With apologies to Bob Dylan ...

The Times, They Are A-Changin’

by Kayla Smith, ND, Gerson Institute Medical Director

I recently attended a conference hosted by Scripps Center for Integrative Medicine and the American Board of Holistic Medicine, entitled the Science and Clinical Application of Integrative Holistic Medicine. The physicians attending this conference have the option of becoming certified as providers of complementary and alternative medicine.

Integrative medicine defines health as much more than the absence of disease, and is positioned to focus on preventive care. It views health as the cohesive balance of mind, body, emotions and spirit.

I must say that I was very impressed with the quality of presentations. If I had not known differently, I could have been at one of my naturopathic conferences. Each presenter indicated that they first recommend proper diet and lifestyle changes and nutritional supplementation before prescribing drugs and they all discussed the importance of stress management and a heart centered rather than head centered approach to life.

Dietary recommendations included lots of many-colored fresh organic vegetables so that we receive a wide variety of flavonoids and antioxidants. The importance of a diet high in fiber and minerals and the reduction of meat and trans-fatty acids was emphasized. Check out www.eatwell.org as a web site listing organic produce suppliers nearest to you. A special gem: teach your children how to cook while they are young.

Popular supplements recommended were selenium, milk thistle, Vitamin D, garlic, Omega-3 oils and certain minerals. Many of these nutrients we know we can get from our Gerson diet, however our soils are probably deficient in selenium and other minerals. Selenium and milk thistle are now endorsed by the Gerson Therapy.

Vitamin D deficiency is all pervasive and this nutrient is so important in many ways. Current research has implicated vitamin D deficiency as a major factor in the pathology of at least 17 varieties of cancer as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain and much more.

In climates where there is much less exposure to the sun, supplementation may be beneficial. I think it is prudent to get tested for vitamin D (blood levels of 25(OH) D) and if subnormal, consult with your alternative practitioner.

The Ecological Medicine presentation was excellent but a difficult one to sit through. In 45 minutes we were shown the devastating effect we have made on our environment. There are 80,000 chemicals in production today and 3000-5000 in high use. No one experiences one toxin at a time—the effects are cumulative and probably synergistic. We all carry a body burden of these chemicals so keep up the juices and the enemas.

An excellent web site providing information on the toxic chemicals we need to avoid is the Environmental Working Group—www.ewg.org.

Of special concern are our exposures to Electromagnetic Fields (EMFs). These exposures are linked to childhood leukemia, adult and child brain tumors, neurodegenerative disease, immune system dysfunction, allergy and inflammation, breast cancer in men and women and some cardiovascular effects. It is particularly important that we minimize exposures to children who are even more vulnerable. Of special note are cordless and cellular phones. Meta-analysis found higher risk for long time users (10+ years) of high grade glioma and acoustic neuroma and a five-fold risk of cancer in people who started use in childhood. Cordless phones, although less damaging than cell phones, cause unhealthy influences making the old fashioned land line the best. If you must use a cell phone, limit the amount of time as effects are cumulative. Avoid keeping the cell phone on the body, but if you must wear it, position the keypad toward the body.

Again, I am encouraged to see that many mainstream physicians are becoming open minded and embracing concepts of alternative medicine. One physician ended his talk with these words, which I think come from a Nat King Cole Song: “The greatest thing you’ll ever learn is just to love and be loved, in return.”

Safe and inexpensive treatment with

High Doses of Niacin Fight Alzheimer’s Disease

From the Orthomolecular Medicine News Service, Dec. 9, 2008.

The news media reported recently that “huge doses of an ordinary vitamin appeared to eliminate memory problems in mice with the equivalent of Alzheimer’s Disease.” They then added that “Scientists aren’t ready to recommend that people try the vitamin on their own.” It turns out that this ‘secret’ vitamin is Niacin, Vitamin B3. It is inexpensive and safe.

The study done by researchers at the University of California at Irvine gave the human dose equivalent of 2,000 to 3,000 mg of Vitamin B3 to mice with Alzheimer’s. It worked, Kim Green, one of the researchers, stated “Cognitively, they were cured. They performed as if they’d never developed the disease.”

Words like “cheap and safe” are not readily tolerated by medical researchers. HealthDay [sic.] mentioned that the study’s authors bought a year’s supply for $30, and it “appears to be safe.” One researcher, Rebecca Wood, Chief Executive of the UK Alzheimer’s Research Trust hurried to state that “in high doses, vitamin B3 can be toxic.”

Not true. The Irish Times joined in the warning.

Famous Canadian psychiatrist Abram Hoffer, M.D., asserts that it is actually remarkably safe. He has used niacin in large amounts in his famous schizophrenia treatment with outstanding results and he flatly asserts that “it is actually remarkably safe.” The ID-50 (the dosage that would kill half of those taking it) for dogs is 5,000-6,000 milligrams per kilogram (2.246 pounds) of body weight. That is equivalent to almost a pound of niacin per day for a human. Nobody takes 375,000 milligrams of niacin a day! It would create nausea long...
Niacin / Alzheimers...

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before it could reach a harmful dose.” The American Association of Poison Control Centers’ Toxic Exposure Surveillance System annual reports indicate that there is not even one death per year due to niacin in any of its forms. “But there are 106,000 deaths annually attributable to properly prescribed prescription drugs, approved by the FDA. This figure is just for one year, and just for the USA. Furthermore, when overdoses, incorrect prescriptions, and adverse drug interactions are figured in, total drug fatalities number over a quarter of a million dead. Each Year.”

On the other hand, Orthomolecular physicians have found niacin and other nutrients to be an effective treatment for obsessive compulsive disorders, anxiety, bipolar disorder, depression, psychotic behavior and schizophrenia.

The article goes on to state that there are constantly increasing drugs promoted for the treatment of Alzheimer’s Disease. These have had “a disappointing, even dismal success rate.” So when nutrition and a cheap vitamin may be the better answer, foot-dragging is inexcusable.

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Valuable Tidbits

by Charlotte Gerson

From Dr. Joseph Mercola (Oct. 8, 2008)
An educated, healthy and confident nation is harder to govern. There is an element of many in control in the government that does not want people to be educated, healthy and confident because they would be out of control. (Our government’s solution to dumb us down? Add fluoride to our water! — Charlotte Gerson)

From Dr. Francisco Contreras: “Americans are suffering from so many diseases because they are gorging on fiberless feasts of dead flesh, high fructose corn syrup and refined junk foods filled with additives and chemicals. Without a doubt, we have become eating machines with two thirds of our country FAT!”

Gerson Media News...

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The new book will retail for $27.95 when it becomes available, but for three months, until June 1, 2009, Gerson Institute members will be able to purchase copies in any amount for the special introductory price of $16.95, nearly 40% off the eventual list price. For an additional $4.00 contribution to the Gerson Institute, the author, your Editor, will dedicate and sign the book for you. Shipping and California sales tax are, of course, extra. While supplies last, the book’s first edition will be on clearance sale for $12.95 plus shipping.

There is, at the moment, a possibility that Dr. Max Gerson: Healing the Hopeless will be made into a major motion picture, but the details are not yet set. We’ll definitely keep you informed of the progress of this project, if and when it comes to fruition.

Beata Bishop, Charlotte’s phenomenal co-author, novelist, BBC writer, psychologist and 28-year survivor of stage IV spreading melanoma, has announced the publication of the Hungarian translation of Healing the Gerson Way, with a launch scheduled for March 10th, two days before the opening of the Gerson Therapy Centre in Dobogoko, Hungary (story on p. 1). To have accomplished both these feats simultaneously is an enormous and incredibly demanding accomplishment that must be admired, honored and marveled at.

Jacek Dybczak, our Polish publisher, has told us the happy news that his first edition of Terapia Doktora Gersona (Healing the Gerson Way), published in November, is already almost sold out, and he is planning a second printing. He tells us he has not yet really begun the major publicity push for the book. Jacek is energetically publishing magazine articles, presenting himself as a recovering patient to physicians’ groups, speaking on the radio, and generally doing a wonderful job publicizing the book.

Poland, like many other former Eastern Bloc nations, has a terrible cancer problem, partially due to the rampant pollution of the environment left by the former communist governments. If you are interested in purchasing the Polish version, the Gerson Institute has a limited number of them available for $30 each, or you may go to Jacek’s website, http://www.terapiagersonaa.com.pl/ksiazka.html to get it. If you live in Europe, getting it directly from the website will save the two-way trip across the Atlantic and the United States.

In the next few months, we expect word of the publication of the Italian, Slovenian and Arabic versions of Healing the Gerson Way, and a bit further in the future the Japanese and Chinese translations. Stay tuned; you’ll hear about them here first.

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