An Update

The Gerson Therapy

by Charlotte Gerson

An amusing story that keeps (or ought to keep) scientists humble is that according to the classical laws of aerodynamics, the bumble-bee with its heavy, stumpy body and short wings should be unable to fly. However, the bumble-bee doesn’t know aerodynamics, and it flies very well.

Critics tend to dismiss the Gerson Therapy with a similar, totally unscientific argument: The treatment hasn’t changed since Dr. Gerson’s death in 1959, while everything else has, “Therefore the Therapy doesn’t work any more.”

It is true that Dr. Gerson did not have today’s high precision technological research tools available in his day, and many of his conclusions were made strictly from clinical observations. He often quoted Kussmaul’s Dictum, “The results at the sickbed are decisive.” It is totally incorrect to assume that the Therapy doesn’t work any more.

It is clear that the Therapy doesn’t work any more, particularly as today’s medicine, with its powerful tools and genetically engineered solutions is producing worse and worse outcomes for patients. However, it is also clear that the Therapy does work, as in the case of Dr. Gerson himself.

During the next few months, Wilma felt ‘sicker and sicker.’ Finally, she went to the UCLA (University of California in Los Angeles) melanoma clinic. There they found spots on her left hip, several nodules which were biopsied, as well as a large tumor in her liver. After a CAT scan and biopsies, it was diagnosed again as melanoma.

Meanwhile, her liver was extremely swollen — and the doctor told her to ‘get her affairs in order because she didn’t have long to live.’

Already at home Wilma had started to consult a nutritionist and had begun eating organic vegetarian food and taking one coffee enema a day. She was also trying to detoxify her liver with milk thistle. But

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A Patient Story

Wilma Erven: Recovery from Melanoma Spread to the Liver

by Charlotte Gerson

Wilma Erven, a registered nurse, was born in December of 1943. In the early summer of 1996, she discovered that a large mole on her arm was growing. It had started to bleed, and she was unable to stop the bleeding. She went to see an MD in the small town of Delta, Colorado, where she lived and is still living now.

In his office, in December, the surgeon took it off, but he had to go very deep — actually to the point where the local anesthesia no longer relieved Wilma’s pain. Still, in his report, he stated that he found ‘clean margins all around’; however the biopsy also noted that Wilma was suffering from Melanoma Stage IV. Nevertheless, he told her that ‘she didn’t need to do anything now.’

A short time after the surgery, in February 1997, Wilma felt very poorly, she had much nausea and was weak. Her surgeon then sent her to an oncologist who noted that she had an enlarged liver, but he claimed that his examination was ‘non-conclusive.’ Yet her liver enzymes were elevated, and she also had soreness under her left arm.

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worse medical outcomes at a rapidly escalating cost. The argument is as specious as saying that Newton’s Law of Gravity is so old as to be outdated and invalid, and should be ignored.

Those who make such claims are clearly not familiar with the constant and dramatic results that are regularly produced at the Mexican Gerson Therapy clinic. More than 90% of the patients arrive in ‘terminal’ condition, yet a large percentage improve quickly and many recover completely. One such case was published in the UK’s Gerson Support Group’s journal, Coffee ‘n’ Carrots, May 2004, issue No. 43.

Bronwen King arrived in Mexico in April 2003, suffering from metastasized breast cancer in the lymph nodes and in the liver. Her doctors told her that her case was hopeless. She reported on her good condition and excellent vitality one and a half years later after using the Gerson Therapy.

Some of the most important documented evidence comes from Japan. Professor Yoshihiko Hoshino, a teaching physician at the Fukushima Medical College in Northern Japan, developed colon cancer in 1992. During surgery to remove an intestinal blockage, it was discovered that he also had liver metastases. Of course biopsies were made. Professor Hoshino attempted four injections of chemotherapy agents only to find that his liver tumors had grown larger. As a Professor of Medicine, he was only too aware that chemo treatments have never resulted in cures of cancer metastasized to the liver. He subsequently found a copy of Dr. Gerson’s 1958 book, A Cancer Therapy: Results of 50 Cases, that had been translated into Japanese just before 1990. Professor Hoshino followed Dr. Gerson’s treatment as described in 1958 and recovered.

In 1998, Prof. Hoshino published a book describing his own recovery from cancer using the Gerson Therapy. In his book, he also describes the cures he obtained treating an additional 12 cancer cases successfully with the Gerson Therapy during his own treatment.

This case and the Professor’s book are of major importance. He not only showed that the Gerson Therapy works, but he proves that the treatment as published in 1958 is reproducible. That also qualifies the Therapy as ‘scientific.’ But that is not all: Professor Hoshino has since interested two other doctors who are also achieving success in healing patients suffering from various cancers using the Gerson Therapy. Dr. Hoshino is presently alive and well, 12 years after being diagnosed as ‘terminal’ with liver-metastasized colon cancer. No ‘modern,’ technological orthodox treatment has achieved such results.

The Gerson Therapy has also been subjected to other tests. To date, nobody has proved Dr. Gerson’s conclusions and statements ‘wrong.’ Every test, every new basic biochemical and nutritional discovery has confirmed his conclusions, often based on his observations, ‘the results at the sickbed.’

Dr. Carmen Wheatley, a recognized biochemical researcher, became interested in the basics of the Gerson Therapy. Her very dear friend, Prof. Michael Gearin-Tosh, Senior English Fellow at Oxford University, had been stricken with multiple myeloma. His doctors urged him to take chemotherapy to extend his life (no cure was promised), but he took the time to research this treatment further. He rejected ‘modern, technological’ chemotherapy in favor of using the nutritional therapy of Dr. Gerson. Far from what chemotherapists promised, namely a possible one to two years’ survival, he is in good active health and has now survived his prognosis by 10 years.

Dr. Wheatley was impressed and researched the nutritional content of the Gerson Therapy. She found that, apparently intuitively, Dr. Gerson had selected most of the foods for his Therapy that today, some 50 years later, have anti-cancer properties. Dr. Wheatley’s detailed report is available as an appendix to Professor Michael Gearin-Tosh’s own delightful book, Living Proof: A Medical Mutiny.

Another cancer researcher, Dr. Peter Lechner, of the 2nd Surgical Division at the County Hospital in Graz, Austria, was interested in the Gerson Therapy and spent some time at the Mexican Gerson Therapy hospital to study it further. He was highly impressed and continued his research upon his return to Austria some 15 years ago. He described the amazing effect obtained with the coffee enemas of the Gerson Therapy, their dramatic effect of raising the glutathion S-transferase enzyme by some 700%, helping to detoxify the liver. Dr. Gerson was aware of the surprising effectiveness of the coffee enemas, originating during WWI in Germany—but was not able to measure this effect. Again, all present research only confirms and explains Dr. Gerson’s observations of some 50 years ago.

Another critique often leveled at the Gerson Therapy is that it is “impossible” for one treatment to produce recoveries in a large number of diseases. Today’s researchers, trained largely as specialists, work only with one disease, or even one aspect of a disease. Furthermore, they consider their method as thoroughly scientific. The problem is that chronic, degenerative diseases, no matter what their origin, are by definition “incurable.” Specialization is actually counterproductive, as most of these diseases are multifactorial in origin.

Early on in Dr. Gerson’s work, he found that when he treated advanced lung tuberculosis patients successfully, other ailments from which they suffered also disappeared. As a classically trained physician, this impressed him: some of his severely ill tuberculosis patients also suffered from asthma, allergies, kidney disease, high (or low) blood pressure, etc. Yet, when they recovered from their lung tuberculosis, these other diseases also disappeared. That is when Dr. Gerson understood that his Therapy was not just curing a disease, it was in fact restoring the body’s innate ability to heal itself, the immune system and all its defenses. Once the immune system had been restored, all the diseases disappeared.

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Dr. Gerson subsequently understood that his treatment was “Restoring the Body’s Own Healing Mechanism.” We still see today, with the application of the Gerson Therapy, that it is impossible to heal selectively, that is, to truly heal one disease or set of symptoms while others remain. We often see patients recover simultaneously from advanced cancer, high blood pressure, chronic migraines, diabetes, and whatever else ails them. Since orthodox drug treatments are unable to achieve such results, doctors have not been trained to understand the underlying basis of metabolic treatment. They can only suppress symptoms and “make the patient comfortable” without being able to cure him.

One of our long-term recovered ovarian cancer patients had a typical account of the body’s slow deterioration into cancer. When she was in her mid-twenties, she began to suffer from depression that was treated with modern anti-depressants. In time, her symptoms worsened and she started to suffer panic attacks. With more drugs, these attacks became so severe she was unable to be alone in a room, unable to go into the street, drive—in other words, she became non-functional. Then her health became worse yet: she developed kidney cysts and diabetes through her thirties. Finally, at 42, she was diagnosed (biopsied) with ovarian cancer.

Her family knew of the Gerson Therapy and though her doctors urged her to submit to chemotherapy, she refused and did the Gerson treatment. In less than 1 1/2 years, her ovaries were clear, her diabetes had disappeared, her depression and panic attacks were a thing of the past, and her kidneys were clean. She was able to go out, drive, find a job, and enjoy company. She even met a nice gentleman and married. However she told us of three of her women acquaintances who were diagnosed with ovarian cancer at the same time as she was. These three women chose to be treated with chemotherapy: all three are dead. The longest one survived only nine months. The Gerson patient, on the other hand, is now recovered for 10 1/2 years!

Frank Gill, with a very different disease, tells a similar story. Frank arrived at the Gerson hospital in Mexico in March, 2003, suffering from a long list of problems: severe sleep apnea (cessation of breathing during sleep) pulmonary heart disease, diabetes, high blood pressure, gastric ulcers, gastro-esophageal reflux disease, chronic headaches, chronic fatigue, insomnia and depression. (His own list.)

Three months before his arrival in Mexico, when Frank had gall stones removed, his doctor told him that he suffered from a ‘fatty liver;’ and probably had only a few months left to live. He had undergone a triple bypass operation in 2000—and—well, he tried Viagra unsuccessfully; even though he tried a double dose (which could have killed him). That didn’t work, either.

Yet another patient, Bill Schickel, Case No. 18 in Dr. Gerson’s book A Cancer Therapy: Results of 50 Cases, reportedly asked Dr. Gerson if he could cure him. At age 32, Bill suffered from retro-peritoneal lymphoma, very aggressive, inoperable and as he could not be radiated, had been given two months to live. In response to his question, Dr. Gerson said, “I cannot cure you; but if we can restore your body, it will heal you.” I just heard from this former patient’s nephew last week: Bill is very well, active, and is now 85 years old. He is obviously cured.

The body heals, not doctors. The key is to restore the body, rebuild the body’s defenses and its ability to heal. This produces long term health, prevention of disease, and—we jokingly add—the side-effects are excellent physical and mental energy!

Give a gift of Healing for 2005. A subscription to the Gerson Healing Newsletter will bring healthy news all year long, and will preserve and protect the ones you love. Show how much you care!

From the Mailbag:

John Foumakis, Lung Cancer
by Howard Strauss

Two weeks ago, we received an email from Australia. It is interesting on several counts. John had been telling us about his lung cancer, treated on “Gerson,” but without supplements!

Dear Howard,

Regarding the tumor, I am not so sure that it would be considered a good case study simply because the biopsy was not successfully performed. However I will outline briefly the circumstances which eventually led to the outcome via the Therapy and if you feel it is worthy of the Newsletter then I will gladly elaborate.

Essentially but respectfully I did the Therapy because the thoracic surgeon was a very arrogant individual, who basically laughed when he saw fear on my face. He initiated the biopsy via a radiologist and after many unsuccessful attempts I was sent home and told if I felt discomfort breathing to come back. That night my lung collapsed and the other lung also started to collapse, so was rushed back to hospital. They inserted a pneumothorax tube via a hole in my chest with a valve to allow my lung to expand. Blood tests were conducted and the results during this period were good and appeared normal in the expected ranges. There was an abnormally large amount of blood in my urine and a kidney biopsy was suggested but refused after my lung collapsed.

During this short stay in hospital, a cancer care center close to my home had a guest speaker who had visited your clinic in Mexico and spoke of his progress. My brother ... suggested I go and hear him speak. Against the advice of the respiratory physician (who was a total gentleman and earlier concluded the tumor was highly suspicious), I left the hospital to hear the speaker and became convinced that it would be better to do the Gerson Therapy at home. The routine of enemas and food was strongly adhered to but I did not take

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