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MAJOR IN TRANSLATION**

**TITLE:**

**ANNOTATED TRANSLATION FROM ENGLISH TO SPANISH  
OF THE MOVIE THE BEAUTIFUL TRUTH**

**AUTHORS:**

**MARIA AGUSTINA CEDEÑO CARREÑO  
YESSENIA CRISTINA GALLARDO MALDONADO**

**TUTOR:**

**Lcdo. John González Ubilla**

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**CERTIFICATION**

We certify that this research project was presented by **María Agustina Cedeño Carreño** and **Yessenia Cristina Gallardo Maldonado** as a requirement for obtaining a **Bachelor's Degree in English Language and Linguistics with a Major in Translation**.

**TUTOR**

---

**Lcdo. John González Ubilla**

**REVIEWERS**

---

**María de Lourdes Alvarado Mejía, MSc.**

---

**Sara Inés Rivadeneira Enriquez**

**DIRECTOR OF THE ACADEMIC PROGRAM**

---

**Lcdo. John González Ubilla**

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We, **María Agustina Cedeño Carreño**, and,  
**Yessenia Cristina Gallardo Maldonado**

**HEREBY DECLARE THAT:**

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**AUTHORS:**

---

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---

**Yessenia C. Gallardo Maldonado**



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**AUTHORIZATION**

**We, María Agustina Cedeño Carreño, and,  
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Authorize the *Universidad Católica de Santiago de Guayaquil* to **publish** this Graduation thesis: **Annotated Translation from English to Spanish of the Movie the Beautiful Truth** in the institution library. The contents, ideas and criteria in this thesis are of our full responsibility and authorship.

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**AUTHORS:**

---

**María Agustina Cedeño Carreño**

---

**Yessenia C. Gallardo Maldonado**

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María Agustina Cedeño Carreño  
Yessenia Cristina Gallardo Maldonado

## **DEDICATION**

María Agustina Cedeño Carreño:

To my parents:

Thelmo G. Cedeño Loor

Segunda H. Carreño Espinoza

and my husband:

Roberto V. Peñaloza Pesantes

Yessenia Cristina Gallardo Maldonado:

To my parents:

Luis Gallardo Sánchez

Mercedes Maldonado Loayza

## **THESIS TRIBUNAL**

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**Lcdo. JOHN GONZÁLEZ UBILLA  
TUTOR**

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**(NAMES AND SURNAMES)  
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**GRADE**

---

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TUTOR**



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## **ABSTRACT**

The purpose of this study is to render and annotate the documentary movie *The Beautiful Truth*, by the Gerson Institute, into Spanish applying translation techniques learned during our academic program that support the whole translation process. This movie has to do with a nutritional program by Dr. Max Gerson and his natural therapy that, according to the Gerson Institute, many people have used to heal some chronic diseases in the USA. In order to develop this project, we have used some different methods. The method used on this research is mainly qualitative since we will go deeper into issues of interest by analyzing terms and phrases used in the translation process, as well as evaluating a logical deduction and rhetorical of some of the lexical and grammatical structures and constructions. Of course, also by taking into account the numerous social and cultural benefits that we all may get from this translation. It is also descriptive and explanatory, as we illustrate the details about the whole translation process and the tools applied herein. It is also informative for the reason that one of the main ideas of this project, besides the translation process itself, is to contribute to the field of translation studies by providing the research community with thorough research work containing annotations in the scientific field.

**Key Words:** Render, Annotate, Translation Techniques, Translation Process, Lexical and Grammatical Structures and Constructions.

## INTRODUCTION

Translation is a process that consists of converting a text from one language to another while keeping the meaning of the original text. To be able to do that in a systematic way, several techniques need to be learned. This project, which is about translating the documentary movie *The Beautiful Truth*, is a reflection of the application of all the translation methods, tools, and techniques learned during our academic program. Translating a movie presents the challenge of translating its script while keeping the translation into the context given by its video, and in this way conveying the intended message of the movie.

As a fundamental basis for this project, we are carrying out Annotated Translation which is a scientific process that goes beyond simply translating a text, by offering the most suitable rendering of the problematic expressions, terms, and sentences from the source text, making a deeper analysis, and offering solutions to some problems that the source text may present when it is being translated into the target language. The annotations are done by creating comments, usually a few sentences long, establishing a summary for and expressing the relevance of each part of the source that needs a closer look. According to the Gerson Institute representatives, there is a lot of information about their natural health treatment that needs to be translated into Spanish, including the movie *The Beautiful Truth*. The translation of this movie from English to Spanish is expected to benefit the Spanish-speaking people by helping them to overcome the language barrier and providing

access to a natural alternative therapy that claims to cure patients with cancer and other degenerative diseases.

### **Statement of the Problem**

Since the movie *The Beautiful Truth*, which contains valuable information about potential treatments and cures for certain diseases, is available only in English, the Spanish-speaking community cannot get the benefits from it and neither the field of nutrition and scientific development in our society.

### **Objectives**

#### **a) General Objective**

To offer an annotated translation for the Spanish-speaking community to have access to the movie *The Beautiful Truth* so that they are able to get the benefit offered in that information.

#### **b) Specific Objectives**

- To translate the script from English to Spanish providing an analysis through annotations.
- To inform about the population who the project will be intended for, in this case, the Spanish-speaking Community.
- To explore the benefits of the translation for this community.



## CHAPTER I

### 1. THEORETICAL FRAMEWORK (LITERATURE REVIEW)

#### 1.1. Referential Framework

Since the content of this informative documentary movie *The Beautiful Truth* is in English, the majority of the Spanish-speaking community is unaware of the existence of the Gerson Therapy, which, according to the Gerson Institute, is a natural alternative program to cure some degenerative diseases. Some people who have been convinced by their doctors that they are terminally ill would be pleased to know that there is still hope. Others who suffer by undergoing the harsh methods employed by traditional medicine would also be glad to learn that there are gentler methods available to them.

In order to give a solution to this problem, volunteer translators from the Catholic University of Santiago de Guayaquil offer their services to the Gerson Institute, rendering the Spanish translation of the information from the movie, applying the techniques learned in the degree study program and giving an extensive analysis and offering solutions to any translation problem. Therefore, the translation of the movie into Spanish will make the information accessible to more people; and the opportunity of having this alternative treatment available may increase the number of people who would benefit from it. It will also help to contribute to the improvement of the field of nutrition by transmitting this scientific information from the American to the Spanish-speaking community, where we as translators are the fundamental transmitters.

When translating a movie several aspects have to be considered carefully. Translation is a multi-step process that must be carried out by a professional, who follows the appropriate steps during this process and domains the linguistic, semantic, syntactic structures of the source and target language, as well as cultural references, among many other aspects involved.

Some time ago, The Gerson Institute had some problems with mistranslation services, by a volunteer translator, who translated a book from English into Spanish and he did not have a good knowledge about Translation and the different techniques it involves, so the result was badly translated information, and the book was not published because the Institute verified the information with someone who knew Spanish and realized it was not an accurate translation; the translator had not transmitted the same message from the original source. Since then, the institute has been looking for someone professional to help them transmit their information from web pages, videos, books, among other materials.

The Gerson Institute, located in the United States, did not considered the fact that the most famous means around the world for transmitting information is through web pages with free and user-friendly access for people all over the world to get any kind of information from different countries. Nowadays, they have been planning to expand their information for the Spanish Community since they know that there is a good demand for having information available in Spanish around the world.

This year 50 million Hispanics in the US hold nearly \$1 trillion in purchasing power. As the US Hispanic population and purchasing power grows, it has become increasingly important for companies in certain industries to translate their websites into Spanish. (Diaz, 2010, para. 1. Retrieved from <http://socialmediaspanish.com/blog/top-4-methods-for-translating-a-website-to-spanish/>)

Figure 1 shows the location of Spanish-speaking countries in the world. The darker the color blue, the more populated the country is with Spanish-speaking people. Besides, in Table 1, the countries are listed with their Spanish-speaking population.



**Figure 1.** Spanish-speaking Countries by Population

Source: <http://www.spanishlinguist.com>

**Table 1.** List of Spanish-speaking Countries by Population

Source: <http://www.spanishlinguist.com>

| Country       | Population  |
|---------------|-------------|
| Mexico        | 106,535,000 |
| Spain         | 45,200,737  |
| Colombia      | 44,075,701  |
| Argentina     | 41,000,000  |
| United States | 34,000,000* |
| Peru          | 28,674,757  |
| Venezuela     | 28,199,822  |
| Chile         | 16,598,074  |

|                     |             |
|---------------------|-------------|
| Guatemala           | 13,354,000  |
| Ecuador             | 13,341,000  |
| Cuba                | 11,268,000  |
| Dominican Republic  | 9,760,000   |
| Bolivia             | 9,525,000   |
| Honduras            | 7,106,000   |
| El Salvador         | 6,857,000   |
| Paraguay            | 6,127,000   |
| Nicaragua           | 5,603,000   |
| Costa Rica          | 4,468,000   |
| Puerto Rico         | 3,991,000   |
| Panama              | 3,343,000   |
| Uruguay             | 3,340,000   |
| Jamaica             | 2,651,000** |
| Trinidad and Tobago | 1,305,000** |
| Equatorial Guinea   | 507,000     |
| Western Sahara      | 382,617**   |
| Belize              | 314,275**   |
| Andorra             | 71,822      |
| Gibraltar           | 28,875      |

Additionally, due to the growing Spanish-speaking population, the project of translating the Gerson's information has become one of their main priorities, and they are even thinking of continuing translating the rest of their information into Spanish in the near future.

In order to translate the movie accurately, we have used different translation techniques by following some steps, and using some tools and methods which facilitate us to understand this whole translation scheme. We are using Annotations as a scientific method to explain the choices we believe are the most accurate ones, by categorizing them accordingly, which means that we are analyzing the problems that each of these choices may encounter.

According to the requirements for a postgraduate degree in Literary Translation of the Trinity College Dublin:

An annotated translation should have a brief introduction presenting the text, indicating its interest, and explaining what kinds of difficulties it might present. The introduction might well address the problem of what a translation is, dealing with some theoretical points, and suggesting particular problems inherent in translating between the two languages concerned, or dealing with the text type.

The purpose of carrying out an annotated translation mainly has to do with the fact that it allows translators to develop translation skills by presenting not only the translated product itself, but also justifying their translation decisions. Secondly, it also involves critical thinking when reflecting about the translation process.

The function of an annotated translation is to offer a deeper analysis on the translation process of a given text. Likewise, this critical reflection can function as an approximation to the translated text which emphasizes the internal structure of the text, and not only that, but this reflection also acts as a theoretical and methodological of the proposed translation.

To develop the annotation for our translation, we have considered the following aspects which have been translated from Rosas (n.d.):

- Formal Aspects, which refer to grammar issues (for example, type of vocabulary, syntactic structure, etc.), and also of stylistic nature (is the text to be translated a story, a poem, or a scientific text?, what are the stylistic conventions in which the text is adapted to; for instance, if it is a sonnet or if it was written during the Romanticism, etc.

- Rhetorical Aspects: In this case, it is about how the text is written. Which is its internal structure, its expository scheme?, what kind of ideas it addresses or discusses and how does it do it?, what kind of images use or

create and how does it use or build them?, are there any recurring elements?, what kind of tropes are present, how do they work and what is their function?

- Thematic Aspects: The question to consider here is: what is the text about?

As well, it is necessary to establish a relationship or connection between theme and form.

- Other Aspects: External elements of the text, such as, biographical, historical or critical information that documents the work of the author of the text, it is also important to include information and reflections about the contexts in which the texts are placed or inserted in both source and target cultures (type of publication, audience to whom the text is intended to, etc.). Such information must be relevant to the text we are working with.

On the other hand, whichever the aspects translators decide to work with, they must not forget that this analysis is about annotations, and that critical perspective has to be oriented to explain them by clarifying the relationship of the aforementioned aspects in relation to the translation process; i.e., it is not important to talk about the text itself, but showing how the intrinsic characteristics of the text affects and are affected by its translation.

Annotations can also be done within the same language, by analyzing some aspects and problems that language may present within specific contexts and according to particular situations, or between two languages as in this case of the translation of our script. Moreover, they can be carried out

within the translated text, through footnotes or separately by categorizing the translation problems, giving an analysis, citing and comparing both pieces of translation from the source and target text. For the translation of this script, we have decided to do it through annotations divided into five categorizations, such as: metaphors, cultural translation problems, linguistic translation problems, text specific translation problems, and pragmatic problems.

Furthermore, in order to solve these translation problems, it is fundamental to do it at a professional level considering different theories involved in this process according to different translation experts and linguists. These theories include two different concepts within this field such as communicative and semantic translation introduced by Newmark (1981), which we have used for the translation of the movie script, and also other comparable approaches by Nida (1964) and Jakobson (1959).

As it is known, the main purpose of a documentary movie is to inform some aspect of reality, mainly for the intentions of instruction or preserving a historical record. In addition, since this movie contains interviews to some experts, live experiments, and real images which demonstrate a number of those authentic facts, it is essential for us, as translators, to convey the most accurate contextual meaning of the original message. As a result, the target audience will receive the intended message accordingly.

The script includes many idiomatic expressions, metaphors, among other figures of speech, and communicative translation is the most accurate option in order to render the content effectively, taking into account the

culture, perception, and cognition of language of the TT readers, transmitting the messages beyond lexical units.

First of all, “Communicative translation, also known as functional equivalence, attempts to produce on its readers an effect as close as possible to that obtained on the readers of the original.” (Newmark, 1981, p. 39). According to this description, communicative translation focuses on the reader. Therefore, it is clear that this type of translation consists of conveying the same message from the original language by using the most natural equivalents into the target language, especially taking into account sense and style. In addition, communicative translation is usually common, clear, easy reading, fluent, creative, informative, etc; for instance, it is typically used in texts that have an informative function and texts that contain instructions, such as plays, among others. Besides, the final product of a communicative translation can be better than the original, since it involves a subjective work of re-creation and reformulation, mainly focused on the TT reader.

According to Newmark (1991), translation is a process, a skill, a type of communication by which two messages are transmitted between two different languages.

Furthermore, the main purpose of translation studies is to determine appropriate translation methods for a wide range of texts and textual types, providing a set of principles to translate texts and carrying out translation analyses. Also, the aim of these studies is to go into detail about the relationship among thought, meaning and language, considering the elements involved in the translation process. The translator uses different



techniques that require a process of understanding, interpretation, re-creation, etc.

Additionally, there are two approaches suggested by Nida (1964) which are comparable to communicative and semantic translation in which the first one is similar to Nida's dynamic equivalence, and the second one to Nida's formal equivalence. This is a quite similar theory, but using different names, Nida argues that, when making his work, the translator is torn between two styles of translating that represent two opposite poles: the translation of "formal equivalence" (toward the source text) and the "dynamic equivalence" (toward the audience and target culture).

Just to make a slightly comparison between these two types of equivalence, here is a better explanation about them: (Nida, 1964).

1) Formal equivalence (also known as formal correspondence), which is more concerned with word-for-word translation and content (faithfulness).

2) Dynamic equivalence, which is focused upon context and sense-for-sense adaptation.

Nida (1964) defends the idea that the intention of every translator must be to cause the target text receiver the same effect as produces the original text in the reader. The dynamic equivalence or effect is an adaptation of the text to the new reader so that it conceives a text translation as natural, not forced, within its linguistic community, for which the translator must overcome linguistic and cultural differences. The translator must definitely search for the most natural and closer equivalent, and transmit the original text effect in the closest way possible to the target text.

Jamalimanesh and Rahkhoda (2009) stated on their online article that Nida (1964, p. 159) indicates that "a translation of a dynamic equivalence aims at complete naturalness of expression, and tries to relate the receptor to modes of behavior relevant within the context of his own culture". (Retrieved from <http://www.translationdirectory.com/articles/article2025.php>).

According to this definition, it is clear that dynamic equivalence, also known as functional equivalence, attempts to convey the idea or message expressed in the original text, through some syntactic changes from the SL into the TL; for instance, sentence structure such as word order, parts of speech, among others, and also the TL reader's response must be essentially the same to that of the SL reader.

As Jamalimanesh and Rahkhoda (2009) also mentioned that Nida and Taber (1969, p. 200) stated that "The message of the original text has been so transposed into the receptor language that the response of the receptor is essentially like that of the original receptors". (Retrieved from <http://www.translationdirectory.com/articles/article2025.php>).

The theory of dynamic equivalence emphasizes the importance of other elements of communication that go beyond these opposite features: literal/free, form/content, considering two elements: the reader and message.

For that reason, the translator has to look for a more natural equivalent. It is absolutely essential to transmit the same SL message, regardless of the form of the text because the most important aspect within dynamic translation is the content, in which words from the original text are not as important as their meaning. This means that the message must be

adapted to the linguistic needs of the TL reader, considering language structures which are familiar to this reader, by making lexical changes according to the cultural references of the TL reader.

These grammar adaptations are carried out because the syntactic structure of the target language differs from that of the source language. For example, when the translator modifies the SL word order, such as substituting a ST verb for a TT noun, among others. These adaptations in the target language and culture provide a translation that does not show evident signs of foreign origin, so that a fluid and natural text is produced in the TL. This type of equivalence is the most appropriate when translating idioms, metaphors, proverbs, among others.

Moreover, Jakobson (1959) has also suggested a communicative approach within translation and according to his theory it involves “substituting messages in one language not for separate code-units but for entire messages in some other language” (p. 36).

This approach is comparable to that of Newmark and Nida previously mentioned, because they focus on transmitting the content from one language, not only by translating words, but entire messages into another language. Therefore, “translation involves two equivalent messages in two different codes” (p. 114).

Moreover, Jakobson states that everything can be translated, either through more complex signs such as syntactic structures, or new lexical resources such as loans, calques, neologisms, etc. This means that although it is not always possible to find a direct equivalent in the TT, any type of

translation can be achieved by using the most appropriate translation resources to interpret meaning from different languages. Therefore, any message can be expressed into any language, since language is an element of communication which is able to overcome differences between two different systems. Thus, the task of the translator is to transfer the content from the source text into the target language by ensuring equivalence.

On the other hand, there are some parts of the script where it is strictly necessary to resemble the formal equivalence, and evidently, following the semantic structure of the original text as close as possible.

Firstly, Newmark (1988) states that semantic translation is a compromise between free and literal translation, it is applied to expressive texts, and it is distinguished from the true translation simply because it takes into consideration the aesthetic of the original text version. He also says that semantic translation is not the same as literal translation in the sense of or within the linguistic approach, the TT product may be inferior to the original, because there is an inevitable loss of meaning in this process since the primary concern of using semantic translation is the original text and not the target culture, it is a translation that is both linguistic and encyclopedic. Semantic translation is applied to philosophical, religious, anthropological, political texts, among others. Moreover, he explains that semantic translation is considered as an art; it is usually done by a single person, and it is related to deliberation processes.

Newmark (1988) also mentions that semantic translation is a method very similar to the true translation. The only thing that differs is that we should

pay more attention to the aesthetic value (i.e. a nice and natural tone) of the text in the original language.

In a semantic translation, the translator tries to convey the most accurate contextual meaning of the original text, but within the limitations of syntactic and semantic meta-language. Munday (2008) stated that Semantic Translation resembles the formal equivalence since it also follows the structure of the original text as close as possible. For example, if possible, the sentence length and order of words is kept. This means, as Newmark (1991), said that Semantic Translation also focuses on the original language, as well as on semantic and syntactic structures, but within the constraints of the target language. Furthermore, as in the formal equivalence, the culture of the original language is preserved.

One difference between these two methods is that in semantic translation the meaning is the most important, while the formal equivalence focuses more on the message. Another feature is that semantic translation is considered inferior to the original text as it always involves the loss of meaning (Newmark, 1981). Furthermore, using this method, the translator pays attention to the aesthetic value of the text in the original language. That means that the translator tries to reproduce the 'flavor' and tone of the original, since the words are 'sacred' (Newmark). Moreover, the translator has no right to improve or correct the original text. Thus the goal of semantic translation is to make an accurate and true from the original language (Newmark, 1991).

From those characteristics can be deduced that semantic translation corresponds to literal translation, but not exactly the same. The difference between the two methods is that semantic translation respects the context, interprets and sometimes explains, which does not occur in the literal translation. When the translation is literal, the translator's primary loyalty is to the rules of the original language, while when the translation is semantic, the translator's primary loyalty is to the author (Newmark, 1981).

The translation by formal equivalence is mainly aimed at preserving the linguistic form of the original mother tongue, trying to imitate it in the word sequence, syntax and, insofar as possible, the sonority and the phonology of the target language. The formal equivalence occurs only rarely, since factors such as cultural differences do not allow a tracing of the formal structural yielding results in a strangeness feeling in the reader's goal which in most cases is used in this type of equivalence. Obviously, the reader expects a product that is not able to recognize as a translation, but as a construct that identifies within the formal structures and idiomatic language.

Nida (1964) strongly suggests that what really matters is to keep the content and believes that sometimes, the translator's effort for maintaining the form of the original text involves losses in the content of the message. What is important, according to him, is to get that the translated text reader reacts the same way as the recipients of the message in their original language do; therefore, the translator must manage how to transfer the semantic value to the communicative reality of the target.

Following the ideas of Nida (1959), the translator must keep the value of the message in both languages in order to achieve the same understanding effect on the original text reader as well as the reader of the translated text. The idea is not trying to convey words, but the semantic values of the message to a different linguistic community. A clear example of the adaptation of the translated text to the situation of the recipient linguistic community is the translation of the different images presented in the Bible. This translation must be able to maintain the strengthening effect on the faith of believers while transmitting images and messages in a way that is close to the realities of all communities. As an expert translator of the Bible, Nida and his concept of mostly dynamic equivalence and less use of the formal equivalence, revolutionized the field of translating religious texts.

As it is known, any means of communication, and therefore the translation, is subject to the semiotics of law (which involves the tridimensional aspects of syntactic meaning, pragmatic meaning, and semantic meaning) or semantic loss (which, according to some research, results primarily from the lack of equivalence between the source text and the target text). And of course, we cannot leave out the cultural loss part, which is also an important issue to consider in translation, especially when translating a movie. "If we insist that the translation should not entail any loss of information, obviously not only translation, but all communication, would be impossible" (Nida, 1959, p. 13).

Additionally, based on the previous information, we have placed in the following table the most general characteristics and important differences

between semantic and communicative translation according to Newmark (1991):

**Table 2.** Features of Semantic and Communicative Translation

| <b>Semantic Translation</b>  | <b>Communicative Translation</b>   |
|--|--|
| Consists of keeping the linguistic structures of the ST, looking for the closest equivalents in the TT | Consists of transmitting the content and message from the ST into the TT                                     |
| Faithful to the form of the source language. It is more literal  | Faithful to the meaning of the source language. It is freer<br><br>Translating 'sense for sense'             |
| Focused on the author and source language  | Focused on the reader and target language  |
| The translator cannot make changes or corrections from the ST  | The translator can make modifications considered to be appropriate and important (deletions, additions, etc) |
| Sometimes the translation does not result so fluent or natural   | It creates a natural, fluent and understandable text   |
| Translation unit: lexical units, clauses, collocations   | Translation unit: phrases or larger units (e.g. paragraphs)  |
| Objective  | Subjective   |
| Scientific, technical texts, etc   | Literary texts: poetry and plays, etc  |



In this table, it is possible to see that both types of translation are two opposite methods in many ways. As aforementioned, both methods are focused on different aspects, and they produce different translations. For instance, both have very different features, and the translator's limitations depend on the method used. Furthermore, the decision on which method the translator must use depends on several factors, including which aspects are important to consider and what the translator is willing to achieve with his translation from the ST to the TT. The translator can try to be faithful to the original language and its form, or to the meaning and content of the original text according to the situation; not only depends on the text itself, but also on whether the translator wants to translate taking into account the ST author or the TT reader, among others.

### **1.2. Conceptual Framework**

In order to develop this research project, there must be terminological clarifications which are necessary for the familiarization and understanding of key concepts along this manuscript. All these terms are basically used in this specific type of research whose contents are totally related to the Scientific Translation Process.

#### **1.2.1. Aesthetic Value**

Aesthetic Value refers to "A premium attached to the value of property because of its physical appearance or the scenic views that may be enjoyed

from the property; the artistic worth of something, rather than its practical value". (TheFreeDictionary.com, 2013).

This definition is a general overview of Aesthetic Value; however, it can be applied to our linguistic field as well.

### **1.2.2. Annotation (Annotated Translation)**

According to the Trinity College Dublin "An annotated translation should have a brief introduction presenting the text, indicating its interest, and explaining what kinds of difficulties it might present". For the purpose of this study, this is the definition that best describes this term applied to give a linguistic analysis of the use of a specific word or phrase according to the context of the original document in which it is fundamental to follow the process of carrying out an analysis, critical comments, explanatory notes, observations, among others; including translation problems involved in this process, such as the recognition of metaphors; pragmatic, cultural, and linguistic translation errors, register, etc.

### **1.2.3. Borrowing**

According to Hock and Brian (1996):

Borrowing is the adoption of individual words or even of large sets of vocabulary items from another language or dialect. Examples of such borrowings or abound such as *rouge* (from French), *macho* (from Spanish), *yen* 'craving' (from Chinese), or *schwa* (from Hebrew via German in English). (p. 241)

This definition and the examples best illustrate the whole purpose of borrowing in the Translation field which indicates that a word can be taken from another language and used in the intended language without translating

it, being one of the simplest of all translation techniques. For instance, Mexican Span: 'tacos', 'empanadas', 'tortillas', among others, are borrowed by different languages.

#### 1.2.4. Calque

According to Munday and Hatim (2004):

A calque is a special kind of borrowing whereby a language borrows an expression from another, but then translates literally each of its elements. The result is either:

- i. a lexical calque, as in the first example below, i.e. a calque which respects the syntactic structure of the TL, whilst introducing a new mode of expression; or
- ii. a structural calque, as in the second example, below, which introduces a new construction into the language. (p. 149)

Examples:

French-English calques:

Mariage de convenance: Marriage of convenience

Champagne: Champagne

#### 1.2.5. Cognitive Linguistics

According to Croft and Cruse (2004), Cognitive Linguistics refers to:

The approach to the study of language that began to emerge in the 1970s. We see three major hypothesis as guiding the cognitive linguistic approach to language: language is not an autonomous cognitive faculty, grammar is conceptualization, and knowledge of language emerges from language use. (p. 1).

In brief, this discipline studies the linguistic knowledge and cognitive psychology that explores mental processes, such as perception, memory, attention, among others.

### **1.2.6. Collocations**

According to Nesselhauf (2004):

In one of these two views, a collocation is considered the co-occurrence of words at a certain distance, and a distinction is usually made between co-occurrences that are frequent (or more precisely, more frequent than could be expected if words combined randomly in a language) and those that are not. (p. 11-12)

This is the description that best defines this term used in the intention of our research paper since it absolutely offers the explanation of when two or more words are used together in the proper grammatical structure in order to transfer the accurate message from one language to another in the Translation field.

### **1.2.7. Condensation**

“Whereby a source element or construction corresponds to a tighter or compact target counterpart” (Malone, 1998, p.59). This is a translation technique that produces a more economic text in the TT (Malone, 1998). It is similar to Reduction which is described within the translation techniques which are explained in Chapter II.

### **1.2.8. Corpus Linguistics**

According to McEnery and Hardie (2012), “Corpus Linguistics is the study of language data on a large scale – the computer-aided analysis of very extensive collections of transcribed utterances or written texts” (p. v). In general, a corpus linguistically speaking relates to a large collection of texts

which can be written or spoken materials that include a linguistic analysis and also provides lexical, semantic, pragmatic, morphosyntactic information, among other linguistic aspects.

### **1.2.9. Equivalence**

According to Munday and Hatim (2004), equivalence is used to render “two texts using completely different stylistic and structural methods. In such cases we are dealing with the method which procedures equivalent texts” (p.150). This is the opposite of literal translation, and it is carried out to translate idioms, metaphors, proverbs, among other figures of speech in which it is absolutely essential to transmit the same content and meaning of the message into the TT by changing the structure of the ST.

### **1.2.10. Figures of Speech**

According to Myers (2009):

Figures of speech focus upon literary devices or techniques to spice up and invigorate prose and poetry. Among the included devices are simile, metaphor, paradox, irony, litotes, synecdoche and alliteration which will introduce new vocabulary as part of the creative learning. (p. 4).

The figures of speech are often applied in literary works, and the authors use them in order to enrich the lexicon of a language.

### **1.2.11. Lacuna (Lexical Gap)**

A point within a system of sense relations at which a word might be expected but none exists. Thus in the system of words for a person's relations parent and child subsume both father and son (male) and mother and daughter (female); from this an analysis of the system might predict a similar term subsuming

e.g. uncle and aunt. Then, since there is none, it might be described as having a gap at that point. (Matthews, 2007).

So that the best way to solve the problem of lexical gaps in languages is by carrying out 'borrowing' which description was mentioned above, or finding equivalents.

### **1.2.12. Linguistics**

According to Lyons (2002), "Linguistics is usually defined as the science of language or, alternatively, as the scientific study of language" (p. 37).

Lyons also stated:

Linguistics, as has been emphasized before, has a natural link with a wide range of academic disciplines. To say that linguistics is a science is not to deny that, by virtue of its subject-matter, it is closely related to such eminently humane disciplines as philosophy and literary criticism. (p. 45-46).

For the purpose of our study the above citations best define this term since they describe some specific aspects of language involved in linguistics, providing the overview of this study, apart from stating that it is a science. Linguistics not only involves theory, but also includes scientific and detailed observations about language.

### **1.2.13. Literal translation**

According to Salem, Alsubaie and Almuntashri (2010):

Literal translation, also known in everyday usage as direct translation, denotes the rendering of text from one language to another "word for word" (Latin: "verbum pro verbo" rather than conveying the sense of the original). However, in translation studies, literal translation denotes technical translation of

scientific, technical, technological or legal texts. (Retrieved from <http://fr.slideshare.net/studentsandteachers/types-of-translation>).

This is an accurate definition within the Translation field in which there is a brief comparison in order to explain that 'sense' is not taking into account when applying literal translation. Besides, this type of translation that follows the form of the source language is carried out according to several factors involved in both languages.

#### **1.2.14. Complex Lexical Items**

According to Mos (2010), Complex Lexical Items can be defined as:

Complex lexical items are strings of language in which more than one meaning-carrying element can be recognized yet which are very likely candidates to be stored as units in people's linguistic repertoires. Complexity here should not be understood as something which is difficult, but only as an containing internal structure. (p. 24).

This definition aforementioned provides a better understanding of what this term involves. It is commonly used in Translation, and it is clear that languages are made up of these items which are either single words or phrases that helps us to communicate through a natural rendering between languages.

#### **1.2.15. Meta-Language**

According to Gombert (1992), Meta-language is "a language composed of the entirety of words forming linguistic terminology (for example, syntax, semantics, phoneme, lexeme... as well as terms in more current usage, such as a word, sentence, letter, etc.)". (p.1). This concept is

the one that best illustrates the meaning of what a meta-language has to do with Linguistics and since our project is totally focused on Translation with all its methods, techniques, issues and everything that involves this interesting field.

### **1.2.16. Meta-Linguistic**

According to Gombert (1992), Meta-linguistics is “one thing to find an adequate way of treating the comprehension and production of language. It is quite another to succeed in adopting a reflexive attitude with regard to language objects and their manipulation”. (p.1). This concept is the one which best fits in our project since it is totally concerned with the linguistic side; in fact, it is described in both a general and a more specific point of view so we can learn it from different perspectives.

### **1.2.17. Naturalization**

“Naturalization succeeds transference where the source language word is adapted first to the normal pronunciation, then to the normal phonological and morphological form of the target language” (Wilfreda, n.d., p. 5. Retrieved from <http://english.um.edu.my/anuvaada/PAPERS/LEGASPI.pdf>).

Naturalization has been taken into account during our translation process because a good piece of translation has to transmit the same message from the original source in a natural and fluent way into the target text.



### **1.2.18. Neologism**

According to Levchenko (2010): "Neologism is a word or phrase created for defining a new (unknown before) object or expressing a new notion". (p. 11-12). The creation of neologisms has to do with social and cultural changes, and also with the scientific and technological development, and they can be derived from a foreign language but the intended audience has to incorporate it in its vocabulary being accepted and used as a new coined term or phrase.

### **1.2.19. Phonology**

According to Lass (1998), "Phonology, broadly speaking, is that sub-discipline within linguistics concerned with 'the sounds of language'. More narrowly, phonology proper is concerned with the function, behavior, and organization of sounds as LINGUISTIC items". (p. 1). In the linguistic field, it focuses on the way how sounds work in a specific language or languages in general, and how these sounds are organized, the interaction with each other, among other linguistics aspects directly related with the sounds.

### **1.2.20. Pragmatics**

With respect to Pragmatics, Yule (1996) indicates the following:

Pragmatics is concerned with the study of meaning as communicated by a speaker (or writer) and interpreted by a listener (or reader). It has, consequently, more to do with the analysis of what people mean by their utterances than what the words or phrases in those utterances might mean by themselves. (p. 3).

This means that it focuses on analyzing how people produce and interpret utterances within a context, considering the extra linguistic factors that determine language usage.

### **1.2.21. Register**

Hatim and Munday (2004) has described register as “the configuration of semantic resources that the member of a culture typically associates with a situation type. It is the meaning potential that is (linguistically) accessible in a given social context” (p.191). Based on the definition given, register is the set of contextual and sociolinguistic variables that determine how language is used in a particular context. This is an appropriate definition intended to this study since it provides a clear explanation about this linguistic term.

### **1.2.22. Rendering**

According to Cambridge Dictionaries Online, Rendering is “a translation of a book or piece of writing into a different language or a different style”. Example: "A new rendering of the Bible into modern English". This term has some other different meanings; nevertheless, the definition aforementioned is the most accurate one within this field of study, in which the translated text is the final product or rendering. (Retrieved from <http://dictionary.cambridge.org>).

### **1.2.23. Script**

Based on the definition given in Oxford Dictionaries Online, script is “the written text of a play, film, or broadcast”. This is a common term used not

only in the field of translation, but also in other fields of study; however, we think it is important to mention it because there is a script intended to be translated for this project, and many other professional translators around the world carry out the translation of these kinds of work. (<http://www.oxforddictionaries.com>).

#### **1.2.24. Semantics**

Palmer (1981) defined Semantics as “the technical term used to refer to the study of meaning, and, since meaning is a part of language, semantics is a part of linguistics” (p.1). Besides, it refers to the interpretation of linguistic signs such as symbols, words, expressions or formal representations. An understanding of Semantics is absolutely essential to the study of language acquisition, which is the cognitive process by which human beings acquire the capacity to understand language and communicate through the use of words and sentences.

#### **1.2.25. Semiotics**

According to The University of Vermont (2013), "Semiotics, or Semiology is the study of signs, symbols, and signification. It is the study of how meaning is created, not what it is." (para. 1). This discipline focuses on the communication systems within society, and also on the interpretation and production of sounds. Retrieved from ([http://www.uvm.edu/~tstreete/semiotics\\_and\\_ads/terminology.html](http://www.uvm.edu/~tstreete/semiotics_and_ads/terminology.html)).

### **1.2.26. Sonority**

With respect to Sonority, Roach (2009) mentions the following:

It is possible to describe sounds in terms of how powerful they sound to the listener; a vowel sound such as a is said to be more sonorant than the fricative f, for example. It is said that if we hear a word such as 'banana' as consisting of three syllables, it is because we can hear three peaks of sonority corresponding to the vowels. (p. 79).

This information agrees with our linguistic reasons in order to express what the main idea of our research paper carries out giving us the opportunity to use it in the Translation field accordingly.

### **1.2.27. Source Text & Target Text**

In accordance with Synonyms & Antonyms (2013), Source Text is "the original text from which a translation is done into another language, often abbreviated as ST". This definition is commonly used by professionals in the Translation field who perfectly know that the source text is the one intended to be translated into any other language. On the other hand, Target Text is "the finished product of a translated text, often abbreviated as TT", so this term and its definition represents the message that goes from the original text to the intended audience. (<http://www.synonyms.net/antonyms/>).

### **1.2.28. Source Language & Target Language**

According to Dictionary.com, Source Language is "the language in which a text appears that is to be translated into another language"; and Target Language is "the language into which a text is to be translated from another language". (<http://dictionary.reference.com/>). In the Translation field,

Source Language is abbreviated as SL and Target Language as TL. As well as the terms mentioned above, this terminology is frequently used in the Translation field, and it is necessary to know about them in order to make a distinction between both languages.

### **1.2.29. Syntax**

According to Van Valin Jr. (1997):

The term "Syntax" is from the Ancient Greek *Syntaxis*, a verbal noun which literally means "arrangement" or "setting out together". Traditionally it refers to the branch of grammar dealing with the ways in which words, with or without appropriate inflections, are arranged to show connections of meaning within the sentence. (Matthews, 1982:1). (p. 1).

For this project, there must be an analysis of sentence structure, and as well as semantics, Syntax plays a fundamental role in language in which words are combined to form phrases, clauses and sentences.

### **1.2.30. Translation**

According to Newmark (1988):

What is Translation? Often, though not by any means always, it is rendering the meaning of a text into another language in the way that the author intended the text. Common sense tells us that this ought to be simple, as one ought to be able to say something as well in one language as in another. On the other hand, you may see it as complicated, artificial and fraudulent, since by using another language you are pretending to be someone you are not. Hence in many types of text (legal, administrative, dialect, local, cultural) the temptation is to transfer as many SL (Source Language) words to the TL (Target Language) as possible. (p. 5).

For this study, this definition provides an easy understanding of what this field involves. Besides, Translation has become a fundamental tool to

transmit a message from the source to the target language, from one culture to another, improving the communication process among different societies.

## CHAPTER II

### 2. METHODOLOGICAL FRAMEWORK

#### 2. 1. Translation Techniques

There are many translation techniques that can be applied on the process to transmit the information from the source into the target language and have an accurate final product; the main techniques include: Borrowing, Calque, Literal Translation, Transposition, Modulation, among others.

Firstly,

To overcome a Lacuna, usually a Metalinguistic one (e.g. a new technical process, and unknown concept, Borrowing is the simplest of all translation methods. For instance, in order to introduce the flavor of the SL culture into a translation, foreign terms may be used, e.g such as Russian words as 'roubles', 'datchas', and 'apparatchik', 'dollars', and 'party' from American English, Mexican Spanish food names 'tequila' and 'tortillas', and so on. (Munday & Hatim, 2004, p. 149)

So that Borrowing is the taking of words from any language without translation. Many English words are borrowed into other languages, and there are some examples from our project:

The radio show 'The Power Hour' is borrowed from the ST into the TT.

Tecnología Terminator, in which the word 'Terminator' is borrowed from the ST into the TT.

On the other hand,

Calque is a special kind of borrowing whereby a language borrows an expression from another, but then translates literally each of its elements. The result is either: a lexical calque, i.e. a calque which represents the syntactic structure of the TL, whilst introducing a new mode of expression; or a

structural calque, which introduce a new construction into the language. (Munday & Hatim, 2004, p. 149)

Here is an example of an expression that was originated by the literal translation of two terms without following Spanish grammar rules and became part of Spanish language, and it is considered a calque from English:

English-Spanish Calque:

Science-fiction – Ciencia ficción

There is another technique called Literal Translation. According to Munday and Hatim (2004), it is "the direct transfer of a SL text into a grammatically and idiomatically appropriate TL text in which the translators' task is limited to observing the adherence to the linguistic servitudes of the TL" (p. 149). For example:

English: The solution for cancer, diabetes, arthritis and other diseases

Spanish: La solución para el cáncer, diabetes, artritis y otras enfermedades

In addition, there is another technique called Transposition which, according to Jamalimanesh and Rahkhoda (2009), Munday and Hatim (2004, p.150) mentioned that it "involves replacing one word class with another without changing the meaning of the message. Besides being a special translation procedure, Transposition can also be applied within a language." (<http://www.translationdirectory.com/articles/article2025.php>). For example:

ST: But Garrett found this disturbing and confusing.



TT: Esto fue inquietante y confuso para Garrett.

ST: Chemically-dependent fields

TT: Campos químico dependientes

In concordance with Jamalimanesh and Rahkhoda (2009, retrieved from <http://www.translationdirectory.com/articles/article2025.php>), Munday and Hatim (2004, p.150) stated the following to describe this technique:

Modulation is a variation of the form of the message, obtained by a change in the point of view. This change can be justified when, although a literal, or even transposed, translation results in a grammatically correct utterance, it is considered unsuitable, unidiomatic or awkward in the TL.

For example:

ST: I did have the vaccines.

TT: Sí fui vacunada.

ST: You can choose not to smoke

TT: La gente puede optar por no fumar

On the other hand, according to Munday and Hatim (2004), equivalence is applied when is used to render “two texts using completely different stylistic and structural methods. In such cases we are dealing with the method which procedures equivalent texts” For example:

ST: Science is when you can put numbers to things.

TT: Hacer ciencia significa analizar las cosas usando números.

ST: Who carries the torch of a way of life that is health care.

TT: Defendiendo un estilo de vida que es el cuidado de la salud.

At last, and again according to Jamalimanesh and Rahkhoda (2009), Munday and Hatim (2004, p.151) indicated the following about this last technique:

Adaptation is the extreme limit of translation. It is used in those cases where the type of situation being referred to by the SL message is unknown in the TL culture. In such cases translators have to create new situation that can be considered as being equivalent. Adaptation can, therefore, be described as a special kind of equivalence, a situational equivalence. They are particularly frequent in the translation of book and film titles. (<http://www.translationdirectory.com/articles/article2025.php>).

There are not examples of this technique in our project, because this movie is a documentary in which this type of technique has not been applied.

But there are other examples from other sources:

A famous movie: '(500) Days of Summer' in U.S., '(500) días juntos' in Spain and '(500) días con ella' in Hispanic America 'The tooth fairy' in U.S, and 'El Ratón de los Dientes' or 'Ratón Pérez' in Spanish speaking countries.

In addition to the translation techniques listed above, there are some other similar procedures which are an American model, such as Matching that covers two specific processes called Equation and Substitution. The first one refers to some form of direct equivalence, which means that is the same as literal translation previously mentioned. Equation is “when an element of the source text is rendered by a target text element deemed the most straightforward counterpart available; schematically, or more simply” (Malone, 1988, p. 19). On the other hand, substitution is “when a source text element is rendered by a target element deemed as being other than the

most straightforward counterpart available” (Malone, 1988, p. 19). This means that substitution is when certain terms from some expressions of the ST have to be substituted for most suitable ones into the TT in order to transmit a better cultural meaning and connotations according to the target reader.

There is also another technique called Zigzagging that covers Divergence and Convergence. Divergence, “whereby an element of the source text may be mapped onto any of two or more alternatives in the target text, is a translational nexus reflecting relative paradigmatic richness of the target resources compared with the source” (Malone, 1988, p. 29). In this case, this technique leads to the concept of one-to-many-equivalents because of the different lexical structuring between languages. For instance, from English to Spanish:

ST: Infuriated to the point where they're leaving their seats, and they're going out and becoming activists, and they're demonstrating and writing letters.

TT: Enfurecidos hasta el punto de levantarse, salir y volverse activistas; están protestando en las calles y escribiendo cartas.

In this example, the term ‘demonstrating’ from the ST is diverged into ‘protestando en las calles’ into the TT.

Linguistic, situational and stylistics clues will tell translators the correct meaning and use of the range of alternatives to avoid ambiguity and other problems.

On the other hand, Convergence “as the mirror image to Divergence, at times provides a moment of respite to the translator since a paradigmatic opposition in the source language has no direct counterpart in the target language” (Malone, 1988, p. 36).

This is the opposite of divergence, where varied source-language terms collapse into just one in the target language, rendering a range of alternatives with a single lexical item, for instance:

ST: He refused to be paid off.

TT: El no aceptó remuneración alguna.

In this example the phrasal verb ‘to be paid off’ from the ST is converged into ‘remuneración’ in the TT.

Furthermore, Recrescence, which is another technique, involves Amplification and Reduction. “Amplification occurs when the TL uses more signifiers to cover syntactic or lexical gaps” (Molina & Hurtado, 2002, p. 4. Retrieved from <http://www.erudit.org/revue/meta/2002/v47/n4/008033ar.pdf>). It is the addition of some elements to the ST to facilitate the TT reader’s comprehension. It is carried out when certain items or components of the ST are not clear enough into the TT. For instance:

English: Gulf War veterans

Spanish: Veteranos de la Guerra del Golfo

In this example, "Gulf War veterans" in the ST was amplified as "Veteranos de la Guerra del Golfo" into the TT due to the difference in the grammatical structure in both languages so it is suitable to the TT.

On the other hand, "Reduction as the inverse of Amplification, is a pattern whereby a source expression is partially trajected onto a target counterpart and partially omitted from the trajection." (Malone, 1988, p. 46). This means that it is the omission of one or more elements in the target text considered unnecessary and redundant. For example:

English: What seemed like a simple snack "taken for granted" in the garden had tremendous implications worldwide.

Spanish: Lo que parecía un simple refrigerio "extraído" del huerto, tendría tremendas implicaciones a nivel mundial.

In this example, the expression "taken for granted" has been reduced to "extraído" and just being used as a metaphoric term since it is almost unneeded because the term "simple" is giving the connotation of the intended meaning.

Additionally, there is one final and absolutely essential step for a translation to be complete, which is editing. There are two kinds of editing: basic and stylistic. Firstly, basic editing is "concerned with eliminating outright errors, anything from incorrect spelling or punctuation, through grammatical constructions to obscure, ambiguous or misleading sentential configurations". (Sándor, Hervey, Higgins & Loughridge, 1995, p. 168). This type of editing focuses on correcting, spelling mistakes, mismatch, the structure of collocations, among other mistakes within the translated text.

Stylistic Editing, on the other hand, "presupposes a text that is reasonable finished in such respect as literal meaning, grammar and spelling. It is purely a process of tinkering with stylistic effects in a TT" (Sándor,

Hervey, Higgins & Loughridge, 1995, p. 168). The function of stylistic editing is correcting mistakes related to stylistic features of languages in order to convey an accurate message taking into account the connotative meanings implied in the TL. "The most central features for stylistic editing are connotative meanings, because they require to be triggered by the context of the TT alone" (Sándor et al., 1995, p. 169).

Finally, there are many useful tools on internet that help translators work faster, such as large varieties of online translators, MTs (Translation Management Software), dictionaries that can vary according to the different fields of study: medicine, nutrition, among others. One of the most famous and used online translator machines around the world is Google Translate, which is a good option to translate vast amounts of information, and it has improved in accuracy over the last few years. Moreover, there are different kinds of dictionaries and encyclopedias; the most common for general use are: [thefreedictionary.com](http://thefreedictionary.com), [answers.com](http://answers.com), [wordreference.com](http://wordreference.com), among others. Also, if the translator is going to carry out some medical translations, there are many available resources on the Internet with specialized terminology that contains medical, nutrition and health terms. There is a wide range of medical dictionaries in various languages, as well as glossaries with medical terms. "Some of the most useful basic medical information may, for instance be found at sites such as BioMedSearch, Free Medical Dictionary, Dorland's Medical Dictionary (Illustrated), the eMedicine Medical Dictionary, Stedman's Medical Dictionary or MT Desk". (Indian Scripts, n.d., para. 2).

## **2. 2. Annotations**

### **2.2.1. About the Linguistic Field of Study**

The text studied in this research project has a medical scope in the nutrition and health field. It is a script of a documentary movie that was *written* and directed by Steve Kroschel, it is from Gerson Institute. The linguistic field tends to be general, there are lots of study fields within languages, but for this project we are going to focus on the medical field with specific terminology that will be used and analyzed during the translation process.

### **2.2.2. About the Form of the Text**

The information intended to be translated is a documentary movie in which the text is a script about nutritional issues. There are dialogues divided into sentences with time codes. This text contains scientific, descriptive and persuasive information about the Gerson Therapy, the diet-based cure for cancer.

### **2.2.3. About the Contextual Features of the Text**

Here is the familiarization process, the vocabulary within the text is made up with medical, nutrition and health terms, and some other words that can be found in other related texts, but we have translating them according to the context. Examples:

- Retort: crematorio
- Roller coaster: altibajos

- Blood pressure: presión sanguínea, etc.

## 2.3. ANALYSIS OF LINGUISTIC ANNOTATIONS FROM THE TRANSLATED MOVIE SCRIPT

### 2.3.1. Metaphors Problems

"The main and one serious purpose of metaphor is to describe an entity, event or quality more comprehensively and concisely in a more complex way than is possible by using literal language." (Newmark, 1988, p. 84).

Furthermore, metaphoric language is a common characteristic of literary oriented texts. In our source there are some analogies that correspond to this category, which will be described herein:

1. As we can see in the table below, in lines 1 and 2, the source offers a philosophical view of how human beings approach life and its interpretation, how it is perceived as light. We have rendered a communicative transfer since linguistic equation needs to be achieved in order to get to the target audience; i.e. Spanish speaking addressees with different socio-cultural background. We opted for a more culture-bound approach to transmit the original message in a natural and easier way to be understood by the intended audience.

| Source Text (ST)  | Target Text (TT)   |
|---|--|
| 1 The infinite depths of darkness<br>2 be sliced open by light. | 1 La más densa oscuridad puede ser<br>2 traspasada por penetrantes rayos de luz. |

2. In lines 3, 4 and 5, we can notice that the philosophical point of view continues since "life" is interpreted as a "miracle" and with only "one delicate



vessel" is enough to keep going throughout "the finite expanses". Here, we have also rendered a communicative transfer since some linguistic equation needed to be achieved in order to get to the target audience; however, we have also applied some of the semantic translation since there are terms like "vessel" that has several different meanings depending on the context; but in this specific situation, figuratively speaking, we needed to go further in the interpretation and tried to find the most accurate and consistent translation so the target language can take it just as the original message meant. Besides, we used Reordering as one of the translations techniques learned in our academic and internship programs. Here is necessary to use this specific technique since the target script is intended for a Spanish-speaking community, and there are some linguistic and grammatical order differences between these two languages, i.e. in how the sentences are structured accordingly. That is the case of the phrase "miracle called 'life'" which was moved to the end of the sentence in order to provide the exact meaning given by the original message. Besides, we can notice that the ST is differently structured from the TT.

| Source Text (ST)  | Target Text (TT)  |
|---|---|
| 3 And for the finite expanses of the<br>4 miracle called "life," it has but one<br>5 delicate vessel. | 3 Y a través de una delicada arteria, se<br>4 dan paso las finitas extensiones del<br>5 milagro llamado "vida". |

3. Continuing with this analysis, in the following case, we can tell that in line 8, the phrase "walking around" used alone could have many options if translated into the Target Language, such as: "dando una vuelta, paseando", etc. However, within the context, we had to convey the same meaning

coming from the original text by going deeper in the analysis and using a figurative form in order to obtain the most accurate rendering possible. As we can see in the example below, if we follow the context of the original language, we can observe that "walking around" in this case means "andando por ahí", but the translation just like is still missing something there, so that the message gets completed from the Source to the TL. Therefore, we went even deeper and used Amplification as another translation technique, we added "tan tranquilos" in order to get the same effect in the intended audience as the original one generates. Practically, the whole sentence has been reordered, so the order of lines 3, 4 and 5 does not coincide from one language to the other. However, if Reordering Technique was not applied in this sentence, it would have been almost impossible to express the intended message to the TT.

| Source Text (ST)  | Target Text (TT)  |
|---|---|
| 6 Yet that seemed absurd when<br>7 considering that many people are<br>8 walking around with amalgams<br>9 in their mouths. | 6 Sin embargo, parece absurdo si se<br>7 considera que muchas personas<br>8 andan por ahí tan tranquilos con amalgamas<br>9 en sus bocas. |

4. In line 13, the source text offers a figurative view of “genetically engineered foods”, that according to the author’s point of view this kind of food has a negative effect in people’s life, and for this expression to be rendered into the target language has to be adapted for the target audience to understand the implicit meaning of this idea. Since this metaphor “genie is out of the bottle” has a figurative sense in which the author is trying to state that “engineered food” is too good to be true, which means that is apparently

good and inoffensive, but it could be dangerous if people ingest it. Therefore, “Caja de Pandora” is the best rendering in this case because it refers to something that could carry some negative consequences. In order to fulfill the expectations of the target audience, this is the most suitable translation:

| Source Text  | Target Text  |
|--|--|
| 10 One of the greatest misconceptions<br>11 we have about genetically<br>12 engineered foods is that<br>13 genie is out of the bottle. | 10 Una de las creencias más erróneas<br>11 que tenemos sobre los alimentos<br>12 transgénicos es que son como<br>13 una caja de pandora. |

5. In lines 17 and 18, the expression “roller coaster” is used in a symbolic sense, and according to the source text this phrase means that the person involved in this matter is experiencing mixed emotions, such as ups and downs. This metaphor is commonly used in English in an informal and idiomatic sense when referring to this kind of feelings, and regarding the context the best translation in Spanish would be “altibajos”, so that here we also used Convergence from ‘roller coaster’ that was rendered into one lexical item ‘altibajos’. Besides, the structure of the whole sentence is also changed in order to convey the meaning accurately. And the most suitable equivalent according to the context is:

| Source Text  | Target Text  |
|--|--|
| 14 Since I've been here, inside myself<br>15 feel hugely different: much stronger,<br>16 physically, and I've lost the nausea.<br>17 I've had, uh - it's a little bit of a<br>18 roller coaster. | 14 Desde que estoy aquí, me siento muy<br>15 diferente por dentro, mucho más<br>16 fuerte físicamente, y ya no tengo<br>17 náuseas. He tenido algunos<br>18 altibajos. |

6. In line 20, the source offers a figurative view of people’s lifestyle within this expression, and it may cause a translation problem since there is not a specific equivalent for this expression in the target language, and for this reason it is more difficult to carry out a metaphorical translation from the source to the target text. In addition, “what side of the tracks you lived at the end” has a figurative meaning that denotes the way people live, and according to this, the rendering from the ST into the TT is the following:

| Source Text   | Target Text  |
|---|--|
| 19 It won't matter where you came from, or on<br>20 what side of the tracks you lived at the end. | 19 Al final, no importará de donde viniste,<br>20 o la forma en que viviste. |

7. In line 24, the expression “the torch of a way of life” is expressed through figurative language, where they are referring to a way of life from a person who is leading a particular lifestyle which is health care according to the source text, and the author has used this particular metaphor that is an eye-catching expression which causes a positive impact on the reader, and at the same time, it highlights the fact that the woman keeps a clear position.

The most suitable rendering is:

| Source Text  | Target Text  |
|--|--|
| 21 How could he possibly forget a woman<br>22 who carries on her father's work<br>23 relentlessly, against all opposition,<br>24 who carries the torch of a way of life<br>25 that is health care. | 21 ¿Cómo podría Garrett olvidar a una mujer<br>22 que incansablemente continúa con el<br>23 trabajo de su padre, contra toda<br>24 oposición, defendiendo un estilo de vida<br>25 que es el cuidado de la salud. |

8. In lines 26 and 27, this figurative expression mentioned by the author of the text is an understandable expression at first sight for anyone

who has knowledge of both languages: English and Spanish, however, it is important to consider certain things when translating it, for instance, there are some lexical items that have to be rendered equivalently for the target audience to get an accurate meaning of this idea, so that in order to transmit the same metaphorical sense accurately from the ST into the TT the verb “actúe” was the best option within this sentence. Therefore, here is the proposed translation:

| Source Text   | Target Text  |
|---|--|
| 26 My words of advice to you, bring the<br>27 power of plants into your body. | 26 Mi consejo es: deja que el poder de las<br>27 plantas actúe en tu cuerpo. |

### 2.3.2. Linguistic Translation Problems

Linguistic Translation Problems occur due to differences between the source (original) and target languages. In some languages, one word can have different meanings (i.e. there is ambiguity), and the translator needs to be careful to choose the exact meaning that is appropriate to the context. There also may be some problems caused by structural or lexical differences as well as by the existence of idioms and collocations. A linguistic translation error is any type of grammatical error in language structure.

9. In the next case, firstly, there is a Linguistic Translation issue since in English, a general statement is grammatically structured in plural, while the Spanish structure is in singular. As we can note, in line 28 of the ST, the term "sensitivities" is written in plural, and when it is conveyed to the TT, it is written in singular "una aguda sensibilidad". If the translator does not have the knowledge of this type of translation technique may not be able to make

that difference and the TT will not be as accurate as it should be. There is also some type of differences in the two languages when it comes to determine the real meaning of the original text since English is a more direct and practical language compared to Spanish that is less practical and less direct, reason for which, sometimes it needs more explanation in order to deliver the desired meaning:

| <b>Source Text (ST)</b>   | <b>Target Text (TT)</b>  |
|---|--|
| 28 For Garrett, his sensitivities about<br>29 nature are acute. | 28 Garrett posee una aguda sensibilidad<br>29 hacia la naturaleza. |

**10.** Proceeding with the next example, we can observe that there is an issue with the order of whole sentence since we had to change it completely with the purpose of offering a better possibility to communicate the same meaning coming from the mother language. In lines 30 and 31, we could have chosen the more traditional way of translating this message: "Even a 15-year-old could find the text a good read" as "Incluso un chico de 15 años podría encontrar una buena lectura en el texto". However, if it have been done that way, the message would have not been transmitted faithfully to the intended audience. Therefore, we had to go further in the translation and use the techniques learned previously, in this specific case, we applied Reordering which make it more natural and closer to the ST: " El texto sería buena lectura, incluso para un chico de 15 años". If we read the original version, we could tell that the intentional message is to emphasize the fact that "even a 15-year-old boy could find the text interesting", which means that the main part is that the boy is pretty young but he still may find the text

interesting due to its importance, and if the sentence is reordered when translated in the TT, we consider that the real intention of the ST is achieved.

| Source Text (ST)   | Target Text (TT)   |
|--|--|
| 30 Even a 15-year-old could find<br>31 the text a good read. | 30 El texto sería buena lectura,<br>31 incluso para un chico de 15 años. |

11. The next illustration shows how a translation can be done from one language to another using Reordering as well but taking the last phrase "to start with" in line 35 in the ST, and placing it in the middle of the sentence in the TT as shown in lines 33 and 34. This issue is very common in these type of situations since in English, the grammatical order of the sentence is presented just as it is in the ST, but if we want to do the same way when translating into Spanish, the message could be somehow confusing for the TT audience. Translators should be very careful when rendering any text, they should pay very close attention to every single detail to facilitate the reception of the original version of the message.

| Source Text (ST)   | Target Text (TT)  |
|--|---|
| 32 The boy wasn't sure how that would<br>33 be accomplished, but he did draw out<br>34 an analogy between gold mining and<br>35 human nature, to start with. | 32 El chico no estaba seguro de cómo<br>33 lograr eso, pero para empezar dedujo<br>34 una analogía entre las minas de oro y<br>35 la naturaleza humana. |

12. As shown in lines 36, 37 and 38, we also applied the very common technique, Reordering, since it is convenient in this specific case too. If we used the same order in the TT as presented in the ST, the results would have not being as expressed originally, and the translation would have been inappropriate, and the translator would appear unprofessional since he would

not be able to prove that he is knowledgeable enough to render any kind of translation. In this example, the last phrase "would seem absurd" in the ST was moved to the very beginning in the TT in order to provide the same effect transmitted in the ST to the intended audience.

| Source Text (ST)   | Target Text (TT)   |
|--|--|
| 36 For the American Dental Association to<br>37 continue to insist that amalgams are<br>38 safe would seem absurd. | 36 Sería absurdo que la Asociación<br>37 Dental Americana continúe insistiendo<br>38 que las amalgamas son saludables. |

13. In the subsequent case in point, we can notice that we applied Reordering, in lines 41 and 42 of the ST compared with lines 41 and 42 of the TT, we are able to distinguish the order of the phrases "mercury vapor" in line 41 of the ST while in the TT is located in line 42. The same thing, but backwards, happens with the phrase "Dr. Roger Eichman". Also, as shown in the ST (line 42), the term "gave" is the last word of the sentence; however, in the TT, it was moved to a different position (see line 41). In addition to that, the second half of the sentence was changed from Passive Voice (in English) to Active Voice (in Spanish) due to linguistic differences of these two languages. Amplification is another technique applied in this example, as we see in line 41 in the ST, the phrase "methlyl mercury vapor" is rendered as "vapores metálicos de mercurio" in line 42 in the TT; and of course, we should not forget the syntactic linguistic part that this phrase "mercury vapor" represents in English (singular) and when it is translated into Spanish, it is translated as "vapores (plural) de mercurio".



| Source Text (ST)   | Target Text (TT)   |
|--|--|
| 39 He couldn't seem to overcome the<br>40 disturbing chemistry lesson about<br>41 deadly methyl mercury vapor that<br>42 Dr. Roger Eichman gave. | 39 Él parecía no poder superar una<br>40 perturbadora clase de química<br>41 del Dr. Roger Eichman sobre<br>42 los mortales vapores metálicos de mercurio. |

14. In lines 43 and 44, in the expression “shoveling out of barrels” the term “shoveling” is used as a verb in the SL, and this verb does not exist in the TL, so that here we have a linguistic problem that has to be solved by changing the SL verb into another part of speech, such as a noun in this case: “palas”, which is the most appropriate according to the previous context of the ST, where a women is talking about what she used to do in her job. Besides, there are some other parts of speech, such us: “sacaba” within the sentence in order to convey the whole idea, and naturalizing the ST sentence into the TT. Therefore, this expression would be rendered with the most suitable equivalents changing its structure:

| Source Text   | Target Text  |
|---|--|
| 43 I was basically shoveling aspartame<br>44 out of barrels | 43 Básicamente yo sacaba el aspartame<br>44 de los barriles con palas. |

15. In lines 45 and 46, this sentence goes after the expression mentioned above and both are related to each other, in which “by the shovels”, from a linguistic point of view, is structurally changed with different parts of speech, and it is rendered as “grandes cantidades”. This expression is quite difficult to render into Spanish since “shovels” means “palas”, and within the context it refers to a great amount of a chemical substance, and the following translation shows the most accurate equivalence:

| Source Text   | Target Text  |
|---|--|
| 45 And you were using it by the shovels,<br>46 weren't you? | 45 Y lo utilizabas en grandes cantidades,<br>46 ¿verdad? |

**16.** In lines 47 and 48, this expression has been rendered according to some explanations that were given in the previous context of the text in which they are discussing about some “tabs”, and in order to be more explicit and naturalize the sentence into Spanish, we have used amplification by adding the words “tiritas” and “láminas” to explain about what exactly they are referring to, so that the target audience can perfectly understand the message. As a result, the translation we have used is:

| Source Text   | Target Text   |
|---|---|
| 47 Yes, um, the quick dissolve,<br>48 like the Listerine? | 47 Sí, bueno, las tiritas de disolución rápida,<br>48 como las láminas Listerine? |

**17.** In lines 49 and 50, the structure of the ST is different from that of the TL, therefore, it has to be syntactically and semantically adapted into Spanish, using the appropriate terms with a communicative sense. Moreover, there is some Reduction used, in which some implicit content from the ST is transmitted into an explicit message into the TT by eliminating some terms from the original text and even changing the grammatical structure from passive to active voice into the TT; for example in English is shown as "Now she became injured as a result of using MSG", while in Spanish is shown as "Ella se lastimó por usar GMS". It has been rendered into the most appropriate structure of the TL in order to make it easier for the intended audience:

| Source Text   | Target Text   |
|---|---|
| 49 Now she became injured as a result<br>50 of using MSG, but she didn't really<br>51 use it; it was done to her. | 49 Ella se lastimó por usar GMS,<br>50 aunque en realidad no lo usaba, se lo<br>51 causaron a ella. |

### 2.3.3. Text-specific Translation Problems

Text-specific translation problems are specific to a particular text or to the particular way an author expresses him/herself or refers to something. To solve these problems, the translator needs to understand what the author is trying to communicate with the words he/she uses.

18. The following scenario illustrates one of the typical problems when translating a movie, that is when translators use only the script without watching the movie at the same time. Like in the case below, in line 52 in the ST "a simple snack" refers to a "carrot" that Garret (the boy) got from the garden, cleans it with his T-shirt and eats it. And since that part of the movie was showing how a piece of vegetable (in this case, a carrot) could make a difference in the health of a human being to the point to cause " tremendous implications worldwide" as it says the TT in line 54. Of course, it was still translated into Spanish as "simple refrigerio" as shown in line 52 in the TT, but, in order to understand the real meaning of it, we had to watch the movie.

| Source Text (ST)  | Target Text (TT)   |
|---|--|
| 52 What seemed like a simple snack<br>53 taken for granted in the garden had<br>54 tremendous implications worldwide. | 52 Lo que parecía un simple refrigerio<br>53 extraído del huerto, tendría<br>54 tremendas implicaciones a nivel mundial. |

19. Here is another case of a movie translation issue, and it is about this particular phrase "such as this porcupine" in line 57 in the ST, translated

as "como es el caso de este puercoespín" in the TT. The problem here is that the "porcupine" that the script referred to was not mentioned previously at all, and in the script said "such as this porcupine", but without watching the movie, it was quite difficult to know which "porcupine" the script was talking about. The movie shows a baby "porcupine" as the young creature as it is explained in line 56 of both texts (ST and TT). Translators should be aware that a movie translation carries out more details as it does a traditional translation. Translators must watch the movie at the same time they read the script of it because the combination of both will make such a great difference when rendering any of these particular type of movie translations.

| Source Text (ST)   | Target Text (TT)  |
|--|---|
| 55 He understood how important it is to<br>56 feed a young creature, such as this<br>57 porcupine, the right mix of foods, or<br>58 that creature would succumb quickly,<br>59 especially in its first few days of life. | 55 Él entendió cuán importante es alimentar<br>56 a un cachorro, como es el caso de este<br>57 puercoespín, con la mezcla exacta de<br>58 alimentos, o esa criatura moriría rápidamente,<br>59 sobre todo en sus primeros días de vida. |

**20.** In lines 61 and 62 the expression “obesity and oversized people” represents some problems when rendering it into Spanish according to our register, which refers to a particular social setting and the way we say things. In the Spanish-community, for instance in Ecuador, it is kind of rude to say “una persona obesa”, using such informal language. That is why in oral and written communication people from here tend to use more appropriate terms to say this kind of expressions in order to avoid rudeness and negative implications these terms may involve according to our cognitive perception of things. There is also Deletion or Reduction in the last part of the sentence in which the word “deeper” was deleted because it was redundant within the

context and we do not use that word in Spanish to refer to an oversized person, so it was not necessary to render it into the TT. According to this analysis the most suitable translation would be:

| Source Text  | Target Text   |
|--|---|
| 60 One of the issues we have with<br>61 oversized, uh - obesity and oversized<br>62 people is that they're very wide, and<br>63 they're also very much thicker, or deeper. | 60 Uno de los problemas que tenemos<br>61 con las personas que sufren de<br>62 sobrepeso, es que son muy anchas, y<br>63 también mucho más gruesas. |

### 2.3.4. Pragmatic translation problems

According to Tolnai (2011), "Pragmatic problems refer to any issues relating to time, place and context. The best way to illustrate pragmatic problems is through national institutions whose names and organization vary from one culture to another (e.g. American State Departments vs. British Ministries)". (<http://tolnaitranslations.com/2011/09/24/dealing-with-translation-problems/>)

21. In the following example, there is a semantic problem since "skeletons" can be misinterpreted or mistranslated from the ST into the TT as "esqueleto" which is the first rendering that comes into mind; however, we had to go further and deeper in the translation techniques and found the most accurate representation of it within the context in order to offer a suitable and more appropriate rendering to convey the exact meaning coming from the ST. In line 65 of both texts, we are able to see how "skeletons" have been translated as "irregularidades", which makes the context flow easily and it would definitely facilitate the translation of the original message to the intended audience.

| Source Text (ST)  | Target Text (TT)   |
|---|--|
| 64 He dug for more information, and then<br>65 more skeletons were uncovered. | 64 Buscó más información, y así<br>65 aparecieron más irregularidades. |

**22.** In the next situation, we have applied another quite common technique, i.e. Amplification, which allows us translators to go further into the translation and discover a better option of rendering, that is the case of line 67 in the ST where it says "fluoride is still debated". In order to convey the same meaning, we needed to add some extra words to be faithful to the context rather than the syntactic part of the sentence. Grammatically speaking, we would not have been able to express the message as accurate as it shows in line 67 of the TT "fluoruro sigue en discusión". The only way to do it was using this convenient technique since there are pragmatic translation differences between English and Spanish. These two languages could be semantically compatible if we as translators apply techniques that help us to find a good solution for any kind of problems that we may encounter in the whole translation process. Therefore, translators should be well prepared and informed about all the possibilities and the different techniques that are available online or in textbooks.

| Source Text (ST)   | Target Text (TT)  |
|--|---|
| 66 And yet in present day, the subject of<br>67 fluoride is still debated. | 66 Incluso en la actualidad, el tema del<br>67 fluoruro sigue en discusión. |

**23.** The next case shows an issue that is very common when translating a dialogue or, as in this example, a movie script from English to Spanish. That is when in English the gender has to be specified by adding

the word "male" or "female" in most cases to avoid confusion. In Spanish, it is specified when mentioning the noun, as in this example "presentador"; it is already telling us that the person is a "male". For the solution of this rendering problem we have applied a technique called Reduction since it would be redundant to translate it as "Presentador Masculino de Televisión". That would not be accepted in the TT. Therefore in line 68 of the ST shows as "Male Television Announcer" and in line 68 of the TT is translated as "Presentador de Televisión" which is enough to identify that the announcer is a male.

| Source Text (ST)              | Target Text (TT)              |
|-------------------------------|-------------------------------|
| 68 MALE TELEVISION ANNOUNCER: | 68 PRESENTADOR DE TELEVISIÓN: |

**24.** This specific example points out the expression of the person who is talking in the documentary movie, then a Communicative rendering is appropriate within this context in order to illustrate in the TT exactly how the meaning comes from the original text. In lines 69 and 70 of the ST have been also applied Reordering since the phrase "if it gets over" was moved to the beginning of the sentence in lines 69 and 70 of the TT in order to offer a precise rendering to convey the meaning from the original message.

| Source Text (ST)   | Target Text (TT)                                     |
|--|--|
| 69 Uh, they'll close the factory if it gets over 100 and evacuate. | 69 Mm, con 100 ya cerrarían la fábrica y evacuarían. |

**25.** In line 74, there is a semantic problem in the ST in which the term "demonstrating" can cause confusion for the translator because the first

option would be translating this word using a dictionary entry or a literal translation, such as “demostrando”, but according to the context and the rest of lexical items involved in the sentence, this term has a particular meaning that goes beyond any dictionary word when rendering it into the TT. Also, we have used Divergence in which an element of the source text: “demonstrating” has some other alternatives to be translated, and has been rendered into more than one lexical item using the most appropriate terms to convey a communicative meaning in the target text. In this case, the target lexicon presents more lexical items for encoding the meaning of that specific word within this text. Therefore, the most appropriate translation is:

| Source Text  | Target Text   |
|--|---|
| 71 Infuriated to the point where they're<br>72 leaving their seats, and they're going<br>73 out and becoming activists, and they're<br>74 demonstrating and writing letters. | 71 Enfurecidos hasta el punto de<br>72 levantarse, salir y volverse activistas;<br>73 están protestando en las calles y<br>74 escribiendo cartas. |

26. Here we have applied Modulation, because there is a variation of the form of the SL message. According to our point of view, we have decided that one part of the sentence could be changed grammatically from a passive into an active voice, making it a more natural rendering as it happened in lines 76 and 77 of the ST: “not all the stuff that's been advertised” will not sound so acceptable if it is transferred into the TT using the same type of voice; therefore, in line 77, it was rendered as “no eso que promocionan” is more suitable for the intended audience. There is also Amplification used in the last part of the expression in line 79 of both texts, in which “all nonsense science fiction” needed some additional and important



lexical items to complete the whole meaning within the context, such as “todo eso es disparate de ciencia ficción” where the extra element "disparate" was added to the TT text to make it more accurate so it sounds more natural to the intended audience. According to this, our proposed translation is:

| Source Text   | Target Text   |
|---|---|
| 75 Genetic engineering today means only<br>76 one thing - not all the stuff that's been<br>77 advertised, all the myths about more<br>78 food, more nutritious food, tastier food –<br>79 all nonsense science fiction. | 75 La ingeniería genética hoy en día significa<br>76 una sola cosa – no eso que promocionan,<br>77 los mitos sobre abundancia, alimentos<br>78 más nutritivos, y de mejor sabor –<br>79 todo eso es disparate de ciencia ficción. |

27. Here, we have used some Amplification, as we can see in lines 80 and 81 of both languages, where it says "to food that is local", when we rendered it into the TT as "a los alimentos producidos localmente", there is an important lexical item that needed to be added to the TT which is "producidos" so that the message is given in the most proper and acceptable way to match the meaning coming from the ST, and the same thing happened in the last item "local", which went from being an adjective in the ST to an adverb in the TT "localmente". Since there are many lexical and grammatical differences between both languages, we had to adequate the message accordingly in order to make sense. Therefore, the use of this important technique allows us to get the most appropriate rendering to convey the same message given in the original text. This way, the translated text is fluent and sounds more natural . The most suitable translation is the following:

| Source Text  | Target Text  |
|--|--|
| 80 They're saying, "Yes," to food that is<br>81 local, that is appropriate scale, that is<br>82 humane, that's biodiverse, and<br>83 that's socially just. | 80 Están diciendo, "Sí" a los alimentos<br>81 producidos localmente a una escala<br>82 apropiada, que es más humana, biodiversa<br>83 y socialmente justa. |

28. In lines 85 and 86, they are using an informal expression “was right in line to work” that refers to someone who is selected, for being a successful and professional person, to do a specific job. In this part, the word “line” has many dictionary entries that have nothing to do with the context if it is translated in isolation, and that is why it is important to use a contextual translation. This expression has been amplified with some extra elements to achieve a communicate translation into the TT. Furthermore, there is Naturalization when rendering the information for the translation to look natural taking into account the target audience. According to the analysis mentioned above, the most suitable rendering would be:

| Source Text  | Target Text   |
|--|---|
| 84 As a highly-paid and highly-respected<br>85 food engineer, Carol was right<br>86 in line to work with this<br>87 dangerous substance. | 84 Siendo una ingeniera en alimentos bien<br>85 remunerada y respetada, Carol era la<br>86 persona más adecuada para trabajar<br>87 con esta sustancia peligrosa. |

29. In the ST, line 92, there is Reduction because the expression “that may catch on fire”, on this case, became irrelevant and repetitive when rendering it into the TT, so that it is omitted since redundancy is not appropriate in Spanish language in most contexts. Besides, the term “retort” has several dictionary entries which do not convey the same meaning from the original context, therefore, the most accurate translation of the ST word

“retort” is “crematorio”, for the target reader to understand the original message. In addition, note that we have used Reduction and Amplification to convey the most suitable rendering for the intended audience in lines 91, 92 and 93 of the ST. This expression "because of all the excess body fluids that may catch on fire, and also cause the retort to burn down" became "debido al exceso de fluidos corporales combustibles que pueden hacer que el crematorio también se queme":

| Source Text  | Target Text   |
|--|---|
| 88 Also, if they can do that, they have to be<br>89 very careful of how they process the body<br>90 in the retort to prevent the retort from<br>91 catching on fire, because of all the excess<br>92 body fluids that may catch on fire, and<br>93 also cause the retort to burn down. | 88 Y cuando pueden hacerlo, tienen que<br>89 tener mucho cuidado al procesar el<br>90 cuerpo en el crematorio para evitar<br>91 un incendio; debido al exceso de fluidos<br>92 corporales combustibles que pueden<br>93 hacer que el crematorio también se queme. |

### 2.3.5. Cultural Translation Problems

Cultural Translation Problems are caused by the different way people express themselves in the two cultures involved (source and target audience) because, as we know, every culture has its own customs, norms, principles, and so on.

**30.** In line 95, the use of “up” in the expression "up in Alaska" in the ST represents a cultural problem in the TT because the translation of "up" in Spanish is physical location "arriba", while what the speaker in the ST actually wants to indicate is that Alaska is geographically located in the northern part of the country. The use of the term "up" to denote "up north" is customary in the United States because they are used to using maps more than in most of the Spanish-speaking cultures. Therefore, in this specific

case, the term "up" was eliminated using the Reduction technique into the target language because the geographical location of Alaska is already known.

| Source Text  | Target Text   |
|--|---|
| 94 This would actually be quite nice for<br>95 the cabin up in Alaska in the summer. | 94 En realidad, esto sería excelente para<br>95 la cabaña en Alaska en el verano. |

31. In lines 96 and 97, this phrase “the first that went, blood pressure” involves some cultural problems because the English-speaking culture is more direct and practical with the use of their language than the Spanish-speaking one is. There are some terms in English that can be even omitted and the message will still be understandable or it will be already implicit within the context. If we follow this example, we can notice that they are talking about “high blood pressure” without using the term "high", and when they say "the first that went" refers to "diminish" without really using it; therefore, in order to achieve a translation into Spanish at the readership’s level, it is important to use some cultural modification and translate it as "lo primero que les disminuye es la presión sanguínea" so that the Spanish-speaking audience can identify what exactly they are talking about as it is in this specific case where the ST has been culturally adapted into the target text since it was necessary in order to convey the most appropriate idea:

| Source Text  | Target Text   |
|--|---|
| 96 Patients that come here, the first that<br>97 went, blood pressure. | 96 A los pacientes que vienen aquí, lo primero<br>97 que les disminuye es la presión sanguínea. |

## CHAPTER III

### 3. ANALYSIS AND INTERPRETATION OF RESULTS

#### 3.1. Justification

According to Bill Handel, Vice President of Sales & Marketing of Gerson Health Media, there is a lot of information about the natural health treatment named the Gerson Therapy which needs to be translated into Spanish. This material includes movies, books, catalogs, and web-pages. He says that *The Beautiful Truth* is also a documentary movie in particular that needs to be translated to benefit the Spanish-speaking community. This movie will teach us about a therapy that has helped many patients to overcome their health problems by eating properly and getting enough doses of nutrients.

In accordance with the Gerson Health Media website, there are some real testimonies which show proof that this therapy works: Here is an example, as mentioned in the movie "Dying to Have Known", also copyrighted by Gerson Media ([www.GersonMedia.com](http://www.GersonMedia.com)): "A Japanese medical school professor who cured himself of liver cancer over 15 years ago, a lymphoma patient who was diagnosed as terminal over 50 years ago".

In addition, doctors who use the Gerson therapy are convinced that vegetables juices are powerful tools to achieve good health and recommend patients to consume raw foods (i.e., uncooked vegetables and fruits) every day to recover from illness.

Finally, Mr. Handel indicated that if we helped them with the Spanish translation, they would be able to bring Dr. Gerson's life saving information to the Spanish market a 12 to 18 months sooner than expected. He stated: "Imagine how many more lives we can save in that time."

Next, we will present the responses to a questionnaire, a real story of how the therapy worked, and the case of a person who is looking for the information of the movie in Spanish.

### **3.2.1. Questionnaire**

Firstly, this questionnaire was completed by Bill Handel, who gladly and professionally replied the following questions:

#### **1) Why do you consider necessary to translate the movie The Beautiful Truth into Spanish?**

We at Gerson Media feel it is important and necessary to translate "The Beautiful Truth" into Spanish for many reasons and I will list the first few

**A.** Most of the people world-wide who became aware of the Gerson Therapy and who benefitted from implementing it in their life, found out about it first by viewing one of our movies in English, *The Beautiful Truth*, *The Gerson Miracle or Dying to Have Known*. Having the Beautiful Truth available in Spanish will provide knowledge of the life saving benefits of The Gerson Therapy to the tens of millions of Spanish speaking people throughout the world...

- Nine countries in South America, (Ecuador, Venezuela, Colombia, Perú, Bolivia, Uruguay, Paraguay, Chile, Argentina)

- Six Countries in Central America, (Guatemala, Honduras, El Salvador, Nicaragua, Costa Rica, Panamá)
- Three Countries in the Caribbean, (Cuba, Puerto Rico, Dominican Republic)
- One Country in Africa, (Equatorial Guinea)
- The United States
- Canada
- Mexico
- Spain

**B.** It is widely known that as the popularity of the Internet grows, readership of traditional information sources such as magazines and newspapers has diminished. The Internet viewing of movies, documentaries, training videos, independent news, commentaries, etc has grown exponentially and evidence for this is found in the fact that YouTube is now the second largest search engine in the world. With Spanish version of The Beautiful Truth being available free *on the Internet*, Spanish speaking people everywhere will have instant access to the movie and the important life saving information it provides. Additionally, they will be able to share it with family, friends and loved ones.

Please note that the English versions of our movies are available on YouTube for FREE viewing and following is the number of views for each movie.

The Beautiful Truth - 947,895

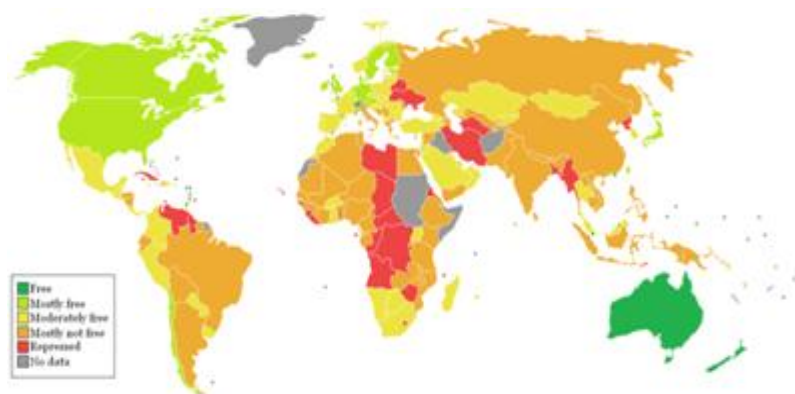
The Gerson Miracle - 210,554

Dying to Have Known - 192,792

C. *While considering this answer, please keep in mind that this is a broad generalization and there are exceptions to every rule.*

Spanish speaking people would benefit from seeing The Beautiful Truth because they become aware of Gerson Therapy, a low cost health care system they can do by themselves, for themselves and does not require the money, time and resources necessary to participate in the traditional “Allopathic” treatment of cancer and chronic disease.

When compared to western nations, most Spanish speaking countries have a much smaller “Index of Economic Freedom” which is one of the best indicators of economic opportunity and prosperity. If people live in a country with good economic prosperity, they generally have the ability to afford quality health care. If they live in a country with economic repression, their access and ability to afford health care is limited.



It is an unfortunate reality that the majority of Spanish speaking people throughout the world are at the lower end of the economic scale, making it difficult, if not impossible sometimes, to afford quality health care. Although Colombia, Chile, Costa Rica and Cuba are rated highest among



the Latin American nations – they are still only rated 22nd, 33rd, 36th and 39th in the world, respectively. Having access to a Spanish version of *The Beautiful Truth*, which will in turn lead to people discovering The Gerson Therapy. Knowing about the Gerson Therapy gives people access to the best all natural solution for cancer and chronic disease available today.

**2) Who will be the beneficiaries of this translation?**

With the cancer rate of the Hispanic community in the US now being 1 in 2 and the diabetes rate being 1 in 3, access to an all natural solution that can be done inexpensively at home is a tremendous benefit. With the cancer and chronic disease rate on the rise throughout the world, all Spanish speaking people everywhere would benefit.

**3) Why do you think the Spanish-speaking people should have access to this information?**

See answers above in regard to the affordability and economic access to health care.

**4) What is the reason for which this movie has not been translated yet?**

Gerson Media simply has not had the budget or personnel to facilitate such a project.

**5) How would the Spanish-speaking community learn about the translated movie?**

Gerson Media has purchased to a fantastic PR system that we would use to send press releases to Spanish speaking journalists who write for magazines, newspapers, newsletters, and Hispanic community papers. We

would send these same announcements to Spanish radio announcers and reporters at Spanish television stations. We will also make announcements via our world-wide radio show “The Power of Natural Healing with Howard Straus”, Spanish based email newsletters, Spanish language pages on our current English website and announcements placed in our wholesale catalog that is mailed to 5000 organic food stores, health food stores, vitamin stores, herb shops, books stores and more. We would also begin developing a database of Spanish book stores, food markets, vitamin stores and more in which we would then mail a Spanish products catalog.

Bill Handel

Vice President of Sales & Marketing

Gerson Health Media

(P) 530-529-1100

(E) bill@gersonmedia.com

www.gersonmedia.com

### **3.2.2. A Real Case about the Gerson Therapy**

There is a very particular case about the unbelievable story of Carla Shuford, a bone cancer survivor. When she was 15 years old in 1958, Carla was diagnosed with osteogenic sarcoma, a common type of bone cancer in children that originates mainly in the bones of the legs. When diagnosed, the cancer had already metastasized to the lymph nodes. Even though doctors decided for surgery, rather than radiation, amputating one of Carla's legs at the hip, they told her that she would only have 6 months to live. With this prognosis, Carla's mother did not give up hope and went looking for Dr. Max

Gerson at his New York clinic. Due to the extreme demands of his therapy, Dr. Gerson rarely allowed patients to follow the treatment at home. However, he decided to trust Carla's mother, and this was how Carla was cared by her devoted family receiving the strict Gerson therapy for five years. For juicing and meals, they needed organic produce, which were obtained from their own farm and the farms of friends, who were happy to help with Carla's treatment by dedicating parts of their gardens to pesticide-free crops. Despite the death sentence given by her doctors in 1958 when she was 15, Carla is still alive. She must be turning 70 this year.

Carla remains on a strictly organic diet, and enjoys swimming daily. She is an active member in her local organic community in Chapel Hill, North Carolina. Last year, she gave an interview for a project documenting the Carrboro Farmers' Market for the Southern Foodways Alliance, and spoke of her experience on the Gerson diet, and how it has led to a lifelong passion for organic produce. (The Gerson Institute, 2012. Retrieved from <http://gerson.org/gerpress/carla-shufor-osteogenic-sarcoma/>).

The story of Carla has helped many people to learn about the existence of this therapy, she has been the inspiration for others to try out the different and natural alternative. This is absolutely remarkable because there is hope, and people need to be aware of this incredible way of being healthy. A video with the interview that Carla gave to the Southern Foodways Alliance in 2011 is available on <http://gerson.org/gerpress/carla-shufor-osteogenic-sarcoma/>.

### **3.2.3. Phone-Call Interview**

The interviewee's name is Rossana Mendoza Ibarra (R), who lives in Dallas, TX, USA. Rossana has lived there for about 10 years. She is

originally from Ecuador, so her mother tongue is Spanish. She was interviewed by us Yessenia Gallardo (Y) and María Agustina Cedeño (M). The interview was done in Spanish because Rossana does not know enough English, but here we present it translated from Spanish to English for the purposes of this thesis.

M: Hello Rossana, we are two students of the UCSG Translation program working on our graduation thesis, which consists of translating the movie *The Beautiful Truth* from English to Spanish, and we heard that you were interested in seeing the movie. The purpose of this interview is to learn more about this interest of you. Now, we will start with the questions:

M: How did you learn about this movie and why are you interested in seeing it?

R: Some of my colleagues at work were talking about a movie about cancer and other degenerative diseases and how they could be cured with a natural method very different from chemotherapy. Some people I know who have cancer suffer a lot from this awful chemo. Besides, they said that this therapy would also help people with blood pressure problems, obesity, diabetes, and many other health issues, and because I personally have some health problems, I got very interested in it. Since then, I have been looking for this information but it is available only in English, and my English is not good enough to understand it totally.

Y: How do you think this information would benefit you if it were available in Spanish?

R: I think I will be able to have the choice to decide whether to go for the therapy or to continue with the traditional medical treatment that I am under nowadays. One good reason for learning about this natural therapy is that I can be informed on time and prevent further health complications. Of course, my main goal would be to find the cure for all my health problems.

M: What kind of health problems do you have?

R: My main problem is related to blood pressure and for that I need to take traditional medicine daily to avoid the symptoms, but I am sick and tired of it. Besides, I have had some weight problems since I had my third child, and I have not been able to go back to my original weight. My co-workers said that if using this therapy, I could lose weight and recover my health in a great deal, and that is why I would really like to get all the information in my own language so I can learn more about it.

Y: Do you know anyone else who would also be interested in this movie?

R: Yes my colleagues, the ones who were talking about the movie. They said that someone else told them about it, and that they have also been looking for this information in Spanish, but they have not found it yet. My family and friends in Ecuador would like to learn more about it too.

M: With respect to the movie, do you know how dental mercury based amalgams and a food flavor-enhancer known as Monosodium Glutamate can be harmful to people's health?

R: Oh really! I know there are many people who have those dark amalgam fillings on their teeth but I did not know that they were bad for your

health. If they are that bad, why do dentist keep using them? Do they know that they are harmful? I myself have a couple of those fillings. One more reason to see the movie, then. With regard to the food flavor-enhancer I really have no idea.

M: In the movie, they explain why the amalgam fillings and the Monosodium Glutamate are not safe for people. Now, supposing that you had a chronic disease and can choose between the traditional medicine with pills, injections, etc., and a therapy based on fruits and vegetables with both methods being equally successful, which one would you choose and why?

R: I would definitely go for the most natural way of treating any kind of disease. I am really tired of too many pharmaceutical drugs. They may cure some of your health problems, but on the other hand, they can also harm you badly.

Y: Thank you very much Rossana for your time and your useful answers. We really hope that our contribution to the Gerson Institute with the translation of this movie helps you, your family, your friends and many others in the near future.

Name: Rossana Mendoza Ibarra  
Email: rossanam71@yahoo.com  
Phone: 682-553-0671  
Address: Dallas, TX – USA

### **3.3. Discussion**

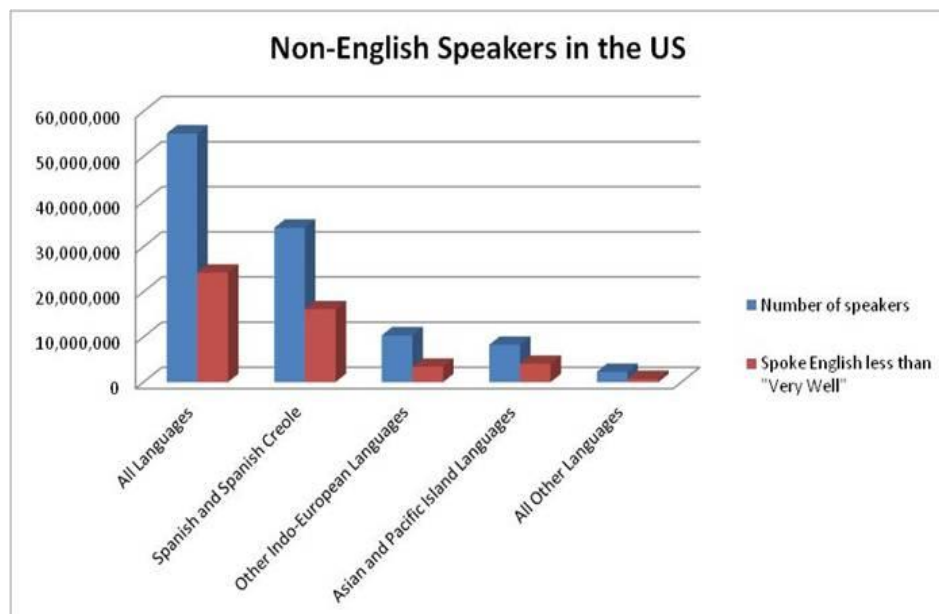
First of all, as we can see in the questionnaire responses, Mr. Bill Handel clearly emphasized how important the translation of the Movie *The*

*Beautiful Truth* would be for the Spanish-speaking community. He listed several reasons being the main one the life saving benefits that many English-speaking people have already obtained by learning and using the natural therapy that the Gerson Institute provides. He also stated that the Movie *The Beautiful Truth* is the most visited one among their movies on YouTube. Besides, Mr. Handel mentioned that if the translation is done, the benefit would be as well for the tens of millions of Spanish-speaking people around the world, highlighting in this way how large and how important this community is in our society worldwide. Besides, as he said, since the majority of this community does not have an easy access and ability to afford health care due to economic limitations, the translation of this movie would be very convenient for them as the access to this information will be free on the Internet. It will be broadcast on YouTube, which is now the second largest search engine in the world, according to Mr. Handel. Also, the institute will run campaigns promoting through television, radio, catalogs, the internet, and direct mail, the availability of the new Gerson Media material in the Spanish language. This effort will guarantee that the Spanish version of this movie reaches the majority of the Spanish-speaking community.

Continuing with this analysis, we can see how the information of the Gerson therapy, which is available in this documentary movie, was very useful and somehow saved Carla Shuford's life since she used this therapy to treat her bone cancer that she was diagnosed with when she was only a 15-year-old girl. This lady has become an inspiration for many people who learned about her way of living healthy and well, thanks to the therapy.

Last but not least, it is important to mention that the respondent (Rossana Mendoza Ibarra) of our interview above is not alone. There are many other people in the US in a similar situation. Figure 2 illustrates how large the Spanish speaking community in the US is, according to the 2012 US Census.

Over 100 languages are spoken in the US, but the 2012 US Census reports that Spanish is the most common language among non-native English speakers. Communicating with the Latino market in Spanish is not a courtesy; it is a requirement! Much of the Spanish speaking population in the US is not fluent in English. In fact, nearly 50% of this populace identifies itself as having limited English skills—of 55 million Spanish speakers, 25 million speak English less than “very well” in their self-assessment. (Watkins, 2013. Retrieved from <http://www.gala-global.org/blog/2013/a-growing-market-spanish-speakers-in-the-us/>)



**Figure 2.** Non-English Speakers in the United States

Source: <http://www.gala-global.org/blog/wp-content/uploads/WatkinsChart.jpg>



Therefore, our decision of translating this informative documentary movie went even further than a regular graduation project. When Spanish-speaking people start learning about the information included in the movie and they begin getting all the benefits from it, we will be able to see that our research was done with a mission in mind, which is to make this important information available in Spanish so everyone who speaks that language can have access to it, and that will be our contribution to society.

## CHAPTER IV

### 4. CONCLUSIONS AND RECOMMENDATIONS

#### 4.1. CONCLUSIONS

As a conclusion, it is important to mention that in the translation process, professional translators should be especially familiar with an advanced level of mastery of a foreign language, in this case, English or Spanish, whichever is considered to be the second language; furthermore, with the cultural part of the intended audience. When analyzing translations in a scientific way, the annotation process is a very important tool for the translator to transmit his linguistic knowledge of the field and rendering skills, as well as his experience applied during the process of translating any text from the source to the target language, since it identifies any potential translation problems and at the same time it offers some possible solutions with their corresponding explanations. Moreover, translators must be informed and interested in all the information intended to be translated including some backgrounds, in our case, we are immersed in these nutritional issues to give an accurate and reliable message from the information we have gathered during the research process.

## 4.2. RECOMMENDATIONS

In our research project we have conducted the translation from English to Spanish of a documentary movie script, in which have been applied different translation techniques and methods that have helped us to analyze each of the diverse problems that the rendering of it encountered. Besides, it has been a great experience for us to investigate about the most renowned experts in Linguistics, whose theories have been followed in the majority of this research. We recommend everyone to read our research paper and in that way get involved in how a translation could be an important tool and means to transmit a message from one language to another, and how the result of it can make a difference in people's lives. Our recommendation to the Gerson Institute for the near future will be to carry out the dubbing of the movie so that will be a good alternative apart from the translation which will also benefit the Spanish-speaking community.

## GLOSSARY

**NOTE:** The concepts for all the following terms were taken from Biology Online ([www.biology-online.org/dictionary/](http://www.biology-online.org/dictionary/)), except for the ones whose sources are cited.

### **Amalgams**

(Science: dentistry) a soft metal which results from an alloy of a metal with mercury. Commonly used as a silver-tin or copper alloy in dentistry for fillings.

### **Aspartame**

Aspartame is one of the most common artificial sweeteners in use today. Aspartame is composed mainly of 2 amino acids, aspartic acid and phenylalanine. Amino acids are the building blocks of proteins and are found naturally in many foods. (American Cancer Society, 2013. Retrieved from <http://www.cancer.org>).

### **Benzene**

(Science: chemistry) a volatile, very inflammable liquid, contained in the naphtha produced by the destructive distillation of coal, from which it is separated by fractional distillation. The benzene nucleus or benzene ring, is a closed chain or ring, consisting of six carbon atoms, each with one hydrogen atom attached, regarded as the type from which the aromatic compounds are derived.

### **Cafestol**

Cafestol is a molecule present in coffee and a potent cholesterol-elevating compound. The concentration of cafestol in a coffee drink is influenced by the

brewing method. Boiled coffee (Scandinavian and Turkish style) contains the highest concentrations, whereas instant and drip filtered contain negligible amounts. (GreenFacts, 2013).

### **Chlorine**

(Science: chemical) chlorine. A greenish-yellow, diatomic gas that is a member of the halogen family of elements. It has the atomic symbol cl, atomic number 17, and atomic weight 70.906. It is a powerful irritant that can cause fatal pulmonary edema.

### **Coffee Enemas**

An enema that uses coffee to stimulate bile and hepatic glutathione-SH production, both of which are claimed to help detoxify the body in cancer patients. Coffee enemas are a major component of Gerson therapy, an unconventional form of cancer treatment based on a program of 'detoxification'. (TheFreeDictionary, 2013).

### **Excitotoxin**

(Science: protein) class of substances that damage neurons through paroxysmal overactivity. They are toxins that bind to certain receptors (e.g., certain glutamate receptors) and may cause neuronal cell death. Excitotoxicity is thought to contribute to neuronal cell death associated with stroke. (Biology Online, 2013. Retrieved from [www.biology-online.org/dictionary/](http://www.biology-online.org/dictionary/)).

### **FDA**

The Food and Drug Administration (FDA) is an agency of the United States Department of Health and Human Services, one of the federal executive

departments. The FDA is responsible for protecting and promoting public health through the regulation and supervision of food safety, tobacco products, dietary supplements, prescription and over-the-counter drugs, vaccines, biopharmaceuticals blood transfusions, medical devices, electromagnetic radiation emitting devices, veterinary products, and cosmetics. (United States Department of Agriculture - USDA, n.d. Retrieved from <http://www.dm.usda.gov/ohsec/rsd/fda.htm>).

### **Fibromyalgia**

Fibromyalgia is a chronic pain disorder characterized by widespread pain of the muscles and bones, stiffness, general fatigue, and sleep disturbances. The underlying cause remains unknown, yet most researchers agree that it is related to the nervous system. There are several suggested explanations for fibromyalgia, such as genetic predisposition, stress, trauma, psychological problems. (GreenFacts, 2013. Retrieved from <http://www.greenfacts.org/glossary/def/fibromyalgia.htm>).

### **Food Irradiation**

Food irradiation is the process of treating food with a specific dosage of ionizing radiation. This treatment slows or halts spoilage by retarding enzymic action or destroying microorganisms and it can also inactivate foodborne pathogenic organisms (reducing the risk of food borne illness). (Online Video Guide, 2013. Retrieved from <http://www.ovguide.com/food-irradiation-9202a8c04000641f800000000001f81c#>).

## **Fluoride**

Fluorine (F) is the first element of the halogen family and the most reactive of all chemical elements. The term "fluoride" refers to its ionic form (F-) and "fluorides" to fluoride-containing compounds, both organic and inorganic. Fluoride is commonly added to tap water, particularly in North America, and used in dental products to help prevent tooth decay. (GreenFacts, 2013).

## **GMO**

An abbreviation for Genetically Modified Organism, an organism whose genetic material has been modified, especially by genetic engineering. GMOs are used mainly in the production of pharmaceuticals, gene therapy, and agriculture. However, there are ethical issues concerning their use and production.

## **HAARP**

"HAARP", an acronym for "High Frequency Active Auroral Research Program", is a project having the goal of studying fundamental physical principles which govern the region of the earth's atmosphere known as the ionosphere. It is through this region that earth-based communications and radar transmissions must travel to reach satellites or to probe solar and planetary bodies; and conversely, for radio signals from outside the immediate environment of the earth to reach its surface. (Mizrach, n.d. Retrieved from [http://www.bibliotecapleyades.net/haarp/esp\\_haarp\\_22.htm](http://www.bibliotecapleyades.net/haarp/esp_haarp_22.htm)).

## **Imaging**

Radiological production of a clinical image using x-rays, ultrasound, computed tomography, magnetic resonance, radionuclide scanning,

thermography, etc.; especially, cross-sectional imaging, such as ultrasonography, CT, or mri.

### **Iridology**

(Medicine/Complementary Medicine) a technique used in complementary medicine to diagnose illness by studying a patient's eyes. (TheFreeDictionary, 2013).

### **Kahweol**

Kahweol is a diterpene in coffee beans. (Source: TheFreeDictionary, 2013).

### **Kirlian Photography**

Kirlian Photography is a process in which an image is obtained by application of a high-frequency electric field to an object so that it radiates a characteristic pattern of luminescence that is recorded on photographic film. (The Merriam-Webster Online Dictionary, 2013).

### **Melanoma**

(Science: oncology, tumour) A tumour arising from the melanocytic system of the skin and other organs. When used alone the term refers to malignant melanoma.

### **Magnetic Resonance Imaging (MRI)**

A special imaging technique used to image internal structures of the body, particularly the soft tissues. An MRI image is often superior to a normal x-ray image. It uses the influence of a large magnet to polarize hydrogen atoms in the tissues and then monitors the summation of the spinning energies within living cells.



### **Monosodium Glutamate (MSG)**

A white odorless crystalline compound that is a salt of glutamic acid; it is used as a flavor enhancer in foods, an application that may cause Chinese restaurant syndrome in sensitive people, and used intravenously as an adjunct in treating encephalopathies associated with liver disease. (TheFreeDictionary, 2013).

### **Neurotoxic**

Having a poisonous effect on nerves and nerve cells, such as the degenerative effect of ingested lead on peripheral nerves. (TheFreeDictionary, 2013).

### **OSHA**

(Science: abbreviation) Occupational Safety and Health Administration of the U.S. Department of labor, responsible for establishing and enforcing safety and health standards in the workplace.

### **Plutonium**

(Science: chemical) Plutonium. A naturally radioactive element of the actinide metals series. It has the atomic symbol pu, atomic number 94, and atomic weight 242. Plutonium is used as a nuclear fuel, to produce radioisotopes for research, in radionuclide batteries for pacemakers, and as the agent of fission in nuclear weapons.

### **Toxicology**

Toxicology is the study of the harmful effects of substances on humans or animals.

### **Uranium**

(Science: element). A radioactive metallic element whose isotope, uranium-235, is a nuclear fission fuel. Plutonium, another fission fuel, can be produced from the more plentiful isotope uranium-238.

### **Water Fluoridation**

Water fluoridation is the controlled addition of fluoride to a public water supply. Fluoride reduces the incidence of dental caries and slows or reverses the progression of existing lesions (i.e., prevents cavities). (Centers for Disease Control and Prevention - CDC, 2001. Retrieved from <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5014a1.htm>).

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**APPENDICES**

## Appendix I



**THE BEAUTIFUL TRUTH - DIALOGUE SCRIPT**

**NOTE:** The following script (Source Text) in English was provided to us by Gerson Health Media. It was sent to us via e-mail. Their website:

<http://www.gersonmedia.com/> Part of this material is also available on the following website: <http://economyaycontexto.blogspot.com/2012/08/a-life-that-matters-una-vida-que.html>

01:00:00:00           PROGRAM START  
01:00:03:04           STEVE KROSCHEL: The infinite depths of darkness can be sliced open by light.  
01:00:09:02           And for the finite expanses of the miracle called "life," it has but one delicate vessel.  
01:00:18:21           Earth: It has been here a long time.  
01:00:24:10           The light has gently bathed this beautiful complex membrane faithfully.  
01:00:31:27           STEVE KROSCHEL: Mankind is the only form of life to step back and take a long, hard look at our only home.  
01:00:39:20           Our intelligence has brought us here.  
01:00:42:08           And it has also brought us much closer to another world... within us.  
01:00:47:00           And within this universe, ironically, lies the blueprint for our future.  
01:00:53:01           STEVE KROSCHEL: Cancer: it is a biocode gone wrong.  
01:00:56:20           It is delighted by what we do to feed it.  
01:00:59:21           The menu we've provided for these creatures is becoming more extensive by the day.  
01:01:05:08           Except that one human being found a way to close the pantry doors a long time ago, in 1928.  
01:01:16:19           This is that story.  
01:01:25:09           The famous naturalist John Muir once wrote, "If one pulls on a single thread in nature, you'll find it attached to everything else."  
01:01:33:24           STEVE KROSCHEL: For this 15-year-old boy named Garrett, he rediscovers that fact from different angles regularly.  
01:01:40:01           He lives with his father in a remote section of Alaska, where traveling in bush planes is almost routine.  
01:01:46:04           From these vantage points, the health of forests, wildlife, and even glacier melt can be easily observed.  
01:02:10:16           STEVE KROSCHEL: For Garrett, his sensitivities about nature are acute.  
01:02:13:20           His eyes have already seen nature in the raw, with many obvious questions answered before he had time to actually read about it in a book.

01:02:32:21 STEVE KROSCHER: As far back as he can remember, his family has worked with orphaned wildlife, and so his understanding of biology was hands on there, too.

01:02:42:06 Thanks in part to a special book written by a Dr. Max Gerson.  
01:02:47:15 He understood how important it is to feed a young creature, such as this porcupine, the right mix of foods, or that creature would succumb quickly, especially in its first few days of life.

01:03:10:17 STEVE KROSCHER: Regular visits to our neighbor, Bob, provided this un-pasteurized goats milk.  
01:03:15:22 No store could legally supply this.  
01:03:18:22 Bob's wife, Margaret, is recovering from breast cancer.  
01:03:25:08 But she recently heard from Garrett about Dr. Gerson, and then word spread in the community about this Gerson therapy.

01:03:33:22 People that were deeply impacted positively included the Mayor, the local electrician, the banker, the Hammer Museum guy.  
01:03:48:14 Then there was the Beekeeper who saw links to the Gerson therapy that extended even to the health and productivity of his bees.

01:03:56:13 There was also the artist, the people at the organic store, and then a Gerson tape was obtained.

01:04:06:01 CHARLOTTE GERSON: There are laws against healing cancer.  
01:04:08:09 The doctor is not allowed to try anything else.  
01:04:11:05 He must use only those treatments that have already proven to be failures.

01:04:16:20 Imagine what we could do if this could be accepted.  
01:04:20:07 But there are laws against it; you're not allowed to heal.  
01:04:23:01 There's too much money to be made on drugs.  
01:04:25:14 STEVE KROSCHER: For Garrett's diabetic neighbor, John, this message came too late to save his legs.

01:04:30:20 But perhaps Bob the milkman has the best observation about the Gerson therapy.  
01:04:35:27 BOB: What I'd like to see is some proof, some good scientific proof.

01:04:41:00 STEVE KROSCHER: When a cruise ship came to town, many visitors would come to learn about the wildlife that Garrett cared for.  
01:04:46:14 He found it surprising how unfamiliar most people were about wild animals and their requirements.

01:05:04:03 STEVE KROSCHER: The news of this situation eventually got back to Dr. Gerson's daughter, Charlotte, who sent Garrett a little gift.  
01:05:21:09 It was a new book written by Charlotte that spelled out how Dr. Gerson's therapy worked.  
01:05:27:06 It has easy-to-understand statements about cancer.  
01:05:30:17 Even a 15-year-old could find the text a good read.

01:05:34:12 The chapters were profound and seemed too good to be true.  
01:05:38:02 Points were made that sparked curiosity to learn more.  
01:05:47:26 STEVE KROSCHEL: This moment was about to become a  
new chapter in Garrett's life.  
01:05:51:25 Up to this time, reading a book cover to cover was a rarity for  
him.  
01:05:55:26 But in this instance it was different, due partly in what the  
book addressed, it was what he observed day to day even when  
doing the most mundane chores.  
01:06:05:23 What Garrett had not fully realized was the implications of the  
potency and power contained in vegetation.  
01:06:29:29 STEVE KROSCHEL: What seemed like a simple snack taken  
for granted in the garden had tremendous implications  
worldwide.  
01:06:36:03 If Gerson's therapy was accepted and implemented, it would  
help change the history of mankind's modern agriculture, food  
supply, health care systems, economy, and of course, the  
environment.  
01:06:48:21 Then Garrett learned a lesson in being misunderstood one day  
when his father cleaned the house and tossed an art work piece  
that Garrett had made into the trash.  
01:06:56:28 Because of its unusual design, the community garbage  
collector fished it out and gave it to local police, who declared  
it a bomb, definitely a blow to Garrett's creativity.  
01:07:05:21 Other situations then took their toll on the boy, and Garrett's  
straight-A record sunk.  
01:07:11:07 His father decided he needed to be home schooled.  
01:07:13:23 His first home schooled lesson was about Dr. Gerson and...  
01:07:17:10 BOB: I'd like to see some scientific proof.  
01:07:20:13 STEVE KROSCHEL: The boy wasn't sure how that would be  
accomplished, but he did draw out an analogy between gold  
mining and human nature, to start with.  
01:07:32:04 He decided the best place to start his research would be the  
public library.  
01:07:36:15 It didn't take much time before he located several independent  
sources that confirmed important points, as outlined in Dr.  
Gerson's original classic book.  
01:07:46:11 From those important leads, the dubious characters that make  
up the history of the use of fluoride fascinated the boy.  
01:07:53:21 He dug for more information, and then more skeletons were  
uncovered.  
01:07:58:08 Then Garrett began to assemble a general outline of what  
needed to be accomplished to successfully confirm the Gerson  
Protocol.  
01:08:06:07 It was when the words about hope were written that I made an  
inquiry to become involved in helping him document the  
integrity of the Gerson Therapy.

01:08:15:22 GARRETT: First there's Gerald Cox, who worked for the Mellon Institute of Industrial Research.

01:08:20:23 The Mellon Institute, by the way, was the leading defender for the asbestos industry.

01:08:25:26 Gerald Cox became interested in the fluoride from the suggestions of Francis Frary, the director of the aluminum laboratory of Alcoa.

01:08:35:02 And then came a leading scientist in toxicology, Dr. Harold Hodge.

01:08:39:22 Harold Hodge was the one who oversaw injecting plutonium and uranium in people.

01:08:45:29 STEVE KROSCHER: Harold Hodge studied the questionable safety of fluoride, but under the combined pressures of the Atomic Commission and aluminum manufacturing, he *had* to say it was safe.

01:08:55:12 GARRETT: Harold Hodge, along with a group of scientists, helped develop the atom bomb.

01:08:59:25 Then there was Dr. Robert Kehoe, who worked for the Kettering Laboratory.

01:09:04:24 Back in the '50s, Mr. Kehoe was industrial evangelist for the Ethyl Corporation, promoting the safety of lead in gasoline at the time.

01:09:14:20 Frank L. Seamans was the attorney of Alcoa and the head of the Fluorine Lawyers Committee.

01:09:21:02 And then there was a beagle dog study, in which these dogs had to breathe fluoridated air six days a week.

01:09:27:08 Well, the dogs sustained stupendous damage to their lungs and lymph system.

01:09:32:04 This information should have been given to doctors and scientists, but instead was given to the Fluorine Lawyer's Committee, and was buried.

01:09:39:29 And then came Edward Bernays, the nephew of Sigmund Freud, the wizard of public relations.

01:09:45:04 STEVE KROSCHER: Selling fluoride for public water supplies was easy for Bernays.

01:09:48:21 He used the slogan "Trust your Doctor."

01:09:51:06 To this day, even fluoride tablets are dispensed to children, thanks in part for the *need* to use fluoride to build the atom bomb.

01:09:58:08 MAN ON TELEVISION: I am represent one mile on your camera.

01:10:01:03 The top part, two miles.

01:10:02:15 We're going to switch to another camera.

01:10:04:02 I'm going to move out of here.

01:10:05:18 MALE VOICE: Three, two, one, zero.

01:10:13:00 The shock wave will arrive in the control point area in approximately half a minute.

- 01:10:47:09 STEVE KROSCHEL: In declassified government documents, the Atomic Commission stated of its use of fluoride and questionable safety record in building the bomb that "information which would invite or tend to encourage claims against the Atomic Commission or its contractors, such portions of articles to be published should be reworded or deleted.
- 01:11:08:21 Parallels can be drawn from this history to another in the making about... cell phones?
- 01:11:13:27 A \$28 million grant was given to Dr. George Carlos in the '90s to *prove* cell phone safety, but instead he found otherwise.
- 01:11:22:02 He refused to be paid off.
- 01:11:24:05 Cell phone transmissions are still a concern as to how they affect insects.
- 01:11:29:17 GARRETT: Do they teach this in public schools?
- 01:11:33:02 STEVE KROSCHEL: But when it comes to dental health, diet, not fluoride can play a huge role.
- 01:11:38:03 This became vivid for Garrett as he assisted on minor surgery of his tame wolf.
- 01:11:43:12 The perfect, cavity-free teeth of the wolf pointed to facts in a book he had just finished studying from the library.
- 01:11:52:06 It was called *Nutrition and Physical Degeneration*, by a distinguished dentist named Dr. Weston Price.
- 01:12:02:21 Dr. Price traveled the world with his wife in the 1930's to visit Native cultures that had never been exposed to modern civilization's diet of white flour, canned food and sugar.
- 01:12:13:07 To his amazement, these people averaged less than 1% of tooth decay.
- 01:12:17:16 And Dr. Price noted something else.
- 01:12:20:05 None of the people in these different tribes and cultures practiced any sort of dental hygiene.
- 01:12:24:18 Not one of his subjects had ever used a toothbrush.
- 01:12:28:11 But once processed food was introduced to them, tooth decay and disease followed, and it was the beginning of the end of the uniformly hardy and strong.
- 01:12:41:18 STEVE KROSCHEL: Dr. Price studied animals with improper diets.
- 01:12:44:12 Two-headed calves, deformed cats were the result.
- 01:12:47:26 He also observed a direct link between human skull formation and diet.
- 01:12:58:28 STEVE KROSCHEL: And yet in present day, the subject of fluoride is *still* debated.
- 01:13:03:10 In the state capital of Juneau, Alaska, I met up with the city's Chief Dental Officer.

01:13:09:23 CHIEF DENTAL OFFICER: Um, for the State of Alaska's position on water fluoridation, the Department of Health and Social Services and the Division of Public Health support water fluoridation.

01:13:17:24 But in Alaska it is a local initiative, and what's going on in Juneau is a local vote on Juneau resuming water fluoridation.

01:13:24:09 So, while the Department supports this, this is really a - a local issue, and I'm also involved with the Citizens for Dental Health, um, Coalition, but that's not in my capacity as State Dental Officer.

01:13:36:05 STEVE KROSCHEL: Do you think that fluoride in the water will help prevent cavities and such?

01:13:40:24 What's your position?

01:13:41:22 CHIEF DENTAL OFFICER: I think there's clear evidence over the past 60 some years now that fluoride reduces tooth decay.

01:13:47:06 STEVE KROSCHEL: But fluoride's only measurable effects on dental decay are from topical application not from drinking it.

01:13:53:05 Garrett needed to see *both* sides of medicine.

01:13:56:02 He then viewed compelling scenes from stock footage about Gerson I had already compiled.

01:14:00:14 DR. DEAN EDELL: If you think of basically what's in Gerson's therapy, you wouldn't really expect it to cure cancer.

01:14:06:04 So no, I don't think there's any evidence that anybody's ever been cured by Gerson therapy.

01:14:11:12 DR. WALLACE SAMPSON: It's not right from any aspect at all.

01:14:14:16 STEVE KROSCHEL: Well, has the Gerson therapy ever cured a cancer patient?

01:14:18:02 DR. WALLACE SAMPSON: Of course not.

01:14:18:18 They won't even release their records.

01:14:20:09 DR. STEPHEN BARRETT: There's absolutely no scientific evidence that he's cured anyone.

01:14:25:00 I've never interviewed any Gerson patients.

01:14:28:07 It really is pointless.

01:14:29:21 STEVE KROSCHEL: But I *had* interviewed patients, and more than a couple.

01:14:32:16 These patients had recovered from every type of cancer.

01:14:35:21 And, for many of them, it was terminal.

01:14:37:18 Orthodox medicine had given up on them and sent them all home to die.

01:14:41:18 Some of them published books about their recoveries.

01:14:44:04 I traveled all over the world, from Holland to Japan, and everywhere it was the same result: recovery.

01:14:59:00 STEVE KROSCHEL: And even heart arteries can be restored.

- 01:15:08:07 STEVE KROSCHER: When Prince Charles spoke publicly in favor of the Gerson therapy after observing its effectiveness, he was skewered by the medical community.
- 01:15:18:12 Nevertheless, I had observed his unwavering sentiments in a letter that was sent to the Gerson Institute.
- 01:15:28:15 STEVE KROSCHER: Charlotte Gerson routinely gives lectures about her father's famous therapy all over the world.
- 01:15:34:07 CHARLOTTE GERSON: Dr. Gerson said, "Two basic things are toxicity and deficiency."
- 01:15:40:27 STEVE KROSCHER: Garrett *was* on the right track with his home school schedule, and what he had just seen drew him in even deeper.
- 01:15:47:25 Now the world began to appear slightly more complicated to him.
- 01:15:52:01 As he studied various magazine articles about the increasing incidents of cancer, he searched curiously and exhaustively for any mention of Dr. Gerson's therapy within mainstream media sources.
- 01:16:14:19 STEVE KROSCHER: Instead, what he discovered within the pages of any given article about cancer or chronic disease was a different approach to the crisis, one that made him suspicious.
- 01:16:26:21 Garrett wanted to learn more, and to his delight, the Gerson family sent him some long-forgotten film reels.
- 01:16:32:25 Dr. Gerson's image with his family came to life.
- 01:16:44:04 STEVE KROSCHER: There was the discovery of footage of Charlotte Gerson in her twenties that captured his imagination within the historical reference of the where, why, and how this family eventually ended up in the United States from Germany.
- 01:17:11:21 STEVE KROSCHER: As a young doctor in Germany, Max Gerson's inspiration was Hungarian medical researcher, Dr. Ignaz Semmelweis, who discovered that if physicians simply washed their hands between delivering babies, women would no longer die of infections.
- 01:17:26:25 STEVE KROSCHER: He was severely ridiculed for the suggestion.
- 01:17:29:23 Ridicule followed Gerson as well, after he discovered a cure for his migraine headaches and then tuberculosis, by changing the diet.
- 01:17:37:13 A clinical trial was undertaken with 450 incurable skin tuberculosis patients.
- 01:17:43:14 None of them recovered at first, and Gerson was devastated.
- 01:17:47:00 But then it was discovered that a nurse was sneaking pastries, beer and sausages to the patients.
- 01:17:53:23 The Gerson diet was then strictly followed, leading to the recovery of 446 of the 450 patients.

01:18:03:12 Then he discovered it cured cancer.  
01:18:08:09 STEVE KROSCHEL: In World War II, Gerson was able to  
flee Nazi persecution with his family to the United States.  
01:18:14:21 He continued to not only cure cancer, but other chronic  
diseases, too.  
01:18:18:14 And when his close friend, Dr. Albert Schweitzer suffered  
from diabetes, he cured Dr. Schweitzer as well, leading  
Schweitzer to assess and declare that Gerson was, quote, "The  
most imminent genius in medical history."  
01:18:29:24 STEVE KROSCHEL: In July of 1946, Senator Claude Pepper  
held Senate subcommittee hearings over Dr. Gerson's cancer  
therapy.  
01:18:37:21 The astounding testimony was quickly reported by ABC News  
commentator, Raymond Graham Swing, over ABC radio.  
01:18:45:04 The public's reaction was swift and favorable.  
01:18:47:19 But the broadcast resulted in the firing of Raymond Graham  
Swing two weeks later, due to severe pressure by the  
Pharmaceutical and American Medical Establishment.  
01:18:57:13 VOICE OF DR. MAX GERSON: I was investigated five  
times.  
01:19:01:12 VOICE OF REPORTER: What do you mean by being  
investigated?  
01:19:03:03 VOICE OF DR. MAX GERSON: From the M.E.  
01:19:04:12 VOICE OF REPORTER: They investigated you?  
01:19:05:13 VOICE OF DR. MAX GERSON: Yes. Five times.  
01:19:07:19 Every time they come, I showed them the patients you sent  
home to die, cured.  
01:19:15:03 All the patients you sent home to die, cured.  
01:19:19:07 Next patient you sent home to die, cured.  
01:19:23:07 STEVE KROSCHEL: And cure he did, including people with  
muscular dystrophy, like this young girl.  
01:19:31:05 STEVE KROSCHEL: Dr. Gerson's public lectures about his  
therapy were unpopular amongst his peers.  
01:19:36:10 For example, Gerson had spoken out against tobacco since  
1920.  
01:19:40:24 MALE TELEVISION ANNOUNCER: Time out for many  
men of medicine usually means just long enough to enjoy a  
cigarette.  
01:19:46:11 And because they know what a pleasure it is to smoke a mild,  
good-tasting cigarette, they're particular about the brand they  
choose.  
01:19:54:25 In a repeated national survey, doctors in all branches of  
medicine, doctors in all parts of the country were asked, "What  
cigarette do *you* smoke, doctor?"  
01:20:05:10 Once again, the brand named most was Camel.  
01:20:08:21 Yes, according to this repeated nation-wide survey, more  
doctors smoke Camels than any other cigarette.



01:20:16:04 Why not change to Camels for the next 30 days and see what a difference it makes in your smoking enjoyment.

01:20:23:04 See how Camels agree with your throat.

01:20:25:23 See how mild and good-tasting a cigarette can be.

01:20:29:26 STEVE KROSCHEL: And as more layers of the therapy were uncovered and understood, it was becoming clear to Garrett why there was such opposition to Gerson's therapy of caring for health, as opposed to the existing, quote, "Health Care." Perhaps other priorities were in play here.

01:20:41:04 The boy remembered the superior effectiveness in a remedy his father had used on his foot.

01:20:43:27

01:20:48:24 Costly and toxic pharmaceuticals had not worked.

01:20:52:06 But by merely dicing a few cloves of garlic mixed with raw honey, his foot problem disappeared.

01:21:01:04 Raw honey also disinfected and greatly sped up cuts and abrasions.

01:21:07:23 STEVE KROSCHEL: Another healthy, inexpensive item used that is non-toxic was hydrogen peroxide.

01:21:13:18 It was used as a cleanser in the home, and was even found useful cosmetically in hair highlighting.

01:21:19:14 Garrett found putting 3% hydrogen peroxide in the ears for a time would even prevent the common cold.

01:21:28:28 STEVE KROSCHEL: There are volumes written about natural cures and treatments.

01:21:32:26 Knowledge is power.

01:21:35:14 Garrett gave his orphaned moose calf, named Frannie, her last bottle of goat's milk.

01:21:43:05 And so, Garrett's home school lesson went to a new level.

01:21:46:22 It was time for him to take his home work on the road, and put it all to the ultimate test.

01:22:03:23 STEVE KROSCHEL: The entire foundation for Garrett's study and scientific analysis of Gerson's treatment commenced around breakfast with Charlotte Gerson in San Diego.

01:22:12:19 Charlotte Gerson's son, Howard Strauss, and a distinguished guest who had just arrived from Slovenia, also would join us.

01:22:19:24 It was here that Garrett would compare his notes about Dr. Gerson's claims with unrelated outside sources to truly see if they match up.

01:22:29:24 HOWARD STRAUS: Dental amalgam, and its - by the way, dentists like to call it "alloy" because it makes it sound so much more stable.

01:22:37:00 But dental amalgam is the biggest and the worst exposure to mercury that most Americans have in their lives.

01:22:45:01 STEVE KROSCHEL: If that is true, then millions of people have needlessly suffered a plethora of ills for well over a century, and didn't realize the true cause was all in their heads.

01:22:55:17 I was about to film a demonstration that proved this beyond a shadow of a doubt.

01:23:01:03 Dr. Roger Eichman and Dr. David Kennedy set up a phosphorescent screen and light that would be sensitive to mercury vapor coming off the tooth if it was present after even the *slightest* stimulation.

01:23:13:24 We had teeth with amalgam fillings that would be placed in water of just room temperature, to represent saliva in the mouth.

01:23:20:26 I did not truly believe mercury vapor would come off the tooth, or if it did, that the film camera would register it.

01:23:27:01 I also had a video camera on hand to record this event.

01:23:36:22 STEVE KROSCHEL: To my shock and horror, and, as you can see, the 35 mm motion picture camera *did* register the mercury vapor coming off the tooth.

01:23:50:11 This is the first time in history this has ever been captured on a film camera.

01:24:01:29 STEVE KROSCHEL: To make certain that what you are seeing is mercury, we had on hand a special instrument called a Jerome Mercury Sniffer to measure the levels.

01:24:12:14 DR. DAVID KENNEDY: 191.

01:24:14:00 STEVE KROSCHEL: 190. Show that to me, please.

01:24:16:17 191. Is that high?

01:24:18:20 DR. DAVID KENNEDY: Uh, they'll close the factory if it gets over 100 and evacuate.

01:24:22:02 STEVE KROSCHEL: Oh boy. My gosh. Okay.

01:24:25:09 DR. ROGER EICHMAN: Now, you think about this--

01:24:26:11 STEVE KROSCHEL: Turn off the light.

01:24:27:17 DR. ROGER EICHMAN: This is room temperature, one tooth, at least 50 years old.

01:24:32:24 It's been - been de-gassing for years, and, um, many people have a whole mouth full of them.

01:24:41:12 STEVE KROSCHEL: Yeah.

01:24:41:26 DR. ROGER EICHMAN: Now, just think what happens if you have half a dozen people in a, uh, elevator all de-gassing like this, uh, and is degassing 24 hours a day, 7 days a week.

01:24:55:00 STEVE KROSCHEL: Yeah.

01:24:55:13 DR. ROGER EICHMAN: And your OSHA standards are based on a 40-hour week.

01:24:59:25 STEVE KROSCHEL: Next, Dr. Kennedy set up on the counter an amalgam mixer, which Dentists use in their office to mix the amalgam capsules, which after mixing, are broke open to prepare to be placed inside a patient's mouth as the amalgam filling.

01:25:16:12 The amalgam capsules are then lined up one by one on a shaker where they are shaken for a time.

01:25:23:16 With an unsuspecting patient nearby, the capsules are then  
broke open, just as any dentist or dental assistant will do.

01:25:30:13 Will mercury vapor be released?

01:25:32:12 At this point, I was pretty sure what the answer would be.

01:25:36:06 Remember, this is common procedure and goes on each and  
every day all over the world in dental offices next to innocent  
patients.

01:25:55:28 STEVE KROSCHEL: The images speak for themselves.

01:25:58:02 For the American Dental Association to continue to insist that  
amalgams are safe would seem absurd.

01:26:05:13 STEVE KROSCHEL: Turn on the light. Can we see what we  
got?

01:26:09:11 DR. DAVID KENNEDY: 252.

01:26:10:16 STEVE KROSCHEL: Yikes!

01:26:11:05 Should we exit this?

01:26:12:05 Are we getting poison in here?

01:26:13:28 DR. DAVID KENNEDY: Yes, it's raised the room up.

01:26:15:23 STEVE KROSCHEL: Yeah.

01:26:16:29 DR. DAVID KENNEDY: Uh, it's no worse than working in a  
dental office.

01:26:19:20 DR. DAVID KENNEDY: I think it's a crime what they're  
doing to their dental staff, is that the female is much more  
sensitive, reproductive-wise, to mercury, and as a result causes  
not only causes infertility, but it causes birth defects.

01:26:32:12 Of course, you get the usual denials, but when you look at the  
scientific literature, it is *full* of studies showing that exposure  
to mercury - either from your teeth or working in a dental  
office will...

01:26:44:03 You know, you saw the demonstration.

01:26:45:21 There's *huge* amounts of mercury in those offices.

01:26:47:14 They don't monitor that, they don't warn the employees, they  
don't give them adequate mask and protection.

01:26:54:24 And as a result, there's a tremendous amount of infertility in  
dental assistants.

01:26:58:14 There's a documentary on it.

01:26:59:24 It's about the Norwegian dental nurses, and about their lives  
being devastated by their job when they were young girls.

01:27:06:15 So, I think it's a crime what they're doing to these young girls.

01:27:10:01 DR. ROGER EICHMAN: I've had patients come in, uh, from  
other dentists saying, "Gee, all I had was my teeth cleaned, and  
I feel lousy for days after that, every time. How come?"

01:27:20:16 Well, they polish the teeth, they get a *huge* amount of mercury  
being released for several days after that, until you get a little  
bit of corrosion over the top, which slows it down a little bit.

01:27:34:01 Um, but the amount of mercury released is just phenomenal.

01:27:39:00 And if they're sensitive to it, it'll put them over the edge.

01:27:42:12 When I was in dental school, I was told that dentists were averaging their first heart attack by age 44.

01:27:50:02 Our life expectancy was age 52.

01:27:53:25 I personally related that to their use of mercury and amalgam fillings, because it wasn't occurring in orthodontics and in, uh, in surgeons.

01:28:05:15 STEVE KROSCHEL: I had made certain that Garrett was nowhere near this demonstration, to ensure he did not inhale any mercury vapor.

01:28:12:03 Yet that seemed absurd when considering that many people are walking around with amalgams in their mouths.

01:28:18:05 Dr. Gerson was right all along.

01:28:20:13 Dental health is paramount to healing from chronic disease.

01:28:27:08 STEVE KROSCHEL: In Colorado Springs, Colorado, there is one renowned dentist who has spoken out about fluoride, dental amalgams, and even the dangers of root canals for decades.

01:28:37:09 His name is Dr. Hal Huggins.

01:28:40:02 But just before we were about to meet him, Garrett fell into a depression.

01:28:44:22 He couldn't seem to overcome the disturbing chemistry lesson about deadly methyl mercury vapor that Dr. Roger Eichman gave.

01:28:52:11 This home school lesson had hit him hard.

01:28:57:03 And then the cause of his sadness was revealed.

01:29:00:03 The boy's parents had unwittingly allowed some dentist to stick the mercury inside his mouth, too.

01:29:05:02 He now saw himself as a biohazard.

01:29:07:17 But the good news was that he was about to meet Dr. Hal Huggins, who would give him some reassuring direction.

01:29:13:07 DR. HAL HUGGINS: Well, most of the people I see who are having their amalgams removed have some sort of a dread disease.

01:29:19:24 But you're interested in prevention?

01:29:22:01 Then you are one in 100 who's in a very good position, because prevention is a whole lot easier than correcting a problem after it's occurred.

01:29:31:11 STEVE KROSCHEL: He asked how many dentists state that mercury fillings are safe.

01:29:34:17 DR. HAL HUGGINS: Well that would be pretty close to 100% if they want to be in dentistry tomorrow.

01:29:38:28 Because the dental association has certain rules and regulations that if a dentist is asked, "Is mercury toxic?" and they say anything affirmative - they say, "Well, yes it is; it's the most poisonous metal on the planet that's not - not radioactive" - uh, they're gonna lose their license and be selling used cars the next day.

01:29:59:07 So, what they believe and what they can say, two different things.

01:30:03:11 STEVE KROSCHEL: Then he wanted to know which dentists know how to remove fillings properly.

01:30:06:27 DR. HAL HUGGINS: Those people who go out and just have their fillings removed at random, uh, by actual measurement, 63% end up with an autoimmune disease within six months that they did not have before they had their amalgams removed.

01:30:21:24 Something that *very* few people know - I just found out recently - is that dentists have malpractice insurance.

01:30:29:04 Yes, okay, that's fine.

01:30:31:09 But, when a dentist takes mercury and the powder of copper and tin and zinc and silver, mixes it together, he is now a manufacturer, and dentists do not have manufacturer's product liability insurance.

01:30:46:23 So, the hit is gonna fall on them where they are not insured.

01:30:50:11 That they are putting a poisonous substance into people's mouths and they have no protection from it.

01:30:57:24 So, the legal profession is going to tear them apart, as I see it.

01:31:03:22 Uh, if we look 5, 10 years down the line, the only people who can take out your amalgams are gonna be the lawyers.

01:31:09:20 STEVE KROSCHEL: Dr. Huggins guided Garrett to a dentist that *did* know how to safely remove his filling.

01:31:14:13 The boy remembered a question he had asked Dr. Huggins about retaliation for speaking out.

01:31:20:07 DR. HAL HUGGINS: Yes, there have been a number of cases of retaliation.

01:31:23:16 The first thing that they did was put up an enormous amount of money to see to it my license was removed for refusing to place amalgam, for refusing to do root canals on patients, and writing a book they didn't like.

01:31:37:24 There have been personal things that have been done against me and my family, which destroyed the family.

01:31:44:11 The rest of it destroyed the business.

01:31:46:21 They've destroyed everything I had except the mortgage on my home, and for some reason or another, they did not want that.

01:31:56:13 STEVE KROSCHEL: Garrett reasoned that life could have been so much easier for him if he had just kept quiet, like most doctors do.

01:32:02:17 So, the question became...

01:32:04:14 GARRETT: Why put yourself through this?

01:32:08:16 DR. HAL HUGGINS: When you have seen the people that I have seen, and you see that their life just has a few minutes, a few hours before it runs out, and you see that that can be turned around, and you see that years later these people do have a life, that's the payment that I get.

01:32:26:03 That's why I keep doing what I'm doing.  
01:32:29:04 STEVE KROSCHEL: It was a refreshing ideological position that reminded Garrett of Dr. Gerson.  
01:32:33:18 But it's still as David and Goliath.  
01:32:36:02 In this situation, the American Dental Association wields tremendous power and control over a dentist's life, and the dentist that performed the procedure of proper filling removal on Garrett was terrified of his identity being captured for this movie.  
01:32:49:29 Documents had to be signed, which meant that I was personally liable to him for the ruining of his career and income if I *did* film his face.  
01:33:02:14 STEVE KROSCHEL: Hearings on mercury fillings are now taking place in Washington D.C. that hopefully will put an end to this amalgam disaster.  
01:33:10:00 It is estimated that there is 1000 tons of mercury in the fillings of Americans at the moment.  
01:33:15:19 Incredibly, the FDA has never conducted an environmental assessment of the use of dental mercury amalgam, as prescribed by law.  
01:33:24:29 CHARLOTTE GERSON: It is very important for the orthodox people to keep, uh, patients from coming to, uh, alternative treatments, because they work.  
01:33:34:12 People have been so brainwashed for so long.  
01:33:37:17 STEVE KROSCHEL: But what could possibly be worse than dental health?  
01:33:40:15 Certainly, food additives couldn't be *that* bad.  
01:33:43:12 HOWARD STRAUS: MSG is - is a tremendously damaging chemical.  
01:33:48:22 Uh, Monosodium Glutamate is actually - it turns off the switch in your brain that says, "I've had enough to eat."  
01:33:56:21 The problem with MSG, though, it's an excitotoxin.  
01:34:00:19 STEVE KROSCHEL: And just what is an excitotoxin?  
01:34:03:06 There are thousands of studies and enough papers on the subject to fill a small library.  
01:34:07:16 The evidence has accumulated, and then accumulated some more.  
01:34:11:26 It's there for anyone to read.  
01:34:13:23 But the processed food industry is hoping the media and the average person is too busy, lazy or unsophisticated enough to be able to understand the subtleties of the science being discussed.  
01:34:29:09 STEVE KROSCHEL: But just in case the average lay person does show a bit of curiosity about the dangers of flavor enhancers like MSG, the food industry has smartly printed little rack cards and brochures to give us, defending their crisp position.

- 01:34:44:05 Garrett met with food experts, Jack and Adrienne Samuels, of *Truth in Labeling*.
- 01:34:49:19 JACK SAMUELS: The subject of glutamic acid is very, very complex.
- 01:34:55:00 And consequently, many games can be played to try to convince people that it is safe.
- 01:35:03:17 They removed monosodium glutamate from many of their products, and replaced monosodium glutamate with other ingredients that gave the consumer no clue to the presences of the reactive component of monosodium glutamate.
- 01:35:18:25 After being told by my physician - who experienced one of my reactions to MSG - that I would soon die from an MSG, uh, exposure if I didn't learn to avoid it, uh, Adrienne used her background in research and went to the library, spending some 4,000 hours to read everything she could find about MSG.
- 01:35:42:04 Uh, to her surprise, she found there were studies that indicated that MSG was safe, but they were all sponsored by the glutamate industry or their agents, and were all flawed to the point of being worthless.
- 01:35:58:23 And, at the same time, there were many other studies that clearly demonstrated that MSG was toxic and dangerous.
- 01:36:06:08 STEVE KROSCHER: Jack and Adrienne Samuels have an extremely comprehensive snapshot of MSG research done since research really began on this additive.
- 01:36:14:24 Garrett still wanted to play the devil's advocate, and researched the research, because now it was becoming clearer to him during this home school lesson that each side of an issue has reasons they take a position.
- 01:36:26:21 The challenge is to ascertain the driving force behind any given scientific study.
- 01:36:32:11 It is money or morals?
- 01:36:35:26 But what the boy discovered - like Jack and Adrienne Samuels found - is that there is no person, institution or agency that has claimed that MSG is safe that does not have close ties to food and/or drug industries, or that has not been remunerated by them.
- 01:36:54:22 STEVE KROSCHER: Neuroscientist Dr. John Olney has studied MSG for decades.
- 01:36:59:01 He rarely gives interviews because of the unwanted attention it incites.
- 01:37:04:04 DR. JOHN OLNEY: My background is in experimental neuropathology.
- 01:37:08:01 I, uh, conducted a study of monosodium glutamate and its toxicity potential for infant animals.
- 01:37:20:23 And I found that glutamate destroys nerve cells in the developing infant animal's brains.

01:37:31:15 STEVE KROSCHER: I could understand his shyness about appearing on camera, because he has played a key role in the incriminating evidence against the processed food industry for several years.

01:37:40:27 His findings are shocking to people, especially to parents of young children.

01:37:46:12 But when traveling away from home, the question then becomes for Garrett, "What do you eat?"

01:37:51:05 At his home in Alaska or visiting the Gerson family, his diet was virtually devoid of any processed food.

01:37:57:13 It takes a little extra work to seek out delicious organic produce and/or restaurants.

01:38:05:16 STEVE KROSCHER: Stop!

01:38:07:08 After all this, I didn't think - it's too late.

01:38:11:17 The chemicals in this fast food were working their magic on the boy.

01:38:15:11 He ate this meal - actually, *two* meals - like he was possessed.

01:38:19:02 To me, it was disappointing, but to force the issue would likely backfire.

01:38:23:16 He was free to make his own decisions.

01:38:37:23 STEVE KROSCHER: Three hours later, on a plane headed for Jackson, Mississippi, the results were in.

01:38:51:14 STEVE KROSCHER: In Jackson, Mississippi, the boy met up with an incredible family of photographers, the Blaylocks.

01:38:59:07 Dr. Russell Blaylock is a renowned board certified neurosurgeon and author of several books on cancer, excitotoxins and health.

01:39:08:25 He is a leading voice in the effort to make the public aware of this health atrocity.

01:39:13:21 Perhaps "atrocity" is too strong of a word.

01:39:17:08 If what he says is true, it's hard to think of any other.

01:39:22:10 It is here where Garrett reoriented himself to a healthy snack.

01:39:26:15 But, unbeknownst to the lad, I had a little test planned.

01:39:29:27 DR. RUSSELL BLAYLOCK: The mass consumption of this excitotoxin substance in the food is interfering with people's ability to think and remember and use language, so that our children no longer have the capacity that their parents had.

01:39:43:14 And I think this is getting compounded, because there are more and more foods with multiple forms of this excitotoxins: four, five, six in a single food.

01:39:53:01 So, there are children - and small children in particular - are consuming such large amounts, it interferes with the development of the brain, as well as destroying these connections between the brain cells.

01:40:04:15 And that interferes with brain function.

01:40:06:10 And that's what we're seeing nation-wide, and in fact, world-wide in the industrialized nations.



01:40:11:25 DR. RUSSELL BLAYLOCK: The reason that the food manufacturers are telling the public it is safe is because they're making a huge profit off of it.

01:40:18:01 And it's hard to compete with their fellow manufacturers if they don't use the MSG, because it's a powerful taste-enhancing effect.

01:40:26:15 Uh, so, they just tend to ignore all of this research, even though it's literally thousands of studies.

01:40:32:06 And the studies keep growing, proving beyond any doubt in the reasonable mind that in fact this is harming people's brains.

01:40:39:23 It's producing gross obesity, metabolic syndrome, diabetes, uh, infantile diabetes, atherosclerosis; a great number of diseases are now connected to what's happening with the MSG exposure.

01:40:52:14 STEVE KROSCHER: Chips were delivered to the table that were laden with MSG.

01:40:56:01 Had Garrett done his homework?

01:40:57:13 DR. RUSSELL BLAYLOCK: One of the things that people don't understand, this can be a silent, uh, toxicity.

01:41:02:09 That is, they don't even know it's occurring.

01:41:04:22 Uh, a lot of people tell me, "Well, I don't react.

01:41:06:28 I don't have these symptoms of nausea and vomiting and headaches."

01:41:10:11 Uh, well, a lot of people that are exposed to MSG will not have these symptoms, but they get the same damage.

01:41:16:25 And this occurs over a very long period of time: decades.

01:41:20:16 So, brain cells are being destroyed, and until they lose a number of brain cells, they're not even aware that they're under this toxicity.

01:41:29:13 Uh, it's known in neurology that you have to lose about 90% of the neurons in a particular area of the brain before you develop symptoms.

01:41:38:01 So, you - by the time you develop these symptoms, like dementia or Parkinson's disease, etcetera, you've already lost 90% of the neurons in that part of the brain, and that's what's very important.

01:41:48:17 DR. RUSSELL BLAYLOCK: Another really new important finding is that it's strongly connected to the growth of cancer.

01:41:54:16 And we know that glutamate, when it's increased in a person's diet, makes their cancer grow very rapidly and becomes highly invasive.

01:42:03:00 That means it spreads all over their body.

01:42:05:05 The problem is, no one's telling cancer patients they need to be very cautious about taking in these food additives.

01:42:11:28 Because it makes their cancer grow much faster and become more invasive, which means they're less likely to survive their cancer.

01:42:20:18 STEVE KROSCHER: Garrett never did eat any of those chips.  
01:42:22:27 He wants all the brain cells he has.  
01:42:25:03 The number of food products that contain MSG, but don't  
actually label it as such, is now almost infinite.  
01:42:31:10 The only way to avoid this is to buy organic products and  
whole foods.  
01:42:35:17 What the boy also discovered was that this was further  
confirmation of Gerson's discoveries 80 years earlier.  
01:42:41:25 In order to provide a balanced report on the subject of  
processed foods, the boy then flew from Jackson, Mississippi  
to Omaha, Nebraska, with the hopes of interviewing a  
ConAgra Foods public relations representative.  
01:42:55:03 After several phone calls and a faxed message, he thought  
there was reason to be optimistic.  
01:43:00:12 But he was wrong.  
01:43:01:28 No one at this huge facility would speak.  
01:43:05:04 It was confusing and disturbing to the boy temporarily.  
01:43:13:18 STEVE KROSCHER: For me, this heavily-guarded facility  
and non-communicative position was supreme arrogance,  
especially when considering that they are feeding us - or some  
of us - every day.  
01:43:23:19 It reminded me of facilities in Alaska, such as the military's  
HAARP project that raises questions about the weather, or my  
experiences in trying to get interviews with oil companies that  
turned me down flat.  
01:43:40:01 The Native people of the North and their concerns are low  
priority.  
01:43:43:22 The boy tried to contact ConAgra twice more, with no reply.  
01:43:50:19 STEVE KROSCHER: All was not lost, however.  
01:43:52:14 We went to Omaha's Mayberry Park, where Garrett found  
great delight once more.  
01:44:06:22 HOWARD STRAUS: We have to go back to Hippocrates.  
01:44:09:00 He said, first of all, "Do no harm."  
01:44:10:27 Well, every single drug does harm.  
01:44:14:20 Then he also said, "Let food be your medicine and medicine be  
your food."  
01:44:20:16 That's very important, because food will nourish you and heal  
you.  
01:44:26:00 It's natural materials, which your body knows how to utilize.  
01:44:29:24 Your body has evolved over millions of years to use, whereas  
these huge, incredibly profitable companies all over the world  
are damaging, liver toxic, and cause disease.  
01:44:42:24 So, how can they really be considered a medicine if they're  
causing disease?  
01:44:47:18 STEVE KROSCHER: If we couldn't speak to food  
manufacturers, then maybe we could speak to a food Engineer.  
01:44:54:00 Meet Carol Hoernlein.

01:44:55:13 We met her at the St. Louis, Missouri airport, and we're driving her to a radio interview.

01:45:00:06 Along the drive, there was plenty of time for sight-seeing.

01:45:03:09 Garrett, in particular, now had time to digest a lot of information.

01:45:07:21 He overheard much of the conversation going on in the front seat about another food additive that made him remember.

01:45:13:26 DR. JOHN OLNEY: In 1974, I petitioned the commissioner of FDA about some evidence I had found pertaining to aspartame causing, uh, brain lesions.

01:45:27:22 STEVE KROSCHEL: But despite all warnings, the former head of G.D. Searle, Donald Rumsfeld, forced it into the food market anyway.

01:45:34:01 As a highly-paid and highly-respected food engineer, Carol was right in line to work with this dangerous substance.

01:45:39:26 It wasn't long before she was riddled with tumors, from her pituitary gland to her ovaries.

01:45:44:20 She ballooned in weight and continues to have health problems.

01:45:47:25 Carol will never be the same again.

01:45:49:29 She no longer wants to work as a food engineer, because, quote, "I can't work at a place where I'm knowingly poisoning people."

01:45:58:13 CAROL HOERNLEIN: This story is actually worse than the tobacco story, because at least you can choose not to smoke.

01:46:04:15 Food, you have no choice.

01:46:07:21 STEVE KROSCHEL: We were now at the radio station where Carol would have a chance to tell the world her story, and what food additives like MSG and aspartame do to any unfortunate organism that comes in contact with it.

01:46:20:03 This radio program, The Power Hour, can be heard around the world on short wave radio or the Internet every day of the week in rebroadcasts or broadcasts.

01:46:28:15 MALE RADIO DJ: Infuriated to the point where they're leaving their seats, and they're going out and becoming activists, and they're demonstrating and writing letters.

01:46:34:21 MALE VOICE: Yes.

01:46:35:07 JOYCE RILEY: Well anyway, Carol Hoernlein is an expert in MSG and what she has been doing is putting together information that's gonna be pretty striking to you, pretty unbelievable to you.

01:46:45:19 It's MSGTruth.org.

01:46:48:13 That's her website.

01:46:49:07 Now she became injured as a result of using MSG, but she didn't really use it; it was done to her.

01:46:55:24 And you were using it by the shovels, weren't you?

01:46:58:05 CAROL HOERNLEIN: I was basically shoveling aspartame out of barrels.

01:47:00:22 JOYCE RILEY: Whoa! Can you believe that, listeners, shoveling aspartame out of a barrel?

01:47:04:26 CAROL HOERNLEIN: I've had many, many, um, problems over the years.

01:47:07:12 JOYCE RILEY: What about these tabs?

01:47:08:12 You know, the tab drugs?

01:47:09:09 CAROL HOERNLEIN: Yes, um, the quick dissolve, like the Listerine?

01:47:12:12 JOYCE RILEY: Yeah, quick dissolve, uh huh.

01:47:13:10 CAROL HOERNLEIN: The Listerine, um, the Listerine quick dissolve things, those have aspartame in them as well.

01:47:17:10 JOYCE RILEY: Wow. So, if you all have any questions, this is the website to go to.

01:47:20:27 Now, we linked this years ago, I think, to our website, and then now I have the pleasure of meeting you and right here in our studios, so this is really cool.

01:47:29:14 This is really great.

01:47:30:07 CAROL HOERNLEIN: Oh yeah, I really appreciated that.

01:47:31:23 When I saw that on the web, I was so excited that you - you know, you had found it, and, uh...

01:47:36:19 JOYCE RILEY: Oh. You've done a - ladies and gentlemen, I'd like to introduce you today to our committee of one, Carol Hoernlein.

01:47:42:28 Thank you very much, Carol, for joining us on the Power Hour today.

01:47:45:17 CAROL HOERNLEIN: Oh. Thank you so much.

01:47:46:24 STEVE KROSCHER: If The Power Hour show allows people like Carol to speak out on such topics, they have to creative about staying on the air.

01:47:53:15 Advertisers that support the mainstream media do so because they are able to tout pharmaceuticals, processed foods and lethal chemicals.

01:48:01:03 Not here.

01:48:02:03 What the Power Hour sells are natural products, food flavorings, books and DVD's.

01:48:09:24 STEVE KROSCHER: After the program, I watched co-host Dave vonKleist relaxing with Garrett in the front yard.

01:48:18:14 DAVE VONKLEIST: Okay. Now.

01:48:24:26 Okay.

01:48:26:27 STEVE KROSCHER: Host Joyce Riley knew Charlotte Gerson and was familiar with the Gerson therapy.

01:48:31:15 Joyce's background is in the military as a nurse, and the Gulf War affected her with Gulf War Syndrome, an illness.

01:48:38:03 She then produced a startling film called *Beyond Treason*, which documented the serious environmental degradation from U.S. munitions tipped with deplete uranium, as well as experimental vaccines, and more.

01:48:49:23 The consequences of these activities are horrifying.

01:48:52:28 Radioactive depleted uranium, for example, has a half life of 4½ billion years, and has now contaminated regions of the Middle East forever.

01:49:30:25 STEVE KROSCHEL: Joyce explained the Gulf War Syndrome suffered by military personnel.

01:49:35:03 JOYCE RILEY: The Gulf War illness is something that is a combination of a lot of toxins, and I couldn't figure out why I was sick, because I only flew from Alaska to Cuba during the time that I was a flight nurse.

01:49:45:16 But I became ill.

01:49:46:21 I did have the vaccines.

01:49:48:05 A lot of the troops did have the oil well fire exposure, they had chemicals, biologicals, vaccines, everything involved.

01:49:54:22 What we *do* know *now* is that they were full of toxins.

01:49:58:24 I was a nurse for about 35 years, and during that time, I'd done everything from electro-convulsive therapy, which is shock therapy, I had done.

01:50:07:07 I had been a chemo nurse, I was a director of nursing.

01:50:10:18 I was a nurse in a heart, lung, liver, kidney transplant unit, and I never appreciated food at all.

01:50:14:28 I never appreciated what it was for.

01:50:16:29 And then I became ill after the Gulf War, and it was amazing to me that nothing in medicine could make me better, nothing.

01:50:24:11 So, I had to start looking to alternative and integrative medicine.

01:50:28:16 Gulf war veterans were becoming ill right after the Gulf War.

01:50:31:17 Thousands, *thousands* of them were becoming ill.

01:50:34:13 And we had no place to turn to.

01:50:37:03 We found out that there was some Gulf War veterans that had been helped by eating raw foods, vegetables, fruits, and doing juicing.

01:50:43:29 And I became aware of that.

01:50:46:10 But it wasn't until later that I became aware of what I think has really been a pivotal point in my life, which was going to the Charlotte Gerson Restoration Center in San Diego.

01:50:56:10 And that's what really made me understand the importance of what we eat and drink.

01:51:00:17 STEVE KROSCHEL: When all this talk about vaccines came up, Garrett shared his own feelings about vaccines that are given to infants and school-age children.

01:51:08:04 There was a 90% reduction in diseases before the vaccines were even introduced, as graphs clearly show.

01:51:14:24 It was improved nutrition that caused the reduction, not vaccines.

01:51:19:08 Vaccines are neurotoxic.

01:51:21:24 And for that reason and awareness, the boy has a clear position on the subject.

01:51:37:29 HOWARD STRAUS: Genetically engineered foods are literally lethal.

01:51:42:06 STEVE KROSCHER: It was here in San Francisco that the boy had the good fortune to meet the Executive Director of the Center for Food Safety, Andrew Kimbrell.

01:51:51:26 The Center for Food Safety is a national nonprofit organization working to protect consumers and the environment from the hazards of harmful food production technologies, and promote organic and other forms of sustainable agriculture.

01:52:07:08 ANDREW KIMBRELL: One of the greatest misconceptions we have about genetically engineered foods is that genie is out of the bottle.

01:52:11:19 You know, you hear all the time that 60% or 70% of foods got genetically modified ingredients in it.

01:52:17:09 Not true; 60% of *processed* food has genetically engineered ingredients.

01:52:22:18 Actually, almost *none* of your whole foods are genetically engineered.

01:52:25:21 None of your fruits, none of your vegetables, you know, your meat, your fish, most of your dairy products are completely free of genetically engineered ingredients.

01:52:32:22 As a matter of fact, there's only really four genetically engineered crops: that's, corn, cotton, canola and soy.

01:52:37:29 So, we have stopped genetically engineered wheat, we have stopped genetically engineered rice, we have stopped genetically engineered fish, we have stopped these biopharmaceuticals.

01:52:44:27 We're seeing that, really, genetically engineered food is one of the great failures of modern agriculture that's been rejected around the world, and not only can we stop it, we *are* stopping it.

01:52:54:18 ANDREW KIMBRELL: There are five companies that are behind GMO's.

01:52:57:00 You have Monsanto, Dupont, Behr, Segenta, and Dow.

01:53:03:04 Those are the big five companies behind genetically engineered foods.

01:53:06:04 And they all share one thing in common: they're not agriculture companies, they're chemical companies.

01:53:11:22 And there's a reason for that.

01:53:13:09 Genetic engineering today means only one thing - not all the stuff that's been advertised, all the myths about more food, more nutritious food, tastier food - all nonsense science fiction.

01:53:22:00 These chemical companies have engineered these crops so they can withstand more and more of their herbicides and pesticides.

01:53:27:19 And they - selling hundreds of millions of more tons of their chemicals.

01:53:31:00 That's what they're about.

01:53:32:02 ANDREW KIMBRELL: I'm not surprised that Monsanto did not want to interview for this film.

01:53:35:29 Monsanto has developed the technology, which has one purpose and one purpose alone, which is they can sell more of their herbicides.

01:53:44:02 STEVE KROSCHER: Garrett had some homework completed on this topic, which he found notable and disturbing.

01:54:09:23 STEVE KROSCHER: "Monsanto should not have to vouchsafe the safety of biotech food, our interest is in selling as much as possible. Assuring its safety is the FDA's job."

01:54:20:13 But Garrett found this disturbing and confusing.

01:54:23:02 In a recently published book, he read another statement.

01:54:26:27 GARRETT: "Ultimately, it is the food producer who is responsible for assuring safety."

01:54:31:24 BETH HARRISON: Uh, so, really it's up to the good nature of the biotech companies to provide studies to the government.

01:54:39:23 But mostly this is an unregulated industry, and this is our food.

01:54:44:04 ANDREW KIMBRELL: One of the great questions people ask is, "Are genetically engineered foods lethal? Are they toxic?"

01:54:48:29 And the FDA gave us an answer.

01:54:51:15 The Food and Drug Administration has given us the answer.

01:54:53:10 In the '80s and '90s, they looked at these foods and said, "Yes, the process of genetic engineering can take a nontoxic food and make it toxic."

01:55:00:27 It can create new allergens.

01:55:02:24 It can lower nutrition in foods.

01:55:04:09 It can lower our immune response.

01:55:06:15 And, in certain cases, we've even seen these foods have the potential to create cancer, certain of the - this technology.

01:55:12:05 So, the answer is in on whether GMO foods are lethal or toxic.

01:55:16:21 Yes, the very process can make a safe food and turn it into a toxic food, and potentially a lethal food.

01:55:22:25 ANDREW KIMBRELL: The objective of Monsanto is clear.

01:55:24:20 Monsanto has become the largest seed company in the world.

01:55:28:07 Monsanto is in the process of buying up all the seeds in the world, which they then want to patent and control, so that farmers will not be able to save those seeds.

01:55:37:16 And then when they genetically engineer those seeds, and they want to put something called Terminator technology in those seeds.

- 01:55:42:23 And this has those seeds create suicide after one growing season, so that farmers cannot save those seeds.
- 01:55:48:18 So, what Monsanto's really after is controlling all the seeds of the Earth, and making sure that the farmers of the Earth cannot save those seeds.
- 01:55:57:11 This becomes extremely important when you realize that 80% of all the farmers of the world depend on seed saving for their survival.
- 01:56:06:00 So, if Monsanto's able - either through patenting or through this terminator technology - to destroy their ability to save seeds, the result will be mass starvation.
- 01:56:16:05 STEVE KROSCHEL: Garrett was surprised to learn that controlling pests and all the other reasons chemicals are applied, including artificial fertilizers, is completely unnecessary.
- 01:56:24:28 There are dozens of institutions in the U.S. alone that strive to declare the good news of sustainable agriculture.
- 01:56:31:28 STEVE KROSCHEL: Dr. Paul Hepperly demonstrated to us through many seed and field trial studies the amazing ways in which plants thrive and outperform chemically-dependent fields.
- 01:56:42:12 In many instances, the crop yields far exceed chemically-treated farms.
- 01:56:46:26 The studies are extensive, repetitive and uplifting to anyone who cherishes good health.
- 01:56:53:03 Dr. Gerson stated that the soil is our external metabolism.
- 01:56:57:08 It must be free of sprays and poisons or the body cannot heal.
- 01:57:11:16 STEVE KROSCHEL: With chemical agriculture, the water that comes out of your tap may contain much more than fluoride and chlorine.
- 01:57:21:05 STEVE KROSCHEL: And there's another food treatment process that could still threaten your health.
- 01:57:26:01 ANDREW KIMBRELL: We have found with the irradiation of food is it does not just kill the bacteria, which is what it is used for, but actually molecularly changes the food.
- 01:57:35:04 It creates something in food called "free radicals."
- 01:57:38:02 These are novel molecular elements in the food that have never been there before.
- 01:57:42:03 Uh, for example, in normal foods we have seen the creation of benzene, which is a known carcinogen.
- 01:57:48:27 We have seen a number of other toxic elements in these food created because the irradiation that fundamentally altered that food.
- 01:57:56:07 ANDREW KIMBRELL: What we, I think, now understood about our food crisis is it's not just a crisis of losing farms, it's not just an environmental crisis.
- 01:58:03:23 It's not just a nutrition crisis.



01:58:05:14 It's also an ethical crisis.  
01:58:07:08 Every decision each of us makes about the food that we buy, the food that we eat, the food that we grow changes our farm system, changes the fate of the 10 billion animals used each year, and so cruelly treated each year in our food system.  
01:58:20:28 So, we have an ethical responsibility to eat well.  
01:58:24:22 ANDREW KIMBRELL: The beautiful truth is that people around the world are saying, "No," to GM foods, they're saying, "No," to irradiation.  
01:58:29:15 They're saying, "No," to food additives and they're saying, "Yes," to organic food and beyond organic food.  
01:58:34:10 They're saying, "Yes," to food that is local, that is appropriate scale, that is humane, that's biodiverse, and that's socially just.  
01:58:41:11 STEVE KROSCHEL: Garrett thought that one way to stop some of this is by the way we vote, if indeed you can trust the voting machines to work right.  
01:58:58:19 STEVE KROSCHEL: How could a man who was curing cancer and chronic disease over 80 years ago be so misunderstood?  
01:59:04:19 It was now even within reach for this 15-year-old boy to understand.  
01:59:08:27 Is it at this point a race against time to consider the gift Gerson offered the world so long ago, before we exceed the tipping point merely from an environmental standpoint?  
01:59:27:00 STEVE KROSCHEL: During the course of our travel, Garrett noted an article in the paper about obesity.  
01:59:32:03 After what he had learned, it wasn't a bit surprising.  
01:59:35:11 With all these chemicals and craving for more chemicals and more refined foods and sugar, we are bound to be obese and die that way.  
02:00:00:09 STEVE KROSCHEL: The Ohio Valley is the casket-making capital of the world.  
02:00:03:28 Naturally, the boy had wondered what eventually happens to an oversized dead person.  
02:00:08:28 Here at Goliath Casket company, this family-owned business is experiencing a booming market, which Garrett credited to pharmaceutical drugs, MSG, aspartame, vaccines, food irradiation, genetically modified foods, dental amalgams, water fluoridations, and root canals, to name a few.  
02:00:27:15 STEVE KROSCHEL: Even the standard-size casket is an inch wider than it used to be.  
02:01:22:05 KEITH DAVIS: Most people won't get in one because they're afraid to do that.  
02:01:24:21 It's an omen, bad omen.  
02:01:31:00 GARRETT: This would actually be quite nice for the cabin up in Alaska in the summer.

02:01:34:13 You - you can close the lid, and you wouldn't get any light, and you could sleep better.

02:01:45:19 KEITH DAVIS: Stick your fingers out.

02:01:54:16 Most of the people are not taller, but they're wider and deeper.

02:01:58:24 One of the issues we have with oversized, uh - obesity and oversized people, is that they're very wide, and they're also very much thicker, or deeper.

02:02:09:10 So, our caskets have to be designed to accommodate this problem.

02:02:12:27 Also, when we're, uh - when they ask for a cremation - and many times they cannot do the cremation because the doors on the retort aren't big enough.

02:02:21:26 Also, if they can do that, they have to be very careful of how they process the body in the retort to prevent the retort from catching on fire, because of all the excess body fluids that may catch on fire, and also cause the retort to burn down.

02:02:35:04 There have been several incidences where the fluids of the body caught on fire and, uh, caused the retort to burn down.

02:02:41:21 This happened in Columbus and in Indianapolis.

02:02:50:20 STEVE KROSCHEL: With all this cross country travel, we had to stop.

02:03:07:12 It was the home of Garrett's maternal grandmother.

02:03:13:14 Garrett's mother was killed in a freak accident one year and eight months ago.

02:03:29:15 STEVE KROSCHEL: All living things have a distinctive energy field around them that can be measured, and even photographed.

02:03:35:00 Garrett remembered before he left on this trip an experiment with an aerospace engineer named Christopher Wodtke.

02:03:41:27 In this take, what this engineer demonstrated was a comparison between a slice of cooked and uncooked organic baby carrot.

02:03:49:19 The cooked carrot is on the left.

02:03:51:24 The uncooked is on the right.

02:03:54:10 The uncooked carrot has a startling line of strong energy that's clearly lacking in this cooked carrot that was steamed for 10 minutes.

02:04:03:27 What this means is that pasteurized food is dead.

02:04:07:19 Garrett held a funeral for the latest victim, the almond.

02:04:21:22 STEVE KROSCHEL: We then tried the experiment with a piece of inorganic apple and a piece of organic apple.

02:04:27:20 The results were more subtle, but the apple piece on the right is organic.

02:04:33:02 The left inorganic.

02:04:49:13 An organic tomato.

02:04:56:09 An inorganic tomato.

- 02:04:58:26 The photographic technique utilizes 50,000 volts and a broad range of frequencies to resonate with the test objects, capturing their patterns for analysis, whether living or nonliving.
- 02:05:11:28 The boy found the results consistent and fascinating, an area of study that needs a closer look.
- 02:05:26:19 CHRISTOPHER WODTKE: Science is when you can put numbers to things.
- 02:05:30:12 When you can put a measurement on things, you can create a science around it.
- 02:05:35:19 Kirlian photography is the iridology of the future where we can see markers in the aura that's around people's bodies, and these markers indicate where their health is deficient and where their health is fine.
- 02:05:58:28 STEVE KROSCHEL: All of the homework that Garrett did was finally coming together.
- 02:06:05:14 His study of the Gerson therapy was now close to completion.
- 02:06:09:26 The Gerson therapy is no secret - never has been - and it works.
- 02:06:13:29 It is simple, but requires compliance and dedication.
- 02:06:17:18 Very basically, it utilizes fresh pressed organic juices, delicious organic meals, and, oh yes, coffee, as in coffee enemas.
- 02:06:32:18 STEVE KROSCHEL: Dr. Gerson gave an example of 50 recovered patients in his original book in the late 1950's that was representative of thousands of recoveries that that time.
- 02:06:42:07 All the patients were diagnosed with extremely detailed records at leading medical centers around the country.
- 02:06:48:11 During and after the treatment, the medical records from independent medical centers bear out the results, and the results bear out a beautiful truth.
- 02:07:02:15 STEVE KROSCHEL: Gerson cured his good friend Dr. Albert Schweitzer of adult onset diabetes, and then his wife of lung tuberculosis, and then his daughter of a rare skin disease.
- 02:07:11:25 It is something Schweitzer would never forget, and they exchanged letters up until Gerson's death in 1959.
- 02:07:20:12 STEVE KROSCHEL: Garrett thought the only reason that could explain why the general public has never heard about this therapy is because of this.
- 02:07:30:00 The boy is certain that many of the famous and talented *would* have changed history and culture if they could have only known.
- 02:07:37:03 CHARLOTTE GERSON: Garrett, on the question of what does the pancreas do, essentially the job of the pancreas is to digest food.
- 02:07:44:26 STEVE KROSCHEL: The pancreas has a key role to play in the Gerson therapy, and in this boy's simple graphic, it is clear the human intestinal track is longer than that of the carnivore.

02:07:54:15 The digestion in a human becomes quite compromised if he starts to eat animal protein, stressing the pancreas, as well as the digestive tract.

02:08:06:08 CHARLOTTE GERSON: But the pancreas has one additional, very important job, and that is to protect the body from, uh, malignant cells.

02:08:15:29 The pancreas recognizes malignant cells if they develop, and digests and kills them, and gets rid of them.

02:08:24:16 When you overload the pancreas, as most Americans do, with excess animal protein foods, all the jobs, all the ability of the pancreas is used up just trying to digest and get rid of all this animal product, and there's nothing left to protect you from the, uh, malignant cells.

02:08:47:06 The immune system is paralyzed.

02:08:50:14 STEVE KROSCHER: Then the question was posed to Howard by the Slovenian guest how the coffee enema works.

02:08:55:00 SLOVENIAN GUEST: Why?

02:08:55:21 HOWARD STRAUS: Well, what happened was that the caffeine in the coffee enema was absorbed by the hemorrhoidal vein, which is wrapped around your descending colon.

02:09:06:00 That is a vein; it's a drainage system, not a distribution system, like an artery.

02:09:10:29 So that - that's part of the portal venous system, which then brings the caffeine directly to the liver, directly to the liver.

02:09:20:09 SLOVENIAN GUEST: Okay.

02:09:20:22 HOWARD STRAUS: Not just the caffeine, but also some of the other - other, uh, elements of coffee: cafestol and kahweol.

02:09:27:23 SLOVENIAN GUEST: Okay.

02:09:28:15 CHARLOTTE GERSON: And potassium.

02:09:29:20 HOWARD STRAUS: And potassium, very important, potassium.

02:09:31:28 SLOVENIAN GUEST: Okay.

02:09:32:20 HOWARD STRAUS: So then the, uh, liver is stimulated to produce glutathione S-transferase and bile.

02:09:41:12 Now, what glutathione S-transferase does, it's a blood cleansing enzyme.

02:09:46:23 Uh, of course, pharmaceutical companies have wanted to produce something that would simulate glutathione S-transferase, but they can't patent it.

02:09:55:14 SLOVENIAN GUEST: Mmm hmm.

02:09:56:13 HOWARD STRAUS: Um, because if they could clean the blood, that would be wonderful, but they can't.

02:10:01:03 SLOVENIAN GUEST: Okay.

02:10:01:22 So we say, "Coffee enema, coffee enema."

02:10:04:02 Now, they say, "Go away, kid, we can't patent that."

02:10:06:24 STEVE KROSCHER: The coffee enema is prepared with three tablespoons fine ground organic coffee, then it is simmered for 15 minutes.

02:10:14:12 It is then poured through a filter into a one quart container.

02:10:18:00 Distilled water is also added to restore it to a quart.

02:10:21:10 Then it is poured into an enema bucket.

02:10:25:26 STEVE KROSCHER: Once the coffee has drained into the patient, the patient lies on his right side, knees drawn up for approximately 10 to 13 minutes, and then evacuates.

02:10:36:26 But in order for the boy to truly be impacted on a personal level, he needed to meet cancer patients to believe it for himself.

02:10:44:23 No more pictures, no more books.

02:10:47:13 Garrett wanted to go to Mexico.

02:11:15:04 STEVE KROSCHER: The boy was surprised at how pleasant the surroundings were, and how happy the cancer patients seemed.

02:11:21:11 They were here from all over the world.

02:11:23:24 Garrett ate with them and listened to their stories.

02:11:26:24 One of the clinic's doctors shared with Garrett a personal experience about working on a movie set as a crew doctor on the Hollywood movie James Cameron made called *Titanic*, which shot in Mexico.

02:11:42:04 STEVE KROSCHER: One of the patients from New Zealand was eager to visit with Garrett.

02:11:46:14 GARRETT: So, how long have you been here?

02:11:48:13 FEMALE PATIENT: Three weeks today.

02:11:50:15 Um, I came here straight from the Mayo clinic in Florida.

02:11:54:18 And I've got melanoma in my bones, spine, leg, liver, lungs and lumps.

02:12:03:07 Since I've been here, inside myself I feel hugely different: much stronger, physically, and I've lost the nausea.

02:12:13:00 I've had, uh - it's a little bit of a roller coaster.

02:12:16:04 You get some reactions while you're here.

02:12:19:12 Uh, I haven't been able to check diagnostically, because it's only three weeks, but within myself, I feel 100% better than when I came.

02:12:26:20 Um, Garrett, there was one person when I first came here who wasn't doing so well with the therapy.

02:12:32:22 And he started off doing 50% of it, um, and by the time he left, he was doing very little.

02:12:39:20 I would recommend anyone who wanted to do this to do the full therapy, otherwise it really doesn't work.

02:12:44:24 That's doing the juicing, the enemas, the diet, everything.

02:12:48:17 And then it really works.

02:12:51:17 FEMALE PATIENT: So, I came here from, uh, the Mayo clinic, and I just finished doing radiation.

02:12:57:04 They told me that I had four to six months to live if I didn't do chemo.

02:13:01:15 And if I did chemo, I'd have six to eight months to live, with what I had.

02:13:05:22 If I had really good chemo - that's like top of the line - and I responded, I might have a year.

02:13:10:16 So, looking at those options, I decided to look elsewhere.

02:13:14:10 My sister flew over to meet me, and she was reading Angola's book about his recovery from cancer.

02:13:20:19 He had bone cancer, where he was given two weeks to live.

02:13:24:17 And after, um, trying the Gerson therapy for several months and then adapting it, um, he's now still alive and is got the Angola Foundation in Australia.

02:13:35:09 I trust it, actually, with my life; that's why I'm here.

02:13:37:21 DOCTOR: In talking to Mrs. Gerson and talking...

02:13:39:09 STEVE KROSCHEL: And then Howard and Garrett spoke with one of the clinic's doctors.

02:13:42:20 DOCTOR: ...both cases that we have--

02:13:43:28 HOWARD STRAUS: And what do you see?

02:13:45:00 What do you see in the first few days?

02:13:47:01 DOCTOR: In the first few days, with doing the coffee enemas, I started notice changes.

02:13:51:24 Their pain starts to diminish, their energy's increasing.

02:13:54:21 Patients that come here, the first that went, blood pressure.

02:13:57:06 Blood pressure in the first week disappears.

02:13:59:15 Good-bye taking blood pressure medications.

02:14:02:13 And the patients aren't realizing, you know, there's something more here than just a coffee enema, and detox, and organic diet, and juices.

02:14:08:06 They start to see the changes, and as I start to believe in what they hope they're (words unclear).

02:14:13:18 And I tell them, "It's more than hope; it's a reality."

02:14:16:13 HOWARD STRAUS: Reality.

02:14:17:00 DOCTOR: And it starts changing their way of life.

02:14:18:23 HOWARD STRAUS: And you, as a physician, must get phenomenal satisfaction.

02:14:22:24 DOCTOR: It excites me.

02:14:23:27 Unbelievable to see changes in the blood work, in the X-rays.

02:14:27:28 Something that I can actually touch, feel, because I see these patients every day.

02:14:33:20 STEVE KROSCHEL: From Tijuana, Garrett travels south to meet a cancer patient that was recovering against all odds, at home with the Gerson therapy.

02:14:43:00 In the mountains outside San Cristobal de las Casas, Howard Straus guided Garrett to meet this patient, who is the same age as Garrett.

02:14:52:05 Her name is Lupita.

02:15:12:02 STEVE KROSCHER: Lupita overcame a rare form of female cancer that has astounded her physician, utilizing the Gerson therapy under extremely difficult conditions, proved to Garrett that anything is possible if one simply has faith.

02:15:35:23 STEVE KROSCHER: For Lupita, fresh organic vegetables and fruits are not difficult to find.

02:15:42:12 Ironically, truly organic produce in the United States is harder to come by.

02:16:03:11 STEVE KROSCHER: The laboratory tests on the patients are extensive and carefully watched.

02:16:07:08 Most patients only stay at the clinic one to three weeks, and then go home to recover.

02:16:11:26 One study on the Gerson therapy found a 100% success rate with melanoma, stage one and two.

02:16:18:19 Stage three, 80%, and stage four, 39% success rate.

02:16:23:28 For terminal patients of any cancer that orthodox medicine had given up on, 39% still recover, and that includes pancreas cancer, which has less than a 1% survival rate by conventional medicine.

02:16:37:23 STEVE KROSCHER: The Gerson institute in San Diego has extensive files of case histories for anyone to see.

02:16:45:12 ISSA KHALAF: At 12 months after, uh, the diagnosis of prostate cancer, I was cancer-free within 12 months.

02:16:52:10 And, uh, that was proven by the MRI and other imaging tests that I had, and which found, amazingly, that the cancer was completely gone.

02:17:02:20 From my sacrum, from my pelvis, from my liver and from the prostate.

02:17:08:18 32 months after diagnosis, I did yet another MRI, a second MRI, and that reconfirmed that the cancer was completely gone from my body, in all areas of my body.

02:17:20:24 ISSA KHALAF: And if anyone doubts this, uh, I have all the medical records to prove it.

02:17:25:03 I brought all the medical records with me, from the doctor's reports to the scans to the imagings, and they prove it without, without, beyond a doubt.

02:17:34:29 It's just an amazing thing.

02:17:36:07 STEVE KROSCHER: The pathology reports speak for themselves.

02:17:52:00 STEVE KROSCHER: Garrett found recovered patients everywhere, with proof from their doctors.

02:17:56:27 WOMAN: The Gerson Therapy cured my fibromyalgia.

02:18:00:18 STEVE KROSCHER: But then I showed Garrett footage I had taken almost five years ago of a patient that was given a death sentence by conventional medicine.

02:18:08:26 She had extra ovarian primary peritoneal carcinoma, stage four.

02:18:15:10 No one had ever recovered from such a cancer using orthodox medicine.

02:18:21:14 So, here she was, using the Gerson therapy in a last ditch effort.

02:18:28:24 STEVE KROSCHEL: And now, five years later, Garrett was looking at the results.

02:18:35:14 Was he reading her obituary?

02:18:38:19 This was her story.

02:18:43:06 WOMAN: He leaves the room and goes, you know, down the hall for a minute.

02:18:48:12 And he comes back in the door, and he crosses his hands across his chest, and just in astonishment, he looks at me and he says, "You're the only patient we have seen that has survived this diagnosis."

02:19:02:15 He said, "This is unheard of."

02:19:05:08 And, um, so I told him that if he ever got sick to give me a call.

02:19:13:06 And I would help him.

02:19:14:25 STEVE KROSCHEL: Garrett wanted to push this further, and so he asked this patient to go back to the Mayo clinic to get a statement from her diagnostic doctor that the Gerson therapy cured her.

02:19:26:05 The Mayo clinic went into a panic mode, because the doctor did want to appear on camera, but he was cut off.

02:19:33:03 It became a waiting game.

02:19:34:29 WOMAN: He would have much appreciated it.

02:19:36:14 He'd be making a big difference for the treatment of cancer and the environment.

02:19:40:26 STEVE KROSCHEL: As a result, the doctor is quitting the Mayo clinic to work without such restrictive boundaries.

02:19:46:12 But there are many others.

02:19:48:20 SECOND WOMAN: In 1986, I was diagnosed with pancreas cancer, which has spread to my liver, gall bladder and spleen.

02:19:56:21 The doctors told me I had three months to live, to go home, get my finances in order, and prepare to die.

02:20:08:24 STEVE KROSCHEL: She did the Gerson therapy over 20 years ago.

02:20:12:01 Garrett remembered where he started with his home school lesson.

02:20:14:29 It all came back to him quite quickly.

02:20:26:06 DR. DEAN EDELL: No, I don't think there's any evidence that anybody's ever been cured by, uh, Gerson therapy.

02:20:31:07 DR. WALLACE SAMPSON: It's not right from any aspect at all.

02:20:34:09 STEVE KROSCHEL: Well, has the Gerson therapy ever cured a cancer patient?

02:20:37:21 DR. WALLACE SAMPSON: No, 'course not, they won't even release their records.



02:20:39:24 DR. STEPHEN BARRETT: I don't believe that there's any  
proof that the Gerson therapy works.  
02:20:44:22 In other words, Charlotte Gerson was lying.  
02:20:51:24 CHARLOTTE GERSON: There are laws against healing  
cancer.  
02:20:54:03 The doctor is not allowed to try anything else.  
02:20:56:28 He must use only those treatments that have already proven to  
be failures.  
02:21:02:14 Imagine what we could do if this could be accepted.  
02:21:07:01 BOB: What I'd like to see is some proof, some good scientific  
proof.  
02:21:10:07 Scientific proof.  
02:21:11:10 Scientific proof.  
02:21:12:07 Scientific proof. Proof.  
02:21:18:23 STEVE KROSCHER: And yet, the cancer industry thrives and  
continues to persuade people that we are *still* searching for a  
cure.  
02:21:26:00 The American Cancer Society and the National Cancer  
Institute wouldn't even return our calls.  
02:21:32:12 STEVE KROSCHER: Before Garrett returned to Alaska, there  
was one more person he wanted to meet.  
02:21:37:11 His name is Jay Kordich.  
02:21:39:17 Known by millions as The Juiceman, Jay is responsible for  
selling close to \$1 billion of juicers throughout the world.  
02:21:48:23 JAY KORDICH: Well, Garrett, you know I've been doing this  
now since 1948, ever since I had cancer of the urinary bladder.  
02:21:54:22 You know, uh, when I think back, I just finished playing  
football for the University of Southern California, and, uh, I  
was drafted by Curly Lambeau and the Green Bay Packers.  
02:22:05:09 And then this urinary problem started.  
02:22:07:16 I started to pass blood, and I found out it was - I had a tumor in  
my urinary bladder, and I had remembered a class that I had on  
one of my physiology classes - human anatomy classes - and I  
had inadvertently read about Dr. Max Gerson treating Dr.  
Albert Schweitzer, you know.  
02:22:25:22 And I figured, my God, after I found out I had cancer of the  
bladder, I figured if this treatment was good enough for Dr.  
Albert Schweitzer, it's gotta be good enough for me.  
02:22:37:17 JAY KORDICH: Never believe that much juice would come  
out of this.  
02:22:41:10 JAY KORDICH: This - this is the juice that saved my life  
when I had cancer of the bladder.  
02:22:49:03 The Gerson treatment: carrot and apple.  
02:22:54:22 JAY KORDICH: Because of that, I'm here.  
02:22:57:06 All the drinks that I made and I continue even today, and this  
has been how long?  
02:23:03:02 Wow. 1948.

02:23:05:12 My words of advice to you, bring the power of plants into your body.

02:23:10:18 There's nothing like freshly-made juices to nurture your 100 trillion cells.

02:23:58:08 STEVE KROSCHEL: Garrett was now six miles from home.

02:24:01:03 His home school lesson was officially over.

02:24:04:03 The memories of the trip still glowed red hot in his mind.

02:24:08:06 Specifically, how could he possibly forget a woman who carries on her father's work relentlessly, against all opposition, who carries the torch of a way of life that *is* health care, not some government agency's plan, hatched with a collection of drug companies?

02:24:48:02 STEVE KROSCHEL: The boy does believe in hope.

02:24:50:09 He believes he has a future.

02:24:52:19 He believes that environmental issues that confront humanity will dissolve into collective solutions.

02:24:58:20 After all, this is our only home, and we are rational human beings.

02:25:45:24 STEVE KROSCHEL: Garrett couldn't wait to bring this fresh-pressed carrot juice to his neighbor, John.

02:26:54:02 BOB: I'd like to see some scientific proof.

02:26:56:13 STEVE KROSCHEL: Our other neighbor, Bob, the one that milks the goats and was quite skeptical, was really liking what he was hearing.

02:27:03:06 And so was his wife, up until...

02:27:05:06 GARRETT: Okay, so here you want to add three tablespoons of coffee into your boiling water.

02:27:11:00 Then you want to let it simmer after, for 12 minutes.

02:27:14:27 And, uh, pour it in a quart jar and add water so it, um, ends up being a quart.

02:27:20:28 Um, then you connect the tube to your arse, and then you let the coffee drain into your arse.

02:27:28:27 Then, uh, you let it sit for 12 minutes, and then you release it into the bathroom toilet.

02:28:07:09 STEVE KROSCHEL: For each of us, eventually, whether we're ready or not, someday it will come to an end.

02:28:15:09 There will be no more sunrises, no minutes, hours or days.

02:28:20:20 All the things you collected, whether treasured or forgotten, will pass to someone else.

02:28:27:06 Your wealth, fame and temporal power will shrivel to irrelevance.

02:28:32:25 It will not matter what you owned or owed.

02:28:36:22 Your grudges, resentments, frustrations and jealousies will finally disappear.

02:28:44:01 So, too, your hopes, ambitions, plans and to do lists will expire.

02:28:51:15 The wins and losses that once seemed so important will fade away.

02:28:56:18 It won't matter where you came from, or on what side of the tracks you lived at the end.

02:29:02:18 It won't matter if you're beautiful or brilliant.

02:29:05:23 Even your gender and skin color will be irrelevant.

02:29:09:29 So, what will matter?

02:29:11:27 How will the value of your days be measured?

02:29:15:03 What *will* matter is not what you bought but what you built, not what you got but what you gave.

02:29:22:16 What will matter is not your success but your significance.

02:29:27:10 What will matter is not what you learned but what you taught.

02:29:31:24 What will matter is every act of integrity, compassion, courage or sacrifice that enriched, empowered or encouraged others to emulate your example.

02:29:42:19 What will matter is not your competence but your character.

02:29:47:03 What will matter is not how many people you knew, but how many will feel a lasting loss when you're gone.

02:29:54:04 What will matter is not your memories but the memories that live in those who loved you.

02:30:05:08 A life lived that matters is not of circumstance but of choice.

02:31:38:20 CREDITS

**Appendix II**

THE BEAUTIFUL TRUTH - TRANSLATION INTO SPANISH

01:00:00:00 INICIO DEL PROGRAMA  
01:00:03:04 STEVE KROSCHEL: La más densa oscuridad puede ser  
traspasada por penetrantes rayos de luz .  
01:00:09:02 Y a través de una delicada arteria, se dan paso las finitas  
extensiones del milagro llamado "vida".  
01:00:18:21 La Tierra: Ha existido por mucho tiempo.  
01:00:24:10 La luz ha bañado gentilmente esta hermosa y compleja  
membrana fielmente.  
01:00:31:27 STEVE KROSCHEL: La humanidad es la única forma de vida  
que se detiene a observar detenidamente nuestro único hogar.  
01:00:39:20 Nuestra inteligencia nos ha llevado hasta aquí.  
01:00:42:08 Y también nos ha llevado más cerca de otro mundo... dentro de  
nosotros.  
01:00:47:00 Y dentro de este universo, irónicamente, está el plan para  
nuestro futuro.  
01:00:53:01 STEVE KROSCHEL: Cáncer: Es un bio-código con fallas.  
01:00:56:20 Se deleita con lo que hacemos para alimentarlo.  
01:00:59:21 El menú que servimos a estas criaturas se vuelve cada día más  
extenso.  
01:01:05:08 Excepto que un ser humano encontró la forma de cerrar las  
puertas de la despensa hace mucho tiempo, en 1928.  
01:01:16:19 Esta es su historia.  
01:01:25:09 El famoso naturalista John Muir escribió una vez: "Si uno hala  
de una simple hebra de la naturaleza, descubrirás que está  
conectada con todo lo demás".  
01:01:33:24 STEVE KROSCHEL: Este joven de 15 años llamado Garrett  
continuamente redescubre ese hecho desde diferentes puntos  
de vista.  
01:01:40:01 El vive con su padre en una región remota de Alaska, donde  
viajar en avioneta es algo casi rutinario.  
01:01:46:04 Desde estas alturas, se puede observar fácilmente la salud de  
los bosques, la vida silvestre e incluso el deshielo glaciar.  
01:02:10:16 STEVE KROSCHEL: Garrett posee una aguda sensibilidad  
hacia la naturaleza.  
01:02:13:20 Sus ojos ya han visto la crudeza de la naturaleza, teniendo así  
las respuestas a muchas preguntas incluso antes de poder leer  
sobre ellas en libros.  
01:02:32:21 STEVE KROSCHEL: Desde que él tenía uso de razón, su  
familia ha trabajado con animales salvajes huérfanos, por lo  
que su conocimiento sobre biología era práctico en eso  
también.  
01:02:42:06 Gracias en parte a un libro especial escrito por un Dr. Max  
Gerson.

- 01:02:47:15 Él entendió la importancia de alimentar a un cachorro, como es el caso de este puercoespín, con la mezcla exacta de alimentos, o esa criatura moriría rápidamente, sobre todo en sus primeros días de vida.
- 01:03:10:17 STEVE KROSCHEL: Con visitas regulares a nuestro vecino, Bob, conseguimos esta leche de cabra sin pasteurizar.
- 01:03:15:22 Ninguna tienda podría venderla legalmente.
- 01:03:18:22 La esposa de Bob, Margaret, se recupera de un cáncer de mama.
- 01:03:25:08 Pero recientemente ella escuchó a Garrett hablar sobre el Dr. Gerson, y enseguida se corrió la voz en la comunidad sobre esta terapia Gerson.
- 01:03:33:22 Entre las personas que quedaron profunda y positivamente impactadas estuvieron el alcalde, el electricista local, el banquero, el hombre del Museo Hammer.
- 01:03:48:14 También se sumó el apicultor quien observó vínculos de la terapia Gerson con la salud y productividad de sus abejas.
- 01:03:56:13 Además estaban el artista, los empleados de la tienda orgánica, y luego se obtuvo un video de Gerson.
- 01:04:06:01 CHARLOTTE GERSON: Existen leyes en contra de la curación del cáncer.
- 01:04:08:09 A los médicos no se les permite que intenten nada más.
- 01:04:11:05 Ellos deben aplicar sólo esos tratamientos que se ha demostrado que no funcionan.
- 01:04:16:20 Imagínense lo que podríamos hacer si esto pudiera ser aceptado.
- 01:04:20:07 Pero hay leyes en contra de esto; no te permiten curarte.
- 01:04:23:01 Es que hay mucho dinero por ganarse con la venta de fármacos.
- 01:04:25:14 STEVE KROSCHEL: Para el vecino diabético de Garrett, John, este mensaje llegó demasiado tarde para salvar sus piernas.
- 01:04:30:20 Pero quizás Bob, el lechero, tiene el mejor comentario sobre la terapia de Gerson.
- 01:04:35:27 BOB: Lo que me gustaría es ver pruebas, buenas pruebas científicas.
- 01:04:41:00 STEVE KROSCHEL: Cuando un crucero arribó al pueblo, muchos turistas querían aprender sobre la vida animal que preocupaba a Garrett.
- 01:04:46:14 A él le sorprendía lo poco que la mayoría de la gente sabía acerca de los animales salvajes y sus necesidades.
- 01:05:04:03 STEVE KROSCHEL: Cuando la hija del Dr. Gerson, Charlotte, se enteró de esta situación, ella le envió un pequeño obsequio a Garrett.
- 01:05:21:09 Era un nuevo libro escrito por Charlotte que detallaba cómo funcionaba la terapia del Dr. Gerson.
- 01:05:27:06 Contiene argumentos fáciles de entender sobre el cáncer.

- 01:05:30:17 El texto sería buena lectura, incluso para un chico de 15 años.
- 01:05:34:12 Los capítulos eran profundos y parecían demasiado buenos para ser verdad.
- 01:05:38:02 Se presentaban argumentos que despertaban la curiosidad por aprender más.
- 01:05:47:26 STEVE KROSCHEL: Este momento estaba a punto de convertirse en un nuevo capítulo en la vida de Garrett.
- 01:05:51:25 Hasta el momento, leer un libro de principio a fin era algo inusual para él.
- 01:05:55:26 Pero en este caso era diferente, debido en parte a lo que se trataba en el libro; era lo que él observaba a diario, incluso al hacer las tareas más rutinarias.
- 01:06:05:23 Algo de lo que Garrett no se había dado cuenta completamente era de las implicaciones de la potencia y poder contenidos en la vegetación.
- 01:06:29:29 STEVE KROSCHEL: Lo que parecía un simple refrigerio extraído del huerto, tendría tremendas implicaciones a nivel mundial.
- 01:06:36:03 Si la terapia de Gerson fuera aceptada e implementada, podría ayudar a cambiar la historia de la agricultura moderna de la humanidad, el suministro de alimentos, los sistemas de salud, la economía, y por supuesto, el medio ambiente.
- 01:06:48:21 Luego Garrett aprendió una lección sobre no ser apreciado cuando un día su padre limpiaba la casa y arrojó a la basura una pieza artística hecha por el mismo Garrett.
- 01:06:56:28 Debido a su diseño inusual, el recolector de basura la cogió con mucho cuidado y se la dio a la policía local, quien la identificó como una bomba, sin duda, un duro golpe a la creatividad de Garrett.
- 01:07:05:21 Luego otras situaciones golpearon al joven Garrett, por lo que sus notas sobresalientes bajaron.
- 01:07:11:07 Su padre decidió que Garrett tenía que continuar con su educación en casa.
- 01:07:13:23 Su primera lección de educación en casa fue acerca del Dr. Gerson y...
- 01:07:17:10 BOB: Me gustaría ver alguna prueba científica.
- 01:07:20:13 STEVE KROSCHEL: El chico no estaba seguro de cómo lograr eso, pero para empezar, dedujo una analogía entre las minas de oro y la naturaleza humana.
- 01:07:32:04 Decidió que el mejor lugar para empezar su investigación era la biblioteca pública.
- 01:07:36:15 No le tomó mucho tiempo para encontrar varias fuentes independientes que confirmaban puntos importantes mencionados en el libro original clásico del Dr. Gerson.
- 01:07:46:11 En base a aquellas importantes pautas, los dudosos personajes que crearon la historia sobre el uso del fluoruro, fascinaron al chico.

- 01:07:53:21 Buscó más información y así aparecieron más irregularidades.  
01:07:58:08 Luego Garrett comenzó a armar un bosquejo general de lo que se necesitaba para confirmar exitosamente el Protocolo de Gerson.
- 01:08:06:07 Fue cuando las palabras sobre esperanza se escribieron que pedí que me involucraran para ayudar a documentar la integridad de la Terapia Gerson.
- 01:08:15:22 GARRETT: Primero fue Gerald Cox, quien trabajó para el Instituto Mellon de Investigación Industrial.
- 01:08:20:23 El Instituto Mellon, por cierto, fue el principal defensor de la industria del asbesto.
- 01:08:25:26 Gerald Cox se interesó en el fluoruro por recomendación de Francis Frary, director de los laboratorios de aluminio de Alcoa.
- 01:08:35:02 Y luego vino un destacado científico en toxicología, el Dr. Hodge Harold.
- 01:08:39:22 Harold Hodge fue quien supervisó las inyecciones de plutonio y de uranio en humanos.
- 01:08:45:29 STEVE KROSCHER: Harold Hodge estudió la cuestionada seguridad del fluoruro, pero debido a la presión conjunta de la Comisión Atómica y de la industria del aluminio, *tuvo* que decir que su uso era seguro.
- 01:08:55:12 GARRETT: Harold Hodge, junto con un grupo de científicos, ayudó a desarrollar la bomba atómica.
- 01:08:59:25 También estuvo el Dr. Robert Kehoe, quien trabajó para el Laboratorio Kettering.
- 01:09:04:24 Allá por los años 50, el Sr. Kehoe era promotor industrial de la Corporación Ethyl y en aquel tiempo afirmaba que el plomo en la gasolina era seguro.
- 01:09:14:20 Frank L. Seamans era el abogado de Alcoa y el jefe del Comité de Abogados del Flúor.
- 01:09:21:02 Y entonces hubo un experimento con perros de raza beagle, en el cual estos perros tenían que respirar aire fluorado seis días a la semana.
- 01:09:27:08 Como resultado, los perros sufrieron daños terribles en sus pulmones y en su sistema linfático.
- 01:09:32:04 Esta información debió haber sido entregada a los médicos y científicos, pero en su lugar fue entregada al Comité de Abogados del Flúor, y fue desaparecida.
- 01:09:39:29 Y luego apareció Edward Bernays, sobrino de Sigmund Freud, el mago de las relaciones públicas.
- 01:09:45:04 STEVE KROSCHER: Vender fluoruro para el suministro de agua potable fue fácil para Bernays.
- 01:09:48:21 Él usaba el lema "Confía en tu médico".  
01:09:51:06 Hasta el día de hoy, incluso pastillas de fluoruro son suministradas a niños, gracias en parte a la *necesidad* de usar fluoruro para construir la bomba atómica.



- 01:09:58:08 HOMBRE EN TELEVISION: Yo represento una milla de distancia en tu cámara.
- 01:10:01:03 La parte superior, dos millas.
- 01:10:02:15 Vamos a cambiar a otra cámara.
- 01:10:04:02 Voy a salir de aquí.
- 01:10:05:18 VOZ MASCULINA: Tres, dos, uno, cero.
- 01:10:13:00 La onda expansiva llegará al área del punto de control en aproximadamente medio minuto.
- 01:10:47:09 STEVE KROSCHER: En documentos desclasificados del gobierno, la Comisión Atómica, con respecto al uso de fluoruro y al registro de seguridad cuestionable en la construcción de la bomba, dijo que la información que invitara o tendiera a alentar reclamos en contra de la Comisión Atómica o sus contratistas, debía ser modificada o borrada en los artículos a ser publicados.
- 01:11:08:21 Situaciones similares a las de esta historia se pueden encontrar en otras actuales... ¿teléfonos celulares?
- 01:11:13:27 Un fondo de \$28 millones fue asignado al Dr. George Carlos en los años 90s para *probar* la seguridad en el uso de los celulares, pero lo que descubrió fue lo contrario.
- 01:11:22:02 El no aceptó remuneración alguna.
- 01:11:24:05 Las transmisiones de los teléfonos celulares son todavía motivo de preocupación en cuanto a cómo afectan a los insectos.
- 01:11:29:17 GARRETT: ¿Enseñan esto en las escuelas públicas?
- 01:11:33:02 STEVE KROSCHER: Pero con respecto a la salud dental, la dieta y no el fluoruro es la que realmente desempeña un papel trascendental.
- 01:11:38:03 Esto se tornó evidente para Garrett cuando ayudó en una operación sencilla de su lobo domesticado.
- 01:11:43:12 Los dientes perfectos del lobo, libres de caries, confirmaron detalles mencionados en un libro de la biblioteca que él recién había leído.
- 01:11:52:06 Se llamaba *Nutrición y Degeneración Física*, escrito por un reconocido dentista, el Dr. Weston Price.
- 01:12:02:21 El Dr. Price viajó por el mundo con su esposa en los años 1930s y visitó culturas nativas que nunca habían sido expuestas a la dieta de la civilización moderna de harina refinada, alimentos enlatados y azúcar.
- 01:12:13:07 Para su sorpresa, estas personas promediaban menos del 1% de caries dental.
- 01:12:17:16 Y el Dr. Price notó algo más.
- 01:12:20:05 Ninguno de los integrantes de estas varias tribus y culturas practicaba ningún tipo de higiene dental.
- 01:12:24:18 Ni uno solo de estos habitantes había utilizado nunca un cepillo dental.

- 01:12:28:11 Pero cuando los alimentos procesados se incluyeron en su dieta, aparecieron la caries dental y enfermedades, y ese fue el principio del final de los que eran robustos y fuertes.
- 01:12:41:18 STEVE KROSCHEL: El Dr. Price estudió animales con dietas inapropiadas.
- 01:12:44:12 El resultado fue terneros de dos cabezas y gatos deformes.
- 01:12:47:26 También observó una conexión directa entre la formación del cráneo humano y la dieta.
- 01:12:58:28 STEVE KROSCHEL: Incluso en la actualidad, el tema del fluoruro *sigue* en discusión.
- 01:13:03:10 En Juneau, capital del estado de Alaska, conocí al Director del Área de Odontología de la ciudad.
- 01:13:09:23 DIRECTOR DEL AREA DE ODONTOLOGIA: Con respecto a la posición del estado de Alaska sobre la fluoración del agua, el Ministerio de Salud y Servicios Sociales y la División de Salud Pública apoyan la fluoración del agua.
- 01:13:17:24 Pero en Alaska es una iniciativa local, y lo que ocurre en Juneau es por votación local para reanudar la fluoración del agua.
- 01:13:24:09 Es decir que aunque el Ministerio lo apoya, es realmente un asunto local, y yo también estoy involucrado con la Coalición de Ciudadanos para la Salud Dental, pero eso no está en mi capacidad como Director del Área de Odontología.
- 01:13:36:05 STEVE KROSCHEL: ¿Cree usted que el fluoruro en el agua ayudará a prevenir la caries y demás?
- 01:13:40:24 ¿Cuál es su opinión?
- 01:13:41:22 DIRECTOR DEL AREA DE ODONTOLOGIA: Creo que hay clara evidencia de los últimos 60 años de que el fluoruro sí reduce la caries dental.
- 01:13:47:06 STEVE KROSCHEL: Pero los únicos efectos del fluoruro en la caries dental que se han medido derivan de su aplicación tópica y no de beberlo.
- 01:13:53:05 Garrett necesitaba ver *los dos* lados de la medicina.
- 01:13:56:02 Él después vio convincentes escenas de los videos sobre Gerson que yo ya había recopilado.
- 01:14:00:14 DR. DEAN EDELL: Básicamente, si te pones a pensar en lo que consiste la terapia de Gerson, en realidad no esperarías que cure el cáncer.
- 01:14:06:04 Así es que no, no creo que haya ninguna evidencia de que alguien alguna vez haya sido curado con la terapia de Gerson.
- 01:14:11:12 DR. WALLACE SAMPSON: No es buena de ninguna manera.
- 01:14:14:16 STEVE KROSCHEL: Bueno, ¿Alguna vez la terapia de Gerson ha curado algún enfermo de cáncer?
- 01:14:18:02 DR. WALLACE SAMPSON: Claro que no.
- 01:14:18:18 Ellos ni siquiera muestran sus archivos.
- 01:14:20:09 DR. STEPHEN BARRETT: No hay absolutamente ninguna evidencia científica de que él haya curado a alguien.

01:14:25:00 Nunca he entrevistado a ningún paciente de Gerson.  
01:14:28:07 Realmente no tiene sentido hacerlo.  
01:14:29:21 STEVE KROSCHEL: Pero yo sí *he* entrevistado pacientes, a más de un par.  
01:14:32:16 Estos pacientes se habían recuperado de todo tipo de cáncer.  
01:14:35:21 Y, en muchos de ellos, era terminal.  
01:14:37:18 La medicina ortodoxa los había abandonado y enviado a casa a morir.  
01:14:41:18 Algunos de ellos han publicado libros sobre su recuperación.  
01:14:44:04 Viajé por todo el mundo, desde Holanda a Japón, y siempre el resultado era el mismo: recuperación.  
01:14:59:00 STEVE KROSCHEL: Incluso las arterias del corazón se pueden recuperar.  
01:15:08:07 STEVE KROSCHEL: Cuando el príncipe Carlos habló públicamente a favor de la terapia de Gerson, después de observar su eficacia, fue ridiculizado por la comunidad médica.  
01:15:18:12 Sin embargo, yo ya había notado su firme simpatía en una carta que fue enviada al Instituto Gerson.  
01:15:28:15 STEVE KROSCHEL: Charlotte Gerson habitualmente dicta charlas sobre la famosa terapia de su padre, alrededor del mundo.  
01:15:34:07 CHARLOTTE GERSON: El Dr. Gerson dijo "Dos cosas claves son la toxicidad y la deficiencia".  
01:15:40:27 STEVE KROSCHEL: Garrett *estaba* en el camino correcto con su programa de educación en casa, y lo que acababa de ver lo involucraba más profundamente.  
01:15:47:25 Ahora, el mundo empezaba a parecer un poquito más complicado para él.  
01:15:52:01 Mientras estudiaba varios artículos de revistas sobre la creciente incidencia del cáncer, buscó curiosa y cuidadosamente cualquier referencia sobre la terapia del Dr. Gerson en los medios de difusión popular.  
01:16:14:19 STEVE KROSCHEL: En su lugar, lo que descubrió en las páginas de los artículos sobre cáncer o enfermedades crónicas fue un enfoque distinto a la crisis, lo cual lo hizo sospechar.  
01:16:26:21 Garrett quería aprender más, y para su deleite, la familia de Gerson le envió algunos rollos de viejas películas.  
01:16:32:25 La imagen del Dr. Gerson con su familia, cobró vida.  
01:16:44:04 STEVE KROSCHEL: Descubrió una filmación de una joven Charlotte Gerson en sus veintes que transportó su imaginación a las referencias históricas del dónde, por qué y cómo esta familia de Alemania finalmente terminó en los Estados Unidos.

- 01:17:11:21 STEVE KROSCHER: Cuando era un joven doctor en Alemania, Max Gerson se inspiró en el médico investigador húngaro, Dr. Ignaz Semmelweis, quien descubrió que si los doctores simplemente se lavaban las manos entre parto y parto, las mujeres ya no morían por infecciones.
- 01:17:26:25 STEVE KROSCHER: El fue fuertemente ridiculizado por esa sugerencia.
- 01:17:29:23 Gerson también fue ridiculizado después de descubrir que cambiando la dieta podía curar sus migrañas y luego la tuberculosis.
- 01:17:37:13 Un experimento clínico se llevó a cabo con 450 pacientes con tuberculosis de piel incurable.
- 01:17:43:14 Ninguno de ellos se recuperó al principio, y Gerson estaba devastado.
- 01:17:47:00 Pero se descubrió que una enfermera había estado dándole a escondidas, dulces, cerveza y salchichas a los pacientes.
- 01:17:53:23 Después de eso, la dieta Gerson fue estrictamente administrada, logrando la recuperación de 446 de los 450 pacientes.
- 01:18:03:12 Luego él descubrió que la dieta curaba el cáncer.
- 01:18:08:09 STEVE KROSCHER: Durante la Segunda Guerra Mundial, Gerson pudo escapar de la persecución Nazi hacia los Estados Unidos con su familia.
- 01:18:14:21 Él continuó curando no sólo el cáncer, sino también otras enfermedades crónicas.
- 01:18:18:14 Y cuando su buen amigo, el Dr. Albert Schweitzer, se enfermó de diabetes, él también lo curó, lo que hizo que Schweitzer declarara que Gerson era: "El genio más importante en la historia médica."
- 01:18:29:24 STEVE KROSCHER: En julio de 1946, el Senador Claude Pepper llevó a cabo audiencias de subcomité de Senado sobre la terapia contra el cáncer del Dr. Gerson.
- 01:18:37:21 El sorprendente testimonio fue reportado rápidamente por el comentarista de Noticias ABC, Raymond Graham Swing, por Radio ABC.
- 01:18:45:04 La reacción del público fue inmediata y favorable.
- 01:18:47:19 Pero el reportaje resultó en el despido de Raymond Graham Swing dos semanas más tarde, debido a la fuerte presión de las Farmacéuticas y el Gremio Médico Estadounidense.
- 01:18:57:13 VOZ DEL DR. MAX GERSON: Fui investigado en cinco ocasiones.
- 01:19:01:12 VOZ DEL REPORTERO: ¿Qué quiere decir con ser investigado?
- 01:19:03:03 VOZ DEL DR. MAX GERSON: Por el Gremio Médico.
- 01:19:04:12 VOZ DEL PERIODISTA: ¿Ellos lo investigaron?
- 01:19:05:13 VOZ DEL DR. MAX GERSON: Si, cinco veces.

- 01:19:07:19 Cada vez que venían, yo les mostraba los pacientes que habían sido enviados a casa a morir, ya curados.
- 01:19:15:03 Todos los pacientes enviados a casa a morir, curados.
- 01:19:19:07 El siguiente paciente enviado a casa a morir, curado.
- 01:19:23:07 STEVE KROSCHER: Y realmente los curó, incluidas personas con distrofia muscular, como esta niña.
- 01:19:31:05 STEVE KROSCHER: Las conferencias públicas del Dr. Gerson sobre su terapia no eran populares entre sus colegas.
- 01:19:36:10 Por ejemplo, Gerson había empezado a hablar públicamente en contra del tabaco desde 1920.
- 01:19:40:24 PRESENTADOR DE TELEVISIÓN: Un receso para muchos médicos es usualmente sólo el tiempo empleado en disfrutar de un cigarrillo.
- 01:19:46:11 Y como ellos saben lo placentero que es fumarse un cigarrillo suave, de buen sabor, son muy cuidadosos al escoger la marca.
- 01:19:54:25 En una encuesta nacional repetida se les preguntó a médicos de todas las ramas de la medicina en todo el país: "¿Qué clase de cigarrillo fuma *usted*, doctor?"
- 01:20:05:10 Una vez más, la marca más nombrada fue Camel.
- 01:20:08:21 Sí, de acuerdo a esta encuesta nacional repetida, más médicos fumaban Camels que ningún otro cigarrillo.
- 01:20:16:04 ¿Por qué no cambiarse a Camel durante los siguientes 30 días y ver la diferencia que éste produce en el placer de fumar.
- 01:20:23:04 Note como los Camels le agradan a su garganta.
- 01:20:25:23 Note cuan suave y de buen sabor puede ser un cigarrillo.
- 01:20:29:26 STEVE KROSCHER: Y a medida que más detalles de la terapia eran revelados y entendidos, se hacía más evidente para Garrett la razón de tanta oposición a la terapia de Gerson, la cual se preocupa por la salud, a diferencia de la usual frase "Asistencia Médica".
- 01:20:41:04 Quizás otras prioridades estaban en juego aquí.
- 01:20:43:27 El chico recordó la gran efectividad de un remedio que su padre había usado en su pie.
- 01:20:48:24 Los fármacos costosos y tóxicos no habían funcionado.
- 01:20:52:06 Pero con una simple mezcla de ajo picado y miel orgánica, el problema de su pie desapareció.
- 01:21:01:04 La miel orgánica también desinfectó y aceleró la recuperación de heridas y raspaduras.
- 01:21:07:23 STEVE KROSCHER: Otro producto saludable, barato y no tóxico que se usaba, era el peróxido de hidrógeno.
- 01:21:13:18 Se lo usaba como limpiador en el hogar e incluso cosméticamente era útil para aclarar el cabello.
- 01:21:19:14 Garrett descubrió que aplicándose peróxido de hidrógeno al 3% en los oídos durante un tiempo, le ayudaba incluso a prevenir los refriados.
- 01:21:28:28 STEVE KROSCHER: Hay muchos libros sobre remedios y tratamientos naturales.

- 01:21:32:26 El conocimiento es poder.
- 01:21:35:14 Garrett le dio a su cachorro huérfano de alce llamado Frannie, su última botella de leche de cabra.
- 01:21:43:05 Y así, las lecciones de educación en casa de Garrett pasaron a una nueva etapa.
- 01:21:46:22 Era el momento de llevar su tarea consigo en su jornada y de poner todo a una prueba final.
- 01:22:03:23 STEVE KROSCHER: Todo el soporte para el estudio y análisis científico de Garrett sobre la terapia de Gerson surgió durante un desayuno con Charlotte Gerson en San Diego.
- 01:22:12:19 El hijo de Charlotte Gerson, Howard Strauss, y un invitado especial que acababa de llegar de Eslovenia, también se unió a nosotros.
- 01:22:19:24 Fue aquí donde Garrett compararía sus notas sobre las declaraciones del Dr. Gerson, con fuentes independientes externas para comprobar si coincidían.
- 01:22:29:24 HOWARD STRAUS: La amalgama dental, y su - por cierto, los dentistas prefieren llamarla "aleación", porque así suena mucho más estable.
- 01:22:37:00 Pero la amalgama dental es la mayor y peor exposición al mercurio que la mayoría de los estadounidenses tienen en sus vidas.
- 01:22:45:01 STEVE KROSCHER: Si eso es verdad, entonces, millones de personas han sufrido innecesariamente una gran cantidad de males por más de un siglo, sin darse cuenta que la verdadera causa estaba en sus cabezas.
- 01:22:55:17 Yo estaba a punto de filmar una demostración que probaría esto sin dejar ninguna duda.
- 01:23:01:03 El Dr. Roger Eichman y el Dr. David Kennedy instalaron una pantalla fosforescente y una luz sensible a los vapores de mercurio que, de existir, saldrían de los dientes al *más mínimo* estímulo.
- 01:23:13:24 Teníamos dientes con empastes de amalgama que se colocarían en agua a temperatura ambiente simulando la saliva en la boca.
- 01:23:20:26 En realidad no creía que vapores de mercurio saldrían de los dientes, ni que si eso ocurría, la cámara los podría filmar.
- 01:23:27:01 Yo tenía también una cámara de video a la mano para grabar el evento.
- 01:23:36:22 STEVE KROSCHER: Para mi sorpresa y horror, y, como pueden ver, la cámara de 35 mm *sí* grabó los vapores de mercurio que salían de los dientes.
- 01:23:50:11 Esta era la primera vez en la historia que esto había sido captado por una cámara de video.
- 01:24:01:29 STEVE KROSCHER: Para asegurar que lo que están viendo es mercurio, teníamos a la mano un instrumento especial llamado Detector de Mercurio Jerome para medir los niveles.
- 01:24:12:14 DR. DAVID KENNEDY: 191.

01:24:14:00 STEVE KROSCHER: 190. Muéstramelo, por favor.  
01:24:16:17 191. Es eso alto?  
01:24:18:20 DR. DAVID KENNEDY: Mm, con 100 ya cerrarían la fábrica y evacuarían.  
01:24:22:02 STEVE KROSCHER: ¡Vaya! Dios mío. Bueno.  
01:24:25:09 DR. ROGER EICHMAN: Ahora, piensa en esto--  
01:24:26:11 STEVE KROSCHER: Apaga la luz.  
01:24:27:17 DR. ROGER EICHMAN: Esto es a temperatura ambiente, un diente, de por lo menos 50 años.  
01:24:32:24 Ha estado liberando gases por años, y, mm, mucha gente tiene la boca llena de estos.  
01:24:41:12 STEVE KROSCHER: Así es.  
01:24:41:26 DR. ROGER EICHMAN: Ahora, sólo piensa en lo que sucedería si tienes media docena de personas en un ascensor, todos soltando vapores como éste, y liberando gases 24 horas al día, los 7 días de la semana.  
01:24:55:00 STEVE KROSCHER: Así es.  
01:24:55:13 DR. ROGER EICHMAN: ¿Y las normas de la ASSO se basan en una semana de 40 horas.  
01:24:59:25 STEVE KROSCHER: A continuación, el Dr. Kennedy colocó en el mostrador un mezclador que los dentistas usan para mezclar las cápsulas de amalgama, las cuales después de mezclarse son abiertas para colocarse como empaste en la boca de un paciente.  
01:25:16:12 Las cápsulas de amalgama luego se alinean una por una en una batidora donde se baten por un rato.  
01:25:23:16 Sin que el paciente tenga idea, las cápsulas son abiertas, así como cualquier dentista o asistente dental lo hace.  
01:25:30:13 ¿Se liberará vapor de mercurio?  
01:25:32:12 A estas alturas, yo ya sabía cuál sería la respuesta.  
01:25:36:06 Recuerden que éste es un procedimiento usual que sucede diariamente en todo el mundo, en los consultorios dentales junto a pacientes inocentes.  
01:25:55:28 STEVE KROSCHER: Las imágenes hablan por sí mismas.  
01:25:58:02 Sería absurdo que la Asociación Dental Americana continúe insistiendo que las amalgamas son saludables.  
01:26:05:13 STEVE KROSCHER: Encienda la luz. ¿Podemos ver lo que obtuvimos?  
01:26:09:11 DR. DAVID KENNEDY: 252.  
01:26:10:16 STEVE KROSCHER: ¡Caramba!  
01:26:11:05 ¿Debemos salir de aquí?  
01:26:12:05 ¿Nos estamos envenenando aquí?  
01:26:13:28 DR. DAVID KENNEDY: Sí, la habitación se ha contaminado.  
01:26:15:23 STEVE KROSCHER: Así es.  
01:26:16:29 DR. DAVID KENNEDY: Y esto no es peor que trabajar en un consultorio dental.

- 01:26:19:20 DR. DAVID KENNEDY: Creo que es un crimen lo que están haciéndole a sus asistentes, y es que el sistema reproductivo de la mujer es mucho más sensible al mercurio, y como resultado se obtiene no solamente infertilidad sino también defectos de nacimiento.
- 01:26:32:12 Claro que hay quienes lo niegan, pero las publicaciones científicas están *llenas* de estudios que muestran que la exposición al mercurio - ya sea de los dientes o por trabajar en un consultorio dental...
- 01:26:44:03 Es obvio, ya viste la demostración.
- 01:26:45:21 Hay enormes cantidades de mercurio en esos consultorios.
- 01:26:47:14 Ellos no controlan eso ni advierten a los empleados; no les dan ni máscaras ni protección adecuadas.
- 01:26:54:24 Y como resultado, hay una gran cantidad de infertilidad entre las asistentes dentales.
- 01:26:58:14 Hay un documental sobre eso.
- 01:26:59:24 Es sobre las asistentes dentales noruegas y sus vidas arruinadas por su trabajo cuando eran jóvenes.
- 01:27:06:15 Pienso que es un crimen lo que les están haciendo a estas jóvenes mujeres.
- 01:27:10:01 DR. ROGER EICHMAN: He tenido pacientes que han venido de otros dentistas diciendo "Dios, lo único que me hicieron fue una limpieza dental, y me he sentido terrible por varios días después de eso ¿Por qué será?"
- 01:27:20:16 Bueno, ellos pulen los dientes, haciendo que una *enorme* cantidad de mercurio se libere por varios días hasta que se forma una pequeña cantidad de corrosión en la parte superior que hace que las emanaciones disminuyan un poco.
- 01:27:34:01 Pero la cantidad liberada de mercurio es realmente fenomenal.
- 01:27:39:00 Y si fueran sensibles al mercurio, serían puestos en una situación de alto riesgo.
- 01:27:42:12 Cuando estudiaba odontología escuché que los dentistas en promedio, sufrían de su primer ataque cardíaco a los 44 años.
- 01:27:50:02 Nuestra esperanza de vida era de 52 años.
- 01:27:53:25 Personalmente lo relacioné con el uso de mercurio y empastes de amalgama, porque eso no sucedía ni en ortodoncia ni con los cirujanos.
- 01:28:05:15 STEVE KROSCHER: Me había asegurado de que Garrett no estuviera cerca de esta demostración, para que él no inhale nada de los vapores de mercurio.
- 01:28:12:03 Sin embargo, parece absurdo si se considera que muchas personas andan por ahí tan tranquilos con amalgamas en sus bocas.
- 01:28:18:05 El Dr. Gerson había tenido siempre la razón.
- 01:28:20:13 La salud dental es fundamental para la curación de las enfermedades crónicas.



- 01:28:27:08 STEVE KROSCHER: En Colorado Springs, Colorado, hay un distinguido dentista que ha hablado públicamente por décadas sobre el fluoruro, amalgamas dentales e incluso sobre los peligros de los tratamientos de conductos.
- 01:28:37:09 Su nombre es Dr. Hal Huggins.
- 01:28:40:02 Pero justo antes de conocerlo, Garrett cayó en depresión.
- 01:28:44:22 Él parecía no poder superar la perturbadora clase de química del Dr. Roger Eichman sobre los mortales vapores metálicos de mercurio.
- 01:28:52:11 Esta lección de educación en casa realmente lo había impactado.
- 01:28:57:03 Y entonces se supo la causa de su tristeza.
- 01:29:00:03 Sin saberlo, también los padres del chico habían permitido que un dentista le ponga mercurio en su boca.
- 01:29:05:02 Ahora él mismo se veía como un riesgo biológico.
- 01:29:07:17 Pero lo bueno era que estaba a punto de conocer al Dr. Hal Huggins, quien le daría tranquilidad.
- 01:29:13:07 DR. HAL HUGGINS: Bueno, la mayoría de las personas que he visto, que se están deshaciendo de sus amalgamas, tienen alguna enfermedad extraña.
- 01:29:19:24 ¿Pero tú estás interesado en prevención?
- 01:29:22:01 Entonces eres el uno en 100 que va por buen camino, porque prevenir es mucho más fácil que corregir un problema después de ocurrido.
- 01:29:31:11 STEVE KROSCHER: Él le preguntó que cuántos dentistas dicen que los empastes de mercurio son seguros.
- 01:29:34:17 DR. HAL HUGGINS: Bueno, creo que sería muy cercano al 100% si quieren seguir siendo dentistas en el futuro.
- 01:29:38:28 Porque la asociación dental tiene ciertas reglas y normas de que si se le pregunta a un dentista "¿Es el mercurio tóxico?" y ellos contestan afirmativamente - Si ellos responden "Bueno, sí, es el metal más venenoso en el planeta que no es radiactivo" - mm, perderían su licencia y estarían vendiendo carros usados al siguiente día.
- 01:29:59:07 Lo que ellos creen y lo que pueden decir son dos cosas diferentes.
- 01:30:03:11 STEVE KROSCHER: Luego, él quiso saber cuáles dentistas sabían cómo quitar las amalgamas apropiadamente.
- 01:30:06:27 DR. HAL HUGGINS: De aquellas personas que se hacen sacar sus amalgamas al azar, mm, el 63% termina con una enfermedad auto-inmune dentro de los siguientes seis meses, la cual no tenían antes de sacarse las amalgamas.
- 01:30:21:24 Algo que *muy* pocas personas saben - Acabo de enterarme de eso - es que los dentistas tienen seguro contra negligencia médica.
- 01:30:29:04 Claro, eso está bien.

01:30:31:09 Pero, cuando el dentista toma el mercurio, polvo de cobre, estaño, zinc y plata, y los mezcla, se convierte en un fabricante, y los dentistas no tienen seguro de responsabilidad civil de fabricantes de productos.

01:30:46:23 El golpe les caerá precisamente donde no están asegurados.  
01:30:50:11 Y es que ellos están poniendo una sustancia venenosa en la boca de la gente y no están asegurados contra eso.

01:30:57:24 Los abogados los destruirán, en mi opinión.  
01:31:03:22 Mm, si nos proyectamos de 5 a 10 años en el futuro, las únicas personas que podrán sacarte las amalgamas serán los abogados.

01:31:09:20 STEVE KROSCHEL: El Dr. Huggins le recomendó a Garrett un dentista que *sí* sabía cómo sacar las amalgamas de forma segura.

01:31:14:13 El chico recordó una pregunta que le había hecho al Dr. Huggins sobre las represalias por hablar públicamente.

01:31:20:07 DR. HAL HUGGINS: Sí, ha habido un sinnúmero de casos de represalias.

01:31:23:16 Lo primero que hicieron fue reunir una gran cantidad de dinero para suspender mi licencia por negarme a usar amalgamas y hacer tratamientos de conductos, y por escribir un libro que a ellos no les gustaba.

01:31:37:24 Han hecho cosas personales en contra mía y de mi familia, lo cual destruyó la familia.

01:31:44:11 También me destruyeron el negocio.  
01:31:46:21 Han destruido todo lo que tenía, excepto la hipoteca de mi casa; por alguna razón u otra, no querían eso.

01:31:56:13 STEVE KROSCHEL: Garrett se dio cuenta que la vida del Dr. Huggins habría sido mucho más fácil si se hubiera quedado callado como la mayoría de los médicos.

01:32:02:17 Por lo que la surge la pregunta...  
01:32:04:14 GARRETT: ¿Por qué usted se puso en esta situación?  
01:32:08:16 DR. HAL HUGGINS: Si tú hubieras visto la gente que yo he visto con sólo unos pocos minutos, unas pocas horas de vida, y ves que eso se puede cambiar, y ves años más tarde que esta gente ha sobrevivido, esa es mi recompensa.

01:32:26:03 Es por eso que sigo haciendo lo que hago.  
01:32:29:04 STEVE KROSCHEL: Esa manera de pensar tan inspiradora, hizo que Garrett recordara al Dr. Gerson.

01:32:33:18 Pero aún así es como David contra Goliat.  
01:32:36:02 En esta situación, la Asociación Dental Americana tiene gran poder y control sobre la vida de un dentista, y el dentista que sacó adecuadamente el empaste de amalgama de Garrett tenía mucho miedo de que su identidad fuera revelada en esta película.

- 01:32:49:29 Tuvimos que firmar documentos que me responsabilizaban directamente por la ruina de su carrera y de sus ingresos si filmaba su rostro.
- 01:33:02:14 STEVE KROSCHEL: Audiencias sobre empastes de mercurio se están dando ahora en Washington, lo que esperamos ponga fin a este desastre con las amalgamas.
- 01:33:10:00 Al momento se estima que hay 1000 toneladas de mercurio en los empastes de los estadounidenses.
- 01:33:15:19 Increíblemente, la FDA nunca ha realizado una evaluación ambiental sobre el uso de amalgamas dentales de mercurio, según dicta la ley.
- 01:33:24:29 CHARLOTTE GERSON: Es muy importante para la gente ortodoxa evitar que los pacientes vengan a tratamientos alternativos, porque estos sí funcionan.
- 01:33:34:12 A la gente le han lavado el cerebro por tanto tiempo.
- 01:33:37:17 STEVE KROSCHEL: ¿Pero qué podría ser peor que el tema sobre salud dental?
- 01:33:40:15 Ciertamente, los aditivos alimentarios no podrían ser *tan* malos.
- 01:33:43:12 HOWARD STRAUS: GMS (Glutamato Monosódico) es - es un químico tremendamente perjudicial.
- 01:33:48:22 Lo que hace el GMS en realidad - apaga el interruptor en tu cerebro que dice "Ya he comido suficiente".
- 01:33:56:21 El problema con el GMS, sin embargo, es que es una excitotoxina.
- 01:34:00:19 STEVE KROSCHEL: ¿Y qué es una excitotoxina?
- 01:34:03:06 Hay miles de estudios y suficientes artículos sobre el tema como para llenar una pequeña biblioteca.
- 01:34:07:16 La evidencia se ha acumulado, y luego se acumuló un poco más.
- 01:34:11:26 Está ahí para que cualquiera la lea.
- 01:34:13:23 Pero la industria de alimentos procesados espera que los medios de comunicación y la gente común estén muy ocupados, sean vagos o demasiado ingenuos como para entender las sutilezas del tema científico en discusión.
- 01:34:29:09 STEVE KROSCHEL: Pero en caso de que la gente común muestre un poco de curiosidad sobre los riesgos de saborizantes como el GMS, la industria alimenticia sabiamente ha impreso volantes y folletos para nosotros, y así defender su frágil posición.
- 01:34:44:05 Garrett se reunió con los expertos en alimentos, Jack y Adrienne Samuels, de la compañía "Truth in Labeling" (Veracidad en las Etiquetas).
- 01:34:49:19 JACK SAMUELS: El tema del ácido glutámico es muy, muy complejo.
- 01:34:55:00 Y, en consecuencia, muchos trucos se pueden usar para convencer a la gente de que es seguro.

- 01:35:03:17 Ellos quitaron "glutamato monosódico" de muchos de sus productos y lo reemplazaron con nombres de otros ingredientes que no decían nada al consumidor sobre la presencia del componente reactivo del glutamato monosódico.
- 01:35:18:25 Después de que mi médico - quien vió una de mis reacciones al GMS - me dijera que pronto moriría por exposición al GMS, si no aprendía a evitarlo, Adrienne usó su experiencia en investigación y fue a la biblioteca, invirtiendo unas 4.000 horas para leer todo lo que pudo encontrar sobre GMS.
- 01:35:42:04 Para su sorpresa, se encontró con estudios que indicaban que el GMS era seguro, pero todos eran patrocinados por la industria del glutamato o por sus agentes, y tenían tantos errores hasta el punto de ser inservibles.
- 01:35:58:23 Y, al mismo tiempo, habían muchos otros estudios que demostraban claramente que el glutamato monosódico era tóxico y peligroso.
- 01:36:06:08 STEVE KROSCHEL: Jack y Adrienne Samuels tienen una idea muy clara sobre las investigaciones acerca del GMS desde que la verdadera investigación empezara sobre este aditivo.
- 01:36:14:24 Garrett todavía quería hacer de abogado del diablo, e indagó en la investigación, porque ahora se estaba volviendo más claro para él durante esta clase de educación en casa que cada lado de un tema tiene razones para adoptar una posición.
- 01:36:26:21 El reto es determinar la fuerza impulsora detrás de cualquier estudio científico.
- 01:36:32:11 Es el dinero o la moral?
- 01:36:35:26 Pero lo que el muchacho descubrió - al igual que Jack y Adrienne Samuels - es que no hay persona, institución u organismo alguno que haya afirmado que el GMS es seguro, que no tenga estrechos vínculos con las industrias de alimentos y/o medicamentos o que no haya sido remunerado por ellos.
- 01:36:54:22 STEVE KROSCHEL: El neurocientífico Dr. John Olney, ha estudiado el GMS por décadas.
- 01:36:59:01 Él rara vez da entrevistas debido a la atención no deseada que incita.
- 01:37:04:04 DR. JOHN OLNEY: Mi experiencia es en neuropatología experimental.
- 01:37:08:01 Dirigí un estudio sobre el glutamato monosódico y su potencial toxicidad en animales bebés.
- 01:37:20:23 Y descubrí que el glutamato destruye las células nerviosas en los cerebros en desarrollo de los animales bebés.
- 01:37:31:15 STEVE KROSCHEL: Yo podía entender su timidez ante las cámaras porque él había sido una pieza importante en la evidencia incriminatoria contra la industria alimenticia por varios años.
- 01:37:40:27 Sus resultados impactan a la gente, especialmente a los padres de niños pequeños.

- 01:37:46:12 Pero cuando viajas lejos de casa, la pregunta entonces es para Garrett, "¿Qué comes?"
- 01:37:51:05 En su casa en Alaska o al visitar a la familia Gerson, su dieta era prácticamente libre de cualquier alimento procesado.
- 01:37:57:13 Toma un esfuerzo extra el conseguir productos orgánicos deliciosos y/o restaurantes.
- 01:38:05:16 STEVE KROSCHER: ¡Alto!
- 01:38:07:08 Después de todo esto, no pensé - ya es demasiado tarde.
- 01:38:11:17 Los químicos de esta comida rápida ya surtían su efecto mágico en el chico.
- 01:38:15:11 Se comió esta comida - en realidad, *dos* comidas - como si estuviera poseído.
- 01:38:19:02 Para mí, fue decepcionante, pero forzar la situación probablemente sería contraproducente.
- 01:38:23:16 Él era libre de tomar sus propias decisiones.
- 01:38:37:23 STEVE KROSCHER: Tres horas más tarde, en un avión rumbo a Jackson, Mississippi, los resultados eran evidentes.
- 01:38:51:14 STEVE KROSCHER: En Jackson, Mississippi, el chico se reunió con una increíble familia de fotógrafos, los Blaylock.
- 01:38:59:07 El Dr. Russell Blaylock es un prestigioso neurocirujano certificado, autor de varios libros sobre cáncer, excito-toxinas y salud.
- 01:39:08:25 Es un líder en la campaña para advertir al público sobre esta atrocidad en contra de la salud.
- 01:39:13:21 Quizás "atrocidad" sea una palabra muy fuerte.
- 01:39:17:08 Si lo que él dice es cierto, es difícil pensar en alguna otra.
- 01:39:22:10 Es aquí donde Garrett escoge ahora un refrigerio saludable.
- 01:39:26:15 Pero sin que el joven lo sepa, yo tenía planeado un pequeño test.
- 01:39:29:27 DR. RUSSELL BLAYLOCK: El consumo masivo de esta sustancia excito-tóxica en los alimentos interfiere con las habilidades de la gente de pensar, recordar y usar el lenguaje y así nuestros niños ya no tienen la misma capacidad que tenían sus padres.
- 01:39:43:14 Y creo que esto se está agravando, porque cada vez hay más alimentos con diferentes tipos de estas excito-toxinas: cuatro, cinco, seis en el mismo alimento.
- 01:39:53:01 Hay niños - los pequeños en particular - que están consumiendo grandes cantidades, lo que interfiere con el desarrollo del cerebro, así como destruye las conexiones entre las neuronas.
- 01:40:04:15 Y eso interfiere con el funcionamiento del cerebro.
- 01:40:06:10 Y eso es lo que estamos viendo en todo el país, y de hecho, a nivel mundial en los países industrializados.
- 01:40:11:25 DR. RUSSELL BLAYLOCK: La razón por la que los fabricantes de alimentos le dicen al público que es seguro, es que ellos están lucrando de eso.

- 01:40:18:01 Y es difícil competir con los otros fabricantes si no se usa el  
GMS, porque es un saborizante muy poderoso.
- 01:40:26:15 Así simplemente tienden a ignorar todas las investigaciones,  
aunque literalmente son miles de estudios.
- 01:40:32:06 Y siguen apareciendo más estudios que prueban sin lugar a  
duda que esto está dañando los cerebros de la gente.
- 01:40:39:23 Además está causando obesidad mórbida, síndrome  
metabólico, diabetes, diabetes infantil, arteriosclerosis; un gran  
número de enfermedades han sido ahora asociadas con la  
exposición al GMS.
- 01:40:52:14 STEVE KROSCHER: En la mesa colocaron chips de tortilla  
que contenían GMS.
- 01:40:56:01 ¿Había Garrett hecho su tarea?
- 01:40:57:13 DR. RUSSELL BLAYLOCK: Algo que la gente no entiende  
es que esto podría ser una toxicidad silenciosa.
- 01:41:02:09 Es decir, ellos ni siquiera saben que esto está ocurriendo.
- 01:41:04:22 Mucha gente me dice "Bueno, yo no tengo ninguna reacción.
- 01:41:06:28 No tengo síntomas como náuseas, vómitos o jaquecas".
- 01:41:10:11 Bueno, muchas personas expuestas al GMS no presentan  
síntomas, pero son igualmente afectadas.
- 01:41:16:25 Y esto ocurre durante un largo período de tiempo: décadas.
- 01:41:20:16 Las neuronas están siendo destruidas, y mientras no pierdan  
suficientes, no se darán cuenta que están siendo afectados por  
esta toxicidad.
- 01:41:29:13 En neurología, se sabe que se debe perder aproximadamente un  
90% de neuronas en un área específica del cerebro para  
desarrollar síntomas.
- 01:41:38:01 Entonces, cuando ya aparecen síntomas como demencia o  
enfermedad de Parkinson, etc., ya hemos perdido el 90% de  
nuestras neuronas en esa parte del cerebro y eso es muy  
importante.
- 01:41:48:17 DR. RUSSELL BLAYLOCK: Otro nuevo e importante  
descubrimiento es que el GMS está fuertemente relacionado  
con el desarrollo de cáncer.
- 01:41:54:16 Y sabemos que aumentando la cantidad de glutamato en la  
dieta de una persona, hace que el cáncer crezca muy  
rápidamente y se torne altamente invasivo.
- 01:42:03:00 Eso significa que se propaga por todo el cuerpo.
- 01:42:05:05 El problema es que nadie les dice a los pacientes con cáncer  
que deben tener mucho cuidado con el consumo de estos  
aditivos alimenticios.
- 01:42:11:28 Porque hace que el cáncer crezca mucho más rápido y se  
vuelva más invasivo, lo que hace menos probable que  
sobrevivan al cáncer.
- 01:42:20:18 STEVE KROSCHER: Garrett nunca comió esos chips de  
tortilla.
- 01:42:22:27 Él quiere mantener todas sus neuronas.

- 01:42:25:03 El número de productos alimenticios que contienen GMS sin indicarlo en sus etiquetas, es casi infinito.
- 01:42:31:10 La única manera de evitarlo es comprando productos orgánicos y no procesados.
- 01:42:35:17 Lo que el chico también descubrió es que esto era otra confirmación de los descubrimientos de Gerson de hace 80 años.
- 01:42:41:25 Con el fin de producir un informe imparcial sobre el tema de alimentos procesados, el chico voló de Jackson, Mississippi a Omaha, Nebraska, a ver si podía entrevistar algún relacionista público de la compañía de Alimentos ConAgra.
- 01:42:55:03 Después de varias llamadas telefónicas y un mensaje enviado por fax, el chico pensó que estaba logrando algo.
- 01:43:00:12 Pero estaba equivocado.
- 01:43:01:28 Nadie de ese enorme edificio quiso hablar.
- 01:43:05:04 Esto confundió y alteró al chico temporalmente.
- 01:43:13:18 STEVE KROSCHEL: En mi opinión, tanta seguridad y la renuencia a hablar demostraba arrogancia suprema, especialmente si se considera que ellos nos están alimentando - o al menos a algunos de nosotros - diariamente.
- 01:43:23:19 Me recordó a las instalaciones en Alaska del proyecto militar HAARP que investiga el clima, y a mis experiencias tratando de conseguir entrevistas con empresas petroleras las que me rechazaron rotundamente.
- 01:43:40:01 La gente nativa del norte y sus preocupaciones no son prioritarias.
- 01:43:43:22 El chico trató de contactar a ConAgra dos veces más, pero sin éxito.
- 01:43:50:19 STEVE KROSCHEL: Sin embargo, no todo estaba perdido.
- 01:43:52:14 Fuimos al Parque Mayberry de Omaha, donde Garrett encontró gran regocijo una vez más.
- 01:44:06:22 HOWARD STRAUS: Tenemos que volver a Hipócrates.
- 01:44:09:00 Él dijo, lo primero es "no hacer daño".
- 01:44:10:27 Bueno, todo fármaco produce daño.
- 01:44:14:20 También dijo "Deja que el alimento sea tu medicina y que la medicina sea tu alimento".
- 01:44:20:16 Eso es muy importante, porque la comida te alimenta y te sana.
- 01:44:26:00 Son elementos naturales que tu cuerpo sabe cómo utilizar.
- 01:44:29:24 Tu cuerpo ha evolucionado por millones de años para usarlos, mientras que estas grandes e increíblemente lucrativas compañías en todo el mundo causan daño, son tóxicas al hígado, y causan enfermedades.
- 01:44:42:24 Entonces, ¿cómo pueden considerarse medicina, si lo que están causando son enfermedades?
- 01:44:47:18 STEVE KROSCHEL: Si no pudimos hablar con ningún fabricante de alimentos, tal vez podríamos hablar con un ingeniero de alimentos.

01:44:54:00 Conozcan a Carol Hoernlein.  
01:44:55:13 La conocimos en el aeropuerto de St. Louis, Missouri, y la estamos llevando a una entrevista de radio.  
01:45:00:06 A lo largo del camino, tuvimos tiempo suficiente para hacer turismo.  
01:45:03:09 Garrett, en particular, tuvo tiempo para asimilar mucha información.  
01:45:07:21 Escuchó gran parte de la conversación que provenía del asiento delantero acerca de otro aditivo alimentario que lo hizo recordar.  
01:45:13:26 DR. JOHN OLNEY: En 1974, hice una petición al comisionado de la FDA con respecto a cierta evidencia que encontré sobre que el aspartame podría causar, mm, lesiones cerebrales.  
01:45:27:22 STEVE KROSCHER: Pero a pesar de las advertencias, el ex-director de la empresa G.D. Searle, Donald Rumsfeld, introdujo el producto al mercado de todos modos.  
01:45:34:01 Siendo una ingeniera en alimentos bien remunerada y respetada, Carol era la persona adecuada para trabajar con esta sustancia peligrosa.  
01:45:39:26 No pasó mucho tiempo y empezó a llenarse de tumores desde la glándula pituitaria hasta sus ovarios.  
01:45:44:20 Aumentó mucho de peso y sigue teniendo problemas de salud.  
01:45:47:25 Carol nunca volverá a ser la misma.  
01:45:49:29 Ya no quiere volver a trabajar como ingeniera de alimentos porque, dice, "No puedo trabajar en un lugar donde sé que estoy envenenando a la gente".  
01:45:58:13 CAROL HOERNLEIN: En realidad esta historia es peor que la del tabaco, porque al menos uno puede optar por no fumar.  
01:46:04:15 Con la comida, no hay elección.  
01:46:07:21 STEVE KROSCHER: Ahora ya estábamos en la estación de radio donde Carol tendría la oportunidad de contarle al mundo su historia, y lo que los aditivos alimentarios como el GMS y el aspartame le hacen a cualquier desafortunado organismo que entre en contacto con ellos.  
01:46:20:03 Este programa de radio "The Power Hour" se puede escuchar en todo el mundo por radio de onda corta o Internet todos los días, en vivo o en retransmisiones.  
01:46:28:15 LOCUTOR DE RADIO: Enfurecidos hasta el punto de levantarse, salir y volverse activistas; están protestando en las calles y escribiendo cartas.  
01:46:34:21 VOZ MASCULINA: Si.  
01:46:35:07 JOYCE RILEY: Bueno, Carol Hoernlein es experta en GMS y ha estado reuniendo información sorprendente e increíble para ustedes.  
01:46:45:19 Es MSGTruth.org.  
01:46:48:13 Ese es su sitio web.



01:46:49:07 Ella se lastimó por usar GMS, aunque en realidad no lo usaba, se lo causaron a ella.

01:46:55:24 Y lo utilizabas en grandes cantidades, ¿verdad?

01:46:58:05 CAROL HOERNLEIN: Básicamente yo sacaba el aspartame de los barriles con palas.

01:47:00:22 JOYCE RILEY: ¡Vaya! ¿Pueden creer eso radioyentes ¿sacar el espartame de los barriles con pala?

01:47:04:26 CAROL HOERNLEIN: He tenido muchísimos problemas durante años.

01:47:07:12 JOYCE RILEY: ¿Y qué hay de aquellas tiritas?

01:47:08:12 Ya sabes, aquellas tiritas con el químico?

01:47:09:09 CAROL HOERNLEIN: Si, bueno, las tiritas de disolución rápida, como las láminas de Listerine?

01:47:12:12 JOYCE RILEY: Sí, esas de disolución rápida.

01:47:13:10 CAROL HOERNLEIN: Listerine, las láminas de disolución rápida de Listerine también contienen aspartame.

01:47:17:10 JOYCE RILEY: Guau. Así que, si tienen alguna duda, pueden visitar el sitio web mencionado anteriormente.

01:47:20:27 Nosotros publicamos algo sobre esto en nuestro sitio web hace años, y ahora tengo el placer de conocerte aquí mismo en nuestros estudios, esto es realmente genial.

01:47:29:14 Es estupendo.

01:47:30:07 CAROL HOERNLEIN: Claro que sí, les agradezco mucho.

01:47:31:23 Cuando vi aquello en la web, estaba tan emocionada que ustedes lo habían publicado, y...

01:47:36:19 JOYCE RILEY: Señoras y señores, me gustaría presentarles hoy a nuestra delegada, Carol Hoernlein.

01:47:42:28 Muchas gracias, Carol, por estar con nosotros en “The Power Hour” el día de hoy.

01:47:45:17 CAROL HOERNLEIN: Oh. Muchas gracias.

01:47:46:24 STEVE KROSCHER: Si el programa “The Power Hour” permite que personas como Carol puedan hablar sobre estos temas, deben ser creativos cuando están al aire.

01:47:53:15 Los anunciantes apoyan a los medios de comunicación porque pueden patrocinar productos farmacéuticos, alimentos procesados y químicos letales.

01:48:01:03 Pero no aquí.

01:48:02:03 “The Power Hour” vende productos naturales, saborizantes de alimentos, libros y DVD’s.

01:48:09:24 STEVE KROSCHER: Después del programa, vi al co-presentador Dave vonKleist tomando un descanso con Garrett en el jardín delantero.

01:48:18:14 DAVE VONKLEIST: Está bien.

01:48:24:26 Bueno.

01:48:26:27 STEVE KROSCHER: La presentadora Joyce Riley conocía a Charlotte Gerson así como a la terapia Gerson.

- 01:48:31:15 Joyce trabajó como enfermera en el ejército, y la Guerra del Golfo la afectó con el "Síndrome de la Guerra del Golfo", una enfermedad.
- 01:48:38:03 Luego produjo una alarmante película llamada "Beyond Treason", que documentaba el grave impacto ambiental causado por las municiones de EEUU revestidas con uranio empobrecido, vacunas experimentales, y más.
- 01:48:49:23 Las consecuencias de estas actividades son terribles.
- 01:48:52:28 El uranio empobrecido radioactivo, por ejemplo, tiene una vida media de 4.500 millones de años, habiendo contaminado las regiones del Medio Oriente para siempre.
- 01:49:30:25 STEVE KROSCHER: Joyce explicó el Síndrome de la Guerra del Golfo que afectó al personal militar.
- 01:49:35:03 JOYCE RILEY: La enfermedad de la Guerra del Golfo es como una combinación de muchas toxinas, y yo no podía entender por qué estaba enferma si tan sólo volaba de Alaska a Cuba mientras era enfermera de vuelo.
- 01:49:45:16 Pero me enfermé.
- 01:49:46:21 Pero sí fui vacunada.
- 01:49:48:05 Muchos soldados estuvieron expuestos al fuego de los pozos petroleros, a sustancias químicas, biológicas, vacunas, y todo lo demás.
- 01:49:54:22 Lo que ahora sabemos es que ellos estaban llenos de toxinas.
- 01:49:58:24 Fui enfermera durante 35 años, y durante ese tiempo hice de todo, desde terapia electroconvulsiva o de electroshock, ...
- 01:50:07:07 Había sido enfermera de quimio, y fuí directora de enfermería.
- 01:50:10:18 Fui enfermera en una unidad de trasplante de corazón, pulmón, hígado y riñón, y nunca aprecié la importancia de la alimentación.
- 01:50:14:28 Nunca entendí su propósito.
- 01:50:16:29 Y justo me enfermo después de la Guerra del Golfo, y no podía creer que nada de la medicina tradicional podía sanarme, nada.
- 01:50:24:11 Por eso tuve que considerar las medicinas alternativa e integrativa.
- 01:50:28:16 Los veteranos de la Guerra del Golfo se enfermaban justo después de la guerra.
- 01:50:31:17 Miles, miles de ellos se iban enfermando.
- 01:50:34:13 Y no sabíamos a quién recurrir.
- 01:50:37:03 Nos enteramos de que algunos veteranos de la Guerra del Golfo se habían mejorado consumiendo alimentos crudos, vegetales, frutas, y jugos.
- 01:50:43:29 Y yo aprendí de eso.
- 01:50:46:10 Pero no fue sino hasta después que me di cuenta de que realmente ha sido un hecho crucial en mi vida el ir al Centro de Restauración de Charlotte Gerson en San Diego.
- 01:50:56:10 Y eso fue lo que en realidad me hizo entender la importancia de lo que comemos y bebemos.

- 01:51:00:17 STEVE KROSCHER: Cuando surgió el tema de las vacunas, Garrett compartió su opinión sobre las vacunas administradas a bebés y niños de edad escolar.
- 01:51:08:04 Hubo una disminución del 90% de las enfermedades antes de que existieran las vacunas, como lo muestran claramente los gráficos.
- 01:51:14:24 Fue una mejor nutrición lo que causó esa disminución, no las vacunas.
- 01:51:19:08 Las vacunas son neurotóxicas.
- 01:51:21:24 Y por esa razón y conocimiento, el chico tiene una firme opinión al respecto.
- 01:51:37:29 HOWARD STRAUS: Los alimentos genéticamente modificados son literalmente letales.
- 01:51:42:06 STEVE KROSCHER: Fue aquí en San Francisco donde el chico tuvo la suerte de conocer al Director Ejecutivo del Centro para la Seguridad Alimentaria, Andrew Kimbrell.
- 01:51:51:26 El Centro para la Seguridad Alimentaria es una organización nacional sin fines de lucro dedicada a proteger a los consumidores y al medio ambiente de los peligros de las dañinas tecnologías de producción de alimentos, y a promover la agricultura orgánica y de otras formas sostenibles.
- 01:52:07:08 ANDREW KIMBRELL: Una de las creencias más erróneas que tenemos sobre los alimentos transgénicos es que son como una caja de pandora.
- 01:52:11:19 Escuchamos todo el tiempo que el 60% o 70% de los alimentos contienen ingredientes genéticamente modificados.
- 01:52:17:09 Eso no es verdad; es el 60% de los alimentos procesados que contiene ingredientes genéticamente modificados.
- 01:52:22:18 En realidad, casi ningún alimento no procesado está genéticamente modificado.
- 01:52:25:21 Ninguna fruta, ningún vegetal, ni la carne, ni el pescado, ni la mayoría de los derivados lácteos contienen ingredientes genéticamente modificados.
- 01:52:32:22 De hecho, hay solamente cuatro cultivos que son genéticamente modificados: maíz, algodón, canola y soya.
- 01:52:37:29 Nosotros hemos frenado totalmente al trigo, arroz y pescado genéticamente modificados y hemos puesto un alto a las biofarmacéuticas.
- 01:52:44:27 Estamos viendo que, en realidad, los alimentos transgénicos son uno de los mayores fracasos de la agricultura moderna que han sido rechazados alrededor del mundo, y no solamente podemos detenerlos, los estamos deteniendo.
- 01:52:54:18 ANDREW KIMBRELL: Hay cinco empresas que fabrican OMGs (Organismos Genéticamente Modificados).
- 01:52:57:00 Tenemos a Monsanto, Dupont, Behr, Segenta y Dow.
- 01:53:03:04 Esas son las cinco grandes empresas que producen alimentos transgénicos.

01:53:06:04 Y todas tienen algo en común: no son empresas agrícolas, son empresas químicas.

01:53:11:22 Y hay una razón para eso.

01:53:13:09 La ingeniería genética hoy en día significa una sola cosa – no eso que promocionan, los mitos sobre abundancia, alimentos más nutritivos y de mejor sabor – todo eso es disparate de ciencia ficción.

01:53:22:00 Estas empresas químicas han manipulado genéticamente estos cultivos para que sean más resistentes a sus herbicidas y pesticidas.

01:53:27:19 Y con eso venden otros cientos de millones de toneladas más de sus químicos.

01:53:31:00 Ese es su propósito.

01:53:32:02 ANDREW KIMBRELL: No me sorprende que Monsanto no haya dado una entrevista para esta película.

01:53:35:29 Monsanto ha desarrollado la tecnología con el único propósito de vender más de sus propios herbicidas.

01:53:44:02 STEVE KROSCHER: Garrett había completado su tarea sobre este tema, que le pareció muy importante e inquietante.

01:54:09:23 STEVE KROSCHER: "Monsanto no debería tener que garantizar la seguridad de los alimentos transgénicos, nuestro interés es vender tanto como sea posible. Garantizar su seguridad es el trabajo de la FDA."

01:54:20:13 Pero a Garrett le pareció esto inquietante y confuso.

01:54:23:02 En un libro recientemente publicado, el chico leyó otro argumento.

01:54:26:27 GARRETT: "A fin de cuentas, es el productor de los alimentos quien debe garantizar la seguridad".

01:54:31:24 BETH HARRISON: En realidad depende de la buena voluntad de las compañías biotecnológicas el entregar estudios al gobierno.

01:54:39:23 Pero en su mayoría, ésta es una industria no regulada, y de ahí nos alimentamos.

01:54:44:04 ANDREW KIMBRELL: Una de las más grandes preguntas de la gente es: "¿Los alimentos genéticamente modificados son letales? ¿Son tóxicos?"

01:54:48:29 Y la FDA nos dio una respuesta.

01:54:51:15 La Agencia de Alimentos y Medicamentos (FDA) nos ha dado la respuesta.

01:54:53:10 En los años 80 y 90, examinaron estos alimentos y dijeron: "Sí, el proceso de ingeniería genética puede hacer que un alimento no tóxico se vuelva tóxico".

01:55:00:27 Este proceso puede crear nuevos alérgenos.

01:55:02:24 Puede disminuir los nutrientes en los alimentos.

01:55:04:09 Puede disminuir nuestra respuesta inmune.

01:55:06:15 Y en ciertos casos, incluso hemos visto que estos alimentos tienen el potencial de causar cáncer ... esta tecnología.

- 01:55:12:05 Así que ya tenemos la respuesta sobre si los alimentos transgénicos son letales o tóxicos.
- 01:55:16:21 Sí, el mismo proceso puede crear un alimento saludable y convertirlo en tóxico y potencialmente letal.
- 01:55:22:25 ANDREW KIMBRELL: El objetivo de Monsanto es evidente.  
01:55:24:20 Monsanto se ha convertido en el mayor productor de semillas en el mundo.
- 01:55:28:07 Monsanto está tratando de comprar todas las semillas del mundo para después patentarlas y controlarlas, de modo que los agricultores no puedan conservar semilla alguna.
- 01:55:37:16 Y cuando ellos modifiquen genéticamente esas semillas, lo que quieren es ponerles algo llamado "tecnología exterminadora".
- 01:55:42:23 Esto hace que las semillas se "suiciden" después de una temporada de cultivo y así los agricultores no puedan conservarlas.
- 01:55:48:18 Entonces, lo que Monsanto quiere hacer es controlar todas las semillas del mundo, y asegurarse de que ningún agricultor pueda conservarlas.
- 01:55:57:11 Esto es algo extremadamente importante porque el 80% de los agricultores del mundo dependen de la conservación de semillas para sobrevivir.
- 01:56:06:00 Si Monsanto - ya sea con patentes o usando su tecnología exterminadora - logra destruir la capacidad de los agricultores de conservar semillas, el resultado sería una hambruna masiva.
- 01:56:16:05 STEVE KROSCHEL: Garrett se sorprendió al enterarse de que el control de plagas y el uso de químicos por otros motivos, incluyendo fertilizantes artificiales, son cosas completamente innecesarias.
- 01:56:24:28 Sólo en los Estados Unidos, hay docenas de instituciones tratando de dar a conocer los beneficios de la agricultura sostenible.
- 01:56:31:28 STEVE KROSCHEL: El Dr. Paul Hepperly nos demostró, a través de estudios y experimentos con semillas, la asombrosa forma como las plantas sobreviven y superan a los cultivos químico-dependientes.
- 01:56:42:12 En muchos casos, las cosechas superan ampliamente a las de las granjas donde se utilizan químicos.
- 01:56:46:26 Los estudios son numerosos, repetitivos e inspiradores para cualquiera que aprecie la buena salud.
- 01:56:53:03 Según Dr. Gerson, la tierra es nuestro metabolismo externo.  
01:56:57:08 Ésta debe estar libre de aerosoles y venenos para que el cuerpo pueda sanarse.
- 01:57:11:16 STEVE KROSCHEL: Debido a la agricultura química, el agua que sale del grifo puede contener mucho más que sólo flúor y cloro.
- 01:57:21:05 STEVE KROSCHEL: Y existe otro proceso aplicado a los alimentos que podría ser peligroso para la salud.

- 01:57:26:01 ANDREW KIMBRELL: Hemos descubierto que la irradiación de alimentos no sólo mata las bacterias, razón por la cual se la utiliza, sino que también cambia los alimentos a nivel molecular.
- 01:57:35:04 En los alimentos se crea algo llamado "radicales libres".  
01:57:38:02 Son elementos moleculares nuevos en los alimentos que nunca antes habían estado ahí.
- 01:57:42:03 Por ejemplo, en alimentos típicos hemos visto que se produce benceno, un conocido carcinógeno.
- 01:57:48:27 Hemos visto muchos otros elementos tóxicos en los alimentos producidos por la irradiación, ya que ésta altera esos alimentos en su esencia.
- 01:57:56:07 ANDREW KIMBRELL: Lo que, yo creo, ahora entendemos sobre nuestra crisis alimentaria, es que no sólo se trata de una crisis donde desaparecen granjas, no es sólo una crisis ambiental.
- 01:58:03:23 No es sólo una crisis nutricional.  
01:58:05:14 Es también una crisis ética.  
01:58:07:08 Cada decisión que tomamos sobre los alimentos que compramos, comemos y cultivamos, cambia nuestro sistema agrícola y el destino de los 10.000 millones de animales utilizados y cruelmente tratados cada año en nuestro sistema alimentario.
- 01:58:20:28 Por eso, tenemos la responsabilidad moral de comer saludablemente.
- 01:58:24:22 ANDREW KIMBRELL: La hermosa verdad es que la gente alrededor del mundo esta diciendo "No" a los alimentos genéticamente modificados y "No" a la irradiación.
- 01:58:29:15 Están diciendo "No" a los aditivos alimentarios y "Sí" a los alimentos orgánicos y más que orgánicos.
- 01:58:34:10 Están diciendo "Sí" a los alimentos producidos localmente a una escala apropiada, que es más humana, biodiversa y socialmente justa.
- 01:58:41:11 STEVE KROSCHER: Garrett pensó que una forma de en algo parar esto es con el voto, asumiendo que se puede confiar en las máquinas de votar.
- 01:58:58:19 STEVE KROSCHER: ¿Cómo es posible que un hombre que curaba el cáncer y enfermedades crónicas hace más de 80 años fuera tan incomprendido?
- 01:59:04:19 Esto que ahora incluso para un chico de 15 años resultaba fácil de entender.
- 01:59:08:27 ¿Será ahora una carrera contra reloj para valorar el regalo que Gerson le ofreció al mundo hace mucho tiempo, antes de que sea demasiado tarde desde el punto de vista meramente ambiental?
- 01:59:27:00 STEVE KROSCHER: En el transcurso de nuestro viaje, Garrett encontró un artículo en el periódico sobre la obesidad.

- 01:59:32:03  
01:59:35:11 Después de lo que había aprendido, no fue nada sorprendente. Con todos estos químicos y las ansias por más químicos, alimentos refinados y azúcar, estamos destinados a ser obesos y a morir así.
- 02:00:00:09 STEVE KROSCHER: El valle de Ohio es la capital mundial en la fabricación ataúdes.
- 02:00:03:28 Lógicamente, el chico se había preguntado qué pasa cuando el cadáver es de gran tamaño.
- 02:00:08:28 La compañía de ataúdes Goliath, un negocio familiar, esta teniendo mucho éxito, el cual Garrett atribuye a las farmacéuticas, al GMS, aspartame, vacunas, irradiación de alimentos, alimentos genéticamente modificados, amalgamas dentales, flúor en el agua, tratamiento de conductos, entre otros.
- 02:00:27:15 STEVE KROSCHER: Incluso el ataúd de tamaño estándar es 2,5 cm más ancho de lo que solía ser.
- 02:01:22:05 KEITH DAVIS: La mayoría de la gente no entraría en uno porque les da miedo.
- 02:01:24:21 Es un mal augurio.
- 02:01:31:00 GARRETT: En realidad, esto sería excelente para la cabaña en Alaska en el verano.
- 02:01:34:13 Podrías cerrar el ataúd, no entraría nada de luz y dormirías mejor.
- 02:01:45:19 KEITH DAVIS: Saca los dedos.
- 02:01:54:16 La mayoría de las personas no son más altas sino más anchas y gruesas.
- 02:01:58:24 Uno de los problemas que tenemos con las personas que sufren de sobrepeso, es que son muy anchas, y también mucho más gruesas.
- 02:02:09:10 Nuestros ataúdes tienen que ser diseñados para ajustarse a este problema.
- 02:02:12:27 Además, cuando piden una cremación, en muchas ocasiones no pueden hacerla porque las puertas de los crematorios no son tan grandes.
- 02:02:21:26 Y cuando pueden hacerlo, tienen que tener mucho cuidado al procesar el cuerpo en el crematorio para evitar un incendio; debido al exceso de fluidos corporales combustibles que pueden hacer que el el crematorio también se quemé.
- 02:02:35:04 Han habido varios accidentes en que los fluidos corporales se han encendido y han hecho que el crematorio se incendie.
- 02:02:41:21 Esto sucedió en Columbus y en Indianápolis.
- 02:02:50:20 STEVE KROSCHER: Después de tanto viajar, ya era hora de parar.
- 02:03:07:12 Fuimos a la casa de la abuela materna de Garrett.
- 02:03:13:14 La madre de Garrett murió hace un año y ocho meses en un extraño accidente.

- 02:03:29:15 STEVE KROSCHER: Todos los seres vivos tienen un campo propio de energía que los rodea que puede ser medido e incluso fotografiado.
- 02:03:35:00 Garrett recordó un experimento con un ingeniero aeroespacial llamado Christopher Wodtke antes de empezar este viaje.
- 02:03:41:27 En esta toma, este ingeniero demuestra una comparación entre una rebanada de zanahoria orgánica cocida y otra cruda.
- 02:03:49:19 La zanahoria cocida está a la izquierda.
- 02:03:51:24 Y la cruda a la derecha.
- 02:03:54:10 La zanahoria cruda tiene una deslumbrante línea de fuerte energía que no muestra la zanahoria que fue cocida al vapor durante 10 minutos.
- 02:04:03:27 Ésto significa que los alimentos pasteurizados están muertos.
- 02:04:07:19 Garrett le hizo un funeral a la última víctima, la almendra.
- 02:04:21:22 STEVE KROSCHER: Nosotros repetimos el experimento con un trozo de manzana inorgánica y otro de manzana orgánica.
- 02:04:27:20 Los resultados fueron menos notorios, pero el trozo de manzana de la derecha es orgánico.
- 02:04:33:02 El de la izquierda inorgánico.
- 02:04:49:13 Un tomate orgánico.
- 02:04:56:09 Un tomate inorgánico.
- 02:04:58:26 Esta técnica fotográfica usa 50.000 voltios y un amplio rango de frecuencias que resuenan con los objetos de prueba, capturando sus patrones para análisis, estén vivos o no.
- 02:05:11:28 Los resultados fueron consistentes y fascinantes para el chico; un área de estudio que necesita un análisis detallado.
- 02:05:26:19 CHRISTOPHER WODTKE: Hacer ciencia significa analizar las cosas usando números.
- 02:05:30:12 Cuando se puede poner medidas a las cosas, se puede crear ciencia.
- 02:05:35:19 La fotografía “Kirlian” es la iridología del futuro con la que se puede ver marcas en el aura que rodea al cuerpo humano, y estas marcas indican donde hay problemas de salud y donde la salud está bien.
- 02:05:58:28 STEVE KROSCHER: Todo el trabajo que Garrett había hecho finalmente estaba tomando forma.
- 02:06:05:14 Su estudio sobre la terapia Gerson estaba por completarse.
- 02:06:09:26 La terapia Gerson no es un secreto - nunca lo ha sido - y sí funciona.
- 02:06:13:29 Es sencilla, pero requiere obediencia y dedicación.
- 02:06:17:18 Básicamente, consiste en consumir jugos orgánicos recién exprimidos, deliciosas comidas orgánicas y claro, café, pero en enemas.
- 02:06:32:18 STEVE KROSCHER: Dr. Gerson dio el ejemplo de 50 pacientes recuperados en su libro original a finales de la década de 1950, representativos de miles de pacientes recuperados en ese tiempo.



- 02:06:42:07 Todos los pacientes fueron diagnosticados en base a minuciosos registros médicos en los principales centros médicos de todo el país.
- 02:06:48:11 Durante y después del tratamiento, las historias clínicas de centros médicos independientes confirman los resultados, y éstos a su vez confirman una hermosa verdad.
- 02:07:02:15 STEVE KROSCHER: Gerson curó a su buen amigo, el Dr. Albert Schweitzer de la diabetes de adulto, y después a su esposa de tuberculosis pulmonar, y después a su hija de una rara enfermedad de la piel.
- 02:07:11:25 Es algo que Schweitzer nunca olvidaría, y ellos intercambiaron cartas hasta la muerte de Gerson en 1959.
- 02:07:20:12 STEVE KROSCHER: Garrett pensó que la única razón que podía explicar por qué el público en general nunca ha oído hablar de esta terapia es esto: (información detallada en forma escrita en el video).
- 02:07:30:00 El chico está seguro de que muchas personas famosas y talentosas habrían cambiado la historia y cultura si tan sólo hubieran sabido.
- 02:07:37:03 CHARLOTTE GERSON: Garrett, en cuanto a la pregunta sobre la función del páncreas, básicamente lo que hace es digerir los alimentos.
- 02:07:44:26 STEVE KROSCHER: El páncreas desempeña un papel muy importante en la terapia Gerson; está claro que el tracto intestinal humano es más largo que el de los carnívoros.
- 02:07:54:15 La digestión en los humanos se ve muy afectada cuando se come proteína animal, sobrecargando al páncreas y al tracto digestivo.
- 02:08:06:08 CHARLOTTE GERSON: Pero el páncreas tiene otro trabajo muy importante, que es proteger al cuerpo contra células malignas.
- 02:08:15:29 El páncreas detecta las células malignas si aparecen, las digiere, las mata, y se deshace de ellas.
- 02:08:24:16 Cuando se sobrecarga al páncreas, como lo hacen la mayoría de los norteamericanos con el exceso de alimentos con proteína animal, toda la capacidad del páncreas se usa tratando de digerir y deshacerse de este producto de origen animal, y no queda nada para protegernos de las células malignas.
- 02:08:47:06 El sistema inmunológico se paraliza.
- 02:08:50:14 STEVE KROSCHER: Luego el invitado esloveno le preguntó a Howard cómo funciona el enema de café.
- 02:08:55:00 INVITADO ESLOVENO: ¿Por qué?
- 02:08:55:21 HOWARD STRAUS: Bueno, lo que pasa es que la cafeína en el enema de café es absorbida por la vena hemorroidal, que está envuelta alrededor del colon descendente.
- 02:09:06:00 Es una vena; es un sistema de drenaje, no un sistema de distribución como es una arteria.

02:09:10:29 Es parte del sistema venoso portal que entonces lleva la cafeína directamente al hígado.

02:09:20:09 INVITADO ESLOVENO: Bien.

02:09:20:22 HOWARD STRAUS: No sólo la cafeína, sino también otros elementos del café: cafestol y kahweol.

02:09:27:23 INVITADO ESLOVENO: Bien.

02:09:28:15 CHARLOTTE GERSON: Y potasio.

02:09:29:20 HOWARD STRAUS: Y potasio, muy importante, potasio.

02:09:31:28 INVITADO ESLOVENO: Bien.

02:09:32:20 HOWARD STRAUS: Entonces, el hígado es estimulado para producir glutatión S-transferasa y bilis.

02:09:41:12 La glutatión S-transferasa es una enzima que limpia la sangre.

02:09:46:23 Y por supuesto, las compañías farmacéuticas han querido producir algo que estimule la glutatión S-transferasa, pero no pueden patentarla.

02:09:55:14 INVITADO ESLOVENO: Mmm.

02:09:56:13 HOWARD STRAUS: Porque si ellos pudieran purificar la sangre, sería maravilloso, pero no pueden.

02:10:01:03 INVITADO ESLOVENO: Bien.

02:10:01:22 Entonces nosotros decimos: "Enema de café, enema de café."

02:10:04:02 Y ellos nos dicen, "Vete chico, que no podemos patentar eso".

02:10:06:24 STEVE KROSCHER: El enema de café se prepara con tres cucharadas de café orgánico molido que luego es hervido a fuego lento por 15 minutos.

02:10:14:12 Después se lo vierte a través de un filtro en una jarra de un litro.

02:10:18:00 Luego se le añade agua destilada hasta completar el litro.

02:10:21:10 Y después se lo vierte en una cubeta para enemas.

02:10:25:26 STEVE KROSCHER: Una vez que el café ha sido introducido en el paciente, éste se recuesta sobre su lado derecho con las rodillas dobladas por 10 a 13 minutos aproximadamente, y finalmente evacua.

02:10:36:26 Pero para realmente impresionar a Garrett a un nivel personal, el chico tenía que conocer a pacientes con cáncer y así convencerse.

02:10:44:23 No más fotos, ni libros.

02:10:47:13 Garrett quería ir a México.

02:11:15:04 STEVE KROSCHER: El chico se sorprendió con lo agradable del entorno, y lo felices que parecían los pacientes con cáncer.

02:11:21:11 Había pacientes de todas partes del mundo.

02:11:23:24 Garrett comió con ellos y escuchó sus historias.

02:11:26:24 Uno de los médicos de la clínica compartió una experiencia personal con Garrett sobre su trabajo como médico del equipo de grabación de la película Titanic de James Cameron rodada en México.

02:11:42:04 STEVE KROSCHER: Una paciente de Nueva Zelanda estaba ansiosa por conversar con Garrett.

02:11:46:14 GARRETT: ¿Cuánto tiempo llevas aquí?  
02:11:48:13 PACIENTE FEMENINO: Tres semanas.  
02:11:50:15 Vine directamente de la Clínica Mayo de Florida.  
02:11:54:18 Tengo melanoma en mis huesos, columna vertebral, pierna, hígado, pulmones y nódulos.  
02:12:03:07 Desde que estoy aquí, me siento muy diferente por dentro, mucho más fuerte físicamente, y ya no tengo náuseas.  
02:12:13:00 He tenido algunos altibajos.  
02:12:16:04 Se tienen ciertas reacciones mientras se está aquí.  
02:12:19:12 No he podido ser diagnosticada, ya que sólo han pasado tres semanas, pero internamente me siento 100% mejor que cuando llegué.  
02:12:26:20 Por cierto Garrett, cuando recién llegué aquí había una persona a la que no le iba muy bien en la terapia.  
02:12:32:22 Empezó haciendo el 50% de ésta, y antes de irse ya hacía muy poco.  
02:12:39:20 Yo le recomendaría a quien quiera hacer esto, que complete el tratamiento, de lo contrario no funciona.  
02:12:44:24 Eso incluye los jugos, los enemas, la dieta, todo.  
02:12:48:17 Así es como en realidad funciona.  
02:12:51:17 PACIENTE FEMENINO: Vine aquí desde la clínica Mayo donde me acababan de hacer radiación.  
02:12:57:04 Me dijeron que tenía de cuatro a seis meses de vida si no hacía la quimio.  
02:13:01:15 Y si hacía la quimio, tendría de seis a ocho meses de vida, con lo que tenía.  
02:13:05:22 Si la quimio era de la mejor, y si yo respondía bien, tal vez viviría un año.  
02:13:10:16 Entonces, analizando esas opciones, mejor decidí buscar algo más.  
02:13:14:10 Mi hermana viajó para verme y estaba leyendo el libro de Angola sobre de su recuperación del cáncer.  
02:13:20:19 Angola era un hombre con cáncer de huesos, y le dieron dos semanas de vida.  
02:13:24:17 Y después de seguir la terapia Gerson por varios meses y luego adaptarla, él sigue con vida y ahora tiene la fundación Angola en Australia.  
02:13:35:09 Confío en la terapia con mi vida, por eso estoy aquí.  
02:13:37:21 MÉDICO: Al hablar con la señora Gerson y hablar...  
02:13:39:09 STEVE KROSCHER: Luego Howard y Garrett hablaron con uno de los médicos de la clínica.  
02:13:42:20 MÉDICO: ... ambos casos que tenemos.  
02:13:43:28 HOWARD STRAUS: ¿Y qué es lo que ve?  
02:13:45:00 ¿Qué es lo que ve en los primeros días?  
02:13:47:01 MÉDICO: En los primeros días, usando los enemas de café, empecé a notar cambios.  
02:13:51:24 Su dolor empieza a disminuir y su energía aumenta.

- 02:13:54:21 A los pacientes que vienen aquí, lo primero que les disminuye es la presión sanguínea.
- 02:13:57:06 La presión alta desaparece en la primera semana.
- 02:13:59:15 Adiós a las medicinas para la presión alta.
- 02:14:02:13 Y los pacientes no se dan cuenta de que aquí hay algo más que sólo enemas de café, desintoxicación, dieta orgánica y jugos.
- 02:14:08:06 Ellos empiezan a ver los cambios, tal como yo empiezo a creer en lo que ellos esperan (palabras ilegibles).
- 02:14:13:18 Y yo les digo: "Es algo más que esperanza; es una realidad".
- 02:14:16:13 HOWARD STRAUS: Realidad.
- 02:14:17:00 MÉDICO: Y empieza a cambiar su manera de vivir.
- 02:14:18:23 HOWARD STRAUS: Y usted, como médico, debe sentir una gran satisfacción.
- 02:14:22:24 MÉDICO: Es fantástico.
- 02:14:23:27 Es increíble ver cambios en los exámenes de sangre y rayos X.
- 02:14:27:28 Algo que puedo tocar, sentir, porque veo a estos pacientes todos los días.
- 02:14:33:20 STEVE KROSCHEL: Desde Tijuana, Garrett viajó hacia el sur a visitar a una paciente de cáncer que se estaba recuperando contra todo pronóstico con la terapia Gerson en su casa.
- 02:14:43:00 En las montañas, en las afueras de San Cristóbal de las Casas, Howard Straus llevó a Garrett a conocer a esta paciente quien tenía la misma edad que Garrett.
- 02:14:52:05 Su nombre era Lupita.
- 02:15:12:02 STEVE KROSCHEL: Lupita superó un raro tipo de cáncer femenino usando la terapia Gerson en condiciones extremadamente difíciles asombrando a su médico y demostrando a Garrett que todo es posible cuando se tiene fe.
- 02:15:35:23 STEVE KROSCHEL: Para Lupita, no es difícil encontrar verduras y frutas orgánicas frescas.
- 02:15:42:12 Irónicamente, en los Estados Unidos es más difícil conseguir productos orgánicos.
- 02:16:03:11 STEVE KROSCHEL: Las pruebas de laboratorio de los pacientes son exhaustivas y supervisadas cuidadosamente.
- 02:16:07:08 La mayoría de los pacientes sólo permanecen en la clínica de una a tres semanas, y luego van a casa a recuperarse.
- 02:16:11:26 Un estudio sobre la terapia Gerson encontró que es 100% exitosa con el melanoma en la etapa uno y dos.
- 02:16:18:19 80% en la etapa tres y 39% en la etapa cuatro.
- 02:16:23:28 De los pacientes con cualquier tipo de cáncer en etapa terminal, desahuciados por la medicina ortodoxa, el 39% aún se recupera, incluyendo los que tienen cáncer de páncreas, el cual tiene menos del 1% de tasa de supervivencia usando la medicina convencional.
- 02:16:37:23 STEVE KROSCHEL: El Instituto Gerson de San Diego cuenta con extensos archivos de casos que son de acceso público.

02:16:45:12 ISSA KHALAF: 12 meses después de que me diagnosticaron  
cáncer de próstata, quedé completamente curado, en 12 meses.  
02:16:52:10 Eso se comprobó con IRM (imagen de resonancia magnética)  
y otras pruebas de imágenes que me hicieron y que mostraban  
que el cáncer había desaparecido completamente.  
02:17:02:20 De mi hueso sacro, pelvis, hígado y próstata.  
02:17:08:18 32 meses después del diagnóstico, me hice una segunda IRM,  
la que re-confirmó que el cáncer había desaparecido  
completamente de todas las partes de mi cuerpo.  
02:17:20:24 ISSA KHALAF: Y si alguien lo duda, tengo toda mi historia  
clínica que lo demuestra.  
02:17:25:03 Traje la historia clínica conmigo, desde los reportes médicos  
de los escaneos hasta las imágenes para demostrar sin ninguna  
duda.  
02:17:34:29 Es simplemente algo increíble.  
02:17:36:07 STEVE KROSCHEL: Los informes de patología hablan por sí  
mismos.  
02:17:52:00 STEVE KROSCHEL: Garrett encontró pacientes curados por  
todas partes, con pruebas de sus doctores.  
02:17:56:27 MUJER: La terapia Gerson curó mi fibromialgia.  
02:18:00:18 STEVE KROSCHEL: Entonces le mostré a Garrett un video  
de hace casi cinco años de una paciente deshauciada por la  
medicina convencional.  
02:18:08:26 Ella tenía carcinoma peritoneal primario extraovárico, etapa  
cuatro.  
02:18:15:10 Nunca nadie se había recuperado de éste tipo de cáncer con  
medicina ortodoxa.  
02:18:21:14 Allí estaba ella, usando la terapia Gerson como su última  
opción.  
02:18:28:24 STEVE KROSCHEL: Y ahora, cinco años después, Garrett  
estaba viendo los resultados.  
02:18:35:14 ¿Acaso estaba leyendo el obituario de la mujer?  
02:18:38:19 Su historia es la siguiente.  
02:18:43:06 MUJER: El doctor salió del cuarto y se fue al final del pasillo  
por un rato.  
02:18:48:12 Luego regresó, cruzó sus manos frente a su pecho, y con  
asombro me miró y me dijo: "Tú eres la única paciente que  
hemos visto que ha sobrevivido a este diagnóstico."  
02:19:02:15 Dijo: "Esto es inaudito".  
02:19:05:08 Así que le dije que si alguna vez se llegara a enfermar, me  
llame.  
02:19:13:06 Y yo lo ayudaría.  
02:19:14:25 STEVE KROSCHEL: Garrett quería más pruebas, por lo que  
le pidió a la paciente que vaya a la Clínica Mayo y obtenga un  
certificado del doctor que la diagnosticó donde diga que fue la  
terapia Gerson la que la curó.

02:19:26:05 La Clínica Mayo entró en pánico, ya que el médico quería dar la entrevista filmada, pero le prohibieron hacerlo.

02:19:33:03 Se convirtió en un juego de espera.

02:19:34:29 MUJER: Al doctor le habría gustado.

02:19:36:14 Habría hecho un gran beneficio en el tratamiento del cáncer y al medio ambiente.

02:19:40:26 STEVE KROSCHER: Como consecuencia, el doctor renunció de la Clínica Mayo para así poder trabajar sin tantas restricciones.

02:19:46:12 Pero hay muchos otros casos.

02:19:48:20 SEGUNDA MUJER: En 1986, me diagnosticaron cáncer de páncreas, el cual se ha propagado a mi hígado, vesícula y bazo.

02:19:56:21 Los médicos me dijeron que tenía tres meses de vida, que vaya a mi casa, ponga mis finanzas en orden y me prepare para morir.

02:20:08:24 STEVE KROSCHER: Ella decidió usar la terapia Gerson hace 20 años.

02:20:12:01 Garrett recordó cuando comenzó con su educación en casa.

02:20:14:29 De repente todo volvió a su mente.

02:20:26:06 DR. DEAN EDELL: No, no creo que exista evidencia alguna de que alguien haya sido curado con la terapia Gerson.

02:20:31:07 DR. WALLACE SAMPSON: No está bien desde ningún punto de vista.

02:20:34:09 STEVE KROSCHER: Veamos entonces ¿ha curado la terapia Gerson a algún enfermo de cáncer?

02:20:37:21 DR. WALLACE SAMPSON: No, claro que no, ni siquiera revelan sus historias clínicas.

02:20:39:24 DR. STEPHEN BARRETT: No creo que exista prueba alguna de que la terapia Gerson funciona.

02:20:44:22 En otras palabras, Charlotte Gerson mentía.

02:20:51:24 CHARLOTTE GERSON: Hay leyes que se oponen a la cura del cáncer.

02:20:54:03 Al médico no se le permite intentar nada más.

02:20:56:28 Debe usar sólo esos tratamientos que ya sabemos que no funcionan.

02:21:02:14 Imagínense lo que podríamos hacer si se aceptara esto.

02:21:07:01 BOB: Lo que me gustaría ver es alguna prueba, alguna prueba científica válida.

02:21:10:07 Prueba científica.

02:21:11:10 Prueba científica.

02:21:12:07 Prueba científica. Prueba.

02:21:18:23 STEVE KROSCHER: Y sin embargo, la industria del cáncer sigue creciendo y convenciendo a la gente de que todavía están en busca de una cura.

02:21:26:00 La Sociedad Americana contra el Cáncer y el Instituto Nacional del Cáncer ni siquiera han devuelto nuestras llamadas.

- 02:21:32:12 STEVE KROSCHER: Antes de volver a Alaska, Garrett quería conocer a una última persona.
- 02:21:37:11 Su nombre es Jay Kordich.
- 02:21:39:17 Conocido por millones como el “hombre del jugo”, Jay ha vendido cerca de 1.000 millones de dólares en extractores de jugo en todo el mundo.
- 02:21:48:23 JAY KORDICH: Bueno Garrett, tu sabes, he estado haciendo esto desde 1948, desde que tuve cáncer de vejiga.
- 02:21:54:22 Recuerdo que después de jugar fútbol para la Universidad del Sur de California, fui reclutado por Curly Lambeau y su equipo “Green Bay Packers”
- 02:22:05:09 Y entonces mi problema urinario empezó.
- 02:22:07:16 Empecé a orinar sangre, y me enteré que tenía un tumor en la vejiga, y recordé de una de las clases que tuve en fisiología, sobre anatomía humana, cuando leí algo sobre el tratamiento que el Dr. Max Gerson le había hecho al Dr. Albert Schweitzer.
- 02:22:25:22 Y dije Dios mío, después de enterarme de que tenía cáncer de vejiga, si este tratamiento funcionó para el Dr. Albert Schweitzer, seguro que funcionaría para mí.
- 02:22:37:17 JAY KORDICH: Nunca pensé que tanto saldría de esto.
- 02:22:41:10 JAY KORDICH: Éste, éste es el jugo que salvó mi vida cuando tuve cáncer de vejiga.
- 02:22:49:03 El tratamiento Gerson: zanahoria y manzana.
- 02:22:54:22 JAY KORDICH: Gracias a eso, estoy aquí.
- 02:22:57:06 Todas las bebidas que hice y aún sigo haciendo, ¿y desde cuándo?
- 02:23:03:02 Guau. 1948.
- 02:23:05:12 Mi consejo es: deja que el poder de las plantas actúe en tu cuerpo.
- 02:23:10:18 No hay nada como los jugos frescos para nutrir tus 100 millones de millones de células.
- 02:23:58:08 STEVE KROSCHER: Garrett ya estaba a casi 10 kilómetros de su casa.
- 02:24:01:03 Su lección de educación en casa había oficialmente terminado.
- 02:24:04:03 Los recuerdos del viaje todavía estaban frescos en su mente.
- 02:24:08:06 ¿Cómo podría Garrett olvidar a una mujer que incansablemente continúa con el trabajo de su padre, contra toda oposición, defendiendo un estilo de vida que es el cuidado de la salud, y no el plan de alguna agencia gubernamental, vinculado con el grupo de compañías farmacéuticas?
- 02:24:48:02 STEVE KROSCHER: El chico aún cree que hay esperanza.
- 02:24:50:09 Cree que tiene un futuro.
- 02:24:52:19 Cree que los problemas ambientales que la humanidad enfrenta se convertirán en soluciones colectivas.
- 02:24:58:20 Después de todo, este es nuestro único hogar y somos seres humanos racionales.

02:25:45:24 STEVE KROSCHER: Garrett no veía la hora de brindarle un jugo fresco de zanahoria a su vecino John.

02:26:54:02 BOB: Me gustaría ver alguna prueba científica.

02:26:56:13 STEVE KROSCHER: A nuestro otro vecino, Bob, el que ordeña las cabras y que era escéptico, le gustaba mucho lo que estaba oyendo.

02:27:03:06 Y a su esposa también, hasta que...

02:27:05:06 GARRETT: Bueno, pon tres cucharadas de café en agua hirviendo.

02:27:11:00 Luego déjalo hervir a fuego lento por 12 minutos.

02:27:14:27 Y ponlo en una jarra de un litro y añádele agua hasta completar el litro.

02:27:20:28 Luego, se debe conectar el tubo al ano y dejar que el café entre por éste.

02:27:28:27 Después, esperas por 12 minutos, y finalmente vas al baño a evacuar.

02:28:07:09 STEVE KROSCHER: A cada uno de nosotros, estemos listos o no, algún día nos llegará la hora de partir.

02:28:15:09 No habrán más amaneceres, ni minutos, ni horas, ni días.

02:28:20:20 Todas las cosas que reuniste, ya sean valiosas o sin importancia, pasarán a manos de otra persona.

02:28:27:06 Tu riqueza, fama y poder temporal se volverán irrelevantes.

02:28:32:25 No importará lo que tenías o lo que debías.

02:28:36:22 Tus rencores, resentimientos, frustraciones y celos finalmente desaparecerán.

02:28:44:01 Al igual que tus esperanzas, ambiciones, planes y tareas por hacer.

02:28:51:15 Las victorias y fracasos que antes parecían ser tan importantes se desvanecerán.

02:28:56:18 Al final, no importará de donde viniste o la forma en que viviste.

02:29:02:18 No importará si eres hermoso o brillante.

02:29:05:23 Incluso tu género y color de piel serán irrelevantes.

02:29:09:29 Entonces, ¿qué importará?

02:29:11:27 ¿Cómo será medido el valor de tus días?

02:29:15:03 Lo que importará no es lo que compraste, sino lo que construiste, no lo que tuviste sino lo que diste.

02:29:22:16 Lo que importará no será tu éxito, sino lo que significaste.

02:29:27:10 Lo que importará no es lo que aprendiste, sino lo que enseñaste.

02:29:31:24 Lo que importará son los actos de integridad, compasión, coraje, y sacrificio que enriquecieron, fortalecieron o alentaron a otros a seguir tu ejemplo.

02:29:42:19 Lo que importará no es tu capacidad, sino tu carácter.

02:29:47:03 Lo que importará no es cuánta gente conociste, sino cuántos sentirán tu ausencia cuando te hayas ido.



02:29:54:04 Lo que importará no son tus recuerdos, sino los recuerdos que  
vivirán en quienes te amaron.  
02:30:05:08 Una vida valiosa no es cuestión de circunstancia, sino de  
elección  
02:31:38:20 CRÉDITOS