

## Reports of the Gerson Therapy's Extraordinary Results

by Charlotte Gerson

### Ai Jiang

Ai Jiang, age 54, had been in good health and all her laboratory reports had been in normal range. She was surprised one day in October 2009 when she noted some tiny spots around her belly button. In November, she and her husband visited China for their vacation. When they returned home to California, the swelling of her belly button was larger and the bleeding was worse, but she had only a little discomfort and no serious pain in her abdomen. Early in December, her doctor did a biopsy of that area and it revealed a carcinoma. The doctor also did a colonoscopy, a colon biopsy and a CT scan. The tests revealed a tumor on her transverse colon that was spreading to Ai's liver, as well as to the skin around her belly button.

Ai refused to have an operation. Her husband John, a medical doctor who was aware of the problems of chemotherapy, also refused chemotherapy for her. The couple

arrived at the Gerson Clinic in Mexico on March 9, 2010. Ai was in good condition, able to eat and sleep well and do the full Gerson Therapy. When they returned home, John discovered the advantages of a type of Chinese Qi Gong called Pangu Shengong. Ai began practicing Qi Gong about 3 hours a day starting on April 11<sup>th</sup>. Well after her return from Mexico, she experienced some 10 days of elevated temperature. About four days later, on May 11<sup>th</sup> after a fever, she passed something that did not look like normal stool, but looked like some type of tissue. Again, on May 13<sup>th</sup> and again on the 16<sup>th</sup>-18<sup>th</sup>, she passed some odd looking material. Again, some 7-8 days later she passed more dead tissue, some of it



Ai and John Jiang

about 5 cm in length and 2-3 cm in width. On May 26<sup>th</sup> she passed even more additional tissue -- she was still releasing dead tumors! Her husband sent the tissues passed on May 16<sup>th</sup>, 24<sup>th</sup> and 26<sup>th</sup> to a laboratory for analysis. The

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## Caregiver Certification Program Strives to Meet Increased Demand

by Diane Ake, Editor

"Do you have the name of a Gerson caregiver in my area?"

Lately, more and more people call the Gerson Institute to ask this question.

Those who have done the Gerson Therapy know how labor intensive it is. They know firsthand how important it is to have a knowledgeable caregiver who can help a Gerson patient and family set up their home. They need someone to teach them or their neighbors, friends or employees how to make the juices, food, special soup, coffee enema solution, and more.

We began our Caregiver Certification Program in 2001 to train new caregivers in the non-medical aspects of the therapy to help meet the increasing number of requests for assistance from Gerson patients. Upon successful completion of the program, caregivers are eligible to be listed on the Gerson Institute Approved Referral List. We then give their names to people who ask for referrals to certified Gerson caregivers in their area (or to caregivers willing to travel). Caregivers work as independent contractors, and help patients set up their homes and get

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## Reports...of Results

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report came back that the tissues were dead, malignant tumors. They have the pathology H & E (histological section) slides to show this.

Ai's husband was very impressed because he felt that these releases

provided the best physical proof that her tumors had been malignant and were killed with the help of the Gerson Therapy within two and a half months.

Ai and John realize that simply killing tumor tissue is not the ultimate cure, so she still continues the Gerson Therapy to restore all her body's defenses.



## Gerson® HEALINGnews

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Diane Ake, Editor

Sharon Taylor, Graphic Design

Please address all letters and comments to:

The Gerson Institute

1572 Second Avenue

San Diego, CA 92101

☎(619) 685-5353 fax: (619) 685-5363

e-mail: [info@gerson.org](mailto:info@gerson.org)

URL: <http://www.gerson.org>

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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.

## Caregiver Certification Program...

*continued from page 1*

started on the therapy.

In 2001 we conducted two Caregiver Training classes. Since then, we have greatly expanded the program to include four phases. Phase I begins with attendance at a Gerson Basics Workshop, now held three times a year. Phase II includes home study. After an interview with a Gerson Institute staff member, prospective caregiver interns enter Phase III: a structured and evaluated internship opportunity in San Diego at either the Charlotte Gerson Health Restoration Center or with our Community Internship Program for one week. (The four phases are explained in more detail on our website at [http://gerson.org/Programs/cert\\_and\\_requirements.htm](http://gerson.org/Programs/cert_and_requirements.htm)).

The internship at the Charlotte Gerson Health Restoration Center is a week-long intensive hands-on training course in all aspects of being a professional Gerson caregiver. Three interns spend 12-hour days cooking and juicing for guests staying at the center and taking classes in all aspects of Gerson caregiving.

Donald Garner successfully completed his internship at the August Restoration Center session and shared his story with us in September:

**Question:** *How did you first find out about the Gerson Therapy?*



Donald Garner working in the kitchen at his internship

I was visiting a friend and told him about my father who had cancer. He told me about the Gerson Therapy and its record of success. I went back to Atlanta to take care of my father. I called the Gerson Institute and asked for a referral to a certified Gerson caregiver but there was no one in the area. So I asked, "What do I do first?" I bought all of the Gerson Therapy materials online to get started. At that time my father was in the hospital with only 15% kidney function and serious edema issues. They told him the only thing left was dialysis. I read in Charlotte's book, *Healing the Gerson*

*Way*, about cellular edema as a result of the sodium/potassium balance and got him started on the therapy. After three weeks on the full therapy the swelling went down and he was able to wear regular clothing. He also felt less pain. That got my attention.

**Question:** *Why did you decide that you want to become certified as a Gerson caregiver?*

My father ended up passing on a few weeks later, and I wanted to know why. I attended the Gerson Basics Workshop and realized that if I had known a year ago what I know now, he might still be alive.

I want to be a Gerson caregiver so I have the ability to confidently facilitate someone's drive to be healed from a degenerative disease.

*continued on page 3*



## Caregiver...

*continued from page 2*

I am not able to accept a hit-or-miss process. The therapy is very exact, scientifically based and the proof is in the health of the patient. Charlotte's book also got my attention. It is so well-written, well-referenced and thorough. It is too astute, studious and well presented to be quackery.

Secondly, I wanted to know how to avoid getting degenerative diseases. A friend of mine told me, "If it will cure it, it will prevent it." I believe that the same system, foods and ingredi-

*"What is more cool than helping someone turn around their health and perhaps save their own life?"*

ents the body needs to cure something can be used to prevent it as well.

Also, being a Gerson caregiver

is a noble means of income. I plan on it being a primary occupation. I have worked in many things in the past, including construction, trucking, landscaping and as a paramedic. But what is more cool than helping someone turn around their health and perhaps save their own life?

**Question:** *What did you learn from the week-long internship program?*

The internship is an excellent foundation for knowing what it is like to work in someone's home. I had done caregiving for my dad, but this was different. I was able to benefit from the accu-

mulation of all the good experience and knowledge of others who have been doing this for years and who had

learned through trial and error. That can't be beat. I learned the most efficient approach, and the best ways to deal with supplements, enemas, injections, and food preparation. It is a hands-on program with visuals. I also saw where I could have done things differently. It was a great way to fine-tune my knowledge and capability so that I can be confident when I go to someone's home to help them.

I am very fired up and I am on board! I am gearing up and spending time studying, so that when someone calls who needs a caregiver I will be able to provide them with accurate information. Next week I will finish up the process of certification and make myself available.

For more information about the Caregiver Certification Program please contact Blanca Ayala at [bayala@gerson.org](mailto:bayala@gerson.org)



## Cancer Control Society Booth Reaches New People

by Diane Ake, Editor

Charlotte Gerson's speech at the 38th annual Cancer Control Society Convention received an enthusiastic standing ovation. The society was founded in 1973 as a non-profit organization to provide information about complementary and alternative therapies. The Gerson Institute has a booth there every year during the three-day Labor Day weekend.

*"It's always inspiring to volunteer with the Gerson Institute and to see Charlotte's dedication..."*

At our booth, we distributed free brochures and sold Gerson books. We were also able to speak with people in the process of trying to decide which alternative cancer treatments to use. We gave them information on the Gerson Therapy and applications for the Gerson clinic. "I saw a lot more new people attending the convention this year and I talked to more people who had not heard of the Gerson Therapy," observed Silvana Procopio, Gerson Education Team Coordinator.

"It's always inspiring to volunteer with the Gerson Institute and to see Charlotte's dedication, especially the way she spoke to each person who came to the booth. She always continues to give so much of herself and her time," said Nancy Teas-Crain. We would like to thank all the people who volunteered at the booth: Nancy and her husband Darrel,



Nicole Phan, Diane Ake and Silvana Procopio at the booth

longtime volunteer Nancy Dodgen, student intern Nicole Phan and Diana and Richard Spink.





# Gerson Therapy Making Inroads in Japan

by Howard Straus

In July, 2010, the Japan Chapter of Cancer Control Society invited us to lecture to their annual convention in Tokyo. We have been attending this event for over a dozen years, so it was also a chance to see some old friends and make new ones.

We addressed a very receptive crowd of about 550 people. The reception was again excellent, helped along by the wonderful presence of a recovered Gerson patient, Mrs. Suzuki, who, although too shy to actually speak to the crowd, stood bravely in front while we described her recovery. After the lecture, several of the medical doctors in the audience came to tell us, "Very interesting speech. I've never thought of it that way."

Our publisher, Mr. Keiichiro Masuda of Jiyusha Publishing, also arranged a separate book signing for the Japanese translation of Charlotte Gerson and Beata Bishop's *Healing the Gerson Way*. An enthusiastic crowd of about 50 went away with bags full of books.

Kyoko Ujiie (Abe), who actually did the translation of the book, is a tireless, loyal, and knowledgeable advocate for us in Japan. Her new husband, Koji Abe, a capable journalist in his own right, has started the translation of *Dr. Max Gerson: Healing the Hopeless*. She assisted us at all our events, including staffing the book sales booth at the convention with Mr. Masuda, where many people purchased the newly published book.

We were also invited to address the senior staff of St.

Marguerite's Hospital in Chiba, where they have been using some elements of the Gerson Therapy to treat patients with chronic illnesses. They had previously engaged Kyoko to teach them Gerson cuisine for their patients and prepared a wonderful Gerson buffet, heavenly for us in a country where rice, soy, pickled vegetables and deep fried shrimp were so dominant! We had an audience of about 35 of the senior medical, nursing, administrative and dietician staff, who listened very attentively. The senior dietician had already adopted the Gerson diet for herself and her family, and noted the disappearance of many of their medical conditions, so she was delighted to be able to return the favor to us!



Kyoko Ujiie, Hospital Dietician, Howard Straus, Hospital Executive Director; Hospital Medical Director and Hospital Senior Administrator

The lecture that we delivered at all three venues was inspired by Dr. Nick Gonzalez' book, *The Trophoblast and the Origins of Cancer*, which clarified and emphasized the relationship of the body's internal environment in the development and treatment of cancer, and highlighted, at least for us, the reasons the Gerson Therapy is so effective, so quick-acting and powerful in its reversal of all manner of chronic diseases.

It seemed to us this year that the general atmosphere of acceptance for Gerson Therapy in Japan has really opened up, and more rapidly than in the United States. It was very gratifying to see, and we look forward to visiting Japan again next year.



## Are you a government employee? Do you donate at work?

### This year give to the Gerson Institute.

If you work for the post office, military, or other federal agencies, you may have heard of the Combined Federal Campaign, a way for government employees to support different charities by making a donation from their paychecks. If you participate in this campaign, please consider making us your charity this year

and help us bring hope and healing to people across the world.

If you would like to promote the Gerson Institute at your workplace campaign, please contact Mika at [mpaydentraverson@gerson.org](mailto:mpaydentraverson@gerson.org) for more information. If you are not a federal employee but know others who are, please tell them to consider donating

to the Gerson Institute this year. Employees start their pledges in September.

Important: We are listed as "Cancer Curing Society" (NOT the Gerson Institute) in the Campaign. So designate your workplace gift to the **CANCER CURING SOCIETY -- CFC # 11266.**





# Charlotte Gerson's Newest Book

by Howard Straus, Gerson Health Media

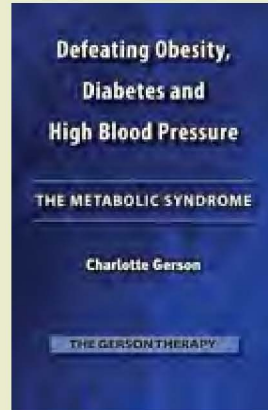
## *Defeating Obesity, Diabetes and High Blood Pressure: The Metabolic Syndrome*

by Charlotte Gerson  
Available Nov. 1, 2010

Charlotte Gerson and Gerson Health Media are pleased to announce the publication of her third book, *Defeating Obesity, Diabetes and High Blood Pressure: The Metabolic Syndrome* (302 pages) on Nov. 1, 2010. This book is a restatement of the Gerson Therapy specifically aimed at the "Metabolic Syndrome," a rapidly escalating problem not only in the United States, but around the world, as multinational food manufacturers spread their empty, toxic foods and food chemicals to as many countries as possible.

*Defeating Obesity* is now being translated into Spanish, as well, and we will announce the publication of the Spanish edition as its completion approaches.

The Metabolic Syndrome is a complex of problems centering on obesity that puts people's lives at risk from cancer, diabetes, cardiovascular (heart) disease and stroke, the top four disease killers in the United States and ailments that are becoming a serious problem in other countries. It is estimated that 60% of Americans are obese, with half of those "morbidly" obese (100 lbs.



or more overweight). Obesity shortens a person's lifespan by an average of six to seven years, and annually causes an estimated third of a million excess deaths in the US, and a million excess deaths in Europe.

This volume examines the remedy for the underlying causes of obesity and its constant (and deadly) companions, diabetes and high blood pressure (hypertension).

Many readers will find the concepts and approach to Metabolic Syndrome very similar to those for cancer and other chronic diseases, as they stem directly from the Gerson Therapy. However, those people who are not so immediately at risk from malignant disease will be able to defeat their ailments with a somewhat less stringent approach than cancer patients.

The Gerson Institute is offering its members a special pre-publication price of \$16.95 (\$5.00 off the retail price of \$21.95) for orders submitted before Jan. 1, 2011.



## Spotlight On Volunteers

Stan Simmons has been the Gerson Institute webmaster for the past year. He is a Senior IT Analyst at Solar Turbines in San Diego and he also owns a comedy production company. Stan was the driving force behind setting up our new website and online store. He spent many weekends and evenings of volunteer time to transfer over our old website to the new site he created, to work out the bugs in our online store, and to teach himself new technical skills to master the necessary technology. In addition, he spent numerous hours teaching our staff how to use the new store and update our new website. Due to his persistent and time-consuming Search Engine Optimization (SEO) work, the Gerson Institute has been appearing on page 1 of Google when searching for the phrase "alternative cancer therapy." "In the past our listing didn't even show up on page 50 for

that search term," said Anita Wilson, Gerson Institute Executive Director.



Stan Simmons

"Stan's SEO work has made a big difference in the number of phone calls, website visits and store purchases we are receiving."

Stan has also volunteered

countless hours over the past several years to troubleshoot our antiquated database. Most recently he provided invaluable assistance researching and advising us on options for a new database that best meets our needs for tracking and contacting patients, volunteers, members, donors, doctors, caregivers and more. Stan is always available by telephone and email whenever we have a question or run into a snag, even when his job sends him overseas to Belgium! We can't imagine where we would be without him! (And he also has a great sense of humor). "Stan is the most generous, selfless, skilled, and knowledgeable person. He is so dedicated to help us as a non-profit organization. His services have been invaluable," said Blanca Ayala, Training Department Administrative Assistant.





2010 has been an exciting year full of incredible growth for the Gerson Institute. We want to thank you for your support, but of time spent in educating others about the Gerson Therapy, allows us to keep spreading

## 2010 Accomplishments

### New Faces

This year we added seven new staff positions: Scott Stobbe, our new Marketing & IT Coordinator. Alexandra Bacaj, our new Receptionist to help answer the increasing volume of telephone calls from people needing information about the Gerson Therapy. Marilyn Williams, Special Events Planner. Henrietta Butler, our new Director of Education & Training. Jennifer Engeran, our new Chef and Kayla Courtney, Assistant Chef work in the expanding Gerson kitchen. And most recently, Eileen Kent, Patient Follow-Up Coordinator.

### Coaching

The Gerson Coaching program, which began in late 2009, has grown dramatically over the last year. In the early summer, Blanca Ayala joined Carol Beard as the second Gerson coach. Together these ladies have worked with over 147 clients to help people get started on the therapy at home. We strive to keep the cost of coaching sessions low—well below the actual program cost—to ensure that this valuable advice is available to those who need it.



Coaching client Pawel Godlewski recovering from cancer, and his wife Paulina

### Information and Referral Services—Our Incredible Education Team



From left: Marsha, Barbara, Ally, Barbara, Nan, Silvana

In March of 2010, Silvana Procopio became the coordinator of our Gerson Education Team. The team does some of our most demanding and important work - answering hundreds of phone calls and emails each day from people across the world who are considering the Gerson Therapy as a treatment option, or patients who need help with doing the therapy. Between January and June of 2010 the number of emails we received each month nearly doubled. Our Education Resource Specialist, Marsha Anderson, has also skillfully handled a 46% increase in sales of educational materials since we launched our new online store in September 2009.

### New Gerson Day Center

Gerson Practitioner Jervin Lim opened a day center in Singapore this summer. The center serves Singapore residents and provides patients and their loved ones with a supportive environment to learn the logistics of preparing Gerson juices and meals, enemas, and the daily schedule.





# s Growing

Thank each and every one of you for your support this year. Your donations, not only of dollars but of love, have made a difference in the lives of many people. Thank you again for your support of Dr. Gerson's promise of hope and healing to new people across the world. Thank you again!

## 2011 Goals



### Patient Follow Up

In 2011 we plan to formalize our Patient Follow-Up program. This program, lead by Dr. Kayla Smith, ND – the Institute's Medical Director – is designed to provide us with information on the recovery outcomes of patients who started the therapy at the Gerson Clinic in Mexico. Our new Patient Follow-Up Coordinator, Eileen Kent, will be calling, emailing or writing to all of these patients on a regular basis to find out how they are doing.

### More Certified Gerson Caregivers

As many of you know from experience, starting on the Gerson Therapy or caring for a Gerson patient is not an easy job! Luckily, we have a group of caring and dedicated individuals who are trained in the Gerson Therapy. They enter the homes of new Gerson patients to help them set up their homes and get started on the therapy. One of our major goals for the coming year is to increase the number of certified Gerson Caregivers by developing new ways to train prospective caregivers, and providing increased support and continuing education for our current caregivers.



Caregiver interns: Corrine Messer, Anthony Serna and Patricia LaPeña



### Gerson Basics Workshop

One of the areas where we have seen the most dramatic growth is in the demand for our 2 1/2 day introductory Gerson Basics Workshop. In 2008, 81 people took the workshop. By the end of 2010, over 204 people will have completed the course—and we still have a waiting list! In 2011, we want to explore ways to develop new educational programs, such as on-line classes, training videos and training trainers. This will make training and education in how to do the Gerson Therapy accessible to many more people around the world, and without them having to wait for it.

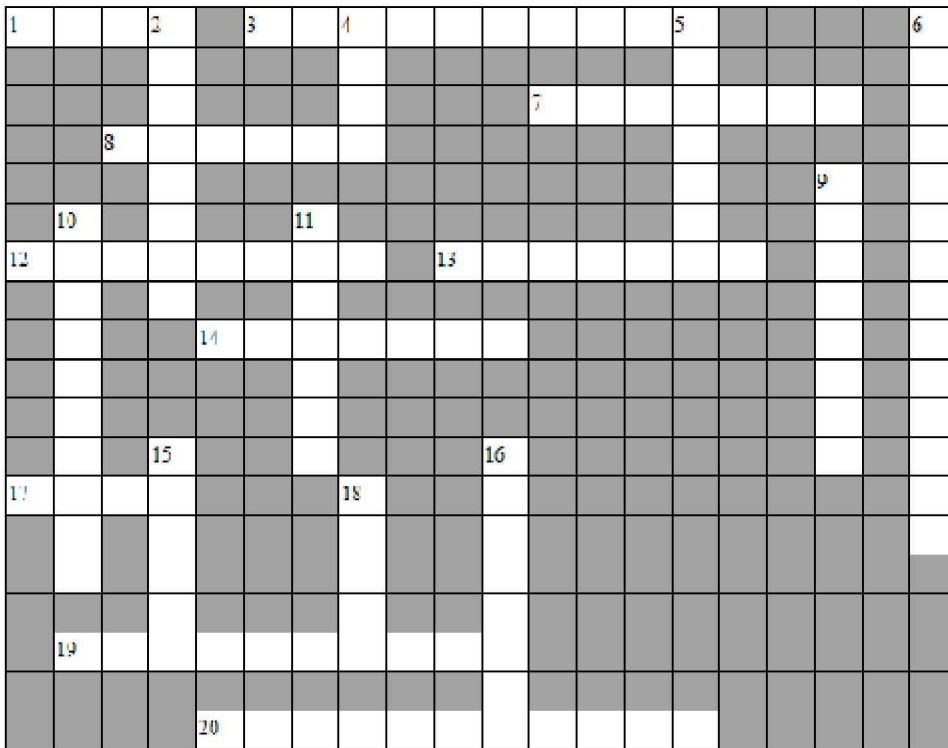
### Educational Materials

In 2011 we plan to improve our educational materials. We are creating new materials about juicing and enemas and *The Gerson Handbook* that will be easier for people to read and understand. Another major goal is to upgrade our website to make it easier for the public to find the current educational information, and to add much more new educational information to our site.



Diane and Scott discuss web site changes





**ACROSS**

- 1. Diluted strength of Lugols Solution
- 3. \_\_\_\_\_ pack is used for relieving pain (two words)
- 7. Italian Alps Valley believed by Dr. Gerson to be world's healthiest place
- 8. Supplement that dilates small arteries and capillaries
- 12. First name of author of the article "History of the Gerson

- Therapy," 1988
- 13. What month was Dr. Gerson born?
- 14. What's for breakfast?
- 17. Book title by Beata Bishop, "A \_\_\_\_\_ To Heal"
- 19. 16th century physician who strongly influenced Dr. Gerson
- 20. A famous doctor whose soup we eat

**DOWN**

- 2. One of Dr. Gerson's university Alma Maters
- 4. In a special program at the Munich University Hospital, 446 out of 450 \_\_\_\_\_ tuberculosis patients treated with the Gerson diet recovered completely
- 5. Main ingredient in the green juice
- 6. \_\_\_\_\_ is the enzyme system in the liver whose level is increased 700% by a coffee enema
- 9. # of juices a day on the full Gerson Therapy
- 10. Two word name for Niacin, Aspirin and Vitamin C
- 11. How many minutes to boil coffee enema solution uncovered
- 15. US Senate Bill 1875, aka \_\_\_\_\_-Neely anticancer proposal
- 16. A heat \_\_\_\_\_ is placed on top of a stove burner to decrease the cooking temperature
- 18. Rx made from oatmeal for flare-ups

*(Crossword Puzzle Solution found on page 9)*

## FDA Says Walnuts Are Illegal Drugs

by Charlotte Gerson

Over the past 17 years, research studies have shown people who eat walnuts have a reduced incidence of heart disease. Apparently walnuts have an interesting combination of fatty acids, including omega-3s, along with fractions contained in Vitamin E (gamma tocopherol) that also improve heart health.

In 1993, a *New England Journal of Medicine* study reported improvement in endothelial (cells lining of blood vessels) function in those who consume



walnuts. In 2004, an American Heart Association study reported a 64% improvement in endothelial function.

As it turns out, walnuts contain various nutrients that keep platelets from clogging blood vessels with atherosclerosis deposits. The U.S. National Library of Medicine database contains 35 peer-reviewed articles supporting claims that walnuts improve blood vessel health and may reduce heart attacks.

In September 2010, William Falcon wrote a thoroughly researched and detailed article about the beneficial properties of walnuts.

*continued on page 9*



## Your Letters

Dear Diane,

Please let me recommend to you Steve Solomon's book *Gardening When it Counts*. Of special interest to Gerson persons is Solomon's formula for a complete organic fertilizer which the gardener himself can make, along with his explanation of how to grow Irish potatoes with the highest nutritional value. We are the very ones who will most appreciate this information.

I would also recommend this book to anyone who produces vegetables for Gerson patients. Even experienced gardeners can benefit from Solomon's insistence that it is the complete balanced supply of minerals in organic form, slowly released to plants, that creates vegetables of the highest nutritional quality. He also details how to raise vegetables with the most efficient use of your personal effort, money, and especially water.

Sincerely yours,

Polly D. Davis  
Sedona, Arizona



## FDA Says Walnuts...

*continued from page 8*

The *Life Extension* journal alone has published 57 articles that describe the health benefits of walnuts! The problem started when Diamond Foods, Inc., a distributor of walnuts, published some of this scientific data on their website. Because of the attention they have received from this publication, the FDA now says that the walnuts sold by Diamond Foods are not foods but are "illegal and unauthorized" drugs! The FDA classified their website claims as "unauthorized health claims" that are "not generally recognized as safe and effective" for the medical conditions referenced, and therefore these "drugs" are now subject to misbranding and to government "seizure and injunction."

The FDA never protects the public against high cholesterol fried foods, meats, and sausages, etc. It never talks about eating healthy foods that improve heart health. The FDA's only concern is that corporations profit from the huge consumption of fast foods and artery-clogging junk foods, such as double-cheese burgers.

Since the aging population in the U.S. is increasing, the pharmaceutical corporations stand to gain tens of billions of dollars on the sales of drugs. If a healthy food is available that reduces that income, Big Pharma would stand to lose. The decision makers at the FDA often come from the pharmaceutical companies and, after a stint in the U.S. government-run FDA, they return to the producers of "health care" (which is, in reality "disease care"). They do not work for the public, who shoulders the huge cost of these often useless and

dangerous drugs. Scientific data and research are disregarded.

There is some good news. In March 2010, a bipartisan bill was introduced into the House of Representatives called the Free Speech about Science Act (H.R. 4913). It is designed to protect basic free-speech rights and end censorship of truthful, scientific health claims about natural foods and herbs. Of course the FDA, big drug companies and powerful lobbyists oppose the bill. All the more reason for concerned citizens to take action. You can log on to the Life Extension Legislative Action website <http://www.lef.org/lac> to e-mail your Representative to ask him or her to co-sponsor H.R. 4913 and stop federal agencies from squandering tax dollars censoring what we are allowed to learn about health-promoting foods.

The original *Life Extension* journal article is more extensive and contains some 56 footnotes of scientific articles. If you wish to do further research on this material you can go to: <http://www.lef.org/featured-articles/FDA-Says-Walnuts-Are-Illegal-Drugs.htm>.



## Crossword Solution

DOWN	ACROSS
2. Freiburg	1. Half
4. Skin	3. Castor Oil
5. Lettuce	7. Veltlin
6. S-glutathione	8. Niacin
9. Thirteen	12. Patricia
10. Pain Triad	13. October
11. Fifteen	14. Oatmeal
15. Pepper	17. Time
16. Diffuser	19. Paracelsus
18. Gruel	20. Hippocrates

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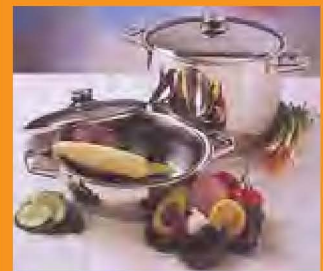
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## Gerson Therapy Workshops, Lectures & Events, 2010-2011

[WWW.GERSON.ORG](http://WWW.GERSON.ORG)

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. Check the Gerson

Institute's website or call us at (888) 4-GERSON (toll free from the U.S.) or (619) 685-5353 for an updated schedule or for more information.

Date & Time	Event	Location	Speaker	Contact Information
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 <a href="http://www.gerson.hu">www.gerson.hu</a> for information regarding cost, admission, and other arrangements.
February 4-6 June Dates TBA	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: <a href="mailto:bconde@gerson.org">bconde@gerson.org</a> for more information.
December full January full March dates TBA	Six day restoration session	Charlotte Gerson Health Restoration Center, San Diego, CA	Restoration Center Staff Team	Check our website at <a href="http://www.gerson.org/Programs/monthlyprogram">www.gerson.org/Programs/monthlyprogram</a>
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, <a href="mailto:sheila@sheilagale.com">sheila@sheilagale.com</a> , or (831) 521-4697 for more information. Live streaming on the Web at <a href="http://www.knrv.com/StreamingMain">http://www.knrv.com/StreamingMain</a> .