

*Holistic Ways Ltd, Tel/Fax: 01664 501716*

## My Personal Experience on the Gerson Therapy

by Virginia Gamboa



I was diagnosed with stage 2 Breast Cancer on November 2008. As my Doctor was telling me about the treatments available I somehow knew, that that was not the way I wanted to handle the situation. In the past I had a rash in my skin which doctors were unable to understand. There was a period of time were I tried medication after medication unsuccessfully. I realized that doctors were not going to do any tests to understand my situation and they were just going to keep trying different medications, therefore I stopped going to see them and lost total faith. I was living at Manchester at the time and when I went back to Spain my skin rushes disappeared.

I am grateful for that experience, as this time I knew for a fact that drugs didn't help with a skin rush let alone a cancer. My first instinctive reaction was not one of fear of death or illness but I instantly thought: ok, time to figure out what is it that I need to learn, what is life telling me with this? What do I need to change or learn about myself? Doctors tried to rush me into quick action but I asked to delay all actions for two weeks so that I had time to think, investigate and make up my mind. I didn't tell anyone so that I could focus on making decisions and learning about the best way to handle this. As I informed myself I also learned of the adverse effects of having the lymph nodes removed

and the other available solutions, my trust in doctors deteriorated as they did not warn me of any of these side effects but I found out from other people's experience. Slowly, determined to find another way, a lot of research and reading led me to the Gerson Therapy.

I started the Gerson Therapy on the 10<sup>th</sup> of March 2009. It was very hard to tell my surgeon to do a lumpectomy without touching the lymph nodes. Also it was hard to refuse radiotherapy, chemotherapy and tamoxifen, I was told all sort of things, luckily I had made up my mind. But for people next to me who weren't so sure about my decision, the things the doctors said really frightened them to the point of refusing to support my decision. All except for my partner who has supported me from the start and whom I could not have done without. As my health started to get better everyone seemed more supportive.

As for the therapy itself, it totally made sense to me. A lot of people find it too much, it is very intense and hard work for sure but there have been enough deaths from cancer in my family that I thought I should take the illness seriously and take a full commitment to my health, after all, what is life without health. At first, time went very slow, I was suddenly not allowed to do the things I love most. I am a circus performer, I was studying in Mime school, and working in a production that I was supposed to tour with, so from moving around and doing so much physical work to staying at home was a dramatic change. I missed my life although I new I had to be well and alive anyway to do any of that. Anyway, I've had the time to do things I would have never stayed so still to do like meditating, pranayama, singing and a lot of clowning. The experience has brought me even closer to my partner who has taken such good care of me emotionally as well as with the therapy. Also it has encouraged people around me who have got rid of old health problems simply by changing their diets.

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*"Symptoms, then,  
are in reality nothing  
but a cry from  
suffering organs.  
- Jean-Martin*

*We must turn to  
nature itself, to the  
observations of the  
body in health and in  
disease to learn the  
truth.  
- Hippocrates*



The first 3 months went very slow and from then on it started going faster to the point that I was glad to have some time to relax and do nothing for a while. Also the first 3 months were the hardest, after that the therapy slowly started to reduce, with every blood test came the hope that something would be lessened. Eventually I had less castor oil treatments to do, less injections, a reduction of enemas and so on, which made the therapy easier and less hectic than at the beginning. Also with less things to do came more strength to do more myself and rely less on a carer.

I had no problems with the food, my boyfriend is a great cook so he makes everything taste delicious, there was a point where I had cravings for meat and biscuits and there were times where I was fed up with the same food so even in my

dreams I saw myself eating other things and then feeling guilty about it. I just now I had to wait before I ate other things. I am aware that if we want to help the environment we have to start with ourselves and it is our habits that will save the planet so I'm glad that I am not contributing to the market of processed foods, GM soya to feed cattle, unhappy chickens, and instead I contribute to the market and consumption of organic vegetables. I get wholesale boxes, so my neighbours buy their fruits and vegetables from me. This way I can buy big quantities, which means my whole neighbourhood is eating well and contributing to the environment. They are also all more aware and most of them are even doing coffee enemas.

I had an MRI recently and after one year of

diagnosis I don't have any dodgy lumps and I am confident that it will stay like this. I hope this experience stays with me forever and influences others to take more responsibility of their health, I don't know what will happen when I finish the therapy but I don't think it will ever actually finish.

I would like to finish this text with a touch of humor, I made a short show on the coffee enemas in a small friendly cabaret and would like to share it with you as it was inspired by the Gerson Therapy.

Here is the link

<http://www.youtube.com/watch?v=uyPsmEx4o8U>

If you cannot find it, it is also here <http://www.youtube.com/virginiayole>

I hope you enjoy this bit of humor.

Virginia Gamboa

## Reverse Osmosis Explained by Pure Water Products

### What is a Reverse Osmosis System?

The Pure Water Products Reverse Osmosis System is a drinking water system that uses the principle of **REVERSE OSMOSIS** to remove 95-99% of all the contaminants from raw tap water with the convenience of a faucet mounted on your kitchen sink.

### How does Reverse Osmosis differ from a Water Filter?

Ordinary water filters use a screen to separate contaminants from raw tap water. Reverse Osmosis Systems employ a semi permeable membrane that removes not only particles but also an extremely high percentage of dissolved contaminants-molecule by molecule- from raw tap water.

### What is the Membrane and how does it work?

The membrane consists of several thin layers or sheets of film that are bonded together and rolled in a spiral configuration around a plastic tube (This is also known as a thin film composite or TFC membrane.) The material of the membrane is semi permeable: which means it allows water molecules to pass through while acting as a barrier to dissolved solids (i.e.: mineral and chemical contaminants). When the feed water stream passes across the surface of the membrane, the molecules penetrate the membrane surface, working their way around the spiral and collecting in the centre tube. The remaining contaminants are concentrated and washed from the surface of the membrane down the drain.

### What is Osmosis?

Assume a membrane is semi permeable, allowing water to pass through while being closed to dissolved salts. Place a membrane between two compartments in a container then place a salt solution in one half of the container and pure water in the other half. Now a fundamental scientific principle comes into play. That is, two different concentrations of liquids within the same system will try to reach equilibrium (i.e. the same concentration of contaminants) on both sides of the membrane. Of course the only way for this to happen is for pure water to pass through the membrane to the salt water side in an attempt to reach equilibrium this is called Osmosis.

### What is Reverse Osmosis?

Reverse Osmosis is the reversal of the natural flow of osmosis. In a water purification system, the goal is not to dilute the salt solution, but to separate the pure water from the salt and other contaminants. When the natural osmotic flow is reversed, water from



the salt solution is forced through the membrane in the opposite direction by application of pressure-thus the term Reverse Osmosis. Through this process, we are able to produce pure water by screening out the salts and other contaminants.

## **What is the actual process of a Reverse Osmosis System?**

The raw tap water first flows through a 5 micron polypropylene sediment filter, to remove dirt, rust and other sediment. The water then flows into a granular activated carbon cartridge filter which takes out 98% of the chlorine and organic chemicals. The next stage of the process is the carbon block filter to filter multi-chemical compounds and suspension out of the water. The next process is the reverse osmosis membrane (TFC) which separates 95-99% of the dissolved contaminants from the water molecules. The contaminants are then washed down the drain. The final stage of the RO series process is a small carbon filter; this removes the remaining traces of chemicals, and improves the taste of the purified water.

The purified water is stored in a 4 gallon tank. Inside the tank is a rubber diaphragm, pre-charged with 10 psi of air. As the tank fills, the pressure inside increases, it is this pressure that pushes the water out when the faucet is opened. The final element of the RO Series system is a polished chrome faucet this is installed on the kitchen top or the sink. It is a dual action tap offering intermittent flow (to fill a glass, hold the handle down) or continuous flow (to fill a kettle, lift the handle up).

## **What is the history behind Reverse Osmosis?**

Although the idea of Reversing Osmosis has been known for a number of years, the practical application is a recent development. In 1962 the U.S Government funded the first R.O. plant which produced 1000 gallons of purified clean water per day. Today, there are more than 3000 large Reverse Osmosis treatment plants in the United States, each producing more than a million gallons of drinking water each day.

## **Will Reverse Osmosis remove Sodium from the water?**

YES! Reverse Osmosis was originally designed to make sea water drinkable for the navy. It is ideal for anyone on a low sodium diet.

## **Does Reverse Osmosis remove Bacteria? Cryptosporidium?**

YES! A Reverse Osmosis Membrane has a pore size much smaller than bacteria virus, pyrogen or the cryptosporidium parasite. When functioning properly it will remove all micro organisms from tap water and produce sterile water.

## **How will Reverse Osmosis purified water affect mixed beverages?**

Because Reverse Osmosis removes invisible contaminants that mask flavour, it allows the natural taste of your beverages to come through. You will be able to use less tea and coffee and still get the full flavour. Concentrates like orange juice will taste tangier. The Reverse Osmosis system eliminates most of the lime build up inside kettles and coffee makers, preventing the need for frequent cleaning. No longer will you find the white scum on the inside of pans after boiling water.

## **Where is the Reverse Osmosis drinking water system installed?**

The RO System is usually installed underneath or close to the kitchen sink, however, there is a degree of flexibility and if an alternative place is required a site survey is recommended.

## **Can the RO system be connected to an extra tap?**

Yes it only takes a 6mm tee piece and extra tubing to run the water to a refrigerator or an extra tap. Some families run the purified water to more than one room.

## **What factors affect the quantity and the quality of the water produced?**

There are four major variables to consider:

1. **PRESSURE.** The greater the water pressure, the better the quantity and quality of the water produced. Water pressure of 80 psi is ideal; we supply systems with and without booster pumps for both adequate and low pressure installations.
2. **TEMPERATURE.** 24 degree centigrade is the ideal water temperature for R.O. systems, any reduction in water temperature will cause the production of purified water to fall. The maximum water temperature recommended is 29 degree centigrade.
3. **TOTAL DISSOLVED SOLIDS (TDS).** The higher the amount of dissolved contaminants in the water, the lower the quantity of water produced. A high level of \*TOTAL DISSOLVED SOLIDS can be overcome with additional water pressure.



## Holistic Ways Ltd

### Free CD's

Vitalia Health Ltd, the distributor of InnerTalk offer three CD's FREE OF CHARGE (you just pay £2.95 for postage).

They are: -

CD5500 – Cancer Remission

CD147 – Forgiving and Letting Go

CD252 – Loss of a Loved One

For more information visit their website on:

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

and click on the link for **FREE** InnerTalk titles

### Training Days

Due to our holiday, we have held just one training day since the last newsletter, which was in July.

**Our next training day will be on 15<sup>th</sup> August 2010**

4. MEMBRANES. These are rated at various flow rates.

#### What Warranty do I get with my R O System?

The RO System (excluding filters) is guaranteed for 1 year for material and workmanship defects. All defective parts will be replaced free within the first year.

#### What is the maintenance schedule for the RO System?

The three pre-filter cartridges should be changed every 6 months. The first is a 5 Micron Polypropylene Sediment Filter. The second is a Granular Activated Carbon Filter. The third is an Extruded Carbon Block Filter. Failure to change the Filters every 6 months may allow chlorine to destroy the membrane. Depending upon the water it is treating, the Thin Film Composite membrane has a life expectancy of 2 to 3 years. The Post Carbon Filter should be changed every 12 months.

#### When should the membrane be changed?

One indication is a gradual reduction in water production caused by a layering of minerals and salts on the membrane surface. Another is a gradual deterioration in the quality of water being produced. You may notice a different taste or more white scum on the inside of a pan of water you are boiling. This might mean the R.O. membrane is disintegrating and requires replacement. (Note: Our Total Dissolved Water Quality Tester can test the water and tell you when you should change the R.O. membrane).

For Further Information on the range of Pure Water Products Reverse Osmosis Systems please contact:

Email: [enquiries@purewaterproducts.co.uk](mailto:enquiries@purewaterproducts.co.uk)

Tel: 0114 360 1064

Mob: 07870 959 010

## Patient Corner

### Together against Cancer Funding Program for Gerson Therapy Patients

Together against Cancer have launched 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 with payment being made direct to the supplier rather than the patient, so that it does not affect any income-based payments the patient may already be receiving.

**For more information please contact Stephen Gamble on:**

[info@stephen-gamble.com](mailto:info@stephen-gamble.com)

### FOR SALE



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

"Pure Water MINI-CLASSIC II 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)

We are having a sort out and have some surplus books to sell

**The Miracle of MSM, the Natural Solution for Pain**

by Jacob, Lawrence, Zucker (ISBN: 0-399-14474-9)

Hardback - £2.50 plus P&P

**Immunotics, The revolutionary way to fight infection,  
beat chronic illness and stay well**

by Robert Rountree, MD, and Carol Colman (ISBN: 0-399-14504-4)

Hardback - £2.50 plus P&P

**The Cancer Blackout**

By Nat Morris (ISBN: 911238-61-1)

Paperback - £2.50 plus P&P

**Dinner at the New Gene Café**

By Bill Lambrecht (ISBN:0-312-30263-0)

Paperback - £2.50 plus P&P

**The Lost Boy**

By Dave Pelzer (ISBN:0-75283-870-9)

Hardback - £2.50 plus P&P

**A Man Named Dave**

By Dave Pelzer (ISBN: 0-75284-114-9)

Hardback - £2.50 plus P&P

**The Healer Within**

By David Furlong (ISBN: 0-7499-1877-2)

Paperback - £2.50 plus P&P

This is only a small number of books available, all are in excellent or very good condition. A link to the full list of available titles is on my website, directly below the link for this newsletter. Alternatively you may email me on:

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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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**Believe it or not... supplied by Hayley Bonnell**

These are sentences actually typed by Medical secretaries in NHS Greater Glasgow

1. On the second day the knee was better and on the third day it disappeared.
2. The patient is tearful and crying constantly. She also appears to be depressed.
3. The patient has been depressed since she began seeing me in 1993.
4. Discharge status:- Alive, but without my permission.
5. Healthy appearing decrepit 69-year old male, mentally alert, but forgetful.

More in the next issue.....

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

- Patient story....
- Charity Spotlight...
- Chemicals of concern... safe bathing
- And more....
- Your ideas and input are very welcome, please help us to help others on their healing journey.