

ESSENTIAL BIMONTHLY HEALTH NEWS FOR GERSON THERAPY PATIENTS AND HEALTH CONSCIOUS INDIVIDUALS — FROM THE GERSON INSTITUTE

**In Memoriam:  
Holistic Health Pioneer  
Dr. Abram Hoffer**

by Howard Straus, Editor



Abram Hoffer, 1917-2009

Abram Hoffer, MD, PhD died in Victoria on May 27, 2009 after a brief illness. Born November 11, 1917 on a farm in Hoffer, Saskatchewan, Abram Hoffer attended a one-room schoolhouse and studied on horseback, eventually graduating from the University of Saskatchewan (BSA, MSA), the University of Minnesota (PhD) and the University of Toronto (MD). He specialized in psychiatry and was, for many years, director of psychiatric research for the Saskatchewan Department of Public Health and associate professor of medicine at the University of Saskatchewan, Saskatoon. In these capacities, and among his many accomplishments over his lifetime, he carried

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**Karen Miller**

## Recovering from Stage 4 Ovarian Cancer

by Karen Miller, as told to Charlotte Gerson

I was born in August, 1960. Five summers ago (I think, life is a blur with four boys) I was diagnosed with ovarian cancer. My CA-125 test, I believe, was 2,500 and ultrasound showed two six-inch tumors which my ob/gyn said were most probably ovarian cancer. She told me to get to a doctor immediately, even though I was on vacation in California, where I grew up.

Our friends knew of a doctor who was one of the best in the cancer “business.” That oncologist told me that he was sure it was ovarian cancer and that I needed surgery and chemo immediately. They always want to rush you into it, like you got it overnight! I also had two other doctors here in Texas tell me they were sure it was cancer.

When I told the California doctor that I was going to research “alternative medicine” (which after getting yelled at by three or four different doctors I learned not to do), he literally screamed at me and told me that I would be dead within two weeks to three

months if I did “alternative” and *that there was no such thing!* [An immediate contradiction!] He told me that if I did traditional [therapy] I had a 20% chance of living three months to two years (Oh, gee, that’s better!).

That is when the Lord, through a series of

events that can only be called divine, directed me to Gerson. Gerson San Diego gave me your phone number and you were good enough to chat with me for quite some time, as I was pretty upset being that I had four children that I would be leaving behind. When I pushed you for my chances you gave me 80%! I spent a week praying and talking to [other Gerson patients

who had recovered], and every time I thought about the surgery (which came before the chemo) I would just get so upset and then every time I talked about going to Gerson in Mexico I just had this great peace. So my mom and I went to Mexico (with no surgery), for two weeks. What a blessing it was to meet you there on a few occasions.

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Karen Miller today

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## Karen Miller's story ...

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In the summer of 2003 or 2004 (it's a bit fuzzy now) I was in extreme pain. When I went to Baja they could not even touch my abdomen. I went from being a junk food junkie to a vegan. I would have never believed [I could do] it. Funny what you will do when you are terminal (and enemas too, ha!). Within ten days the doctor could push on my abdomen all she wanted, it was mushy and not rock hard! My CA-125 started to drop immediately. A side benefit was that my cholesterol went from 350 or higher to around 150 and my triglycerides which were around 700 dropped down to about 300 (in just ten days!). I loved it there and wished I could have stayed for two years, but we came home.

After the initial "Oh, my gosh, it was much easier when everything was done for you," panic of the first week, we settled in quite well. Four ladies came and helped wash and cut produce every other week. We bagged the greens for the green juice with most of the ingredients together, so that I only had to grab a bag and add apple. We had to get an extra refrigerator. My CA-125 continued to drop and my CAT scans showed the fast-growing tumor had finally stopped. My big joke with everyone was that I felt better with two six-inch cancerous tumors, than I had felt in 20 years! Also that I was in a win, win situation. If I died I got to go to Heaven and if I survived I got to continue to raise my family. There was no fear! My downfall was that I cheated ...

just a bite or two here and there when my family ate other stuff. In retrospect I wish it had been stressed more that just a bite or two of "other" food could stop your healing. It probably was mentioned in the reading or something [yes, in Dr. Gerson's book, p. 216] but I think it is so important, especially when you are getting so much terrific information at once, that it should be mentioned daily and sent home in written instructions in big bold letters. Just a suggestion.

Anyhow ... My CA-125 started going back up and I called you in a panic. You told me that it could definitely happen and that sometimes even getting back on the diet would not help. That was scary. I did get back on the diet and was doing well when, in November, I was at peace about having surgery. The tumors were just sitting there ... not growing any more, which they were doing at a fast pace before. I had every confidence that the Gerson diet would finish the job after I got them removed. Again, I had no fear! My ob/gyn, who had referred me to an oncologist here in Texas, back in the summer, was shocked that I had not had surgery yet, and amazed that I was even alive. So she sent me off to the oncologist and even assisted him in the surgery.

Now here is where it gets weird and I have always wanted to ask you about it. The night before the surgery my ob/gyn called my husband (because I had another CT scan) and told him it was much worse than they thought, the cancer had spread and was in the lymph nodes and who knew where else and that he should be prepared because it was very bad, *i.e.*: shame on me for waiting, now I was going to die, and soon. My husband did not tell me this until it was all over.

I had the surgery (hysterectomy, oophorectomy, and lymph node dissection) the next day and the surgeon came out and told everyone that the cancer is gone! "There is no cancer." The family celebrat-

ed and reassured me when I drifted in and out of consciousness that there was no cancer. So painfully, and with many parts less, I went home to recuperate. Two weeks later I went back for my "post op" and my oncologist told me, "I just want you to know that I sent your pieces to another 'better, specialized' lab, because I don't really have much faith in this hospital one, and I am confident that they will tell me that you do have cancer! I have done hundreds of surgeries and treated patients like you and I know what is what. I have never seen anyone in a case like yours (stage 4), *not* have cancer." Of course he could not accept a miracle or that alternative medicine works.

When I went back to my car, I spent about two minutes having a meltdown, and then a peace came on me that assured me that "this lie was not to be." The cancer was gone, the Lord, whether through Gerson only, or His touch the morning of the surgery, had indeed completely healed me. So I went about my business and forgot all

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## Publication Schedule

The Gerson Healing Newsletter is published bi-monthly by the Gerson Institute. It is our membership organ, and is intended to keep our members informed of health issues surrounding the Gerson Therapy, including political developments, case histories, clinical notes and recent literature having a bearing on nutrition and health.

Members receive the Gerson Healing Newsletter six times a year. You can become a member of the Gerson Institute simply by making a tax-deductible contribution of US\$40.00 or more (foreign memberships US\$45.00) to The Gerson Institute.

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## GERSON® HEALING NEWSLETTER

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## RESPONSE, TRAINING, NEW WEBSITE, "GIFT" LIST, BLOG

We continue to experience great increases in interest in Gerson. Daily I receive Google Alerts referencing blogs, websites, and online news reports with Gerson information. Most make mention of "The Beautiful Truth." We are deeply indebted to Steve Kroschel, the film maker, and Cinema Libre Studio for the world wide distribution and promotion of this work. Steve lives with a daily connection to that which is primal, to that which resonates beyond human intellect and understanding and in that spirit created a great gift for humanity. Cinema Libre Studio is comprised of a team of passionate activists dedicated to changing the consciousness of mankind through the media of film. Visit their website at [www.cinematlibrestudio.com](http://www.cinematlibrestudio.com) in particular to learn more about their Filmanthropy Project in Africa.

For years the Institute has offered three annual Caregiver Courses averaging 25 attendees per session. Recently, renamed the "Gerson Basics/Caregiver Workshop," a month prior to our June 26,

2009 session we were booked full at 25 and had a waiting list longer than the confirmed registration roster. Quickly we regrouped, rented a larger space, made a decision to cater the Gerson food, snacks and juices to a location six blocks away and in two days confirmed 20 additional attendees. We will be filming Charlotte's Friday afternoon introductory lecture. We have guests coming from China, Canada, Venezuela, and more than a dozen US states. They will get to meet Dr. Gerson's patient, Janice St. Croix See Patient Story on page 8.

Through the efforts and contacts of our talented Resource Development Specialist, Diane Ake, we will soon have a new website with a greatly upgraded online store to name just one of the many improvements created by Stan Simmons. Diane is also working with a creative graphic designer, Sharon Taylor, who is volunteering her services for three months and is also working on web design and a new brochure. We are upgrading some of our outdated computers, creating a new administrative assistant posi-

tion to assist with our growing demands and seeing increases in memberships, e-bulletin sign-ups, emails, book sales and requests from the public for assistance with the therapy. The Gerson Centre in Hungary had another successful two-week treatment session in May.

Our GIFT (Gerson International Friends Team) List continues to grow in number and scope with more than 60 people around the planet handing out literature at events, sponsoring in-home documentary showings, promoting our membership program and continuing to share creative ideas with each other. Thanks to our multi-talented Silvana Procopio, of our Client Services Department, for staffing and organizing this important group.

I thought you would enjoy this website: [www.gottafriend.blogspot.com](http://www.gottafriend.blogspot.com). It was put together by the daughter of a recovered patient, and gives a lovely slice of what life is like at our Mexican clinic.

—Anita

## Remembering Shirley Tice

by Diane Ake, Resource Specialist



*Shirley Tice*

We are saddened to inform our members that Shirley Tice passed away at age 71 on May 22, 2009. Some of you might remember Shirley as a member of the Board of Directors of the Gerson Institute for six

years, until 2003. She was also one of the first certified Gerson Caregivers and helped to develop the Caregiver Training Class in 2001, where she taught classes as well. Shirley also spoke at the Cancer Control Society conventions to describe her experiences using the Gerson Therapy to recover from cancer.

Shirley was a very compassionate and dedicated Gerson Caregiver. She traveled all over the world, including Singapore and Canada, and all over the United States to care for Gerson patients until her death. She described her experience caring for a young woman ill with Hodgkin's Lymphoma in 2002. "I was at their house for five days, and was amazed at her improvement. When I arrived on the first day, the patient was in severe pain and unable to even lie in her bed, she spent most of the day and night lying on the floor with her head leaning against the bed. She was coughing and her feet and face were swollen. By the second day, she was able to sleep in her bed and by

the third day, she spent the entire night in the bed. I massaged her feet each night with castor oil and brought the swelling down so that both her feet and face returned to normal. It was amazing to see this kind of change in the patient after only a few days."

Shirley was diagnosed with breast cancer in 1986. She went to the Gerson Hospital in Mexico for two weeks, which she described as "The most wonderful, peaceful two weeks of my life." She continued the intensive therapy at home, even though her house burnt to the ground and she lost her job! A year later her mammogram was clear. She continued with a vegetarian diet, juices and enemas for many years, which kept her healthy and full of energy without any medication. She will be missed.

The Gerson Institute is assembling a scrap book of photos and memories of Shirley's work with us. If you would like to send a card, we will include it in the book. Mail your cards or notes to "Family of Shirley Tice, c/o Gerson Institute."



From the Mailbag

## Candida, Eczema, Mercury

Dear Charlotte,

Happy Birthday! With lots of love admiration, and blessings for your incredible life's work to continue for many more birthdays.

—Jeannette Boothby

P.S. I thought you might be interested—my intractable candida, having gone into my small intestine, I seemed unable to absorb fatty acids for ages. However, [I] woke up one morning with my face ablaze with eczema and had the inspiration to try putting flax-oil on it. I had tried all herbal creams etc. previously with no luck; but the flax oil worked wonders—absorbed immediately, leaving my [dry] skin moist, gradually free of eczema, and obviously being absorbed. Increasing only green juices until I could do a daily enema then helped reduce the die-off toxins, to which I'm quite sensitive.

I have kept *very* close to the diet for 15 years now. My arthritis cleared 15 years ago when I did strict modified diet for two years, is still clear and at age 70, I can jog each day. If only I hadn't had those big doses of brewers' yeast during the diet ...

P.P.S. I also just learned that (our) energy-saving long-life electric bulbs contain so much mercury that, if they break, people should evacuate the room, open windows, wear gloves, and a mask to remove the remains, and treat them as toxic waste. Yet the old bulbs are being phased out—most will be unavailable after Sept. 1, '09!

### Gerson Institute Wish List

- 5 new computers
- 2 flat screen monitors
- Graphic Artist volunteers
- San Diego area volunteers to do typing

Contact Diane Ake at  
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619-685-5353 ext. 109

Book review:

## The Atomic Fig Leaf How Military and Industrial Collusion Foisted Fluoride on Our Population

by Howard Straus, Editor

*The Fluoride Deception* by Christopher Bryson, Seven Stories Press, New York City, 2004.

More than one reviewer has called this book almost a "who-done-it," with secret agendas, billions of dollars in profit, America's global military domination, the very industrial sinews of the United States' industrial power bound up irretrievably in the cheap and reckless use of an incredibly powerful and dangerous chemical: fluorine. With the stakes involved, it is easy to see that human lives, health, agriculture, livestock, the economies of countless towns and villages, to say nothing of families, would take a distant second place to interests far afield from the damage being caused.

As long ago as 1937, Danish scientist Kaj Eli Roholm published *Fluorine Intoxication*, an exhaustive exploration of the effects of fluorine exposure in industrial and community settings. He documented such effects as dental fluorosis (the mottling and weakening of teeth), brittle bones, emphysema, crippling spinal problems, pulmonary fibrosis and many other negative effects on human subjects.

The problem was mainly that the use of fluorine allowed for the cheap and easy extraction of aluminum, a metal just coming into its own around World War I. To stop using fluorine, or to protect the workers in aluminum factories would increase the cost and difficulty of metal production, and nobody wanted that, except possibly the suffering workers. The problem was severely compounded when the United States began

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

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

Abram Hoffer ...

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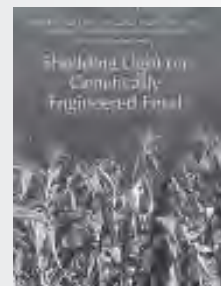
out groundbreaking research in several areas, ultimately authoring more than 500 peer-reviewed and popular articles and more than 30 academic monographs and popular books. He challenged the then-dominant view of schizophrenia as a psychological disorder caused by poor mothering, and contributed importantly to the formation of the field of neuropsychopharmacology. He co-authored research on the genetics of schizophrenia with the renowned geneticist, Ernst Mayer.

Dr. Hoffer was well-known for championing the cause of proper nutrition and supplementation for those suffering from mental illnesses, and the list of his successes is long and illustrious. With his great friend double Nobel Laureate Linus Pauling, PhD, he founded the International Society for Orthomolecular Medicine. He devoted his life to the goal of curing, not palliating, schizophrenia.

Dr. Hoffer was instrumental in seeing that Dr. Max Gerson was honored by the ISOM with his induction in 2005 into the Orthomolecular Medicine Hall of Fame in Ottawa, Canada.

Abram Hoffer was a great and good friend of the Gerson Institute's, and generously lent his name as an honorary Director of the Institute.

A giant in the world of nutritional medicine has passed away, and the world, richer for his rigorous scientific approach to biochemistry, has lost a great champion of natural healing.



The Gerson Institute has copies of the stunning, award-winning expose *Shedding Light on Genetically Engineered Food* by Beth Harrison, Ph.D. available for \$15.95 + S&H. A Must Have!

FDA Approves deadly drug Cimzia®

## Don't Trade Arthritis Pain for Death

by Charlotte Gerson

The FDA has just approved Cimzia, an extremely dangerous drug (already used for Crohn's disease), to treat rheumatoid arthritis. I know RA is a horribly painful, debilitating condition...but this drug is NOT the answer.

A trip to the Cimzia homepage – its *homepage*, not hidden somewhere in a labyrinth of click-throughs – highlights the extremely dangerous side effects of this drug:

- Serious infections, including tuberculosis
- Cancer including lymphoma
- Nervous system problems, including

multiple sclerosis and seizures

- Heart failure
- Blood problems
- Immune reactions

In fact, the website says that the most important thing you need to know about this drug is that it could kill you!

Bottom line: Please do NOT take this potentially deadly drug. RA sufferers can find true relief without risking their lives—there are many safe, highly effective, natural remedies available, and you can find them at the HSI Cures Library.

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*Elsevier caught publishing fake “medical journals”*

## Lancet Publisher Operated Fake Journal Division

by Charlotte Gerson

Elsevier, a large publishing company of medical journals including the prestigious British medical journal, *The Lancet*, admitted recently that its Excerpta Medica division produced at least six fake “journals” for drug firms.

This item, written by Andy Ho, Ph.D. Senior Medical Writer of the *Straits Times* of Singapore, was sent to us by our good friend, Tan Kai Hock. Ho states his concern that doctors must now decide if they can ever again trust clinical drug trials as reported in the journals that Elsevier carries in its vast database. Doctors can no longer be sure that a life and death decision they make on the basis of articles carried by any Elsevier journal is trustworthy, or if they will be prescribing drugs that may hurt or even kill their patients when they base their decisions on such an article.

Readers of these “journals” (in reality, paid pharmaceutical advertising puff pieces cunningly disguised as serious, conservative journals) cannot be sure that a particular article was not funded, or even written, by a drug maker and served exclusively as an advertising ploy. Instances have also been found of articles that cited totally fabricated data. “Studies funded by drug firms tend to

be biased. The June issue of *Cancer* reports that a third of cancer drug trials published in eight top journals were funded by drug firms. They would, understandably, report favorable results and avoid the unfavorable ones.”

Further, papers promoting dangerous drugs such as Fen-Phen (made by Wyeth), which was later withdrawn because of fatal heart and valve problems that it caused, were written by Wyeth—subsequently scientists were paid large sums to lend their names to the articles as their authors!

In litigation against GlaxoSmithKline over its antidepressant drug Paxil® and in court action against Parke-Davis over its seizure drug Neurontin®, ghost-written journal articles were exposed as well. The *JAMA* (*Journal of the American Medical Association*) published a study in 2008 which disclosed other MECCs (for-profit Medical Education and Communication Companies) doing the same things.

In still another lawsuit, a Pfizer sales document was found entitled “What is the Purpose of Publications?” and its answer was “To support, directly or indirectly, the marketing of our product.”

And that is “Medical Science.”

## Karen Miller, Ovarian Cancer

*continued from page 2*

about it. A few weeks later I had to call them and get the results. The doctor would not talk to me about it, the nurse just told me “they came back negative.” The next “few” follow-up visits, the doctor would still not talk to me about it, so I did not bring it up. I never went back to him and for a while just had a CA-125 done sporadically. Also, my ob/gyn, when I contacted her for “all” of the surgery notes, etc., told me there was nothing more she could do for me so I need not call her office any more. I could not believe it!

I stayed with the Gerson Therapy 100% for a few months after that and then went to 80% for a while and now maybe 50%. One is not quite so motivated when not terminal. However my diabetes is getting worse, so I have been working my way back up to the 80% and feel *sooo* much better!

I was featured in a health magazine that goes to thousands of subscribers via email and is also in many health food stores. Gerson and the Lord were attributed for my total healing just as above. I would be interested in what you think. I lived and am so happy that I am still living! I truly believe that the Lord used Gerson to save my life and then just completed the work in a timelier fashion because He knew of my impatience. Ha!

Thank you for continuing the good fight and keeping Gerson going and for taking the time to speak to me during those really scary moments as well as being very honest and forthright. I have often thought how much I wish I still lived in Costa Mesa, CA to be close enough to the clinic in San Diego to volunteer my time. I must share my story hundreds of times a year and am a firm believer in the Gerson Therapy alone (as opposed to the other “therapy cures”). I take a lot of lip for it sometimes and can't imagine how you manage to deal with all of the negativity and ignorant thinking!

I am now a stay-at-home mom of four boys and ride ‘moto-cross’ with them. I also volunteer at the Police and the Fire Department here in Flower Mound. I work out and ride my bike every day. I feel great.

—Karen Miller

City confers with restaurants, food manufacturers

## New York takes lead in setting salt limits

by STEPHANIE NANO *Associated Press*

First, it was a ban on artery-clogging trans fats. Then calories were posted on menus. Now the New York City health department is taking on salt.

City officials are meeting with food makers and restaurants to discuss reducing the amount of salt in common foods such as soup, pasta sauce, salad dressing and bread.

About three-quarters of the salt Americans eat comes from prepared and processed food, not from the salt shaker. That is why New York officials want the food industry to help cut back.

'It's very hard for an individual to do this on their own,' said Dr. Lynn Silver, an assistant commissioner in the health department.

The department has shown its clout with bans on artificial trans fats and rules forcing chain restaurants to post calorie counts. To comply, fast food chains changed their recipes nationwide, and other cities and states have enacted similar policies.

Some manufacturers said getting rid of trans fats took work, and reducing salt has its own difficulties.

Unlike sugar, there is no substitute for salt. Cream soups—like that casserole favorite cream of mushroom—are the biggest challenge, said George Dowdie, head of research and development for Campbell Soup Co. The soup maker, which has been cutting salt for years, is in the talks with New York.

By fall, Campbell Soup plans to have more than 90 lower-sodium soups available.

That includes its first soup, tomato, which will have almost a third less salt.

The industry hopes salt reduction remains voluntary.

'Literally freight cars full of salt have been removed from these products gradually over time,' said Robert Earl, Vice president of science, policy, nutrition and health for the Grocery Manufacturers Association. 'It has to be done carefully—gradually and incremental over time.'

Herbert Smith Jr. never paid much attention to how much salt was in food until he developed high blood pressure. His doctor at a Harlem health center put him on medication and told him to exercise and watch his diet.

The 54-year-old church receptionist said he was alarmed to see how much salt was in the instant soup packages that he liked. He wants the food industry to cut down.

"For those who want to use salt, they can add it themselves," he said.

Too much salt raises blood pressure, and high blood pressure raises the risk of heart disease. A recent analysis showed that for every gram of salt cut, as many as 250,000 cases of heart disease and 200,000 deaths could be prevented over a decade.

"Very, very small changes in diet could have dramatic effects," said Dr. Kirsten Bibbins-Domingo, a researcher with the University of California-San Francisco.

For its salt initiative, New York has

recruited public health agencies and medical groups across the country. The campaign—with a goal of cutting salt intake by at least 20 percent in five years—is modeled on a plan carried out in Britain. That effort set voluntary salt reduction targets for 85 categories of processed foods.

"Companies have been very innovative," said Corinne Vaughan of Britain's Food Standards Agency. "And they have been very good at making what are quite huge reductions in salt levels."

Salt in pasta sauces has been cut by nearly a third, and soups by about one-quarter, she said. Some foods have been more challenging, she said, citing bacon, cheeses and packaged bread. With less salt, the dough is sticky and harder to process, she said. Salt is used mostly for flavoring but can also help preserve some foods and gives others texture.

Some British companies have put "traffic light" labels on package fronts—green for low-salt, for example—so shoppers can "make a choice at a glance," Vaughan said.

Everyone needs some salt—or sodium chloride—for good health. The daily recommended amount for Americans is about a teaspoon, or 2,300 milligrams of sodium. But many people consume twice that amount. A Big Mac alone has 1,040 milligrams.

A recent government report showed that seven out of 10 adults should be eating even less than the recommended amount—about 1,500 milligrams. That includes anyone with high blood pressure, everyone over 40, and blacks, who are at greater risk than whites for high blood pressure.

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## Otto H. Warburg's Cancer Hypothesis

from Wikipedia.com

In 1924, Warburg hypothesized that cancer, malignant growth, and tumor growth are caused by the fact that tumor cells mainly generate energy (as e.g. adenosine triphosphate/ATP) by non-oxidative breakdown of glucose (a process called glycolysis). This is in contrast to "healthy" cells which mainly generate energy from oxidative breakdown of pyruvate. Pyruvate is an end-product of

glycolysis, and is oxidized within the mitochondria. Hence and according to Warburg, cancer should be interpreted as a mitochondrial dysfunction.

*"Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar."* —Dr. Otto H. Warburg in Lecture

Warburg continued to develop the

hypothesis experimentally, and held several prominent lectures outlining the theory and the data.

The concept that cancer cells switch to glycolysis has become widely accepted, even if it is not seen as the *cause* of cancer. Some suggest that the Warburg phenomenon could be used to develop anticancer drugs. Meanwhile, cancer cell glycolysis is the basis of positron emission tomography (18-FDG PET), a medical imaging technology that relies on this phenomenon.



# The Primary Cause of Cancer

by Charlotte Gerson

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

This sequence of events should give rise to the following question: what changes the oxidative metabolism into fermentation? The answer is relatively simple: the basic pH of the body, its acidity vs. alkalinity, is changed. In a normal, healthy body, the blood has a pH (potential of hydrogen, a measure of acidity) of 7.35. The blood **must** maintain this pH for optimal cell function. It has to balance it, if one's nutrition or life-style doesn't support it, by using portions of body tissue. For instance, the "Standard American Diet" (SAD) is high in animal proteins which cause the body to become acid, that is the blood pH falls below 7.0! A vegetarian diet is able to help the body to maintain its optimal alkaline environment, with a pH of 7.35. (A pH of 7.0 is neutral, any pH below 7.0 is acid, above 7.0 is alkaline.)

Regular consumption of animal protein thus presents the following problem: when the blood pH falls below 7.0, it is acidic and with acidity, the blood begins to lose its capacity to carry oxygen. Since a meat and animal protein-based diet promotes acidity, and causes the blood to lose its ability to carry adequate oxygen to the tissues, the cells are no longer able to perform their normal functions. Otto Warburg identified the inability of the blood to carry oxygen as the beginnings of cancer, and thought that once that process began, it was irreversible.

Along with the blood pH of 7.35, the saliva as well as the urine are all normally at the pH of 7.35. However, the SAD (Standard American Diet) of most Americans (encouraged by doctors and nutritionists) is high in animal proteins which cause the pH to fall. Researchers report that most adult Americans have a blood pH of 6.5 or *lower!* This generally reflects a calcium deficiency, and in these situations calcium-rich milk is prescribed. That is another big mistake: milk is high in animal protein which, in turn, raises the phosphoric acid in the blood, causing the pH to fall further! To counteract the rapidly increasing acidity engendered by the animal protein, the body must find calcium in its own structure to maintain its vital functions, so it dissolves (or "borrows") calcium carbonate from bones and/or teeth. A lifetime of "borrowing" calcium from the skeletal structure and never properly putting any back results, eventually, in osteoporosis.

However, there is much more trouble caused by a low (acidic) pH: Cancer cannot exist in an alkaline environment. Thus, making the body alkaline stops the growth of cancer cells! Cancer cells become 'dormant' at a pH of 7.5 and begin to die at a pH of 8.5, while healthy cells will live. Virtually all degenerative diseases, including cancer, heart disease, osteoporosis, arthritis, kidney and gall stones, and tooth decay are associated with excess acidity. It is possible to monitor one's pH by checking the saliva pH; however that is not an absolutely accurate

reflection of the blood pH. It will only give an approximate idea.

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

Another interesting fact is that when laboratory researchers are done with some malignant tissue, they kill it by simply exposing it to oxygen! Here is another clue as to why the Gerson Therapy is so rapidly and powerfully effective in killing cancer cells.

The Gerson patient is given large amounts of oxygenated juices, particularly the green juices. Patients are often treated with hydrogen peroxide rub-downs, putting still more oxygen into the blood stream. Patients' urine pH as they enter the clinic generally is low (acidic), with a pH well below 7.0. After one week, by their second urinalysis, their pH is in the alkaline range; their bodies are able to kill tumor tissue since, of course, they also do not eat animal proteins! Their tumor(s) shrink. This reality shows that, contrary to Warburg's assumption, the bloodstream's ability to carry oxygen can be easily and quickly restored through dietary alteration.

Naturally, it is also important to rebuild the damaged body tissues and restore the body's defenses. The Gerson Therapy achieves those ends, and since it restores the body's biochemistry with its basic and vital acid/alkaline balance, it also helps the body to clear other diseases. Either lacking or disregarding this basic information, conventional medical doctors cannot believe that one basic treatment can cure all chronic diseases! Since they don't understand the body's underlying basic biochemistry, they consider this approach "quackery."

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*There is an excellent interview with Charlotte Gerson on the Web at [www.consciousmedicnetwork.com/members/cgerson.htm](http://www.consciousmedicnetwork.com/members/cgerson.htm). Thanks to Marsha Anderson for setting it up.*

## The Fluoride Deception ...

*continued from p. 4*

refining fissile Uranium (U-235) for atomic weapons. Fluorine was essential for this process, and atom bombs were essential for the United States' global ambitions for unquestioned military dominance.

In the face of the aluminum and steel industries' need for fluorine, and the role it played in America's global power politics, the workers in the plants and their families, and the communities downwind of plants spewing HF (hydrofluoric acid) and other fluoride compounds by the thousands of tons stood no chance of avoiding immense, and often lethal health problems. Farmland went barren, livestock sickened and died, automobile and home windows, and auto paint were etched overnight by the corrosive chemicals spewed (cheaply) from the smokestacks at night, to hide the discharge from its victims. The human cost was incalculable to workers and their families.

The industries and the government did studies that confirmed the damage being done, then promptly buried the studies and developed public relations campaigns to deny the illnesses and damage was being caused by fluorine discharge. In this effort, Edward L. Bernays, Sigmund Freud's nephew, played an important role, helping to sadden us with yet another deadly poison.

Fluoridation of toothpaste and water was one of the most brilliant ploys of government and industry to defuse the thousands of class action lawsuits looming over the potential future profits of industry.

Once the government could be seen as approving this chemical to "protect" our children's dental health, it became impossi-

ble for attorneys to convince juries of the widespread and lethal toxicity of fluorine compounds. A tube of fluoridated toothpaste waved in front of a jury was the "fig leaf" for the industrial devastation on trial. Opposing scientists found their careers terminated, funds cut off, totally discredited by their colleagues. Devastated workers and their families were callously abandoned by their governments and employers.

As time progressed, further industrial uses were found for fluoride, including Teflon®, CFC propellants, GoreTex® and other fabrics. Each required worker and

community exposure to fluorine, thus causing more suffering in the name of profit.

Bryson documents his statements with long-suppressed studies, interviews with scientists, executives, physicians, victims and others, letters, memos, publications. Fully one third of the book is endnotes.

This is a powerful indictment of the callous and deadly collusion between government and industry, in total disregard for the health and welfare of the surrounding population, workers, customers. It is well worth a read.

*We find one of Dr. Gerson's patients!*

## Janice St. Croix, Severe Uterine Bleeding

by Charlotte Gerson

It is always a special pleasure when we find a patient who recovered on the Gerson Therapy on his or her own. That pleasure is many-fold when it was a former patient of Dr. Gerson's that we didn't know about.

A few weeks ago, a lady named Janice St. Croix, phoned the Gerson Institute to subscribe to the *Healing Newsletter*. While Blanca was taking her subscription, Janice mentioned that she had been a patient of Dr. Gerson's in New York, many, many years ago. Blanca gave me Janice's name and phone number and, of course, I called her.

About 60 years ago, when she was in her mid-twenties, Janice had severe uterine bleeding. She had seen several doctors, was treated with hormones and whatever the doctors could think of, and got worse. Finally, her doctor told her that she would need to have a hysterectomy or she would die in less than six months! This would mean, of course, that she would never have a family with her own children—and she refused.

A good friend of hers, Mr. Sam Markel, who had also been treated and cured by Dr. Gerson, took Janice to see Dr. Gerson in his office in New York City. She told me that it was not very long before she responded and recovered completely so that she was able to resume her dancing career. For a while she was a chorus girl, later she started to design dancing costumes; and then sportswear.

This business turned into one where she was teaching pattern making. She married "a wonderful man." Her husband of many years died recently and she is struggling at her present age of 85 to deal with her loss. She is still essentially vegetarian and careful about her diet and health.



*Images above from Janice St. Croix's dancing and clothing and costume design careers.*





*Gerson Therapy recipes with an Italian flair—Mangia, mangia!*

## Letter from Italy – Recipes from Rosita's Kitchen

by Margaret Straus

*The recipes below were contributed by Rosita M., a recovering patient from Modena, Italy (Her story appears in the Gerson Healing Newsletter, Vol. 24, No. 1, Jan./Feb. 2009). They appear in the Italian translation of Healing the Gerson Way.*

### From Rosita's Kitchen

#### *Angela's Eggplant*

1 eggplant  
1 medium tomato  
1 clove garlic  
Balsamic vinegar from Modena

Bake the eggplant whole in a low oven (140°C or 285°F) for 1½–2 hours then remove the skin (optional) and cut into small cubes both the eggplant and the tomato. Add crushed garlic and dress with balsamic vinegar.

#### *Mamma's Peppers*

1 green or red pepper  
1 clove garlic

Bake the pepper whole in a low oven (140°C or 285°F) for 1½–2 hours (when it collapses in on itself it is ready). Remove the skin, tear into strips with your hands and add a little of the liquid from cooking and the crushed garlic.

#### *Alessandro's Au Gratin*

Zucchini  
Eggplant  
Tomatoes  
Peppers  
Onions

Chopped parsley

Chopped or crushed garlic

Cut the vegetables in half. Arrange in a large glass casserole and bake in a low oven.

When about half cooked (so the topping doesn't burn) sprinkle with chopped parsley and garlic.

#### *Rosita's Artichokes (1)*

Artichokes  
Garlic  
Parsley

Discard the tips and external leaves of the artichokes and cut them in half or in quarters, arrange in a pot with chopped garlic and parsley. Add a small amount of water and cook covered over a low flame.

#### *Rosita's Artichokes (2)*

Artichoke hearts  
Oranges

Slice the artichoke hearts very finely. Peel and divide the oranges into sections, then cut the sections in half. Mix with small amount of flax seed oil and, if desired, a little freshly squeezed orange juice.

#### *Maria's Potatoes*

2 potatoes  
1 onion  
1 medium tomato  
Rosemary  
Vegetable stock (from Hippocrates soup)

Cut the potatoes into medium sized cubes and add the chopped onions and tomatoes, rosemary, and a little vegetable stock. Place the ingredients in a pot and cover. Cook until tender.

#### *Maria's Zucchini*

2 zucchini  
1 tomato  
1 onion  
2 cloves garlic  
A little vegetable stock  
Parsley

Proceed as with the *Maria's Potatoes*, but in place of the rosemary, use parsley. This should be added at the end to avoid it becoming bitter.

*Note: all these recipes are better with Italian flat-leaf parsley, if available.*

*Gerson translation list growing*

## Hungarian and Italian Translations Announced

by Howard Straus, Editor

We have the great pleasure to announce that Charlotte Gerson and Beata Bishop's book, *Healing the Gerson Way*, is now available in two more languages, Hungarian and Italian. Multi-talented co-author Beata Bishop, originally from Hungary, did the heavy lifting on the Hungarian translation, and Margaret Straus DeGo, Charlotte's daughter, coordinated the Italian edition with Macro Edizioni. The Italian version comes with the DVD *Dying to Have Known* translated into Italian. To order the Hungarian version, write Egészségforrás Alapítvány, Budapest Pf.1731, 1465, Hungary. For Italian, go to [www.macroedizioni.it](http://www.macroedizioni.it).

The Japanese version is the next slated for release, currently scheduled for publication around August 1, 2009, following our launch of the book at the CCS-Japan Chapter convention in Tokyo, July 25-26.



*Hungarian version*



*Italian version*

*Watch a 10-minute  
trailer for Dying to  
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## Gerson Therapy Workshops, Lectures & Events, 2009

[WWW.GERSON.ORG/EVENTS](http://WWW.GERSON.ORG/EVENTS)

Events are free, unless otherwise noted; some conventions require purchase of a pass to enter the exhibit and lecture halls.

All information was accurate at press time. We suggest you call the

Gerson Institute's toll-free number at (888) 4-GERSON for an updated schedule, or the Gerson Institute at (619) 685-5353 for more information. Advanced reservations are no longer available.

Date & Time	Event	Location	Speaker	Contact Information
Mon., Jun. 29 to Sun., Jul. 12 and Tue., Jul. 14 to Mon., Jul. 27	Treatment Sessions	Gerson Therapy Centre, Dobogoko, Hungary	Dr. Melanie Nagy and Gerson Centre Staff	Email: <a href="mailto:info@efa.t-online.hu">info@efa.t-online.hu</a> . Tel/Fax: 00-36-1-217-1360. Web: <a href="http://www.egeszsegforras.hu">www.egeszsegforras.hu</a> . Addr: Hungary 2099 Dobogoko Tery Odon u. 18.
Sat., Jul. 25 and Sun., Jul. 26, 2009	Cancer Control Society Convention, Japan Chapter	Belle Salle Kudan, Tokyo, Japan	Howard Straus, <i>Gerson Healing Newsletter</i> Editor, Author of <i>Dr. Max Gerson: Healing the Hopeless</i> .	Mr. Akitsugu Moriyama, Pres., CCS-Japan. 3-7-5 Inage Higashi, Chiba, Chiba 263-0031, Japan. Email: <a href="mailto:airtime@peach.ocn.ne.jp">airtime@peach.ocn.ne.jp</a> . Tel: +81 (43) 2049800
Mon., Jul. 27 to Sun., Aug. 2, 2009	One week Wellness session	Charlotte Gerson Health Restoration Center, San Diego, CA	Charlotte Gerson, Dr. Kayla Smith, Carol Beard.	Dr. Kayla Smith, ND at the Gerson Institute, (888) 443-7766 or +1 (619) 685-5353. Email: <a href="mailto:ksmith@gerson.org">ksmith@gerson.org</a> . Please call for price and availability.
Sat., Sep. 5 to Mon., Sep. 7, 2009	Cancer Control Society Labor Day Convention	Sheraton Universal, Universal City, CA. Hotel Reservations call (800) 325-3535.	Charlotte Gerson. The Institute will have a booth on the con- vention floor.	Cancer Control Society, 2043 North Berendo St., Los Angeles, CA 90027. Tel: (323) 663-7801. Fee: \$40/ day for all events.
Sun., Sep. 6 and Mon., Sep. 7 2009	Rethinking Education Home Schoolers Convention	Marriott Solana Hotel & Spa, Westlake, TX, (1/2 hour west of Dallas)	Howard Straus will speak on the Gerson Therapy and show "The Beautiful Truth"	Barb Lundgren, 3013 Hickory Hill, Colleyville, TX 76034 Email: <a href="mailto:barb.lundgren@tx.rr.com">barb.lundgren@tx.rr.com</a> . Tel: 817-540-6423. Fax: 817-545-3599 <a href="http://www.rethinkingeducation.net/index.html">http://www.rethinkingeducation.net/index.html</a>
Mon., Sep. 21 to Sun., Sep. 27, 2009	One week Wellness session	Charlotte Gerson Health Restoration Center, San Diego, CA	Charlotte Gerson, Dr. Kayla Smith, Carol Beard.	Dr. Kayla Smith, ND at the Gerson Institute, (888) 443-7766 or +1 (619) 685-5353. Email: <a href="mailto:ksmith@gerson.org">ksmith@gerson.org</a> . Please call for price and availability.