



# Healing the Natural Way

31<sup>st</sup> March 2010  
Volume 1, Issue 3

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## The Healing Properties of Colloidal Silver

We were delighted to see a reference to the benefits of silver in a recent copy of Radio Times. The magazine has taken to posing a QI question to its readers and as we are fans of Stephen Fry and the QI programme we like to have a go!

The question asked "What happens if you put silver in a lake?"

- 1) Does the silver go black?
- 2) Does the water go green?
- 3) Does the water clean the silver?
- 4) Does the silver clean the water?"

Yes, you guessed it, we got the answer right! The correct answer is number 4, the silver cleans the water!

It went on to say... "Silver has the extraordinary ability to sterilise water. You can add silver salts to swimming pools instead of chlorine, and you need a surprisingly tiny amount - about 10 parts per billion. This remarkable property of silver was known to the ancient Persians from at least the 4<sup>th</sup> century BC- Cyrus the Great travelled with his water in silver bottles - and may explain why silver coins are often found at the bottom of wells."

How satisfying, put in slightly different wording this information is in our Colloidal Silver Generator leaflet.

We first became aware of the benefit of colloidal silver more than fifteen years ago whilst buying colloidal minerals from a network marketing company. At £24 for a small bottle it wasn't cheap but the seed had been sown!

As we delved further into the subject, John who trained as an electronics engineer built his first generator so that we could produce it ourselves. In those days one put salt solution into tap water and brewed the *solution* for just a few minutes with wire electrodes. Now after many years of development and refinement the world of colloidal silver production has progressed in leaps and bounds.

It might be appropriate at this point to explain what we mean by the term colloidal silver.

The dictionary definition of a colloid... A suspension of finely divided particles, which are approximately 10 to 10,000 angstroms in size and dispersed within a continuous medium in a manner that prevents them from being filtered easily or settled rapidly.

Therefore, colloidal silver consists of ionic and microscopic, electrically charged particles of pure silver suspended in water. (The silver wire rods used must be pure and not sterling silver.)

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## Funding for Gerson Therapy Patients

As everyone who is on the Gerson Therapy knows, there is no additional funding available through the government just because you are on the Gerson Therapy.

Well there is now light at the end of the tunnel in the form of a charity called Together against Cancer. This charity has put together a program to help patients who are on a number of state benefits and following the Gerson Therapy. They must be under the care of a trained Gerson Therapy Practitioner and continue with regular consultations.

The charity will pay up to £200 a month towards items specific to the therapy and which are approved such as supplements, food, enema equipment, coffee etc.

Payment is made direct to the supplier rather than the patient, so that it does not affect any income-based payments from the government.

For more information please contact Stephen Gamble on: [info@stephen-gamble.com](mailto:info@stephen-gamble.com)

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Classified (Items for sale)

Coming next month....

*"Make your own recovery the first priority in your life."*

Robin Norwood



## The Healing Properties of Colloidal Silver, continued

And so now we get to the point about its uses and benefits.

Colloidal Silver is a natural mineral antibiotic /antiseptic. It's a safe and gentle way to strengthen your resistance to infection and increase your immunity. As an alkalizing mineral it helps to maintain the body's acid/alkaline balance, detoxify and maintain well-being.

The possibilities for its use are almost endless. Taken internally it's used for coughs and colds, influenza, throat infections, candida plus many more immune deficient illnesses.

Externally use it for ear and eye infections, cleaning cuts, grazes and burns. It's safe for children and pets. It can even be used in aquariums, adding 1tsp to the tank per week helps keep the water clean.

It's well known in orthodox and complementary fields of medicine. It was widely and successfully used before the discovery of penicillin but with the advent of the pharmaceutical industry in the 1940's, the use of silver rapidly declined in favour of modern patented antibiotics.

In the early 1900's, articles appeared in British and American medical journals on the use of silver for a variety of diseases. Up until World War 2 when modern antibiotics were introduced, silver was used in similar ways as drugs are today. It was injected intravenously and intramuscularly, used as a throat gargle, applied as a douche, taken orally and used as eye drops.

How does the use of colloidal silver compare with antibiotic drugs? Any single antibiotic has the power to kill perhaps half a dozen different disease organisms but silver by comparison is reported to kill some 650 microbes, including all bacteria tested so far and many viruses, fungi (e.g. Candida albicans) and parasites.

Dr. Henry Crooks the author of, "Use of Colloids in Health and Disease," says all fungus, virus, bacterium, streptococcus, and other pathogenic organisms are killed in three or four minutes. In fact, there is no microbe known that is not killed by colloidal silver in six minutes or less in a dilution of as little as five parts per million."

Since the 1970's there has been the appearance of new strains of disease causing bacteria, which are resistant to antibiotics. In over three years of testing, Professor of Microbiology, Dr. Ron Leavitt has discovered not one bacterium developed a resistance to silver.

Due to over intensive farming, mineral levels in the soil have been depleted, therefore the levels in our food and hence our silver levels may be lower than necessary to maintain a healthy immune system. This may help to explain why there is such a rise in immune related illnesses. Cancer research scientist, Dr Gary Smith has noted a correlation between low levels of silver in the body and sickness.

Dr. Robert Becker, in his book "Cross Currents", describes the promising results of experiments wherein positive silver ions caused cancer cells to dedifferentiate back to normal cells.

Fortunately, it is easy for us to remedy this imbalance and assist the

body restore its natural immunity by taking colloidal silver.

This list is a guide to just some of the conditions for which colloidal silver may be used. We can make no claims to its efficacy, as for any imbalance to occur there may be many causes and therefore many issues may need to be addressed in order to restore equilibrium.

On a simple level, low resistance to coughs and colds may result from a highly stressful life, lack of sleep and poor diet. So, alongside taking colloidal silver to boost your immunity and/or fight the immediate infection; try to reduce your stress levels, get more sleep and improve your diet.

Influenza	Candida albicans
Chest infections	Throat infections
Boils and abscesses	Stomach Ulcers
Blood poisoning	Chronic fatigue
Urinary tract infections	Parasites
Post-operative wound infections	Eczema
Asthma	Joint inflammation
Gastric flu	Skin infections
Ear infections and discharge	Eye infections
Sinusitis	Nappy rash
Gum disease	Food poisoning

If you are inspired to try colloidal silver for yourself, it is very easy to prepare without any additives. Today, our mains powered Colloidal Silver Generator has constant current control and is capable of producing 500ml of colloidal silver liquid at a concentration of up to 10 ppm. (Using constant current control helps to ensure a finer grade and repeatable quality of colloidal silver solution.)

These developments have ensured that for anyone wishing to increase their well-being and empowerment the process of making it at home is easy, reliable and extremely cost effective.

Apart from the CS generator, which comes complete with 99.99% pure silver rods the only other thing you'll need is purified water from a chemist or distilled water if you have a distiller.

We also supply 200ml bottles of pre-prepared colloidal silver solution if you would prefer.

John and Brenda Lett

[www.simplyblessings.co.uk](http://www.simplyblessings.co.uk)

01604 470816



## Rye Bread

This recipe is easy and contains only organic rye flour and water so is suitable for those on the Gerson diet.

Ingredients:



Rye Flour  
Pure Water

First of all you will need to make the sour dough starter, you should allow up to a week for this to be ready.

You will need a glass jar with lid or glass bowl, muslim and elastic band.

Day 1 – put 1 tablespoon of rye flour and 1 tablespoon of luke warm pure water into jar and stir well, cover with lid or with muslim (secured with elastic band. Stir once more during this day.

Repeat day 1 each day until the sour dough starts to rise and bubble. It is now ready to use.

Put about 400gr of organic rye flour into a bowl

and add about 100gr of the sour dough starter (the amount isn't crucial, just make sure you save some of it for the next loaf). Pour some pure lukewarm water into the flour and sour dough and mix, aim for a stiff dough (otherwise it might overflow the tin when proving).

Line a 2lb baking tin with non-bleached paper (do not use a non-stick baking tin) or if you are lucky enough to own an old well used one you might find it has its own non-stick properties. Place the dough in it and roughly level off. Place the tin into the bottom of a carrier bag and tie the top up, put in a warm place overnight (I use airing cupboard, but make sure you place it on a level surface as it can overflow when proving depending on the temperature etc), after about 18 hrs take it out and put in oven on 200c for about ½ hour.

Take out of tin and cool before slicing thinly.

*Hint: With the small amount of sour dough starter you have left, pour into a clean jar or dish and keep feeding it daily (by stirring in 1 tbs of rye flour and 1 tbs of pure lukewarm water. After a few days it will be ready for you to use in your next loaf.*

## A Gerson Experience

TO FRIENDS THINKING OF TRYING THE GERSON THERAPY.

I was lucky. Thirteen years before I was diagnosed with cancer, I had followed the progress very carefully of a young 28 year old friend of mine, he had been given four months to live after finding a second melanoma. His only way forward was to have a go at Gerson. Two years later the NHS pronounced him free of melanoma cancer and he is now in his 40s. When he decided to try Gerson I read everything he had, just out of interest in what he was attempting and at the end I knew that if I was ever diagnosed with something that Gerson could help with that is what I would do.

I got a great deal of opposition. Not what one wants to hear at such a vulnerable time, but I was determined.

GERSON IS NOT DIFFICULT. IT IS UNUSUAL. IT IS TIME CONSUMING.

IT IS EXPENSIVE. DO NOT BE FEARFUL. EVERYTHING SUGGESTED TO YOU IS FOR YOUR BENEFIT.

The biggest part of the therapy is the detoxification of your body after years of toxins going into it.

Let me take diet first. There is nothing unpleasant about what you have to eat. Sometimes it is hard to get the organic food but now I have discovered Able and Cole Organics there is very little that cannot be found. The juices are time consuming and help is needed, especially during the few months when energy disappears. Help with salad and soup making is also nice to have. It is very much the same every day.

Medications, like the food preparation look daunting to start with, but these soon become routine.

*Continued on page 4...*

## Patient Corner

### FOR SALE

[www.mypurewater.com](http://www.mypurewater.com)



"Pure Water MINI-CLASSIC I I Water Distiller " with 3 one gallon jars and wired for 240 volts

Manufactured by PURE WATER at 4120 NW 44th, Lincoln, NE 68524 USA

**Current UK price is £495, Selling for £245**

This distiller was used for only 13 months by a patient who was renting temporary accommodation.

For more information please email:

[brianbristow@btinternet.com](mailto:brianbristow@btinternet.com)

### FOR SALE - Norwalk Juicer

It is very seldom we get to hear of a second hand Norwalk Juicer, so grab this quick before it goes.....

The model is Norwalk 275, it is approx. 6 months old but used for about 2 months.



It comes with an instruction manual, 1 UHMW Polyethylene pusher, 8 grids and 1 drip tray, basically everything it comes with when it's bought new, except the juice bags.

**Selling for £1400.00 o.n.o.**

For more information please email: [kathrynconifer@googlemail.com](mailto:kathrynconifer@googlemail.com) or Phone 07773 489 846

### FOR SALE

\* Champion Juicer 200+ White (5 mths old) £299 New, will sell for £185

\* Juice Press with steel pan, beech block etc, selling for £200

\* A Time to Heal, New £11, selling for £6

\* Healing the Gerson Way, New £18, selling for £10

\* Info Booklet by GSG, New £7, sell for £3

\* Healing at Home DVD, New £21, sell for £13

\* Selection of unopened Gerson supplements

For details on any of the above items please email: [dianedidier@aol.com](mailto:dianedidier@aol.com)



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### We're on the Web!

*See us at:*

[www.stephen-gamble.com](http://www.stephen-gamble.com)

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*"Health is the  
greatest gift,  
contentment the  
greatest wealth,  
faithfulness the best  
relationship."  
Budda*

## A Gerson Experience, continued

ENEMAS!!! Why does everyone curl their lip when you admit that you do coffee enema's. I was uncertain as to how to proceed so I called upon the services of the district nurse who was only too happy to show me what to do. They also provided me with a very comfortable mat, almost as big as a mattress but not so thick which slides underneath my bed. FORGET EMBARRASSMENT. Once you have done a few coffee enema's, like everything else to do with the therapy, it becomes second nature.

Oh!! It can be very messy sometimes, but two big bath towels and an enema mat can protect everything. It is useful to be near the bathroom. If you do not make it to the loo sometimes, it is not only your body that you are clearing up. And I can assure you that this all becomes mundane and routine after a short while. What is so amazing is how very well one feels after that first enema. The pain reducing properties of coffee enemas is also quite astonishing. (I had shingles recently, refused medicine from the doctor that would dull the nerve endings in my body and let coffee enemas do the work for me.) DO NOT BE PUT OFF BY THE THOUGHT. IT IS ONLY A THOUGHT!!! The other bonus with enemas is they give you wonderful reading time. I have also fallen asleep with no detrimental affects. I have now done thousands of enemas and look forward to my read!!!

Water needs to be purified. There are lots of options and advice will be given. Do get rid of your chemicals, whatever they may be. And, ladies, no make up, hair colour, nail varnish etc. I did not like that, but my will to succeed overrode my dislike. Now after four years I do allow myself a little eye make up.

We all have flare ups to a lesser or greater degree. I had quite a lot. I think more than my share. But I know that the detoxifying process that I go through is nothing but good for me. You will feel unwell from time to time but it passes and once again enemas are a huge help.

I had to have help with the housework, garden, juices and shopping. I still managed to run the house, cook my husband's food and do the laundry. I found that cooking was a bit of a therapy in itself, breaking up what might be seen as the monotony of the day. Except it is not monotony. The goal is too important and the time too little.

You have to give yourself the first two years. It is a gift that you would never have thought of giving yourself - TIME. Whenever do we give ourselves time? But I can assure you that every minute has been worth it. I am now four years into living the Gerson life. NOT QUITE. I go on holiday, to concerts and the cinema. We walk as often as possible with the Ramblers. We lunch with friends, occasionally in restaurants and I choose carefully. I have not cured myself. BUT I am very healthy. My cancer has remained low-key much to the surprise of my NHS consultant and I will continue to live as I do. I no longer am very tempted by foods, which are not good to eat. I am not saying that I do not sin from time to time. Then I have to feel guilty!!!

So, if you are thinking about embarking on Gerson, I can only say to you GO FOR IT!

Read, take every bit of advice you are given and act on it to the best of your ability. You will not always be perfect but if you are fighting for your life, what better goal is there?

All good wishes, Yvonne Bristow.

## Training Days

We have held three training days since the last newsletter, one in March and two in April, one with just one week's notice. The airline disruption this weekend coincided with our second training day this month and as a result we have agreed to do another next weekend for those people affected and who are travelling from overseas. We will continue to do all we can to give patients the best grounding in doing the Gerson Therapy at home and supporting them in any way we can.

### *Coming in next issue....*

Recovered patient story....

Spotlight on a complementary therapy (hopefully a different one in each issue)

Some exciting news on a new – Gerson Patient Networking Site....

And more.... Your ideas and input are very welcome, please help us to help others on their healing journey.