Secret Study into GM Foods — Revealed
by Geoffrey Lean, Environment Editor of the Independent

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.

The confidential 1,139-page report reveals details of the study: rats fed on a diet rich in GM corn developed abnormalities to internal organs and changes to their blood. These problems were absent from another batch of rodents fed non-GM food as part of the research project.

The results of this study cause serious doubts about the safety of GM foods for human consumption. Doctors said the changes in the blood of the rodents could indicate that the rats' immune system had been damaged or that a disorder such as a tumor had grown and the system was mobilizing to fight it.

Dr. Vyvyan Howard, a senior lecturer on human anatomy and cell biology at Liverpool University called for the publication of the full study, saying the summary gave serious cause for concern.

A Dr. Arpad Pusztai had published a similar study seven years ago which suggested that rats that ate GM potatoes suffered damage to their health. That research was roundly denounced by ministers and the British scientific establishment. It was halted and Dr. Pusztai was forced into retirement amid a huge row over the claim. Dr. Pusztai reported a "huge list of significant differences" between rats fed GM and conventional corn, saying the results strongly indicate that eating significant amount of GM food can damage health.

A Non-Toxic Approach to Beating the Pain
Arthritis and the Gerson Therapy
by Don Stillings, DC

About 50 million people suffer from arthritis in the United States. About half of these suffer symptoms to the degree that they seek medical attention.

The name "arthritis" means inflammation of a joint. The inflammation process is usually caused by wear and tear, infection, injury, or an autoimmune process. The inflammation is accompanied by redness, swelling, pain, and eventually physical changes to the affected joint. Range of motion is initially limited by the pain, and eventually by the physical changes to the joint.

Osteoarthritis is what is known as the wear and tear arthritis and is the most common form of this crippling disease. It is the result of the systematic loss of bone material in the joints.

Rheumatoid arthritis is a type of arthritis that initially destroys the connective tissues around the joints before affecting the bone. It is frequently caused by an autoimmune response and involves the smaller joints such as the knuckles of the hands and feet, but can also be seen in the arms and legs. Since connective tissue can be found in the body in general, the lungs, kidneys, and even the eyes can be stricken.

Gout is caused by elevated levels of uric acid, which form crystals in the joints. Inflammation occurs when the body reacts to these crystals, resulting in debilitating pain.

The diagnosis of arthritis means a lifetime of one medication after another until multiple medications are needed just to give the patient some relief from their misery. Several of the most popular prescription meds have recently been exposed for increasing the risk of heart disease.

Regardless of the type of arthritis one suffers from, the Gerson Therapy offers phenomenal relief. The components of the program change the physiological dynamics of ALL, yes I said ALL, the different types of arthritis, restoring joint function, thus allowing patients to enjoy a life free from pain.

If you suffer from arthritis, do yourself a favor and go to a licensed Gerson facility or bring a certified Gerson caregiver into your home and learn do the program correctly. Do the program as Dr. Gerson designed it and it will serve you well.

Don Stillings is a certified Gerson Therapy Practitioner, and runs the recently-Gerson Approved Whole Life Center in Big Bear Lake, CA.