

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

Japanese, Spanish Translations

Gerson Therapy Media News

By Howard Straus, Editor

It is just wonderful that we can announce something new in almost every *Newsletter!*



The Japanese Translation

This month, in our lecture in Tokyo, we announced the availability on August 15th of the Japanese translation of *Healing the Gerson Way*. The translation, and indeed, all the work of finding an appropriate publisher, was done in just one year by our generous, loyal, hardworking friend, Kyoko Ujiie Abe, a Gerson trained Caregiver, who is also a writer and gives seminars on healthy living in Tokyo. She only broached the subject of translation last year at the Cancer Control Society—Japan chapter convention. This was an almost impossibly huge and exacting job, but Kyoko was clearly up to it. We owe her a tremendous debt of gratitude!

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Retinitis pigmentosa and helping a guide dog

Carolyn and Hedy Complete Caregivers' Class

by Charlotte Gerson

Carolyn attended the Gerson Caregiver Training session in June, together with her guide dog, Hedy. This lovely animal was quietly lying at Carolyn's feet through the entire sessions; and—naturally, leave it to Anita—Anita prepared a “graduation certificate” also for Hedy, complete with a paw-print!

Meantime, I talked to Carolyn and told her that we could at least stop the advance, and maybe improve her diminishing eyesight due to retinitis pigmentosa, a supposedly incurable ‘genetic’ ailment, since other members of her family also have the problem. She had so little of her vision left (4%), she was legally blind. Her report is presented below.

Since retinitis pigmentosa is an increasing problem, we told her of the case of a male patient, in his early thirties, who was legally blind, only able to distinguish bright lights and deep shadows. In a matter of about six weeks, he was able to

work and run a cash register! Carolyn was very willing to try this Therapy!

She reported several things in just a few weeks. First, on the long drive from Northern California to come to the Training Session in San Diego, she had such severe foot and leg cramps that her friend had to stop the car several times to get her some relief. On the way home, after eating the Gerson organic fresh unsalted food for three days, she did not have a single cramp! It turns out that her diet had always been unusually high in salt!

I also suggested that once she would be making apple/carrot juice for herself, to mix the remaining press cake into her seeing-eye “Lab’s” food.

She reported that Hedy sniffed it carefully, then licked the plate clean “as if it were the most wonderful food she’d ever had.” (Frankly, it was!)

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Charlotte Gerson presents Carolyn and Hedy with completion certificates

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Carolyn and Hedy ...

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Then Carolyn told the story of the seeing-eye dogs: They have a 'working life' of about ten years, then they suffer from arthritis in their hips, lose their hearing and most of their sight. They suffer pain and have a terrible last few years of their lives. It is generally assumed that the reason for their severe degeneration is that their joints take a lot of stress from pulling while they are strapped in their harness. That is hardly true, other dogs take much more severe stress. The reason is that they eat only canned, dead, chemically treated toxic food that doesn't nourish these wonderful animals.

Carolyn, with just the small part of the Gerson Therapy she was able to start doing, had already made remarkable progress by early August. She is truly impressed with her improvements. For one, her sight is sharper, she has better clarity. But amazingly, she has better color perception. She was able to look into her closet and distinguish her navy pants from the black ones, something she had not been able to do for the past three years!

Still almost more impressive, she has regained some of her peripheral vision. She found it almost disturbing in her activities since she had lost this ability years ago! All these improvements occurred even though she is doing only a partial Therapy—but absolutely cut out all salt and prepared salted foods! She is also eating all organic and taking some carrot/apple juice.

The press-cake from the juice is going into Hedy's dish, and she savors it, along with Carolyn's leftover vegetables. She, too, has shown some health benefits: she has lost her food allergies and she no longer has the staph infections which produced rashes on her belly. Until now she occasionally had to take prednisone injections for the infections, but Carolyn was very worried about that drug. It is no longer necessary!

I chided her because she told me that she had to do some traveling and would not be able to do much of the treatment. I couldn't see that **anything** could be more important than to save and improve her eyesight; and gave her some practical suggestions for getting close to the Therapy on the road. She was almost surprised that it was possible; but was willing to do whatever was necessary.

For now, I am still unable to tell how far the improvements of her vision can go. However, I am really encouraged (and so is Carolyn) with the healing she has already shown despite the minimal time spent on it. I also feel confident that we can help many other people to improve or regain their eyesight if they are willing to change their diet to organic, vegetarian, salt-free food.

We received an update from Carolyn after the above was written:

"I wanted to add to the *Newsletter* that Hedy now eats raw organic carrots, broccoli stalks, green beans, romaine lettuce, zucchini, summer squash, carrot/apple pulp, and leftover Gerson soup. She loves it all. Her coat is softer than it was before and she has lost the doggy smell. She used to stink and scratch because she was allergic to the corn and wheat in her food. She's on organic kibble now and lots of vegetables. She's also much calmer. I thought she was just a mischievous puppy, but perhaps she had an irritated nervous system. Lately I've been doing a lot of travel and book signings.

At yesterday's event, Hedy was so well-behaved that I kept touching her nose to see if she had a fever. Today she was the same. She's simply more at home in her skin.

"I've been telling every group about Hedy's new diet in the hope that they will consider that for their own animals. All we can do is educate and demonstrate the benefits by example. I'm astounded at the changes in Hedy after only a few days of giving her much more vegetable matter in her diet (at Charlotte's suggestion). I knew it would make Hedy healthier. I didn't expect to make her more serene. She still loves to play and has lots of energy, but off leash she no longer races around like a maniac—which is very good since she's a guide dog!"

The question arises, "How much more life and use could such valuable and highly trained animals provide, and how much terrible suffering would be avoided by feeding them properly? Or humans?" —Ed.

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\$45.00 or more (foreign memberships US\$55.00) to The Gerson Institute.

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GERSON® HEALING NEWSLETTER

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NEW BOARD MEMBER, ADMIN ASSISTANT, INTERN, WORKSHOP

The Institute is vibrant and expanding with positive change and growth. We are inspired by the experiences and stories from patients the world over, growing numbers of dedicated volunteers accomplishing important Gerson work and our well-synchronized team continuing to improve and grow. We are grateful to each of you—your ongoing support helps make "healing the hopeless" possible.

We welcome Mary Magro, of Oceanside, CA, as a new member to our seven-person Board of Directors. She has extensive experience in the areas of book-keeping and tax returns for various non-profits and foundations, including the Vista Palomar Riders, Inc. (where she was Treasurer, Vice President and Board Member). For many years she was a tax accountant for Sempra Energy, from which she recently retired. We are very lucky to have her skills and expertise to assist us in preparing for audits, in reviewing financial information and in completing annual charitable registration applications that

allow us to participate in state employee payroll deduction campaigns. Thank you, Mary, for your service.

Mikhaela Payden-Travers joined the Gerson Institute in June as the Administrative Assistant. She graduated from the College of William and Mary in 2003 and has several years' experience working in non-profit administration and development both within the US and abroad. She joins the Gerson Institute after a year working as a fundraiser in Tijuana at PASITOS, an educational center for children with autism.

Mikhaela has already had a major, positive impact on our operations in the areas of office management, personnel administration, fiscal matters, special events planning, technology and general support to all staff. Welcome Mikhaela and thank you for all of your hard work, pleasant disposition, and numerous accomplishments—you are really making a difference!!

We are planning for the mid-September arrival of an intern, Kristen Blackie, from

Minnesota, who is taking a year before entering medical school to work with us. She will be completing rotations in medical services, client services, caregiver training, administration and development. She attended the Gerson Basics/Caregiver Workshop in January. She is passionate about health education and we are very excited about having her on our team for a year.

Our popular Gerson Basics/Caregiver Workshop is being offered again October 16-18, with a special treat for the participants on Dr. Gerson's birthday anniversary (Oct. 18). We will be showing select footage of a DVD created by Steve Kroschel for Charlotte's birthday a couple years ago, that includes film from her honeymoon, her family when the children were small and her parents. With two months remaining, we are almost half-full, so please register early if you would like to attend.

We continue to be grateful for the abundance of this the season of the harvest.

—Anita

Gratitude and a New Look

by Diane Ake, Resource Specialist

THANK YOU!

We want to take the time out to thank all of our volunteers who provide invaluable help to make our programs continue to grow.

The Gerson Institute now has a new logo! We chose colors and a design to reflect our mission of natural health and healing. We give our deepest thanks to Sharon Taylor in Virginia, a professional graphic artist, who volunteered countless hours to create our new logo, as well as letterhead, business cards, brochure and more! Thank you for helping us to create our new look!

We want to share some words from Sharon:

"I'm always happy to lend a hand to help you in your efforts. I plan to continue to volunteer for Gerson Institute indefinitely. I can hardly believe all the great and positive change has come about for me personally since I got involved with the volunteer work and with beginning to apply the Gerson Way to my life."

We are also so grateful to Malissa Stawicki who came from Arizona to San Diego to film recovered patients and Gerson Institute staff. She continues to take time out of her busy schedule to produce a series of videos that she will post on our new Gerson Institute YouTube site (to be announced in the September E-Bulletin). We are very excited about being able to use these new (to us) forms of communication!

We also thank Stan Simmons, computer programmer, who has volunteered countless hours to create our new website, which we will now be able to update ourselves! If all

goes well, we launch the site on September 1st and we will slowly work on rewriting, reorganizing and upgrading it.

Thank you to our other volunteer graphic artists, Agata Dawidowska for designing a new workshop brochure, and Mike Zirbes for designing flyers and his ongoing work to produce a catalog of our books and DVD's.

We also want to thank our current office volunteers, Sarah Matthews, Scott Stobbe and Anthony Serna, who have generously given their time to raise funds, move furniture, and do many hours of data entry, computer work and more!

Thank you to Danny Beard, who has fixed so many things in the office and at the Charlotte Gerson Health Restoration Center. And to all of our juicing and kitchen volunteers: Nancy Teas, Benjawan Permpoon, Peter Vandeman and Adam Silberman who helped to make the last Gerson® Basics / Caregiver Workshop a success.

Gerson Media News ...

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The publisher is Jiyusha Publishing Co., Ltd. of Chiyoda-ku, Tokyo, which publishes many environmentally-conscious books. Their website is <http://www.jiyusha.co.jp>. The name “Jiyusha,” we are told by Mr. Keiichiro Masuda, President, means “born of the Earth.”



The Spanish Translation

Over a year ago, we arranged with Gerson clinic doctor Pedro Cervantes and his father, also an MD named Pedro, to translate *Healing the Gerson Way* into Spanish. We had thus far not had a Spanish translation of any of our books, which seemed odd, since our premier and oldest clinic has been in Mexico for over 30 years! However, we had not been able to interest any Spanish publishers in the resulting manuscript.

Enter Alan Furmanski, 30-year-old Colombian melanoma patient, who, after spending time at the clinic in Mexico, has been having excellent results with Gerson, and is now coasting towards the end of his therapy. A few days before his wedding, Alan went on a television interview on a national Colombian TV station, to talk about his recovery from melanoma. In the broadcast,

Gerson Institute Wish List

- New Computers
- Flat Screen Computer Monitors

Please contact Mika at +1 (685) 5353 or email her at mpaydentravlers@gerson.org if you can contribute any of these items.

he spoke about the unpublished Spanish-language manuscript. He also gave his email address. The broadcast, which was aired at 11:00pm, is rebroadcast to many other countries in Latin America. The next day, there were 4,000 emails begging him to send the manuscript in whatever form it was, as people were desperate for real help. You can view the interview (in Spanish) at <http://www.caracol.com/producciones/informativos/elradar/video143670-un-testimonio-vivo-del-metodo-gerson-sanar-el-cancer>.

Now, Alan is a good businessman, and an action-type person. Seeing an opportunity to help people *and* make a business out of it, Alan set about saving all the return addresses from the emails, checked with the publisher, and started the wheels in motion to sell the book over the Internet. But he didn't stop there. He continued the train of thought, and decided to publish 2,000 hard copies of the book in Spanish, in time for the Bogota Book Fair, the biggest book fair in South America, on August 12th! In twelve days of exhibits, the fair attracts about 120,000 visitors. Mind you, Alan was still on his honeymoon, traveling around Europe and Israel. By the time he returned to Colombia, his ventures were well underway, and he was ready with a book to show at the book fair! In addition, many other TV stations have asked for interviews, and Alan is getting serious interest from other Spanish language publishers who can also see an opportunity in the world of Spanish speakers, about 320 million strong. The website for Alan's book is <http://www.opcionesnaturales.com> if you would like to look in on it.

Bravo, Alan Furmanski! You are a miracle worker!

The new translations are the products of people inspired by the powerful healing work of Dr. Max Gerson, from the Drs. Cervantes to Kyoko Ujiie Abe and Alan Furmanski. Of course, in order to be worthwhile, the underlying original had to be a powerful and compelling book, so kudos also to Charlotte Gerson and Beata Bishop for their outstanding work. This brings to six the total number of translations of *Healing the Gerson Way* in publication, and there are three more currently in the works. Dr. Gerson's global vision is finally coming to fruition!

Draining inappropriate anger We Learn Something New About Coffee Enemas by Charlotte Gerson

After using them for decades, we thought that we knew pretty much everything about coffee enemas. But the other day, we got a little surprise.

A patient called. He is apparently not terribly ill, does not have cancer, but is doing the Gerson Therapy for some reason or other. Obviously, he is also using the coffee enemas. So, he asked me a question:

What happens if you skip an enema?

I told him that a whole number of things could happen. Here they are: The toxicity accumulates in the system, and can cause a headache; muscle aches (fibromyalgia) leg swelling, acting up of prior symptoms of pain, healing reaction discomfort, gas, colon blockage and/or distension, even nausea. He wasn't satisfied with that. He had something else to add: He said that if he skips an enema, he gets terribly angry, unmanageably angry! All he has to do is to get that enema going—and **VOILA**; the problem is gone, and he is back to being his sweet, kind self!

Murders have in fact been committed in the course of a *steroid rage*. A very large number of athletes take steroids to increase muscle mass and strength, enhance performance, increase aggressiveness and competitiveness, and other reasons. Steroids are also given to “average” patients for many problems. Psychologists are aware that such people frequently develop a so-called “steroid rage,” in the course of which they sometimes commit violent acts. These (toxic) rages, while excused by the courts, can obviously be alleviated with coffee enemas!

*Gerson Institute
is on YouTube!
View our new
videos at:*

YouTube.com/gersoninstitute

Two years after refusing chemo and radiation

Recovering from Colon Cancer

by Charlotte Gerson

Walter P. (not his real name) was born in 1945. One day, at the end of 2006, he thought he was constipated. He was unable to move his bowel. In the hospital where he was examined, it turned out that the situation was more serious. He had a colon blockage. Surgery was necessary; and a piece of his colon, blocked by a malignant tumor, was removed; then the two 'healthy' ends were rejoined. (An anastomosis was performed.) After that, he spent a whole month in the hospital, was not eating, but was fed intravenously. Finally, his colon started to function again.

Walter's doctor offered him the usual chemotherapy and radiation; Walter refused. The doctor then sent another physician, specializing in colon diseases, who urged Walter to take six months of chemo. Walter refused again and never returned to that hospital.

In January of 2007, Walter arrived at the Mexican Gerson clinic, in fairly good condition. He stayed for two weeks and was started on the Gerson Therapy. While at the Mexican clinic, Dr. Cervantes noted that Walter was showing a stiffness in his joints, and suggested glucosamine chondroitin to heal his joints. Oddly, whenever Walter used the coffee enemas, his stiffness recurred. So he stopped them!

Walter purchased the Norwalk, used the special soup, organic vegetables, and juices. He also ran across a book by Robert O. Young and Shelley Redford Young, called *The pH Miracle*. He studied the book and found it very interesting. He then made sure to keep his pH on the alkaline side.

Now, over two years later, he is well, active, and working.

Walter's own report on his remarkable mother and his early life

In June of 2001, I accompanied my brother, Edward, to the Mexican Gerson Clinic as his caregiver. He suffered from "liver collapse" and was given six months to live. He lived six more years on the Gerson Therapy, passing away in August of 2007 at age 63.

My mother didn't believe in doctors. She was ahead of her time. In the 1950's she was making us fruit smoothies in our Osterizer blender, and vegetable juices, too. We only ate brown bread, Hovis and Davies bread, never the 'vitamin enriched' (white) bread. She would take a slice, fold and then crush it in her hand, and drop [the lump] on the table, saying, "That's not bread, that's not even food." Her catch phrase was "eat only food that rots, and eat it before it does." Whole wheat flour which will rot was stored on the inner porch which was unheated; but behind an outside door; white flour was stored on the outer porch which was covered, but bugs could access it, and yet they would leave the white flour alone!

We rarely went to the doctor. She would say, "Don't go to the hospital, people die there." The word "medicine" was foreign to us. If I got an earwig (a bug) in my ear my dad would blow pipe smoke into the ear and kill the insect when it came out for air.

When I was about 20 years old, I severely sprained, but didn't break, my ankle. After a few days the swelling wouldn't go down, so mom got a certain type of moss which she grew in the garden, wrapped it around my ankle, secured by a tensor bandage and the next day the swelling was way down.

When she went to work, she would take only fruit for lunch and be laughed at. She had many arguments about the four basic food groups nonsense. I have a vivid memory of my friend, Jerry Seabloom, standing up in a grade school Health Class, about the basic food groups and saying, "Walter's mommy doesn't believe milk is good for you".

We were never vaccinated for anything, even polio. She said, "it's just the high mucky-mucks' way of making more money.

At present, I use a Vitamix® blender to make about a liter of vegetable smoothies each week, consisting of lettuce (not iceberg), some kale or chard with one apple for sweetness. I make wheatgrass juice in the Vitamix, filling it half full with fresh cut

wheatgrass and a cup of water, so it's not so strong. I buy dehydrated crackers (unsalted) and carob/coconut cookies (no sugar or artificial sweeteners) from a raw food preparer every week. I take Vitamin D₃ daily because I live in a northern climate where my type of colon cancer is more prevalent—because of little direct overhead sun. I exercise aerobically four to five hours per week. I'm using EFT (Google EFT to find out about this amazing version of acupuncture) to prevent cancer recurrence.

There is an integrated cancer clinic in Vancouver that has your dad's book in its library. Also, my doctor attended one of your seminars years ago and told me that Gerson Therapy seems to be an effective Therapy.

Wisdom from Hippocrates

Although the art of healing is the most noble of all the arts, yet, because of the ignorance both of its professors and of their rash critics, it has at this time fallen into the least repute of them all.

Science and opinion are two different things; science is the father of knowledge but opinion breeds ignorance.

Primitive men sought food suitable to their constitutions and discovered that which we now use. They knew that if strong food was eaten the body could not digest it and thus it would bring about pain, sickness and death, whereas the body draws nourishment and thus grows and is healthy from food it is able to digest.

It is not enough for the physician to do what is necessary, but the patient and the attendants must do their part as well, and circumstances must be favourable.

Desperate cases need the most desperate remedies. In every illness, a healthy frame of mind and an eager application to victuals (*foods*) is good. The reverse is bad.

Hippocrates (430 B.C.)

We visit the Cancer Control Society convention in Tokyo

Gerson Therapy Gaining Traction in Japan

by Howard Straus, Editor

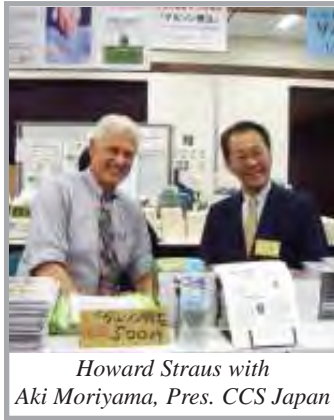
On July 25 and 26, the Cancer Control Society, Japan chapter held its annual convention at the Belle Salle Kudan in Tokyo. For the fourth time, Mr. Akitsugu Moriyama, President of the CCS-Japan, invited your Editor to give an hour lecture and attend the convention, generously paying travel and expenses while we were in Japan.

Tokyo at this time of year does not have the most pleasant weather one could wish for, hot and muggy, with occasional thunderstorms, but the atmosphere for Gerson in Japan could not have been more welcoming. Several organizations and individuals have been very busy, and the fruits of their labors have benefited the acceptance of Gerson in Japan to either large or small extent.

We spoke to a full hall, about 500 people in the audience, including, we found out after the lecture, the Executive Director and some of the senior staff of the St. Marguerite Hospital in Chiba, about halfway between Tokyo and its main airport at Narita. The Director happily told us that they were implementing the Gerson Therapy, soup, juices, coffee enemas and all, at their hospital, and were delighted with the results that they were achieving. She even asked if Charlotte would come to inaugurate a Gerson ward, if and when it was constructed. We sadly had to tell her that, at her relatively advanced age, Charlotte does not make 12-hour airline flights anymore, as it is just too much of a strain. However, we volunteered to come ourselves, should she wish a visit.

We manned a sales table in the exhibit hall next to the lecture hall, and were gratified to recognize many of the faces of people who come, year after year to staff the convention. At the sales table with us was Kyoko Ujiie Abe, a Gerson Institute Certified Caregiver, a great and generous friend to the

Institute. Kyoko had set the table up, and done all the preparation for book and DVD sales. She also has translated Charlotte and Beata Bishop's book, *Healing the Gerson Way*, into Japanese, plus found a publisher. Thus, we were able to announce in my well-received lecture that the Japanese translation would be ready for purchase on August 15th! (See related story, p. 1)



Howard Straus with Aki Moriyama, Pres. CCS Japan

CCS-Japan President Moriyama told us that there is, in the Japanese Diet (legislature), a member who is very interested in alternative approaches to cancer and other diseases. We immediately arranged for *Healing the Gerson Way* to be presented to him, both in

English and in the newly available Japanese, along with copies for about 20 of his interested colleagues.

The book's publisher, Mr. Keiichiro Masuda of Jiyusha Publishing Company, visited us at the booth, and we got to express our thanks to him personally for bringing this volume to Japan. He had indicated on first reading it, that he and his staff found it fascinating and well-written, and we met with Kyoko to discuss marketing considerations. "Jiyusha" means "born of the Earth," which gives one a good idea of the thrust of their books, so it looks like we'll have a good relationship with them.

Prof. Takaho Watayo, MD, who has appeared in our documentaries ("Magnificent, magnificent!") lectured at the convention as well. He told us that his book on nutritional healing of cancer had sold out its first printing of 200,000 copies in *three months*! Clearly, the population of Japan is hungry for this information. He also told us that he mentions the Gerson Therapy very

favorably throughout the book, which will give us tremendous exposure. Due to this book, and Dr. Watayo's several lectures a week, he has become one of the most, if not *the* most famous physicians in Japan. He indicated that, mostly using the Gerson Therapy techniques, he was able to manage recoveries in about 50% of the "terminal" patients who came to him. For an MD, particularly a medical school professor, this kind of result with cancer and other chronic diseases is incredibly gratifying. Dr. Watayo comes from a family that has produced medical professionals in China and Japan for centuries!

We have been invited to Tokyo again for next year's CCS-Japan convention, and have accepted gladly.

We should like to publicly express gratitude to the CCS, both in the US and in Japan, for having presented us with the opportunity and platform to bring the Gerson Therapy to Japan. Both Mr. Moriyama and CCS President Frank Cousineau (who succeeded Norman Fritz on his passing last year) were generous and most hospitable. Dr. and Mrs. Watayo invited us to Hakone Spa, a mineral hot springs between Tokyo and Mt. Fuji on



Keiichiro Masuda of Jiyusha Publishing with Kyoko Ujiie Abe

the flanks of another volcanic cone, and treated us like royalty. Our simultaneous translator, Ms. Roxana Sonoda, ND, with whom we have worked on each of our visits to Japan, broke a front tooth *an hour before our lecture*, but soldiered bravely through, acting as our translator for the entire day! Mr. Moriyama's daughter Yukie, who attended college

in the US, was our facilitator and organizer, doing a very professional job with great hospitality. And there is no superlative high enough to describe the work and help provided by Kyoko Ujiie Abe, who translated *Healing the Gerson Way* and found a publisher in the year since we were last in Japan! And this was just the tip of the iceberg; the CCS staff and volunteers, other lecturers and organizers were all phenomenally helpful and gracious. Thank you all for helping us to bring the Gerson Therapy across the Pacific!

Howard Doan writes of his recovery

One Year After Melanoma Diagnosis

by Charlotte Gerson

Dear Charlotte,

I hope this message finds you well. I was happy to celebrate my 51st birthday 3-27-09 in excellent health, a little more than one year after being diagnosed with malignant melanoma in February 2008. Charlotte, if you remember, I had the good fortune to meet you at BNC in April of last year during your visits, and then prior to your between screening sessions at the West Coast opening of The Beautiful Truth. I would like to know if it would be possible to be involved with introducing you at the upcoming session that you will be speaking at in September. My success with the Gerson Protocol has given me the desire to do some public speaking, and although we have not really spoken at length, I think you would be very pleased at my speaking style, and line of thought. I would like to make myself available to you prior to the convention, to speak with you, and see if this is a possibility.

—Howard Doan

Howard's background

During his active working years, Howard was exposed to numerous toxic chemicals. In 2005, he had a minor injury on his back that didn't heal normally. It actually formed unusual "keloidal scar" tissue, a pre-malignant symptom. It wasn't until February 2008 that the same area had tissue with combined

pink vascular and very dark brown portions removed from his back which was subsequently biopsied. The report came back:

"Nodular Malignant Melanoma, stage II, Clark's Level IV, with some lymphatic infiltrate." At this point, his situation, with malignant cells in his lymph system, had become serious. On top of it, Howard felt some unusual pressure under his left rib-cage that was not there before. His whole left side felt uneasy, achy.

He investigated possible treatments, saw two different physicians and having already started his own research, mentioned alternative healing at his second consultation with a surgeon / oncologist at the "City of Hope" and was quickly discouraged by the physician. He vowed not to return there after his visit with the young doctor; and started to study the Gerson Therapy more thoroughly. He found, the same as he read in the book by Beata Bishop (also afflicted by melanoma), *A Time to Heal*, that "the Gerson Therapy made sense."

Howard started the full treatment at the Mexican Gerson Clinic in April 2008, and, at this time, states he feels really well (as he writes above). The pressure and discomfort in his left side are completely gone. Just for the record, despite numerous suggestions to do otherwise, he ultimately chose the Gerson Therapy as his first option. After finding out he shares the same birthday, the 27th of March, as the author of this article, he swears that this did not influence the choice of treatment. Of course we do not consider him "cured," since his full Therapy has only run for about 15 months, and not the full 24 months as required, but he has experienced very positive results more quickly than he expected.

There is an excellent interview with Charlotte Gerson on the Web at www.consciousmedianetwork.com/members/cgerson.htm. Thanks to Marsha Anderson for setting it up.

From the Yahoo Gerson Group

Help with Chronic Lyme's Disease

Just a note, I also use the HBOT (Hyperbaric Oxygen Therapy) for the Lyme. It is compatible with the Gerson Therapy and is very helpful with the Lyme. But, it is expensive and most insurance companies will not pay for it. When I went for my first treatment I had difficulty just sitting in the wheelchair and cried the whole time because the pain was so severe. Every bump in the road as we drove caused my muscles to go into spasms. It is the Lyme Disease no one wants to admit exists but that so many of us live with daily. Most of the doctors just looked at me in horror and had no idea what to do.

I could only stay in the chamber 15 minutes the first time but worked my way up to an hour. I believe the HBOTs helped to get the active Lyme infection under control but it was the Gerson Therapy that gave me my first significant pain relief and the first real movement I've had in my hips in more than a year. I still go to the HBOTs but not as often, just once a month or so to help keep the inflammation down and for the health of my liver.

Cooking the 'old fashioned way' is tough to do, especially since you can no longer use your microwave. We have been microwave free for about six years now so I can tell you it does get easier with time and you'll wonder why you ever needed one. Our family has always tried to eat healthy, including an organic gluten-free diet, but we have now added the principles of the Gerson diet. The entire family is eating this way, which helps, the children and my husband are on the maintenance diet instead of the strict cancer diet I am on.

I think the thing that helped us the most was to perfect about four to five meals and rotate those. Once you become accustomed to those, you begin adding to them. You can make the oatmeal cookies in the back of the Gerson book for the children, they are very good and it's always helpful to have something sweet and filling to get through the day.

continued on p. 8

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Monsanto's Bid To Control World Food Supplies

from "Our Toxic World: A Wake Up Call" book review

On March 11, 2008, French television aired a new documentary. This material will probably never air on U.S. television which is closely watched over by Monsanto. This gigantic biotech corporation is threatening to destroy the agricultural biodiversity which has fed mankind for thousands of years.

It is the normal culture, starting with farming in the distant past, to save seeds from each seasonal harvest for the next season. But when Monsanto developed GM (genetically modified) seeds that would resist its own herbicide "Roundup" it patented those seeds. For nearly all of its history, the United States Patent and Trademark Office refused to grant patents on seeds, viewing them as life-forms with too many variables to be patented. But in 1980 the U.S. Supreme Court allowed for seed patents in a five-to-four decision, laying the groundwork for a handful of corporations to take control of the world's food supply.

Since the 1980's, Monsanto has become the world leader in genetic modification of seeds and has won more than 670 biotechnology patents, more than any other company. Farmers who buy Monsanto's "Roundup Ready" seeds are required to sign an agreement promising not to save the seed produced after each harvest for re-planting or to sell the seed to other farmers. This means that farmers must buy new seeds every year!

Monsanto puts pressure on farmers, farmers' co-ops, seed dealers, and anyone else it suspects may have infringed on its patents of genetically modified seeds. To do this, Monsanto relies on a shadowy army of private investigators and agents. They videotape and photograph farmers, store owner, and co-ops. They infiltrate community meetings. They gather information from informants about farming activities. They try to pressure farmers to give Monsanto access to their private records. Farmers call them the "seed police" and use words such as "Gestapo" and "Mafia"

to describe their tactics.

(from an article published in *Vanity Fair*, May 2008.)

Reports have also come in from India that the same tactics are used by Monsanto's agents there. One of the results has been that a considerable number of farmers, unable to feed and take care of their families, have committed suicide.

Other Problems from Pesticide Treated Foods

A report comes in from Christopher Maingot's excellent letter below, which gives us a real good reason on why it is essential to buy organic food; and for strengthening regulations instead of relaxing them for industry profits ...

"Ask yourself why *organic* farmers have more sperm and less cancer, depression, suicide, birth-injured or brain-damaged children than those who use pesticides. A total of 76 US baby foods were checked and found to contain 16 different pesticides. It is estimated that 55% of all fruits and 29% of all vegetables contain toxic chemicals, and half of these can cause cancer. Could this be related to the 25% increase in brain cancer in children in the past 25 to 50 years? Twenty million children under five years of age eat an average of eight types of pesticides a day. Ninety percent of the children from six months to five years eat an average of 13 chemicals that damage the nervous system each day. About 108 pesticide types were found on 22 different fruits and vegetables, and as many as 10 to 37 different types can be found on a single apple."

See also: www.drrapp.com.

From the Mailbag

One Year, Thanks Dr. Cervantes

Dear Gerson Institute,

I was at the clinic in Mexico last year and recently passed my one year anniversary on the Gerson therapy (July 21st). HOORAY!

Help with Lyme's Disease ...

continued from p. 7

Everyone in our house drinks the Hippocrates Soup and loves it. It has helped our nine-year-old with chronic dryness of his skin.

I think one big issue to overcome is we are used to having many components to dinner and a great variety which isn't really necessary. It helped us to adjust to having simpler meals which, in turn, makes preparation and planning so much easier. One problem for me was the ever present hunger but I like cold boiled potatoes so that was quick and easy fill item that could be made in advance. If you can find a few of those things you can make every other day, it might help when you are very weak.

I know how hard it is to prepare food from scratch when you have young children, especially when you are ill yourself. We have a few simple recipes that might help out if you would like them. Just let me know and I can send them directly to you. It makes it even more difficult that everything needs to be done fresh and by scratch. Somehow we always end up doing the impossible when it really counts. I wish you well.

I have only been on the Gerson Therapy for a little over eight weeks so we haven't given it much time to really work, however, I have already received more relief from it than anything else has provided me since September 2007. At first we did what we could by removing things from my diet and then by adding organic glass bottled juices until we could get a juicer. Once we got the juicer we started the Coffee Breaks. I have just started those but have already noticed a drop in my pain level once again. I have to admit, those are a little difficult to get used to, at least mentally, physically isn't that bad. We are now pretty much at a 100% as far as the diet goes. It does take a while to work yourself into the whole therapy.

Health is returning and healing is proceeding one juice at a time. I am SO grateful to the Gerson Institute for making this therapy available and feel SO lucky to be able to do it. I've had an amazing year of growing and learning and healing. THANK YOU!

continued on p. 9

Toxic Tuna Trend Means Women and Children Must Avoid Tuna

by Eli Saddler, Public Health Analyst, GotMercury.Org;
Phone: 415-488-0370 ext. 104; E-mail: eli@gotmercury.org

San Diego, CA—A recent undercover investigation of San Diego's top sushi restaurants is adding to the bad news about high levels of mercury in tuna.

The investigation found that 1 in 5, or 20 percent, of the tuna tested had dangerous levels exceeding that of king mackerel, which the FDA warns women and children to never eat. The public health group GotMercury.Org in partnership with San Diego KGTV television news secretly tested 20 pieces of tuna sushi from 10 of San Diego's top sushi restaurants in April.

The San Diego investigation follows on the heels of GotMercury.Org's investigation of Los Angeles sushi in March 2006, which created international concern after a Los Angeles Times article.

"We are seeing a toxic trend here in California," said Eli Saddler, public health analyst for GotMercury.org. "Families in San Diego and across the nation need to know the risks of eating tuna sushi and avoid it for the sake of their children. With so many healthier seafood choices available, why take the risk?"

The FDA data reports that fresh and frozen tuna averaged 0.383 ppm, significantly lower than GotMercury.Org's results showed an average of 0.584 from 32 samples in San Diego and Los Angeles—over 150 percent of the mercury levels reported by the FDA. Overall, 25 percent of tuna tested in the two cities exceeded the federal advisory level for women and children. About 16 percent of the tuna tested—1 in 6 tuna sushi—should not have been eaten by any consumer—man, woman, or child.

"In our combined studies, 1 out of 4 tuna sushi tested exceeded what is considered safe by the federal government," said Eli Saddler, public health analyst for GotMercury.Org. "This new round of testing affirms the need for women of childbearing age and children to avoid tuna served as

sushi, sashimi, or ahi."

The FDA and EPA already warn women and children not to eat king mackerel (0.730 ppm), swordfish (0.970 ppm), shark (0.988 ppm), and tilefish (1.45 ppm). However, the FDA advisory on tuna is confusing and weak regarding tuna and differs from the calculations used by the EPA.

"Mercury contamination is a serious issue for pregnant women, children, and women who are even considering getting pregnant," said Erin Thompson of Women's Voices for the Earth. "Women buy tuna for themselves and their children. Therefore, it is absolutely critical that women be informed about what types of tuna to avoid, and it the responsibility of the FDA to provide this information."

Consumers are at risk by eating tuna sushi or sashimi and should be aware of the risks, especially women who are or intend to become pregnant, nursing mothers, and children. Children developing in the womb and young children are particularly vulnerable to methylmercury, the toxic organic form found in fish, because it can harm neurological development—resulting lower IQ, nervous system damage, cardiovascular ailments, and motor skill problems.

"Sushi can be part of a healthy diet, but consumers need to know that too much tuna can be toxic," said Eli Saddler, public health analyst for GotMercury.Org. "Given that samples vary widely in mercury levels, there is no way to know how much methylmercury you are ingesting when you eat tuna sushi, sashimi, or ahi."

GotMercury.Org is a free, online mercury-in-seafood calculator that was recently revised to include the FDA's 2006 mercury in fish and shellfish data. GotMercury.Org educates consumers on healthier seafood choices by using the EPA and FDA data to calculate how much seafood consumption is safe in a given week.

Thank you Dr. Cervantes ...

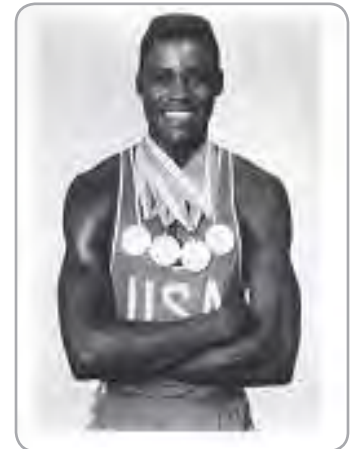
continued from p. 8

The staff down in Mexico was great. I want to put in a special word for Dr. Cervantes. He is much more than a medical doctor—he is a true healer in the best sense of the word. Shortly after arriving at the clinic and meeting Dr. Cervantes, I felt that I had made a connection with someone who understood me and illness in me on a deep level. That in itself was so helpful for my healing. He is very intuitive, perceptive, empathetic, loving and caring. His healing energy was a great boost to me as a cancer patient and helped me turn around the momentum of the disease. I hope you take good care of him—he is an Angel!

Keep up the good work and thanks again!

—Lasta Tomasevich 

Carl Lewis, Vegan



Did you know that one of the greatest athletes of all time, Carl Lewis, achieved most of his history-making victories while consuming a strict vegan diet? Yes, Carl Lewis competed in four Olympics and won nine gold medals and a silver medal while eating no animal protein. He also participated in ten World Championships and won eight gold medals and reached the top of his career at 30 years old on a whole plant-based diet. Carl Lewis said: "Your body is your temple. If you nourish it properly, it will be good to you and you will increase its longevity."

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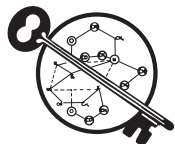
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All information was accurate at press time. We suggest you call the

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
Sat., Sep. 5 to Mon., Sep. 7, 2009	Rethinking Education Conference	Marriott Solana Hotel, Westlake, TX. For hotel res- ervations call (800) 228-9290.	Howard Straus will lecture, show <i>The Beautiful Truth</i> , and sell books and DVDs.	Contact Barb Lundgren for questions registration: barb@rethinkingeducation.net or (817) 540-6423. Fee: \$175, Grandparents: \$40, or \$60 for both grandparents. www.rethinkingeducation.net
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.
Mon., Sep. 7 to Mon., Sep. 21, 2009	Treatment Session	Gerson Therapy Centre, Dobogoko, Hungary	Dr. Melanie Nagy and Gerson Centre Staff	Email: info@efa.t-online.hu . Tel/Fax: 00-36-1-217- 1360. Web: www.egeszsegforras.hu . Addr: Hungary 2099 Dobogoko Tery Odon u. 18.
Mon., Sep. 21 to Sun., Sep. 27 and Mon., Nov. 9 to Sun., Nov. 15, 2009	One week Wellness sessions	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: ksmith@gerson.org . Please call for price and availability.
Fri., Oct. 16 to Sun., Oct. 18, 2009	Caregiver/Gerson Basics Class	San Diego, CA	Charlotte Gerson, Dr. Kayla Smith, Carol Beard.	Barbara Conde, the Gerson Institute, (888) 443-7766 or +1 (619) 685-5353. Email: bconde@gerson.org . Please ask about price and availability.