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Clinical Depression ... a Biochemical Problem

by Charlotte Gerson, President, The Gerson Institute

Clinical Depression is a subject that could well have been included in our last *Healing Newsletter* as a 'modern disease'. Of course depression is not new; it has been plaguing people for centuries. However, recently it has been accepted as a disease syndrome and as being 'treatable'. This means that it can be drug treated. It is depressing just to read the symptoms given; (*Current Medical Diagnosis & Treatment*, Krupp & Chatton)

- Lowered mood, sadness to intense feelings of guilt and hopelessness
- Difficulty in thinking, inability to concentrate, inability to make decisions
- Loss of interest, less involvement with work and recreation
- Headache, disrupted sleep, change in appetite, decreased sexual drive
- Anxiety
- Suicidal tendencies

As the disease progresses, the symptoms become more severe. In all orthodox approaches to disease, the symptoms are treated, not the underlying problems. The present drugs of choice are the mood

altering medications, one example of which is imipramine.

Years ago, we saw a patient who had been treated with imipramine for some 15 years. Her depression and anxiety were still present, but had been more or less controlled by the drug. The side effects, however, were almost unbearable: she was virtually blind, could just identify her own hand held in front of her eyes; and she was still depressed. But the patient's worst symptom was the constant feeling of worms crawling under her skin and out of all her body openings. Her symptoms intensified if she didn't take the drug. In only a few days on the Gerson Therapy, her vision had improved to near normal and her mood was a great deal better. The 'crawling' sensations, however, took longer to relieve.

More recently, we had a patient who was being treated for lymphoma. She had been on the Gerson Therapy for some time, but came back to the CHIPSA hospital for hyperbaric oxygen treatments. She mentioned, one day, that she was experiencing a crawling sensation under her skin. I asked her if

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Clinical Depression ...

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she had ever been treated for depression with antidepressant drugs. She thought a moment and then replied, yes, some 35 years ago, after the birth of her daughter. These drugs were still lodged in her system and only just being excreted in the course of a healing reaction on the Gerson Therapy. When they reentered the bloodstream, she re-experienced the same

The Standard American Diet (SAD) is generally at fault.

Ross Horne, in his book, *The Health Revolution*, has reproduced two interesting photomicrographs from Dr. Ronald Glasser's *The Body is the Hero*. In it, we see the effect of a high-fat meal on red blood corpuscles (cells). In order to properly fulfill their oxygen transport function, red blood corpuscles should float freely and independently in the bloodstream, exposing the maximum

Figure 2) become stuck together and clumped into rolls, much like the rolls of coins one gets at the bank, see Figure 1. These rolls are called rouleaux. The photomicrograph shows that a large proportion of red blood corpuscles are still forming rouleaux six hours after a high fat meal. When they are glued together, blood cells have a much reduced total surface area, thus can carry much less oxygen. Furthermore, these rouleaux are too large and inflexible to travel through the tiny capillaries (hair vessels) and



Figure 1. Example of red blood cell aggregation and rouleaux formation six hours after a high fat meal.

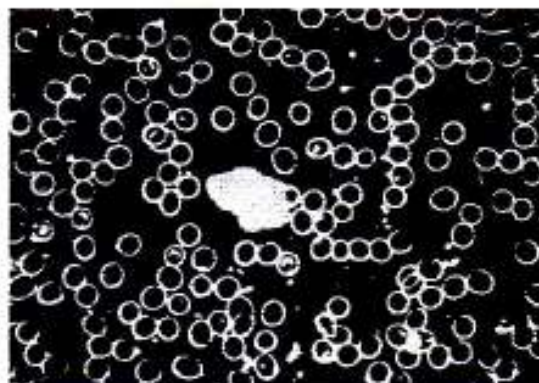


Figure 2. Dark field high power view of normal non-aggregation red blood cells six hours after a low-fat meal.

symptoms she felt when the drug was first administered.

Since drugs do not overcome the underlying problems, they are often administered for years, yet never clear the disease.

Brain dysfunctions are generally referred to as mental diseases. To many, this classification implies genetic problems, and carries the stigma of being crazy or demented. Often, in fact, these diseases are metabolic disorders, and therefore curable by healing the metabolism.

The brain is an incredibly delicate and finely balanced instrument. It also requires substantially more oxygen than other tissues. While it only constitutes only about 6-8% of total body mass, it is believed to require as much as 20% of the system's total oxygen intake.

As in all chronic diseases, the underlying problems in brain malfunction are toxicity and deficiency.

surface area to adsorb, carry and release oxygen. However, after a high-fat meal, the cells that *should* float freely (see

deliver their life-supporting oxygen to the most remote cells in the circulatory system. With the brain's high oxygen requirement, it cannot function properly under conditions of oxygen starvation. This explains why people experience sleepiness

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Publication Schedule

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

Members receive the *Gerson Healing Newsletter* six times a year. You can become a member of the Gerson Institute/Cancer Curing Society simply by making a tax-deductible contribution of \$25.00 or more (foreign memberships \$30.00) to The Gerson Institute.

Gerson Healing Newsletter

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Howard D. Straus, Editor

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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.

- Item: Tobacco is implicated in over 100,000 miscarriages suffered by women who continue to smoke during pregnancy.

- Item: When the babies have been born alive to a mother who smokes, and continues to smoke around her newborn, tobacco is implicated in the crib deaths (Sudden Infant Death Syndrome, or SIDS) of over 5,000 infants annually.

- Item: Tobacco cramps the arteries and capillaries of the circulatory system so badly that it seriously impairs the delivery of oxygen and other nutrients to the furthest reaches of the system. This causes skin to dry out, look sallow and ill, and prematurely old. Studies have now shown that other healing processes are also seriously affected. Broken bones, a good indicator because their healing rate is well-known and fairly predictable, take twice as long to heal in a smoker than in a non-smoker. Some evidence has been seen of broken bones not completely healed after over a year (as opposed to six weeks or less).

Just before the Republican landslide election, when the voters threw the Democrats out of Congress *en masse*, there had been an ongoing series of hearings in Congress regarding the tobacco companies' cynicism and whether tobacco should be regulated as a drug. As soon as the new Congress came into power, the hearings quietly disappeared. Had the problem suddenly "gone away?" Or had it suddenly become an embarrassment to admit that we had been subsidizing a powerfully addictive drug for years with Federal funds? That means "our money" because, after all, there is really no separation between the Federal Government and ourselves.

The debate continues, of course, but at a much quieter level than it did before the election. The FDA is still searching for a way to avoid the problem of having to deal with tobacco as a powerfully addictive drug. The sham put up by the tobacco companies, that nicotine is not addictive, would provide a convenient way out, but the FDA would appear as naked as the emperor in his new clothes before a nation where even young children know how addictive and dangerous nicotine really is. But the FDA doesn't want to actually *do* anything about tobacco, either. So, our official protectors dither about, and do nothing, always a politically safe choice.

The knowledge that over 100,000 unborn children die annually from the deleterious effects of smoking during pregnancy should be a clarion call to the protectors of the unborn: the Right-to-Life movement. I challenge them to picket the offices of Phillip Morris with as much enthusiasm and dedication as they picket planned parenthood clinics. Harass the executives of R. J. Reynolds, a company that cynically produces an addictive product, manipulating its addictive properties for profit, and ignoring, even denying, the life-and-death health implications to their customers. Ostracize and publicize pregnant women who smoke, endangering their fetuses.

Of course, this is unlikely to occur. But the issue needs to be addressed honestly. Cigarette smoking is not just a disgusting habit. It is one of the worst *avoidable* health problems in our country today. Tobacco accounts for hundreds of thousands of deaths, perhaps millions if the indirect effects are counted. The health consequences of smoking must be paid for, borne by the surviving populace. With the negative impact of tobacco on healing, and therefore on health, it stands to reason that billions of dollars could be saved in medical care annually if smoking were banned, or, at the very least, priced to reflect the real cost to us of each pack of cigarettes. Stop tolerating tobacco in our environment and treat it like the killer it really is.

Important Notice

Howard Straus

In the past two years there have been some organizational changes in the Gerson family of organizations to more effectively meet the challenges of the future, and to prepare for the growth that we foresee in acceptance and interest in the Gerson Therapy, made possible, in large part, by the loyal support of our members over the years. We apologize if the changes have been confusing, and we should like to help clarify them.

We have added "Cancer Curing Society" to our name, to more accurately define us to the person who first sees our name.

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.

Recently, the Gerson Research Organization sent out a solicitation for funds that was received by many of our members. Several Gerson Institute members were annoyed at us for soliciting funds when their membership subscriptions were up to date.

We would like to make it very clear that The Gerson Institute and the Gerson Research Organization (GRO) are two *totally separate* entities, with *no* financial connection. The Gerson Institute issues this bimonthly *Healing Newsletter*. The Gerson Research Organization issues the *Wellness Network Journal*, now written and edited in England by John and Leslie Haggar. These organizations, and their publications have different goals and should not be confused. Contributions to either organization are *not* shared or pooled. Please, do not be confused by these seemingly double solicitations.

We urge you, of course, to support the work that is the most meaningful to you. If you choose to support both organizations, we certainly do not want to discourage you. We wish to assure you, however, that we will *not* solicit you for membership twice. The Gerson Institute is grateful for your continuing support, and will always do our best to earn it.

Clinical Depression ...

(Continued from page 2)

and lack of energy after a heavy meal. They often try to overcome the 'depression' by the use of stimulants: coffee, alcohol or cigarettes. It takes some six to ten hours for the body to clear the fat from the bloodstream and "unclump" the red blood cells. Within six hours, however, most people will have consumed another fatty meal: breakfast with eggs and bacon or sausage; lunch with a hamburger or hot-dog; dinner with meat, chicken, cheese, milk, butter, or other high-fat substances. The result is that we live in a constant state of oxygen starvation when we eat diets high in fat content. Yet this describes the SAD diet precisely. 40% or more of the calories the average American consumes come from the fat content of our food. Our brains and other vital organs are being slowly strangled, deprived of their life-giving oxygen.

In addition to fat and cholesterol, the SAD diet contains many chemical

additives: dyes, preservatives, emulsifiers, flavor enhancers, plus residual pesticides, hormones, and antibiotics from animal products. Some 10,000 chemicals are accepted as food additives, certified safe by our Food and Drug Administration (FDA). In our opinion, *no* chemical food additives are safe for daily ingestion! It has been amply demonstrated that hyperactive children become perfectly normal when they are placed on a diet free of food additives. Instead of using this approach, however, orthodox doctors use drugs such as phenobarbital to calm these children. But psychoactive drugs, used over a period of time, can themselves cause brain damage! All toxic substances, including food additives, are enzyme inhibitors, further depressing the normal functions of brain cells. Is it surprising that people become depressed, hyperactive, aggressive, and suicidal? (Suicide is one of the leading causes of death among teenagers.) I must admit that I am always impressed with the fact that so many people function as well as they do, as long as they do, given what they eat.

But are we really functioning fully?

Nathan Pritikin describes how "children whose diets are changed from the typical Western high-fat diet to a diet low in fat, can perform simple mental tasks 20% faster and with greater accuracy once their blood is clear of fat." Pritikin asks, "Does our entire population struggle along at about 75% of their mental capacity? Is this why our television programs are so infantile?" But what if we go further than eliminating fats from the children's diet? What if we also eliminate food additives and other toxins and sugar? What if we give our children the best high-micronutrient diet, such as a less intensive Gerson Therapy, could we increase their mental capacity by much more than 20%? And would this not also hold true for the rest of us?

In conclusion, clinical depression is not just treatable (by drugs), it is curable. The answer to chronic disease is always the same: once you understand the underlying problems, deficiency and toxicity, and solve those, the body is capable of healing. Detoxifying and flooding the body with a high nutrient diet, the Gerson Therapy, is the total approach to healing.

Cure of Small Cell Lung Cancer Patient Story: William Hetzler

by Charlotte Gerson

We rarely see patients with "small cell" (or oat cell) type of lung cancer. *Current Medical Diagnosis and Treatment*, Krupp and Chatton, 1993 says that lung cancer patients, in general, have an 8% chance of surviving 5 years. However, the small cell anaplastic (oat cell) types have the worst prognosis. "It metastasizes early and widely, and is not amenable to surgery." In his monograph *Chemotherapy of Advanced Epithelial Cancer*, physician and biostatistician Dr. Ulrich Abel wrote that "small cell lung cancer is the only carcinoma for which good direct evidence of a survival improvement by chemotherapy exists." But this improvement amounts to a matter of *three months!*

In late February of 1993, William

Hetzler, then 55 years old, arrived at the CHIPSA hospital. He had been diagnosed and biopsied at the Long Beach Hospital on Long Island, (New York). He subsequently consulted a pulmonary specialist at the North Shore Hospital, also on Long Island, for a second opinion. He was advised to transfer immediately to the oncology department for chemotherapy. He was told that without chemotherapy, he might have 3-4 months survival.

A cousin of his in Oregon where he runs an organic farm told him to call the Gerson Institute for information on nutritional healing. Given some hope, he came to Mexico. He now admits that he was deeply depressed and had periods of crying while at the CHIPSA hospital. However, by the time he left, he had become hopeful.

In August of 1993, while we were at a Convention in New York, William attended, mostly in order to testify about his experience. At that time, only about 6 months after he arrived at CHIPSA in "terminal" condition, he reported that his latest chest X-ray showed his lungs to be *clear of cancer*. He carried on with the strict Gerson Therapy for two years. It is now over two years and he is well, planning a business trip to Europe. He says that he now "sleeps to heal," and remains on the modified Gerson Therapy. He told me that he took shark cartilage all through his therapy. He also said that he now doesn't want to go back to his original oncologist. "All the sick people there cause you to be depressed," he said.

Veggies, Not Supplements

"But Where Will I Get My Calcium?"

by Charlotte Gerson

One of the more serious and troublesome diseases of aging is osteoporosis (loss of calcium from the bones), especially in post-menopausal women. Orthodox medicine tries to fight this disease with two methods: one is to supplement women with sex hormones, on the theory that the loss of the hormones caused the loss of bone mass; the other one is to try to restore calcium to the bones by oral administration of calcium supplements. Osteoporosis is life-threatening and causes much misery. Many elderly women develop severely curved spines, causing pressure on their lungs, diaphragm and heart, not to mention pain. As bones weaken, the neck of the femur (thigh bone) is particularly endangered and is likely to break under the simple pressure of walking. When the neck of the femur breaks, it results in a fall, often breaking other brittle bones, and forcing long term bedrest. This can further endanger health, and can even result in the death of an elderly person due to poor circulation.

Estrogen supplementation is always dangerous, since sex hormones increase the chances of developing a sex related cancer by 6-10 times. Even with the recent addition of progesterone to estrogen medication, with a possible reduction of cancer danger, it is still not safe. Furthermore, it doesn't reverse or cure the problem: it may slow down the deterioration of the bones. The other approach, calcium medication, rarely yields satisfactory results (see below). Osteoporosis is simply not reversible by orthodox methods: at best it can be slowed.

It is of particular interest that osteoporosis is not *caused* by loss of calcium from the body. The loss itself is due to excess animal protein consumption. The high protein diet of

most Americans introduces excess acid and phosphorus into the body. Since our vital processes are extremely sensitive to the acidity of the blood, the system must neutralize the excess in order to restore balance and survive. Our bodies neutralize acid by releasing calcium into the bloodstream from the large and readily available calcium "bank", the skeleton. The expectation of our systems is that this acidity is an unusual condition, and that calcium will soon become available to replace the loss from our nutritional intake. But this calcium is not available, either in supplements (as we will see below), or from milk or milk products. Quite the contrary: since milk is high in animal protein, it contributes to the problem!

An interesting study is now available in a book called *Rare Earths, The Forbidden Cures*, by Joel D. Wallach, BS, DVM, ND and Ma Lan, MD, MS (Double Happiness Publishing Co., 1994; P.O. 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 supplements as they are usually dispensed, are "typically metallic (as opposed to organic) minerals as found in tablets and powders as, for example, calcium gluconate, calcium lactate, sulfates and carbonates.

"These metallic minerals, despite wild claims to the contrary, are only 8 -12% biologically available to animals and humans; after attaining the age of 35 or 40 years the availability of metallic minerals to humans drops to 3 to 5%." The authors continue with this illustration:

"We know of a man with a Porta Potty (the portable toilets provided by the organizers of public events) business in Grand Rapids, Michigan, who finds literally thousands of multiple vitamin/mineral tablets in the bottom

screens when the Porta Potty is pressure cleaned after an event. We asked him, 'How do you know they are multiple vitamin/mineral tablets?' and he replied, 'Because the names (One-A-Day, Theragram M, Centrum, etc.) are still on the coatings!'"

It is not an accident — nor a special make-work idea — that Dr. Gerson insisted on supplying patients with the best, most easily absorbed nutrients and micro-nutrients in the form of freshly squeezed juices. These juices should be made from organically grown fruit and vegetables, to insure firstly, that they do not contain pesticide residues and secondly, that they are rich in the largest possible quantity and variety of organic minerals. When consumed in combination with the live enzymes contained in the juices, the minerals are properly restored to the tissues and bones. Therefore, with the Gerson Therapy it is perfectly possible to reverse osteoporosis and recalcify depleted bones.

One male patient, only 32 years old, had been diagnosed with advanced osteoporosis. The doctor had read his X-rays and shown him that his bones were "paper thin", and could easily break. Besides, his teeth were loose. The doctor suggested that the young man drink a lot of milk and take a calcium supplement as well. After 6 months on this regimen, another X-ray showed that the bones were just as thin as before; the teeth were just as loose — but now he had also developed a severe case of arteriosclerosis from deposits of milk fat and calcium in his arteries. The calcium did *not* go into his bones. On the Gerson Therapy, he was able to start clearing his arteries and restore calcium to his bones, as well as strengthening and firming his teeth.

From Charlotte Gerson's Clinical Notebook

Answers to some frequently asked questions

by Charlotte Gerson

In his last book, *A Cancer Therapy: Results of 50 Cases*, Dr. Max Gerson incorporated the experiences, trials and errors of a lifetime. He especially needed to record the details of his work with advanced and terminal cancer patients. For these patients he had to fine-tune his therapy to the ultimate degree, to obtain the best foods and juice extraction, the most carefully adjusted medications, and the most thorough detoxification. He did this with very specific directions: how to do the enemas, how best to extract the juices, and so forth. Over the years, various authors have proposed their own ideas in the above areas, often differing from Dr. Gerson's. This has naturally raised questions for patients using the Therapy, as well as others interested in the theory and practice of the Gerson Therapy.

I would like to explain some of the reasons underlying Dr. Gerson's detailed instructions in these areas.

Juicers

The juicing is so tedious, with all the grinding and pressing. Isn't there an easier and faster way, or a cheaper juicer that I could use?

Dr. Gerson said in his address to a group assembled in Escondido, California in 1956 (Appendix II, p. 406, *A Cancer Therapy*): "At first I thought that liquefiers would be the most wonderful thing. All the material was there, nothing was lost. But it didn't work." The rotating blade gives rise to a "dynamo effect", causing electricity to be generated, and killing enzymes. The same is true for centrifugal juicers. Juices *must* be made by grinding the vegetables first, mixing them, and then

pressing them in a press. We have recently come across cancer patients who tried to heal themselves on the Gerson Therapy using a centrifugal juicer. They experienced no improvement. When they tried the Therapy with Champion juicers, they did well. The more seriously ill patients still need the grinding plus pressing type of juicer arrangement to properly heal.

In response to a question from a patient about the two step juicing process, Dr. Gerson wrote that "the malic acid (contained in the apples) mixed with the ground carrots helps to release the minerals from the carrots." In other words, it is necessary to first grind the apples and carrots together into a bowl, using a

"malic acid (from the apples) mixed with the ground carrots helps to release the minerals from the carrots."

— Max Gerson, M. D.

grinder. The Norwalk, K&K or Champion juicers can be used as grinders, but the Champion cannot be used as a press. The ground materials are mixed in the bowl, the mixture is placed in a press cloth and put under pressure in the Norwalk or K&K press. This process produces the best extraction, richest in minerals, and the tastiest juice. Juice produced by the Champion juicer alone separates into a transparent liquid at the bottom and mush on top after a very short time. This juice is harder for the patient to drink because of the particles,

and is not as rich and homogeneous in nutrients.

Recently the Green Power juicer was introduced. It does a better job of extraction than the Champion alone used as a juicer. But it offers no way (as the Champion does) to block the juicing action. It is impossible to use the Green Power juicer as a grinder only, it grinds and juices in one operation. While it extracts juice quite efficiently, it does not fulfill Dr. Gerson's requirement of mixing the ground apples and carrots thoroughly before pressing.

Enemas

I thought that high colonics cleaned out the entire colon. Why shouldn't one do high colonics? Aren't we trying to clear out the colon?

Anyone who is at all familiar with the Gerson Therapy is well aware of the utmost importance of the coffee enemas. (*Gerson Healing Newsletter* #13, May, 1986). But questions arise from Dr. Gerson's instructions, specifically his warning: *NO HIGH COLONICS*. High colonics don't accomplish what coffee enemas do, namely, open the liver/bile ducts to allow the liver to release toxins. They also interfere with basic colonic functions: reabsorption of nutrients, vitamins and fluids, especially when used regularly.

Let us first examine the basics. Dr. Gerson found that the underlying problems of all cancer patients are toxicity and deficiency. He had to overcome both these difficulties. He found that one of the important features of his therapy had to be the hourly administration

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Clinical Notebook ...

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of fresh vegetable juices. These supply ample nutrients, as well as fluids to help flush out the kidneys. When the high levels of nutrients re-enter tissues, toxins accumulated over many years are forced into the blood stream. The toxins are then filtered out by the liver. The liver is easily overburdened by the continuous release of toxins and is unable to release the load. This can cause liver damage, even liver coma — unless the liver is helped to release the overload. Dr. Gerson found that he could provide help to the liver by the caffeine in coffee, absorbed from the colon via the hemorrhoidal vein, which carries the caffeine to the portal system and then to the liver. The caffeine stimulates the liver/bile ducts to open, releasing the poisons into the intestinal tract for excretion.

High colonics are usually not done with coffee, and therefore do not benefit the liver. Even if coffee were to be used, a high colonic forces it high into the transverse and ascending colon, where it is not absorbed into the portal system.

With the constant administration of vegetable juices of the Gerson Therapy, a flood of toxins is steadily released from the poisoned cells in the body. Four to five coffee enemas daily are needed to help continuously unburden the liver, and deal with the toxins. It would be impossible, even dangerous, to do five high colonics daily.

Colonics have another undesirable effect. The colon is a very important recycling organ which reabsorbs fluids, enzymes and minerals. It also produces some vitamins with the help of friendly bacteria. Regular high colonics disturb this activity, flushing out essential minerals, enzymes and friendly bacteria along with the waste materials. This could lead to dehydration and electrolyte imbalance (washing out too many of the minerals the body needs).

If a patient wishes to use one or two high colonics prior to starting the Gerson Therapy, we have no objection. But

the often-suggested course of 15 or 30 colonics should not be undertaken. In addition, it is possible to stretch the colon and lose some of its normal muscle function.

Most doctors and nurses are taught to have the patient lie on the left side to take their enemas. Dr. Gerson wanted the patient to lie on his right side. With the patient in this position, gravity will help the coffee flow past the descending colon, just around the "corner" of the splenic flexure, and into the transverse colon for higher penetration and better release of toxic foci.

One more important note: When using the castor oil enema, it is necessary to add some soap to the coffee/castor oil solution so the oil does not float to the top. *Do not grate soap into the solution.* Too much soap will irritate and inflame the colon. Just rub a cake of soap for a few moments with your hand immersed in the (liquid) coffee. This will release enough soap to do the job.

Four to five coffee enemas daily are needed. It would be dangerous, to do five high colonics daily.

Flax Seed Oil

Dr. Gerson strongly prohibited any fats or oils, yet A Cancer Therapy says to use flax seed oil. What is the source of this contradiction?

Dr. Gerson was very much aware that patients require the intake of essential fatty acids. He experimented with various substances, including sunflower, safflower, olive and other oils to try to satisfy this need. He even tried fresh, unsalted butter. *In all cases, fats administered to patients, even after they were already free of tumor tissue, caused the regrowth of cancers.* Therefore, Dr. Gerson stated repeatedly and emphatically when describing the practice of the Therapy "NO OILS, NO

FATS."

In 1958, after his book had been published, Gerson found the work of Dr. Johanna Budwig. Dr. Budwig described her successful use of flax seed oil (linseed oil) in cancer patients. Dr. Gerson tried this substance and found it very beneficial. It supplies the essential fatty acids, helps to carry Vitamin A through the blood stream and supplies linoleic and linolenic acids.

In a letter to his long-time friend, Dr. Albert Schweitzer, Gerson described his protocol for the use of Flax Seed Oil: two tablespoons a day for the first month on the Gerson Therapy; one tablespoon thereafter. This prescription seems to be in conflict with Dr. Gerson's injunction of *NO OILS, NO FATS*. In the charts on pp. 235 and 236 of *A Cancer Therapy*, the reader will find that the use of flax seed oil is described. The reason for the "contradiction" is that, on the basis of Dr. Gerson's research in the last year of his practice, we added the flax seed oil prescription. We did not change the text in the book prohibiting all fats and oils, because we wanted to keep Dr. Gerson's original words as intact as possible. We hope that this explains any apparent contradictions the reader may find.

Flax seed oil is made from organic flax seed, cold pressed, bottled in a light-tight container, and sealed in the presence of inert gas, not air. This careful handling keeps the oil from oxidizing, and becoming rancid. It must *never* be heated, and should *never* be used to cook, bake or fry anything. Unopened bottles may be stored in a freezer for up to six months; in a refrigerator for up to three months. Once opened and exposed to air, still refrigerated, the oil is only usable for three weeks.

Patients should use the golden, filtered oil, not the brownish and viscous material that includes lignins. The lignins come from part of the fiber of the seed, which also contains certain undesirable proteins. These should be avoided. Also, when used by patients, only the oil should be taken, not freshly ground flax seeds, for the same reason. Some patients have been told by well-meaning friends that

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From the Convention Circuit

Della Robinson

by Charlotte Gerson

We first had the pleasure of meeting Della Robinson at our Health Convention in San Diego, in 1981. At that time, we were celebrating the 100th anniversary of Dr. Max Gerson's birth. We had invited some 50 recovered patients to testify and help us celebrate. Della was one of the "cured 'incurables'". At the time, Della was 82 years old. When we called to invite her to the convention on a Sunday afternoon, we found her active and working in her daughter's business.

In April 1995, at a Health Convention which we attended in New York City, we had the pleasure of meeting Della's granddaughter, Sharon Thompson, who kindly filled us in on most of Della's story.

In December of 1974, when Della was 74 years old, she had a "laparotomy" (cutting open the abdomen for the purpose of diagnosing disease) and a liver biopsy, done at the Rogue Valley Memorial Hospital in Medford, Oregon. Della had a severe weight loss of 30 pounds and a mass in the area of the left lobe of the liver was felt, associated with metastatic carcinoma.

Della continued to lose weight. By 1975 she was down to about 68 pounds, was extremely jaundiced, in severe pain and on heavy pain killer drugs. The doctors gave her a few days to 3 weeks to live. It was Christmas time, and in order to make

Della more comfortable, her daughter and son-in-law decided to take her home for the few days she had left. In the meantime, they had obtained Dr. Gerson's book, *A Cancer Therapy: Results of 50 Cases*. They reasoned that Della had nothing to lose, they might as well try to help her. They immediately started her on the Gerson Therapy, complete with freshly pressed juices and coffee enemas. Their physician was curious and was willing to 'watch' her. During the first few days, Della really suffered and begged to be allowed to die. But the coffee enemas were giving her relief. Sharon says that she had never seen anybody as severely jaundiced; even her nails were yellow. After only a few days, Della's jaundice lightened and was nearly gone in two weeks. She passed strange clumps of dead tissue with the enemas, possibly some of the tumor tissue. They had been told that the tumor had grown to the size of a grapefruit, so it took some time to get rid of it all. After about two weeks large sores developed on her skin and began to drain. Yet, in a few more weeks, she was up and walking! Her pain was gone. It took about a year before she was quite normal and had regained her weight.

She continued to work and remain active until just before Christmas of 1994, when she caught pneumonia. She died of heart failure just before the New Year, at age 95.

Clinical Notebook ...

(Continued from page 7)

lignins or flax powder can be used and added to cakes. That is totally out of the question.

"Medical Hell"

At the end of May, 1995, a patient was admitted to the CHIPSA hospital, suffering from pancreatic cancer. Patients are requested to bring their medical records with them, and this patient brought his doctor's consultation and operation (biopsy) report along. This young man is only 38 years old, and has a fairly healthy lifestyle. I do not understand why he has such a serious problem at this early age. He gave me a copy of his medical report and, I must admit, I read it in amazement and disbelief. Since it is so incredible, I am quoting two paragraphs here exactly as they appear on the report.

"I have explained to the patient the absence of surgical resolution of the problem [inoperable] and he will be seen by the Cancer Clinic and we'll discuss the role or non-role of chemo and radiotherapy in this condition. The gravity of his illness was explained to him. At the moment, he's in a state of denial and shock, but certainly his father [who is an MD] and wife are well aware of the seriousness of the situation.

"This man was informed of the diagnosis in the absence of all involved regular physicians by one of the family physicians covering for Dr. D. D. in Campbell River. This at least prepared him for the descent into hell of having the diagnosis of cancer of the pancreas that he is now embarked upon ..."

As our readers know, we have seen a number of patients showing total recoveries from pancreatic cancer, even when it has spread to the bile duct, spleen, or further. We are often accused of quackery and "giving desperately ill people false hope." Even if our patients do not all recover, we do give them hope, not false hope, rather than despair. Is the above medical report an example of compassionate "health care" providers?

Notes from the Internet ...

The Homepage address of the Gerson Institute on the Worldwide Web (WWW) has been slightly changed to:

<http://www.homepage.com/mail/gerson/gerson.html>, for those of you who wish to check us out.

To date, we have been visited by over 700 browsers from as far away as Russia.

*A bequest to the
Gerson Institute
helps to continue its
vital, lifesaving
work into the
future!*

Gerson Institute Approved for Federal, State Employees

by Howard Straus

It is a pleasure to report that, with great help from the Independent Charities of America (ICA), The Gerson Institute/Cancer Curing Society has been approved for inclusion on a list of approved charities for both Federal and California State employees. Each charity on this list, and there are over 400 for the donors to choose from, is described in a 25-word paragraph so that the donor knows a bit about the goals and purposes of the organization soliciting funds.

The ICA is naturally very cautious, and thoroughly researches the organizations it supports. After their examination, the ICA was so enthusiastic about our activities and plans that we were singled out for special attention in its own literature.

We give special thanks to our payroll deduction donors, particularly Government employees. These gifts will help us expand our primary charitable activities — teaching patients, public and physicians the cure and prevention of cancer and other "incurable" diseases. Since our payroll donors have given so generously, we wish to emphasize that any further solicitations for funds are not directed to them.

The Dangers of Chewing Gum

by Charlotte Gerson

I suppose the habit of chewing gum originated with chewing tobacco, known to Native Americans and later introduced into Europe. Tobacco acted as a stimulant, while chewing gum has other effects. Many people experience thirst or a dry mouth after meals, due to excess salt and fat in their foods, or dehydration due to alcohol, sugar and animal protein. Some also experience bad breath, which can be caused by poor digestion as well as certain foods, such as garlic and onions, which leave an unpleasant odor.

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. Advertising has also made people aware that some gum contains sugar, a substance to avoid if one is health conscious. Industry has responded by producing sugarless gum - itself not all that healthy, since it contains artificial sweeteners. There is, however, a less obvious and more dangerous effect of chewing gum.

Our bodies function as total entities, with all activities thoroughly integrated and interdependent. Since our very lives depend on nutrition, digestion is a delicately balanced, highly coordinated

process. When we first ingest food - or sometimes even when we see, smell or hear of appetizing items, we begin to salivate. Chewing further stimulates the secretion of saliva - an important carrier of enzymes. The enzymes in saliva help digestion by predigesting sugars and starches before they even enter the stomach. When chewing starts, it stimulates stomach juices to flow, in the expectation of food to come. These digestive juices, also rich in enzymes, are needed to complete the process of breaking down foods into useable nutrients.

When one chews gum for any length of time, available digestive enzymes and saliva are exhausted in the expectation of food that never arrives. When the chewer then eats, there are no digestive juices available to process the food - and the person will suffer stomach aches, poor digestion, gas, and other symptoms.

What is the solution: eat simple foods that do not upset your stomach, dry out or leave a bad taste in your mouth; drink fresh juices or clean water instead of soda, wine or strong drinks. And view the habit of chewing gum as a distinct danger to your digestive process.

POWER NUTRITION SEMINARS OFFERED IN CARMEL, CA

SAT Aug. 12 and Oct. 7, 1995,
10:00 AM to 4:00 PM

POWER NUTRITION is an all-day seminar designed for people in generally good health who want to maximize their health and well-being, immune system function, stamina, energy and vitality, lose unwanted weight, prevent degenerative ("dread") diseases and

overcome or avoid addiction. Desirable benefits of the recommended lifestyle include vibrant good health, and slowing, and often actual reversal of the "aging process".

The principles of the POWER NUTRITION program are based on the clinically proven methods of the Gerson Therapy and the Gerson Therapy Maintenance Program.

Your Seminar Leader will be Howard Straus, Editor of the Gerson Healing Newsletter, and grandson of Max Gerson, M.D. He has been giving the Power Nu-

trition seminar for over three years, and has lectured in the United States, Canada and Europe with Charlotte Gerson during the Gerson One Day Conventions. Mr. Straus has been on the Gerson Institute Board of Directors for over 12 years.

The price of the seminar is \$45 in advance, \$50 at the door. Students and seniors \$35 in advance, \$40 at the door.

For more information, or to register for the seminar, call Howard Straus at (408) 625 3565, or write to: **Howard Straus, 25680 Tierra Grande Drive, Carmel, CA 93923.**

Garlic Recognized as Anti-Cancer Agent

By Charlotte Gerson

A patient at CHIPSA 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." She reports that scientists at Pennsylvania State University first transplanted human colon cancer cells in mice. Then they treated some of the mice with corn-oil solution containing diallyl disulfide, a chemical found in processed garlic. Control animals were given just plain corn oil. The tumors in mice getting the garlic shrank a surprising 60 percent; the control animals given just corn oil showed only continued growth. Previous similar experiments (no date reported) had shown that the garlic sulfur compound killed human colon, lung and skin tumor cells grown in lab cultures, but not implanted in living animals. The present study shows that garlic has the same effect in living animals.

Carper continues: "Co-researcher John Milner, head of nutrition at Penn State, points out that people who eat garlic have a lower risk of colon cancer. This new study raises the possibility that garlic might also have some role in treating cancers."

This article does not end with the report of garlic's effect on cancer cells. It continues, "Men, the more fruits and vegetables you eat, the less likely you are to have a stroke when you get older.

Specifically, for every extra three half-cup servings of fruits and vegetables, your chance of stroke drops about 22 percent. So suggests a new study by Harvard investigator Matthew W. Gillman, MD, and colleagues.

"In the study of 832 men from the 20-year Framingham, Mass., Heart Study, fruit and vegetable consumption depressed stroke risk regardless of other factors, such as weight, fat intake, physical activity, blood pressure, cigarette smoking or consumption of alcohol.

"Vegetables appeared slightly more effective in preventing strokes of both types — those caused by blood clots or hemorrhages.

"Nobody knows which chemicals in fruits and vegetables might suppress development of strokes. Some good candidates: potassium and folic acid. In other research, a potassium-rich fruit and vegetable diet was linked to a dramatic drop in stroke deaths. Folic acid, also rich in fruits and vegetables, curbs homocysteine, a protein in blood, linked to high risk of stroke."

Our members and patients on the Gerson Therapy will realize that Dr. Gerson was some 60 years ahead of this research in his work with cancer and heart disease patients. Former CHIPSA patients will also remember that a great deal of fresh, raw garlic is available to all patients on all the dining room tables; and they are encouraged to use it in their foods.

Miscellaneous ...

By Charlotte Gerson

In the March issue of the *TWA Ambassador* magazine, we saw the following item: "FIT FACTS" - Nationwide. "Recent studies give American students a mediocre grade when it comes to health habits. Almost a third are overweight, and children as young as age ten suffer from high blood pressure and exhibit early signs of cardiovascular disease. On April 1, communities across the country celebrate YMCA Healthy Kids Day with programs designed to teach parents and children about health, nutrition and exercise through games, demonstrations and hands-on activities."

"The message is: Active Lifestyles and proper diets make for healthier, happier children."

Some years ago, Alexander Schauss made a thorough study of the connection between diet, and criminal behavior, and published it as a book, *Diet, Crime, and Delinquency*. The book leaves one quite convinced that even exceptionally violent young 18-21 year-old criminals become normal and manageable young men when the sugar and milk products (to which they tend to be allergic) are removed from their diet. Of course, there are other food factors, particularly spiced meats (Hot dogs, sausages, etc. - see our *Newsletter*, Vol. 9, No. 3) that contribute to overweight, high blood pressure and other ill health in youngsters. As always, a nutritious, vegetarian diet is the answer.

The following radio news item was reported by KFSD, San Diego, May 17, 1995:

"The cost of Medicare could be reduced if chronic disease elderly patients could be induced to take their medications more regularly."

The medical/pharmaceutical industries don't want to remind you of the 1974 report that during a doctors' strike in Los Angeles, mortality figures dropped by over 40%. Israel reported similar statistics, also during a doctors' strike!

Share your enthusiasm! A Gift Membership in the Gerson Institute spreads the word, and brings timely and useful information to a friend or loved one throughout the year.