



Gerson Practitioner Training Inspires Global Interest

by Diane Ake, Editor

What do Nigeria, Hong Kong, Australia, Turkey, Colombia, United States, Italy, Poland, Romania, Hungary, Puerto Rico and the Czech Republic have in common?

Medical doctors, chiropractors, and naturopathic doctors from each of these locations came to San Diego from May 17-21 for our week-long Module I training to become Gerson practitioners. We were honored with a truly global turn out.

They received instruction from the Gerson doctors from the Mexico Gerson Clinic and had lectures

from Dr. Kayla Smith, Medical Director of the Gerson Institute, on the biological and physiological basis of the therapy, patient assessment, designing individual therapy protocols and ongoing case management. They heard patient testimonials from Issa Khalef and Lisa Mendoza, participated in a Gerson foods cooking demonstration, and did a modified therapy for one day with six juices and the Gerson foods. The participants gave glowing reviews in their workshop evaluations.

This class was the first step of a two-stage training program for doctors who want to become licensed Gerson

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Thirty Years Recovery: Josephine Merhar

by Charlotte Gerson

The best thing about birthdays is the news from many friends of long ago. It is even more exciting when that news comes from a very long term recovered patient.

Most of the people who work at the Gerson Institute and who talk to worried patients just diagnosed with a malignancy could not possibly remember the history of our first big convention! It happened because we decided to celebrate the 100th anniversary of Dr. Gerson's birth, October 18, 1881. We were lucky to find that fell on a weekend so we organized a big celebration. We invited some 50 recovered patients,



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practitioners and be listed on our Gerson Institute Approved Referral List. For those who want to continue, the next step is Module II, where the practitioner works with a limited number of patients over a two-year period with consultation and supervision by a Gerson trained doctor.

“These doctors are working from their hearts instead of their pocket books.”

“It was wonderful that doctors from the conventional medical field are now interested in using alternative approaches,” said Dr. Smith. “We need doctors everywhere, but we especially hope that the doctors who attended from Europe will carry on and become certified Gerson practitioners and bring this much-needed therapy to that part of the world, especially now that there is a Gerson clinic in Hungary. One of the participants, a naturopath from Seattle who works with cancer patients, has already signed up for Module II. She is also sending a daughter to the upcoming Gerson Basics Workshop so her daughter can help her in her practice by being a caregiver while she does the medical supervision of patients!”



“These doctors are working from their hearts instead of their pocket books,” said Marilyn Williams, Gerson Institute Special Events Coordinator. “We look forward to working with these wonderful people in the future.” The next licensed health professional training will be in May 2011.



Gerson® HEALING news

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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 U.S. \$45 or more (international memberships U.S. \$55) to The Gerson Institute.

Interview with Mohammed M. Ibrahim, NMD (Naturopathic Medical Doctor) Module 1 Participant

by Henrietta J. Butler

Where did you attend school?

Nigerian College of Natural Medicine at the College of Medicine, University of Lagos in Nigeria.

What health issues are you dealing with in your country and what treatments are used?

70-80% of our population in Africa uses natural remedies, known as "traditional African medicine."

Because of the movement away from the traditional diet and the more widespread adoption of the western diet, certain degenerative diseases have started to manifest amongst the population. Mostly we see these occurring in the elite class. These diseases are diabetes mellitus; coronary diseases; cancers of the cervix, lung and breast; fibroid tumors; etc.

There are also environmental factors, such as the pollution in the urban areas caused by the use of fossil fuels, and the use of pesticides and synthetic fertilizers to increase agricultural production, which has affected the quality of the food.

All of this has led to compromised immune systems and increased stress levels. It is difficult to obtain organically grown food in the urban areas, but it is more available in the rural areas. We are also seeing problems with obesity in children as young as four years of age, due to their diet.

Traditional African naturopathic therapy uses botanical herbs, detoxification and enemas (but not coffee enemas). Very few supplements are used at therapeutic doses, so it has its limitations. To me, the traditional African therapy will benefit from new approaches that can be used on these "new" degenerative diseases.

Why did you become interested in learning to practice the Gerson Therapy?

I did a lot of research on the Internet and discovered that while



from left: Henrietta Butler, Dr. Rocio Rojas, Dr. Ioan Potra, Dr. Kayla Smith, Dr. Mohammed Ibrahim, Anita Wilson

there are specific cancers that do respond to traditional therapy, Gerson Therapy has a slightly different approach. What I have learned about the therapy makes a lot of sense to me, and I find it to be compatible with the philosophy of naturopathic medicine.

I feel that this approach to healing will be tolerable and acceptable to the elite class, whereas the use of herbal botanicals are not always acceptable to them. This population is educated, urban, and has adopted a western diet and lifestyle. Most of these people, who come in as patients, have tried allopathic medicine and are not satisfied. They are looking for a cure, not a treatment of symptoms.

Gerson Therapy fits a holistic model and has provided empirical evidence over the last 60 years on its efficacy. Additionally, it has also, to a large extent, provided a scientific basis for its effectiveness in treating the most difficult of illnesses, which is cancer. This is a major attraction to me as a naturopath.

What is your goal after completing your training in Gerson Therapy?

To establish a Gerson clinic in Abuja, the capital of Nigeria. I have purchased 10 hectares of land on which I plan to build the clinic and to

grow a fruit orchard and vegetable gardens. Also, it will include a small pharmacy. The clinic will have 15-25 patient rooms. I would like to have more trained doctors and caregivers providing care in my country.

I have the desire to acquire the knowledge of the Gerson Therapy with a view to make it available to patients in Africa who cannot afford to travel to the clinic in Mexico, or who cannot travel at all due to their infirmities.

I see myself as a Gerson ambassador to Africa.



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Health Benefits of Earthing

Vitamin G - for Ground Energy

by Steve Rose, Gerson Institute member

The following is taken from an article in the May 2010 issue of the Townsend Letter: "Earthing: The Most Important Health Discovery Ever?" by Martin Zucker (www.townsendletter.com)

Modern lifestyles significantly remove us from the simple experience of feeling the ground beneath our bare feet. We wear insulating rubber or plastic-soled shoes and we no longer sleep on the ground. What have we lost from this and what could we stand to gain by reverting back to experiencing direct physical contact with the Earth?

The answer is: a lot, according to Martin Zucker, author of the book, *Earthing*. Yet this is not something that is new to everyone. "Throughout evolution, humans walked barefoot and slept on the ground and received from the Earth a natural, nurturing, and gentle electric energy."

Martin explains how Earthing, or grounding as it is alternatively known, can be as simple as walking barefoot outside on any ground surface (e.g. dirt or sand) that conducts electrical energy from the earth (avoid non-conducting materials such as wood, asphalt and plastic) for at least half an hour. Not only will you feel more relaxed and calm after you have done this, but with regular practice you will also have activated a number of health-restoring benefits, including:

- Reduced symptoms of many inflammation-related disorders
- Reduction or elimination of chronic pain
- Normalization of biological rhythms
- Lowered stress, relief from muscle tension along with headaches
- Dramatically faster healing and reduction and prevention of bedsores
- Protection against potentially health-disturbing environmental electromagnetic fields (EMFs)
- ... and many more!

Dr. Stephen Sinatra, co-author of *Earthing*, hails the practice of Earthing, and its beneficial results on the human body, as the most exciting health breakthrough in over 30 years of his working in medicine. He sees it as a valuable tool to incorporate into any arsenal of health treatments, in both clinical and domestic environments. In a pilot study of the electrodynamics of blood, Earthing improved blood flow and viscosity. A precursor of this study found that dramatic changes in blood cell aggregation occurred after only 40 minutes of Earthing.

Earthing can be extended in duration and practice with the aid of certain conductive devices that transfer the outside ground energy into the inside of the home. Typically, such devices incorporate carbon or silver mesh to conduct the Earth's electrical energy into special cotton sheets or pads that you can connect to your body. These devices enable you to work or sleep in the house while being grounded to the Earth. Velcro body bands and EKG patches with a grounding connection can also be attached to specific parts of the body to aid in the reduction of localized pain and inflammation.

Many common diseases are driven by electron-seeking free radicals that drive chronic inflammation. Chronic inflammation may be attributed to an

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Welcome New Gerson Special Events Planner



Now that our Gerson Basics Workshop has grown from 25 attendees to 75 (with more on the waiting list) we are grateful to be able to add Marilyn Williams to the Gerson Institute staff as our Special Events Coordinator.

Marilyn is a semi-retired conference planner of 30 years. When she started out as a volunteer last year to assist us with our events, she quickly located a large facility with a kitchen to accommodate the larger group. We soon realized how much we needed her skills and expertise. She has also worked out an arrangement with a local hotel to provide a free shuttle to the workshop for any workshop attendees that stay there!

Marilyn is the eldest of 10 children and keeps busy with her three children, grandchildren and family in Minnesota, Colorado and northern California. She also enjoys swimming, biking, hiking, dancing and classical and flamenco guitar. "Being of service gives me a sense of purpose," said Marilyn. "Knowing that I had a part in helping people with achieving good health is something I feel good about."

Thirty Years Recovery...

continued from page 1

mostly recent ones who had spent time at the Gerson Mexican hospital. However, a few of the patients were actually long-term survivors of Dr. Gerson's.

In order to publicize the event, we produced a little journal containing 20 pages which showed the physicians who were the speakers, the management, and then we detailed 50 patient stories. These contained a short resume of the original patients' problems, their experience with allopathic doctors and in most cases the biopsy results, along with a tiny picture.

One such patient, Josephine Merhar, came all the way from Ohio to help us celebrate. This is the entry she originally supplied:

"Josephine Merhar, 58, Uterine Cancer (declared terminal). Excessive bleeding noted Oct. 1978, followed by a D & C November 17th. Uterus twice normal size, biopsy showed cancer in wall of uterus. Hysterectomy advised; refused. Started Gerson Therapy Dec. 1978 over violent protest of physician who threatened that she would die within the year. (Now) feels very well, with better energy than for a long time."

Josephine sent me a lovely birthday card, together with a beautiful picture of herself taken about two years

ago. She told me that in years she is not far behind me: she will celebrate her 88th in July! More important, she is alive and well. She also told me that in 1978, her doctor not only threatened her with death, but also asked to speak to her husband. He then tried to urge her husband to make her take his treatment, and if he refused, "He would feel sorry for the husband for having to watch his wife die."

"She is still juicing carrots and eating the Gerson soup."

Josephine arrived at the Mexican Gerson hospital about two weeks later. She recalls that she had a violent healing reaction, but recovered and was well enough to travel to San Diego for the convention in October of 1981.

She also reports that she continues to be "careful with food, and for a long time did coffee enemas." She is still juicing carrots, eating the Gerson soup, and taking some B-complex supplements. She does have some minor aging problems.

The most interesting part of this patient's history is that she had no cancer treatment of any kind other than the Gerson Therapy, and she has been well now over 30 years.



The Gerson Therapy Successfully Returns to Europe First Year Anniversary of the Gerson Health Centre in Hungary

We want to officially celebrate a tremendously successful first year of the new Gerson Clinic in Hungary and express deep gratitude for their pioneering work to bring the Gerson Therapy back to Europe where it was born. We were very lucky to have Beatrix Bedo, Director of Finance and Administration; Dr. Melania Nagy, Medical Director; and Noemi Borsa, Office Manager, visit the Gerson Institute on May 25th to present a comprehensive report on their accomplishments. They brought a doctor with them to San Diego to participate in the Gerson Practitioner Module I Training, with the future goal of adding a second Gerson certified doctor to their staff.



The centre is located in Dobogoko, 30 km from Budapest, in the picturesque Pilis mountain region where Hungarians go on retreats to relax and de-stress. According to Beatrix, "It is the spiritual center of Hungary. The Heart Chakra of the world is claimed to be situated there. We go outside sometimes just to stand there and feel the energy pulsating from the mountains and earth."

Over the first year they conducted 11 two-week sessions for a total of 67 people; the youngest was 25 and the eldest was 84. Almost a third had breast cancer, followed by colorectal cancer, melanoma and



other types of cancer.

Seventeen people came from Poland, 10 from the United Kingdom, 5 from France, 4 from Hungary and the rest from other European countries, with a few from the U.S. Among their 20 employees, the clinic has the capability to communicate with patients in Polish, English, Italian, German and French (and of course Hungarian)! Their goal is to have the centre open full time.

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Centre in Hungary

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The Gerson Health Centre has 8 patient rooms on two floors. There is a large garden where people go for walks and chairs to sit outside. The dining room also holds lectures and demonstrations on juicing, cooking, Gerson foods and how to continue the therapy at home. Dr. Nagy, with the assistance of two part-time doctors, medically supervises each patient and develops a tailored Gerson protocol for each individual patient.

Included in the cost (approximately \$6,700 for the two weeks and \$480 for an optional companion to stay) are reflexology, reiki, yoga and meditation sessions. Beata Bishop (centre founder, 30 year Gerson melanoma survivor, author and psychotherapist) also produced a 30 minute meditation CD for Gerson patients. Their staff includes two psychotherapists who (along with Beata when she is in Hungary) have individual weekly sessions with patients and do talks on the body-mind connection. "I have seen the strong influence of attitudes on the results individual patients obtain from the therapy," Dr. Nagy observed. "Some of the most challenging cases

"Our purpose is to create a Home of True Healing."

with positive, determined attitudes have thrived and some of the least physically challenged patients with negative attitudes have not succeeded."



"Our purpose is to create a Home of True Healing," said Beatrix. "And patients really do feel like they are at home. We really bond with the patients. At the farewell parties at the end of each session we have music and dancing and emotional good-byes."



The staff work closely with the Source of Health foundation in Budapest, founded in 1989 by Beata, to conduct transpersonal workshops, seminars and lectures. Additionally, the foundation provides information on the Gerson Therapy, Gerson booklets, and *Healing the Gerson Way* and *A Time to Heal* in Hungarian. Dr. Nagy also does individual out-patient counseling there one day a week for Hungarian patients who do not attend the centre.

The Hungary Centre's future plans include continuing their strong commitment and loyalty to the Gerson Institute, training more Gerson doctors in Europe, documenting case studies, continuing patient follow-up, and organizing caregiver trainings.

"The Gerson Health Centre is a true, pure, shining example and model for how to run a comprehensive patient and heart-centered Gerson Clinic," said Anita Wilson, Gerson Institute Executive Director. "I am so thrilled at what they have accomplished in just a year's time and am so excited about collaborating with them in the future on doctor training, research and more. The possibilities are endless. We renew our commitment to them tenfold!"



Singapore Day Clinic Opens Therapeuolife Education Day Centre

Jervin Lim, a certified Gerson Therapy practitioner, and his wife Esther Lim, an accredited counselor, opened Therapeuolife Education Day Centre (EDC) on April 5, 2010, for Singapore residents only. The centre is located in Singapore, an island city-state off the southern tip of Malay Peninsula in Southeast Asia. "Therapeuo" is a Greek word, signifying healing and caring. EDC provides a 6-day Gerson Therapy program, where cancer patients can experience the full Gerson Therapy during the day, Monday through Saturday.



"The goal of our holistic approach is to encourage cancer patients to follow the strict Gerson Therapy and help them to persevere on the treatment so they can achieve true healing," said Jervin. "Cancer patients embarking on the Gerson Therapy are overwhelmed by its requirements. The sudden change in diet and lifestyle creates high anxiety for the patient and may create tension in the family because caregivers are

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unfamiliar with the requirements. This may also result in compromising the Gerson Therapy, which affects the patient's healing progress."

"We hope to celebrate victories with patients in their fight against cancer."

The objectives of Therapeuolife EDC are to:

1. Ensure cancer patients have a good start on the Gerson Therapy and gain confidence in the treatment.
2. Ensure that the caregivers can administer the therapy according to the strict requirements.
3. Provide education on the Gerson Therapy through the Gerson Institute's publications, such as newsletters, books, DVDs etc.
4. Create a quiet and therapeutic environment for patients to rest.
5. Provide a supportive environment for individuals and their caregivers.
6. Ensure the patients continue on the Gerson Therapy after they are discharged from the centre.



The centre has two nicely furnished rooms with beds and couches where patients and their caregivers can rest during the day, a dining hall for meals and common activities, and a living room for viewing Gerson Therapy films and books. There are also areas designated for coffee enemas and proper shower and toilet facilities, with clean oxygenated distilled water. "Our goal is that the caregiver and patient will be discharged from the 6-day program with confidence and faith to continue on the Gerson Therapy. We hope to celebrate victories with patients in their fight against cancer."

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Silent Enemy: Environmental Illness and One Woman's Search for a Cure

We would like to announce a new addition to our bookstore, written by a woman who was a Gerson patient 25 years ago.

Author: Faye Hueston

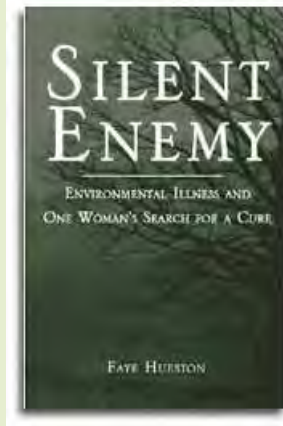
Paperback: 283 pages

Publisher: Infinity Publishing, first edition, March 2010

Language: English

\$16.95

Some years ago, while living in London, Faye Hueston became mysteriously ill. Unable to find a cause for her peculiar symptoms, doctors dismissed them as psychosomatic. Eventually, tests by a clinical ecology doctor proved the cause to be pesticide poisoning. *Silent Enemy* refers to the chemicals that are polluting our bodies as well as the environment. Based on the diaries Faye Hueston kept at the time, it chronicles her long, often frustrating search for a cure.



that prevailed then, she recovered her health and credits Charlotte Gerson and the Gerson Therapy for providing her with the technology to control her health and her life.

This book is required reading for anyone who suspects they are suffering from environmental illness—for its well-described symptomology and for the hope it gives that a compromised immune system can be restored when the body is purged of its toxic burden through pure nutrition.



Thank You Howard!

On behalf of the Gerson Institute and all of our members, we would like to thank Howard Straus for his over seven years service as editor of the *Gerson Healing Newsletter*.

Howard has helped us to expand the newsletter to its current 12-page format with inspiring articles (some of which he authored), full of valuable patient testimonials, reports on Gerson book translations and participation in conferences around the world (many of which he personally attended), salient critiques of the pharmaceutical industry and other cutting-edge medical news.

Howard also upgraded our newsletter design and recruited the printer to donate his time to redesign our banner. The Gerson Institute will now take over the editing of the newsletter, but Howard will continue to be a very welcome guest author and contributor. Thank you again, Howard. We couldn't have done it without you.

Review

by Howard Straus

Silent Enemy is a unique and very perceptive chronicle of one woman's struggle with environmental illness. Faye Hueston had many exposures to chemicals in her life, from pharmaceuticals and anesthetics to pesticides and the chemicals found in our food, air and water—in other words, the chemicals to which we are all exposed. In Faye's case, she was more sensitive than most to our toxic environment, which caused a galaxy of symptoms that her allopathic physicians, and even most alternative therapists, were unable to diagnose, much less relieve. "Go see a psychiatrist," became a mantra she began to dread. This is a common syndrome among allopathic physicians: "If I can't find a cause for your symptoms, they must be in your mind."

Unable to cope with our polluted environment, Faye had almost given up hope of ever functioning normally, when her dear friend and longtime Gerson recovery patient Beata Bishop (*A Time to Heal* and *Healing the Gerson Way*) recommended the Gerson Therapy. At the time it was a little-known holistic therapy that had

cured Bishop of "terminal" malignant melanoma. Having tried every option from healers to alternative therapists, Faye turned to the Gerson Therapy as a last resort.

Faye checked herself into the Mexican clinic and began the nutritional regime that detoxified her body and eventually restored her health. The therapy helped her recognize the pollutants which were affecting her well-being and she gradually learned what to avoid and how to rid herself of a lifetime of accumulated poisons. Along the way she met many different characters, some helpful and some not, whom she describes with deep perceptiveness and a delightful sense of humor.

There is a cautionary note. Her physical descriptions are of the very first Mexican Gerson clinic, and reflect its development at an early stage. The conditions she describes have vastly improved over the more than two decades since Faye was a patient there. But despite the early physical difficulties of generating such a clinic, and the occasionally crude conditions

Please check to see if your workplace has a matching gifts program (where they match your donation to the Gerson Institute).

Earthing...

continued from page 4

electron deficiency that is remedied by contact with the Earth's infinite reservoir of free electrons. During Earthing, the transfer of free electrons into the body via electrical signals from the Earth's surface is thought to neutralize the positively-charged free radicals. In this way, just as sunlight acts as a natural source that stimulates the body to generate vitamin D, the Earth could be seen as a natural source of free electrons that we might refer to as vitamin G, 'G' for ground energy.

Dr. Gerson believed in staying close to nature. In addition to diet, tapping into the electrical energy of the Earth is another way in which this concept seems to be true.



Thank You Module 1 Volunteers!

We want to thank the following people for volunteering at our week-long Practitioner Training doing everything from washing dishes, juicing, chopping vegetables, delivering materials and more.

We couldn't have done it
without you!

Chef Laura Ann	Corey Dike
Angelique Beret	Cindy Long
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Gery Corona	Marty Merrill
Ed Courtney	Carmen Perez
Christine Curley	Merry Roberts
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Pat Degnan	Colleen Shuster
Carrie Delich	

Special thanks to Lynne Bacaj who volunteered 10-hour days and then went home and washed the cloth napkins each night!

The President's Advisory Panel Reports: Toxins Cause Harm

by Charlotte Gerson

At the end of May, a surprising article by Liz Szabo appeared in USA TODAY. The headline in the paper read, "Toxins inflicting 'grievous harm.'" The secondary title said, "Obama advisory panel urges national attention." The amazing information, as though it was entirely new, goes on to state that "Widespread exposure to environmental toxins poses a serious threat to Americans" and that "government agencies have not adequately addressed this problem."

The American Cancer Society "estimates" that about 6% of cancer

tively firm in saying that "toxin-related cancer could have been prevented through appropriate national action," according to the 240-page report. The shocking truth is slightly weakened by saying that the evidence linking cancer to chemicals "isn't definitive." However, it turns out that nearly 80,000 chemicals are used in this country today, and according to the report, "many of which are unstudied and largely unregulated." Also, the obvious is stated, namely that "Children appear to be especially vulnerable."

"Toxin-related cancer could have been prevented through appropriate national action."

deaths – or some 34,000 a year – are caused by environmental pollutants. It is interesting that this is an "estimate" and that the author states that this number "could be much higher." But it states that the government has "grossly underestimated" the problem because of lack of research!

We revert to the headline, namely that the Advisory Panel's report states that the environmental toxins could do harm. The problem is most likely a great deal worse, since the report only states the problem of "causing cancer." It says nothing about the thousands of people who suffer endlessly from "Environmental Illness" which the doctors generally deny and, adding insult to injury, suggest it is all "in their mind" and that they should see a psychiatrist! (One lady spent thousands of dollars and several decades of misery with the problem until she found relief with the Gerson Therapy. See *Silent Enemy*, by Faye Hueston, on page 8.)

The report in USA TODAY is rela-

The authors of the report by the Advisory Panel were appointed by President Bush. They are LaSalle Lefall and Margaret Kripke, who interviewed dozens of experts over the past two years. Of course the American Cancer Society's Michael Thun tried to weaken the impact on families and cancer sufferers, by using a fancy wording in their criticism, saying it was "unbalanced." Thun even continued his lame excuse by saying that "It reflects one side of a scientific debate that has continued for almost 30 years," and that he "hoped it wouldn't confuse Americans about the clearest ways to prevent cancer such as through healthier living." He even tried to detract from environmental poisons by saying that "smoking alone causes far more deaths – more than 168,000 every year." Does he mean to suggest that since cigarettes are so much more dangerous, environmental toxins could continue to be used without control? And, of course, there is no mention of nutrition.



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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 U.S.) 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
June 28-July 11 July 12-July 25	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.
Sat. June 12 - Sun. June 13	Modern Manna Health Crusade	Lodi Grape Festival Grounds, 413 East Lockeford Street, Lodi, CA 95240	Charlotte Gerson will speak at the event and sign books.	Danny Vierra, Modern Manna Ministries, Modern Manna Ministries, 519 South Central Avenue, Lodi, CA 95240. www.modernmanna.org . (209) 334-3868
Fri. June 25- Sun. June 27 October (TBA)	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 for price and availability.
August 23-29 September 20-26 December 6-13	One week Wellness session	Charlotte Gerson Health Restoration Center, San Diego, CA	Charlotte Gerson; Dr. Kayla Smith ND; Carol Beard	Dr. Kayla Smith, ND at the Gerson Institute, (888) 443-7766 or (619) 685-5353. Email: ksmith@gerson.org . for price and availability.
July 7 6:00pm-6:30pm	The Sheila Gale Show, KNRV-1240 AM radio	Cannery Row, Monterey, Santa Cruz, Carmel and on 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 .