

Gerson Basics Workshop Reaches 77 Participants!

by Diane Ake, Editor

Our June Gerson Basics Workshop reached an all time high for number of participants – 77 attendees from all over the United States. The workshop was held at the San Diego Women’s Club, a lovely colonial-style building with natural lighting, a large auditorium, an outdoor patio and an institutional kitchen. Fifteen volunteers helped in the kitchen to prepare breakfast, lunch and snacks, as well as set up the event.

A majority of attendees had just recently learned about us by searching the internet or seeing a Gerson documentary, such as *The Beautiful Truth*. “This is the answer I have been looking for,” said Alicia Yang

from San Jose, who is recovering from cancer. “Being able to attend this workshop has been eye opening, inspiring and so informative! I felt both amazed and grateful that this path of healing exists, and what a wonderful relief it is that it is

based on the natural healing powers of the earth. I can’t wait to go home and start the therapy and experience a refreshed outlook on life!”

A participant from San Diego came to support her son, who is seeking to change his lifestyle after finding a benign lump. After an intensive internet search, they chose the Gerson Therapy because “a lot of the other therapies don’t have a support system – a staff

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Charlotte Gerson speaks to the class

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The “Gerson Twins” Two Sisters with Breast Cancer

by Sharlene Stump

Sent to Charlotte Gerson July 2008.

Dear Charlotte,

I’m sure you hear many stories like this, but I want to add mine. In November of last year I was diagnosed with extremely aggressive, metastatic breast cancer. It was found through a biopsy of an enlarged lymph node under my right arm. I took the biopsy report to Jake, my personal trainer. His response: “This is not a disaster. It’s an opportunity.” He got on the internet and found the Gerson Therapy. I’ve been a registered nurse for 30 years and nothing I read that day made any sense to me, but Jake handed me his juicer and said, “Get started!” I did, and in between



juices I contacted your California office and they emailed me the basic program. I ordered your book to arrive

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of people we can call that are willing to spend the time to direct us. And this is an all encompassing thing.” She is working with her daughter-in-law to set up her kitchen so volunteers from their church can come in and assist them. There were also quite a few nurses attending as well, including two from



Hands on juicing opportunity

Alaska. (See accompanying article on page 3.)

Corrine Messer works at her mother’s Naturopathic Physicians Group in Seattle. She is also a yoga instructor and an Environmental Health student. Her mother is now participating in Module II to learn how to become a certified Gerson practitioner. “I came to take the next step so I can become a certified Gerson caregiver and work with her Gerson patients,” said Corrine.

For the first time, we used live-image magnification to project close-up views onto a big screen of four live demonstrations: how to use a Norwalk Juicer, how to do a coffee enema, preparing clay and castor oil packs and how to prepare an injection. “This is the best way that 77 people could clearly see the details of every demonstration,” said Henrietta Butler, Director of Education and Training. “This technology now gives us the ability to do more trainings on a larger scale.” We also set up two juicing stations so that everyone who was interested had a chance to experience making carrot juice with a

a Norwalk Juicer. “It was easy to use and pressed out a lot of nutritious juice. It was also very sturdy,” said Jennifer Dickens, who used the Norwalk at the workshop for the first time.

Presentations included testimonials from two inspiring Gerson melanoma patients. Howie Doan explained how he has “done extremely well” on the Gerson Therapy and expressed his strong passion for sharing the therapy with others. He tells his story on YouTube in *Skin Cancer Cured Naturally*, which can be seen on the Gerson Institute Channel at <http://www.youtube.com/gersoninstitute>.

The second melanoma patient speaker was Lisa Mendoza. Three years ago, right after her diagnosis, she came to the Gerson Institute, and spoke with our Medical Director, Dr. Smith. “I left there with a feeling of such

peace – I knew everything was going to be okay,” she said. She began the therapy at home and was glad to have something to keep her mind off her

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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 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.

Gerson Basics...

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fears. "Taking ownership and being empowered was part of my healing. Using the juice press was physical and emotional therapy; also the whole experience of being able to focus on something other than cancer – to focus

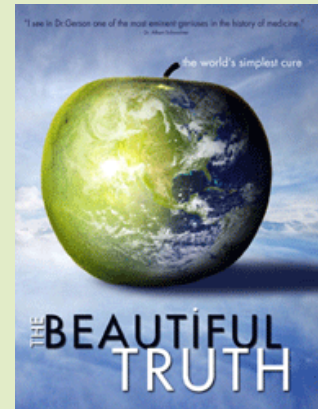
on healing instead." When her oncologist saw that her swollen lymph nodes had disappeared, he told her that of the 15,000 patients he has seen over the years, "You are the only one I've seen this happen to."

Our next workshop will be at the same location on October 22nd-24th, 2010.



Carol Beard explains the Gerson Therapy diet

September Special



The Beautiful Truth
DVD - \$17.50

**30% off of the regular price
of \$24.95 for the
2nd year anniversary
of its release!**

Gerson Therapy Reaches Arctic Circle

by Diane Ake, Editor

Two registered nurses and a tribal doctor were sent by the president of the Maniilaq Association (www.maniilaq.org) to bring the Gerson Therapy back to the Maniilaq Health Center in the town of Kotzebue, 26 miles above the Arctic Circle. Seventy-five percent of the 3,135 residents are Iñupiat Eskimos who have inhabited the area for the past 9,000 years. It is believed to be the oldest settlement in both North and South America.

"I found the Gerson Basics Workshop to be an awesome experience."

Mary Viveiros, RN, said that the cancer rates are high in that area. She explained she liked the workshop because, "I am just amazed to learn how many toxins we bring into our bodies. I am trying to figure out how to go home and tell people they are poisoning their kids by telling them to brush their teeth (with toothpaste containing fluoride) without knowing it. It will be a challenge to get the food, e.g. organic carrots, to our area because we are so far north." Air travel is the primary means of transportation year-round since the Northwest Arctic Borough has no roads connecting it with the rest of Alaska. The shipping season lasts 100 days, from early July to early October, when the Kotzebue Sound is ice-free.

Chris Stein, Tribal Doctor, uses herbs,



Mary Viveiros, RN; Susan Schaeffer-Beck, RN; Chris Stein, Tribal Doctor

massage, and acupuncture to increase circulation and "get the rivers of life flowing" to help people heal. He can also diagnose problems with his hands. "I found the Gerson Basics Workshop to be an awesome experience," he said.



“Gerson Twins” ...

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the next day, and I started enemas with a little Fleet squeeze bottle that I emptied out and just kept refilling with coffee. Two days later I had an MRI which showed cancer in the right breast, the breast bone, and the lymph nodes with a second, unrelated tumor in the right lung.

There would be no surgery, so I was sent to the Mayo clinic to see an oncologist. He was very grim and told my daughters I had about 5 months to live with chemo. Three weeks after starting the Gerson Therapy I had a PET scan. It showed mildly hypermetabolic activity in the right axillary node but everything else was gone!! The oncologist sent me back to the surgeon. The surgeon didn't know what to do with me. He said the difference between the MRI and the PET scan was two different people! I tried to tell

him about Gerson Therapy but he just held up his hand and said he didn't want to hear anymore. I went home with a heart full of hope and joy.

I'm into my 7th month of therapy now and it continues to be hard, challenging, enjoyable, and those healing reactions are just plain awful. Jake is on this with me and he has seen some amazing and wonderful things happen to his body. My changes are much slower but I lost my hair to alopecia when I was nine years old. I wonder if you've ever seen anyone with this disease grow hair back on the Gerson Therapy?

I am so very thankful for you and your wonderful father. He worked so hard and went through so much, but the gift he left for me, and people like me, is way beyond words.

Received June 10, 2010:

My name is Sharlene, and my sister and I were both diagnosed with breast

cancer and are using the Gerson Therapy to treat it. Mine was poorly differentiated and had metastasized to several places, and hers was moderately differentiated with mets to the lymph system. I've been on the Therapy for two and a half years now and am slowly easing off the intense therapy. I still get occasional healing reactions, so I continue to drink ten cups of juice a day and use 2-3 coffee enemas a day. My sis is just six months in, so she is on the full therapy. Neither of us had chemo or radiation. But I had a biopsy to an enlarged lymph node, and she had her breast tumor removed along with two lymph nodes. My lymph node sealed off after the biopsy and continued to grow slowly for another year. A PET scan taken 2 years into the therapy showed it still had a blood supply and slow growth but it was not spreading. I am going to have this last tumor removed

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Cultivating Healthy Food Partnerships

by Scott W. Stobbe, Marketing & IT Coordinator



Scott Stobbe, Rip Esselstyn and Alex Bacaj

In June, our Information Specialist Alexandra Bacaj and I were lucky enough to represent the Gerson Institute at two exciting events: the first organized by EarthSave and the second organized by the San Diego Roots Sustainable Food Project. EarthSave, founded by John and Deo Robbins, was celebrating its new program *Meals for Health* and the release of John Robbins' book *The New Good Life*. *Meals for Health*, in partnership with the Sacramento Food Bank, provides plant-based foods in an effort to teach their clients the healing powers of a healthy diet and avoid the processed junk food that typifies food bank donations. The event was hosted in the gardens of a stunning Beverly Hills estate and featured vegetarian cuisine, a live band, and inspiring words from John Robbins and Rip Esselstyn. Rip, a retired fireman, is the author of *The Engine 2 Diet*, and son of internationally recognized cardiologist Caldwell Esselstyn, MD.

Later that month, the San Diego Roots Sustainable Food Project screened *The Beautiful Truth* as part of their Food for Thought Film Series, which shows free films and leads discussions on how people's food choices affect not just their own lives and health, but the health of the community and the world at large. The film was shown in San Diego's Hillcrest neighborhood and was accompanied by a multi-course vegetarian meal. *The Beautiful Truth* was well received by the audience, who was eager for more information. To the crowd's delight, our Medical Director Dr. Kayla Smith was there to answer their questions.

If you would have told me two years ago that I'd be representing the Gerson Institute at a screening of *The Beautiful Truth*, and bumping elbows with John Robbins at a Beverly Hills dinner party, I would have laughed it off as impossibility. (After all, John Robbins was basically responsible for my choosing a vegetarian lifestyle.) At that point, I had just heard of the Gerson Therapy during a late night documentary binge which happened to conclude with *The Beautiful Truth*. Talk about coming full circle! Attending these two events was a revolution of taste and a re-awakening to the things that have brought me to where I am today. I'm not sure what Robbins' "new good life" entails, but I'm certainly enjoying mine!

For more info, or to join us in supporting these great organizations, visit: www.earthsave.org www.sandiegoroots.org and <http://engine2diet.com>.



Alzheimer's, Caregiving and Depression

by Charlotte Gerson

While we often write about recovered patients, they are mostly cancer cases. However, we are very aware that the Gerson Therapy is a total healing treatment from which many other people benefit. Since Big Pharma pushes the sale of anti-depressants so actively, also for children, even though they have terrible side effects (suicidal behavior among others!) we thought that it was important to share the below item prepared by Mr. Jones a few months ago.

My wife continues on a partial Gerson Therapy in her battle with Alzheimer's, now in its tenth year. She is still able to remain at home under my care, which has gradually increased to 24 hours a day, seven days a week. As a caregiver in this advanced stage of her disease, I gradually have developed rather severe emotional depression when I awaken each morning after each stressful, exhausting day and night of her

frequent violent behavior.

Though I am in good health at age 83, I am also on a partial Gerson Therapy in order to survive as a caregiver and have noticed with amazement that my emotional depression disappears immediately after doing a coffee enema early each morning. The depression does not return until I awaken the following morning.

Robert A. Jones

This report is especially important because it points to the problem of toxicity in patients with depression! It also helps almost immediately to overcome this "medical condition" with a simple coffee enema, which has no harmful side effects and requires no doctor's prescription!



Gerson Twins...

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in September. The rest of my tumors, including the one on the breast bone, healed within six weeks on the Gerson Therapy.

This has been an amazing time for both of us. My arthritis and carpal tunnel in my hands has healed. My cholesterol level is normal for the first time in 20 years. My thyroid gland, which showed a pre-cancerous uptake, is now completely normal, and my blood sugar is now completely normal.

My sister was pre-diabetic, had high blood pressure, was diagnosed with breast cancer and had to quit playing

softball because of pain and weakness in her leg. After two weeks on the Gerson Therapy, she stopped all diuretics and blood pressure medications. Last week her thigh turned red, swelled and became so painful she couldn't walk. After 24 hours, the same thing happened to her calf and ankle. Now her leg is perfectly fine. [This is an example of a healing reaction, an essential part of the Gerson Therapy, in which the immune system is activated and the body produces a healing inflammation which can cause swelling and pain, after which healing occurs.]

This is a wonderful therapy and it works very well. It takes a long time but if you just let the body take its time to heal, it will.

Thank You, Sharlene



Cherries – a Threat to Big Pharma!

by Charlotte Gerson

It is so interesting that bit by bit the "scientific" studies over time validate Dr. Gerson's ideas.

The Gerson Institute published an item entitled "Health News" in the July/August 1999 newsletter (vol. 24, no. 4, page 10) that bears repeating because Big Pharma is coming through with threats – actually validating the studies! The following is an excerpt from the article, which was featured in the May/June 1999 issue of *New Age* magazine.

An article entitled "Sweet Treatment" discussed a new study done at Michigan State University on a phytochemical known as anthocyanin, found in deep red cherries. This phytochemical helps relieve pain and inflammation better than aspirin or ibuprofen. The head researcher of the team, Muralee G. Nair, professor of natural

products chemistry, says, "Just twenty cherries a day can keep pain related to inflammation and arthritis at bay."

The article suggests that you reach for some sweet red cherries instead of drugs, which cause [toxic] side effects, for better results. We couldn't agree more heartily.

In a new issue of *Nutrition & Healing* (vol. 17, issue 5, of July 2010), Dr. Jonathan V. Wright uses this headline: **Is the biggest threat to Big Pharma ... Cherries?**

Dr. Wright reports that *los federales* at the FDA leaped all over Michigan cherry producers with warning letters that they can't claim that cherries have any health effects. What did these farmers do? They dared to tell the truth about research concerning the healing effects of cherries (in the July 2009

issue of *Nutrition & Healing*). Additional recent research now makes it clear that cherries, specifically Montmorency tart cherries (but others may do the job too) could be a threat to the patent medicine industry, with very little chance of side effects. They won't let this "slip by," says Dr. Wright, since the FDA has stated: "It is not our policy to jeopardize the financial interests of the pharmaceutical industry."

Thus, the FDA admits that revenue of Big Pharma is more important than the public's health. Dr. Gerson pointed out many, many years ago (before the scientific studies came out) that cherries are the best summer fruit, and asparagus are the best anti-cancer vegetables. I wonder when the FDA is going to go after asparagus!



Spotlight on Volunteers

by Diane Ake, Editor

Steve Rose and Anthony Serna

What do Steve Rose and Anthony Serna have in common? Both of them give a monthly recurring donation to the Gerson Institute. And both of them came to the Gerson Institute for an extended stay to volunteer their time and talents.



Silvana Procopio and Steve Rose

Steve Rose travelled all the way from England in June to volunteer for ten days. A technical writer and trainer by trade, he shared his high-level skills by writing an article for the July issue of *Healing News* and editing the overall newsletter. He also reviewed the staff training handbook, answered some of our many incoming phone calls, researched Gerson Therapy supply resources, participated in planning meetings and more. We are pleased that Steve is scheduled to return to volunteer again in September.

Anthony Serna, who recently left



Anthony Serna

the Navy, is very devoted to helping non-profit organizations he believes in. He spent several months in Thailand working and living in Baan Dada Children's Home in a small remote village near the Thailand-Burma border, teaching yoga, nutrition, english and math. After giving them a Norwalk Juicer, he wrote to us that he is "slowly

but surely making the staff and the volunteers aware of the therapy as well as different food choices. The juicer works great...it's the kids that love to get involved with every aspect of preparing food that gets messy!"

He would like to eventually fund an environmentally conscious agriculture school and health training center there based upon the principles of the Gerson Therapy. We were so lucky that he returned from Thailand for a visit to San Diego just before our June Gerson Basics Workshop. He spent long, full days carrying supplies, juicing, chopping, cleaning and anything else we needed to make the workshop a success.

"Our staff is so resourceful and they accomplish so much with volunteer talent and time," said Anita Wilson, Gerson Institute Executive Director. We are so grateful to both of these volunteers and donors for their tremendous and ongoing support.

Nicole Phan

Nicole Phan, an undergraduate in Human Studies at the University of California, San Diego (UCSD), heard Charlotte Gerson speak to her *Social Issues of Aging Anthropology* class. We thank her professor, Leslie Lewis, for inviting Charlotte to be a guest speaker. Nicole was so intrigued by Charlotte's talk that she signed up for an academic



Baan Dada Children's Home, Thailand

internship for school credit over the summer "to learn more about public health and the ways in which diet can directly combat many of the current health concerns." She eventually wants to go into public health. Diane Ake, our Director of Development, who has a Masters of Public Health, was eager to work with her. Nicole has been



Nicole Phan - UCSD Intern

helping to respond to the hundreds of emails we receive each week, revising our *Little Enema* and *Little Juicing* handbooks, and getting started on producing a new Gerson recipe book. We really appreciate her assistance. We

Spotlight...

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hope to recruit more student interns in the future because they allow us to tackle new projects we have been waiting to do.

Jennifer Dickens

Jennifer Dickens is President of Whole Life Marketing, a group of coaching, business consulting, marketing, public relations and graphic design professionals who market holistic healing treatments. She offered her marketing and public relations skills because she finds it her "life purpose to support others in their healing journey.



Jennifer Dickens

I know first hand the lifestyle, nutritional, emotional and spiritual faith required

to provide the body with what it needs to heal itself."

Jennifer began by volunteering in the Gerson Institute kitchen to learn the basics of Gerson food preparation. She then extensively studied our website and produced a comprehensive report with expert recommendations on how it can best meet our organization's objectives. She has been available to us for ongoing guidance and to answer questions. We are so appreciative of her willingness to teach and lead us through this process of improvement and change.



Health Corner

Where Will I Get My Protein?

by Henrietta Butler, Education and Training Director

People who have spent their lives eating the standard western diet often have a difficult time imagining switching over to eating a plant-based diet instead. "Where will I get my protein?" is the oft-asked question. We know we need protein in our diet, just like we need carbohydrates and fats. But the truth is that most Americans get too much protein in their diet, sometimes exceeding the Recommended Daily Allowance by more than 50%. Yet, when presented with the Gerson diet, a plant-based diet, (and a salt-free one at that!) it causes concern.

Dr. Gerson knew what nutritionists know today: vegetables contain adequate protein, as do whole grains. The Gerson-allowed foods provide the proper balance of essential nutrients for dealing with some of the most

difficult to cure illnesses known to man. He included supplementation of B12 to avoid Vitamin B12 deficiency. Protein is found in the following foods (all included in the Gerson diet): Top protein vegetables per 100 grams: asparagus 3 gr., eggplant, 1 gr., beets, 2 gr., broccoli, 3 gr., brussels sprouts, 100 gr., cabbage, 1 gr., carrot, .5 gr., cauliflower 3 gr., zucchini, 2 gr., tomato 2 gr., watercress, 3 gr.

After 6-8 weeks on the strict Gerson Therapy, most people add plain, non-fat organic yogurt and sometimes bee pollen. For non-cancer patients or those using the therapy to optimize health, the strict diet is not recommended indefinitely, and additional proteins may need to be incorporated based on the unique needs of each individual.



Special Thanks to Gerson Basics Volunteers!

We want to thank the following people for volunteering at our Gerson Basics Workshop:

Allison Barron
Luisa Carrasco
Geraldine Corona
Ed Courtney
Pat Degnan
Howie Doan
Masato Kihira
Lisa Mendoza
Jason Nechodom
Nicole Phan
Merry Roberts
Donna Rodriguez
Yara Russell
Andina Sarabia
Anthony Serna

**We couldn't have done it
without you!**

Choosing Healthy Foods Now a Mental Disorder

By Charlotte Gerson

The respected British newspaper, the *The Manchester Guardian* is reporting on this item from *Natural News* by Mike Adams.

Mike says, "In its never-ending attempt to fabricate mental disorders out of every human activity, the psychiatric industry is now pushing the most ridiculous disease they've invented yet." It is called "Orthorexia Nervosa." Its

Latin name is supposed to sound scientific so that they can bamboozle the public. In good ol' English, it translates into "healthy eating disorder." Believe it or not, choosing healthy foods is now a "mental disorder" and they are looking to treat it with drugs!

Why would "they" attack healthy eaters? Dr. Gabriel
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“The Intelligent Revolution”

by Steve Rose, volunteer and member

The following is a summary of an article entitled “The Intelligent Revolution - How Citizens, Scientists, and Even Politicians are Saying No to Healthcare Fraud” by Helke Ferrie, published in Vitality Magazine in March, 2010.

In an age where corporate interests are all too often favored over human rights and scientific evidence, “the only way to achieve change in the current food and drug regulatory system is to say ‘No!’ to the bureaucrats’ assumption of obedience,” writes Helke Ferrie.

“Saying No! is a social responsibility none of us may safely ignore,” she goes on to say.

Examples of people who have had the courage and conviction to say “No!”:

* Less than 1% of women take their Tamoxifen prescriptions. Tamoxifen supposedly prevents recurrence of breast cancer, but it also has a high chance of causing liver and uterine cancer. The National Cancer Institute was so astonished by this statistic that they launched a study into the reasons for this outbreak of what could arguably be referred to as “superior female intelligence,” according to Ferrie.

* Despite an increase in the number of prescriptions written, the University of Saskatchewan found that women, especially, have avoided taking their antidepressants.

* The European Union published the results of a multi-year mega study entitled “Healthy Living is the Best Revenge.” It showed that people who did not smoke; exercised moderately; ate fresh fruit, vegetables, whole grains, and nuts; and ate very little meat; reduced their risk of diabetes by 93%, heart attacks by 81%, and the incidence of all cancers by 36%.

* Sweden has banned all use of mercury “which means the rest of the EU will have no choice but to do the same soon” said Ferrie. She also commented, “The vaccine industry must be in shock. What will they use as preservatives now? Those 50% of EU dentists who still use mercury amalgam must be assessing their options nervously.”

* Republican Senator Charles Grassley recently disarmed Big Pharma’s agenda when he introduced a bill that would require them to publish all payments made to doctors and researchers above \$50. “Massachusetts pre-empted Congress and already requires publication of all payments over \$5! I anticipate a disproportionately low death rate and dramatic decrease in healthcare expenditures for that state,” wrote Ferrie.

“Saying No! is a social responsibility none of us may safely ignore.”

Ferrie also remarked “The complex edifice of lies, which often fatally misled many desperate patients for many years, is crumbling so fast that I find it difficult to keep up with the relevant publications.” She gives the following examples:

Changes in the medical community

* *The American Journal of Psychiatry* has published results showing that sudden death in children increases by about 500% when taking ADHD drugs, of which Ritalin is the best known. The researchers who undertook this study set out, explicitly, to disprove such a connection and were forced by the evidence to admit the opposite.

* Astonishingly, the *Journal of the American Medical Association* has published a “proposal for controlling conflicts of interest” that includes demands such as:

- The education of doctors “must be carefully distinguished from marketing.”

- Medical organizations should no longer accept money from Big Pharma at all.

“Such ‘fundamental reforms’ were stated as being imperative, because otherwise ‘the public trust’ is down the toilet. I didn’t think I would live long enough to read something like this in a journal that is authored by editors of the world’s leading medical journals,” Ferrie commented.

* A key researcher into the Gardasil vaccine, Cevarix, Dr. Diane Harper said “No!” to her employers and went public.

This vaccine supposedly protects against cervical cancer, but Dr. Harper informed the UK’s *Sunday Express* and the *New York Times* that it does nothing but possibly prevent genital warts, and “will not decrease cervical cancer rates at all.” She also stated that parents of young girls should know of the dangerous side effects associated with it.

* In Germany, obedience to authority is a virtue, but when H1N1 hysteria gripped the world last September,

Germany’s soldiers said “Nein danke!” and refused the vaccine. The chair of the Council of Europe’s 47-nation Subcommittee on Health subsequently launched an investigation into the vaccine and the pandemic’s origins, and declared the pandemic a “hoax” and the vaccine “a bust.”

Public action makes a difference

So how do we say “No”? According to Ferrie, the most effective way of doing this is:

* Uncovering facts that have been suppressed.

* Demonstrating regulations that contravene mandatory procedure and law.

* Soliciting public response to misinformation campaigns.

“It is this reasoned method of insisting on ‘informed consent’ that ‘drives them crazy,’ Ferrie contends. “Complaining that the world is going to hell, or despairing over what some great cabal of crooks are going to do next merely feeds that corruption.”



Gerson Reaches Younger Generation

by Diane Ake, Editor



Howard Straus, Charlotte Gerson's son, received a request from three middle school students, below. He conducted a telephone interview with them and also sent them a DVD of the documentary *The Beautiful Truth*. Erica Naibert, Kelsey Chin and Errin Williams-Seward spent hundreds of hours researching and putting together their project, and although they did not make it to nationals in Washington D.C., they did a beautiful job and placed third in regionals. We want to applaud their efforts and their exhibit.

We are 8th grade students at McKnight middle school in Renton, Washington. As part of the honors program, we have chosen to participate in the National History Day competition and recently won, moving on to the state competition with our project on the Gerson Therapy. We are now competing with the hopes of attending the nationals in Washington, D.C.

Now that we made it to the next level we were wondering if you would be willing to grant us a phone interview to further our knowledge and clarify a few things about the Gerson Therapy?

-Erica, Kelsey and Errin

P.S. A wonderful experience occurred at the regional competition we would like to share. While we were setting up, a woman came up to us and asked why we chose the topic of Gerson Therapy. After we explained why to her, she told us that it is a wonderful therapy and that her mother was able to live 30 years longer because of it. She was very moved and walked away crying. This experience encouraged us to move on and try to share the Gerson Therapy with more of the world.



Choosing Healthy Foods...

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Cousens says that "increased mental and spiritual awareness is only possible while on a diet of living, natural foods."

For additional information go to this link: http://www.naturalnews.com/029098_orthorexia_mental_disorder.html

If you want to join the health experts who keep inventing new fictitious diseases and disorders, check out the popular Disease Mongering Engine web page and invent your own new disease at <http://www.naturalnews.com/disease-mongering-engine.asp>.



Planned Giving

Have you ever thought of including the Gerson Institute in your estate plan? With wills, trusts & annuities you can create a legacy to help others. Please contact:

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dake@gerson.org (619) 685-5353 ext.109*

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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
September 13-26 October 11-24 November 8-21 December 6-19	Two-week therapy sessions at the Gerson Health Centre, Hungary	Dobogoko, Hungary (outside Budapest)	Gerson Therapy physicians and staff	See www.gerson.hu for information regarding cost, admission, and other arrangements.
September 4-6	Cancer Control Society 38th Annual Convention	Universal Sheraton Hotel Los Angeles, CA	Charlotte Gerson speaks 11:30 am Sept. 4 Gerson Institute booth all 3 days	See Gerson Institute website www.gerson.org or email info@gerson.org for more information.
October 22-24	Gerson Basics Workshop	San Diego, CA	Charlotte Gerson; Dr. Kayla Smith, ND; Carol Beard	Contact Barbara Conde, the Gerson Institute, (888) 443-7766 or (619) 685-5353, or email: bconde@gerson.org for more information.
September 20-26 December 6-12	Six day restoration session	Charlotte Gerson Health Restoration Center, San Diego, CA	Charlotte Gerson; Dr. Kayla Smith ND; Carol Beard	Check our website at ww.gerson.org for price and details.
First Wednesday of every month	The Sheila Gale Show, KNRV-1240 AM radio	Cannery Row, Monterey, Santa Cruz, Carmel and on the Internet	Howard Straus	Contact Sheila Gale, sheila@sheilagale.com, or (831) 521-4697 for more information. Live streaming on the Web at http://www.knrv.com/StreamingMain.