

The Gerson Therapy is Validated

by Charlotte Gerson



“However, there is no scientific evidence whatsoever to indicate that modifications in the dietary intake of food or other nutritional essentials are of any specific value in the control of cancer.”

– Journal of the AMA, January 8, 1949

We hear a lot about “evidence-based medicine,” but how long does it really take for clinicians and medical institutions to accept overwhelming evidence and change fundamental concepts about recovering from cancer and other chronic diseases? The above ludicrous indictment taken from the 1949 Journal of the AMA regarding Dr. Max Gerson’s revolutionary work could just as easily have been written yesterday. Luckily, a new generation of clinicians is coming around to the healing principles set forth by Dr. Gerson, even if they are unaware of groundbreaking work of the pioneers who came before.

– Darrel Crain, DC, San Diego, California

An exciting scientific meeting took place at the famous Hotel Del Coronado in San Diego during the last week of October, 2010, called TEDMED 2010. The conference was “an extraordinary gathering of brilliant minds from science, medicine, business and technology,” according to Mark Hyman, M.D., one of more than fifty speakers at the event. Hyman reported on the conference in a Huffington Post article entitled “New Science on How to Prevent and Treat Cancer.”

Dr. Hyman begins the article with an observation that is patently old news to followers and friends of the Gerson Therapy, “Conventional medicine has lost its battle with cancer. But that doesn’t mean the war is over...The thread that ran through the conference was that disease is a systemic problem and we have to treat the system, not the symptom; the cause, not the disease. This completely redefines the whole notion of disease.”

The discussions and presentations at the conference apparently coalesced around a way of thinking about disease that is a radical departure from mainstream allopathic medicine. Dr. Hyman claims this is a new way to define disease, an approach in his clinical work he calls “functional medicine,” or “the medicine of WHY, not WHAT.”

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Gerson Therapy Without a Colon

An amazing story of survival, as told to Charlotte Gerson by Colleen Johansen

Colleen Johansen was born in 1948 in Alaska on a vegetable farm. Unfortunately, her father did not use organic fertilizer, which may have contributed to his early death at age 37 of pancreatic cancer. He left a wife and three children, Colleen aged 9, and two brothers.

Colleen and her family continued to raise vegetables and chickens on their Alaskan farm. Except for one year attending college in California and eight years living in Oregon after her marriage, Colleen has been living in Alaska.



Colleen Johansen
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Sadly, Dr. Hyman makes no reference to the work of Dr. Max Gerson, who more than 70 years ago practiced exactly this type of medicine, with successful treatment and complete directions for treating cancer, as well as other chronic and degenerative diseases.

Even so, it is refreshing to learn of the first beginnings of a shift in the mainstream view of cancer treatment. According to Hyman, "The problem with conventional cancer treatment is simply this: We look at the disease the wrong way. This reality was illustrated over and over again by the leading thinkers in the field of cancer treatment at TEDMED."

Greg Lucier, chairman of Life

Technologies, explained that the current mainstream thinking about specific cancers is essentially flawed. Journalist Clinton Leaf described how fancy statistics are used to manipulate the data to indicate that cancer deaths are going down, while the reality is that they are going up. In the year 1972 when then President Nixon first declared the "War on Cancer," approximately 272,000 people died from cancer. Thirty-eight years and hundreds of billions of medical research dollars later, the incidence of cancer is significantly increasing, and deaths from cancer are increasing. In 2008, there were 565,000 cancer deaths in the U.S. alone.

"Surprisingly, scientific literature is
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Gerson Therapy Without a Colon

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The cold climate and northern latitude of Alaska create a short growing season. The result is that eight months or more per year, the available foods in Alaska are either frozen or preserved, but certainly not fresh, and not very nutritious. Nevertheless, Colleen was pretty healthy growing up, except she had her tonsils removed at age 8. Eventually her mother remarried. Colleen's stepfather was a "grain farmer," with the addition of cattle on the farm. Since the family was too poor to eat what was raised on the farm, they mostly ate moose for meat – not a bad choice since it is very unlikely that wild moose have been injected and hormone treated.

At her first job Colleen worked with pesticides in the entomology department for two summers for the Agricultural Department in Palmer, Alaska, a farming community. The workers there were told that the sprays and pesticides were harmless to humans, so they wore no protective gloves or masks. At age 21, Colleen started experiencing severe bleeding from her intestine and continued to bleed profusely for the next 8-9 years. No diagnosis was made,

but she became severely anemic as she filled the toilet bowl daily with blood. She was put on the drugs azulfidine and prednisone from 1969 to 1977. Nothing stopped the bleeding, except her one pregnancy! To ease the birth, an episiotomy (an incision in the vaginal opening) was made which never healed, and then the intestinal bleeding started back up.

She finally went to Houston, Texas where the doctors first built her up, then did a colonoscopy and discovered Crohn's Disease. The doctors removed her entire colon as well as a part of her small intestine, leaving her to function with an ileostomy bag on her abdomen. They left a small rectal stump, but still she bled heavily from this non-functioning stump. One year later they also removed the entire rectum, revised the ileostomy, and took out a little more of the small intestine. At this point she began passing large amounts of bowel fluid through the vagina. Fistulas were suspected, so Colleen endured yet another series of surgeries, but still no solution to her problem. The latest surgeries were followed by years of infections

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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.

Doing The Gerson Therapy on Her Own

by Charlotte Gerson

Lisa St. John was born on August 21, 1965. It was in May of 2002 when she noticed that she didn't feel quite right. She stands at 5'3" and had always weighed around 105 pounds, never gaining or losing much weight. Then, in a period of about two months she suddenly gained an incredible 65-70 pounds.

Lisa was living on her own by the time she was 15 years old, with no family with whom to consult or provide any help. She worked for her living while studying, sometimes holding several jobs at once. At the age of 19 she finished her studies and earned a high school equivalency diploma. Lisa worked at an amazing number of occupations, including work as a cosmetologist and as an interior designer in her own business. In retrospect she realizes that she was always working with chemicals of one kind or another.

What she really loved though, was working with animals. She remembers that at the tender age of 5 years old she already seemed to have an intuitive understanding of animals' needs. As Lisa grew older, more and more people became interested in her work taking care of animals. She

“Lisa was then told by the doctor that she had a pituitary tumor and probably had only about two months to live.”

finally figured out that this was the work she really wanted and needed to do in her life. At age 30 she had become a full time “Animal Nutritionist.”

Unfortunately, weakness and forgetfulness accompanied her sudden and huge weight gain. In 2004 Lisa made an appointment to see a holistic physician recommended to her. Interestingly, this doctor's mother was an iridologist. The doctor performed a diagnostic scan, noted her symptoms and then studied her iris. Lisa was then told by the doctor that she had a pituitary tumor and probably had only about two months to live. The doctor told Lisa that his mother had suffered the very same condition and managed to overcome the problem with some herbal treatments. However,

she felt certain that for her, an herbal treatment would not be enough.

In the meantime, Howard Straus of Carmel, California had consulted Lisa for his dog's health problem and was very impressed with her ability to help the dog. Shortly thereafter in 2004 when Howard was making plans to visit our great friend and cinematographer Stephen Kroschel in Alaska, he invited Lisa to come along. Stephen picks up abandoned baby animals in the Alaskan wilderness in the wintertime and raises them. At the time Howard was unaware of Lisa's recent diagnosis of a pituitary tumor, but at Stephen's home, she learned about the juicing and food preparation that are fundamental to the Gerson Therapy. She chose not to tell Howard about her problem to avoid burdening him with any possible responsibility for her healing.



Lisa St. John

Lisa obtained copies of the Gerson Therapy book and DVDs and put herself on the full treatment. She

went through the usual difficult periods of healing, weakness, high fevers and even regular seizures, all the while completely on her own. She persevered even though she had neither friends nor family to help her. It took about two years before she really felt a great deal better and had appropriate cravings for greens and the nutrients her body needed. She was delighted, but not until 2009 did she feel decidedly better and lose much of her weight. At present her weight has nearly returned to normal. Lisa noted that her weight is coming off now almost as fast as it came on! She is eating huge bowls full of greens now that she realizes this is what her body needs, and she is doing the coffee enemas and juices by the book.

Along her healing journey, Lisa has become aware that animals go through the same reactions and know what it is they need. She now finds herself trying to explain to her clients, the owners of horses and other pets for whom she renders care, just what these reactions are that they don't understand.

Lisa points out that after six years, the two months of remaining life predicted by her doctor have still not run out.



Gerson Therapy is Validated

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abundant with evidence that diet, exercise, thoughts, feelings and environmental toxins all influence the initiation, growth and progression of cancer. If a nutrient-poor diet full of sugar, lack of exercise, chronic stress, persistent pollutants and heavy metals can cause cancer, could it be that a nutrient-dense, plant-based diet, physical activity, changing thoughts and reactions to stress, and detoxification might treat the garden in which cancer grows? Treat the soil, not the plant," wrote Hyman.

Recovered patients who have used the Gerson Therapy know how correct that statement is!

"The lifetime risk of breast cancer of those with the breast cancer gene or BRCA1 or 2 is presently 82 percent and increasing every year. Before 1940, the risk of getting cancer for those with the cancer gene was 24 percent. What changed? Our diet, lifestyle, and environment – both physical and emotionally," according to Hyman.

Dr. Hyman affirms that we have to treat cancer by recognizing the cause. "We can enhance immune function and surveillance through dietary and lifestyle changes, as in nutrients of phytonutrient therapies. We can facilitate our body's own detoxification system to promote the detoxification of carcinogenic compounds. We can improve hormone metabolism and reduce the carcinogenic effects of too much insulin from our

high sugar and refined carbohydrate diet."

Interestingly, Dr. Gerson did all these things and recorded them in great detail in his genial book, *A Cancer Therapy – Results of 50 Cases*, written and published in 1958. His work has been translated into many languages and distributed all over the world, and of course, heavily attacked by the merchants and defenders of so-called "orthodox medicine."

Practitioners such as Dr. Hyman who are distancing themselves from medical orthodoxy claim the discovery of a "New Science," but their omission of Dr. Max Gerson's name is a tipoff to their ignorance of the Gerson Therapy history. Books have been published with similar ideas, and many movies and DVDs are able to give people the information they need and demand: namely, how to heal themselves rather than declare war on their bodies and subject themselves to cutting, burning and poisoning. Too many people have already seen and felt the bitter experience, the uselessness of orthodox treatments. It is encouraging to see signs of hope on the fringes of the mainstream, no matter what they call it.



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

Plant the Seed

by Carol Beard

As Coaching and Training Specialist and Gerson Institute employee for the last six and a half years, I am often asked by people to contact one of their friends or family members to counsel them on the benefits of the Gerson Therapy. I explain that it is better to have the person contact me, than for me to initiate the contact with them, because it is a lot easier to talk to someone if they are asking for help.

The best way to start the dialogue with prospective patients is to plant the seed and give them time to process the information.

First, suggest that they watch *The Gerson Miracle* DVD. This film has proven to be our best tool for introducing someone to the Gerson Therapy. It covers the history and philosophy, and also features interviews with recovered patients. If this piques their curiosity, from that point on, let the prospective patient take the initiative to the next step.

Let them know that they can call or email the Gerson Institute for more information.

You can also lend them a copy of (or suggest that they purchase) the book *Healing the Gerson Way*, by Charlotte Gerson, to give them a solid overview of what following the Gerson Therapy means and how the therapy works. *A Time to Heal*, by Beata Bishop, is a fascinating recovered Gerson patient's account of using the therapy to recover from melanoma. Other good books to recommend are *A Cancer Therapy: Results of 50 Cases*, Dr. Max Gerson, or *Dr. Max Gerson*, or his biography, *Healing the Hopeless*, by Howard Straus. All of these are available at www.gerson.org/store.

If they get to the point of considering starting the therapy, recommend that they call or email the Gerson Institute. We have additional resources to help them make a decision and to help them get started. Also, find out what their diagnosis is and if they have

been treated with chemotherapy. Make sure they know that there are certain conditions under which the therapy should not be done at all, not be done except under medical supervision, or where modified protocol is recommended. The Gerson Institute can provide them with information on these specific conditions.

Approach and attitude is important. If we enter a situation with the idea of convincing someone that we are right and they are wrong, we've usually already lost. We may believe completely in the Gerson Therapy, but we can't make those we love believe in it. The best, and most effective, thing we can do is share what we know with them and provide support if they decide they want to learn more. Not everyone is ready for the lifestyle changes that following the Gerson Therapy requires, and in the end we must let our loved ones make their own decisions. But you can "plant the seed."



A Special Thanks to All

Robert Beaudoin

In late 2008 I was diagnosed with prostate cancer and this was confirmed with twelve biopsies. Five weeks later they operated on me, and then three months later I was given another diagnosis, this time with bone cancer in three different locations. I was given an injection of HBT (hormone blocker therapy).

I asked the specialist after the first injection what would happen after several injections. He suggested chemotherapy was up next, which I totally refused. So, I researched on the Internet and found the Gerson Institute – thank you!

I spent three weeks in very successful therapy. Thank you to my Gerson doctor and all the staff at the clinic in Mexico, and everyone at the Gerson Institute.

I have been faithfully following the therapy, including organic vegetables, fruits, juices and enemas, and today after fifteen months I am feeling energetic and smiling. To date I am doing ten juices and three enemas per day along with my three great meals prepared by my lovely wife. Also, I have a niece who makes our Hippocrates soup every two days and a good friend who makes the apple sauce every four days.

After one year of therapy I spoke to my Gerson doctor,



Robert Beaudoin

mentioning that the next year could be more challenging since I am feeling great and could be tempted to try other foods. I told him I would persist to the end even though I am finding it difficult at times, so I am resisting temptation. The doctor told me, “You will persist.”

I have lost some 28 pounds since starting the therapy and have changed my lifestyle for the better. My friends, family members, and members of my community are looking at me with some doubts, due to weight loss, I guess, but they all notice that I am happy and energetic.

I am able to play sing-a-long music on a monthly basis at senior residences, as I did have permission before leaving the clinic. My life is very fulfilling, thank you God and to all involved at the Gerson Institute and the clinic in Mexico.

While doing my enemas, I do pray: three days asking for healing and four days saying thank you. I find myself very motivated with the help of friends, family and the Gerson books, the monthly e-mails, and now group discussions on the Gerson Therapy with the *The Beautiful Truth* DVD.

At the beginning of November, I started showing the

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Gerson is Growing and Growing and Growing – Thanks to You!

by Mikhaela Payden-Travers

New Year’s greetings! As the Gerson Institute begins 2011, I would like to say thank you to everyone who donated to our year-end campaign and to all our members whose support keeps us spreading Dr. Gerson’s message of healing to an ever-wider audience.

I am Mika Payden-Travers and I joined the Gerson Institute in June, 2009 as an Administrative Assistant. In March, I joined the Development team as the part-time Development Associate and part-time Executive Assistant. It is an exciting time to be part of the Development team, and I enjoy being able to use my years of experience as a grassroots fundraiser in the US and Mexico to help the Gerson Institute. I am also excited to see the real world application of my skills as I finish the educational credits needed to complete

my CFRE credential (Certified Fund Raising Executive).

In my short time at the Gerson Institute I have seen incredible growth. We have added staff positions and started a variety of new programs, and continue to see an ever-increasing demand for information, education and access to the Gerson Therapy. This December we were able to welcome Kayla Courtney to our Education Team to help meet the increased volume of calls and emails from individuals looking to us for information and guidance. Adding this position was possible because of you. Thank you.

We still have a lot of growing to do and many incredible opportunities ahead of us. Your donations are very important to us, but so is your energy and enthusiasm. As the general public becomes more aware of the connection

between diet and disease, more people than ever are open to learning about the Gerson Therapy. Thank you for helping us spread the message.

And remember, we need your feedback and ideas! Have a great article you want to share? Found something confusing on the website? Have a newsletter article you would like to see in *Healing News*? Have program or workshop ideas? Are there titles you’d like to see in the bookstore, or ideas for new educational resources? These are all important ways that you can help the Gerson Institute grow, and we look forward to hearing from you.

In Health,
Mika



A Special Thanks...

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DVD in my home to two friends' families who were aware of my health. They were very enthusiastic about the video and I have since shown the video to another group. I am planning to show the Gerson video to two more groups of people before the Christmas holidays, to friends from out of town as well as neighbors on my street. In fact, one of my neighbors is reading a Gerson book I loaned him, and he is very interested since his family members have all developed cancer and he wants to learn more about prevention.

"I am planning to show the Gerson video to two more groups of people before the Christmas holidays, to friends from out of town as well as neighbors on my street."

At the end of the video when I answer questions, or even at times stopping the video in the middle to do so, I have been amazed at the good questions people ask. I am eager to advise others since the Gerson Therapy helped me so much to get better and healthier. I am also distributing flyers to individuals who have shown interest in the therapy. The above is a good method for me to be involved and feel good about helping others. So far, my name has been spread in

the peninsula and as far as Toronto, which is located some 90 miles away, and all by word of mouth.

My contact every two months with my Gerson doctor gives me inspiration and motivation as he always ends our sessions with, "Keep up the good work."

My friends and relatives all say, "Bob, you haven't lost your appetite at all, you eat as much as you did before, but it's better food."

In summary, a special thanks to ALL and I mean ALL for my health, your support and your love. If you would like to speak

with me, you can call me in Canada at 905-732-3002

Editor's note: To all our members: Showing a Gerson documentary in your home and/or distributing flyers is a great way to spread the word about the Gerson Therapy and to support the Gerson Institute. When you talk to people or show documentaries in your home, if you would like us to give you a sign-up sheet you can circulate for people to sign up to be on the Gerson Institute email list, contact Diane Ake at dake@gerson.org



Book Review: Drug Induced Dementia: A Perfect Crime

by Grace E Jackson, MD

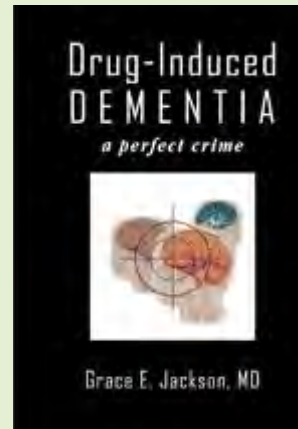
The perfect crime is described as a crime that no one knows has been committed. American psychiatrist Grace E. Jackson believes it is high time for the public to know of the horrifying crimes being perpetrated daily in the name of psychiatry.

Dr. Jackson's book, *Drug Induced Dementia: A Perfect Crime*, "painstakingly catalogues the vast amount of scientific proof that modern medicine is the primary culprit behind all forms of dementia, one of the more rampant epidemic conditions of our time," according to author Lynn McTaggart in a review of Jackson's book.

In the 1950s doctors reportedly discovered the so-called medicinal effects on psychiatric patients of synthetic dye and rocket fuel derivatives. In the surreal world of psychiatry, the fact that the drugs caused "abnormal gait, tremor, dementia and involuntary movements," in other words drug-induced Parkinson's disease, this was considered proof positive that the drugs were working.

McTaggart notes that "a number of the major

"Dementia is one of the world's fastest-growing health disorders, apparently accounting for one-third of the entire annual cost of Medicare in the United States."



classes of drugs can bring on dementia, including heart drugs, cholesterol-lowering drugs, sleeping pills, antidepressants, narcotics, stimulants, anticholinergics, and antiepileptics." One has to wonder if people prescribed these drugs would still take them were they truly informed of the actual risks of health damage associated with use of the drugs.

Dementia is one of the world's fastest-growing health disorders, apparently accounting for one-third of the entire annual cost of Medicare in the United States. Medical industry experts predict that one in four people will have dementia by the age of 80. Psychiatric drugging is perhaps the perfect

crime, because dementia sufferers are referred to psychiatrists, who will prescribe more drugs, which will lead to more dementia and further drugging.

Dr. Jackson's previous book, *Rethinking Psychiatric Drugs: A Guide for Informed Consent*, spoke of the need to recognize how useless and harmful

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Charlotte Gerson Health Restoration Center/Internship Experience

By Henrietta J. Butler, Director of Education and Training

The December session at the Charlotte Gerson Health Restoration Center was a successful (and festive) event for all. The guest experience was enhanced by a visit from Charlotte, who shared her time with all during an extraordinary luncheon prepared by our chef, Liz Cook and our team of interns-in-training.

The interns-in-training comprises Phase III of the Caregiver Certification Program. Interns learn through total immersion in performing the responsibilities that will be required when they are providing caregiver services in a client's home. Learning how to store, clean, prepare and cook the Gerson foods and preparing the required juices throughout the week of training helps our interns to become proficient in learning how to provide these important nutritional meals for persons on Gerson Therapy. Learning all other non-medical aspects of the therapy is a part of the internship. Our current teaching staff: Liz Cook (Gerson Chef), Carol Beard (Caregiver Trainer), and Dr. Kayla

Smith, N.D. each provide a curriculum for learning that prepares the intern for a rewarding experience in providing the valuable service.

Although the hours are long and the work is constant, we are so very proud of the high quality individuals who come to this program with a passion for learning and helping others. Our demand for caregivers far exceeds the number of caregivers available at this time. We are investing our time and creative resources to further develop the Caregiver Program in order to better meet this increasing need. This non-medical, helping program is designed to support persons who desire guidance and help in fulfilling their therapy requirements. Persons interested in the caregiver program or in seeking the services of a caregiver are encouraged to call the Institute and to go onto our website for more information. http://gerson.org/Programs/cert_and_requirements.htm



“At Your Service!”

**Staff and Volunteers
(October Gerson Basics Workshop)**

...Without a Colon

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of the bladder. Later, she developed a mole on her face, one on her breast, and one on her back.

Finally, Colleen accidentally ran across the Gerson Therapy in the book by Jaquie Davison. She made arrangements to go to the clinic in Mexico to do the Gerson Therapy. She started in May of 2002. Since she had no colon and no rectum she was unable to do coffee enemas. She tried various other methods for detoxifying but found it very difficult. Some of the time she detoxified through her skin. At times her face and lips looked as though she had burn blisters; sometimes it looked as though she had shingles. Even so, using a modified treatment the moles on her chest and back changed, and some months later the mole on her back fell off!

This suggested a melanoma and tests showed cancer. However, no actual biopsy was done.

Despite her many problems, innumerable surgeries, and multiple courses of drugs, after eight years Colleen still does eight juices daily and eats an all organic diet. Her bleeding has stopped, but she still has food allergies that are quite severe. Obviously, she is much better, but without complete detoxifying via coffee enemas, she may never be totally healed.



Gerson Institute is on YouTube!

View our new videos at:

YouTube.com/gersoninstitute

Francesca Dego's New CD

Those of our members and friends who had the pleasure of hearing Charlotte Gerson's granddaughter, the young virtuoso violinist Francesca Dego play at Charlotte's 85th birthday celebration will be delighted to know that Francesca's new CD has just been published.

The pianist Francesca Leonardi, who plays on the previous two CDs is present here as well in three of the duo's favourite French pieces, the César Franck and Maurice Ravel Sonatas for violin and piano and Ravel's brilliant Tzigane or Gypsy Song. For those not familiar with these twentieth century classics, Franck's Sonata was a wedding gift to the famous violinist, teacher and composer, Eugène Ysaïe. The perceptive listener can follow the composer's descriptive voyage through married life: from romance to passion, from misunderstanding to joyous reconciliation.

Ravel's Sonata, with its extraordinary Blues section and Perpetual Motion is modern and catchy, full of admirable virtuoso writing, while the Tzigane contains dramatic tension and feverishness building to a great finale.



In the almost four years since Francesca played for us here in San Diego, she has rapidly advanced in her career, captivating audiences and critics with her performances, which combine talent and elegance, power and refinement, technical ability and the interpretative instinct of a brilliant mind, charisma and communicativeness.

In 2008, she was the first female Italian violinist in 47 years to reach the finals of the Paganini Competition and the youngest finalist.

An infallible soloist, she has played with all the major Italian orchestras and many across Europe and the Americas. She has toured in chamber groups with famous musicians including Shlomo Mintz and Salvatore Accardo and appeared on TV and radio.

One exciting piece of news is that Francesca has been invited to play as soloist with the Italian Youth Orchestra in the Concert for Life and Peace 2010 in Greccio, near Rome, the Church of the Nativity in Bethlehem and the Binyanei Hauma Auditorium in Jerusalem. The concert will be televised worldwide on Christmas Day.

In this new CD, Francesca Dego plays a superb violin by Giuseppe Guarneri del Gesù kindly loaned by Florian Leonhard Fine Violins. This is a rare and perfect example of this great class of instruments and it enhances the fine performance of "the two Francescas."

The Gerson Institute will be selling the new CD and we will post the purchase details on our website.



Glancing Over Our Shoulder

by Anita Wilson, Executive Director

2010 was a year of remarkable accomplishments. We are most excited about our ability to provide services to greater numbers of people and to enhance our current programs. Here a few of our highlights:

- ❖ Licensed a small Gerson Day Center in Singapore
- ❖ Hosted 21 doctors from the world over for Module I of our training program for licensed medical professionals
- ❖ Met the demand for a 60% increase in our tri-annual Gerson Basics Workshop
- ❖ Experienced a 40% plus increase in educational material sales world wide
- ❖ Responded to a 40% increase in phone calls, email and online requests for information about the Gerson Therapy
- ❖ Enhanced the training program for Certified Caregivers and increased our number of graduates

The worldwide increase in organic gardening, accepting nutrition as the basis for health and interest in natural healing is sweeping across the planet and we are committed to the continuation of meeting the needs of those wanting help. You make this possible.

Thanks to each of you for being an essential link in our network of members, donors, volunteers, recovering and recovered patients, doctors and caregivers.

Have a Happy, Healthy 2011!!!



Book Review: Drug Induced Dementia...

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psychopharmaceuticals can be, as well as the absolute necessity of protecting the rights of people who desire drug-free care. In this latest book Jackson thoroughly documents the details of the perfect crime of psychiatric drugging, which she shows to be responsible for enormous suffering and premature death. Included is a section providing information on identifying drug damage and ways to address this devastating problem.

This country needs a healthy dose of many more medical industry whistleblowers such as Dr. Jackson to inform the public, clinicians, public health leaders, lawyers and lawmakers that pharmaceutical crime ranks among the most horrific of crimes against humanity in history, even as the pharma industry spends billions nurturing its reputation as a savior to humanity.



Your Letters

I would like to thank Charlotte Gerson for continuing Dr. Gerson's work. In February, 2002 I was diagnosed with inflammatory breast cancer and in less than a year on conventional "therapy" I was labeled "terminal." I found out about Gerson Therapy while I was on chemotherapy and used it along with the conventional treatments. I only wish I had known about Gerson Therapy from the beginning. Since my oncologist said that chemotherapy, radiation and surgery were unsuccessful, I attribute my life almost 9 years after the diagnosis to Dr. Gerson.

Thank you from the bottom of my heart.

Sharon Keever



Your Source for Enema Therapy Coffee

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Ask for Light Roast.

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Royal Blue Organics

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Gerson Therapy Workshops, Lectures & Events, 2011 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
January 17-30 February 21-March 6 March 28-April 24 May 2-15	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
May 15 - 19	Licensed Health Care Practitioner's Training, Module I	San Diego, CA	Charlotte Gerson, Kayla Smith, ND, Alicia Melendez, MD and Luz Bravo, MD	Contact Barbara Conde, the Gerson Institute, (888) 443-7766 or (619) 685-5353, or email: bconde@gerson.org for more information
February 4-6 June 3-5 September 29 - Oct.1	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
March 21 -27	Six day restoration session	Charlotte Gerson Health Restoration Center, San Diego, CA	Restoration Center Staff Team	Check our website at www.gerson.org/Programs/monthlyprogram
First Wednesday of every month	The Sheila Gale Show, KNRY-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.knry.com/StreamingMain