSON THERAPY REACHES ARCTIC CIRCLE

NL Vol. 25 #5 Sept/Oct 2010 pg. 3 Two nurses and a tribal doctor were sent by the president of the Maniilaq Association to bring the Therapy back to the Maniilaq Health Center in the town of Kotzebue.

GERSON TRANSLATIONS DUE TO APPEAR

NL Vol. 23 # 3 May/Jun/08 pg. 6. AKSE of Germany has produced a fine translation of Dr. Max Gerson: Healing the Hopeless, and it will be carried by the Gerson Institute store. In May, we are expecting a Korean translation of Charlotte Gerson and Beata Bishop's book, Healing the Gerson Way.

GERSON TREATMENT CENTERS

NL Vol. 24 # 2 Mar/Apr/09 pg. 1. Hungarian Gerson Centre opens. In July 2008, the Board of Directors of the GI approved the licensure of the Gerson Health Centre located in Dobogoko, Hungary in March 12, 2009.

NL Vol. 25 # 4 Jul/Aug/10 pg 5. The Gerson Therapy successfully returns to Europe. First year anniversary of the Gerson Health Center in Hungary.

GETTING RID OF A TUMOR IS NOT "HEALING"- A CASE HISTORY

NL Vol. 16 # 4 pg. 2, Getting Rid of a Tumor is Not "Healing"- A Case History, interrupting the Gerson Therapy is a dangerous action.

GIFT (Gerson International Friends Team)

NL Vol. 24 # 3 May/Jun/09 pg. 3. We are building a Network of Gerson activists worldwide. Contact Silvana Procopio at sprocopio@gerson.org

GLANCING OVER OUR SHOULDER

NL Vol. 26 # 1 Jan/Feb/11 pg.8. By Anita Wilson, 2010 was a year of remarkable accomplishments. We are most excited about our ability to provide services to greater number of people and to enhance our current programs.

GMO

NL Vol. 26 # 6 Nov/Dec/11, pg. 6. Hungary Destroys All Monsanto GMO Corn Fields. Reprinted from Mercola.com, August 9, 2011,

<http://articles.mercola.com/sites/articles/archive/2011/08/09/hungary-destroys-all-monsanto-gmo-corn-fields.aspx>

NL Vol. 23 # 3 May/Jun/08 pg. 7. Beth Harrison's book shines light on the GMO propaganda machine. Loaded with pertinent references and web pages – a must read to understand what is at risk.

GOAT'S MILK

NL Vol. 16 # 5 pg. 2, Sep/Oct/2001. Early Results with a Down Syndrome Baby, by Charlotte Gerson. While traveling across Europe, I heard of a baby girl born with Down Syndrome. Many years ago I obtained literature on Dr. Henry Turkel's research, he treated patients with Down Syndrome with large quantities of Vitamin C, other supplements and antioxidants. The mother was started on Dr. Turkel's therapy so the baby could receive the supplements through the mother's milk. Goat's milk was added in addition to mother's milk.

GONZALEZ, DR. NICHOLAS

NL Vol. 25 # 1 Jan/Feb/10 pg. 7. Dr. Nicholas Gonzalez publishes a new book on "The Trophoblast Theory of Cancer Development".

NL Vol. 16 # 4 pg. 1, The Gonzalez Test. NIH Awards Grant to Dr. Nicholas Gonzalez of \$1.4 Million, for the purpose of comparing enzyme/nutritional therapy with the best chemotherapy treatments presently available for pancreatic cancer.

GORDON, DAVID

NL Vol. 21 # 6 Nov/Dec/06 pg. 4. Internationally known tenor. Gerson Therapy saved my career, my life. Acid reflux was irritating his vocal cords to the point where he had to cancel his performance.

GRATEFUL DONOR INITIATES CGA PROGRAM

NL Vol. 21 # 3 May/Jun/06 pg. 3. Alan Dworkin recently purchased a charitable gift annuity as part of the Gerson Institute Planned Giving Program. By Diane Ake, Development Specialist.

GRATEFUL PATIENT DONATES ARTWORK

NL Vol. 23 # 1 Jan/Feb/08 pg. 3. The Gerson Institute received lovely painting by Maurice Harvey.

GRATITUDE NL Vol. 23 # 3 May/Jun/08 pg. 3. "Let's thank all the people the world over who have done so much for us for so long".

GRATITUDE AND A NEW LOOK

NL Vol. 24 # 5 Sep/Oct/09 pg. 3, BY Diane Ake, Resource Specialist. Thank you to all our volunteers, Sharon Taylor, Malissa Stawicki, Stan Simmons, Agata Dawidowska, Mike Zirbes, Sarah Matthews, Scott Stobbe and Anthony Serna.

GRAY'S STORY

NL Vol. 16 # 4 pg. 1, by Janet Robinson, her husband was diagnosed with Lymphoma Non- Hodgkins. Miraculous recovery.

GREAT NEWS FROM RECOVERED PATIENTS

NL Vol. 22 # 3 May/Jun/07 pg. 4. Among the Birthday Cards –Charlotte's 85th Birthday, Kirk Lawrence, Paul Stuart, Madelyn Handlong, Eleanor Schultz.

GREEN LIFESTYLE FILM FESTIVAL TO SCREEN THE BEAUTIFUL TRUTH

NL Vol. 24 # 1 Jan/Feb/09 pg. 3 The Green Lifestyle Film Festival will be held at the UCLA James Bridges Theater , 405 Hilgard Ave, Los Angeles from Friday March 13- Sunday, march 15/2009.

GREEN TEA NL Vol. 15 # 6 pg. 3, Nov/Dec/2000, Some Tidbits of Importance. Many green teas sold here come from abroad, having been grown in countries that still allow DDT and DDT-related sprays to be used on crops.

GRUEL NL Vol. 15 # 4 July/Aug., 2000, pg. 8, Questions & Concerns, How to prepare gruel?

GUESS WHAT'S COMING TO DINNER

NL Vol. 5 # 1, 1989 pg. 21. Air pollutants, pesticides, herbicides, fertilizers, toxic chemicals, bacteria, processing aids, solvents, resins, food additives, preservatives, waxes, antibiotics, growth hormones. Chemicals and bacteria in our food cause cancer, birth defects, millions of cases of food poisoning and about 10,000 deaths each year.

GUIDE DOG

NL Vol. 24 # 5 Sep/Oct/09 pg. 1. Carolyn and Hedy complete Caregivers' class. Carolyn was diagnosed with retinitis pigmentosa.

GUNS AND DOCTORS

NL Vol. 21 # 5 Sep/Oct/06 pg. 9. Accidental deaths caused by physicians per year are 120,000.

HACKER, SUSAN

NL Vol. 22 # 3 Nov/Dec/08 pg. 5 Susan Hacker rediscovers the power of the Gerson Therapy. 90 – And healing again.

HAGEMAN, MARILYN

NL Vol. 12 # 2 pg. 4, first Sedona patient.

HALF A THERAPY: IT'S NOT ENOUGH

NL Vol. 23 # 4 Jul/Aug/08 pg. 5. Patients have problems when they do half a therapy: It's not enough.

HAND SANITIZER –CINNAMON OIL

NL Vol. 24 # 6 Nov/Dec/09 pg. 7. By Anahad O'Connor, from the New York Times News Service. The claim: Cinnamon oil kills bacteria.

HAS ANYTHING REALLY CHANGED?

NL # 9 Sep/Oct/85 pg. 1. Over recent years this writer has made an effort to search the medical literature for works related to the dietary treatments developed by Dr. Max Gerson. While the Index Medicus revealed many titles, hundreds in fact, many others were not immediately apparent due to a very inefficient method of indexing.

HEALING ALLERGIES WITHOUT PILLS

NL Vol. 18 # 4 Jul/Aug/03 pg. 5. Good News for Millions of Allergy Sufferers, by Howard Strauss.

HEALING ENDOMETRIAL TUMORS

NL Vol. 26 # 3 May/June/11 pg. 1. By Dr. Lynn von Schneidau. The Gerson Therapy saved my life 25 years ago this May (2011).

HEALING ENVIRONMENTAL DISEASE

NL Vol. 23 # 4 Jul/Aug/08 pg. 4 Faye Joseph's ordeal, after surgery she experienced strange symptoms, horrible crawling under the skin of her scalp, pain down her legs, etc.

HEALING MINOR CHILDHOOD ILLNESSES NATURALLY

NL Vol. 15 # 1 pg. 4, by Susan DeSimone, This cold and flu season, why not take a giant leap of faith?

HEALING REACTIONS

NL Vol. 26 # 2 Mar/Apr/11 pg. 1. Gerson Therapy and Non-Hodgkins Lymphoma. Experienced anger, unpleasant smell, itching, skin would suddenly feel burning, sometime I would cry continually.

NL Vol. 16 # 3 pg. 2, A Textbook Case. Healing reactions 6 months after chemotherapy. Pat Y. had frightening symptoms: extreme weakness, depression of her bone marrow (low red blood count), a new lump in her nose behind the eustachian tube (ear canal), severe difficulties breathing, and swelling in her leg.

NL Vol. 15 # 4 pg. 3, Managing Toxicity, Category 3, Healing reactions. These occur when the body is returning to old injuries/illnesses (bacterial/viral or physical trauma) and discharging the toxicity.

HEALING THE GERSON WAY

NL Vol. 25 # 1 Jan/Feb/10 pg. 8. Available in Korean, Polish, Hungarian, Italian, Japanese and Spanish.

NL Vol. 24 # 5 Sep/Oct/09 pg. 1. Japanese, Spanish translations of Healing the Gerson Way.

NL Vol. 24 # 4 Jul/Aug/09 pg. 9. Book Healing the Gerson Way translated to Hungarian and Italian.

NL Vol. 23 # 3 May/Jun/08 pg. 6. AKSE of Germany has produced a fine translation of Dr. Max Gerson: Healing the Hopeless, and it will be carried by the Gerson Institute store. In May, we are expecting a Korean translation of Charlotte Gerson and Beata Bishop's book, Healing the Gerson Way.

NL Vol. 22 # 4 Jul/Aug/07 pg. 1. Charlotte Gerson's new book Healing the Gerson Way, Defeating Cancer and Other Chronic Diseases, co-authored with Beata Bishop, available mid August 2007.

NL Vol. 17 # 4 Jul/Aug/02 pg 6. New Booklets by Charlotte. Critics of the Gerson Therapy often dismiss its incredible results because of a lack of "scientific evidence". The Gerson Institute has limited scientific studies, as the therapy itself is hard to conduct a "double blind" study for the scientific proof the orthodox medical establishment needs.

HEALTH BENEFITS OF EARTHING

NL Vol. 25 #3 May/Jun/10 pg.4. Vitamin G – for Ground Energy, by Steve Rose.

HEALTH NEWS

NL Vol. 24 # 6 Nov/Dec/09 pg. 6. health related items gleaned from the newspapers. Food Factor – Fruit of your labor, Salt consumption, Brain-zappers to avoid.

NL Vol. 14 # 4 pg. 10, Cherries vs. Aspirin. An article entitled "Sweet Treatment", a new study done at Michigan State University finds a phytochemical anthocyanin in deep red cherries to help relieve pain. Also on page 10, Cigarettes, Pesticides and Parkinson's and Yellow-Orange Cancer Fighters. Researchers at Cornell University have been studying the effects of retinoic acid on leukemia. Retinoic acid is a product of vitamin A, which the body manufactures from carotenes.

NL Vol. 14 # 2 pg. 10, Alternative Treatments Put to the Test.

NL Vol. 14 # 1 pg. 9, Pollutants Charged in Forty Percent of Deaths.

NL Vol. 13 # 4 pg. 10, Health Freedoms Are on The March.

NL Vol. 13 # 3 pg. 10, Organic Air: Swissair introduces organic food menu to selected flights. Pg. 7. Being

healthy Now Politically Correct: Orthodox medicine bite the bullet.

NL Vol. 13 # 2 pg. 10, Codex Update: Home of CODEX protestor burned to the ground – not giving up fight!

HEALTHY HIGHWAYS – A BOOK REVIEW

NL Vol. 20 # 5 Sep/Oct/2006 pg. 2, Gerson patient Gail Bacon and her husband found a book: Healthy Highways by Nikki and David Goldbeck (\$18.95) Ceres Press, Woodstock, NY 20004, ISBN 1-886101-108, seeks to make travel a more health-friendly experience.

HEALTHY HOLIDAY RECIPES

NL Vol. 20 # 6 Nov/Dec/2006 pg. 6. Zucchini Pie, Apples Baked With Sweet Potatoes, Sweet Potatoes in Orange Cups, Frozen Gerson Banana Ice Cream, Fruit Pie Filling, Gerson Pie Crust.

NL Vol. 14 # 6 pg. 6, Healthy Holiday Recipes, Babagnoush, Potato Soup, Sourdough Potato Rye Bread, Red and Green Salas w/spinach Dressing, Spinach Dressing, Veggie Stroganoff, Apple-Sweet Potato Pudding, Apricot and Apple Crumble.

NL Vol. 13 # 6 pg. 9, Health Holiday Recipes, Sweet Rice, French Fries and Ketchup, Steamed Broccoli, Stuffed Chard Rolls, Eggplant Roulades

NL Vol. 12 # 6 pg. 9, Healthy Holiday Recipes, Sourdough Squash Rye Bread, Stir steam Snow Peas Medley, Orange Dill Vinaigrette.

NL Vol. 11 # 6 pg. 6, Healthy Holiday Feasting, by Charlotte Gerson and the British Gerson Support Group, Holiday Menu for Four.

NL Vol. 11 # 5 pg. 5, Houston Support Group, Acorn Squash Pico, a Gerson BLT (Bread Lettuce and tomato) sandwich.

NL Vol. 10 # 6 pg. 5, Healthful and Delicious Holiday Feasting from Yvonne's Kitchen.

NL Vol. 9 # 4 Holiday Feasting pg 7 & 8.

NL Vol. 9 # 1 pg. 4, Squash From Marilyn's Kitchen.

NL # 4 pg. 7, Holiday Menu from Yvonne's Kitchen.

HEARING FOCUSES ON SENATE ALTERNATIVE MEDICINE BILL

NL Vol. 9 # 3 pg.4, Sep/Oct/1994. From the National Health Alliance. How to preserve American's right to the treatment of their choice, - even if it has not been approved by the FDA.

HEARTBEAT - DRUMBEAT

NL Vol. 13 # 1 pg. 5, Poem by Anita Wilson from Gerson Healing Center at Sedona.

HERCEPTIN

NL Vol. 22 # 3 May/Jun/07 pg. 9. For advanced breast cancer Yet another drug. In 1975, Prof. Hardin Jones, University of California, proved for the first time, on a large-scale study that lasted 23 years, that cancer patients refusing to undergo surgery, radiotherapy and chemotherapy (on a free food regime without following a particular diet) survived on average 12 ½ years .

HEROIN ADDICTION

NL # 2 Jul/Aug/84 pg. 7 Recovered patient success stories.

HIGH DOSES OF NIACIN FIGHT ALZHEIMER'S DISEASE

NL Vol. 23 # 2 Mar/Apr/09, pg. 5. High doses of niacin fight Alzheimer's disease, from the Orthomolecular medicine news service, Dec. 9/08

HISTORY OF THE GERSON THERAPY

NL Vol. 8 # 1& 2 pg. By Dr. Patricia Spain Ward.

HISTORY OF THE WORLD: A PARABLE

NL Vol. 23 # 5 Sep/Oct/08 pg. 9. In the beginning God Covered the Earth with broccoli, cauliflower and spinach...

HOFFER, M.D., Ph. D., DR. ABRAM

NL Vol. 24 # 4 Jul/Aug/09 pg. 1 In Memoriam: Holistic Health Pioneer 11/11/1917--5/27/2009

NL Vol. 22 # 5 Sep/Oct/07 pg.1 Newest Honorary Board Member of the Gerson Institute.

NL Vol. 22 # 4 Jul/Aug.07 pg, 9, A trip to Toronto for a very special occasion. Dr. Hoffer's 90th B'day in close conjunction with the 2007 Hall of Fame Awards of the International Society of Orthomolecular Medicine. Emcee actress Margot Kidder. By Howard Straus, Editor.

HOLIDAY TRAVEL AND THE GERSON THERAPY

NL Vol. 17 # 6 Nov/ Dec/02 pg. 4. Traveling is a great source of stress and complications for the Gerson patient and yet is sometimes unavoidable, especially around the holiday season. With preparation, support and willpower, it can be done.

HOMEOPATHIC

NL Vol. 5 # 1 pg. 6 Commentary and speculation.

HONORING THE HOW COMPANY

NL Vol. 25 #3 May/June 2010 pg 9. The How Company Ltd. of Japan are our lead sponsor, who contributed \$20,000 to the Charlotte Gerson Legacy Fund.

HONORS FOR DEGO'S DOCTOR MAX IN ITALY

NL Vol. 15 # 1 pg. 9, from La Padania, Italian National Daily. Heartiest congratulations to Giuliano Deگو from all of us at the Gerson Institute!

HORMONES

NL Vol. 25 # 3 May/June/10 pg. 5. ...and the medical damage of HRT. Big Pharma discovered that menopause is another rich source for pharmaceutical income. In 1942 "Premarin"® came on the market.
NL Vol. 17 # 6 Nov/Dec/02 pg. 1. An Update on the Dangers of Hormone Replacement Therapy, by Charlotte Gerson.
NL Vol. 13 # 6 pg. 4, Prevention of Breast Cancer and Hormone Treatment of Postmenopausal Problems.
NL Vol. 11 # 3 pg. 8, Progesterone, the Protective Herbal Hormone.

HORN, ROSS

NL Vol. 12 # 3 pg. 5, Milk Ads and osteoporosis. Author of The Health Revolution.

HOSPITALS/CLINICS

La Gloria -- First center July 20, 1977
Del Sol to 1989
CHIPSA 1989 to February 26, 1996
MERIDIEN October, 1995 to August, 1999
SEDONA from May 3, 1997 to April 24, 1998
OASIS OF HOPE Aug 27, 1999 to April 30, 2002
CLINICA NUTRICION Y VIDA May 1, 2002 to date.

HOSHINO, DR. (IN JAPAN)

NL Vol. 22 # 3 Nov/Dec/08 pg. 7. In the Aug. 19, 2007, Journal of the American Medical Association (JAMA). Infusing chemo drugs in colorectal cancer. This is of special interest because of the report of Prof. Hoshino, published in our Newsletter Vol. 13 # 5.
NL Vol. 18 # 5 Sep/Oct/03 pg. 1. Professor Hoshino writes...Every month, in Loma Linda Clinic in Koriyama-city Japan, Dr. Tominaga, Dr. Mizukami and I are healing many cancer patients using the Gerson Therapy and immune therapy.
NL Vol. 13 # 5 pg. 6, New Book by Japanese Professor.
NL Vol. 13 # 2 pg. 1, Professors of Medicine Choose Gerson Therapy.

HOT DOGS

NL Vol. 9 # 3 Sep/Oct/94 pg. 1. Hot dogs linked to Leukemia, brain tumors. On June 4th, an article appeared in the research journal Cancer Causes and Control. The journal article, and two other recently-completed studies, including one by Sara Sarasua and David A Savitz of the University of North Carolina at Chapel Hill, stated that: Children who eat more than 12 hot dogs a month develop childhood leukemia more than nine times as often as normally expected.

HOUSEHOLD CHEMICALS

NL Vol. 20 # 4 May/June/05 pg. 5, Caution: A significant source of toxicity.

HOW SAFE ARE NEW MEDICINES?

NL Vol. 14 # 4 pg. 9, The JAMA Questions Many FDA-Approved Drugs. In the Gerson Healing Newsletter Vol. 12 # 6 of Nov/Dec/97, we described the deadly problems which occurred as a result of the use of the Fen-phen reducing drug.

HOW THE GERSON THERAPY HEALS

NL Vol. 21 # 2 Mar/Apr/06 pg. 8. Part 2 of a 2-part article. How the Gerson Therapy Heals.

NL Vol. 21 # 1 Jan/Feb/06 pg. 9. Part 1 of a 2-part article. How the Gerson Therapy Heals.

NL Vol. 6 # 3 & 4, 1990, pg. 25, Transcript of a lecture. Salt and Water Management. Pg. 31, Scientific explanation how the coffee enema works. Scientific description Glutathione-S-Transferase of coffee enemas, Dr. Lechner.

HOW THE GERSON THERAPY SAVED MY LIFE

NL Vol. 13 # 2 pg. 7, Tom Powers, Jr., Malignant Melanoma.

HOW TO BE A CAREGIVER

NL Vol. 22 # 2 Mar/Apr/07 pg. 2. Gerson Therapy Caregiver Training, by Diane Ake. Do you want to learn how to do the Gerson Therapy? The Gerson Institute conducts a two and a half day training class.

HOW TO START A CO-OPERATIVE FOOD BUYING CLUB

NL Vol. 15 # 2 pg. 1. Mar/Apr/2000. What is a Co-Operative Food Buying Club? The Basics of a Co-Operative Food Buying Club, Getting Started. Pg. 4, Co-Operative Food Buying Clubs and Distributors Listing.

HONEY FILM NL 24 & 25 1988, pg. 4. Honey Film illustrates industry catch 22. Pg. 7 Cancer "Conspiracy" by Jerry E Bishop, on film and Film: "Honey: Quacks Who Cure Cancer? By Vincent Canby

HUGGINS, D.D.S., DR. HAL

NL Vol. 14 # 5 pg. 6, "When teeth are removed", writes Dr. Hal Huggins in It's All in Your Head, "the periodontal ligament (a membrane that attaches the tooth to the bone) is usually left in the socket." Huggins explains that when this ligament is left in the jaw, the area around the socket never heals completely.

NL Vol. 11 # 1 pg. 3 Editors Corner, The Colorado State Board of Dental Examiners Against Dr. Huggins. Toxic Mercury fillings.

HUNGARIAN ESTATE DONATED

NL Vol. 20 # 1 Jan/Feb/05 pg. 1, A world class gift, by Michael Casebier. Many years of effort and work by Beata Bishop, Peggy Strauss and the U.K. Gerson Support Group are combining and culminating in the return and establishment of a Gerson Clinic in Europe.

HUNGARIAN GERSON CENTRE

NL Vol. 25 #3 May/Jun/10 pg. 5. First year Anniversary of the Gerson Health Centre in Hungary. Director Melania Nagy, Beatrix Bedo Director of Finance and Administration, Noemi Borsa, Office Manager.

NL Vol. 24 # 2 Mar/Apr/09 pg. 1. 10 room facility opens on March 12, 2009 in Dobogoko.

HUNGARY DESTROYS ALL MONSANTO GMO CORN FIELDS

NL Vol. 26 # 6 Nov/Dec/11, pg. 6. Hungary Destroys All Monsanto GMO Corn Fields. Reprinted from Mercola.com, August 9, 2011,

<http://articles.mercola.com/sites/articles/archive/2011/08/09/hungary-destroys-all-monsanto-gmo-corn-fields.aspx>

HUSSAR, D.O., D.D.S., CHRISTOPHER

NL Vol. 14 # 5 pg. 6, Cavitations, More Than Just Another Hole In Your Head.

H1N1 UNTESTED VACCINES

NL Vol. 25 # 1 Jan/Feb/10 pg. 8. The Polish Minister bans untested H1N1 vaccines.

IF ONLY I HAD KNOWN BEFORE

NL Vol. 16 # 6 pg. 5. Nov/Dec/2001. By Al Schaefer, recovered patient.

I ALARM A HUSBAND

NL Vol. 18 # 6, Nov/Dec/03, pg. 3. By Charlotte Gerson. 25 years ago, a patient at the first Mexican Gerson Hospital.

I HOPE YOU DANCE

NL Vol. 15 # 5 Sep./Oct, 2000, pg. 7 Lyrics of the current country hit: "I Hope You Dance", Sung by Lee Ann Womack on MCA Nashville Records. (Recovered patient)

ILEOSTOMY NL Vol. 26 # 1, Jan/Feb/11 pg. 1. Gerson Therapy without a colon. An amazing story of survival. Colleen Johansen. Constant bleeding, the doctors performed a colonoscopy and was diagnosed with Crohns disease. Her entire colon and part of the small intestine was removed, leaving her to Function with an ileostomy bag.

IMAMURA, MR. KOICHI

NL Vol. 13 # 2 pg. 1, translated A Cancer Therapy to Japanese.

IMIPRAMINE FOR THE TREATMENT OF DEPRESSION

NL Vol. 10 # 4 pg. 1. Years ago we saw a patient who had been treated with imipranine for 15 years. Her depression and anxiety were still present. The side effects, however, were almost unbearable: she was virtually blind and had constant feeling of worms crawling under her skin and out of all her body openings.

IMMUNIZATIONS

NL Vol. 24 # 6 Nov/Dec/09 pg. 5. The story of Immunization. Worldwide pandemics of infections and Disease are not new. In the 18th century, a brilliant British doctor, Edward Jenner (1749-1823) made a remarkable observation.

NL Vol. 25 # 1 Jan/Feb/10 pg. 5. Why are we going like sheep to the slaughter? More on vaccinations. The Maryland State's Attorney, Glen Ivey, JD, refused to vaccinate his own children with the same vaccines he compelled thousands of children to endure November 17, 2007. Page 5 Hepatitis B Vaccine triples the risk of Autism in infant boys, by Dr. Joseph Mercola, M.D. Oct. 8, 2009.

NL Vol. 24 # 3 May/Jun/09 pg. 5. Vaccine tests kill 12 infants in Argentina.

NL Vol. 24 # 1 Jan/Feb/09 pg. 5. Three reasons to reconsider flu shots. The majority of flu shots contain 25 micrograms of mercury.

NL Vol. 23 # 4 Jul/Aug/08 pg. 9. More on vaccinations. Forced vaccination on kids in Maryland.

NL Vol. 23 # 1 Jan/Feb/08 pg. 7. Forced vaccinations arrive. The rise of "Pharmacracry" (as opposed to democracy) in the US, by Paul Joseph Watson & Steve Watson. Pg. 7 Merck Immunologist admits injecting cancer viruses in vaccines.

NL Vol. 22 # 5 Sep/Oct/07 pg. 6. Vaccine Dangers. The news just got much worse!

NL Vol. 22 # 2 Mar/Apr/07 pg. 7. Heroic Mother Saves Son from Vaccine-induced Illness. Good News About Autism.

NL Vol. 19 # 3, May/Jun/04, pg. 10. CDC calls safety "Review" on mercury in vaccines and links to autism.

NL Vol. 19 # 2 Mar/Apr/04 pg. 7. Immunization and Vaccination and SIDS (Sudden infant death syndrome)

NL Vol. 15 # 1 pg. 3, Emerging Scandal in Vaccine Mandates, by Phyllis Schlafly

NL Vol. 13 # 5 pg.6, part 2 of 2. Facts every parent should know by Susan DeSimone, pg. 8 Before your Child Received a Vaccine, Ask yourself the Following:

NL Vol. 13 # 4 pg. 8, Vaccination Part 1, Why we should let nature take her course.

NL Vol. 12 # 4, pg. 8, Infant Vaccinations and Crib Death. Pg. 10, More Concern About Vaccinations.

IMPORTANT NOTICE

NL Vol. 10 # 4 Jul/Aug/95 pg. 3. The Gerson Research Organization has split off from The Gerson Institute, and incorporated itself as a separate, non-profit organization with goals different from those of The Gerson Institute/Cancer Curing Society.

INDIA FILES BIOPIRACY LAWSUIT AGAINST MONSANTO

NL Vol. 26 # 6 Nov/Dec/11, pg. 7. India files biopiracy lawsuit against Monsanto, says Biotech Giant is stealing nature for corporate gain, by Jonathan Benson, staff writer for Natural News.

INDIAN MD's USING GERSON THERAPY FOR THEMSELVES

NL Vol. 24 # 6 Nov/Dec/09 pg. 4. Two of the MD's are trying this on themselves and reaping benefits.

INDOOR AIR POLLUTION

NL Vol. 14 # 2 pg. 3, Until about 25 years ago, indoor air pollution was a very limited phenomenon, by Susan DeSimone.

IN MEMORIAM DR. ERNESTO CONTRERAS, SR. (1915-2003)

NL Vol. 19 # 1 Jan/Feb/04 pg 5. By Howard Straus. On October 14th, at 10^{pm} 15 pm, Dr. Ernesto Contreras, Sr. died of natural causes in Playas de Tijuana, Baja California, Mexico.

IN MEMORIAM: DR. ABRAM HOFFER

NL Vol. 24 # 4 Jul/Aug/09 pg. 1 In Memoriam: Holistic Health Pioneer 11/11/1917--5/27/2009

INSIDIOUS DISINFORMATION CAMPAIGN EXPOSED

NL Vol. 15 # 6 pg. 5, Nov/Dec/2000. At the end of May, Betsy hart, a frequent commentator on CNN and the Fox News Channel, authored an outrageous article entitled, "Natural Foods May Pose Biggest Threat to One's health".

INSPIRATION FROM A RECOVERING PATIENT

NL Vol. 14 # 4 pg. 8, The Fight Against Melanoma by Floyd Blaine.

INSULIN

NL Vol. 16 # 2 pg. 1, Protein and Healing. Why you can't heal on a high-protein diet. On a high protein, high fat diet the body produces vast amounts of acids which are cleared in the urine (placing a great strain on the liver and kidneys). By Kathryn Alexander.

INSURANCE

NL Vol. 12 # 6 pg. 5, Insurance Companies. Pg. 6 Some Guidelines to Obtaining Coverage for Naturopathic Services.
NL Vol. 12 # 1 pg. 10 Report from Newsweek and The Wall Street Journal.

INTEGRATIVE MEDICINE

NL Vol. 13 # 5 pg. 1, Most recent moves toward "alternatives".

INTERNATIONALLY KNOWN TENOR, DAVID GORDON

NL Vol. 21 # 6 Nov/Dec/06 pg. 4. Gerson Therapy saved my career, my life.

INTERVIEW WITH MOHAMED M. IBRAHIM, NMD

NL Vol. 25 #3 May/June/10 pg. 3. Naturopathic medical doctor, Module I participant. By Henrietta Butler.

IN THE NEWS....

NL Vol. 15 # 3 pg. 6, Excerpts from the media: New National Organic Standards proposed: Good news for organic farmers and consumers!, On a related note... Companies go GE-Free, Diabetes drug Rezulin pulled from market.

IRRADIATION OF ORGANIC FOOD?

NL Vol. 22 # 4 Jul/Aug/07 pg. 5. Destruction of our food supply. E. coli & ground beef responsible for many thousands of infections.

ISSELS, DR.

NL Vol. 11 # 1 pg. 2, Infrared detector machine. Infected tonsils.

IS YOUR DOG VEGETARIAN?

NL Vol. 13 # 4 pg. 2, Did you know that there are dogs who are allergic to meat?

ITALY'S SILENT PHENOMENON

NL Vol. 13 # 3 pg. 9, the health revolution of Professor Luigi Di Bella.

IT'S TIME TO DUMP FLUORIDATION!

NL Vol. 21 # 3 May/June/06 pg. 4. Our poisoned water supply. By Darrel Crain, DC, Health Writer.

J.A.M.A. MEDICAL JOURNAL

NL Vol. 26 # 1 Jan/Feb/11 pg. 1. The Gerson Therapy is Validated. An exciting scientific meeting in October 2010, called TEDMED 2010. The conference was a gathering of brilliant minds from science, medicine, business and technology.
NL Vol. 22 # 3 Nov/Dec/08 pg. 7. In the Aug. 19, 2007, Journal of the American Medical Association

- (JAMA). Infusing chemo drugs in colorectal cancer. In the same issue of the JAMA, an article appears under the heading Adolescents and illicit drug use.
- NL Vol. 21 # 2 Mar/Apr/06 pg. 4. Ongoing found in medicine. Nicholas Wade of the New York Times, January 19, 2006, report that a large cancer study of oral cancer, done in Norway, was based on "fabricated data". Appeared in the Journal of the American Medical Association.
- NL Vol. 21 # 1 Jan/Feb/06 pg. 5. Well-designed studies have shown the link between cholesterol-lowering Drug use and cancer. In a study published in the Journal of the American Medical Assoc. By Shabe Ellison, M.Sc (Source: www.HealthMyths.net)
- NL Vol. 18 # 6, Nov/Dec/03, pg. 6. From the Medical Journals. Infusing chemo drugs in colorectal cancer/ Scarce available treatment for drug addiction in adolescents.
- NL Vol. 16 # 3 pg. 1, The Gerson Therapy on the Internet. The New Positive Tone. By Charlotte Gerson.
- NL Vol. 14 # 4 pg. 8, A "Burning" Issue with Sunscreen. An article in the Journal of the American Medical Association (April 21,1999) reports a session on current controversies in dermatology. Mark Pittelkow, M.D. of the Mayo Clinic was one of the speakers at an annual meeting of the American Academy of Dermatology. Also in page 9, How Safe are New Medicines? The JAMA Questions Many FDA-Approved Drugs. In the Gerson Healing Newsletter Vol. 12 # 6 of Nov/Dec/97, we described the deadly problems which occurred as a result of the use of the Fen-Phen reducing drug.
- NL Vol. 14 # 3 pg. 9, 12/16/98 "Intensive Lifestyle Changes for reversal of Coronary Heart Disease" .
- NL Vol. 14 # 3 pg. 8, Orthodox medicine, poor excuses, huge machines, bureaucracy and the corporate bottom line.
- NL Vol. 14 # 1 pg. 1, JAMA addresses Alternative Medicine, Is the AMA Finally Catching On? November 11, 1998 issue. (Part 1 of 2)
- NL Vol. 13 # 6 pg. 4, Issue August 19, 1998: Infusing Chemo Drugs in Colorectal Cancer and Scarce Available Treatment for Drug Addiction in Adolescents, Tamoxifen.
- NL Vol. 13 # 2 pg. 3, Second Hand Smoke 1/14/98.
- NL Vol. 5 # 3 pg. 11, When (at least) 20,679 Doctors were buttheads, As they say in the vernacular, "please don't get me wrong", More doctors smoke Camels than any other cigarette".
- NL # 18/19 Mar-Jun/87 pg. 6, Negative report regarding Gerson Therapy.
- NL # 17 Jan/Feb/87 pg. 1. Let's Set the Record Straight (Part 4). Pg. 4 Basic (Vitamin) Feeding in Tuberculosis (JAMA)
- NL 16 pg. 3, Let's Set the Record Straight part 3.
- NL 15 pg. 1, Let's Set the Record Straight part 2.

JAMES, REED AND SIKORA REPORT

- NL Vol. 6 # 3 & 4 1990 pg. 23. We are very much indebted to Drs. James, Reed and Sikora for their thoughtful assessment of the Gerson cancer therapy. They based their report on impressions collected during a several day visit in December of 1989. Each of the above came as professional observers on a grant from health care insurer British United Provident Association.

JANICE ST CROIX, SEVERE UTERINE BLEEDING

- NL Vol. 24 # 4 Jul/Aug/09 pg. 8. We find one of Dr. Gerson's patients! Janice St. Croix, recovered from severe uterine bleeding, sixty years ago.

JAPAN EARTHQUAKE & TSUNAMI

- NL Vol. 26 # 5 Sep/Oct/11 pg. 4. After March 11, 2011. Report from Japan by Kioko Abe a Certified Home Set-up Trainer.

JAPANESE CLINIC

- NL Vol. 20 #3, pg. 3, May/June/05 We are thrilled to announce that we are making great strides toward, the opening of a small clinic in Japan.

JAPANESE PROFESSOR DR. YOSHIHIKO HOSHIMO

- NL Vol. 13 # 5 Sep/Oct/98 pg. 6, New Book by Japanese Professor at the northern Japanese Fukushima Medical College who healed his own cancer.
- NL Vol. 13 # 2 Mar/Apr/98 pg. 1, Professors of Medicine Choose Gerson Therapy. We received news from Mr. Koichi Imamura (the gentleman who translated the Gerson book A Cancer Therapy into Japanese) that Professor Hoshino, a professor of medicine had used the Gerson therapy to cure his malignant cancer.(Colon cancer).

JESUS – A VEGETARIAN!

NL Vol. 18 # 1 pg. 2, Jan/Feb/03. I had been puzzled before concerning statements found in the Essene Gospel of Peace, a translation by Edmond Bordeaux Szekely of the Dead Sea Scrolls. In this translation, Jesus promoted natural healing and a vegetarian diet.

JOHANSEN, COLLEEN

NL Vol. 26 # 1, Jan/Feb/11 pg. 1. Gerson Therapy without a colon. An amazing story of survival. Colleen Johansen. Constant bleeding, the doctors performed a colonoscopy and was diagnosed with Crohns disease. Her entire colon and part of the small intestine was removed, leaving her to Function with an ileostomy bag.

JOSEPH BIDERMAN'S COMEUPPANCE

NL Vol. 25 #3 May/Jun 2010 pg 8. A pharmaceutical psychiatrist is brought up short.

JUICE

NL Vol. 12 # 6 pg. 5, You Don't Say. From the Star August 19, 1997, A Glass of Juice Every Day can Beat Breast Cancer.

JUICING RULES!

NL Vol. 23 # 3 May/Jun/08 pg. 4. Robbie broke a tibia bone and his doctor said he had never seen healing so fast with this type of injury for his age group. He said he had the bones of an eight-year old!

JUVENILE HYPERACTIVITY

NL Vol. 12 # 3 pg. 9, Ritalin. The Drugging of American Children.

KAREN – A LONG-TERM MELANOMA RECOVERY

NL Vol. 19 # 3, May/Jun/04, pg. 8. One day in 1983, while shaving her leg, she accidentally took off a piece of mole.

KEEPING THE GERSON THERAPY PURE

NL Vol. 16 # 1 pg. One day in 1934, while Dr. Gerson was practicing in Vienna, Austria, a patient arrived complaining of some special problem. Dr. Gerson told him that he would be given the Gerson Therapy. The patient countered, saying that he had already tried that at a different clinic, and it didn't work.

KEEP THE INSTITUTE IN YOUR PLANS

NL Vol. 19 # 6 Nov/Dec/04 pg. 7, As the end of the year rapidly approaches, now is the time to think seriously about reducing your tax burden by a donation to the Gerson Institute.

KEVIL'S RECOVERY FROM TERMINAL TESTICULAR CANCER

NL Vol. 23 # 6 Nov/Dec/08 pg. 9. By Kevil Murray. In October 12, 2006, he was diagnosed with testicular cancer. He is still here breathing, living and enjoying life like never before!

KHALAF, ISSA

NL Vol. 22 # 3 May/Jun/07 pg. 5, Recovered Gerson Patient tells his Story: My recovery from prostate cancer, by Issa Khalaf.

KIRK, LAWRENCE

NL Vol. 11 # 5 pg. 5, At the Houston Support Group meeting with Jim Forhand; Lawrence K. reports that the tumor on his pancreas has disappeared and the lymph nodes back to normal.

KNOW YOUR MEDICAL RIGHTS

NL Vol. 10 # 2 pg. 8, The United States and Canada are signatories of the World Health Organization's DECLARATION OF HELSINKI. Which, among other things states "In the treatment of the sick person, the physician must be free to use new diagnostic and therapeutic measure, if, in his or her judgment, it offers hope of saving life, re-establishing health or alleviating suffering".

KOREAN LANGUAGE

NL Vol. 23 # 3 May/Jun/08 pg. 6. AKSE of Germany has produced a fine translation of Dr. Max Gerson: Healing the Hopeless, and it will be carried by the Gerson Institute store. In May, we are

expecting a Korean translation of Charlotte Gerson and Beata Bishop's book, Healing the Gerson Way.

KREBS, JR, DR. ERNST T.

NL # 6 pg. 7, Notable Quotes.

LAETRILE

NL Vol. 16 # 1 pg. One day in 1934, while Dr. Gerson was practicing in Vienna, Austria, a patient arrived complaining of some special problem. Dr. Gerson told him that he would be given the Gerson Therapy. The patient countered, saying that he had already tried that at a different clinic, and it didn't work.

LANCET PUBLISHER OPERATED FAKE JOURNAL DIVISION

NL Vol. 24 # 4 Jul/Aug/09 pg. 5 Elsevier caught publishing fake "medical journals". Lancet publisher operated a fake journal division.

LEARNING FROM THE IBIS

NL Vol. 22 # 2 Mar/Apr/07 pg. 1. Short Story of Enemas. Learning from the Ibis, article in "The Medicine of the Month" journal and a report in Time magazine of July 1, 1946, titled "The Clyster Craze"

LECHNER, M.D., DR. PETER

NL # 6 pg. 1 Gerson Therapy in Austria.

NL Vol. 6 # 3&4 pg. 37, How the Gerson Therapy Heals, pg. 38 .coffee enemas.

LETTER FROM ITALY – QUESTIONS TO ASK YOUR DOCTOR

NL Vol. 24 # 3 May/Jun/09 pg. 9. Exactly what are these drugs doing for me... and for YOU?

LET'S SET THE RECORD STRAIGHT

NL # 18/19 Mar-Jun/87 pg. 1. Let's Set the Record Straight (Part 5). Bread, Propaganda and Circuses.

NL # 17 Jan/Feb/87 pg. 1. Let's Set the Record Straight (Part 4). Pg. 4 Basic (Vitamin) Feeding in Tuberculosis (JAMA)

NL # 16 Nov/Dec/86 pg. 3 Let's Set the Record Straight (Part 3). A survey of the U.S. peer reviewed medical literature regarding the developmental Gerson Diet Therapy

NL # 15 Sep/Oct/86 pg. 1. Let's Set the Record Straight (Part 2). Pg. 4 Treatment of Tuberculosis by altering metabolism through dietary management.

NL # 14 Jul/Aug/86 pg. 1. Let's Set the Record Straight (Part 1). A survey of the U.S. peer reviewed medical literature regarding the developmental Gerson Diet Therapy

LIFE IN THE JUNGLE IS NO PICNIC FOR UPTIGHT BABOONS

NL Vol. 8 # 1&2 pg. 48, Behavior: The animals, which suffer from ulcers and heart attacks, could help scientist unlock the secret of human stress.

LIFESTYLE CHANGES AND THE "SPONTANEOUS" REGRESSION OF CANCER

NL Vol. 5 # 3 pg. 14, Lifestyle changes and the "Spontaneous" regression of cancer: An initial computer analysis. Harold D. Foster, Ph. D. University of Victoria, British Columbia. Analysis of the geographical distributions of cancer mortalities in the United States and elsewhere, undertaken previously by the author, suggest that cancer is most common in areas having significant bulk and trace element imbalances in soils and water supplies.

LIFESTYLE FAR OUTPERFORMS MEDICAL PROCEDURES

NL Vol. 22 # 2 Mar/Apr/07 pg. 4. Lifestyle Far Outperforms Medical Procedures, by Caldwell B. Esselstyn, Jr. MD. Torcetrapib drug to raise HDL, the "good" cholesterol, by Pfizer, was killing more people in its test run than were dying in the control group.

LIPOSUCTION NL Vol. 12 # 5 pg. 7, In The News, patient bled to death.

LIQUID MINERAL SUPPLEMENTS

NL Vol. 12 # 2 pg. 2, Gerson patients warned on use.

LISA BEATS MELANOMA IN TWO YEARS

NL Vol. 24 # 6 Nov/Dec/09 pg. 1. Lisa Mendoza had surgery October 2007, developed a staff infection,

her arm swelled to the size of her leg, landed in the ER, the doctor had to remove all the sutures of the prior surgery.

LITHIUM NL Vol. 12 # 2 pg. 9, Reader banishes lithium.

LIVER EXTRACT

NL Vol. 26 # 3 May/June/11 pg. 9. Update on crude liver for injections. At this time, the crude liver for injections is no longer available. Recommendations with what to substitute.

NL Vol. 19 # 3 May/Jun/04 pg. 5. Disruption in the orderly supply of some of the Gerson medications. STAT once again shipping supplies.

LIVER JUICE NL Vol. 11 # 1 pg. 9, Recurrence. The cancer is gone... now keep that way!
NL Vol. 6 # 1+2 pg. 28, Contemporary Concerns in raw liver juice therapy.

LIVING PROOF

NL Vol. 18 # 4 Jul/Aug/03 pg. 1. Thoughts on the Gerson Therapy, by Michael Gearin-Tosh. Dr. Gerson wrote that many patients die simply of fear (see Healing Newsletter Vol. 17, Jan 2002). What cancer patient is not afraid? And fear is destructive. We allow our fears to sabotage us.

NL Vol. 18 # 2 Mar/April/03 pg. 2. The Thought Police. Last year a Professor at Oxford University named Michael Gearin-Tosh published a book entitled Living Proof. Mr. Gearin-Tosh was diagnosed some eight years ago as suffering from Multiple Myeloma, a bone marrow cancer considered "incurable" by orthodox medicine.

LIVINGSTON, DR. VIRGINIA

NL Vol. 6 # 1+2 1990 pg. 17. Critics assail OTA. "Unconventional Cancer Treatments" project director and staff taken to task.

LOCAL AND/OR ORGANIC

NL Vol. 23 # 4 Jul/Aug/08 pg. 3. Supporting your Local Farmers. Local and/or Organic, by Susan Duniphin, Gerson Chef.

LONG TERM RECOVERIES

NL Vol. 16 # 6 pg. 1. Nov/Dec/2001. Virginia Golden, Gail Allen-Bogue, Edward Dowd, Bill Schickel and Edmund Braun

LUCAS, LOUIS

NL Vol. 6 # 3&4 pg. 1, the cure of advanced (Dukes C) colorectal cancer through the Gerson Therapy.

LUPITA'S AMAZING STORY

NL Vol. 23 # 1 Jan/Feb/08 pg. 1. If she can do it.... Lupita is now 16. In 2006 she was diagnosed with an ovarian teratoma.

LYONS, EUGENE "GENE"

NL Vol. 21 # 3 May/Jun/06 pg.1. Five year recovery from melanoma.

MAD COW DISEASE

NL Vol. 19 # 3, May/Jun/04, pg. 9. Reports of "Mad Elk" disease; USDA buries head in sand.

NL Vol. 19 # 2 Mar/Apr/04 pg. 1. The following article first appeared in the July/august 1997 issue of the Gerson Healing Newsletter. Recent events have prompted us to reprint this now-highly relevant article. Revenge of the cannibal cows.

NL Vol. 11 # 4 pg. 1, The Approaching Era of BSE (Bovine spongiform encephalopathy)

MAGNETIC RESONANCE IMAGING

NL # 12 pg. 2, A machine Called Indomitable.

NL Vol. 2 # 1, Healing Journal pg. 14 FONAR.

MAINTENANCE PROGRAM

NL Vol. 11 # 1 pg. 10, Recurrence. The cancer is gone... now keep it that way!

MAKING THE ROUNDS: A GOOD DAY

NL Vol. 8 # 1&2 pg. 50, Patients improve dramatically.

MAMMOGRAMS

NL Vol. 25 #3 May/June 2010 pg. 5. From the book *The Secret of Health—Breast Wisdom* by Ben Johnson, MD, DO, NMD and Kathleen Barnes. The dangers of mammograms: what your doctors won't tell you is that mammograms expose you to approximately 1,000 times the amount of radiation you'd get in a chest X-Ray.

NL Vol. 7 # 3+4 1991-1992 pg. 16. Mammography radiates doubts, by Samuel S Epstein, Reprinted from the Los Angeles Times. January 28, 1992. An activist coalition fighting breast cancer needs to question the line doled out by the cancer establishment

MANAGING TOXICITY

NL Vol. 15 # 4 pg. 1, By Kathryn Alexander, D. Th. D. Part 3 of 3.

NL Vol. 15 # 3 pg. 4, by Kathryn Alexander, part 2 of 3, How great is the toxic load, how well can it be eliminated and how fast can we safely do this?

NL Vol. 15 # 2 pg. 4, by Kathryn Alexander, D. Th. Part 1 of 3 Vegetable Juicing and Detoxification.

MARGARINE NL Vol. 19 # 2 Mar/Apr/04 pg. 3. Eating margarine can increase heart disease in women by 3% over eating the same amount of butter, according to a recent Harvard medical study.

MATICEK & ME

NL Vol. 7 # 3&4 pg. 14, Psychosocial intervention.

MAYOR NEW DISCOVERY

NL Vol. 13 # 4 pg. 7, It's "breakthrough" season for cancer research.

MEAT

NL Vol. 14 # 1 pg. 5, More Trouble for Meat Eaters, Findings of Carcinogens in Cooked Meat. Research in Diet for a New America by John Robbins, The Health Revolution by Ross Horne and world famous Dr. Spock, who reversed himself in 1991 from his 1946 recommendation that children eat meat and drink milk, by recommending a vegetarian diet.

MEDIA RELEASES HEATING UP

NL Vol. 23 # 6 Nov/Dec/08 pg. 1. Newest Gerson Therapy documentary, The Beautiful Truth in New York and Los Angeles in November 2008.

MD's PAID MILLIONS TO DISPENSE DRUGS

NL Vol. 23 # 4 Jul/Aug/08 pg. 1 On May 9, 2007, the San Diego Union Tribune article a group of six doctors received \$2.7 million from Amgen for prescribing \$9 million worth of the company's drugs last year (2006).

MD's USING GERSON THERAPY IN JAPAN

NL Vol. 18 # 5 Sep/Oct/03 pg. 1. Professor Hoshino writes...Every month, in Loma Linda Clinic in Koriyama-city Japan, Dr. Tominaga, Dr. Mizukami and I are healing many cancer patients using the Gerson Therapy and immune therapy.

MELLENDEZ, DR ALICIA

NL Vol. 17 # 3 May/June/02, pg. 1 Reunited! The Gerson Institute and Drs. Melendez and Bravo will be working together again. May 1, 2002 the Gerson Institute will initiate a license agreement with a clinic owned and operated by Dr. Alicia Melendez and Dr. Luz Maria Bravo. The Baja Nutri Care facility located in the Playas area of Tijuana.

MENTAL ILLNESS: A FALLACY?

NL Vol. 18 # 5 Sep/Oct/03 pg. 5. mental illness: A Fallacy? Keep your children safe from legal drug pushers. By Howard Straus. There is a huge industry built around "mental illness", including hospitals, pharmaceutical treatments, pharmacological psychiatrists, counselors and much more. Ritalin is so damaging that the United States military will not accept a recruit who has had a history of Ritalin use, yet we give it to our two-year-olds!

- MERCK NL Vol. 23 # 1 Jan/Feb/08 pg. 7 Merck Immunologist admits injecting cancer viruses in vaccines. Stunning censored interview conducted by medical historian Edward Shorter for WGBH public television (Boston) and Blackwell Science was cut from The Health Century due to its huge liability.
- MERCK MANUAL FROM 1898 TIL 1977
NL Vol. 16 # 4 pg. 1, removed coffee enemas from the Manual for reasons of space rather than anything else.
- MERCURY NL Vol. 26 # 2 Mar/Apr/11 pg. 2. Gerson Therapy heals Myalgic encephalomyelitis/Chronic fatigue, by Paul Stuart. I was constantly cold, my skin was yellow and the white of my eyes were a dirty grey color.
NL Vol. 24 # 5 Sep/Oct/09 pg. 9. Toxic Tuna trend means women and children must avoid tuna, by Eli Saddler, public health analyst, gotmercury.org 415-488-0370 eli@gotmercury.org Undercover investigation of San Diego's top sushi restaurants is adding bad news about high levels of mercury in tuna.
NL Vol. 24 # 2 Mar/Apr/09 pg. 4. Pregnant women and infants may now relax... FDA declares mercury "Safe"! Mercury toxicity can cause mental retardation, cerebral palsy, deafness, blindness, etc.
NL Vol. 22 # 3 May/Jun/07 pg. 9. Worldwide threat to health from Mercury-Contaminated fish, excerpted from The Independent, March 8, 2007 a British publication.
NL Vol. 19 # 5 Sep/Oct/04 pg. 6, Mercury: The poison in our teeth. How is mercury amalgam transformed from dangerous "toxic waste" to "safe" simply by putting it in your mouth?
NL Vol. 19 # 3, May/Jun/04, pg. 10. CDC calls safety "Review" on mercury in vaccines and links to autism.
- MERCURY-SILVER FILLINGS
NL Vol. 26 # 3 May/June/11 pg. 8. U.S. Government calls for the phase-out of dental mercury amalgam, by Charles G. Brown, National Counsel, Consumers for Dental Choice.
NL Vol. 23 # 3 May/Jun/08 pg. 1. Norway becomes first country to ban amalgam fillings, by Adam Miller <http://www.natural-news.com/022943.html> effective January 1st 2008. Pg. 2. ADA Promoted, Held patents on mercury amalgam fillings.
NL Vol. 23 # 3 May/Jun/08 pg. 1. Norway becomes first country to ban amalgam fillings, by Adam Miller <http://www.natural-news.com/022943.html> effective January 1st 2008.
NL Vol. 18 # 2 Mar/April 03 pg 4. A Step Towards Mercury-free Mouths. The American Dental Assoc (ADA) maintains that although "minute amounts of mercury vapor may be released from amalgam under the pressure of chewing or grinding, there is no scientific evidence that such low level mercury exposure is harmful" Yet increased concerns about the most toxic non-radioactive element is being placed in our mouths.
NL Vol. 17 # 4 pg. 9 Jul/Aug/02. Gerson Therapy Protocol Position Statements Mercury fillings should not be removed for at least nine months, at which point their Gerson-trained physician will determine if they can begin to be safely removed. This decision will be based upon the strength of the patient, the extent of the patient's diagnosis and the doctor's judgment. No more than one mercury filling should be removed every one to two months.
NL Vol. 14 # 5 pg. 7, Dental Amalgam Banned!. Swedish dentists can no longer use silver/mercury amalgam fillings.
NL Vol. 11 # 1 pg. 1 Root Canal Cover Up, are your teeth killing you?, pg. 3 Dr. Hal Huggins, D.D.S. Book It's All in Your Head and the Colorado State Board Of Dental Examiners against Dr. Huggins.
- MERIDIAN HOSPITAL
NL Vol. 11 # 3 May/Jun/96 pg. 3, Meridian Hospital Moves to their newly expanded facility.
NL Vol. 11 # 2 Mar/Apr/96 pg. 1, Meridian Hospital Opens.
- MICKEY MANTLE
NL Vol. 10 # 5 Sep/Oc/95 pg. 2. Editor's Corner by Howard Straus. As I write this, one of the major heroes of my youth lies, fighting for his life. Baseball great Mickey Mantle, the big, handsome Yankee slugger who made news in the 1950's for his awesome home run hitting with the New York team, apparently spent his retirement years trying to drink the state if Texas completely dry. Along the way, he pickled his liver to the point where he not only got hepatitis, but eventually, liver cancer.

MICROWAVE OVENS

- NL Vol. 23 # 1 Jan/Feb/08 pg. 4. Dangers of microware ovens. Report by William P. Kopp, of the A.R.E.C. Research operations. Simple science report watering two identical young plants.
- NL Vol. 18 # 6 Nov/Dec/03 pg. 7. Microwave Savvy. As a seventh grade student, Claire Nelson learned that di (ethylhexyl) adepate(DEHA), considered a carcinogen, is found in plastic wrap. She also learned that the FDA had never studied the effect of microware cooking on plastic-wrapped food.
- NL Vol. 16 # 2 pg. 8, The effects of Microwave Appliances on Food and Humans. The Russians – who have done the most diligent research into the biological effects of microwave ovens –HAVE OUTLAWED THEIR USE, and issued an international warning about the biological and environmental damage that can result from the use of this. Biological Effects of Microwaves. By William Koop
- NL Vol. 13 # 4 pg. 10, Someone told me water that has been micro waved, inhibits the growth of sprouts...
- NL Vol. 11 # 3 pg. 1...The dangerous Price of Convenience (Article in Search for Health By Tom Valentine.

MILK

- NL Vol. 22 # 4 Jul/Aug/07 pg. 7. Are the cows really happy? Pus cells in milk. What is the USDA thinking? Would you feed your child milk if you knew that a glass contained 500 pus cells?
- NL Vol. 19 # 1 Jan/Feb/04 pg. 6. The horrors of milk. A report on a study by Shanti Rangwani, M.D. a columnist for the Times of India. More details can be found on the Internet: www.alternet.org/story.html?StoryID=12002 . Where there is little or no milk, where people live on vegetarian foods, a vegan diet, there is virtually no chronic disease, especially no cancer!
- NL Vol. 12 # 3 pg. 5, Milk Ads and Osteoporosis, Complaint Filed with FTC.
- NL Vol. 10 # 2 Mar/Apr/95 pg.6. Doctors file complaint with FTC over new milk ads.

MIND

- NL Vol. 17 # 1 pg. 1. Jan/Feb/2002. Mind/Body/Spirit Survey Results
- NL Vol. 17 # 1 pg. 9. Body and Spirit - Is There a Connection? By Reverend Gray Robinson.
- NL Vol. 17 # 1 pg. 2. Jan/Feb/2002. Body and Mind – Total Healing. By Charlotte Gerson. It is now called “Phycho-Neuro Immunology” For many decades, already prior to Freud’s writings, doctors and caregivers were very much aware that the mind plays a large role in a patient’s physical condition.
- NL # 10 pg. 1, Immunity can be altered by (Pavlovian) conditioned response.

MINERALS

- NL Vol. 10 # 4 pg. 5. Jul/Aug/1995. Veggies, Not Supplements, “But Where Will I Get My Calcium?”, by Charlotte Gerson. An Interesting study is now available in a book called Rare Earths, The Forbidden Cures, by Joel D. Wallach, BC, DVM, ND(Double Happiness Publishing Co., 1994, PO Box 1222, Bonita, CA 91908) The authors point out that minerals, unless they are in the organic form, as they are found in fresh vegetarian foods, for instance, are poorly absorbed.

MIRACLE II PRODUCTS

- NL Vol. 18 # 6 Nov/Dec/03 pg. 9. Non-toxic cleaning. Joyce Riley, the nurse that brought the Gulf War Syndrome(GWS) to the attention of the American public, endorses and sells Miracle II Products Available a www.miracle2soap.com tel. (877) 817-9829.

MISSION STATEMENT

- NL Vol. 17 # 1 pg. 2 Jan/Feb/2002. The Gerson Institute is a non-profit organization dedicated to the healing and prevention of chronic and degenerate diseases based on the vision, philosophy and successful work of Dr. Max Gerson.
- Vision Statement:**
Giving an effective option for enhanced quality of life in harmony with nature, for ourselves and future generations.

MOHAMMED M. IBRAHIM

- NL Vol. 25 # 4 Jul/Aug/10 pg 3. Interview with Mohammed M. Ibrahim, NMD (Naturopathic Medical Doctor), Module 1 Participant.

MONSANTO

- NL Vol. 26 # 6 Nov/Dec/11, pg. 6. Hungary Destroys All Monsanto GMO Corn Fields. Reprinted from Mercola.com, August 9, 2011,

<http://articles.mercola.com/sites/articles/archive/2011/08/09/hungary-destroys-all-monsanto-gmo-corn-fields.aspx>

Pg. 7 India files biopiracy lawsuit against Monsanto, says Biotech Giant is stealing nature for corporate gain, by Jonathan Benson, staff writer for Natural News.

NL Vol. 24 # 5 Sep/Oct/09 pg. 8. Monsanto's bid to control world food supplies.

NL Vol. 21 # 5 Sep/Oct/06 pg. 4. The poison in some 5,000 food products. The patents on the artificial sweeteners, have run out.

NL Vol. 20 # 6 Nov/Dec/2006 pg. 4 by Geoffrey Lean, Environment Editor of the Independent. A respected British Sunday paper of May 22, 2005 revealed a secret study done by the food giant Monsanto on genetically modified corn.

NL Vol. 15 # 5 Sep./Oct, 2000, pg. 8, Biotechnology Watch, Fast-Food Chains Pull Monsanto's Biotech Spud, Wall Street Journal April 28, 2000.

NL Vol. 14 # 6 pg. 9, Biotech Update: Some Recent Victories, Monsanto's Seeds to be Fertile Seed Sterilization Would be More Expensive to Farmers.

MONTHLY RADIO SHOW

NL Vol. 22 # 4 Jul/Aug/07 pg 2. Charlotte Gerson on Radio. Call (310) 457-0130 11:00 A.M. to noon Pacific Time, First Saturday of every month. Andy Lopez

<http://www.live365.com/stations/invisiblegardener?site=pro>.

MORBID OBESITY NOW No. 1 AVOIDABLE HEALTH HAZARD

NL Vol. 19 # 3 May/Jun/04 pg. 4. Super Size Me! Documentary slams McDonald.

MORE ABOUT PESTICIDES

NL Vol. 17 # 2 Mar/Apr/02 pg. 2. From Peter Montague and reprinted by the Cancer Forum magazine of the Foundation for Advancement in Cancer Therapy, Ltd. (Vol. 17 No. 3 & 4, Summer 2000) from The Ecologist, Vol. 29, Oct. 1999. A case controlled study by two Swedish scientists, Lennart Hardell and Mikael Eriksson showed evidence that non-Hodgkin's lymphoma is linked to pesticide exposure.

MORE ON VACCINATIONS

NL Vol. 23 # 4 Jul/Aug/08 pg. 9. More on vaccinations. Forced vaccination on kids in Maryland.

MORE TROUBLE FOR MEAT EATERS

NL Vol. 14 # 1 pg. 5, Findings of Carcinogens in Cooked Meat.

MOTH BALLS NL Vol. 15 # 6 pg. 3, Nov/Dec/2000, Some Tidbits of Importance. These are made from a highly toxic chemical, para-di-chloro-benzene, that can cause nausea, headache, kidney, liver and lung damage.

MURNANE, RN, BA HNC, CHTP, SHARON

NL Vol. 15 # 6 pg. 6 Nov/Dec/2000. Sharon Murnane, RN, BA, HNC, who has been reviewing medical Records and speaking with prospective Gerson patients since January 1998 has been promoted to the position of Director of Gerson Therapy Programs.

MUTAGENS, CARCINOGENS, FLAMMABLES, PETROLEUM PRODUCTS

NL Vol. 22 # 4 Jul/Aug/07 pg. 8. What is really in a Chicken McNugget? From the Internet website <http://www.corp-watch.org/article.php?id=11984> we should like to give you some additional warnings about Chicken McNuggets. Mutagen, carcinogens, flammables, petroleum products.

MY 8 YEAR RECOVERY FROM PANCREATIC CANCER

NL Vol. 9 # 1 Jan/Feb/04 pg. 1. By Lawrence Kirk. My doctor said "You have pancreatic cancer. It cannot be removed by surgery, chemotherapy does not work, and radiation does not work. All I can do is help you find an oncologist".

MY "JOURNEY" TO THE GERSON INSTITUTE

NL Vol. 18 # 6, Nov/Dec/03, pg. 3. Melinda Greven, Gerson Support Services tells us about her five year-old daughter, that was diagnosed with Acute Lymphocytic Leukemia.

MY STORY OF CHANGE

NL Vol. 14 # 6 pg. 8, K.C. Collins, breast cancer 9/97.

MY STORY OF AND RECOVERY WITH THE GERSON THERAPY

NL Vol. 16 # 2. pg. 7, I was searching for an alternative answer to treat my daughter's asthma, by volunteer Carol Beard.

NATIONAL INSTITUTE OF HEALTH (NIH)

NL Vol. 16 # 4 pg. 1, The Gonzalez Test. NIH Awards Grant to Dr. Nicholas Gonzalez of \$1.4 million for the purpose of comparing enzyme/nutritional therapy with the best chemotherapy treatments presently available for pancreatic cancer.

NL Vol. 7 # 3+4 pg. 24, A taste of history.

NATURAL MEDICINE HEALTH CLINIC TO OPEN IN WASHINGTON

NL Vol. 13 # 1 pg. 3, First public health facility of its kind in the U.S.

NED WRIGHT – SEMINOMA

NL Vol. 21 # 3 May/Jun/06 pg. 6 Ned Wright's recovery: Five years and going strong.

NL Vol. 19 # 1 Jan/Feb/04 pg. 8. Another success story, recovered from testicular seminoma cancer.

NETWORKERS, SUPPORTERS, DONORS...

NL Vol. 26 # 6 Nov/Dec/11, pg. 4. Al Shaefer went to the clinic in 1978 for colon cancer. In 202 he joined the Gerson Institute Networker list of recovered patients who agree to speak to others considering doing the Gerson Therapy.

NL Vol. 23 # 3 May/Jun/08 pg. 3. "Let's thank all the people the world over who have done so much for us for so long".

NEW BOOK! DR. MAX GERSON: HELPING THE HOPELESS

NL Vol. 17 # 4 Jul/Aug/02 pg. 5. Howard Straus with Barbara Marinacci. Straus, the grandson of Dr. Max Gerson, discusses the struggles this medical pioneer faced as he challenged orthodox medicine with his nutritional protocol.

NEW BOOK, HEALING THE GERSON WAY

NL Vol. 22 # 4 Jul/Aug/07 pg. 1. Charlotte Gerson's new book available by mid August 2007.

NEW BOOKLETS BY CHARLOTTE GERSON

NL Vol. 17 # 4 Jul/Aug/02 pg 6, critics of the Gerson Therapy often dismiss its incredible results because of a lack of "scientific evidence".

NEW DESIGN FOR THE VHS COVER OF THE GERSON MIRACLE

NL Vol. 19 # 4 Jul/Aug/04 pg. 3. Designed by Jamison Reisbeck. Charlotte Gerson presents check to Jamison for the design.

NEW DRUGS ATTEMPT TO "STARVE" CANCER

NL Vol. 23 # 3 May/Jun/08 pg. 6. Immensely expensive, and no improvement in survival. New drugs attempt to "Starve" cancer.

NEW ENGLAND JOURNAL OF MEDICINE

NL Vol. 17 # 2 Mar/Apr/02 pg. 1. Some recent scientific medical studies. A study published in the prestigious New England Journal of Medicine. The news item stated that according to the study, aspirin is just as effective as the expensive Coumadin, an anti-blood-clotting medication. Side effects of Coumadin from the Physicians Desk Reference Guide: "hemorrhage in any tissue or organ, necrosis and/or gangrene of skin and other tissues"

NL Vol. 13 # 2 pg. 10, Top Medical Journal Gives Apology to Readers, by Brandon Finucan.

NEWEST HONORARY BOARD MEMBER

NL Vol. 22 # 5 Sep/Oct/07 pg. 1. Dr. Abram Hoffer, M.D., Ph.D. is an internationally recognized physician, author, medical researcher and pioneer in the use of vitamins and nutrients to treat disease.

NEW HAMPSHIRE CAREGIVER TRAINING A HUGE SUCCESS!

NL Vol. 18 # 6, Nov/Dec/03, pg. 2. By Conni Spancake. This was the biggest training so far. Twenty

-seven participants attended the two and a half day workshop in Plymouth, NH, October 6-8, 2003.

NEW HONORARY DIRECTORS

NL Vol. 22 # 4 Jul/Aug/07 pg. 4. New Honorary Directors: Dr. Andre W. Saul, Dr. Harold Foster, Dr. Carolyn Dean, MD, ND.

NEW & IMPROVED SUPERBUGS!

NL Vol. 13 # 3 pg. 3, Tuberculosis and others make comeback with antibiotic overuse in meat.

NEW PUBLICATIONS, CD,DVD PUBLISHED

NL Vol. 20 #3 May/June/05 pg. 1, The Gerson Institute is proud to make available to its members some new disks. The first is a two-CD set of the entire two-hour January 15, 1957 interview of Dr. Gerson on the Long John Nebel Show. The second disk is a DVD of Francesca DeGo playing the Brahms Violin Concerto in competition at the 21st International Valsesia Musical Concourse.

NEWS FROM SEDONA...

NL Vol. 12 # 6 Nov/Dec/97 pg. 7, by Anita K. Wilson. Charlotte McGuire coordinates all adjunctive therapies. Mary Ward provides a specialized role in follow-up.

NEWSLETTER EDITOR VISITS JAPAN

NL Vol. 21 # 6 Nov/Dec/06 pg. 7. Gerson Therapy awareness growing rapidly. Howard Straus, Editor, was invited to speak to the Japan Chapter of the CCS on September 23 & 24, 2006.

NEWS ON THE FIRST GERSON PATIENT IN MEXICO, 1977

NL Vol. On July 15th, 1999, we heard about the very first patient who came for treatment to the Gerson Therapy hospital in Mexico on July 20, 1977, the day of the opening. His name was Rex Eyre. He was well for many years and died in 1996 due to a sinus infection with complications into his brain.

NEW YORK TAKES LEAD IN SETTING SALT LIMITS

NL Vol. 24 # 4 Jul/Aug/09 pg. 6. City confers with restaurants, food manufacturers, by Stephanie Nano Associated Press.

NGUYEN, DR. DAN

NL Vol. 12 # 1, Administrator for Sedona Gerson Healing Center.

NIACIN (B 3)

NL Vol. 24 # 2 Mar/Apri/08 pg. 5. High doses of niacin fight Alzheimer's disease, from the Orthomolecular medicine news service, Dec. 9/08

NL Vol. 9 # 2 Jul/Aug/94 pg. 2. Eleven commonly asked questions about the Gerson Therapy. What about using a B-complex supplement to keep the B vitamins in balance – since we use fairly large amounts of B-12?

NIENSTADT, YVONNE

NL Vol. 18 # 1, Jan/Feb/03, pg. 8 Yvonne Nienstadt, Gerson Chef Extraordinaire, creates Gerson pumpkin pie and other vegetarian Thanksgiving treats at the Creative Cooking class held at the Gerson Institute November 16, 2002.

NO AUTISM FOR UNVACCINATED CHILDREN

NL Vol. 21 # 2 Mar/Apr/06 pg. 4. The numbers don't lie: unvaccinated children are safe and have no autism.

NO BENEFICIAL EFFECT

NL Vol. 21 # 5 Sep/Oct/06 pg. 1. Report on chemotherapy.

NON- INVASIVE TESTS

NL Vol. 17 # 2 Mar/Apr/02 pg. 6. Breast thermography, a non-invasive test. 800-282-2873
www.cancure.org/breast_thermography.htm

NON-TOXIC RESOURCES

- NL Vol. 18 # 6 Nov/Dec/03 pg. 9. Non-toxic cleaning. Joyce Riley, the nurse that brought the Gulf War Syndrome(GWS) to the attention of the American public, endorses and sells Miracle II Products Available a www.miracle2soap.com tel. (877) 817-9829.
- NL Vol. 17 # 2 Mar/Apr/02 pg 10. Dry Skin? Here is a natural cosmetic for dry skin: watermelon juice is a good cleanse for dry skin and is said to reduce wrinkles. When skin feels itchy and dry, try using cider vinegar. It's very soothing. Add a spoonful of honey and massage into skin.
- NL Vol. 16 # 6 pg. 5. Nov/Dec/2001. Non Toxic Furniture Polish. Mix 2 parts olive oil with 1 part lemon juice. Apply mixture with soft cloth and wipe dry. Non Toxic Wood Furniture Cleaner. To remove water stains on wood furniture, dab white toothpaste onto stain. Let dry and then gently buff with soft cloth.
- NL Vol. 16 # 4 pg. 5, Non-Toxic Ant Control Spray. 4 to 8 peppers (Serrano or jalapeno) blend with water, strain, filter, transfer to a one-quart spray bottle, add a tsp of dish liquid detergent and fill with water and spray.
- NL Vol. 10 # 1 pg. 3, Caribbean Clear Chlorine free for pools.
- NL Vol. 9 # 4 pg. 3Bat-house for flying insects and pest deterrent The Sharper Image, Befit Enterprises full spectrum bulbs & computer screen shields, Pat Lee ionizers & hydrogen peroxide 35% food grade.
- NL Vol. 9 # 3 The Tallon Termite and Pest Control freeze with liquid nitrogen, National Growers Nursery protect from mosquitoes pg 3.
- NL Vol. 9 # 1 May/Jun/94 pg. 5 Non-Toxic Termite Treatments with microwave radiation, liquid nitrogen or high voltage electrical devices.

NORWAY BECOMES FIRST COUNTRY TO BAN AMALGAM FILLINGS

- NL Vol. 23 # 3 May/Jun/08 pg. 1. Norway becomes first country to ban amalgam fillings, by Adam Miller <http://www.natural-news.com/022943.html> effective January 1st 2008.

NOTES FROM CHARLOTTE

- NL Vol. 15 # 1 pg. 7, Root Canals Removed, we received various reports from patients.

NOT JUST CANCER

- NL Vol. 12 # 3 pg. 1, Phoenix Patients share their story, Multiple Sclerosis.

NOT TOO OLD TO HEAL!

- NL Vol. 23 # 4 Jul/Aug/08 pg. 1. Roger Wilson, two years ago he was diagnosed with melanoma, his doctor warned him it would spread to his ear, face and jaw.

NOVARTIS PHASING OUT GENETICALLY ENGINEERED FOODS

- NL Vol. 15 # 5 Sep./Oct, 2000, pg. 9, BY Neville Judd Environment News Service.

NUTRASWEET

- NL Vol. 16 # 3 pg. 4, Sinfully Sweet? Part 2. Stevia is a natural, non-caloric sweetener that the FDA refuses to allow marketed as a food additive. The article is abridged for our Newsletter purposes. By Linda and Bill Bonvie.
- NL Vol. 16 # 2 pg. 5, Sinfully Sweet? Stevia (Stevia Rebaudicana Bertoni), an herb as remarkable as it is unknown in the United States. A perennial shrub of the aster family, stevia contains natural compounds- specifically, stevioside and rebaudioside A, that are estimated to be 150 to 400 times sweeter than sugar.
- NL Vol. 16 # 1 pg. 4, The Poison in Our Food. The patents on the artificial sweeteners NutraSweet, Equal and Spoonful, all made from Aspartame, have expired. Yet the manufacturer, Monsanto, has managed to have it incorporated into some 5,000 food products.

OASIS OF HOPE HOSPITAL

- NL Vol. 16 # 1 pg. 5, A Match Made in Heaven, by Norma LaMadrid.
- NL Vol. 14 # 6 pg. 1, Gerson & Contreras Unite!. A new Gerson clinic if formed at the Oasis of Hope Hospital, October 28, 1999.

OBESE KIDS

- NL Vol. 19 # 5 Sep/Oct/04 pg. 3, It's the processed food!. What doctors don't tell you. (www.wdty.co.uk) E-news broadcast No. 90 – 08 July 2004.

ODDS AND ENDS

- NL Vol. 22 # 5 Sep/oct/07 pg. 2. Earlier this year Anita Wilson, Executive Director of the Gerson Institute, celebrated her 4th anniversary in the position.
NL Vol. 21 # 4 Jul/Aug/06 pg. 6. Question about toothpaste, Bob Melli's book Cancer Cures, Causes and Prevention.

OFFICE OF ALTERNATIVE MEDICINE OPENS NEW ERA FOR NIH

- NL Vol. 7 # 3+4 pg. 20, Healing Editor Hildenbrand appointed to NIH advisory panel.

OFFICE OF TECHNOLOGY ASSESMENT

- NL 20 & 21 Jul-Oct/87 pg. 6. OTA Studies Cancer Alternatives. This timely study, an unforeseen event in both conventional and unconventional cancer treatment circles, was the result of a direct request from John D. Dingell, Chairman of the Full House Committee on Energy and Commerce, and member of the Technology Assessment Board.

OIL

- NL Vol. 13 # 3 May/Jun/98 pg. 1, Consumers Beware: Canola oil studies show severe health effects!
NL Vol. 10 # 4 Jul/Aug/95 pg. 7. Flax seed oil. Dr. Gerson strongly prohibited any fats or oils, yet A Cancer Therapy book says to use flax seed oil. What is the source of this contraindication?
NL 22 & 23 pg. 1 Fats that heal, pg. 3, pg. 15.

OLESTRA

- NL Vol. 13 # 3 May/Jun/98 pg. 4, Attack Snack? Proctor & Gamble continue marketing efforts on Olestra (Olean)
NL Vol. 12 # 2 Mar/Apr/97 pg. 8 More news about Olestra, Fake fat causes hundreds of hospitalizations.
NL Vol. 11 # 2 pg. 8 The new Non-Fat Olestra causes cramping, gas.

OLYMPICS

- NL Vol. 24 # 5 Sep/Oct/09 pg. 9. Carl Lewis, vegan. Did you know that one of the greatest athletes of all time, Carl Lewis achieved most of his history making victories while consuming a strict vegan diet?

ONCOLOGISTS

- NL Vol. 23 # 4 Jul/Aug/08 pg. 1 MD's paid Millions to Dispense Drugs by Amgen and Johnson & Johnson.

ON THE CONVENTION CIRCUIT

- NL Vol. 10 # 6 pg. 6, Kathryn Sample (widow of case No. 6 Pituitary in A Cancer Therapy)
Brother of Gail Allen (Giant cell sarcoma on her left ankle when she was six).

OPEN HOUSE NL Vol. 17 # 6 Nov/Dec/02 pg. 1. Gerson Open House 9/15/02, Next one 1/12/03

ORGANIC

- NL Vol. 23 # 4 Jul/Aug/08 pg. 3. Supporting your Local Farmers. Local and/or Organic, by Susan Duniphin, Gerson Chef.
NL Vol. 22 # 5 Sep/Oct/07 pg. 5. GM Push Vilifies Organics.
NL Vol. 21 # 2 Mar/Apr/06 pg. 7. Tidbits from the Organic Consumers Association. EPA Ignoring public opposition to testing chemicals on kids. Help New Mexico ban aspartame.
NL Vol. 17 # 1 pg. 10, Jan/Feb/2002. Client Services Resource: Wilson's Blend organic coffee. (905) 890-2555 Ontario, Canada or www.sawilson.com. Harbor House Coffee Company, (707) 998-4590 Clearlakes Oaks, CA. or www.harborhousecoffee.com
NL Vol. 16 # 2 pg. 2, Organic Food – News and Updates. One of the early discussions about Eating to prevent cancer was in an article titled, "Diets That Protected Against Cancers in China". In the October 1990 Saturday Evening Post, author, Cory Ser-Vaas, MD.
NL Vol. 15 # 6 pg. 3, Nov/Dec/2000, Insidious Disinformation Campaign Exposed. Betsy Hart a commentator on CNN.
NL Vol. 15 # 4 pg. 4, News & Updates, pg. 6, Protect organic Foods from Genetic Engineering! Take Action Now!
NL Vol. 15 # 3 pg. 6, Excerpts from the media: New National Organic Standards proposed: Good news for organic farmers and consumers!
NL Vol. 15 # 2 pg. 1, How to Start a Co-Operative Food Buying Club. Pg. 4, Co-Operative Food Buying Clubs and Distributors Listing.
NL Vol. 13 # 4 pg. 7, Gerson Vendor Network

NL Vol. 13 # 4 pg. 1, Newly Proposed USDA "Organic" Standard Gives in to Public Pressure.
NL Vol. 13 # 2 pg. 9, 100% USDA Certified "Organic"...by Susan DeSimone.
NL Vol. 12 # 2 pg. 10, We are winning, more organic food sold.
NL Vol. 10 # 6 pg. 8, Organic food comes of Age.
NL Vol. 9 # 4 All of Washington's Best (produce & coffee) pg 11.
NL Vol. 5 # 2 pg. 1, Nutritional superiority and pg. 20, I saw a man who wasn't there.--
NL Vol. 5 # 1 pg. 1, and pg. 25 What you can do.
NL # 24 & 25 pg. 1, A question of Life and Death.

ORGANIC FOOD

NL Vol. 23 # 2 Mar/Apr/08 pg. 5. Doing the Gerson Therapy against strong odds. Another Failed "Hit" on organic food. A woman was told at the emergency room that worms were caused by organic food.
NL Vol. 16 # 2 pg. 2, Organic Food – News and Updates. One of the early discussions about Eating to prevent cancer was in an article titled, "Diets That Protected Against Cancers in China". In the October 1990 Saturday Evening Post, author, Cory Ser-Vaas, MD.

ORTHODOX MEDICINE

NL Vol. 22 # 3 May/June/07 pg.6. "In the 1950's, Congressman Charles Tobey enlisted Benedict Fitzgerald, an investigator for the Interstate Commerce Commission, to investigate allegations of conspiracy and monopolistic practices on the part of orthodox medicine.
NL Vol. 14 # 3 pg. 8, Poor excuses, huge machines, bureaucracy and the corporate bottom line.

ORTHOMOLECULAR MEDICINE

NL Vol. 23 # 1 Jan/Feb/08 pg. 6. Book review, from the Journal of Orthomolecular Medicine, Dec. 15, 2007, by Andrew Saul, Ph.D. Assistant Editor, Healing the Gerson Way: Defeating Cancer and Other Degenerative Diseases.
NL Vol. 20 May/June/05 #3 pg. 1, On May 14, 2005, the International Society of Orthomolecular Medicine honored eight giants of medicine, inducting them into the Society's Hall of Fame and for the first time in history, Dr. Max Gerson was publicly honored by an international medical society, by being named one of the inductees to the Hall of Fame.

ORTHOMOLECULAR MEDICINE, THE PRINCIPALS OF

NL Vol. 12 # 3 pg. 3, Richard A. Kunin M.D. of San Francisco, Ca.
NL Vol. 12 # 2 pg. 10, Reprinted from The Roots of Molecular Medicine (and their striking similarities with underlying principles of the Gerson Therapy).

OTA

NL Vol. 6 # 3 & 4 pg. 8, Dr. Vivien Newbold: What kind of scientist are you?.
NL Vol. 6 # 1+2 pg. 10, Critics assail and pg. 27.
NL Vol. 5 # 4 pg. 1, Bomb threat.
NL Vol. 5 # 4 pg. 17.
NL # 24 & 25 pg. 6, OTA Studies Cancer Alternatives.--
NL # 20 & 21 pg. 12, Comprehensive Government Report Challenges NCI Claims.

OTTO H. WARBURG'S CANCER HYPOTHESIS

NL Vol. 24 # 4 Jul/Aug/09 pg. 6. From Wikipedia.com. In 1924, Warburg hypothesized that cancer, malignant growth, and tumor growth are caused by the fact that tumor cells mainly generate energy (as e.g. adenosine triphosphate/ATP) by non-oxidative breakdown of glucose.

OVERCOMING ADVERSITY: ECHO MAILLET'S TESTIMONY

NL Vol. 15 # 1 pg. 8, by Echo Maillet, diagnosed with fistulas, bleeding bowels, diverticulitis Cervical cancer.

OXYGEN

NL Vol. 10 # 5 pg. 7 Yvonne Nienstadt.
NL # 5 Jan/Feb/85 pg. 1.(Part two).Millions of experiments in man, through the effectiveness of some vitamins, have shown that cell respiration is impaired if the active groups of the respiratory enzymes are removed from the food.
NL # 4 Nov/Dec/84 pg. 1. (Part one). The following survey is not intended to form any conclusions, but rather to raise interest and to spur speculation regarding the role of oxygen in health and in

therapy.

OZONE NL Vol. 9 # 2 Jul/Aug/94, pg. 4. Ozone: A Catalyst In Killing AIDS Virus?

PAIN AND PAIN MANAGEMENT WHILE ON THE GERSON THERAPY

NL Vol. 16 # 6 pg. 7. Nov/Dec/2001. By Sharon Murnane, R.N. The need to address issues of pain management has been persistent. Therefore, I have worked with Charlotte Gerson and the Gerson physicians to develop a "Gerson Therapy Pain Management Protocol".

PAIN CONTROL

NL Vol. 23 # 4 Jul/Aug/08 pg. 7. Simple, inexpensive and powerfully effective methods of pain control. Coffee enemas.

NL Vol. 16 # 6 pg. 7. Nov/Dec/2001. Pain can have many causes such as: pressure from existing tumor; inflammation at tumor site or at old injury site, healing reaction during Gerson Therapy. Definition, Causes, Methods of pain Relief, etc.

PAINTING DONATED TO GERSON INSTITUTE

NL Vol. 23 # 2 Mar/Apr/08 pg. 3. Institute Accepting Bids on Painting by recovered patient Maurice Harvey.

PARTY IN CARLSBAD

NL Vol. 22 # 3 May/Jun/07 pg. 1. Party in Carlsbad, Charlotte Gerson's 85th Birthday.

PATIENT FOLLOW UP

NL Vol. 14 # 1 pg.6, Celia Collins writes to us "The Gerson Therapy Works!"

PATIENT RECOVERY

NL Vol. 18 # 4 Jul/Aug/03 pg. 1. Frank Gill... A Second Chance. Patient story suffering from diabetes, pulmonary heart disease, high blood pressure, gastric ulcers, gastro-esophageal reflux disease sleep apnea, chronic headaches, chronic fatigue, insomnia and depression and healing with the Gerson Therapy.

NL Vol. 17 # 3 May/June/02 pg. 4 The Diet That Saved My Life, Article from the Independent on Sunday March 6th, 1997 and Update from Ross Mansergh written autumn 2001. Melanoma recovered.

NL Vol. 17 # 2 Mar/Apr/02 pg. 5. Stella Petras's story: How Stella Got Her Groove Back. I was diagnosed with hepatocellular carcinoma, or liver cancer. "Enjoy your summer!" the doctor said as he bid me farewell after informing me of my diagnosis.

NL Vol. 17 # 1 pg. 7. Jan/Feb/2002. By Kristina Wylie. Marilyn Barnes discovered the Gerson Therapy through a mutual friend after melanoma diagnosis from a removed mole in 1979.

PEOPLE AGAINST CANCER Insert

NL Vol. 7 # 1+2 1992 pg. 16. Action Alert. Texas moves to stop sale of antineoplastons developed by Dr. Burzinski.

PEPPER- NEELY BILL

NL Vol. 22 # 3 Nov/Dec/08 pg. 6. Three quarters of a century of disinformation about the 1946 congressional committee, under the sponsorship of Senator Claude Pepper.

NL Vol. 9 # 3 pg. 8, Sep/Oct/1994. Raymond Swing Comments on Dr. Gerson's Congressional Testimony, July 1946. Transcript courtesy of Kenneth Parker,

PESTICIDES NL Vol. 17 # 2 Mar/Apr/02 pg. 2. From Peter Montague and reprinted by the Cancer Forum magazine of the Foundation for Advancement in Cancer Therapy, Ltd. (Vol. 17 No. 3 & 4, Summer 2000) from The Ecologist, Vol. 29, Oct. 1999. A case controlled study by two Swedish scientists, Lennart Hardell and Mikael Eriksson showed evidence that non-Hodgkin's lymphoma is linked to pesticide exposure.

NL Vol. 14 # 4 pg. 10 An article entitled "Lifestyle and Parkinson's Disease" discusses how researchers from the Parkinson's Institute in California have shown that in most people suffering from this disease it is the environment and not genetics that is most likely to blame.

NL Vol. 13 # 1 pg. 4, Dear Charlotte... Daily Telegraph article (London, Sept. 1997), and pg. 8 Pesticide

Poisoning: The Facts of Life, pg. 10 The effects of Pesticides on Soil and Plant Growth.
NL Vol. 5 # 2 pg. 9, S.659 Act Amendments of 1988.
NL Vol. 5 # 1 pg. 10, How big is the problem?
NL Vol. 5 # 1 pg. 12, Chemicals, pg. 15, pg. 25 What you can do, and pg. 30 Nutriclean.
NL # 24 & 25 pg. 1 and 5.
NL # 20/21 Jul/Oct/87 pg. 1. EPA Can't afford to ban carcinogenic pesticides, by Janet S. Hatheway, Senior Project Attorney, natural Resources Defense Council, Washington, D.C.
NL # 20/21 Jul/Oct/87 pg. 5. Researcher Ties Pesticide to Town's Cancer Cluster. The United Press International Wire Service reported Tuesday, December 1, 1987 from McFarland, California, that a public health researcher there resigned rather than issue McFarland a clean bill of health after a cancer study.

PETERS, JOHN

NL Vol. 13 # 3 pg. 1, The Story of John Peters: Recovered Lung Cancer Patient, non- small cell.

PETRAS, STELLA

NL Vol. 17 # 2 Mar/Apr/02 pg. 5. Stella Petras's story: How Stella Got Her Groove Back. I was diagnosed with hepatocellular carcinoma, or liver cancer. "Enjoy your summer!" the doctor said as he bid me farewell after informing me of my diagnosis.

PETS, A FOOTNOTE ON

NL Vol. 12 # 3 pg. 9, Pottingers Nutrition Foundation Newsletter, Don't feed junk to your pet because may cause cancer-maybe children now should come with package inserts.

PHARMACEUTICAL COMPANIES

NL Vol. 23 # 5 Sep/Oct/08 pg. 6. a Horrifying ad. Would you buy this product? Arimidex. Same page: Allopathic Medicine's Real Goal: "The great aim of modern cancer treatment is not necessarily to cure patients but to allow people to die with their tumors and not because of them". Page 9: Big Pharma attacks children, Statin drugs pushed for eight-year-olds.
NL Vol. 23 # 4 Jul/Aug/08 pg. 1. On May 9, 2007, the San Diego Union Tribune article a group of six doctors received \$2.7 million from Amgen for prescribing \$9 million worth of the company's drugs last year (2006).
NL Vol. 20 # 5 Sep/Oct/2006 pg. 6, Companies increasingly rely on doctors, by Scott Hensley and Barbara Martinez, The Wall Street Journal Staff Reporters July 15, 2005 New York.

PHARMACEUTICAL PSYCHIATRIST

NL Vol. 25 # 3 May/June/10 pg. 8. Joseph Biederman's Comeuppance, by Jenny Thompson, www.TimelessTouch.us 4000% increase in the number of children diagnosed as bipolar over the decade that Biederman and colleagues expanded the concept of the disorder and a huge jump in the use of powerful (and potentially dangerous) antipsychotic medications for very young children.

PLACEBOS: ACCEPT NO SUBSTITUTES

NL Vol. 21 # 4 Jul/Aug/06 pg. 7. Work better and less dangerous than pharmaceuticals. By Darrel Crain, D.C.

PLANT THE SEED

NL Vol. 26 # 1 Jan/Feb/11 pg. 4. As coaching and Training Specialist, I am asked often by people to contact one of their friends or family members.

PHOTOGRAPHER NEIL MONTANUS

NL Vol. 22 # 4 Jul/Aug/07 pg. 3. Photos from Charlotte Gerson's 85th Birthday/Life Dedication Celebration. Special thanks to Neil Montanus®, retired professional Eastman Kodak photographer for volunteering his talents. To order an album at montanus@rochester.rr.com or 119 Shoreway Dr, Rochester, NY 14612.

POEM

NL Vol. 13 # 1 pg. 5, Hearbeat – Drumbeat by Anita Wilson.

POTASSIUM

NL Vol. 13 # 6 Nov/Dec/98 pg. 1, In your day keeps the doctor away, Gerson's methods confirmed again!
NL Vol. 11 # 3 pg. 5, The Enzyme Catalyst (Activator)

POWERS, JR., TOM

NL Vol. 13 # 2 Mar/Apr/98 pg. 7, Recovered Melanoma patient.

PFEIFFER, PH. D., M.D., CARL C.

NL Vol. 14 # 5 Sep/Oct/99 pg.4, Where Do We Get Our Proteins? Book Mental and Elemental Nutrients.

PFIZER FINED RECORD \$2.3 BILLION FOR CRIMINAL BEHAVIOR; NO ONE JAILED

NL Vol. 24 # 6 Nov/Dec/09 pg. 8. Pfizer fined record \$2,3 Billion for criminal behavior; No one jailed, from The Public Citizen, Sept. 2, 2009.

PHYSICIAN'S LIFE SPAN

NL Vol. 10 # 5 Sep/Oct/95 pg. 4 source Dr. Joel D. Wallach, BS, DVM, ND of Bonita CA. by collecting Obituaries of MDs from JAMA issues.

PHYSICIANS TRAINING

NL Vol. 14 # 3 pg. 3, Our Four Successful Year! Held at Hanalei Hotel Feb. 21-28, 1999.

NL Vol. 11 # 6 pg. 8, Second Practitioner's Training Program February 2-8, 1997

NL Vol. 11 # 5 pg. 7, First Gerson Physician Training draws International Group.

NL Vol. 11 # 1 pg. 4 First Formal Gerson Therapy Physician Training to debut in July 8 through 13, 1996 in San Diego, CA.

PHYTOCHEMICALS

NL Vol. 13 # 6 Nov/Dec/98 pg. 6, Conventional medicine discovers the obvious in Phytochemicals.

PICTURES OF THE NEW GERSON HEALING CENTER

NL Vol. 12 # 1 Jan/Feb/97 pg. 6, By Jim Snyder.

PLANNED GIVING PROGRAM

NL Vol. 21 # 1 Jan/Feb/06 pg. 3. Have you ever thought of including the Gerson Institute in your estate plan?, by Diane Ake

PLASTIC WRAP AND MICROWAVE OVENS

NL Vol. 18 # 6 Nov/Dec/03 pg. 7. Microwave Savvy. As a seventh grade student, Claire Nelson learned that di (ethylhexyl) adepate(DEHA), considered a carcinogen, is found in plastic wrap. She also learned that the FDA had never studied the effect of microware cooking on plastic-wrapped food.

PLEASE CONSIDER A GIFT TO THE INSTITUTE

NL Vol. 20 # 6 Nov/Dec/2006 pg. 1. Annual appeal by Howard Straus.

POISON

NL Vol. 13 # 2 Mar/Apr/98 pg. 10, Top Medical Journal Gives Apology to Readers.

POLARIZING TREATMENT

NL Vol. 14 # 3 May/June/99 pg. 8, clipping from Bucks County Courier about heart specialist, Dr. Demetrio Sodi-Pallares, who developed a therapy similar to the Gerson Therapy and who also attended the 100th anniversary of Dr. Gerson's birth in 1981, at the San Diego Convention.

NL # 1 June/84 pg. 1. Polarizing treatment. A new rationale for the antineoplastic effects of polarizing treatments. The ability of low sodium, high potassium vegetarian diets to inhibit tumor growth and enhance host defenses.

POLITICAL CORRECTNESS

NL Vol. 11 # 4 Jul/Aug.96 pg. 10, Attitudes Change New York Times June 17/18/96 On Fringes of Health Care, Untested Therapies Thrive, by Gin

POLLUTANTS CHARGED IN FORTY PERCENT OF DEATHS

NL Vol. 14 # 1 Jan/Feb/99 pg. 9, Related deaths worldwide can be attributed to chemical pollutants and other man -made environmental factors.

POOR RESEARCH, BAD SCIENCE

NL Vol. 17 # 2 Mar/Apr/02 pg. 1. Some recent scientific medical studies. A study published in the prestigious New England Journal of Medicine. The news item stated that according to the

study, aspirin is just as effective as the expensive Coumadin, an anti-blood-clotting medication. Side effects of Coumadin from the Physicians Desk Reference Guide: "hemorrhage in any tissue or organ, necrosis and/or gangrene of skin and other tissues"

POTASSIUM NL Vol. 13 # 6 Nov/Dec/98 pg. 10, Potassium Helps Fight Teen Hypertension.
NL Vol. 11 # 3 May/Jun/96 pg. 5, The Enzyme Catalyst (Activator). One of Dr. Gerson's theories, the tremendous importance of the potassium ion (K) for the proper function of the cells, was proven five years after his death. In 1964, Malcolm Dixon and Edwin C. Webb published the book Enzymes (Academic Press, Inc. New York, 1964 2nd Edition).
NL # 11 PG. 5 Elevated Intracellular sodium and decreased potassium in soil.

POTATOES NL Vol. 9 # 2 Jul/Aug/94 pg. 3 They are high in protein, potassium and even cooked, in Vitamin C.

POTTENGER, JR., MD, FRANCIS

NL Vol. 14 # 5 Sep/Oct/99 pg. 4, Francis M Pottenger, Jr., M.D. in his book titled Pottengers Cats, A study in Nutrition, covers another disadvantage of meat eating.

PRACTITIONERS TRAINING:

NL Vol. 19 # 4 Jul/Aug/04 pg. 6. 2004 Practitioners' Training Session held at Big Bear Lake. At Dr. Don Stillings, DC Gerson oriented resort called the Whole Life Learning Center.
NL Vol. 14 # 3 May/Jun/99 pg. 3, Our Four Successful Year! Held at Hanalei Hotel Feb. 21-28, 1999.
NL Vol. 13 # 6 pg. 10, (fourth) Next Phase I Practitioner Training- January, 1999. Web-site at: www.gerson.org/practitioner_training
NL Vol. 13 # 3 pg. 1, Third training program takes place in Sedona, March 1st-7th, 1998. (Second training February 2-8, 1997, first July 1996)
NL Vol. 25 # 4 pg. 1, Gerson Practitioner's Training inspires global interest.

PREDNISONE NL Vol. 11 # 1 Jan/Feb/96 pg. 10 Recurrence. The cancer is gone... keep it that way.

PRE-SCHOOL PUBERTY

NL Vol. 22 # 6 Nov/Dec/07 pg. 1. Chemical Soup Results in Pre-school Puberty. Dr. Mercola's health-oriented website quotes "Pre-scholl puberty, and a Seach for the causes" a New York Times article of Oct. 17, 2006 by Darshak M. Sanghavi.

PRESCRIPTION DRUG USE

NL Vol. 10 # 5 Sep/Oct/95 pg. 7, Can have severe organ damage.

PRESCRIPTIONS FOR MASS MURDER

NL Vol. 19 # 6 Nov/Dec/04 pg. 4, In the early day of October, 2004, the widely distributed drug VIOXX was suddenly withdrawn from the market. It is a dangerous material and has caused thousands of deaths from "sudden heart attacks", kidney damage and other serous illness.

PREVENTING A RECURRENCE

A Cancer Therapy, Chapter IX, pg. 62
NL Vol. 11 # 1 Jan/Feb/96 pg. 10 Recurrence. The cancer is gone... now keep it that way!
(Protect yourself. Maintenance program)

PRICE POTTENGER NUTRITION FOUNDATION

NL Vol. 12 # 3 May/Jun/97 pg. 9, A Footnote on Pets.

PRICES SOAR FOR CANCER DRUGS

NL Vol. 21 # 5 Sep/Oct/06 pg. 8. Slight increase in survival, vast increase in cost. Spiraling prices for new cancer therapies – up to \$10,000.00 a month for a single drug – are causing alarm among patients and insurance companies.

PRINCE CHARLES

NL Vol. 21 # 1 Jan/Feb/06 pg. 1. On June 24, 2004, Prince Charles made a speech to the Royal College of Obstetricians and Gynecologists, in which he mentioned the Gerson Therapy favorably.

PROGESTERONE

NL Vol. 11 # 3 May/Jun/96 pg. 8, A protective Herbal Hormone.. Is estrogen causing the problems
It is supposed to prevent?

PROSTATE TEST SAVES FEW LIVES, TESTS SHOW

NL Vol. 24 # 3 May/Jun/09 pg. 8. This material was taken from the New York Times News Service

PROTEIN

NL Vol. 20 # 2 Mar/Apr/05 pg. 8 Dr. T. Colin Campbell along with very extensive studies on the damage done by animal proteins, reports a dialogue taking place between Glaucon and Socrates some 2,500 years ago.

NL Vol. 16 # 3 May/Jun/01 pg. 6 (Continuing series). Why you can't heal on a high-protein diet. We have discovered that protein restriction in patients with auto-immune disease often leads to remission of that disease. How much can a high protein diet be blamed for the rising incidence in chronic disease? By Kathryn Alexander.

NL Vol. 16 # 2 Mar/Apr/01 pg. 1, Protein and Healing. Why you can't heal on a high-protein diet. On a high protein, high fat diet the body produces vast amounts of acids which are cleared in the urine (placing a great strain on the liver and kidneys).

NL Vol. 14 # 5 pg. 4, Where Do We Get Our Proteins?

NL Vol. 12 # 5 pg. 1, Does Animal Protein Confer Strength?

NL Vol. 11 # 3 May/Jun/96 pg. 1, New Study Shows benefits of Protein restriction.

NL Vol. 9 # 2 Jul/Aug/94 pg. 8. Diana Sals recovered from recurrent breast cancer. Can we get enough protein on a totally vegetarian diet?

NL Vol. 9 # 1 May/Jun/94 pg. 8, Book A Cancer Therapy pg. 235.

NL # 8 pg. 1, Protein-Calorie restriction in Therapeutic Nutrition.

NL Vol. 25 #5 Sept/Oct 2010 pg 7. Henrietta Butler answers the common question "where will I get my protein?" and explains why proteins are excluded from the Gerson diet

PSYCHE- EXPLORING, THE CANCER PATIENT'S

NL Vol. 15 # 5 Sep./Oct., 2000, pg. 1. By Charlotte Gerson.

PUBLICATION REVISION PROJECT YIELDS TWO NEW BOOKS

NL Vol. 12 # 1 pg. 8, Healing Cancer and Other Degenerative Diseases with the Gerson Therapy and the Original Edition of A Cancer Therapy.

PUS CELLS IN MILK

NL Vol. 22 # 4 Jul/Aug/07 pg. 7. Are the cows really happy? Pus cells in milk. What is the USDA thinking? Would you feed your child milk if you knew that a glass contained 500 pus cells?

PSYCHO SOCIAL INTERVENTION

NL Vol. 7 # 3+4, pg. 11, Will changing your mind help you heal? Pg. 14 Maticek and me

QUESTIONS & ANSWERS

NL Vol. 15 # 2 Mar/Apr/00 pg. 6, Coffee enemas, Colostrum. Pg. 8 Effect of Coffee Enemas, Salt deprivation, Potassium, Candida.

NL Vol. 10 # 6 Nov/Dec/95 pg. 3 & 11.

NL Vol. 9 # 2 Jul/Aug/94 pg. 1. Why not steam vegetables? What about using Brewer's Yeast on oats and salads? What about using B-complex supplement to keep the B-vitamins in balance?

QUESTIONS & CONCERNS

NL Vol. 15 # 4 July/Aug., 2000, pg. 8, Clarifying some confusion, Forbidden Foods, How to prepare gruel, pest control and sun light.

RADIATION

NL Vol. 25 # 3 May/June/10 pg. 6 The cancer risk from CT Scans, by Joseph Mercola. PG. 5 The Dangers of Mammograms by Ben Johnson, MD., DO, NMD and Kathleen Barnes.

NL Vol. 24 # 3 May/Jun/09 pg. 7. Important bits and pieces. Patient's exposure to radiation by medical imaging procedures.

RADIO SHOW WITH CHARLOTTE GERSON

NL Vol. 22 # 4 Jul/Aug/07 pg 2. Charlotte Gerson on Radio. Call (310) 457-0130 11:00 A.M. to noon Pacific Time, First Saturday of every month. Next show July 7, 2007 on 1340 am Air America

Radio, Santa Barbara, CA at <http://www.live365.com/stations/invisiblegardener?site=pro>. Andy Lopez

RAW FOOD NL Vol. 16 # 5 pg. 3, Sep/Oct/2001. By Dr. Walter J. Urban, Ph. D. Do you need a triple by-pass to happen to you or a family member before you face the consequences of an improper lifestyle?

RDA- RECOMMENDED DIETARY ALLOWANCES

NL Vol. 5 # 1 pg. 5 Nutrition labeling is Bad for your health.

REASERCHER TIES PESTICIDE TO TOWN'S CANCER CLUSTER

NL # 20/21 Jul/Oct/87 pg. 5. Researcher Ties Pesticide to Town's Cancer Cluster. The United Press International Wire Service reported Tuesday, December 1, 1987 from McFarland, California, that a public health researcher there resigned rather than issue McFarland a clean bill of health after a cancer study.

RECIPES

NL Vol. 24 # 6 Nov/Dec/09 pg. 6. Pumpkin Pudding Pie, Pie crust.

NL Vol. 24 # 4 Jul/Aug/09 pg. 9. Recipes from Rosita's kitchen in Italy. Angela's Eggplant, Mamma's Peppers, Alessandro's Au Gratin and more.

NL Vol. 23 # 5 Sep/Oct/08 pg. 9. Sweet Brown Rice Stuffed Red Bell Peppers with Tangy Yogurt Sauce, Chef of Special Events, Susan Duniphin.

NL Vol. 18 # 3 May/June/03 pg. 5. Recipe: Gerson Cookies by head Chef Marisol.

NL Vol. 18 # 2 Mar/April/03 pg 5. Baja Nutri Care recipe by head Chef Marisol: Spaghetti Squash.

NL Vol. 18 # 1 pg.4, Jan/Feb/03. Delicious Gerson Recipes for the New Year! Apple Oatmeal Muffins, Potato Eggplant Sto' Furno, Twice-Baked Garlic Carrot Potatoes, Beautiful Italian Salad, Cabbage with Peas, Broccoli Cauliflower Salad, Huge Hash Brown.

NL Vol. 17 # 6 Nov/Dec/02. pg 5 Gerson Holiday Recipes. Pumpkin Pudding Pie, Mexican Eggplant, Holiday Stuffed Beets, Pie Crust.

NL Vol. 16 # 6 pg. 9. Nov/Dec/2001. Holiday Recipes a la Gerson. Tomato Mint Soup, Apple-Sweet Bread Pudding, Fruity Winter Salad, Festive Broccoli.

NL Vol. 15 # 6 pg. 7, Nov/Dec/2000, Holiday Recipes a la Gerson. Cherry Tomatoes and Cottage Cheese Starter, Pumpkin and Apple Soup, Mixed Roast Root Vegetables, Fancy Garlic Potatoes, Fresh Fruit Salad and Gerson Christmas Cake. From Gerson Support Group in England.

NL Vol. 15 # 3 pg. 9, Ways with herbs, reprinted with permission front he U.K. Gerson Support Group, Cilantro Salsa, Cottage Cheese with Herbs, Cherry Tomatoes and Garlic Starter, Herbal Steam Inhalation.

NL Vol. 14 # 6 pg. 6, Healthy Holiday Recipes, Babagnoush, Potato Soup, Sourdough Potato Rye Bread, Red and Green Salad w/spinach Dressing, Spinach Dressing, Veggie Stroganoff, Apple-Sweet Potato Pudding, Apricot and Apple Crumble.

NL Vol. 13 # 6 pg. 9, Health Holiday Recipes, Sweet Rice, French Fries and Ketchup, Steamed Broccoli, Stuffed Chard Rolls, Eggplant Roulades

NL Vol. 12 # 6 pg. 9, Healthy Holiday Recipes, Sourdough Squash Rye Bread, Stir steam Snow Peas Medley, Orange Dill Vinaigrette.

NL Vol. 11 # 6 pg. 6, Healthy Holiday Feasting, by Charlotte Gerson and the British Gerson Support Group, Holiday Menu for Four.

NL Vol. 11 # 5 pg. 5, Houston Support Group, Acorn Squash Pico, a Gerson BLT (Bread Lettuce and tomato) sandwich.

NL Vol. 10 # 6 pg. 5, Healthful and Delicious Holiday Feasting from Yvonne's Kitchen. Stuffed holiday Squash, Parsley Yogurt Sauce, Festive Broccoli & Apple Tart

NL Vol. 9 # 4 pg. 7, Nov/Dec/1994. Healthy Holiday Feasting. Sweet Potato Stuffed Oranges, Brown and Wild Rice with Italian Tomato Sauce, Squash with Apples Garlic and Raisins dessert, Glazed Pear Halves.

NL Vol. 9 # 1 pg. 4, May/Jun/1994. Squash From Marilyn's Kitchen.

NL # 4 Dec/Nov/84 pg. 7, Holiday Menu from Yvonne's Kitchen. Stuffed Squash, Apricot Sauce, Golden Gravy; Glazed Beets, Apple Streusel Pie. Essene Bread Crust.

RECOVERED PATIENTS

NL Vol. 24 # 6 Nov/Dec/09 pg. 9. Recoveries from "Auto-Immune" Disease, George Smalley – Chronic fatigue. Clifford Sherrell –Psoriasis, Elwood Goodier –Osteromyelitis, endocarditis.

- NL Vol. 23 # 1 Jan/Feb/08 pg. 5 Betsy Heilman's Story. Recovery from ovarian cancer.
- NL Vol. 22 # 3 Nov/Dec/08 pg. 5 Susan Hacker rediscovers the power of the Gerson Therapy.
- NL Vol. 22 # 4 Jul/Aug/07 pg. 1. An unusual cancer two year recovery. Geoffrey A. Peritoneal mucinous adenocarcinoma.
- NL Vol. 22 # 2 Mar/Apr/07 pg. 5, Steven Svastits Story of Survival, 16 year Recovery from Testicular Seminoma and Germ Cell Carcinoma. Page 6, A letter from Gina F., ten years recovered from breast cancer.
- NL Vol. 20 # 1 Jan/Feb/05 pg. 4, Becky Lasch. Recovered from, Non-Hodgkin's Lymphoma. Page 5, Irene Stenanought recovered from melanoma. Page 8, Sarita Sud, recovered from breast cancer.
- NL Vol. 19 # 6 Nov/Dec/04 pg. 3, John F. Kennedy, Beating colon cancer. At the end of the 1970s, he noted irregular rectal bleeding. The physician diagnosed colon cancer. Page 7, Ella Augenti's Amazing Story. Ella is now 88 years old, was born in Switzerland in 1916. She suffered colon cancer, Grave's disease, hypoglycemia, glaucoma and a concussion.
- NL Vol. 19 # 6 Nov/Dec/04 pg. 1, In 1980, Mary Westerfield, aged 25, suffered from night sweats – then found a lump in her neck rear her collar bone, it was found to be Hodgkin's Lymphoma.
- NL Vol. 19 # 5 Sep/Oct/04 pg. 9. Frank Gill - An Update. He was suffering from liver cirrhosis, acid reflux and gastric ulcers, sleep apnea, pulmonary lung disease, diabetes, high blood pressure, chronic fatigue and depression. After 17 months on the Gerson Therapy, all his tests results are in normal range!
- NL Vol. 19 # 5 Sep/Oct/04 pg. 1, Jeffrey Ciriello, Recovery from chronic fatigue syndrome.
- NL Vol. 19 # 4 Jul/Aug/04 pg. 8. Joyce was diagnosed with Intraductal Carcinoma, stage 3. Her Husband visited the Gerson clinic to gather information about the therapy.
- NL Vol. 19 # 3 May/June/04 pg. 12, I found the book Results of Fifty Cases and cured myself of heart disease. Richard Mauro
- NL Vol. 19 # 3 May/June/04 pg. 1. Five years recovery from lymphoma, Ernie Viano and page 3, Alan Gorg sends an addendum about a friend with blood cancer. Page 7, "The Gerson Miracle" film shows recovered patients including Gerson Institute Director Carol Beard, Suzanne Brandt, Dr. Gerson's granddaughter, Pat Ainey, Paul Scelsi, Debbi Wagner, 12-year-old Stephanie.
- NL Vol. 19 # 2 Mar/Apr/04 pg. 9. Do-it-yourself cancer control. Alan Gorg. Recovered from Ocular melanoma.
- NL Vol. 19 # 1 Jan/Feb/04 pg. 8. Another success story, Ned Wright – Seminoma.
- NL Vol. 18 # 5 Sep/Oct/03 pg. 4. Letter from a cured patient. Gaelle Olson writes from Australia. I have regularly received the Gerson Newsletter over the past two years, since my diagnosis of colon cancer in November, 2000. I have been on the Gerson Therapy since March 2001 after meeting a woman on the beach in Bowen, North Queensland, I have gained tremendous inspiration from her.
- NL Vol. 17 # 1 pg. 7. Jan/Feb/2002. Marilyn Barnes-Bloom, recovered from melanoma.
- NL Vol. 15 # 5 Sep./Oct/, 2000, pg. 4 Some Recovered Patient's Stories, Paul Scelci, Prostate cancer, Georgia McCormic, melanoma, and Susan Adams, Rheumatoid Arthritis.
- NL Vol. 13 # 5 pg. 3, Barbara Conklin, her story, recovered from ovarian cancer, Madelyn Handlong, her story, recovered from uterine cancer, Convention attendee Jean Multiple Sclerosis, L. Jerry Kenow, Jr., localized scleroderma.
- NL Vol. 12 # 1 pg. 10, Preparation for assembly and publication of outcomes statistics, 7000 records. Photographs and videos.
- NL Vol. 11 # 3 pg. 7, New faces Needed, Did you recover from a degenerative disease on the Gerson Therapy?, pg. 10, Doing the Gerson Therapy on your own?

RECOVERING FROM COLON CANCER

- NL Vol. 24 # 5 Sep/Oct/09 pg. 5. Two years after refusing chemo and radiation. Recovering from colon cancer, Walter P.

RECOVERY FROM BOWEL CANCER

- NL Vol. 22 # 3 Nov/Dec/08 pg. 7. Kim Cuddeback's recovery from bowel cancer.

RECOVERING FROM PROSTATE CANCER

- NL Vol. 22 # 5 Sep/Oct/07 pg. 4. A happy note from Bill Nasby.

RECOVERING FROM STAGE 4 OVARIAN CANCER

NL Vol. 24 # 4 Jul/Aug/09 pg. 1 Karen Miller.

RECOVERY AGAINST ALL ODDS

NL Vol. 21 # 2 Mar/Apr/06 pg. 1. Michele Klimek: Breast Cancer.

RECOVERY FROM COLON CANCER

NL Vol. 21 # 5 Sep/Oct/06 pg. 6. Don and Mieke McQueen wrote the story of his recovery from colon cancer.

RECOVERY FROM MELANOMA

NL Vol. 18 # 6, Nov/Dec/03, pg. 1. Patient Story: Rocky Adams.

RECURRING DONATIONS

NL Vol. 24 # 3 May/Jun/09 pg. 9 Having ongoing donations helps the Gerson Institute.

RECYCLING

NL Vol. 23 # 5 Sep/Oct/08 pg. 3. Shades of Green by guest columnist Silvana Procopio, Client Services.

RED CABBAGE FOUND TO CONTAIN 36 SUBSTANCES WITH ANTI-CANCER PROPERTIES

NL Vol. 26 # 6 Nov/Dec/11, pg. 7. Dr. Gerson was a pioneer and visionary in nutrition and using food to treat illness. Modern studies keep uncovering the reasons and mechanisms for the healing properties.

REFLECTIONS ON HEALTH

NL Vol. 23 # 6 Nov/Dec/08 pg. 5. Health is a creative process requiring keen insight and disciplined Actions, by Sarto Schickel.

RELOCATION FUND UPDATE

NL Vol. 16 # 5 pg. 7, Sep/Oct/2001. Generous contributions of over \$12,000.00 made a significant difference in our moving costs.

NL Vol. 16 # 4 pg. 10, goal \$30,000.00, update, received \$11,284.00 (July/2001)

NL Vol. 16 # 3 pg. 10, We're off to a Great Start! So far we have raised \$7,515. Thanks again For helping us help those in need of the Gerson Therapy.

NL Vol. 16 # 2 pg. 10, In July this year (2001) the lease will expire on the office space currently occupied by the Gerson Institute.

REMEMBERING SHIRLEY TICE

NL Vol. 24 # 4 Jul/Aug/09 pg. 3. We are saddened to inform our members that Shirley Tice passed away at age 71 on May 22, 2009.

REMISSION

NL Vol. 18 # 4 Jul/Aug/03 pg. 6. The Drug Scene- An Update. The way that physicians define "complete remission" may be very different from what you understand it to be.

REMOVAL OF BREAST FOR CANCER PREVENTION!

NL Vol. 13 # 1 pg. 7, The AGenetic Predisposition≡ theory. (From an article in The Choice Summer 1997, by Michael L. Culbert, DSc.)

REPORTS OF "MAD ELK" DISEASE; USDA BURIES HEAD IN SAND

NL Vol. 19 # 3, May/Jun/04, pg. 9. The disease also affects animals in the wild, notable elks.

REPORTS OF THE GERSON THERAPY'S EXTRAORDINARY RESULTS

NL Vol. 25 # 6 Nov/Dec/10 pg. 1 Ai Jiang was diagnosed with colon cancer, refused chemotherapy and surgery. Started Gerson Therapy at the Mexican clinic in March 9,2010. Well after her return from Mexico, she developed a fever and four days later she passed some type of tissue. Dead tumors!

RESOLVING MENSTRUAL PAIN

NL Vol. 25 # 1 Jan/Feb/10 pg. 6. Letter from Italy, by Margaret Straus. Resolving menstrual pain excluding salt and increasing consumption of fresh raw fruits and vegetables.

RESOURCE DEVELOPMENT SPECIALIST

NL Vol. 20 #3 May/June/05 pg. 3, Diane Ake joined the Gerson Institute staff on May 4, 2005

as a Resource Development Specialist.

RESOURCES FOR GERSON THERAPY

NL Vol. 23 # 3 May/Jun/08 pg. 3. Useful Gerson Therapy Resources. Direct Labs: www.directlabs.com ,
YAHOO GERSON THERAPY SUPPORT GROUP www.health.goups.yahoo.com/group/gersontherapy
Low cost MRI's and CAT scans 888-380-6337 requires referral from MD, or DO, DPM, DC or
DDS.

REUNITED! NL Vol. 17 # 3 May/June/02, pg. 1 The Gerson Institute and Drs. Melendez and Bravo will be
working together again. May 1, 2002 the Gerson Institute will initiate a license agreement with a
clinic owned and operated by Dr. Alicia Melendez and Dr. Luz Maria Bravo. The Baja Nutri Care
facility located in the Playas area of Tijuana.

RICE MILK NL Vol. 15 # 6 pg. 3, Nov/Dec/2000, Some Tidbits of Importance. This is not a watered rice
extract. It contains salt and oil!

RISE OF THE SUPER-BUGS

NL Vol. 22 # 2 Mar/Apr/07 pg. 6, Drug-Resistant Bacteria article by Lisa Finneran "According to the
Centers for Disease Control and Prevention, 90,000 people die from these types of infections
every year".

RITALIN NL Vol. 20 #3 pg. 4, The use of Ritalin has vastly increased, and millions of American Children are on this
dangerous and addictive drug.
NL Vol. 18 # 5 Sep/Oct/03 pg. 5. mental illness: A Fallacy? Keep your children safe from legal
drug pushers. By Howard Straus. There is a huge industry built around "mental illness", including
hospitals, pharmaceutical treatments, pharmacological psychiatrists, counselors and much more.
Ritalin is so damaging that the United States military will not accept a recruit who has had a
history of Ritalin use, yet we give it to our two-year-olds!
NL Vol. 16 # 1 pg. 9, Class Action Suit Against the Makers of Ritalin. The law firm of Waters & Kraus files
a class action suit in Texas against Ciba Geigy Corp. USA, Novartis Pharmaceuticals Corp.
Children & Adults with Attention-Deficit Hyperactivity Disorder (CHADD), and the American
Psychiatric Assoc. (APA). The suit alleges fraud and conspiracy.
NL Vol. 15 # 3 pg.1, Ritalin. Overuse and dangers for hyperactive children.
NL Vol. 12 # 3 pg. 9, Juvenile Hyperactivity. Ritalin, The Drugging of American Children.

ROBBINS, JOHN

NL Vol. 14 # 5 pg. 4, Where Do We Get Our Proteins?
NL Vol. 12 # 3 pg. 5, Milk Ads and Osteoporosis. Author of book *Diet for a New America*.

RUNNING FOR REAL HEALING

NL Vol. 26 # 6 Nov/Dec/11, pg. 7. Spreading Dr. Gerson's message one mile at a time. On Saturday,
September 10, 2011, a ten-member Gerson team ran in a half-marathon race to help spread Dr.
Gerson's message of hope and healing.

ROOT CANAL NL Vol. 24 # 6 Nov/Dec/09 pg. 7. Entire Cayton Family benefits from root canal removal.
NL Vol. 17 # 4 Jul/Aug/02pg. 9, Jul/Aug/02. Gerson Therapy Protocol Position Statements: Dental Issues,
Based on the information available, it is the opinion of the Gerson Institute that patients intending
to do the full Gerson Therapy for serious health purposes remove all root canal teeth
immediately, or as soon as possible after they begin the therapy.
NL Vol. 15 # 1 pg. 7, Notes from Charlotte, Root Canals Removed, reports from patients.
NL Vol. 14 # 5 pg. 6, Cavitations: More than just another hole in your head, by Susan DeSimone
Pg. 8, Cora Cayton, breast cancer & root canals, by Charlotte Gerson.
NL Vol. 11 # 2 pg. 7, A reader takes action on root canals.
NL Vol. 11 # 1 pg. 1, Root Canal Cover Up, are your teeth killing you? Book Root Canal
Cover up by Dr. George E. Meinig D.D.S., F.A.C.D.

RUTGERS UNIVERSITY COMPARES ORGANIC AND CONVENTIONAL PRODUCE

NL Vol. 15 # 2 pg. 9, Researcher at Rutgers University intrigued by the emphatic claim that organic is
better, decided to shop around for some answers.

RUTGERS UNIVERSITY STUDY CORRECTION

NL Vol. 15 # 3 pg. 6, In the March/April 2000 issue of the Gerson Healing Newsletter we published an article with an incomplete chart.

"SAFE" FOOD PROCESSING?

NL # 2 pg. 4, Article on food preservation by radiation.

SALT

NL Vol. 24 # 4 Jul/Aug/09 pg. 6. City confers with restaurants, food manufacturers. New York takes lead in setting salt limits.

NL Vol. 23 # 3 May/Jun/08 pg. 5. The FDA considering drastic move. Salt may be removed from GRAS (generally recognized as safe) list.

NL Vol. 9 # 4 Nov/Dec/94 pg. 1. Salt Poisoning was the title of a videotaped study presented a number of years ago by the University of Tennessee. The report was mainly concerned with the relationship between salt consumption and its effect on blood pressure.

NL 11 Jan/Feb/1986 pg. 4. The Center for Science in the Public Interest, a Washington D.C. based consumer advocacy group, recently surveyed 100 packaged foods to review the effect of the FDA's program to reduce sodium levels. Pg. 5, Elevated Intracellular sodium and decreased Intracellular potassium tied to sodium/potassium ratio of soil and drinking water and to high regional cancer rates in US.

NL Vol. 9 # 4 Nov/Dec/94 pg. 1. Salt Poisoning was the title of a videotaped study presented a number of years ago by the University of Tennessee.

SAN DIEGO COUNCIL MEETS ON WATER FLUORIDATION

NL Vol. 23 # 4 Jul/Aug/08 pg. 6. In order to push fluoridation, in almost every case, the powerful pro-fluoridation interests make serious preparations to assure the favorable vote of the council.

SAUL, Ph.D., ANDREW

NL Vol. 23 # 1 Jan/Feb/08 pg. 6. Book review, from the Journal of Orthomolecular Medicine, Dec. 15, 2007, by Andrew Saul, Ph.D. Assistant Editor, Healing the Gerson Way: Defeating Cancer and Other Degenerative Diseases.

SCHICKLE, SARTO

NL Vol. 23 # 6 Nov/Dec/08 pg. 5. Health is a creative process requiring keen insight and disciplined Actions, by Sarto Schickel. He is nephew of Bill Schickel, the renowned Midwestern church architect, stained glass artist and painter, who was Dr. Gerson's patient well over 50 years ago, and they are doing very well.

SCHICKLE, WILLIAM

NL Vol. 16 # pg. 4, Nov/Dec/01. Case # 18 in A Cancer Therapy. Recovered from retroperitoneal lymphoma.

NL Vol. 7 # 3&4 pg. 9, Short note; Where are they now? Recovered from lymphoma.

SCHWEITZER, ALBERT, LETTER TO FROM DR. MAX GERSON

NL # 3 pg. 7.

SEARCH THE WEB, HELP THE INSTITUTE, FOR FREE!

NL Vol. 21 # 3 May/Jun/06 pg. 3. What if every time you searched the Internet, money went to the Gerson Institute?. By Diane Ake.

SECRET STUDY INTO GM FOODS – REVEALED

NL Vol. 20 # 6 Nov/Dec/2006 pg. 4 by Geoffrey Lean, Environment Editor of the Independent. A respected British Sunday paper of May 22, 2005 revealed a secret study done by the food giant Monsanto on genetically modified corn.

SEDONA, AZ

NL Vol. 13 # 3 pg. 10, Farewell Sedona, Gerson Wellness Center Closes (4/24/98)

NL Vol. 12 # 1pg. 2, A little about Sedona.

SEEDS OF DISCONTENT

NL Vol. 14 # 1 pg. 1, Genetically Engineered Foods and Consumer Right-to Know, by Aisha Ikramuddin, reprinted from the Green Guide # 60, October 1998.

SELF-SERVING CRITICISMS

NL Vol. 22 # 5 Sep/Oct/07 pg. 7. We answer the critics'. We recognize immediately as disinformation from the ACS, NCI, AMA, Big Pharma and the flacks who carry their messages.

SEQUEL TO THE GERSON MIRACLE

NL Vol. 21 # 2 Mar/Apr/06 pg. 7. Kroschel working on new Gerson documentary: Dying to have known.

SERIALIZATION OF DOCTOR MAX:

NL Vol. 13 # 3 pg. 8, Italian newspaper inspired to re-print novel by Giuliano Dego.

SETTING EXAMPLES:

NL Vol. 13 # 4 pg. 6, San Francisco proposes five year plan for revolutionary environment reform.

SHADES OF GREEN

NL Vol. 23 # 5 Sep/Oct/08 pg. 3. Recycling , opting out junk mail , composting etc. by guest columnist Silvana Procopio, Client Services

SHARLENE TRUMP, METASTASIZED BREAST CANCER

NL Vol. 23 # 5 Sep/Oct/08 pg. 4. 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.

SHAYE RAMONT'S REMARKABLE STORY

NL Vol. 24 # 3 May/Jun/09 pg. 1. Shaye Ramont's remarkable story. Recovered from colon, rectal and biliary, pancreatic cancer.

SHEDDING LIGHT ON GENETICALLY ENGINEERED FOOD

NL Vol. 23 # 6 Nov/Dec/08 pg. 4 The Gerson Institute has copies of the stunning, award-winning expose Shedding Light on Genetically Engineered Food by Beth Harrison, Ph.D. \$15.95 + S&H.

NL Vol. 23 # 1 Jan/Feb/08 pg. 3. Along the lines of books, former employee Beth Harrison of the former Gerson Healing Center in Sedona, AZ, has released her book Shedding light on Genetically Modified Food.

SHUFORD, CARLA

NL Vol. 13 # 4 pg. 5, Carla's Story (Dr. Gerson's patient) an osteogenic sarcoma bone cancer survivor

SILENT ENEMY

NL Vol. 25 # 4 Jul/Aug/10 pg 8. Faye Hueston's memoir of healing her environmental illness with the Gerson Therapy, now available in the Gerson bookstore.

NL Vol. 25 # 4 Jul/Aug/10 pg 8. Review by Howard Straus.

SILVER-MERCURY AMALGAM FILLINGS

NL Vol. 11 # 1 pg 1 Root Canal Cover Up, are your teeth killing you? Book by Dr. George E. Meinig, D.D.S., F.A.C.D.

SINCLAIR, DR. ALLISON

NL Vol. 7 # 3&4 pg. 2 Cure of lymphoma: Case history and interview with Dr. Allison Sinclair.

SINFULLY SWEET?

NL Vol. 16 # 4 pg. 4, part 3. When pushed to the wall about stevia, the FDA tends to fall back on a handful of studies that it says raise legitimate concerns about stevia's safety.

NL Vol. 16 # 3 pg. 4, Sinfully Sweet? Stevia is a natural, non-caloric sweetener that the FDA refuses to allow marketed as a food additive. The article is abridged for our newsletter purposes. By Linda and Bill Bonvie.

NL Vol. 16 # 2 pg. 5, Sinfully Sweet? Stevia (Stevia Rebaudicana Bertoni), an herb as remarkable as it is unknown in the United States. A perennial shrub of the aster family, stevia contains natural compounds- specifically, stevioside and rebaudioside A, that are estimated to be 150 to 400 times sweeter than sugar.

SINGAPORE DAY CLINIC

NL Vol. 25 # 4 Jul/Aug/10 pg 7. Singapore Day Clinic opens. Dr. Jervin Lim opens Therapeuolife Education Day Centre in Singapore.

SMITH, ND KAYLA

NL Vol. 24 # 2 Mar/Apr/09 pg. 5. by Kayla Smith, ND I recently attended a conference hosted by Scripps Center for Integrative Holistic Medicine and the American Board of Holistic medicine.

SMOKING

NL Vol. 13 # 2 pg. 3, What's So Passive About Passive Smoking? Second-hand Smoke.

NL Vol. 10 # 4 Jul/Aug/95 pg. 3. Editor's Corner by Howard Straus. Recently, tobacco has been back in the news, with its ill effects accented again and again. The more we learn about this terrible addiction, the worse it looks, yet we continue to approve it for the use of our own population, and sell it overseas, exploiting huge new markets in the emerging nations of the world.

NL Vol. 5 # 3, 1989 pg. 11. When (at least) 20,679 Doctors were buttheads. As they say in the vernacular, "please don't get me wrong". Some of best friend are physicians. But, as respected medical historian Patricia Spain Ward has observed, cigarette maker Philip Morris, Inc., was the main source of ad revenue for the Journal of the American Medical Association (JAMA) during the Morris Fishbein years. And, as Dr. Ward wrote "Exposing the mistakes of conventional medicine and the retrograde leadership that misled the profession during the more than three decades that Morris Fishbein served as JAMA editor hardly constitutes hostility to conventional medicine.

SODI-PALLARES, DR.. DEMETRIO

NL Vol. 14 # 3 pg. 8, clipping from Bucks County Courier about heart specialist who developed a therapy similar to the Gerson Therapy and who also attended the 100th anniversary of Dr. Gerson's birth at 1981 San Diego Convention.

NL # 1 June/84 pg. 1. Polarizing treatment. A new rationale for the antineoplastic effects of polarizing treatments. The ability of low sodium, high potassium vegetarian diets to inhibit tumor growth and enhance host defenses to produce cures in advanced cancer.

SODIUM

NL Vol. 24 # 4 Jul/Aug/09 pg. 6. City confers with restaurants, food manufacturers. New York takes lead in setting salt limits.

NL Vol. 23 # 3 May/Jun/08 pg. 5. The FDA considering drastic move. Salt may be removed from GRAS (generally recognized as safe) list.

NL Vol. 22 # 3 Nov/Dec/08 pg.4. Salt and Pesticides – Did you know? In Dr. Julian Whitaker's Wellness Program " Every cell in your body requires sodium, but the amount that occurs naturally in food is in most cases, all you need".

NL Vol. 9 # 4 Nov/Dec/94 pg. 1. Salt Poisoning was the title of a videotaped study presented a number of years ago by the University of Tennessee. The report was mainly concerned with the relationship between salt consumption and its effect on blood pressure.

NL # 11 Jan/Feb/1986 pg. 4. The Center for Science in the Public Interest, a Washington D.C. based consumer advocacy group, recently surveyed 100 packaged foods to review the effect of the FDA's program to reduce sodium levels. Pg. 5, Elevated Intracellular sodium and decreased Intracellular potassium tied to sodium/potassium ratio of soil and drinking water and to high regional cancer rates in US.

SOFT DRINKS NL Vol. 12 # 6 pg. 1, The Hard Truth About Soft Drinks.

SOME NOTABLE QUOTES

NL Vol. 23 # 2 Mar/Apr/08 pg. 5. "They lie like scoundrels" - Dean Burke, Ph.D., on The American Society. (Burke was employed by the National Cancer Institute for 34 years).

SOME RECENT SCIENTIFIC MEDICAL STUDIES

NL Vol. 17 # 2 Mar/Apr/02 pg. 1. Some recent scientific medical studies. A study published in the prestigious New England Journal of Medicine. The news item stated that according to the study, aspirin is just as effective as the expensive Coumadin, an anti-blood-clotting medication. Side effects of Coumadin from the Physicians Desk Reference Guide: "hemorrhage in any tissue or organ, necrosis and/or gangrene of skin and other tissues"

SOME RECOVERED PATIENT'S STORIES

NL Vol. 15 # 5 Sep./Oct., 2000, pg. 4, Paul Scelsi, Georgia McC. and Susan Adams.

SOME TIDBITS OF IMPORTANCE

NL Vol. 15 # 6 pg. 3, Nov/Dec/2000, Some Tidbits of Importance, Estrogen Replacement Therapy, Talcum Powder, Toilet Paper, Fabric Softeners, Moth Balls, Banana Chips, Rice Milk and Green Tea.

SO MUCH HEALING TO DO...

NL Vol. 12 # 4 Jul/Aug/97pg. 4, by Blanca Ayala, Sharing my experience with the Gerson Therapy.

SOY PRODUCTS

NL Vol. 19 # 5 Sep/Oct/04 pg. 8, Suing for Soy Exposure? Find out steps you can take to file a claim against the medical consequences caused by ingesting soy products. Contact Dr. Joseph Mercola at jm@lists.mercola.com

NL Vol. 14 # 4 Jul/Aug/99 pg. 4, Soy: To Good to Be True (part 2), by Susan DeSimone & Brandon Finucan.

NL Vol. 14 # 3 May/Jun/99, pg. 1, Soy: To Good to Be True (part 1), by Brandon Finucan and Charlotte Gerson.

NL Vol. 11 # 6 Nov/Dec/96 pg. 5, Soy products Follow-up, We see some terrible effects.

NL Vol. 11 # 5 Sep/Oct/96 pg. 1, Are Soy Products Dangerous? How Nutritious and Safe are Soy products?

NL Vol. 9 # 2 Jul/Aug/94 pg. 3. Question: When can organic soy be introduced to the diet?

SPAIN WARD, DR. PATRICIA

NL Vol. 8 # 1&2 pg. 39, Author & historian, wrote History of the Gerson Therapy under contract to the U.S. Congressional Office of Technology Assessment (OTA). Pg. 39, An interview with Dr. Patricia Spain Ward, December 7, 1992.

SPANCAKE, CONNIE

NL Vol. 18 # 3 May/June/03 pg. 1. My Journey With Cancer, by Connie Spancake. Melanoma recovered patient.

SPECIAL SOUP

NL Vol. 14 # 5 Sep/Oct/99 pg. 1, A Gerson Patient's Problems. The basic recipe (Hippocrates soup) should remain unchanged to benefit the kidney and help them clear toxins from the body.

SPICES

NL Vol. 12 # 3 May/Jun/97pg. 8, Why Spices can Cause Problems.

SPIRULINA

NL Vol. 11 # 2 Mar/Apr/96 pg. 8 Helping to overcome Chernobyl's health effects.

SPENDA

NL Vol. 23 # 6 Nov/Dec/08 pg.8. New report documents dangers of sweetener Splenda®: Deadly relative of DDT

SPOONFUL

NL Vol. 16 # 1 Jan/Feb/01 pg. 4, The Poison in Our Food. The patents on the artificial sweeteners NutraSweet, Equal and Spoonful, all made from Aspartame, have expired. Yet the manufacturer, Monsanto, has managed to have it incorporated into some 5,000 food products.

SPROUTS

NL # 11 pg.1, The trouble with alfalfa sprouts. A look into the recent medical literature has confirmed our suspicions.

SPOTLIGHT ON VOLUNTEERS

NL Vol. 25 #5 Sept/Oct 2010 pg 6. Spotlight on our volunteers: Steve Rose, Anthony Serna, summer intern Nicole Phan, and Jennifer Dickens

STAGE III METASTASIZED OVARIAN CANCER

NL Vol. 23 # 5 Sep/Oct/08 pg. 1. Polly Emery – How I'm recovering from stage III Metastasized Ovarian cancer.

STAPHYLOCOCCUS AUREUS

NL Vol. 12 # 5 Sep/Oct/97 pg. 8, In the News, now become drug resistant.

STARTING THE GERSON THERAPY AT HOME

NL Vol. 20 # 5 Sep/Oct/2006 pg. 1, Difficulties we've all faced.

STATIN DRUGS PUSHED FOR EIGHT-YEAR-OLDS!

NL Vol. 23 # 5 Sep/Oct/08 pg. 6. a Horrifying ad. Would you buy this product? Arimidex. Same page: Allopathic Medicine's Real Goal: "The great aim of modern cancer treatment is not necessarily to cure patients but to allow people to die with their tumors and not because of them". Page 9: Big Pharma attacks children, Statin drugs pushed for eight-year-olds.

STEAMING VEGETABLES (WHY NOT)

NL Vol. 9 # 2 Jul/Aug/94 pg. 1. Eleven commonly asked questions about the Gerson Therapy. Why not steam vegetable?

STEWART, LUKE

NL Vol. 17 # 4 Jul/Aug/02 pg 9. Luke Stewart passed away. Harbor House Coffee closed.
NL Vol. 14 # 6 Nov/Dec/99 pg. 5, We salute Luke Stewart of Harbor House Coffee.

ST. JOHN'S WORT

NL Vol. 13 # 1 Jan/Feb/98 pg. 1, Another Herb Proves Its Power!
NL Vol. 12 # 4 Jul/Aug/97 pg. 5, A Promising Antidepressant.

STEROIDS

NL Vol. 11 # 1 pg. 10 Recurrence. The cancer is gone... keep it that way!

STEVIA

NL Vol. 16 # 4 pg. 4, part 3. When pushed to the wall about stevia, the FDA tends to fall back on a handful of studies that it says raise legitimate concerns about stevia's safety.
NL Vol. 16 # 3 pg. 4, Sinfully Sweet? Stevia is a natural, non-caloric sweetener that the FDA refuses to allow marketed as a food additive. The article is abridged for our newsletter purposes. By Linda and Bill Bonvie.
NL Vol. 16 # 2 pg. 5, Sinfully Sweet? Stevia (Stevia Rebaudiana Bertoni), an herb as remarkable as it is unknown in the United States. A perennial shrub of the aster family, stevia contains natural compounds- specifically, stevioside and rebaudioside A, that are estimated to be 150 to 400 times sweeter than sugar. By Linda and Bill Bonvie.

STOUT, JOHN

NL Vol. 18 # 2 Mar/April 03 pg. 1. Part Two, John's Journey with Multiple Sclerosis, by Debbie Stout.

STRAUS, HOWARD

NL Vol. 23 # 5 Sep/Oct/08 pg. 1. A successful visit to Japan-Cancer Control Society convention July 19, 2008.
NL Vol. 18 # 5 Sep/Oct/03 pg 3. Grandson of Dr. Max Gerson and editor of the Gerson Healing Newsletter, is on his way to speak in Bangkok, Singapore and Kuala Lumpur.

STUDY OF UNORTHODOX CANCER TREATMENTS

NL 24 & 25, 1988 pg 19 BY Barton Reppert, Associated Press, Los Angeles Times, January 3, 1988. Washington- A study of unorthodox treatments for cancer ranging from acupuncture to faith healing is stirring controversy at the Office of Technology Assessment, an influential agency which advises Congress on cutting-edge technological developments.

STUDY ON FOOD ADDITIVES

NL Vol. 22 # 3 Nov/Dec/08 pg. British Food Standards Agency Study Finds: Some food additives raise hyperactivity, by Elisabeth Rosenthal.

STUDY ON GERSON THERAPY ARTICLE

NL Vol. 22 # 5 Sep/Oct/07 pg. 8. A peer-reviewed article on six Gerson Therapy cases study by Prof. A Molassiotis, RN, PhD, University of Manchester, UK and Patricia Peat, RGN in Integrative Cancer Therapies, Chicago.

STUDY SHOWS END-OF-LIFE

NL Vol. 23 # 3 May/Jun/08 pg. 5. Italian study (by Dr. Paolo Cornaglia Ferraris) shows end-of-life. Chemo

“Wasteful”; produces pointless suffering, by Margaret Straus.

STUDY: SUPPRESSED HARVARD STUDY LINKS FLUORIDE, BONE CANCER

NL Vol. 22 # 5 Sep/Oct/07 pg. 6 Suppressed Harvard Study Links Fluoride, Bone Cancer

STUDY: UNPROVEN CANCER REMEDIES COSTS BILLIONS

NL Vol. 6 # 1+2 pg. 3. by Sherry Jacobson. Reprinted from The Des Moines Register, Tuesday, July 31, 1990. Desperate cancer patients are paying up to \$28 billion a year for untested and unproven treatments, says a congressional study.

SUGAR

NL Vol. 19 # 2 Mar/Apr/04 pg. 6. major new study details. The sugar-cancer connection, from Mercola, May 7, 2003 “Healthy News you can use”.

NL Vol. 16 # 3 pg. 4, Sinfully Sweet? Part 2. Stevia is a natural, non-caloric sweetener that the FDA refuses to allow marketed as a food additive. The article is abridged for our Newsletter purposes. By Linda and Bill Bonvie.

NL Vol. 16 # 2 pg. 5, Sinfully Sweet? Stevia (Stevia Rebaudicana Bertoni), an herb as remarkable as it is unknown in the United States. A perennial shrub of the aster family, stevia contains natural compounds- specifically, stevioside and rebaudioside A, that are estimated to be 150 to 400 times sweeter than sugar.

NL Vol. 13 # 6 pg. 8, Noted articles from support group newsletter in England, The Substance Called Sugar and Coeliacs Can Have Their Oats and Eat Them Too!

NL Vol. 12 # 3 pg. 8, Juvenile Hyperactivity, The Drugging of American Children.

SULFITING AGENTS (CHEMICALS) IN SALADS AT SALAD BARS

NL # 5 Jan/Feb/85 pg. 8. Are you one of the many who have eagerly watched the diet revolution sweep across the nations restaurants only to find that you do not enjoy the marvelous, attractive salad bars (which you could never find only a few years ago)?—almost the minute you begin to chew those lovely lettuces your stomach begins to bloat, your nose stuffs up, and even your bronchial tubes swell shut. What’s going on? You are reacting to chemical reducing agents, antioxidants, which been added.

SUMMER APPLE ALERT!

NL Vol. 19 # 3, May/Jun/04, pg. 10. Annual reprint.

NL Vol. 18 # 3 May/June/03 pg 8. Because of the importance of apples in the Gerson Therapy, we annually reprint the following article from the Gerson Healing Newsletter, Vol. 9 # 1.

SUNSCREEN NL Vol. 21 # 4 Jul/Aug/06 pg. 2. Sunscreen warning – and better ideas.(From an article by Dr. Joseph Mercola MD on his website www.mercola.com).

NL Vol. 14 # 4, pg. 8, A “Burning” Issue with Sunscreen, by Charlotte Gerson. An article in the Journal of the American Medical Association (April 21, 1999) reports a session on current controversies in dermatology. Mark Pittelkow, M.D. of the Mayo Clinic was one of the speakers at an annual meeting of the American Academy of Dermatology.

NL Vol. 9 # 1 pg. 7, Sunscreen becomes a carcinogen (cancer causing agent) when exposed to the sun.

SUPER-BUGS OR WEAKER IMMUNE SYSTEMS?

NL Vol. 23 # 3 May/Jun/08 pg. 9. San Diego Union-Tribune’s from page read: “Drug-resistant TB spread gaining, WHO says”, adding, “Infection rate faster than experts feared.

SUPPLEMENTS

NL Vol. 24 # 2 Mar/Apr/09 pg. 3. Gerson Supplements Updates by Kayla Smith, ND. Suppliers: STAT Pharmacy, ISHI and the Key Co.

SUPPRESSED FOR OVER A CENTURY

NL Vol. 23 # 2 Mar/Apr/08 pg. 6. Thy “They” don’t want to cure cancer. “Triumph over cancer... would mortally threaten the present clinical establishments. 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.

SVASTITS, STEVEN, 16-YEAR RECOVERY FROM TESTICULAR SEMINOMA AND GERM CELL CARCINOMA

NL Vol. 22 # 2 Mar/Apr/07 pg. 5, Steven Svastits Story of Survival, 16 year Recovery from Testicular

Seminoma and Germ Cell Carcinoma.

SWIMMING NL Vol. 11 # 1 pg. 10 Recurrence. The cancer is gone... now keep that way! (Chlorine & Fluoride)
NL Vol. 10 # 1 pg. 3, Non Chlorine Water: Caribbean Clear, CA 800-246-6473,
CT 203-761-0888, PA 803-686-2450.

TALCUM POWDER

NL Vol. 15 # 6 pg. 3, Nov/Dec/2000, Some Tidbits of Importance, The Women's Health News Journal has published a warning about using talcum powder.

TAMAS ISTENES: AN UPDATE

NL Vol. 21 # 3May/Jun/06 pg. 8. Hungarian boy with Ewing's Sarcoma.

TAMOXIFEN NL Vol. 18 # 5 Sep/Oct/03 pg. 9. Tamoxifen study published in the Journal of the National Cancer Institute, 88:152942, (1996) and reproduced on the Internet.

NL Vol. 13 # 6 pg. 4, Its specific action is to interfere with the effect of estrogen, A study published in the Journal of National Cancer Institutes 88:1529-42 1996.

TEAMWORK, COOPERATION AND MUTUAL RESPECT IN MEDICINE

NL Vol. 16 # 5 pg. 4, by Walter J. Urban, Ph. D. The primary goal of medicine is to help people, not help doctors make money. From ancient times medicine was concerned with the concept of balance, both internally with all aspects of the person and externally with the world.

TEETH NL Vol. 15 # 6 pg. 8, Nov/Dec/2000, by John Anderson, BDS. According to traditional Chinese medicine, a form of bodily energy called Qi (pronounced "chee") is generated in internal organs and circulates throughout the body, forming paths near the surface of the skin called meridians.

NL Vol. 11 # 1 pg. 1 Root Canal Cover Up, Are your teeth killing you?

NL Vol. 10 # 5 pg. 1 Abscessed teeth, Beata Bishop.

NL Vol. 9 # 1 May/Jun/94, pg. 6. Gerson Therapy Notes: From the Updated Gerson Therapy Primer. A very important consideration for success on the Gerson Therapy is the need to clear any possible dental root abscess.

TEFLON

NL Vol. 21 # 2 Mar/Apr/06 pg. 7. Used to make Teflon. Suspected Carcinogen found in cord blood. Perfluorooctanoic acid, from an article by the Associated Press, Baltimore February 6, 2006.

NL Vol. 20 # 5 Sep/Oct/2006 pg. 7, Found in blood streams of 90% of Americans. The ingredient nonstick pans add to food. By Marion Burros

TEN YEAR RECOVERY FROM METASTASIZED OVARIAN CANCER

NL Vol. 21 # 5 Sep/Oct/06 pg. 1 By Evelyn Clegg.

TEN YEARS AFTER BREAST CANCER

NL Vol. 24 # 2 Mar/Apr/09 pg. 2. Ten years after breast cancer, how Katressia is doing.

TERMINAL TESTICULAR CANCER

NL Vol. 23 # 6 Nov/Dec/08 pg. 9. Terminal Testicular cancer, by Kevil Murray. In October 12, 2006, he was diagnosed with testicular cancer. He is still here breathing, living and enjoying life like never before!

TESTS-NON INVASIVE

Philippines for Navarro test (HCG test) , contact Cancer Control Soc. 213-6637801, or 708-359-3634 Illinois.

THAILAND, BANGKOK

NL Vol. 18 # 6, Nov/Dec/03, pg. 1. Gerson Therapy in Asia... Your Editor brings Gerson to Western Pacific, by Howard Straus.

THANKS FOR THE WONDERFUL BIRTHDAY CARDS!

NL Vol. 22 # 3 May/Jun/07 pg. 8 Overwhelmed! It has taken me some time to open and read all the birthday greetings that I got this year.

THANK YOU HOWARD!

NL Vol. 25 # 4 Jul/Aug/10 pg 8. Gerson Institute thanks Howard Straus for 7 years as the editor of the Healing Newsletter.

THANK YOU TO NETWORKERS, SUPPORTERS, DONORS...

NL Vol. 23 # 3 May/Jun/08 pg. 3. "Let's thank all the people the world over who have done so much for us for so long".

THE ADVENTURES OF DIZZY DOWNES

NL Vol. 16 # 1 pg. 7, by Norma La Madrid, Or When the Going Gets Tough, So does Dizzy!
Diagnosed with brain cancer, Astrocytoma.

THE AMAZING STORY CONTINUES, STEPHANIE

NL Vol. 19 # 4 Jul/Aug/04 pg. 1, Stephanie, The amazing story continues. At the age of six she was diagnosed with kidney cancer, "Wilm's Tumor". She then suffered 11 surgeries, three full courses of chemotherapy. The last one with a bone marrow transplant, innumerable radiation treatments.

THE APPROACHING ERA OF BSE (BOVINE SPONGIFORM ENCEPHALOPATHY)

NL Vol. 19 # 2 Mar/Apr/04 pg. 1. The following article first appeared in the July/august 1997 issue of the Gerson Healing Newsletter. Recent events have prompted us to reprint this now-highly relevant article. Revenge of the cannibal cows.

NL Vol. 11 # 4 Jul/Aug/97 pg. 1, The Approaching Era of BSE (Mad cow disease)

THE ATOMIC FIG LEAF

NL Vol. 24 # 4 Jul/Aug/09 pg. 4. How military and industrial collusion foisted fluoride on our population. The Fluoride Deception by Christopher Bryson, Seven Stories Press, New York City, 2004.

THE BEAUTIFUL TRUTH

NL Vol. 24 # 3 May/Jun/09 pg. 1. DVD's and Books Popular. The Beautiful Truth rental by Netflix, also by Hollywood Video.

NL Vol. 24 # 2 Mar/Apr/09 pg. 2. Ten years after breast cancer, how Katressia is doing.

NL Vol. 24 # 2 Mar/Apr/09 pg. 1. More media news. The Beautiful Truth will be available for purchase on DVD beginning in mid-March/09

NL Vol. 24 # 1 Jan/Feb/09 pg. 1. Opens in New York and Los Angeles November 2008.

NL Vol. 23 # 6 Nov/Dec/08 pg. 1. Newest Gerson Therapy documentary, The Beautiful Truth in New York and Los Angeles in November 2008.

THE BEGGING OF THE JOURNEY: LORA VALSI'S STORY

NL Vol. 17 # 5, Sep/Oct/02 pg. 6. Breast cancer stage 2. She began her journey with Gerson after attending a Gerson cooking class at her local health food store in Michigan, the Gerson-friendly Tree House for Earths Children.

THE CANCER RISK FROM CT SCANS

NL Vol. 25 #3 May/Jun 2010 pg. 6. BY Joseph Mercola. CT Scans deliver far more radiation than has generally been believed, and may contribute to 29,000 new cancers each year, as well as 14,500 deaths. Pg. 5 The Dangers of Mammograms by Ben Johnson, MD., DO, NMD and Kathleen Barnes.

NL Vol. 24 # 3 May/Jun/09 pg. 7. Important bits and pieces. Patient's exposure to radiation by medical imaging procedures.

THE CASE AGAINST THE CHICKEN

NL Vol. 19 # 2 Mar/Apr/04 pg. 1. The following article first appeared in the May/Jun 1993 issue of the Gerson Healing Newsletter. We are cautioning people not to switch from beef to chicken because of the BSE epidemic in the United States.

NL Vol. 9 # 1 pg. 1, May/Jun/1994. The Case Against Chicken, by Charlotte Gerson. Why Don't the Navajo get Cancer?. Dr. De Lamar Gibbons, M.D. found a different link between chicken consumption and cancer.

THE CAUSE AND CURE OF AIDS

NL Vol. 19 # 5 Sep/Oct/04 pg.4, From the book by Harold Foster, Ph.D.. He is known to us from prior research which he published on “Lifestyle Changes and the Spontaneous Regression of Cancer”.

THE CAUSE OF CANCER:

NL Vol. 13 # 1 pg. 5 And other degenerative diseases.

THE CHINA STUDY

NL Vol. 20 #3 May/June/05 pg. 4, professor Emeritus T. Colin Campbell, Ph.D. of Cornell University and his son, Thomas M. Campbell II have just published an excellent book titled: The China Study.

THE COLLAPSE OF CARDIOLOGY

NL Vol. 22 # 2 Mar/Apr/07 pg. 4. Lifestyle Far Outperforms Medical Procedures, by Caldwell B. Esselstyn, Jr. MD. Torcetrapib drug to raise HDL, the “good” cholesterol, by Pfizer, was killing more people in its test run than were dying in the control group.

THE CONNECTION BETWEEN HFCS AND OBESITY

NL Vol. 25 # 2 Mar/Apr/10 pg. 5. Dr. Joseph Mercola explains. In mid December he posted an interesting article about obesity.

THE DANGERS OF MAMMOGRAMS

NL Vol. 25 #3 May/Jun 2010 pg. 5. From the book *The Secret of Health—Breast Wisdom* by Ben Johnson, MD, DO, NMD and Kathleen Barnes. The dangers of mammograms: what your doctors won't tell you is that mammograms expose you to approximately 1,000 times the amount of radiation you'd get in a chest X-Ray.

THE DIET THAT SAVED MY LIFE

NL Vol. 17 # 3 May/June/02 pg. 4 Article from the Independent on Sunday March 6th, 1997 and Update from Ross Mansergh written autumn 2001. Melanoma recovered.

THE EVOLUTION OF THE GERSON THERAPY

NL Vol. 23 # 6 Nov/Dec/08 pg. 4. The Evolution of the Gerson Therapy. Changes and Updates.

THE FITZGERALD REPORT

NL Vol. 22 # 3 May/Jun/07 pg.6. “In the 1950's, Congressman Charles Tobey enlisted Benedict Fitzgerald, an investigator for the Interstate Commerce Commission, to investigate allegations of conspiracy and monopolistic practices on the part of orthodox medicine.

THE GENETIC RISK FACTOR

NL Vol. 22 # 3 Nov/Dec/08 pg. 8. Genetics seen as industry “Gold Mine”. Will you get cancer?

THE GERSON MIRACLE – DOCUMENTARY WINS “BEST FILM” AWARD

NL Vol. 21 # 2 Mar/Apr/06 pg. 6. Sequel: Dying to have known.

NL Vol. 19 # 4 Jul/Aug/04 pg. 1. Charlotte Gerson Holds “Golden Palm” award after BHFF Awards Dinner, Howard Straus looks on.

THE GERSON MIRACLE ON FSTV

NL Vol. 20 # 5 Sep/Oct/2006 pg. 5, our prize winning documentary will be playing virtually all day long, eight times, on September 25, 2005 on Free Speech TV.

THE GERSON MIRACLE – DOCUMENTARY HITS CABLE TV, WEB

NL Vol. 21 # 1 Jan/Feb/06 pg. 7.FSTV Plays The Gerson Miracle 13 Times.

NL Vol. 20 # 6 Nov/Dec/2006 pg. 8. “Miracle” shows on Free Speech TV.

NL Vol. 20 # 1 Jan/Feb/05 pg. 9, We have been delighted with the response so far, and are pleased to say that the film has been shown in Minnesota; Colorado; the US Virgin Islands, New York (Long Island); Marin County, Monterey, Santa Cruz and San Jose, California, Virginia and Montana. Check out www.thegersonmiracle.org

NL Vol. 20 #3 May/June/05 pg. 3, The Gerson Miracle has just been selected for showing over the next nine months on Free Speech Television, which is distributed over the Dish Satellite TV Network

and 140 Community Access Cable TV in 28 stated.

"THE GERSON MIRACLE": MAJOR NEW DOCUMENTARY NOW AVAILABLE!

NL Vol. 19 # 3, May/Jun/04, pg. 1. Beverly Hills Film Festival to screen "The Gerson Miracle". Created by Steve Kroschel, will be showing May 8, 2004 at 10:00 A.M. at the Clarity Theater, 100 N Crescent Dr. # 150, Beverly Hills, CA 90210. Page 7, "The Gerson Miracle": Major new documentary now available! The film, which is available from the Gerson Institute on VHS (US \$29.95) and DVD (US \$24.95).

THE GERSON MIRACLE ON TELEVISION!

NL Vol. 19 # 6 Nov/Dec/04 pg. 1. Showing in Santa Cruz, CA on August 18, 2004 and October 23 in San Jose, CA.

THE GERSON THERAPY

NL Vol. 26 # 1 Jan/Feb/11 pg. 1. The Gerson Therapy is Validated. Meeting in San Diego, the TEDMED 2010 conference, "an extraordinary gathering of brilliant minds"

NL Vol. 20 # 2 Mar/Apr/05 pg. 1 An Amusing Story that keeps scientists humble

NL Vol. 16 # 5 pg. 5, Finally, the long-awaited follow up to A Cancer Therapy.. "The Gerson Therapy" book by Charlotte Gerson and Morton Walker, D.P.M. \$17.00 plus \$4.00 shipping (plus \$1.28 tax for California residents only)

NL Vol. 16 # 3 May/June/2001 pg. 1, The Gerson Therapy on the Internet. The New Positive Tone. pg. 9, Finally, the long-awaited follow up to A Cancer Therapy, The Gerson Therapy, the Amazing Nutritional Program for Cancer and Other illnesses, by Charlotte Gerson and Morton Walker, D.P.M., available by the end of 2001. The Gerson Institute will receive a limited advance shipment in September/01, reserve a copy. \$17.00 plus \$4.00 shipping.

THE GERSON THERAPY GOES TO FLORENCE

NL Vol. 20 # 1 Jan/Feb/05 pg. 7 by Margaret Straus, Some time last February in Milan I was contacted by Fra Luciano a Franciscan monk living in a convent in Florence, who asked me whether I would be willing to give a lecture on the Gerson Therapy at his convent.

THE GERSON THERAPY SUCCESSFULLY RETURNS TO EUROPE

NL Vol. 25 #3 May/Jun/10 pg. 5. First year Anniversary of the Gerson Health Centre in Hungary.

THE "GERSON TWINS," TWO SISTERS WITH BREAST CANCER

NL Vol. 25 #5 Sept/Oct 2010 pg. 1. Two sisters with breast cancer tell their story of healing on the Gerson Therapy.

THE GONZALEZ TEST

NL Vol. 16 # 4 pg. 1, The Gonzalez Test. NIH Awards Grant to Dr. Nicholas Gonzalez of \$1.4 Million, for the purpose of comparing enzyme/nutritional therapy with the best chemotherapy treatments presently available for pancreatic cancer.

THE GREAT FLU VACCINE HOAX

NL Vol. 21 # 1 Jan/Feb/06 pg. Seldom helpful, often harmful. Facts about the vaccine.

NL Vol. 20 # 1 Jan/Feb/05 pg. 4, So, NOW where's the flu epidemic? A physician by the name of Robert Rowen, M.D. sent out a report with the title as above, and gives the following pertinent facts: FACT: The flu vaccine protects against a few specific strains, and there's no way to know if they'll be the same strains you're exposed to this season.

THE HARD TRUTH ABOUT SOFT DRINKS

NL Vol. 12 # 6 pg. 1 from the summer issue of Vegetarian Voice.

THE HEROIC JOURNEY TO WELLNESS

NL Vol. 19 # 6 Nov/Dec/04 pg. 5, by Dr. Maya Nicole Baylac, N.D., Cardiovascular disease is the number one disease killer in the USA. As obesity increases, so do the number of new cases of diabetes and cancer.

THE HORRORS OF MILK

NL Vol. 19 # 1 Jan/Feb/04 pg. 6. A report on a study by Shanti Rangwani, M.D. a columnist for

the Times of India. More details can be found on the Internet:
www.alternet.org/story.html?StoryID=12002 . Where there is little or no milk, where people live on vegetarian foods, a vegan diet, there is virtually no chronic disease, especially no cancer!

THE INGREDIENT NONSTICK PANS ADD TO FOOD

NL Vol. 20 # 5 Sep/Oct/2006 pg. 7, Teflon. Found in blood streams of 90% of Americans. By Marion Burros.

THE INTELIGENT REVOLUTION

NL Vol. 25 #5 Sept/Oct/10 pg. 8. How Citizens, Scientists and even politicians are saying no to healthcare fraud.

THE INVISIBLE GARDENER - ANDY LOPEZ

NL Vol. 24 # 1 Jan/Feb/09 pg. 9. Monthly broadcasts to end. "The invisible Gardener" moves on.

NL Vol. 23 # 4 Jul/Aug/08 pg. 9. Charlotte Gerson's radio and webcast "The Gerson Healing Hour" available at other times.

THE JOY OF BEING A GERSON CAREGIVER

NL Vol. 17 # 4 Jul/Aug/02 pg. 1. A new program developed by the Gerson Institute allows people interested in becoming a Gerson caregiver to attend our Caregiver Training Weekend workshop. After fulfilling the requirements, they will be placed on our Gerson Institute Approved Referral List and be connected with patients who request assistance in their home. By Shirley Tice.

THE MEDICAL DAMAGE OF HRT (HORMONE REPLACEMENT THERAPY)

NL Vol. 25 #3 May/Jun 2010 pg. 5. Instead of protecting menopausal women from heart disease, strokes, and breast cancer, but women who take it are found to have increased risk of serious and potentially fatal diseases.

THE NEW DIRECTION IN ALTERNATIVE MEDICINE

NL Vol. 18 # 2 Mar/April 03 pg. 1. For many years the AMA (American Medical Assoc). has supported a special division called The Council Against Health Fraud, which describes alternative therapies as "fraud" or "quackery".

THE PRESIDENT'S ADVISORY PANEL REPORTS: TOXINS CAUSE HARM

NL Vol. 25 # 4 Jul/Aug/10 pg 9. Advisory Panel declares that "widespread exposure to environmental toxins poses a serious threat to Americans" and "government agencies have not adequately addressed this problem."

THEORETICAL LIMITS

NL Vol. 11 # 4 pg. 3, Editor's Corner by Howard Straus, cancer & diet, 1979 McGovern Commission on Nutrition and Health. The American Cancer Society publishes a cancer prevention diet.

THE OTHER SHOE DROPS

NL Vol. 21 # 1 Jan/Feb/06 pg. 1. On June 24, 2004, Prince Charles made a speech to the Royal College of Obstetricians and Gynecologists, in which he mentioned the Gerson Therapy favorably.

THE PATIENT'S THERAPY AT HOME

NL Vol. 21 # 4 Jul/Aug/06 pg. 8. Critical nature of mistakes or modification.

THE PATRON SAINT OF SANTA FE

NL Vol. 16 # 1 pg. 8, We are so thankful for Ted and his wife, Marilyn, for their financial support and care in making the Santa Fe seminar a success.

THE POLITICAL CONSEQUENCES OF MEAT EATING

NL Vol. 20 # 2 Mar/Apr/05 pg. 8 Dr. T. Colin Campbell along with very extensive studies on the damage done by animal proteins, reports a dialogue taking place between Glaucon and Socrates some 2,500 years ago.

THE PREVENTION LIFESTYLE

- NL Vol. 16 # 5 pg. 3, Sep/Oct/2001. By Dr. Walter J. Urban, Ph. D. Do you need a triple by pass to happen to you or a family member before you face the consequences of an improper lifestyle?
- NL Vol. 16 # 4 pg. 7, By Walter J. Urban, Ph. D. "Do you wait for your car to stop running before you change the oil?"
- NL Vol. 16 # 3 pg. 5, "Lifestyle" is everything you think, feel and do twenty-four hours a day. By Dr. Walter J. Urban, Ph.D. Member of the Board of Directors of the Gerson Institute.

THE PRIMARY CAUSE OF CANCER

NL Vol. 24 # 4 Jul/Aug/09 pg. 7. The primary cause of cancer. Oxidation of glucose vs. fermentation.

THERE IS NO OTHER WAY EXCEPT SURGERY

NL Vol. 14 # 5 pg. 9, Words One Patient Could Not Accept, Miriam Vernon.

THERMOGRAPHY

NL Vol. 17 # 2 Mar/Apr/02 pg. 6. Breast Thermography, by Kristina Wylie. "Dr. Chapman, DC, Whose experience with breast thermography began in 1978, believes that what is most important is the patient's understanding of their body and health. We want our patients to be active consumers, so they can understand how to take care of their own health". Dr. Chapman's Tel. (619) 422-3339 in Chula Vista, CA List of places for service:
www.cancure.org/breast_thermography.htm

THE ROOTS OF MODERN INJUSTICE: HISTORICAL REVIEW

NL 24 & 25, 1988 pg. 9. Congressional Records –Extensions of remarks of Hon. William Langer of North Dakota in the Senate of the United States. Washington, Monday, August 3, 1953. a Report to the Senate Interstate Commerce Committee on the Need for Investigation of Cancer Research Organizations.

THE SAN DIEGANS FOR SAFE DRINKING WATER COALITION FORMS

NL Vol. 26 # 2 Mar/Apr/11 pg. 7. The San Diegans for Safe Drinking Water Coalition Forms, by Diane Ake, Editor. We are sharing news of efforts to combat fluoridation of the public drinking water in San Diego.

THE SILENT TREATMENTS/PATRICIA WARD

NL Vol. 5 # 3 1989 pg.2. A landmark government investigation of alternative cancer treatments is blasted by charges of bias and suppression, by Ken Ausubel. Reprinted from the New Age Journal, September/October 1989. In 1985 a group of patients receiving Lawrence Burton's unorthodox Ummuno-Augmentative Therapy (IAT) met in Washington with Congressman Guy Molinari.

THE STORY OF IMMUNIZATION

NL Vol. 24 # 6 Nov/Dec/09 pg. 5. Worldwide pandemics of infections and Disease are not new. In the 18th century, a brilliant British doctor, Edward Jenner (1749-1823) made a remarkable observation.

THE THOUGHT POLICE

NL Vol. 18 # 2 Feb/Mar/03 pg. 2. The Thought Police. Last year, a Professor at Oxford University named Michael Gearin-Tosh published a book entitled Living Proof. Mr. Gearin-Tosh was diagnosed some eight years ago as suffering from Multiple Myeloma.

THE THREAT OF GENETICALLY MODIFIED ORGANISMS (PART 1)

NL Vol. 21 # 3 May/Jun/06 pg. 5. Corporations risk irreversible damage to health (Ours). By Dr. Giuseppe Nacci.

THE TIMES, THEY ARE A-CHANGIN'

NL Vol. 24 # 2 Mar/Apr/09 pg. 5. by Kayla Smith, ND I recently attended a conference hosted by Scripps Center for Integrative Holistic Medicine.

THE TROPHOBLAST THEORY OF CANCER DEVELOPMENT

NL Vol. 25 # 1 Jan/Feb/10 pg. 7. Dr. Nicholas Gonzalez publishes a new book on "The Trophoblast Theory of Cancer Development". Has a rather complex background in embryology.

THE TROUBLE WITH ALFALFA SPROUTS

NL # 11 pg.1, The trouble with alfalfa sprouts. A look into the recent medical literature has confirmed our suspicions. We are grateful to Dr. Kenneth John Baker for bringing key articles to our attention.

“THE UNHOLY ALLIANCE” BETWEEN PSYCHIATRISTS AND DRUG COMPANIES

NL Vol. 24 # 2 Mar/Apr/08 pg. 9, The cause of 36,000 deaths annually: The “Unholy Alliance” between psychiatrists and drug companies, by Dr. Joseph Mercola

THE WHOLE FAMILY RECOVERS

NL Vol. 18 # 5 Sep/Oct/03 pg. 1. Patient story: Sandra Hanson recovered from breast cancer, her daughter from pleurisy and her husband from prostate cancer.

THIRTY YEARS RECOVERY: JOSEPHINE MERHAR

NL Vol. 25 #3 May/Jun/10 pg. 1. Josephine Merhar, declared terminal in 1978. Started Gerson Therapy over violent protest of physician who threatened that she would die within a year!

THOUGHTS ON THE GERSON THERAPY

NL Vol. 18 # 4 Jul/Aug/03 pg. 1. By Michael Gearin-Tosh. Dr. Gerson wrote that many patients die simply of fear (see Healing Newsletter Vol. 17, Jan 2002). What cancer patient is not afraid? And fear is destructive. We allow our fears to sabotage us.

THREE GENERATIONS CD NOW AVAILABLE

NL Vol. 20 # 5 pg. 1, Historical document in which three generations of the Gerson family each add their personal perspective and views of the Gerson Therapy.

THYROID HORMONE

NL Vol. 25 #3 May/Jun 2010 pg 9. International Pharmacy has a limited supply of Armour Thyroid. They only ship outside of the US.

NL Vol. 25 # 2Mar/Apr/10 pg. 2. FDA bans natural thyroid millions need. The FDA does not ban deadly pharmaceuticals, only that which is safe or effective.

NL Vol. 15 # 5 Sep./Oct/2000, How do I know if I need Thyroid?

TICE, SHIRLEY

NL Vol. 24 # 4 Jul/Aug/09 pg. 3. We are saddened to inform our members that Shirley Tice passed away at age 71 on May 22, 2009.

NL Vol. 23 # 2 Mar/Apr/08 pg. 6. Shirley Tice – Recurrent Breast Cancer.

NL Vol. 17 # 4 Jul/Aug/02 pg. 1. A new program developed by the Gerson Institute allows people interested in becoming a Gerson caregiver to attend our Caregiver Training Weekend workshop. After fulfilling the requirements, they will be placed on our Gerson Institute Approved Referral List and be connected with patients who request assistance in their home.

NL Vol. 14 # 6 pg. 3, At the Cancer Control Convention Sep/99, recovered from breast cancer and currently a Member of the Board of Directors of the Gerson Institute.

TIDBITS FOR CANCER PATIENTS

NL Vol. 15 # 5 Sep./Oct, 2000, pg. 6, Vaccines, Chemotherapy 5-FU.

TOBACCO

NL Vol. 13 # 2 pg. 3, What's So Passive About Passive Smoking? Second-hand Smoke.

NL Vol. 10 # 4 Jul/Aug/95 pg. 3. Editor's Corner by Howard Straus. Recently, tobacco has been back in the news, with its ill effects accented again and again. The more we learn about this terrible addiction, the worse it looks, yet we continue to approve it for the use of our own population, and sell it overseas, exploiting huge new markets in the emerging nations of the world.

NL Vol. 5 # 3, 1989 pg. 11. When (at least) 20,679 Doctors were buttheads. As they say in the vernacular, “please don't get me wrong”. Some of best friend are physicians. But, as respected medical historian Patricia Spain Ward has observed, cigarette maker Philip Morris, Inc., was the main source of ad revenue for the Journal of the American Medical Association (JAMA) during the Morris Fishbein years. And, as Dr. Ward wrote “Exposing the mistakes of conventional medicine and the retrograde leadership that misled the profession during the more than three decades that Morris Fishbein served as JAMA editor hardly constitutes hostility to conventional

medicine.

TOILET PAPER

NL Vol. 15 # 6 pg. 3, Nov/Dec/2000, Some Tidbits of Importance. Apparently, the artificial dyes contained in some toilet paper can cause irritation to the skin.

TOMATOES

NL Vol. 9 # 2 Jul/Aug/94 pg. 3. Eleven commonly asked questions about the Gerson Therapy. Potatoes and tomatoes are both of the night shade family. Why are they the most used food on the therapy?

TOP JAPANESE SURGEON USED GERSON THERAPY, PUBLISHES RESEARCH

NL Vol. 21 # 6 Nov/Dec/06 pg. 2. Prof. Takaho Watayo, recently appointed to the post of Professor of Clinical Medicine at Chiba Medical School, who is doing long-term scientific studies of the Gerson Therapy in Japan.

TORCETRAPIB, DRUG BY PFIZER

NL Vol. 22 # 2 Mar/Apr/07 pg. 4. Lifestyle Far Outperforms Medical Procedures, by Caldwell B. Esselstyn, Jr. MD. Torcetrapib drug to raise HDL, the "good" cholesterol, by Pfizer, was killing more people in its test run than were dying in the control group.

TO SELL THEIR DRUGS

NL Vol. 20 # 6 Nov/Dec/2006 pg. 7. Part 2. Conflict of interest: drug companies use physicians.
NL Vol. 20 # 5 Sep/Oct/2006 pg. 6, Companies increasingly rely on doctors, by Scott Hensley and Barbara Martinez, The Wall Street Journal Staff Reporters July 15, 2005 New York.

TOOTHPASTE

NL Vol. 21 # 4 Jul/Aug/06 pg. 6. Odds and ends. Question from Greg.

TOUCHING THE HEM OF HIS GARMENT

NL Vol. 21 # 4 Jul/Aug/06 pg 4. Dr. Gerson's patient remembers "Touching the hem of his garment". By William Schickel.

TOXIC TUNA TREND MEANS WOMEN AND CHILDREN MUST AVOID TUNA

NL Vol. 24 # 5 Sep/Oct/09 pg. 9. Toxic Tuna trend means women and children must avoid tuna, by Eli Saddler, public health analyst, gotmercury.org 415-488-0370 eli@gotmercury.org Undercover investigation of San Diego's top sushi restaurants is adding bad news about high levels of mercury in tuna.

TOXIC WASTE USED AS FERTILIZER ON FARMS REPORTED

NL Vol. 12 # 5 pg. 7, Los Angeles Times July 7, 1997.

TRAVEL AND THE GERSON THERAPY

NL Vol. 17 # 6 Nov/ Dec/02 pg. 4. Traveling is a great source of stress and complications for The Gerson patient and yet is sometimes unavoidable, especially around the holiday season. With preparation, support and willpower, it can be done.

TREATMENT CENTERS

La Gloria	-- First center	July 20, 1977,	first patient in July 22, 1977.
Del Sol		to	1989
CHIPSA		1989	to February 26, 1996
MERIDIEN		October, 1995	to August, 1999
SEDONA	from	May 3, 1997	to April 24, 1998
OASIS OF HOPE		Aug 27, 1999	to April 30, 2002
BAJA NUTRI CARE		May 1, 2002	to date
Hungary Centre		March 12, 2009	to date

TUNA

NL Vol. 24 # 5 Sep/Oct/09 pg. 9. Toxic Tuna trend means women and children must avoid tuna, by Eli Saddler, public health analyst, gotmercury.org 415-488-0370 eli@gotmercury.org Undercover investigation of San Diego's top sushi restaurants is adding bad news about high levels of mercury in tuna.

TUESDAYS WITH CHARLOTTE

NL Vol. 26 # 2 Mar/Apr/11 pg. 1. By Scott Stobbe. On that first Tuesday, as we drove to the Silver Strand Beach of Coronado, CA, told me of a paralyzed woman who regained use of her legs by placing them in a bucket of sand and moving her feet around.

TWELVE YEAR RECOVERY FROM CANCER

NL Vol. 21 # 6 Nov/Dec/06 pg. 1 Lawrence Kirk. Recovered from pancreas cancer.

TWENTY FIVE YEAR RECOVERY FROM WIDESPREAD COLON CANCER

NL Vol. 21 # 4 Jul/Aug/06 pg. 1. Carl Townsend in 1981 suffered from steadily recurring rectal bleeding.

TWENTY FIVE 25-YEAR SURVIVAL AFTER PARTIAL MASTECTOMY

NL Vol. 20 # 5 Sep/Oct/2006 pg. 3, The long term recovery of Helga Braun is quite extraordinary and extremely rare in cases of breast cancer treated with orthodox therapies.

TWO HEALED "INCURABLE" PATIENTS

NL Vol. 20 # 6 Nov/Dec/2006 pg. 1. Near-fatal petroleum poisoning and cervical cancer recovered patients.

TWO-YEAR RECOVERY

NL Vol. 22 # 4 Jul/Aug/07 pg. 1. An unusual cancer two year recovery. Geoffrey A. Peritoneal mucinous adenocarcinoma.

UK BANS DANGEROUS DRUGS FOR USE ON CHILDREN

NL Vol. 19 # 3 May/Jun/04 pg. 5. By Charlotte Gerson. A large headline in the Guardian "50,000 children taking antidepressants". A sub-headline: "Drug withdrawn over fears it made youngsters want to kill themselves".

UNCONVENTIONAL MEDICAL THERAPIES

NL Vol. 7 # 3+4 pg. 28 Health Quest by Margaret Mason.
NL 24 & 25 pg. 19, Advocates Call Agency Biased U. S. Study of Unorthodox treatments for Cancer Hit.
NL 24 & 25 pg. 6 OTA studies Cancer Alternatives.

UNDERSTANDING THE TRUE MEANING OF DISEASE

NL Vol. 24 # 1 Jan/Feb/09 pg. 8 Short excerpts from an article by Mike Donkers on www.NaturalNews.com

UNFAVORABLE DRUG STUDIES DON'T SEE PRINT

NL Vol. 23 # 2 Mar/Apr/08 pg. 7. Excerpted from The Epoch Times, Jan, 24-30, 2008. "A third of Antidepressant drugs studies are never published in the medical literature and nearly all happen to show that the drug being tested did not work, researchers reported"

UPDATE ON FORMER PATIENTS

NL Vol. 16 # 6 pg. 1. Reports from Dr. Gerson's Long Term Recoveries. Virginia Golden Case # 12, Gail Allen-Bogue, Edward Dowd Case # 14, Bill Schickel Case # 18, Edmund Braun Case # 11

URBAN, PH. D., WALTER J.

NL Vol. 16 # 5 pg. 3, Sep/Oct/2001. By Dr. Walter J. Urban, Ph. D. "Do you need a triple by pass to happen to you or a family member before you face the consequences of an improper lifestyle?"

NL Vol. 16 # 4 pg. 7, By Walter J. Urban, Ph. D. "Do you wait for your car to stop running before you change the oil?"

NL Vol. 16 # 3 pg. 5, "Lifestyle" is everything you think, feel and do twenty-four hours a day. By Dr. Walter J. Urban, Ph.D. Member of the Board of Directors of the Gerson Institute.

USA WEEKEND SURVEY

NL Vol. 10 # 2 pg. 5, Censorship at USA Weekend? There was no acknowledgement for the many letters received or the positive responses to the requests.

NL Vol. 9 # 4 pg. 5, letter from Edmund Braun (case # 11 in A Cancer Therapy).

NL Vol. 9 # 3 pg. 5, Surveying Alternative Therapies. Requesting Patient Experiences.

USDA NL Vol. 22 # 4 Jul/Aug/07 pg. 7. Are the cows really happy? Pus cells in milk. What is the USDA thinking? Would you feed your child milk if you knew that a glass contained 500 pus cells?

U.S. GERSON CENTER TO OPEN

NL Vol. 12 # 1 pg. 1, First American facility in over 20 Years. (February 19, 1997). 78 Canyon Diablo, Sedona, AZ. Gerson Association for Natural Medicine (GANM) Headed by Howard Straus. Board of Directors: Charlotte Gerson, Chip White, Howard Straus, Dr. David Stokesbary, M.D. and Larry MacKay. Board of Advisors will include: John Robbins author of *Diet for A New America*.

USING THE GERSON THERAPY FOR PREVENTION

NL Vol. 17 # 5, Sep/Oct/02 pg. 1. according to the national Cancer Institute, up to 80 percent of all cancers are due to identified factors, and thus, are preventable.

US PROPOSES DOUSING WILDERNESS AREAS WITH HERBICIDES

NL Vol. 21 # 2 Mar/Apr/06 pg. 1. The Bureau of Land Management (BLM) has proposed to apply massive amounts of herbicides to public lands in 17 Western states. By the Organic Consumers Assoc. and Howard Straus.

VACCINES

NL Vol. 26 # 5, Sep/Oct/11 pg. 3. Alarming new studies: 50 % of U.S. children have chronic disease/disorders, 21% developmentally disabled. Reprint from www.healthfreedom.org

NL Vol. 25 # 3 May/Jun/10 pg. 9. Danish Researcher disappears with \$2 Million. More vaccine fraud emerges.

NL Vol. 25 # 1 Jan/Feb/10 pg. 5. Why are we going like sheep to the slaughter? More on vaccinations. The Maryland State's Attorney, Glen Ivey, JD, refused to vaccinate his own children with the same vaccines he compelled thousands of children to endure November 17, 2007. Page 5 Hepatitis B Vaccine triples the risk of Autism in infant boys, by Dr. Joseph Mercola, M.D. Oct. 8, 2009. Pg. 8, Polish Health Minister bans untested H1N1 vaccines.

NL Vol. 24 # 3 May/Jun/09 pg. 5. Vaccine tests kill 12 infants in Argentina.

NL Vol. 24 # 1 Jan/Feb/09 pg. 5. Three reasons to reconsider flu shots. The majority of flu shots contain 25 micrograms of mercury.

NL Vol. 23 # 4 Jul/Aug/08 pg. 9. More on vaccinations. Forced vaccination on kids in Maryland.

NL Vol. 23 # 1 Jan/Feb/08 pg. 7. Forced vaccinations arrive. The rise of "Pharmacocracy" (as opposed to democracy) in the US, by Paul Joseph Watson & Steve Watson. Pg. 7 Merck Immunologist admits injecting cancer viruses in vaccines.

NL Vol. 22 # 5 Sep/Oct/07 pg. 6. Vaccine Dangers. The news just got much worse!

NL Vol. 22 # 2 Mar/Apr/07 pg. 7. Heroic Mother Saves Son from Vaccine-induced Illness. Good News About Autism.

NL Vol. 20 # 1 Jan/Feb/05 pg. 4, So, NOW where's the flu epidemic? A physician by the name of Robert Rowen, M.D. sent out a report with the title as above, and gives the following pertinent facts: FACT: The flu vaccine protects against a few specific strains, and there's no way to know if they'll be the same strains you're exposed to this season.

NL Vol. 19 # 3, May/Jun/04, pg. 10. CDC calls safety "Review" on mercury in vaccines and links to autism.

NL Vol. 15 # 5 Sep./Oct, 2000, pg. 6, failed vaccines for melanoma.

NL Vol. 15 # 1 pg. 3, Emerging Scandal in Vaccine Mandates, by Phyllis Schlafly

NL Vol. 13 # 5 pg.6, part 2 of 2. Facts every parent should know by Susan DeSimone, pg. 8 Before your Child Received a Vaccine, Ask yourself the Following:

NL Vol. 13 # 4 pg. 8, Vaccination Part 1, Why we should let nature take her course.

NL Vol. 12 # 4, pg. 8, Infant Vaccinations and Crib Death. Pg. 10, More Concern About Vaccinations.

VALUABLE TIDBITS

NL Vol. 24 # 2 Mar/Apr/08 pg. 8. From Dr. Joseph Mercola (Oct 8,2008) An educated, healthy and confident nation is harder to govern.

VAST ARRAY OF PHARMACEUTICALS FOUND IN DRINKING WATER

NL Vol. 24 # 3 May/Jun/09 pg. 4. Are you taking your neighbor's chemo drugs or HRT?

VEGETABLE JUICING AND DETOXIFICATION

NL Vol. 15 # 4 pg. 1, Part 3 of 3 by Kathryn Alexander, D. Th. D. Managing Toxicity
NL Vol. 15 # 3 pg. 4, Part 2 of 3, by Kathryn Alexander, How great is the toxic load, how well can it be eliminated and how fast can we safely do this?
NL Vol. 15 # 2 pg. 4, Part 1 of 3, by Kathryn Alexander, D. Th. Vegetable Juicing and Detoxification.

VEGETABLES NL Vol. 15 # 2 pg. 4, Vegetable Juicing and Detoxification, by Kathryn Alexander, D. Th. D.
NL Vol. 13 # 6 pg. 6, Eating Good is Good for you, Conventional medicine discovers the obvious in Phytochemicals.

VEGETARIAN

NL Vol. 18 # 1 pg. 2, Jan/Feb/03. Jesus- A Vegetarian! I had been puzzled before concerning statements found in the Essene Gospel of Peace, a translation by Edmond Bordeaux Szekely of the Dead Sea Scrolls. In this translation, Jesus promoted natural healing and a vegetarian diet.
NL Vol. 13 # 4 pg. 2, Is your dog a vegetarian?

VERNON, MIRIAM

NL Vol. 14 # 5 pg. 9, Words One Patient Could Not Accept, Miriam Vernon, (melanoma).

VICIOUS ATTACKS ON PRINCE CHARLES

NL Vol. 21 # 1 Jan/Feb/06 pg. 1. On June 24, 2004, Prince Charles made a speech to the Royal College of Obstetricians and Gynecologists, in which he mentioned the Gerson Therapy favorably.

VIOXX

NL Vol. 20 #3 May/June/05 pg. 1, Edmund Braun died May 21, 2004, age 79. He had been Dr. Gerson's patient in 1956 for testicular cancer. In 2004 he developed arthritis and took VIOXX on the advise of his physician and sure enough, clots were developed which then led him to his death.
NL Vol. 19 # 6 Nov/Dec/04 pg. 4, In the early day of October, 2004, the widely distributed drug VIOXX was suddenly withdrawn from the market. It is a dangerous material and has caused thousands of deaths from "sudden heart attacks", kidney damage and other serious illness.

VITAMINS

NL Vol. 16 # 1 pg. 3, Vitamin B-17. Keeping the Gerson Therapy Pure.
NL Vol. 10 # 4 pg. 5, Jul/Aug/95 Veggies, Not Supplements "But where will I get my calcium?"
NL Vol. 9 # 2 pg. 2, Jul/Aug/1994. Eleven Commonly Asked Questions About the Gerson Therapy. What about using a B-complex supplement? Why not supplement Vitamins C & E since these are so valuable for the immune system?
NL Vol. 6 # 1&2 pg. 29, Vitamin A saves lives, but study's design kills children.
NL # 2 pg. 6. Vitamin & mineral supplements?

VOLUNTEERS

NL Vol. 26 # 2 Mar/Apr/11 pg. 5. Spotlight on Volunteers –Brandon Hankla. Has been volunteering for the past 6 months. Interview.
NL Vol. 25 # 6 Nov/Dec/10 pg. 5. Spotlight on volunteers: Stan Simmons, our webmaster for the past year.
NL Vol. 24 # 3 May/Jun/09 pg. 3. Volunteers needed Worldwide!
NL Vol. 25 #5 Sept/Oct 2010 pg 6. Spotlight on our volunteers: Steve Rose, Anthony Serna, summer intern Nicole Phan, and Jennifer Dickens

WANANABE, M.D. YUSHIRO

NL Vol. 24 # 6 Nov/Dec/09 pg. 8. MD cures own metastasized prostate cancer in Japan.
<http://hompage3.nifty.com/yushiro/>

WARD, DR. PATRICIA SPAIN

NL Vol. 8 1+2 1992 pg. 39. An interview with Dr. Patricia Spain Ward. Why were you called to be a contractor for the OTA report?

WARM WISHES TO ALL OUR MEMBERS FROM THE GERSON INSTITUTE FAMILY

NL Vol. 16 # 4 pg. 1, One of us will always be able to help you with your Gerson Therapy needs.

WARNINGS ABOUT HOUSHOLD, GROOMING AND FOOD CHEMICALS.

NL Vol. 22 # 3 May/Jun/07 pg. 7. Warnings about household, grooming and food chemicals. Estrogen replacement therapy. Toilet paper dye. Talcum powder, fabric softeners, moth balls, banana chips and rice milk.

WATER

NL Vol. 26 # 2 Mar/Apr/11 pg. 7. The San Diegans for Safe Drinking Water Coalition Forms, by Diane Ake, Editor. We are sharing news of efforts to combat fluoridation of the public drinking water in San Diego.

NL Vol. 21 # 3 May/Jun/06 pg. 4. Our poisoned water supply. It's time to dump fluoridation! By Darrel Crain, DC, Health writer.

NL Vol. 21 # 2 Mar/Apr/06 pg. 3. Elements of the Gerson Therapy.

NL Vol. 14 # 5 pg. 1, A Gerson Patient's Problems, water softeners.

NL Vol. 13 # 4 pg. 10, Dear Charlotte, Someone told me water that has been micro waved, inhibits the growth of sprouts....

NL Vol. 7 # 3+4 pg. 18, Gerson patients need pure water.

WAX

NL Vol. 23 # 3 May/Jun/08 pg. 6. A Grower responds: Wax on Organic Apples All apples have an inherent wax barrier called cuticular wax which prevents moisture loss.

WE ANSWER THE CRITICS'

NL Vol. 22 # 5 Sep/Oct/07 pg. 7. Self-serving Criticisms We recognize immediately as disinformation from the ACS, NCI, AMA, Big Pharma and the flacks who carry their messages.

WE ARE WINNING

NL Vol. 12 # 2 pg. 10, By Charlotte Gerson, Clean Foods Diet and More organic food sold.

WE FOUND STAINLESS STEEL ENEMA BUCKETS

NL Vol. 22 # 2 Mar/Apr/07 pg. 5, by Howard Straus. We found Stainless Steel Enema Buckets available on line from India for \$29.95, plus \$5.00 shipping at www.healthandyoga.com , email at Prakasini@healthandyoga.com

WE GET LETTERS...

NL Vol. 23 # 6 Nov/Dec/08 pg. 5. Bettie Ross Blumer thank you letter to Howard Straus.

WEIL, DR. ANDREW

NL Vol. 12 # 5 pg. 10, Visionary, revolutionary...common sense.

WELCOME NEW GERSON INSTITUTE STAFF!

NL Vol. 26 # 6 Nov/Dec/11, pg. 5. Welcome to Kaiden Degas, new Human Resources/Fiscal Specialist.

NL Vol. 26 # 5 Sep/Oct/11 pg. 6 Lorraine Olmo comes to the GI with an Associate Degrees in Interior Design and Pharmacy technician, bilingual English Spanish, new Gerson Information Specialist.

NL Vol. 26 # 3 May/June/11 pg. 6. Will Bacaj, Education Specialist, Jennifer Leon, Education Specialist, Amanda Onken, Medical Director Assistant.

NL Vol. 25 # 4 Jul/Aug/10 pg 4. Marilyn is our new Special Events Coordinator for Gerson Basics and Module 1.

NL Vol. 25 #3 May/Jun 2010 pg. 3. Henrietta Butler, our new Education and Training Director, and Alexandra Bacaj, Information Specialist.

NL Vol. 25 # 2 Mar/Apr/10 pg. 4. Scott Stobbe is our new Marketing and IT Coordinator, will be upgrading Our technological capabilities, producing the monthly E-Bulletin, website updates and producing Marketing Materials.

WE MEET PROF. TAKAHO WATAYO, M.D.

NL Vol. 21 # 6 Nov/Dec/06 pg. 2. Prof. Takaho Watayo, recently appointed to the post of Professor of Clinical Medicine at Chiba Medical School, who is doing long-term scientific studies of the Gerson Therapy in Japan.

WHAT IS REALLY IN A CHICKEN MCNUGGET?

NL Vol. 22 # 4 Jul/Aug/07 pg. 8. What is really in a Chicken McNugget? From the Internet website <http://www.corp-watch.org/article.php?id=11984> we should like to give you some additional

warnings about Chicken McNuggets. Mutagen, carcinogens, flammables, petroleum products.

WHAT KIND OF SCIENTIST ARE YOU?

NL Vol. 6 # 3&4 pg. 8, Broadside against OTA.

WHAT WE DO AT THE GERSON INSTITUTE

NL Vol. 22 # 5 Sep/Oct/07 PG. 3. Referrals, resources list, free brochures.

WHEN (AT LEAST) 20,679 DOCTORS WERE BUTTHEADS

NL Vol. 5 # 3 pg. 11, "More doctors smoke Camels than any other cigarette".

WHERE DO WE GET OUR PROTEINS?

NL Vol. 14 # 5 pg. 4 "Meat is erroneously believed to be the best food for health, and is indeed tasty" states Carl C. Pfeiffer, Ph. D., M.D. in his book, Mental and Elemental Nutrients.

WHERE WILL I GET MY PROTEIN

NL Vol. 25 #5 Sept/Oct/10 pg. 7. Dr. Gerson knew what nutritionist know today: vegetables contain adequate protein, by Henrietta Butler.

WHY ARE THESE YOUNG PEOPLE SO ILL?

NL # 5 pg. 5 The answers to my questions: The Histories and background of these young people are very revealing and, we feel can benefit our readers.

WHY SPICES CAN CAUSE PROBLEMS

NL Vol. 12 # 3 pg. 8, May Counteract the healing reaction.

WHY THE GERSON THERAPY HEALS

NL Vol. 19 # 4Jul/Aug/04 pg. 4. In depth study by Carmen Wheatley, Ph. D. On the occasion of the 19th anniversary of healthy survival of Multiple Myeloma by Professor Michael Gearin-Tosh, A most interesting addition in his book is a report by Dr. Carmen Wheatley.

WHY "THEY" DON'T WANT TO CURE CANCER

NL Vol. 23 # 2 Mar/Apr/08 pg. 6. "Triumph over cancer... would mortally threaten the present clinical establishment. 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.

WIGMORE, ANN

NL Vol. 9 # 2 pg. 4, Jul/Aug/1994, In Memoriam: Ann Wigmore 1909-1994.

WILL WONDERS NEVER CEASE?

NL Vol. 23 # 2 Mar/Apr/08 pg. 6. Shirley Tice – Recurrent Brest Cancer.

WILSON, ANITA K.

NL Vol. 25 #3 May/June 2010 pg. 1. Gerson Institute celebrates, honoring Anita Wilson's seven years of service.

NL Vol. 18 # 5 Sep/Oct/03 pg. 7 Anita Wilson An extraordinary life by Howard Straus. Anita Wilson was appointed Executive Director of the Gerson Institute shortly after the resignation of Andrew Printer. I would like to present the background of this extraordinary human being, who is now devoting her considerable experience.

NL Vol. 18 # 4 Jul/Aug/03 pg. 3. Anita K. Wilson. One wiser than myself said "We make our living by what we get – we make our lives by what we give". Returning to the Gerson work certainly brings those two concepts together for me. I rejoined my healing family on May 20th, 2003, as the newly appointed Executive Director of the Gerson Institute.

NL Vol. 13 # 1 Jan/Feb/98 pg. 5. Heartbeat – Drumbeat poem by Anita Wilson.

NL Vol. 12 # 6 Nov/Dec/97 pg. 7. News from SedonaTherapeutic Services Charlotte McGuire, Aftercare-Mary Ward, Richard Crowell, Executive Chef, Holiday Homecoming Gerson Healing Center – Practitioner Program for Medical Practitioners March 1-7, 1998. Anita Wilson.

WISDOM FROM HIPPOCRATES

NL Vol. 24 # 5 Sep/Oct/09 pg. 5. Hippocrates (430 B.C.)

WOMACK, LEE ANN

NL Vol. 15 # 5 Sep./Oct, 2000, pg. 7 Lyrics of the current country hit :I Hope You Dance”

WORLD RESEARCH FOUNDATION

TWN MAR/APR/94 pg. 2 (818)907-5483, 15300 Ventura Blvd. Ste. 405, Sherman Oaks, CA 91403 linked to 5000 medical journals.

WRIGHT, NED

NL Vol. 21 # 3May/Jun/06 pg. 6 Ned Wright’s recovery from testicular cancer: Five years and going strong.

NL Vol. 19 # 1 Jan/Feb/04 pg. 8. Another success story, recovered from testicular seminoma cancer.

YELLOW-ORANGE CANCER FIGHTERS

NL Vol. 14 # 4 pg. 10, Researchers at Cornell University have been studying the effects of retinoic acid on leukemia. Retinoic acid is a product of vitamin A, which the body manufactures from carotenes.

YET ANOTHER DRUG

NL Vol. 22 # 3 May/Jun/07 pg. 9. For advanced breast cancer Yet another drug. In 1975, Prof. Hardin Jones, University of California, proved for the first time, on a large-scale study that lasted 23 years, that cancer patients refusing to undergo surgery, radiotherapy and chemotherapy (on a free food regime without following a particular diet) survived on average 12 ½ years .

YOGURT

NL Vol. 9 # 3 Karl M. pg. 7, (Horizon brand from Wisconsin)

YOU WILL NOT DIE

NL Vol. 17 # 4 July/Aug/02 pg. 4. Excerpts from “You will not Die”, a memoir of Miriam Halliday-Borkowski’s experience with Dr. Gerson and the Gerson Therapy. Edited by Kristina Wylie. 1953 diagnosed with Boeks Sarcoid.

YOUR EDITOR BRINGS GERSON TO WESTERN PACIFIC

NL Vol. 18 # 6, Nov/Dec/03, pg. 1. Gerson Therapy in Asia. By Howard Straus. In Bangkok, Thailand over 500 people filled the Impact Centre convention hall meeting room. Later we found out that a well-known and popular naturopath, Dr. Indrakamheng, had healed himself of cancer using the Gerson Therapy.

YOUR GIFT AT WORK ES ESPECIALLY VALUABLE

NL Vol. 17 # 5 Sep/Oct/02 pg 9. If your company has an employee charitable fund drive this fall, please consider making a gift to the Gerson Institute.

YOUR LETTERS

NL Vol. 26 # 6 Nov/Dec/11, pg. 9. Letter from Susan Morton and Fred Rogers, they are going to be in a documentary. They can be reached at: secondchancenutrition@gmail.com

NL Vol. 26 # 1 Jan/Feb/11 pg.9. Thank you letter from Sharon Keever.

YOUR TEETH AND THE MERIDIANS

NL Vol. 15 # 6 pg. 8, Nov/Dec/2000, by John Anderson, BDS. According to traditional Chinese medicine, a form of bodily energy called Qi (pronounced “chee”) is generated in internal organs and circulates throughout the body, forming paths near the surface of the skin called meridians.