

*Gerson Institute Awards First Volunteer Lifetime Achievement Recognition***Beata Bishop Honored for Dedication to the Gerson Therapy**

by Howard Straus, Editor

At the March 9, 2010 Gerson Institute Board of Directors' meeting, Beata Bishop was selected to receive our first Volunteer Lifetime Achievement Recognition for her decades-long volunteer work in the interest of healing the hopelessly chronically ill using the Gerson Therapy.

Beata is an inspiration to many, many people around the world, due to her lectures in the United Kingdom and Europe in several languages, including her native Hungarian. A novelist and diarist, as well as a writer for the BBC (British Broadcasting Corporation), Beata's clear and incisive mind and powerful vocabulary led Charlotte Gerson to select her as a co-author of the latest Gerson Therapy book, *Healing the Gerson Way*, which has been

very well-received around the world, and is now published in six languages besides English, with another six on the way to publication. Beata also translated the book into



Hungarian, where it serves as the basis for the new Gerson Therapy clinic she inspired in Dobogoko, outside Budapest, Hungary.

All of this Gerson activity arose after

Beata's very near encounter with death: she was diagnosed in 1980 with stage IV spreading melanoma, a deadly and rapidly lethal skin cancer, and told that she had but two months to live, at the outside, surgery having failed to halt the inexorable advance of the disease. Not one to easily give up, Beata searched until she found the Gerson Therapy, personified at the time in London by Charlotte's daughter, Margaret Straus, and attended the first Mexican Gerson Therapy clinic outside Tijuana. That visit is documented in Beata's diary of miraculous recovery, *A Time To Heal*, in which she chronicles the path of a new Gerson patient recovering from a "terminal" disease. Beata's style is at times poignant,

continued on page 3

Inside this issue ...

- Recovery from Basal Cell Carcinoma 3
- Welcome New Gerson Institute Staff..... 3
- Gerson Basics Class Resounding Success 4
- Dangers of Mammograms 5
- Damage from Hormone Replacement 5
- Word from Dr. Gerson's Patient 5
- CT Scan Cancer Danger..... 6
- Annual Apple Alert! 6
- An Exciting Day in Mexico 7
- Joseph Biederman's Comeuppance 8
- Thanks for the Greetings! 8
- Danish Researcher Skips in \$2M Fraud 9
- Happy Birthday, With Gratitude 9
- Thyroid Available..... 9
- Honoring the How Company 9
- Classified Advertisements 10
- Gerson Supporters 11
- Gerson Institute Event Calendar 12

Gerson Institute Celebrates, Honoring**Anita Wilson's Seven Years of Service**

by Diane Ake, Development Director

"I am really grateful for Anita relocating to San Diego to work as the Executive Director of the Gerson Institute, with her 30 plus years in non-profit management. I thank her for her strong dedication to the advancement of the Gerson Institute, her high level of integrity and wisdom, and her amazing talent for envisioning what can be possible. With her leadership, in conjunction with our Board, we are really using our contributions wisely," said Carol Beard who has been a Gerson Institute Board member since 2001 and is currently President of the Board of

Directors. Anita Wilson began her term as Executive Director for the Gerson Institute in May of 2003.



Nan Southern started working at the Gerson Institute in 1996. "In the past seven years the number of patients we have been able to help has grown tremendously, and now the phones are ringing non-stop!" Blanca Ayala, a ten year Gerson Institute employee, said that "Anita has done a fabulous job! She is an

amazing leader and has such vision for the future of the Gerson Institute. She is an excel-

continued on page 2

Seventh Anniversary ...

continued from page 1

lent PR person and networker who has really grown our nonprofit organization.”

“The majority of our accomplishments over the past seven years are due to the extraordinary team of staff, Board, volunteers, donors, patients and supporters that has come together—their talent, passion, dedication and wide range of skills and experience,” said Anita. When asked if she has the “Seven Year Itch” she replied, “Yes I am itching for another seven years! We are entering a time of great expansion for Gerson work around the world. We are deeply committed to training more doctors, opening more clinics and focusing more resources on doing more in depth research to document the efficacy of the therapy.”

Highlights of Progress and Programs over the Past Seven Years:

- Licensing and certification of a new Gerson Clinic in Hungary & a Singapore Day Clinic
- Tripling the number of Gerson Education and Training staff to respond to the large

Planned Giving

Have you ever thought of including the Gerson Institute in your Estate Plan? With Wills, Trusts & Annuities you can create a legacy with Planned Giving.

Please contact:

Diane Ake

Director of

Development

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increase in phone calls and emails from the public.

- Creation of a Shipping program headed by an Educational Resource Specialist to handle triple the number of book and DVD orders.
- Adding a fulltime Gerson Chef to the staff to train people in Gerson food preparation and oversee food preparation for Gerson Events.
- Opening of the Charlotte Gerson Health Restoration Center and creation of the weeklong Wellness Program for people without serious illness.
- Caregiver Training expands from a two day workshop to an entire Certification Program that includes a week training internship at the Charlotte Gerson Health Restoration Center.
- Upgrading and expansion of the Gerson Basics Workshop from teaching 25 people a year to teaching 150 people annually, and soon to be 75 people three times a year!
- Creation of a telephone Coaching Program to guide people through the non-medical portion of the Therapy.
- Implementing a Patient Follow-up Program to track results of patients who go to the Gerson Clinic.
- Development of a new website and online store. Creation of a monthly e-bulletin and an email list of over 17,000 people.
- Creation of a Development Department to conduct fundraising. Registering the Gerson Institute/Cancer Curing Society in 16 state workplace giving campaigns. Initiation of a Planned Giving Program. Awarded recurring grants for the first time in the history of the agency.
- Development of a Volunteer Program and Gerson Institute Friends Team who have translated materials into Spanish and developed a new logo and brochure.

And of course, special thanks to all of our members who have helped to make all of this possible!



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.

Beata Bishop Honored ...

continued from page 1

heroic, down-to-earth, humorous and sensitive, as she describes the feelings, pathos, laughs and situations that every Gerson patient goes through at one time or another on their path.

A Time To Heal has been translated into a number of languages, including German and Portuguese, spreading the healing message of Gerson Therapy far and wide.

Beata is also a psychotherapist, and has added valuable insight into the psychology of healing in order to help patients navigate the difficult emotional and physical events that are common to this kind of healing.

Although based in London, Beata is an experienced traveler, and can sometimes be found in some exotic location far from home. Many of her trips are for pleasure, but a substantial fraction of them involve her volunteer efforts in support of the Gerson Therapy in Hungary and other countries, where she often lectures in the local language, as she is fluent in several European tongues.

When the need became apparent after her recovery from melanoma, Beata was a

founding member of the Gerson Support Group, UK (GSG-UK), where she has consistently put out tremendous amounts of effort to help those in the UK suffering with chronic disease, and has prepared the ground well for Charlotte's occasional lecture tours of Great Britain. Beata often meets with opinion leaders in the interest of furthering the Therapy in England.

In Hungary, Beata is known as the "European Ambassador of the Gerson Therapy," and it is due to her long term lectures and publicity efforts that a beautiful, well-run and successful clinic now exists in Hungary, to say nothing of the many Hungarians and other nationalities who have benefited from the Gerson Therapy coming to Eastern Europe.

Beata started her committed work and support with the Hungarian Source of Health Foundation in 1989. Since then she has had several interviews in television, radio, magazine publications, and delivered numerous lectures in her native country. Beata continues her work as the most respected member and the Chairman of the Source of Health Foundation, a non-profit organization (Egészségforras Alapitvány). She is a Member of the Foundation's Committee, and even when she is in London, is very active in

the life of the Foundation.

Lest the above descriptions persuade you that Beata is single-minded about the Gerson Therapy alone, consider that, as a psychologist, she has worked annually as a psychotherapist at the Foundation, and started transpersonal psychotherapy workshops, the so-called TPW series, from TPW 1 to 9 in Hungary.

Beata also founded the Hungarian Transpersonal Association in 1994 with two other Hungarian psychologists, after the philosophy of Karl Jung. She remains on the Committee of this Association as well.

Her work as a psychologist has resulted in the publication of relaxation and meditation audio works, as Chakra Meditation.

It is a tremendous honor to work alongside this powerful, articulate, no-nonsense advocate for mental and physical health and healing. We are infinitely grateful that her energy is directed in harmony with our goals, and that she has seen fit to call us her friends.

Thank you, dear Beata, and may your generous and powerful spirit continue to inspire you and those around you to help, to heal, and to use your amazing and varied talents for the good of Humanity!



Basal Cell Carcinoma

A Patient Recovers at Home

by Charlotte Gerson

Lori Williams had an annoying irritation, actually a lesion, at the side of her right nostril for three or four years. It didn't change much, until finally, at the age of 43, Lori found that the lesion was easily bleeding on touch or when she just passed a washcloth over it. That is when she decided to have the lesion examined and biopsied.

The biopsy revealed a "basal cell carcinoma" and her doctor suggested "Mohs micrographic Surgery." (This is a method by which layer upon layer of a suspicious lesion is removed, until the entire tumor tissue is gone.) When this procedure was explained to Lori, she refused the surgery

In fact, Lori had read *A Cancer Therapy: Results of 50 Cases*, by Max Gerson, M.D.

years earlier. Also, a chiropractor of her acquaintance had a mother who had been cured of pancreatic cancer in the 1970's by the Gerson Therapy and the mother is still alive.

So in May, 2007, Lori decided to do the Gerson Therapy at home with the help of a Gerson-trained practitioner and that of her husband. In September, 2008, a follow-up biopsy showed "clear." At the time of this writing (April, 2010) she is accompanying her mother, now a patient at the Mexican Gerson hospital, and Lori regularly checks the area of the former basal cell carcinoma. It remains clear. Lori constantly amazes people by telling that she is a grandmother. She looks young and well and continues much of the Gerson Therapy.

Lori is willing to talk to any prospective Gerson patient at (957) 852-8313, or answer e-mails addressed to Loriwilliams17@yahoo.com.

Two New Members

Welcome New Gerson Institute Staff!

by Diane Ake

We would like to welcome two new wonderful staff members to the Gerson Institute, Henrietta Butler, our new Education and Training Director, and Alejandra Bacaj, our new Information Specialist.

Henrietta first attended the Gerson Basics Workshop with her husband who volunteered in the kitchen for us, in October 2009. She comes to us with expertise in Business Administration, natural healing and teaching, and with certifications as a Massage Therapist, Neuromuscular Therapist, Neurolinguistic Practitioner, Pilates Instructor and Hypotherapist. She has



continued on page 4

Gerson Basics Workshop—A Huge Success!

by Diane Ake

“As a Hospice RN in San Jose, I see lots of patients dying from cancer. One client told me he survived stage 3 cancer 11 years ago using the Gerson Therapy. I told a friend with prostate cancer about this. After one month of juicing he did not need radiation.” Lucy Liu’s story is just one of 48 people (with 20 more on the waiting list!) who attended the February Gerson Basics Workshop.

The Workshop is designed to provide a basic yet thorough overview of how to get started on the Gerson Therapy. Sessions included: overview and history by Charlotte Gerson; how to do a coffee enema; juicing and cooking demonstrations; preparing clay and castor oil packs; an explanation of the Gerson supplements and medications; how to set up the home; dental health; caring for patients and coping with healing reactions.

People with cancer, thyroid disease, fibromyalgia and other challenges came to the

Workshop to learn how to get started on the Therapy. They benefitted from presentations by two recovered melanoma patients, Howie Doan and Lisa Mendoza. Others wanted to learn to protect their families. A young mother from Colorado wants to bring up her three children in a better world and get them to eat natural foods. Several had a family history of cancer, wanted to prevent illness or wished they had known about the Gerson Therapy when their relatives got sick. People attended who had just recently discovered the Gerson Therapy from watching *The Beautiful Truth* on Netflix. Long-time friends also attended, including David Gilbert, a monthly donor whose company Schneider Electric matches his monthly donations. He had read the book *Does Max Gerson Really Have a Cure for Cancer* back in 1970.

Allison Pulsipher, a Tennessee Oncology Nurse, realized chemotherapy makes people sick and kills them. She always thought that

nutrition was the answer. She started a modified version of the Therapy because “if you want people to listen to you, you have to do it yourself. It is amazing what happens to you.” After six weeks, her depression lifted, she never felt so calm in her life, her fear of crowds disappeared and her anger passed on. She wants to offer an alternative to people in her area.

Lucy Knoessl from Canada has been on a modified version of the Therapy for two years and has had no colds or flu. She started *The Gerson Project—Impossible is Temporary and Incurable is an Opinion* to tell everyone about the Therapy, including showing Gerson videos in her home. Jose Rosas,



Lucy Liu and Allison Pulsipher

founder of Rosas Humanity Foundation donates his time to heal people in a small Mexican village of 6,000 people where the closest hospital is four hours away. He explained that “I’ve always been a strong believer in natural and raw nutrition, as we call it (God’s

food). Since the Gerson Seminar, I have ALL the people in my hometown, Los Arado, Jalisco growing carrots and apple trees for their juices. They don’t have any money to buy medicine but they have big back yards where they can grow organic food and heal themselves. My foundation is using the Gerson protocol as the number one nutritional therapy followed by coffee enemas to detoxify and castor oil packs to support the liver. I have to admit that when I heard the price of the seminar, I really had second thoughts about attending, but when I came back with ALL the knowledge, it was the best money I have ever spent.”

Due to high demand, we found a new location for the next class on June 25–27 that will hold 75 people—the San Diego Women’s Club, so please let people know about it! Contact Barbara Conde, bconde@gerson.org or 619-685-5353 ext. 129 for more information.

New Gerson Staff ...

continued from page 3

also had training in technical writing, personnel management, crisis intervention training and hospice respite care. She was the owner and therapist at a multidisciplinary therapy practice, providing Holistic Health Practitioner services bodywork, wellness consultations, diet and exercise programs, and development of educational and marketing materials. Her other jobs have included Program Coordinator of a Massage Therapy Program, Business Manager of a health practice and Office Manager for a Counseling and Mental Health Program.

We welcome her with open arms.

Alejandra Bacaj, a recent graduate from St. Mary’s College of Maryland, is our new Information Specialist and Receptionist. Already in her first week of work, the Gerson Institute has been able to answer every phone call without having to have people leave messages in voice mail! (The number of people calling each day has skyrocketed and it has been challenging to keep up with all of the calls). Ally has experience working in Social Media and will be helping to get our Twitter account off the ground. She has also worked in promotions and sales, branding and public outreach. She has lived in Italy and studied Italian language, politics and history; epicurean literature; creative writing; Dante, and mathematics. She also traveled in India and studied Hinduism and Sikhism and spent a summer at Oxford studying British History, Literature and Psychology. We are thrilled to have her energy, enthusiasm and creativity. Welcome!

Gerson Institute Wish List

- New Computers
- Paper and Printing

Please contact Scott at (619) 685-5353 or email him at [sstobbe@gerson.org](mailto:ssstobbe@gerson.org) if you can contribute any of these items.

The Dangers of Mammograms

by Ben Johnson, MD, DO, NMD and Kathleen Barnes

*Published by Morgan James Publishing;
Garden City, New York 11530*

“What your doctor won’t tell you is that a mammogram exposes you to approximately 1,000 times the amount of radiation you’d get in a chest X-ray. If that’s not enough, the radiation is stored in your cells and so it accumulates to significant levels over time if you’re getting an annual mammogram.

“What your doctor won’t tell you is that the extreme compression of your breast tissues in a mammography machine can damage delicate breast tissue and may even break open cancerous tumors and send them throughout your breast where they will

Patient’s granddaughter says:

“Dr. Gerson Cured My Grandfather of TB”

This letter appeared in the mail, completely out of the blue. The granddaughter of a German man, cured in the late 1920s by Dr. Gerson of lung tuberculosis, writes about her grandfather’s treatment and recovery. Though her understanding of the therapy is sketchy, there is no doubt that her grandfather was Dr. Gerson’s patient. —Ed.

Hello, Charlotte Gerson,

My name is Rosemarie Teichert, and I think your father cured my grandfather, Karl Koenker, of lung tuberculosis in the 1920s.

I never knew my grandfather, but my mother told me that a Dr. Gerson cured him of TB!

He was on a diet of oranges and lemon juices. The healing process went so fast, that he had to eat the whole fruit.

My mother always said Dr. Gerson gave him ten more years to live! He finally died in 1938, the year I was born.

Dr. Gerson used my grandfather as a [demonstration] model in his lectures!

My Grandfather lived in the City of Buende, in the State of Westfalia, in Germany.

Kind Regards, —Rosemarie Teichert.

grow and spread.”

The doctor further points out that it is easy to obtain a false positive, putting the woman through tremendous stress, further testing, and often surgeries or other treatments that are unnecessary and damaging. He goes on to say that many reports and medical articles show that monthly self-examination of the breast are perfectly able to obtain the same or better information about possible problems or no problem at

all than mammograms.

Dr. Johnson writes: “We think mammograms are highly detrimental to your body, mind and spirit. We recommend that you avoid them as a screening tool.

“Fortunately, there is a safe and effective alternative to mammography: Thermography is absolutely the best preventive tool because it can pick up a potential problem long before a mammogram might.”

Of course we also feel strongly that an organic vegetarian, salt-free diet of fresh fruit, vegetables, salads and juices is an active preventive approach, second to none.



... and The Medical Damage of HRT (Hormone Replacement Therapy)

by Charlotte Gerson

For the women who have survived the “annual mammograms” suggested by the medical system, there are new dangers. Those are the cancer-causing effects of Hormone Replacement Therapy (HRT).

For thousands of years women went through menopause with minimal problems, or, at least, with problems that were untreated and abated with time (and without cancer!). Not any more. Big Pharma discovered that menopause is another rich source for pharmaceutical income. In 1942, Premarin® came on the market. As the name indicates, it is made from PREgnant MAres’ uRINe. Premarin, according to Dr. Ben Johnson (*The Secret of Health—Breast Wisdom*, by Ben Johnson, MD, DO, NMD and Kathleen Barnes, Morgan James Publishing, Garden City, NY) contains some 23 complex hormones that are not found (and don’t belong) in humans. Yet doctors (listening to the pharmaceutical producers) have since touted it as “the best thing that ever happened to menopausal women.” It is supposed to protect women from heart disease, strokes, osteoporosis and even breast cancer. Dr. Johnson quotes many articles proving that the contrary is true. He writes, “Instead women who took the drug were found to have a dramatically increased risk of serious and potentially fatal diseases ...

and 27 percent more heart attacks than those who got the placebo, along with 26 percent higher risk of breast cancer.” (p. 73) “Then a new combination hormone came on the market which promised to overcome the imbalances created by Premarin, namely Prempro®. This drug also contained progesterone which, women are told, makes it ‘safe’. Not so!”

A year after it came on the market, “... researchers found that women taking Prempro had twice the risk of dementia (Alzheimer’s) and a variety of other diseases of mental deterioration.”

At this point Dr. Johnson recommends “Bioidentical hormone replacement.” He says, “These are natural ways to safely duplicate these hormones exactly as your body manufactured them in its prime.” They are prescription items, regulated by the FDA and “found to be safe.” There are also some herbal products available, such as Black Cohosh and others that seem to work. The Gerson Therapy has been shown to reduce problems of menopause, including night sweats, depression, hot flushes, etc., to the point where the adrenals have taken over the reduced activity of the female hormones and women feel well, have smooth skin, and safely reverse osteoporosis!



The Cancer Risk From CT Scans

by Dr. Joseph Mercola, www.mercola.com

CT (Computed X-ray Tomography) Scans deliver far more radiation than has generally been believed, and may contribute to 29,000 new cancers each year, as well as 14,500 deaths," says Joseph J. Mercola, M.D. in a Web article Dec. 29, 2009.

According to the latest measurements, a patient could get as much radiation from one CT scan as 74 mammograms or 442 chest X-rays. Of women in their early 20s who get one coronary angiogram and a CT scan of the heart, 150 will develop cancer related to the procedure.

Dr. Mercola further warns, "If your child undergoes a CT scan, chances are that the equipment is calibrated to an adult. This means that the child could absorb two to six times more radiation than needed to produce a clear image and could result in radiation-induced cancer later in life. However, adults are not safe. Over 200 unsuspecting patients who underwent a specific type of CT brain scan at Cedars-Sinai Medical Center in Los Angeles received eight to 10 times the normal dose of radiation due to an incorrectly programmed machine!

The overdose was only "accidentally" discovered after 18 months when one patient reported losing patches of hair following a CT scan.

Mammograms are another example of overused, risky imaging. They expose the body to radiation that can be 1,000 times greater than that from a chest x-ray. Mammography compresses the breasts tightly, which is not only painful, but it can spread cancer cells if they exist.

A study by the University of California, San Francisco, has revealed that the number of CT scans doubled between 1997 and 2006. Still worse, the prestigious medical journal, *The New England Journal of Medicine* stated that in 1980 three million CT scans were performed in the U.S. By 2006, the number had exceeded 62 million, including four million on children.

Dr. Mercola feels that one reason for the increase is that many doctors have purchased their own imaging equipment. This adds a financial incentive to the problem and sets the stage for overuse. Furthermore, they want to "find out *everything wrong with you*: that enables them to use still more drugs and procedures and charge more money." Patients are told that it is a "preventive" measure. David Brenner of Columbia University, lead author of the study, estimates that a third of all CT scans are medically unnecessary. This researcher told *USA Today* that "Virtually anyone who presents in the emergency room with pain in the belly or a chronic headache will automatically get a CT scan." Still worse, many CT scans are performed by commercial enterprises and the quality of the tests is so poor as to render the results virtually useless.

There is a 100% safe imaging technology: Thermography. It is safe, non-invasive and simple. It measures the infrared heat from the body and translates the information into anatomical images. There is no compression of breasts, and no radiation. It also can detect signs of breast cancer up to 10 years before a mammogram or a physical exam.

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

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

Annual Apple Alert!

by Charlotte Gerson

The usual fresh crop of apples arrives on the market during the middle of August (in the Northern hemisphere). By June, the old crop of organic apples is gone and already in late May, only organic 'red delicious' apples are available. Those are too sweet for regular juicing; they may even cause the juice to jell!

It is therefore important to plan ahead for this time: go to your health food store or regular supplier of organic produce and pay in advance for two or three boxes of green apples (greenings, granny smith, or others, except red or golden delicious) and ask him to store it in his refrigerated warehouse for you. You can then pick them up as you need them.

Also when the first new crop comes in, it is often somewhat unripe, and sour. At such a time, we suggest that you mix those apples with some of the old (even sweet) apples in order to avoid stomach upsets.

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An Unusually Exciting Day in Mexico

by Charlotte Gerson

I have been asked how I can stand to visit with “terminal patients” every week. Would that not be so depressing, more every week?

My answer has always been, “On the contrary!” It is exciting and wonderful to see the regular progress toward healing these patients make. They feel better every week, look better, and visualize living a normal, active life again—when previously they had been told that they had no more than a few months of life left.

But yesterday (March 3) was even better than usual! For one, we had an unusual assortment of different diagnoses—while most of the time, we see mainly terminal cancer patients.

My first visit was with David. He had come in with a far advanced case of multiple myeloma. His bones were seriously damaged; he was bent and the previous physicians had put a hardening material into his vertebrae so he would not break them! His breast bone was so weak, it had bulged out in a rounded protrusion, and he was wearing a wired brace around his chest to hold him up!

All his bones were affected, his arms and legs were severely painful, and he could barely walk a few feet to the bathroom. He had received chemo, which didn't help. He had poor circulation to his fingers and toes and was on constant pain medication when he arrived in Mexico. He had trouble sleeping and eating but fortunately he was able to drink the juices.

Just one week after I first saw him, he was virtually free of pain, and off pain medication. He was able to go to the bathroom and even walk a short distance! His circulation was largely restored; the neuropathy in his fingers and toes had almost completely disappeared. And far from visualizing his family's (wife and kids) survival without him, he was planning what to do when he recovered! He was eating nice large plates filled

with organic salad and vegetables; and had started to gain weight.

The next room held a patient suffering from melanoma. He had surgery on the first tumor, on his right shin, and this lesion had barely healed, when there was already another lump growing, only about one inch above. That, too, was removed, however there were more lumps, including one in his groin. (In other words, the melanoma had spread to his lymphatic system, making it “terminal”.) The latest surgery had left a number of metal clips which were installed by the original doctor to help the edges of his skin to heal. Fortunately he had not received chemotherapy.

When I saw him just one week later, that great day in Mexico, the clips had been removed; the skin had healed, the lump in his groin had disappeared, the previous scars were soft and returning to a normal skin color—he had a great appetite and asked if he could be served more juices! Of course! 13 is a minimum, actually there is no maximum! The doctor ordered at least six to ten additional juices! He was also eating large portions, and asking for more. So the doctor also ordered an extra plate of oatmeal after the evening meal, before retiring! This patient, too, is making a wonderful recovery!

Then there was George. He was suffering from multiple sclerosis. His diagnosis (by his U.S. doctors) was made with an MRI (Magnetic Resonance Imaging) machine, and his lesions were interestingly in his brain. (The usual multiple sclerosis lesions occur in the myelin sheaths that line the nerves in the spine, legs and arms.) He had lost much of his balance, had little control of his feet, was unable to place one foot in front of the other. In just one week, he had regained most of his sense of balance, was able to place his feet one ahead of the other; felt very well and could see his approaching recovery!

And Sasha, too, came in with an unusual diagnosis: Hashimoto's thyroiditis, a supposedly auto-immune disease. It is described as an inflammation that eventually destroys the thyroid gland. It is also supposedly more common in people who have a history of auto-immune diseases. Sasha is 42, and while of European ancestry, she lives with her family in mainland China. Prior to coming for the Gerson Therapy, Sasha was having serious trouble breathing and complained to her local doctors of not being able to get enough breath. The doctors checked her test results and were unable to pin down any specific reason for that problem. So they told her that it was all in her head, that there was nothing wrong with her. Still, she was unable to breathe normally.

When she was tested at the Mexican clinic, she had a very low pH (she was quite acidic). The Gerson Therapy resolves that problem in very short order; most acidity is caused by eating animal proteins. The vegetarian, organic Gerson food and juices are able to reverse this situation rapidly. Usually in just one week, the body's pH is up in a normal range, just above 7.0 (which is neutral) and the blood is again able to carry oxygen.

When Sasha heard my lecture about the difficulty of blood carrying oxygen when it is in an acid condition (per Otto Warburg) she was greatly relieved and understood her problem. It was clearly not “in her mind,” but in the acidity of her blood. Unfortunately, when doctors don't understand the reason for an ailment, they generally blame the patient! This is a very serious, mean and damaging method of dealing with a problem. Then they often go further and state that the problem is caused by stress—are they not the ones now *causing* the stress? But Sasha is now happy, has no problem breathing and is able to carry on normally, with adequate oxygen in her system. With the improvement in her thyroid condition, her immune system restored, as well, she will be able to live normally. She may need to continue thyroid medication for some time in the future, which the Gerson doctor will be able to determine.



Joseph Biederman's Comeuppance

by Jenny Thompson, www.TimelessTouch.us

Biederman is undone.

And that's truly great news.

Is it too extreme to call this guy a monster? I'll let you decide.

Here's a quick recap ...

From the late '90s to about 2007, Harvard child psychiatrist Dr. Joseph Biederman conducted research that aggressively broadened the definition of bipolar disorder. According to PBS' Frontline, there was a 4,000 percent increase in the number of children diagnosed as bipolar over the decade that Biederman and colleagues expanded the concept of the disorder.

Four THOUSAND percent.

And that research prompted a huge jump in the use of powerful (and potentially dangerous) antipsychotic medications for very young children.

A new study, published just last month, found that antipsychotic drugs prescribed for children between the ages of 2 to 5 doubled over the past decade. For that we can thank Biederman and his influential claim that mood swings in children as young as 2 can be diagnosed as bipolar.

Revolting, no? And all of that would be bad enough. But it gets much worse.

Two years ago, Senator Charles Grassley accused Biederman of failing to fully disclose payments from drug companies that make antipsychotic drugs.

According to the *New York Times*, Biederman accepted more than \$1.6 million from drug companies between 2000 and 2007.

But, yeah, it gets even worse.

Court documents revealed that Biederman assured Johnson & Johnson executives that studies he was involved in would end up showing benefits of two different antipsychotic drugs made by J&J. At the time, Biederman was director of the Johnson & Johnson Center for Pediatric Psychopathology Research at Massachusetts General Hospital.

Bottom line: Biederman fattened his bank account nicely while his influence prompted unnecessary drug use in untold

number of infants.

Sweet comeuppance

There was a time when Biederman's influence seemed unstoppable.

In 2007, Dr. Lawrence Diller told the Boston Globe that colleagues in the child psychiatry field were afraid to speak out against Biederman.

Dr. Diller: "To politely challenge Biederman in public is to risk public retribution and ridicule from him and his team. Also academic researchers in child psychiatry risk losing their funding if they criticize this darling of the pharmaceutical industry ..."

So it's with the greatest pleasure that I share this with you today: Biederman is about to be undone.

The Diagnostic and Statistical Manual of Mental Disorders is psychiatry's combination guidebook and encyclopedia. And it's now being revised for a new edition.

According to the *New York Times*, this manual draws the line between normal and not normal, and provides psychiatrists with their primary guide for treating patients.

A Columbia University psychiatry professor told the *Times*, "Anything you put in that book, any little change you make, has huge implications not only for psychiatry but for pharmaceutical marketing."

The new edition is not yet completed, but the *Times* reports that the definition of bipolar disorder in children will be significantly changed. And that change will sharply reduce the use of antipsychotic medications for the very young.

According to one psychiatrist: "The treatment of bipolar disorder is meds first, meds second and meds third." But if children are diagnosed instead with a behavior disorder, then the primary treatment is behavioral treatment before drugs are considered.

It's a sad day for Johnson & Johnson and other companies that make antipsychotic drugs. And it's a sad day for Biederman and his undone influence.

But it's an excellent day for the kids.

Thank You!

by Charlotte Gerson

There were so many birthday wishes, cards and gifts, I was thoroughly spoiled! It is also impossible to thank everybody personally, so I have to take this way to express my gratitude, not only for the many beautiful cards and emails (a lot of special ones found their way into a lovely birthday album prepared by Scott Stobbe), but for the generous contributions by so many of our friends and supporters. Thank you, THANK YOU!



We realize that with the still slow economy, many people are struggling with every dollar—so we are especially grateful for the wonderful contributions, since the Gerson Institute is also feeling the pinch! These donations help us to continue our services, expand the Web presence, and increase our work toward healing the world. We are deeply concerned, as you well know, not only because of the spreading illnesses of the people, but of the damage to our environment. All of this malaise is connected, and must heal together.

The enormous outpouring of love and appreciation from former patients, friends, Gerson Institute staff, even people who had just met me once or twice years ago, was very moving, very gratifying. Thank you all so very much.

I should like to return all the warm wishes and hope that you are all working toward the best of health, using the path that Dr. Gerson pointed out, for yourself and your family.

More vaccine fraud emerges

Danish Researcher Disappears with \$2 Million

by Charlotte Gerson

The Danish media reported on March 5, 2010 that ten million Danish kroner (the equivalent of just under two million dollars) is missing from the Aarhus University, along with the lead researcher of the Denmark Autism studies on which the CDC based their opinion that vaccines preserved with the highly poisonous mercury compound Thimerosal is “safe” and have no connection with autism. This study has been quoted to countless doubting and parents, concerned about their children’s safety, by dozens of other researchers, the WHO (World Health Organization) the CDC (U.S. Centers for Disease Control) and innumerable other organizations, as “proof” the vaccine is safe.

The missing lead researcher is apparently Kreesten M. Madsen, MD. Madsen, who claimed that he was unable to find a link between the vaccine and autism—but it later became apparent that he was working “under the table” for the CDC, as well as a vaccine manufacturer, who paid for the research. Madsen had faked and manipulated the data to such an extent that, had the manipulation been documented, the whole study would have been invalidated. He also lied about his employment at a conference in Italy last year, claiming that he was still the lead researcher of the Autism Study in Aarhus when he was no longer employed there.

The Danish press reports that Madsen is now in the US, employed by Emory University of Atlanta, Georgia, where he had secretly taken a permanent position *while still at the University of Aarhus*—an unacceptable situation. Emory University has strong ties to the Atlanta-based CDC. So where is Madsen, and where is the money, the article asks. The article goes on to ask, “What moron actually believes that giving children a neurotoxin at 25,000 times the concentration allowed in drinking water will *protect* the child from brain injury?”



A letter from a patient who healed her whole family

Happy Birthday, with Gratitude

by Sandra H.

Dear Charlotte,

I am so thankful that your father, Max Gerson, M.D. was open to receiving inspiration from God to bring the most wonderful way to heal to light. And I am grateful that you have been inspired to carry on his work.

In 1995, when I was diagnosed with breast cancer, God led me to the Gerson Therapy. I know God grants miracles today because I am a walking miracle. I am so grateful for the healing I received and for the knowledge that I have gained about nutrition.

Because of the Gerson Therapy my family has benefited from it also. [My husband] Courtney healed from prostate cancer; Tammy, my daughter, healed from pleurisy, and her family learned to improve their diets. Shannon, Tammy’s daughter, when she was a little girl washed 25-pound bags of carrots. Now she is grown, married, and has a 16-month-old daughter. I am so pleased with this little family. They don’t eat meat and they eat organic produce. They drink carrot juice. I have seen that tiny girl drink a quart or more carrot juice in a day. She loves it and it is a part of her everyday diet. Tammy’s 10-year-old son Nathaniel was brought up eating only Gerson and drinking green juice and carrot juice. Tammy’s husband was diagnosed with serious diabetes.

Tammy helped him change his diet. He no longer is on insulin and he eats well.

So you have my daughter, son-in-law, granddaughter and great-grand daughter, my 10-year-old grandson all in great health because of you and your father. The Gerson Way has helped this family.

Courtney’s son and his wife see the value in the Gerson Way and eat very well. My son and his family also see the value in the Gerson Way. His three little girls, aged four through eight, all love the juices. My daughter Monica was married in October to a wonderful man and he sees the importance of healthy eating, like Monica. My three sisters and my brother all see the value in good nutrition. The Gerson Way has filtered down through my family and has made us all healthier. Yeah!!

We have shared the Gerson Therapy with many, many people. People are excited to learn that there is a better way—The Gerson Way.

Thanks again for all you do to help people heal.

Love,

—Sandra

Sandra H. and her husband Courtney also appeared in the 2006 documentary, Dying to Have Known, by Steve Kroschel—Ed.



Thyroid

by Charlotte Gerson

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by Diane Ake

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Gerson Therapy Workshops, Lectures & Events, 2010

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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 |
|---|--|--|--|---|
| May 3-May 16, Jun. 7-Jun. 21, 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 www.gerson.hu for information regarding cost, admission, and other arrangements. |
| Mon., May 17 to Fri., May 21, 2010 | Gerson Therapy Practitioner 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 (619) 685-5353. Email: ksmith@gerson.org . Call for price and availability. |
| Sat., Jun. 12 and Sun. Jun. 13, 2010. | Modern Manna Health Crusade | Lodi Grape Festival Grounds, 413 East Lockeford Street, Lodi, CA 95240 | Charlotte Gerson will speak at the event, and will sign books. | Danny Vierra, Modern Manna Ministries, Modern Manna Ministries, 519 South Central Avenue, Lodi, CA 95240. www.modermanna.org . (209) 334-3868 |
| Fri., Jun. 25 to Sun. Jun. 27 and 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 (619) 685-5353. Email: bconde@gerson.org . Please ask about price and availability. |
| Jul. 19-25, 2010 Aug. 23-29, 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 (619) 685-5353. Email: ksmith@gerson.org . Please call for price and availability. |
| Wed., May 5, Jun. 2, Jul. 7, 2010. 6:00pm-6:30pm | The Sheila Gale show, KNRV-1240 AM radio | Cannery Row, Monterey, Santa Cruz, Carmel and the Internet | Howard Straus appears on the first Wednesday of every month | Sheila Gale, sheila@sheilagale.com , or (831) 521-4697. Live streaming on the Web at http://www.knr.com/StreamingMain.htm . |