

Holistic Ways Ltd, Tel/Fax: 01664 501716

What's in the News

Obesity

According to a study reported by the BBC, 50% of children are overweight by the age of two. We no longer call these toddlers, they call them waddlers!

A report in clinical pediatrics, said that 25% of children are overweight by the age of 5 months.

Although there are many different views on the causative effects of childhood obesity, many believe it is down to poor diet, early introduction of solid food and lack of exercise.

It is my opinion that we are giving babies the wrong start to life.

We Gersonites know from personal experience the healing power of good quality organic food and most of us I am sure understand that modern life, and its profit-centred approach ignores the basic principles of attaining and maintaining good health.

The incidence of early disease would be vastly reduced and eventually eliminated if man made the best use of his knowledge and put health before wealth. This can only be achieved through proper education for our health care providers and teachers to then spread the word.

One example where we are failing our children is through breastfeeding or rather lack of it. According to a report from the Times. Unicef released figures that indicate that less than 2% of mother in Britain feed their babies solely with breastmilk until they are 6 months of age. We are one of the worst breastfeeding records in the developed world despite the fact that the government has spent millions on the 'Breast is Best' campaign.



One of the reason for this failure it seems is the lack of training for nurses in supporting breastfeeding mothers, only 10% of hospitals in England are sufficiently qualified. So where did all the money go?

Apple Tarte

As promised here is a recipe Melanie came up with for our last training day

1 ½ cups porridge oats (whiz in food processor to a medium/fine mix)
2 cooking apples
1 sweet eating apple
6-8 dates (approx)
small pinch allspice

Peel and slice the cooking apples and chop the dates, stew slowly until soft. Mash up together. Set aside.

Mix together the fine oat mix, 1-2 tablespoon of honey or maple syrup, 1-2 tablespoons of stewed apple mix and a pinch of allspice.

This should be sticking together but not wet. Press into the base of a glass dish (shallow one is best). Bake for approx 10 mins.

Spread the apple and date mix onto the oat base.

Slice and core a sweet eating apple (don't peel it) and lay this on top of the apple and date in a concentric circle.

Place in the oven for approx 10-15 mins or until the eating apple is cooked.

Can be eaten hot or cold.

Special Interest Articles:

- What's in the News
- Healing Recipe
- Training Days
- Patient Resources

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Apples

*The King who cannot
rule his diet,
Will hardly rule his
realm in peace and quiet.*

*- Passage from the
"Rule of Health of
Salerno", author
unknown*

The old saying "an apple a day keeps the doctor away" may well contain many truths.

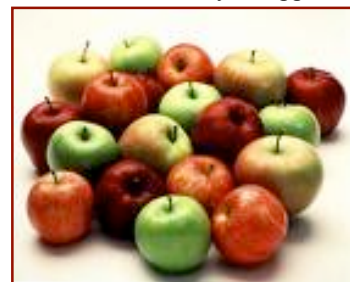
Researchers have found that they contain far more than just Vit C.

Scientists have discovered that the flesh and skin of the apple contains cancer-fighting chemicals, these are called flavanoids and polyphenols. According to the research study, published in Nature magazine, they have a combined "anti-oxidant" ability.

Anti-oxidants are thought to possibly protect from cancer by "mopping up" molecules responsible for cell damage, which can trigger disease. Researchers, from Cornell University in New York, found that eating just 100g of apple gave an anti-oxidant effect equivalent to taking some 1,500mg of vitamin C.

'Keeps the doctor away'

One of the study authors, Professor Chong Yong Lee said: "Some of the chemicals are known to be anti-allergenic, some are anti-carcinogenic, anti-inflammatory, anti-viral. Now I have a reason to say an apple a day



keeps the doctor away."

For more information on this study, click on the link below:-

www.cornell.edu

Personal Hygiene for Gerson Therapy Patients

*Happiness lies,
first of all, in health.*
- **Gerrrye William Curtis**

I am often questioned by Gerson Patients about bathing and showering.

The rule is that washing in tap water is strictly forbidden.

Flouridated and chlorinated water will have a negative effect on the healing potential. Tap water contains over 70,000 contaminants.

A flannel/sponge bath in a gallon of pre-boiled warm RO or distilled water, or for the more adventurous install a camping shower over the bath.

These come in various shapes, sizes and prices and start at a modest £12 for a 5 gallon shower (which should prove adequate for most people) see below.



RainMan
Hot
Camp
Shower



At the other end of the scale is the very impressive for a Rainman Hot Camp Shower from Australia which sells for £200+

www.amazon.co.uk Ring 12v
Portable Shower £16.45

www.amazon.co.uk Gelert 20 Litre
Solar Heated Camping Shower

www.2daloo.com RainMan Hot
Camp Shower

It is very important that only boiled RO Water or distilled water is used and as always soaps and shampoos must be toxin free.



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Gerson Therapy Networkers List

We are continuing to establish a networking list for people following the Gerson Therapy, currently this is only open to Stephen's patients. If you would like to go on the networkers list, please contact me.

Patient Recipes/News/Articles etc If you have any recipes or any news, tips etc, which you would like to share, please email them to us and we will add them to the next newsletter with your name.



Training Days

Since the December newsletter we have held two more successful training days. One in January and one in February, with another planned for March.

We are continuing to hold our training days monthly, as long as there are, a minimum of two people.

As usual the food went down very well indeed, thanks to Melanie's cooking skills!

And we received some very good feedback www.stephen-gamble.com

Melanie yet again came up with a Gerson recipe and received positive compliments on the Apple Tart Tarte so she has included the recipe on this newsletter, please let us know what you think.

Final word....

My son was sat opposite two pensioners the other day, who were discussing the weekly shopping. The woman offered to get her husband some Rum, and he replied "don't get me that white stuff it's had all the goodness removed"

Needless to say that Richard had to look away and read a magazine to stop himself from laughing!!

Goes to show that there are a lot of unenlightened people out there!

