



ESSENTIAL BIMONTHLY HEALTH NEWS FOR GERSON THERAPY PATIENTS AND HEALTH CONSCIOUS INDIVIDUALS — FROM THE GERSON INSTITUTE

## The Gerson Miracle

### On Television!

by Howard Straus, Editor

As you will notice in the Schedule of Events on the back cover of this issue, there are several showings of our award-winning documentary, The Gerson Miracle scheduled in the California and Colorado areas. This was not as difficult a task as you might imagine: it turns out that all you have to do is ask! The results, however, have been outstanding. The only showing that had occurred as of press time was in Santa Cruz, CA on August 18, 2004. As soon as it was scheduled for showing, the Gerson Institute placed ads in some local newspapers alerting the public that it was to be shown. After the show, the television station was deluged with calls requesting a date for the next showing. Happily, it will be shown again as soon as they have a slot.

Another showing has been scheduled for Oct. 23 in San Jose, California, in addition to the six shown in the schedule.

It occurs to the Editor that we have subscribers in many small and large communities around the country who could simply contact their local community access television stations and request a showing of this documentary. The Gerson Institute will

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## Patient Story: Mary Westerfield

### Hodgkin's Lymphoma Healed at Home

by Charlotte Gerson

In 1980, Mary Westerfield, aged 25, suffered from night sweats—then found a lump in her neck near her collar bone. A physician removed the lump, which was biopsied and found to be Hodgkin's Lymphoma. Further testing revealed a two inch tumor next to her heart. To treat this, she was given radiation to the area.

During the radiation to her chest, they tipped her head into the radiation field (asking her to lie completely flat on the table) so that the radiation damage not only constricted her esophagus—she was unable to swallow—but she also lost the hair on the entire back of her head. "After the radiation, my bald head was as slick as a bowling ball," Mary reports. "When I tried to swallow a drop of water, I would be in extreme pain as the water went all the way down. It felt like swallowing broken glass. My skin turned bright red—then charcoal-colored and it was the consistency of paper. I blended all my food to liquid."

Mary was told to eat plenty of proteins, and had annual check ups. She ate lots of steak to follow the doctor's orders!

All was well until 1986, when an annual examination found a new lump on the opposite side of her neck, growing back into her chest. She had already received the maximum possible radiation during her treatments in 1980, so no further radiation could be done. Therefore, she was told to get chemo. Mary was so ill after the first treatment, she vomited for five hours, then had dry heaves until she felt as though her bones would crack. She told her oncologist she couldn't take more and wouldn't come back. But he promised her not to worry, he was using the "mildest of some sixty types that were available," and she should come back. Part of his new protocol involved prednisone, which she refused. However, she did receive seven months of chemo.

After she prayed for God's guidance, some friends told her about nutrition and the Gerson Therapy. One day in a health food store she noted somebody buying a lot of carrots. She became curious and when she found out more about the Gerson Therapy, decided to use it for herself. She

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## Recovery ...

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started to drink carrot juice while still on chemo treatments, and told her oncologist that she "wanted to increase her immune system." After the chemo protocol she began the full Therapy at home using Dr. Gerson's book, *A Cancer Therapy*.

In her years on the Therapy, Mary became "hooked on natural foods," and has stayed with nutritious, healthy foods ever since. One problem remained, however:

due to the radiation and chemo damage, she was unable to ovulate, so has not been able to bear children.

Though Mary lives in the reputed "allergy capital of the US," she no longer suffers from allergies. Now 50, Mary feels great,

never has colds, headaches, aches or pains, never takes an aspirin. She says that her "energy level is unbelievable."

Mary's mother died of breast cancer when Mary was 12 years old and her father died of cancer when she was 35. She says, "I know they would be alive today if they would have changed to the natural alternative. I have had no doctor or oncologist since 1986," Mary tells us. "I have a pho-

bia of doctors—very scary."

Mary further writes, "I am continually learning more about nutritional principles that God wants me to follow, and feel the difference when I am eating the right way.

"I can see so many positive health effects now that I cleanse and detoxify my body of the poisons which build up over the years, especially poisons that build up in the colon from poor eating habits.

When I grew up in Wisconsin, my diet con-

sisted of meat and dairy and fatty, processed foods. Now I have totally changed and the delicious fruits and vegetables and whole foods make me so much healthier. I feel good after eating a meal and have no trouble digesting these healthy foods..

"It is almost impossi-

ble to list all the benefits I have experienced from my new lifestyle. I now have extremely smooth, clear skin; my eyes are clear and bright, I have more energy and stamina than when I was a young teen. My hair is naturally shiny and healthy, my mind is much clearer; I sleep well and wake up feeling great. I am flexible and in spite of eating ample meals, am staying slim.

"Many people can't believe I ever had cancer. I thank the Lord for each day and am not shy about telling my age. They say that I look like I am in my thirties. I never crave sweets or take any medicine. I mostly would like to share this wonderful experience with others to help them also get on the right track and stay healthy." 

*People can't believe I ever had cancer. I thank the Lord for each day and am not shy about telling my age. They say that I look like I am in my thirties.*

## Publication Schedule

The Gerson Healing Newsletter is published bi-monthly by the Gerson Institute. 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 simply by making a tax-deductible contribution of \$30.00 or more (foreign memberships \$35.00) to The Gerson Institute.

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## Gerson Miracle ...

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happily provide you and/or the station with a copy of the film in whatever format they usually accept material. On occasion, there is a small fee for content not produced in the local area, which, for this film, will almost always be the case. We will cover that cost as well, and take care of whatever paperwork needs to be completed. The reason we are requesting you, our members, to make contact with your television stations is that the material usually has to be submitted by a local resident.

Thus far, the four people who have made the contact have had no problems getting the material onto the playlist, in some cases more than once. When you do, the Institute will advertise the showing in your local paper so your neighbors and friends will also know that it is playing.

Can you imagine the positive effect of showing this powerful documentary on dozens, even hundreds of community television stations around the country? If the commercial media, dominated by advertisers, block us from one outlet, we'll simply find another.

This is one way you can make an enormous impact with relatively little effort: just one telephone call to your local station! How about it? 

GERSON®

## HEALING NEWSLETTER

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