

*Carolyn Makes Remarkable Progress, Guide Dog Heals, Too!*

## Celebrating Charlotte at 88: Cultivate Her Legacy

by Anita Wilson, Executive Director

We welcome you to join in celebrating Charlotte's 88th birthday (March 27, 2010) to honor her lifetime of dedication to healing. Charlotte has kept the flame of her father's discoveries alive through founding the first Gerson Clinic and the Gerson Institute, lecturing internationally, selling her father's books, writing and publishing her own books, producing documentaries, conducting TV and radio interviews and teaching doctors and caregivers. Each week she still visits the Gerson Clinic in Mexico to personally counsel each patient. *She continues to guide hundreds of people along their healing journey and inspire thousands around the world.*

One way you can join with us is by sending your personal greetings to Charlotte. We are creating a large card with personal mes-

sages from people around the world who have been influenced by Charlotte's decision to dedicate herself to educating others about



the Gerson Therapy. If you are a recovered patient, please let her know you're still out there. If you would like to take part, please send your message (short) or picture, to the

Gerson Institute, Attn: Scott Stobbe or email them to [stobbe@gerson.org](mailto:stobbe@gerson.org).

Another way you can help is by making a donation to the Charlotte Gerson Legacy Fund, a fund dedicated to ensuring that information and education about the incredible treatment that Dr. Gerson developed continues to spread across the world. You can donate online at our website, <http://gerson.org/membership/donation.htm>, by calling the Institute at (619) 685-5353, or by sending a check or money order to the Institute, with the words Legacy Fund in the Memo.

And the best way to celebrate is to make sure that on March 27, 2010 you tell someone else about the Gerson Therapy!



### Inside this issue ...

- A Few Words from Howard.....2
- From the Desk of Anita Wilson .....3
- Gerson Institute Shorts .....3
- Welcome Scott Strobbe .....4
- Eric Sheds Multiple Health Problems.....4
- Add Your Happy Birthday Greeting .....4
- Mail: "You're just simply the best" .....5
- Bone drugs causing bone death.....5
- Fructose and Obesity .....5
- The "New" Science of Epigenetics .....6
- Tamiflu Blinds British Teenager .....7
- Beata Bishop's "A Time To Heal" Available....7
- New Deadly Health Scam .....7
- Reversing Retinitis Pigmentosa .....8
- Special Joy at Christmastime .....9
- Praise for Gerson, vegan diet .....9
- Classified Advertisements.....10
- GersonSupporters .....11

### From Her Devoted Daughter

## Honoring Charlotte's Lifetime of Healing

by Margaret Straus

I think all the wonderful things that could be said about you, Mother, already have been. Your beauty, intelligence, dedication, courage, and loving humanity have been celebrated on many occasions when the countless patients you have helped have flocked to your side. So I thought I would tell another story, which I find equally inspiring. How many of your admirers, seeing you flourish enviably in full activity in your high 80s, with a marvellous institution to support and continue your work, really know the price you have paid over the years? Willingly and with passion, yes, but in struggles that few would have been able to resist. Having once decided not to let your father's work die with him, you took on an immense and initially lonely task. You lectured, hauled boxes of

books and papers around the country, struggling to round out your medical knowledge while at the same time having to train licensed professionals. At least one clinic opened in an area where bitter weather made delivery of supplies, especially of calves' liver, a constant battle. You juiced and cooked for patients when help evaporated, spent hours on the phone encouraging the desperate and placating their fears. Risking, always risking persecution by the cynical powers of greed, yet carrying on with infinite faith. All the while you maintained your health by following your father's precepts, for which our gratitude as his heirs will never end. Your life inspires us by showing how anything truly worth achieving

*continued on page 2*

## Honoring Charlotte ...

*continued from page 1*

takes constant and determined effort, without watching the clock or moaning about never getting a holiday. There are no short cuts, no magic, much less magic bullets. There is a moral imperative.

With love and endless gratitude. Peggy



I delved into the task with the dedication born of a deep and abiding love for my “Opa” (Grandpa) and a respect and admiration for my tenacious mother, and was rewarded with the satisfaction of seeing Dr. Gerson’s story come to life for thousands of people who did not know about him.

Since then, it has been my honor, my pleasure, my life’s work to be Charlotte’s strong right arm, using whatever skills and talents I have to further her work in the world.

Peggy has already noted Charlotte’s fierce dedication to healing those in pain, hopelessness, fear and despair. She has also touched on the struggles Charlotte has faced with stern resolve against organized medicine, government, corrupt and dishonest individuals, and opponents of all stripes. I don’t know if I could have withstood all she has in the furtherance of her father’s legacy.

That Charlotte bears a gift beyond price to the world, including to her offspring, should be obvious to all. But to be the son or daughter of this powerful woman comes with the obligation to carry the work forward, to help those in pain, to bear the burden she alone has carried for decades. This I have promised my mother with no reservations. A considerable benefit accrues to my sister and me, as well. We know for certain that we’ll never have to worry about tending a parent with chronic disease, and we won’t have to worry about it ourselves. In the current medical climate, where “incurable” disease has become the norm, that is an incalculable benefit, and we don’t take it for granted.

Therefore, I add my own paean of gratitude, admiration, praise and respect to my mother, Charlotte Gerson, who has breathed renewed life into so many broken bodies, who is regarded as a world treasure, a brilliant, powerful force for good in human health. Bless you, Mom!



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## Gerson® HEALINGnews

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

## CHARLOTTE S SONG, ON HER BIRTHDAY

Many have requested the words I wrote for Charlotte's birthday some years ago, simply entitled:

### *Charlotte's Song*

With the courage of a thousand warriors and the beauty of a thousand goddesses  
You live your life with courage and conviction  
Keeper of the legacy, teacher of the tradition and protector of the hopeless  
As gentle as a summer's rain when needed  
As thunderous as a magnificent storm when necessary  
You've had not a highway polished clear by many who have gone before  
Nor even a trail blazed in the forest  
Rather you have walked with courage and conviction in the footsteps of that one you call Father  
That one we call Dr. Gerson  
Born blood of your blood and bone of your bones are two who call you Mother  
And one who calls you Nana  
They, too, add dimension and strength to this work  
As do all who hear the call to continue the vision and the task  
So tonight around the world, on bended knee and bowed head are countless  
Who give gratitude for the day you were born.

— *by Anita Wilson*

## **Gerson Institute Shorts**

by Diane Ake, Dir. of Development

### **Special Thanks!**

We would like to give a very special "thank you" to all who contributed to our annual fundraising appeal in December, which brought in over \$13,000. We are so grateful for your loyalty and support! Your contribution allows our dedicated and talented staff to continue and expand our programs, as well as create new innovative services for thousands around the world who urgently need guidance for a serious illness, or for those who want to learn how to create a healthy lifestyle to prevent disease. We couldn't do it without you!

### **Dirt! The Movie**

The Gerson Institute is reviewing new books and DVDs that fit in with the philosophy and methods of the Gerson Therapy and further our mission of promoting natural healing. Dr Max Gerson realized the integral importance of dirt (the soil) when he noticed earth worms crawling out of his grandmother's garden after an experiment with

the new chemical fertilizers. He writes in *A Cancer Therapy: Results of Fifty Cases*, "...the soil and all that grows in it is not something distant from us but must be regarded as our external metabolism, which produces the basic substances for our internal metabolism."

### ***Now from the Gerson Institute Web Store ...***



*We encourage you to buy  
this new selection and  
share it with your family  
and friends*

We have added a new DVD to our Store called *Dirt! The Movie* (\$19.95). It is an insightful and timely film that tells the story of the glorious and unappreciated material beneath our feet. Inspired by William Bryant Logan's acclaimed book *Dirt: The Ecstatic Skin of the Earth*, *Dirt! The Movie* takes a humorous and substantial look into the history and current state of the living organic matter that we come from and will later return to. It is a winner of many film festival awards including "Best Green Documentary" and "Best Film for Our Future."

To order, call our office or visit our website store at [www.gerson.org](http://www.gerson.org).

### **Facebook & Causes**

For those of you who use Facebook on the Internet, the Gerson Institute now has a Facebook Group and a Causes Group. To post a message on the Gerson Institute Causes page, make a donation or tell your friends, go to <http://tinyurl.com/ykghw4f>. Causes also allows you to invite your friends to make a donation to the Gerson Institute.



## Welcome Scott Strobbe!

by Diane Ake

We welcome Scott to our Gerson Team! Scott has a B.A. in Marketing with a concentration in advertising. He is our new Marketing and IT Coordinator. He has a lot of interests and skills, including photography (you have seen many of his photos in our flyers and monthly e-bulletin), film, music, politics, sports and the environment. Scott will be upgrading our technological capabilities, producing the monthly e-bulletin, doing our website updates, producing marketing materials and more. We are lucky to have him join our staff.



## Happy Birthday, Charlotte!

We will be collecting birthday cards and messages for Charlotte's 88th birthday. If you would like to send a birthday message to Charlotte, send your message in an email to Scott Stobbe at [sstobbe@gerson.org](mailto:ssobbe@gerson.org), or mail a card to Scott at the Gerson Institute.

### CUSTOMER SATISFACTION SURVEYS

**If you have purchased supplements from the following companies: STAT, Ishi or the Key Company (who advertise with us and sell Gerson Supplements) please complete our simple, online Customer Satisfaction Survey on the left hand side of our home page of our website. Thank you.**

*Coming in the May-June Edition of Gerson News: An exciting announcement about a new program for Gerson Patients in Singapore.*

## "Incurable" Erythromelagia, "Irreparable" Eye Injury, Fatigue

by Charlotte Gerson

After nearly saving my wife's life from stage 4 breast cancer with the Gerson therapy, I had learned too much about nutrition to ever return to bad eating habits. For the following year I stuck to the basic principles, I had about two juices a day, ate only organic, and had lots of fresh, raw fruit and vegetables. The microwave was gone, as were chemicals of any kind on the skin. Salt and fat and most animal protein disappeared from the diet. In the first few months my erythromelagia was totally gone. It is supposedly incurable. The symptom was burning in the feet. I would have to walk barefoot in the snow before going to bed so that I could sleep through the night. At work I had two pair of shoes and at least eight pair of socks, and changed my socks and shoes throughout the day. It had become a noticeable problem about five years prior, and was getting worse with each year. What a relief to have that gone!

But that was not all. I had an eye injury from a rock. The lens in the eye was "damaged beyond repair" and two eye surgeons said the same thing ... that there was no chance of healing. They wanted to schedule cataract surgery to replace the lens. My vision with this eye was so poor that I could not count the lines of double-spaced print. There was no eyeglass lens that would help. As it turned out, I had to postpone the eye surgery for a year because of the need to tend to my wife. During this year I learned about the Gerson therapy, so I postponed the surgery six more months after her passing while I tried the Gerson health principles. My vision improved to where I could cancel the surgery! My eye has continued to heal, and now three years later I can not only see clearly with eyeglasses, but can read without glasses with that eye!

And that is still not all. Aches and pains went away, as well as a back injury. Youthful vigor returned. At 59 years old I can work all day with a chainsaw and feel great with no soreness.

Then I met and married another woman,

Mary Elizabeth, who was already a vegetarian. She readily embraced my diet. In a year the age spots on her face have disappeared. It is thrilling to have a new lease on life!

Charlotte, my wife is reading the biography of your dad and is thoroughly enjoying it. I keep having her give me an update as she reads along. Both you and your dad are remarkable people to work so hard to share so much truth to help people. It is truly a calling from God. It is great that your son [Howard Straus] continues the work. Thank you all very much.

Best regards,

Eric J. and Mary E. Ellis



*Our beloved Beata at the Hungarian Centre, and a lunchtime veggie bouquet*



### Gerson Institute Wish List

- New Computers
- Flat Screen Computer Monitors
- Paper and Printing

*Please contact Mika at +1 (685) 5353 or email her at [mpaydentravets@gerson.org](mailto:mpaydentravets@gerson.org) if you can contribute any of these items.*

# Bone Drugs Causing Bone Death

by Charlotte Gerson

The report below is not new; it appeared in the British Medical Journal of January 2008, but it is extremely timely because of the continuing powerful advertising campaign for these dangerous drugs.

These drugs belong to the group of “Bisphosphonate” drugs. This is the way these drugs function: Healthy bones maintain their strength from a continual process of bone breakdown and bone rebuilding. *Osteoclasts* are the cells that break down your bone, and *osteoblasts* are the cells that rebuild it.

Fosamax and similar drugs poison osteoclasts, permanently killing them—so the normal bone breakdown and repair process is interfered with! Your bones will indeed get denser, *however*, will not have the structural integrity they should have. In fact, since the bones are not being normally

replaced, eventually your bones become *weaker and prone to breakdown!*

Merck (the manufacturer of Fosamax) tried to hide the fact that Fosamax is causing jawbone death! That is a disease now known to oral surgeons as Bisphosphate-Related Osteonecrosis (death of the jaw) or “Fossy Jaw”, a nasty side effect of Fosamax and similar drugs. Essentially, the condition causes your jawbone to rot and decay—quite ironic considering these drugs are primarily taken by people looking to strengthen their bones. In addition, these drugs have also been associated with:

- Serious eye inflammation and possible blindness
- Liver damage
- Atrial fibrillation (heart irregularity)
- Increased risk of ulcers
- Esophageal cancer
- Renal failure (Kidney damage)

## From the Mail Bag

### “You’re Just Simply the Best”

by Sue Egan

*This little poem came in the mail, and we thought that enough of our readers could relate that it was relevant. —Ed*

Forgive me Gerson for I have strayed,  
I hate to admit it, but I need to be saved.

A friend convinced me to try something new,  
very sorry I did it, that much is true.

Believe me when I tell you, I feel you’re the best,  
so today is the day I give up all the rest.

It’s the nite before Gerson, and all thru my mind,  
were thoughts of excitement to try one more time.

No more scans, no more Doctors, at least for a

*Your monthly contribution will help us to help more people to heal*

while,  
just juices and enemas to stir up some bile.

All the juices are timed, and the enemas too,  
detoxing is coming, and not a moment too soon.

One thing I do dread, castor oil in the morning,  
stay close to the bathroom, for you don’t get much warning.

Soaking the produce, shaking it dry,  
though prep time is busy, I’m sure we’ll get by.

Injections and supplements, we can’t forget those,  
it is a full regimen, but it’s the one that I chose.

10 and 4 is for me, plus potatoes and soup,  
veggies and salads, by day’s end we’re pooped.

So for anyone out there who’s thinking of straying,  
I suggest you not do it, you’re best interest is staying.

Now hold onto your coffee, you don’t want to chuck it,  
trust me when I tell you, you’ll miss doing buckets.

So again I must say, I’m done with the rest,  
I’ll never stray again, YOU’RE JUST SIMPLY THE BEST!

—Sue Egan

Merck did not disclose these problems, but they also did not disclose the damage done by VIOXX—which killed tens of thousands of users.

In addition, Fosamax, Actonel and Boniva cause serious trouble because they *stay in the bone indefinitely and disrupt the normal bone regeneration process forever!*

I must repeat: the Gerson Therapy has shown that it is able to not only stop bone loss but regenerate bones already weakened by osteoporosis. Side effects are that the Therapy also heals and regenerates all other organ systems.

## Dr. Joseph Mercola explains The Connection Between HFCS and Obesity

by Charlotte Gerson, with material from mercola.com

*When diet is wrong, medicine is of no use.  
When diet is correct, medicine is of no need.*  
—Ancient Ayurvedic proverb

*When money speaks, the truth is silent.*  
—Russian proverb

In mid-December, Dr. Joseph Mercola (D.O.) posted an interesting article about obesity.

Since this condition has become so pervasive, it bears repeating a medical review. Dr. Mercola reports that the *Global Post* of November 26, 2009 states that many people believe that Americans are the fattest people on the planet. A listing in the *Global Post*, mentioned above, however advises that a survey by the World Health Organization done between 2000 and 2008 shows that obesity has become a global problem.

Dr. Mercola feels that there are several more or less obvious reasons for the dra-

*continued on page 8*

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

# The “New” Science of Epigenetics

by Charlotte Gerson, from an article by Emma Young, July 9, 2008

As is so often the case, “new discoveries in science” are old beliefs, investigated with modern methods, and found correct! One such item is now called “Epigenetics”. There have already been some 20 years of intensive study of this ‘new’ science. The prefix “epi-” comes from the word meaning above; in other words, the news is that there is something *above* genes that can change genes. For decades we have been led to believe that the Darwinian DNA, or gene theory, was cast in concrete; but it turns out that genes can be influenced, silenced, or newly activated!

Some 50 years before Charles Darwin published his *Origin of Species* in 1909) French naturalist Jean-Baptiste Lamarck wrote about his own theory of evolution. He felt that characteristics acquired during an individual’s lifetime can be passed on to his offspring. The idea did not survive Darwin and Gregor Mendel’s discovery of genetics.

Their work stood fast, and genes were considered firm and unchangeable—however that idea has changed. Recent research has made it increasingly clear that environmental factors, such as diet and stress, have biological consequences that can be transmitted to offspring without change to the gene sequence. This is a whole new way of looking at genetics and has been dubbed the “new Lamarckism”. Robyn Ward of the cancer research centre at the University of New South Wales in Sydney, Australia feels that this is a new way of looking at the inheritance and causes of various diseases, including schizophrenia, bipolar disorder and diabetes as well as cancer.

The clearest example of this comes from honeybees. All female honeybees develop from genetically identical larvae; but those fed on royal jelly become fertile queens, while the rest remain sterile workers! A research team led by Ryszard Maleszka at the Australian National University in Canberra showed that an epigenetic mechanism accounts for this. His team used RNAi, an enzyme needed for adding the methyl group to DNA in honeybee larvae. Most of

these larvae emerged as queens without having been given royal jelly. (Science DOI: 10.1126/science.1153069).

In 2000, Randy Jirtle at Duke University in Durham, North Carolina, led a very important experiment on a strain of genetically identical mice. These carried the *agouti* gene, which makes them fat and prone to diabetes and cancer. Jirtle and his student, Robert Waterland, gave one group of females a diet rich in the methyl groups (folates, green leaves and B<sub>12</sub>) before conception and during pregnancy. They found that the offspring were very different from their parents. They were slim and lived to a ripe old age. They did contain the *agouti* gene but the methyl groups had superseded its expression!

In 2006, Tony Hsiu-Hai Chen at the National Taiwan University in Taipei and colleagues reported that the offspring of men who regularly chewed betel nuts had twice the normal risk of developing “metabolic syndrome” (the new name for a combination of obesity, diabetes and high blood pressure” during childhood. Betel nuts are also associated with several symptoms of metabolic syndrome in chewers including increased heart rate, blood pressure, waist size and body weight.

There is even evidence that epigenetic changes can affect mate preference. Last year, David Crews and Andrea Gore at the University of Texas at Austin published a study of male rats whose great-grandfathers had been exposed to the fungicide Vinclozalin. Previous research has revealed that such exposure leads to increased infertility and higher risks of cancer even four generations later. Crews and Gore found that female rats tended to avoid those males.

*Please check to see if your workplace has a matching gifts program (where they match your membership donation).*

They could sense something was wrong, says Gore. The females seemed to select mates on the basis of an epigenetic pattern, as opposed to a genetic difference.

Last year, the National Institutes of Health announced it would invest \$190 million to accelerate epigenetic research. The list of illnesses to be studied in the resulting grants reveals the scope of this emerging field: cancer, Alzheimer’s disease, autism, bipolar disorder, schizophrenia, asthma, kidney disease, glaucoma, muscular dystrophy and more. — All these problems, supposedly “incurable” or “genetic”, have already been cured by the Gerson Therapy!

As we have seen in previous articles, the reports of autism being caused by vaccinations are numerous and disturbing. However, autism has also been reversed by intensive detoxification by the Gerson Therapy, or other similar methods. Further, a case which illustrates epigenetics both ways: Faye C., a 12-year-old Australian girl, suffered from advanced cystic fibrosis, and constant and continuing infections and mucous discharge into her lungs. This problem is treated by orthodox medicine with the usual antibiotics, which never cure. The girl had chest pain, breathing difficulties, was not growing or developing normally, and her disease, as usual, was characterized as “genetic”. This gives the orthodox physicians an excuse for saying it is “incurable”, but clearly not their fault! People with cystic fibrosis do not usually survive past the age of 21 or 22.

The case had two points; as indicated above. When she was born, she was apparently normal and healthy up to the age of six months at which time she was vaccinated with the usual DPT. That was the start of her problems—possibly a toxic aggravation of some dormant genes. When she started the Gerson Therapy, her constant infections, gummed up lungs, pain and delayed development all disappeared; and she developed normally, also needed no further antibiotics. With the excellent green nutrients, apparently the “methylation” referred to above that the therapy provides, contrary to all forecasts, she was able to get married and have a healthy baby! Today, Faye is past the age of 30, alive and well.





## Deadly Flu Vaccine

# British Teen Blinded by Tamiflu®

by Charlotte Gerson

The British paper, *Metro*, from Oxfordshire, U.K., reported on January 22, 2010, on the terrible problems and suffering endured by Samantha Millard after she took the antiviral tablets “Tamiflu”, recommended by the NHS. It turned out that she didn’t even have the virus.

Samantha got the advice of the NHS’s (National Health Service) flu help-line. Within hours after swallowing the three tablets, the 18-year-old’s body was covered in painful blisters and she was on a life-support machine within 72 hours. She spent a month in the hospital after developing the life-threatening “Stevens-Johnson syndrome”. [Stevens-Johnson Syndrome: A systemic skin disease, similar to epidermal necrolysis, (death) with fevers and lesions of the oral, conjunctival {eye} and vaginal mucous membranes.] It left her with damaged eyesight. Her doctors told her that it would take up to two years for her to recover; and they do not know if she will ever get her sight back.

When the NHS told her that she had swine flu, they did not inform her of anything that could go wrong. Samantha is being looked after by her mother, Debbie, at their home in Biceter, Oxfordshire. Samantha says that “I sit in my bedroom with my sunglasses on, curtains closed, and the TV on so I can hear it. I can’t cry—I have no tears.”

The maker of Tamiflu, Roche, said it would investigate; and the Department of Health said that serious reactions to Tamiflu were “extremely rare.” And a spokesman for Roche added, “It should still be taken as soon as possible” If just one case in a thousand develops such terrible side-effects, should it even be on the market?



Samantha Millard

New edition available in March

## A Time to Heal

Beata Bishop's Dramatic Book  
Back in Print

Available at last—a brand-new updated edition of *A Time To Heal* by Beata Bishop, the dramatic story of her near-fatal melanoma and her encounter with the Gerson Therapy that saved her life. In its fourth English edition and translated into seven languages, this book has saved many lives all over the world, by showing that **there is another way** to recover even from so-called “incurable” diseases. Besides giving a true picture of what it’s like for an unsuspecting cancer sufferer to crash-land in the unfamiliar world of carrot juices and coffee enemas, the story is also a page-turner, full of humor and shrewd insights into human nature. In addition, Beata has a devilish sense of humor about the Therapy that almost every Gerson patient can relate to with amusement.

Available in March, 2010 from the Gerson Institute, also online at the Gerson Institute Web Store ([www.gerson.org](http://www.gerson.org)). Paperback, 325 pages, \$17.95 plus shipping and CA sales tax for California destinations. Get yours today!



### Next deadly medical scam

## “Free” Health Screenings

by Charlotte Gerson

Big Pharma and the Hospitals have found a new way to raise huge sums of money—no matter that it causes deaths!

It is “Free” Health Screening of seniors—naturally on Medicare! As an example, a journal *The National Health Reporter* gives the case of Melinda, a healthy jovial lively grandmother of 80 years of age. She was free of prescription drugs and full of vitality.

One day, her church sponsored a “free health screening”. At the screening Melinda was told that she had high cholesterol (265) and high blood pressure (140/90). A recent British copy of the prestigious medical journal *The Lancet*, had shown that high cholesterol in older people adds—doesn’t subtract—to years of life! Doctors also conveniently omitted to tell her that 140/90 is quite normal blood pressure for an elderly

person and that blood pressure pills, even taken for decades, prolong life by only a couple of weeks!

She was referred to her physician for further testing and soon placed on Lipitor to lower her cholesterol and Toprol to control her blood pressure! Both of these drugs are severely toxic. Within days, Melinda lost her energy, became weak, dizzy and depressed.

She had labored breathing and lost all interest in the things of life. Alarmed by the sudden change in his mother, her son took her to another physician who simply prescribed more drugs, anti-depressants. The next day, Melinda was so weak and dizzy that she had a fall and broke her hip. Then she was diagnosed with osteoporosis and prescribed Fosamax. (see Fosamax in another article in this Newsletter.) Then, with surgery, she was in pain and was given more drugs and oxygen. She could not continue her fight and soon this vivacious and vigorous grandmother died.

Another example is similar, except the establishment made a lot more money!

John, a prominent Illinois lawyer noted an occasional racing heart. His EKG (electrocardiogram) turned out normal, but he was given a drug. His heart continued racing, so another doctor did another EKG—with again everything showing normal. Then he was given a heart procedure that did not go well, and John ended up spending three days in the hospital. His heart was still racing and he was given Coumadin and, in case that didn’t work, he was told that he would need another heart procedure.

The story goes from bad to worse, and John had seen a total of 6 cardiologists, 2 general practitioners, 2 endocrinologists, 1 hematologist, 3 surgeons, 3 radiologists and countless nurses and technicians. He had been prescribed 19 different drugs and had been given a total of eight surgeries! Still, his heart was racing.

Finally, a nutritionally alert doctor gave John some Vitamin B, and in 90 days, he was cured. It cost him a fraction of 1% of the treatments that almost killed him.

Be warned about the “Free Health Screening” and stay with the best nutrition, fresh and rich in true nutrients: the Gerson Therapy.



## Reversing Retinitis Pigmentosa, and a Healthy Guide Dog

by Carolyn

Dear Charlotte,

When I went to the Gerson Institute's Caregivers' Workshop last year, I was hoping to find help for my overall health. At 62, I was having alarming symptoms such as not remembering how to type--a dire disability for a writer. To my surprise, Charlotte Gerson herself sat at my table, took an interest in my loss of sight and my little guide dog, Hedy. She assured me that good nutrition and detoxification would improve my vision. At the very least, it would stop the deterioration. Since Retinitis Pigmentosa is considered to be an incurable degenerative disease, I was shocked, but greatly encouraged.

I was down to 4% with virtually no peripheral vision. I had not been able to read off a page in years (reflected light), and recently even reading from a computer screen was difficult (projected light). The glare was so painful I had to turn down the contrast and also wear special orange filters, and even then I could only bear to look at the monitor for a few minutes at a time. Since I was writing three books, this greatly hindered my work, and I despaired of the

loss of this facility in my life. Plus I had lost a significant amount of color perception. As a photographer and illustrator, this was also deeply distressing.

Now, nearing the end of my fifth month on Gerson Therapy, I have been pleased with the changes in my health and astounded at the improvement in my vision. My acupuncturist said because my body is so clean she is able to go much more deeply into its healing capabilities. She told me my eyes had improved 30% and the scars in my eyes were healing. I won't have the physical exam to document the actual changes for another six months, but I can definitely see improvement. I no longer use any filters or have to decrease the contrast on my computer monitor. I have increased color perception and a restoration of some far peripheral vision. I have more light perception in dark places. And, at Christmas, I was able to read a whole book for the first time in many years. That was a fabulous Christmas present.

At Charlotte's recommendation, I began giving Hedy organic dog food and produce when I started the therapy myself. When Hedy hears the Norwalk, she comes and lies

down at the doorway of the kitchen knowing that she will get some of the cuttings. She loves carrots, but green drink pulp is her favorite. She enthusiastically gnaws on broccoli stems as if they were bones. I also give her organic flax seed oil. Her coat is much softer and she no longer scratches furiously as she did when she was on the high quality, but not organic, dog food. I watched my pet Black Lab Velvet suffer from terrible hip degeneration, deafness and blindness and it broke my heart. I was afraid to get another Black Lab because I couldn't bear watching a repeat of that terrible suffering. I waited years before I decided to face that potential sorrow again, but when Guide Dogs for the Blind gave me another Black Lab, I sobbed. For a year I'd prayed for God's best choice of a dog for me, and here was Velvet again, ten years to painful death. But then there was Charlotte. Then there was organic food followed by rapid improvement in Hedy's health. Fears gave way to encouragement and hope. I believe this nutritious diet will give Hedy and me vibrant life into our old age and we will have many years of walking together, admiring the view as we go.

With love, Carolyn and Hedy

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### HFCS and Obesity ...

*continued from page 5*

matic rise in obesity since the 1970's, including

- Increased consumption of highly processed food, especially fructose
- Increased portion sizes of restaurant food and grocery products
- Much more sedentary activity, especially in the developed countries
- Certain medications
- Social perceptions of what is "normal" weight, especially among school kids

Dr. Mercola strongly states that no matter what you believe, obesity mainly depends on lifestyle. Also, he says, "Don't blame your genes. Science has already debunked the "bad genes" theory, showing that good nutrition can overcome this predisposition." (see "Rewriting Darwin" in this Newsletter)

While the government talks about obesity and its additional damage caused by diabetes and high blood pressure, the food industry backed by the government, makes it difficult to avoid foods that ruin your health. The government supported FDA, for example, condones MSG (Mono-sodium glutamate) which is addictive and causes people to eat more, the FDA considers that MSG has been used for so many years, that it must be considered safe, so called "grandfathered". **It is NOT.**

Aside from diabetes and coronary artery disease, studies have demonstrated links of obesity to many more problems:

- Depression
- Gout
- Kidney disease
- Blood clots
- Gastric reflux
- Osteoarthritis

- Dementia
- Cancer
- Stroke

*continued on page 9*

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## A Special Joy at Christmastime

by Charlotte Gerson

Just a few days before Christmas, I had the great pleasure of receiving Christmas cards from several very special people. They arrived too late to make it into the January/February Newsletter; but they must receive a special mention.

The cards came from people who were not expected to live for more than a few months—but who have survived 30, 28 and 24 years respectively. Naturally, these three “cured incurables” are by no means the only long survivors; but they are among the longest and most active. Not only that, but in allopathic medicine, their diseases, spreading melanoma, and widespread pancreatic cancer are not responsive to any treatment.

The first of our long-term survivors is Beata Bishop. In 1980, one year after surgery to remove a melanoma on her leg, the disease had spread to her lymph nodes and her doctor pronounced her “terminal”, with six to eight weeks to live.

Unwilling to accept this diagnosis, she searched for a better way and found the Gerson Therapy. From her home in London, she traveled to the Mexican Gerson hospital. Not only has Beata survived for almost 30 years, but she works actively with the Gerson Therapy. In 2009, she helped to organize and run a Gerson clinic in Budapest, Hungary!

A second survivor is Tom Powers, Jr. Diagnosed and biopsied in 1982, the small melanoma that was removed from his face came back rapidly and spread almost immediately to his chest and left arm. Four different doctors agreed that nothing could help him and that his situation was “terminal”. Tom had a large family and started the Gerson Therapy at home in May of 1982. I received a wonderful report with photos of his family’s activities and his own good health on the day before Christmas 2009, 28 years after being told that his condition was hopeless.

Both the above cases are described in the booklet titled *Healing Melanoma the Gerson Way*.

A third Christmas card came with sever-

al little presents enclosed from our star recovered patient, Patricia Ainey. Her story is even more dramatic than the two above. She had surgery and spreading pancreatic cancer in 1986. Her specialist told her, “Go home and get your life in order. The cancer is so bad, it is inoperable.” The malignancy had spread to her liver, gallbladder and spleen, and she had lost more than 45 pounds. She was vomiting blood. She and her husband read about a man who also lived in Victoria, British Columbia (Canada) who had recovered on the Gerson Therapy from his pancreatic cancer. In March of 1986, Pat and her husband arrived at the Gerson Therapy clinic. She responded rapidly, was able to eat and drink juices in only about a week. By December of that year, her doctor told her that he thought “Patricia had the cancer licked.” He went on, “I don’t know what you are doing, *and I don’t want to know*, just keep doing it”. She remains well and active. After her husband passed away, she ran and expanded the business he had started. Her story is writ-

ten up in the booklet titled *Healing Colon, Liver and Pancreas Cancer the Gerson Way*. She also appeared in the DVD titled *The Gerson Miracle*.

Allopathic medicine is totally helpless in the face of pancreatic cancer. Patients diagnosed with this malignancy rarely live as long as a year.

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### From the Mail Bag

## Bob and Marie Praise Vegan Diet, Gerson

Dear Charlotte,

Bob will soon celebrate his 83rd birthday and I, my 82nd. Except for a bout with shingles six months ago when his immune system was down for lack of rest, we have not experienced ANYTHING, not so much as a cold, sore throat, flu, and we don’t take flu shots, in the last fourteen years since we’ve been practicing a vegan diet, and coffee enemas for the last seven years.

We continue to pray for the health and well being of the Gerson Institute, Clinic and Charlotte and Howard. You and your father have accomplished amazing things and we thank God for you often,

Blessings,

—Marie and Bob

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## HFCS and Obesity ...

*continued from page 8*

- Sleep apnea
- Shortened life span (severely obese people could shorten their lifespan by 10 years)

The most serious threat to health and the most common one is fructose, contained in a large array of bottled sodas and bottled juices. As reported by Robert Lustig, MD, a pediatric endocrinologist at the University of California in San Francisco who is drawing a great deal of attention to the problem of fructose.

Dr. Mercola also showed in an article posted on Jan. 25, 2010, that high fructose corn syrup is cheap and easy to use. It is now found in every type of processed pre-packaged food and its use has increased in the U.S. by 10,672 percent between 1970 and 2005. The annual consumption of sugar

is 141 pounds per person in the U.S., and 63 pounds of that is high fructose corn syrup (HFCS). Adolescents are taking 73 grams per day of fructose, mostly from soft drinks and juice drinks.

There is another little-known but very dangerous aspect to HFCS, and that is the fact that, due to the methods involved in its production from corn, virtually all HFCS is contaminated to one degree or another with mercury. Thus, the gallons of sodas that are provided to our schoolchildren by their schools are pumping an additional toxic load of neurotoxic mercury into their bodies, besides what they get from vaccines and silver-mercury amalgam fillings

Another worrisome statistic is that one soda a day is worth 15 pounds of fat per year. Almost worse than that is that many infant formulas are more than 50 percent sugar, of which 43 percent is corn syrup.

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# The Gerson Healing news

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## Gerson Therapy Workshops, Lectures & Events, 2010

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 (toll free from the US) or (619) 685-5353 for an updated schedule or for more information. Advanced reservations are no longer available.

Date & Time	Event	Location	Speaker	Contact Information
Sat., Mar. 20, 2010	Healing Miracles LIVE Event	MOXXOR Theater, 125 Columbia, Aliso Viejo, CA 92656	Charlotte Gerson will speak from 10:30am to 11:30am, with a Q&A afterwards until noon	All relevant information on the Internet at: <a href="http://www.naturalnewsuniversity.com/healingmiracles.htm">www.naturalnewsuniversity.com/healingmiracles.htm</a> at the event. Books & DVDs available at event.
Apr. 12-18 and Jul. 19-25, 2010	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.
Apr. 12-Apr. 25, May 3-May 16, May 31-Jun. 13, Jun. 28-Jul. 11, Jul. 12-Jul. 25, 2010	Two-week Therapy Sessions at the Gerson Health Centre, Hungary	Dobogoko, Hungary (outside Budapest)	Gerson Therapy physicians and staff.	Please see <a href="http://www.gerson.hu">www.gerson.hu</a> for information regarding cost, admission, and other arrangements.
Jun. 25-27, October (TBA) 2010	Gerson Basics Workshop	San Diego, CA	Charlotte Gerson, Dr. Kayla Smith, ND, Carol Beard	Barbara Conde, the Gerson Institute, (888) 443-7766 or +1 (619) 685-5353. Email: <a href="mailto:bconde@gerson.org">bconde@gerson.org</a> . Please ask about price and availability.
Mon., May 17 to Fri., May 21, 2010	Licensed Health Care Practitioners' Training, Module I	San Diego, CA	Charlotte Gerson, Kayla Smith, ND, Alicia Melendez, MD, Luz Bravo, MD.	Dr. Kayla Smith, the Gerson Institute, (888) 443-7766 or +1 (619) 685-5353. Email: <a href="mailto:ksmith@gerson.org">ksmith@gerson.org</a> . Call for price and availability.