

Important Health Facts

by
Charlotte Gerson

Produced for
Gerson Health Media (www.GersonMedia.com)
April, 2010

FLUORIDE

In point of fact, fluorine causes more human cancer death, and causes it faster, than any other chemical.”

—Dean Burk PhD; former chief of cytochemistry at the U.S. National Cancer Institute

Did you know that every box containing fluoridated toothpaste as well as the toothpaste tube itself carries the below warnings in tiny letters, hard to read:

Warnings: Keep out of the reach of children under 6 years of age. If more than used for brushing is accidentally swallowed, get medical help or contact a Poison Control Center right away. Children 2-6: use only a pea sized amount and supervise child's brushing and rinsing to minimize swallowing.

When large audiences was asked by a show of hands to signify that they had read and followed the above suggestions, *not one single hand went up!* It may be explained by the fact that people simply don't believe that something they regularly put into their mouths (and those of their children) is poisonous! So they don't read the warnings. It is also against their better judgment of trying to train their kids to brush their teeth regularly, and on their own, *without constant supervision!*

Professor Chester Douglass of the Harvard School of Dental Medicine was put in charge of the possible connection between water fluoridation and bone cancer. Professor Chester Douglass had already been active in promoting fluoridation and had financial ties to Colgate, a serious user of fluoride.

One of Prof. Douglass' doctoral candidates, Elise Bassin, had found a “robust” relationship between osteosarcoma, a painful and supposedly “incurable” bone cancer, and young boys' exposure to fluoridated water. This was extremely important—yet Professor Douglass concealed these findings from the public as well as from the Environmental Working Group who was funding the research for over three years. He deceived the public and health officials about this critical research and hundreds of boys suffered the consequences.

After Elise Bassin got her Ph.D. and left Harvard's and the professor's employ, she published her findings. This showed that Harvard, an internationally-respected university, had shielded the guilty professor! When he contributed one million dollars to a new Dental Science Building at Harvard, the whole affair was hushed. His connection with the fluoridated toothpaste interests provided the money.

While a number of European countries have stopped water fluoridation, we in the USA are obviously behind the times and continue to poison our kids, our toothpaste, our water and any food items that are commercially processed with fluoridated water.

The NRC has warned that doses of fluoride achievable by drinking fluoridated water “can lead to loss of mental acuity, depression and weight gain.” Are these not all problems of present day populations that ingest fluoride—if not in water, then in toothpaste, reconstituted juices, etc. It is noteworthy that Hitler and Stalin used water fluoridation in their prison camps in order to suppress possible insurrection since they, too were aware that it suppresses brain activity and makes the people compliant.

Gardasil®—The Unnecessary and Deadly Vaccine

Over 10,000 adverse reactions, including 33 deaths, have been reported to the Vaccine Adverse Event Reporting System in relation to Gardasil. Yet, the CDC and FDA are alleging that the vast majority, or even ALL, of these cases are not related to the vaccine. Therefore, they say, Gardasil is safe.

This information is given and distributed by Barbara Loe Fisher, co-founder of the National Vaccine Information Center, and one of the top vaccine experts in the world.

The Deception Surrounding This Vaccine is Sickening!

The Gardasil vaccine is one of the most blatant deceptions going on in modern medicine. Well-meaning mothers are being deceived into thinking this shot will protect their daughters from cervical cancer, and some of them are now wondering HOW and WHY their young child died or became suddenly paralyzed.

And here's the real kicker: Your body can clear up a human papilloma virus (HPV) infection on its own, and it does so more than 90 percent of the time.

HPV simply is NOT the scary monster that Merck's vaccine ads are making it out to be.

At least 50 percent of sexually active men and women acquire genital HPV infection at some point in their lives, according to the National Prevention Information Network (NPIN). Most often, the infection causes no symptoms at all, and is easily cleared up by your immune system. In some cases the infection can result in genital warts, and much less often, cervical and other genital cancers.

So women who receive the Gardasil vaccine are risking serious side effects to protect against a virus that typically causes no symptoms and no harm. This is true even of the "high-risk" HPV infections.

Even the National Cancer Institute says:

*"It is important to note, however, that **the great majority of high-risk HPV infections go away on their own and do not cause cancer.**"*

Can you believe this? "Milk from Happy Cows"

from an article by Robert Cohen

Where has the FDA been? The Food and Drug Administration's job is to see that foods and drugs distributed via interstate commerce is wholesome and clean. Perhaps they can [falsely] claim that milk is not shipped in interstate commerce, since it would spoil. So it stays within each state.

You see all kinds of ads, and your pediatrician confirms, that milk is an important nutrient which kids need to grow up and build a strong and healthy body. The well advertised "milk moustache" ad claims that "Milk Does a Body Good."

In the April 10, 2004 issue of *Hoard's Dairyman, the National Dairy Farm Magazine*, page 268, you can see the number of pus cells contained in milk from California. Pus cells? It turns out that cows are medicated with a hormone to stimulate a much higher than normal milk production. This causes a serious irritation resulting in mastitis, an infection of the udders of sick and stressed cows. It is literally unbelievable that one liter (a little over a quart) of California milk contained 298 million pus cells in 2003, 11 million more pus cells than it contained in 2002.

In addition to pus, BGH causes bleeding in the udders, and diarrhea in the animals, resulting in both blood cells and fecal matter also finding their way into the milk.

You might console yourself by saying, "But milk is pasteurized. Surely the pus and blood cells and fecal matter are rendered safe!" They are not cleared, they are only cooked. So your kids drink dead pus cells by the hundreds of millions.

But there is a slight consolation: some other states' milk contain a lot higher pus count than California. Alabama has 444 million cells; Nevada has less: 'only' 443 million; while Florida has the highest count: 548 million. Even that is 'low', since the allowable standard in the U.S. is 750 million pus cells per liter.

School authorities said little Jeremy needed RITALIN...

No wonder! It turned out the school received nearly \$1,000 in federal funds for each kid they put on the drug. But Dr. Wright's answer for hyperactive kids requires no drugs at all. Later, Jeremy's teacher said, "[he's] not hyperactive at all, just normal and bright." Please note: Ritalin is habit forming and is permanently damaging to the brain! It is also just one molecule removed from Cocaine, so it produces drug addiction! It is so powerful that when street addicts run out of their cocaine fix, they slip a kid a \$10 bill and get a Ritalin pill. That is perfectly adequate to give them their 'fix'. This is an interesting reversal of the old cliché of drug dealers hanging around schoolyards getting kids addicted!

The Prime Cause of Cancer

Oxydation of Glucose vs. Fermentation

In 1931, Otto Warburg M.D., Ph.D., received the Nobel Prize for one of his chemical discoveries. Much more important is the work he did to show that when the body is no longer able to produce energy by oxidizing glucose and turns to the more primitive form of metabolism, the fermentative production of energy, (now called glycolysis) the cell is only able to do one job with such fermentative energy: grow and split and grow and split. And that is cancer.

Then the question arises: what changes the oxidative metabolism into fermentation? There is a relatively simple answer: the basic pH of the body, its acidity vs. alkalinity, is changed. In a normal, healthy body, the blood has a pH (potential of hydrogen) of 7.4. The blood **must** maintain this pH for normal function. It has to balance it, if one's nutrition or life-style doesn't support it, by using portions of body tissue, including calcium from the bones. For instance, unfortunately the "Standard American Diet (SAD) is high in animal proteins which cause the body to become acid, that is the pH index is below 7! A vegetarian diet is able to help the body to maintain its alkaline environment, namely 7.4. (An index of the pH at 7 is neutral, every number below 7 is acid, above 7 is alkaline.)

Then comes the problem: when the blood pH index falls below 7, it is acidic and with acidity, the blood is not capable of carrying oxygen. Instead, since a meat- and animal protein-based diet promotes acidity, causing the blood to lose its ability to carry adequate oxygen to the tissues, the cells are no longer able to perform their functions.

Along with the blood pH of 7.4, the saliva as well as the urine are all normally at a pH of 7.4. However, the SAD (standard American diet) of most Americans (and encouraged by doctors and so-called "nutritionists") is high in animal proteins which cause the pH to fall (become acidic). The report of researchers shows that "most adults have a pH of 6.5 or *lower!* This generally reflects a calcium deficiency and in these situation calcium-rich milk is prescribed. This is another big mistake: milk is high in animal protein which, in turn, raises the phosphoric acid in the blood, causing the pH to fall further! Then the body must find calcium in its own tissues to maintain life and it dissolves calcium from bones and/or teeth. And that is part of the reason for osteoporosis, a problem of aging with the wrong food.

However, there is much more trouble caused by a low (acidic) pH: Cancer cannot exist in an alkaline environment. Thus, making the body alkaline stops the growth of cancer cells! Cancer cells become 'dormant' at pH of 8.5 and die while healthy cells will live. Virtually all degenerative diseases, including cancer, heart disease, osteoporosis, arthritis, kidney and gall stones, and tooth decay are associated with excess acidity. It is possible to monitor one's pH by checking the saliva pH; however that is not an absolutely accurate reflection of the blood pH. It will only give an approximate idea.

ALKALINE FORMING FOODS

VEGETABLES

Garlic
Asparagus
Fermented Veggies
Watercress
Beets
Broccoli
Brussel sprouts
Cabbage
Carrot
Cauliflower
Celery
Chard
Chlorella
Collard Greens
Cucumber
Eggplant
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard Greens
Dulce
Dandelions
Edible Flowers
Onions
Parsnips (high glycemic)
Peas
Peppers
Pumpkin
Rutabaga
Sea Veggies
Spirulina
Sprouts
Squashes
Alfalfa
Barley Grass
Wheat Grass
Wild Greens
Nightshade Veggies

FRUITS

Apple
Apricot
Avocado
Banana (high glycemic)
Cantaloupe
Cherries
Currants
Dates/Figs
Grapes
Grapefruit
Lime
Honeydew Melon
Nectarine
Orange
Lemon
Peach
Pear
Pineapple
All Berries
Tangerine
Tomato
Tropical Fruits
Watermelon

PROTEIN

Eggs (poached)
Whey Protein Powder
Cottage Cheese
Chicken Breast
Yogurt
Almonds
Chestnuts
Tofu (fermented)
Flax Seeds
Pumpkin Seeds
Tempeh (fermented)
Squash Seeds
Sunflower Seeds
Millet
Sprouted Seeds
Nuts

OTHER

Apple Cider Vinegar
Bee Pollen
Lecithin Granules
Probiotic Cultures
Green Juices
Veggies Juices
Fresh Fruit Juice
Organic Milk
(unpasteurized)
Mineral Water
Alkaline Antioxidant Water
Green Tea
Herbal Tea
Dandelion Tea
Ginseng Tea
Banchi Tea
Kombucha

SWEETENERS

Stevia
Ki Sweet

SPICES/SEASONINGS

Cinnamon
Curry
Ginger
Mustard
Chili Pepper
Sea Salt
Miso
Tamari
All Herbs

ORIENTAL VEGETABLES

Maitake
Daikon
Dandelion Root
Shitake
Kombu
Reishi
Nori
Umeboshi
Wakame
Sea Veggies

It is interesting to note that one MD, a chemotherapist, was asked by a knowledgeable Gerson patient whether he had her starting blood pH when he first diagnosed her. He looked at her in surprise and asked, "Why in the world would you want to have that?" showing his complete ignorance of Warburg's work and the body's biochemistry.

Another interesting fact is that researchers in laboratory work, when they are done with some malignant tissue, kill it by simply exposing it to oxygen!

Please also note that the Gerson patient is given large amounts of oxygenated juices, particularly the green juices. Patients are often treated with hydrogen peroxide rub-downs, putting more oxygen into the blood stream. Their urine pH as they enter the clinic, generally is low with a pH well below 7. After one week, by their second urinalysis, their pH is in the alkaline range; they are able to kill tumor tissue since, of course, they also do not eat animal proteins! Their tumor(s) shrink.

ACID FORMING FOODS		
FATS & OILS Avocado Oil Canola Oil Corn Oil Hemp Seed Oil Flax Oil Lard Olive Oil Safflower Oil Sesame Oil Sunflower Oil FRUITS Cranberries GRAINS Rice Cakes Wheat Cakes Amaranth Barley Buckwheat Corn Oats (rolled) Quinoa Rice (all) Rye Spelt Kamut Wheat Hemp Seed Flour DAIRY Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk Butter	NUTS & BUTTERS Cashews Brazil Nuts Peanuts Peanut Butter Pecans Tahini Walnuts ANIMAL PROTEIN Beef Carp Clams Fish Lamb Lobster Mussels Oyster Pork Rabbit Salmon Shrimp Scallops Tuna Turkey Venison PASTA (WHITE) Noodles Macaroni Spaghetti OTHER Distilled Vinegar Wheat Germ Potatoes	DRUGS & CHEMICALS Aspartame Chemicals Drugs, Medicinal Drugs, Psychedelic Pesticides Herbicides ALCOHOL Beer Spirits Hard Liquor Wine BEANS & LEGUMES Black Beans Chick Peas Green Peas Kidney Beans Lentils Lima Beans Pinto Beans Red Beans Soy Beans Soy Milk White Beans Rice Milk Almond Milk

It is not enough to kill the malignant tissue in the patient, it is also important to rebuild the damaged body tissues and restore the body's defenses. The Gerson Therapy achieves those ends, and since it restores the body's biochemistry with its basic and important acid/alkaline balance, it also helps the body to clear other diseases. The problem is that medical doctors cannot believe that one basic treatment can cure all chronic diseases! Since they don't understand the underlying basic biochemistry of the human body, they consider this "quackery."

Pesticide Group Criticizes First Lady's Organic Garden

First Lady Michelle Obama has come under criticism from a pro-pesticide industry group for planting an organic garden at the White House. The Mid America CropLife Association recently wrote to the First Lady to urge her to consider using pesticides, or what they call "crop protection products." One official with the pro-pesticide group said, "While a garden is a great idea, the thought of it being organic made [us] shudder." Mid America CropLife represents agribusinesses like Monsanto, Dow AgroSciences and DuPont.

(From DemocracyNow! Website: <http://www.democracynow.org/2009/4/14/headlines>)

Fibromyalgia — Painful Nerve Ailment

"At the age of 16, I felt as if I were 90!" Danae Hyde was diagnosed with fibromyalgia and was given dozens of pain killers over the next six years. Due to the drugs (which didn't ever clear the pain) she was not only struggling with her schooling, her memory was impaired, but she had trouble getting up, and getting to her classes. For the preceding years, she had been a gymnast, musician, honor student and had turned into, what she described as "a lethargic medical mess." Her doctors had no answers.

Then she took a job with a person who turned out to be a Gerson patient. She was impressed with the juices she was fixing, the organic vegetarian food, and started to eat the same. Almost immediately she felt much better. Then she thought that possibly the coffee enemas might help, too. And they did. After the first one, all her pain was gone; and with her changed organic diet, it never came back. In not more than a few days, she was cured

This is not an exceptional case. We have seen a number of others who also responded rapidly and totally to this 'disease', which apparently is nothing other than a toxic condition.

Eat organic and detoxify.

Why Medicine Doesn't Want to Cure Cancer

"Triumph over cancer ... would mortally threaten the present clinical establishments by rendering obsolete the expensive surgical, radiological and chemotherapeutic treatments... Such fear, however unconscious, may result in resistance and hostility to alternative approaches in proportion as they are therapeutically promising. The new therapy must be disbelieved, denied, discouraged and disallowed at all costs, regardless of actual testing results, and preferably without any testing at all. As we shall see, this pattern has in actuality occurred repeatedly, and almost consistently."

—Hans Ruesch, *Naked Empress—the Great Medical Fraud*, CIVIS, Massagno/Lugano, Switzerland 1992, pp. 62-65, quoting an article by Robert Houston and Gary Null.