

Tuesdays With Charlotte

by Scott Stobbe

On March 27th, Charlotte Gerson will celebrate her 89th birthday on the beach with family and friends. I've been asked to share some of the times I've spent with Charlotte, walking on the beach.

Charlotte Gerson loves the beach. Most of us in San Diego love the beach. When Charlotte invited me to the beach one sunny Tuesday afternoon, I was more than happy to oblige. When we loaded her car with a bucket and shovel, I had a feeling that it wasn't for building sand castles--we would be leaving with more than a suntan.

On that first Tuesday, as we drove to the Silver Strand Beach of Coronado, CA Charlotte explained her plans for the bucket. She told me of a paralyzed woman who regained use of her legs by placing them in a bucket of sand and moving her feet around. At first, the woman used her arms to manually move her feet through the sand, until she was able to move one toe, and then another, and eventually her entire foot. Charlotte is not paralyzed, but she thought having a bucket of sand to move her feet in while sitting at home could be beneficial. As Charlotte kept a lookout,

I filled the bucket, and we took a little of the beach home with us that day. The next Tuesday Charlotte greeted me with a bucket of my own.



Charlotte Gerson

As you can probably imagine, sinking your feet into a bucket of sand while sitting in your armchair doesn't fully capture that beach ambiance: waves crashing, gulls squawking, crisp sea breeze, and sun-warmed skin. With this in mind, we decided to go to the beach every Tuesday, while using our bucket beaches to make it through the rest of the week. On our weekly "healing walks" we discussed everything from politics to proteins. Other times we didn't talk at all, we just enjoyed deep breaths of the fresh ocean breeze and warm sand on our feet. One cold afternoon, Charlotte had me running laps around her to avoid catching a cold in my shorts and tee-shirt. Some days we'd walk over a mile and others we barely left the car. I don't know who looked forward to those Tuesdays more, but I do know that as winter fades, I am more than ready to fill my bucket with the warm sands of a new year.



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Gerson Therapy and Non-Hodgkin's Lymphoma

by Leo Almaguerp

At the age of 29, I was touring around the world, singing in one of the Salsa shows that had been my life for the last few years. My lifestyle was pretty normal for a young artist who enjoyed his job; plenty of receptions and invitations to parties in each country we visited. Alcohol, drugs, the lack of control and rest, and imbalance of nutrition were all on the menu.

I think it is important to mention that the toxins were not only being accumulated in my organism because of what I was consuming, but behind a big wall of laughter and happy times,



Leo Almaguerp

hid a series of feelings and personal problems. As these were not being addressed or sorted out, they began to affect and harm my immune system.

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Gerson Therapy Heals M.E./Chronic Fatigue

by by Paul Stuart

In 2000, life was going well for me. I was 29 and making a good living as a contract computer programmer. I was living with my girlfriend. We travelled a lot to various European cities, and we owned a house, which over five years we had brought from a wreck to a chi-chi urban abode.

In December 2000 I came down with a severe flu-like virus which flattened me for three months. Six months later, I was diagnosed with myalgic encephalomyelitis (M.E./Chronic Fatigue Syndrome. What followed were four years of declining health and utter

misery. I had to pace myself both mentally and physically and live a severely curtailed life.

Four years later, I had lost much: my job, my income and my ability to work. In trying to recover my health, I visited several doctors and consultants, but the only treatment suggested to me was to rest.

Then, in April 2004, my health took a sudden and catastrophic dive. My ability to function dropped to a terrifying low. In addition to crushing fatigue, I had terrible neurological problems. I couldn't use a computer or watch TV;

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Gerson Therapy and Non-Hodgkin's...

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Finding the first lump, which was the size of a tennis ball under my left armpit, was what took me to the Accident and Emergency Department at Cheltenham Hospital in England, whilst still on tour. I did not suspect that the results of the blood test would show a dramatic Non-Hodgkin's lymphoma, which was already in its fourth and last level. My first reaction was to believe that the doctors would offer me a treatment to return me back to normalcy.

After the biopsy and other analyses, which resulted in a two-week hospital stay, the oncologist told us that there was no chemotherapy available that would be sufficiently effective to cure my cancer. As such, the best thing I could do would be to sign up for a trial to test new drugs in the time I had left – which he gave as between 6 months to a year. The specialist became extremely irritable when my answer was finally that this was not to signify my demise. In the torment of the moment only one thing was clear to me: they could offer me no cure so I had to try it for myself. I left the hospital like someone who was escaping through a giant grey cloud without knowing exactly which

direction to take.

The only thing that returned some light to my world following the words of the oncologist was to hear and understand the essence of the Gerson Therapy. Fifteen years beforehand, my wife's aunt had cured her breast cancer using this therapy. Convinced that for sure this was the road to take, we contacted the Gerson Institute in San Diego, and they in turn referred us to certified Gerson Practitioner, Stephen Gamble here in the United Kingdom.

The next four years were guided by the strict and disciplined schedule that was implemented by Stephen month after month, following each blood test. The results were almost immediate. After just a few weeks on the treatment, the many lumps which had appeared in my body started to reduce in size. Once again, I was convinced that if Dr. Gerson's book stated its '50 cases', I would be the 51st.

Of course, the road would be very long, solitary and difficult. I could never have imagined how much. From the beginning, I felt very distant from society. I hardly saw anyone

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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

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.

Gerson Therapy Heals M.E./Chronic Fatigue

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even reading and speaking brought on a heavy reaction. My head felt like it was full of cement. I was constantly cold – an unnatural cold from the inside out. My skin was yellow and the whites of my eyes were a dirty grey color. Even by M.E. standards, I was in an extremely serious state.

I had read an article in the newspaper *The Observer* by a guy who had cured himself of cancer and Hepatitis C using the Gerson Therapy. My mother contacted the Gerson Support Group UK (United Kingdom) and spoke to Gerson Practitioner Stephen Gamble, who agreed to guide us both through the Gerson Therapy. I knew that the program was challenging, but it offered hope in a dire situation.

In May 2004, Stephen started me slowly on four juices and one coffee enema per day, plus eating the food and taking the medications. From the onset,

I got huge relief from the enemas. I slept like a baby for weeks. Very gradually, Stephen increased the schedule to ten juices and four enemas a day. I was in

me for mercury. I had ten times over the so called “safe” level of mercury in my body, due to the fourteen silver mercury amalgam fillings in my teeth.

Consequently, Stephen insisted that I have these fillings removed and replaced with non-metallic ones when I was strong enough. I began treatment with a mercury-free dentist in Dublin in November 2004. At each visit, he would replace one or two mercury fillings with a composite one. They were all replaced by March 2005.

Routine tests while on the Gerson showed that my mercury levels continued to fall. In addition to the Gerson medications, Stephen put me on Chlorella as a chelating agent

to pull the heavy metals out of my body. In conjunction with the enemas, this worked well. However, the chelating needed to be done carefully, to avoid mobilizing too many heavy metals in my body all at once.



Paul Stuart, before and after Gerson Therapy

extremely poor health and bed-bound at the start of the therapy, and for quite a while into it, too.

At some stage, on the medical merry-go-round, a doctor had tested

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Interview with Henrietta Butler, Director of Education and Training

by Diane Ake, Editor

What is a Gerson Certified Caregiver?

The Gerson Institute developed a program to train and certify caregivers in the various components of the Gerson Therapy, to enable them to help persons desiring to do the Gerson Therapy at home, or to continue doing the therapy after leaving the clinic. Caregivers provide their services only in the client's home, to help them properly set up for doing the Gerson Therapy. This includes helping and teaching them to prepare the Gerson foods and juices, explaining the coffee enema technique, assisting with healing reactions, and supporting the client in any other way unique to their situation and needs, in adherence with

the guidelines in the book *Healing The Gerson Way*.



Henrietta Butler, Director of Education and Training

Caregivers can choose to work only in their own city or they can travel throughout the country or world. As an independent contractor, a caregiver will negotiate their fees, travel expenses and terms of service with the client. Caregivers do not provide medical advice or prescribe the Gerson Protocol, but rather help implement a prescribed schedule from a Gerson clinic or help the client use the Gerson educational materials to design their own program. Caregivers are not authorized to offer services outside of a client's home or over the telephone. A caregiver referral must come from the Gerson Institute to assure that a Gerson-trained caregiver is available to provide these services. More

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Gerson Support Group UK

by Diane Ake, Editor

This issue contains several stories about patients who were assisted by a Gerson Practitioner in the UK (United Kingdom), Stephen Gamble, and the Gerson Support Group UK (GSG). We wanted to provide more background on this wonderful organization for our readers. The GSG is a UK registered charity. Founded by recovered cancer patients in 1993, they provide a Helpline, information, and practical training and support to patients and their caregivers. Their work is all done by volunteers. They also refer new patients to several experienced past or current Gerson patients who are happy to answer questions and to support Gerson novices.

The GSG supplies the most important books and DVD's on the Gerson Therapy. It also supplies some GSG publications compiled by patients and practitioners that address practical issues for people starting out on the Therapy, and back copies of the GSG newsletter "Coffee 'n Carrots" containing articles and information related to the Therapy.

PATIENT TRAINING DAYS: To teach people about how to embark on the Gerson Therapy at home, experienced members of the group run periodic training days. The course contains all the necessary information and advice to know exactly what the Therapy entails, as well as how to do it. Participants are shown all the equipment needed at home in order to make juices and prepare the food, and are walked through the daily program, including the use of medications and the mysteries of the enema bucket.

WEBSITE: Recently, a volunteer launched a new website where articles and news will be posted (in place of the newsletter). A recovered patient is helping to develop the membership program to include a GSG publication as part of the annual membership fee and member-only access to an online GSG community with a moderated bulletin board. She is also helping to develop a GSG training manual to enable more GSG trainers to deliver Patient Training Days.

JUICER LOAN PROGRAM: Volunteers are also collecting, renovating and delivering juicing machines, which are loaned free of charge to Gerson patients. They have been donated several Champions and Health Streams and now have 11 Champions, 5 Presses and 5 Norwalks "in stock." They are still looking for an engineer to maintain the Champions, and long term to take over Norwalk maintenance.

COMPLEMENTARY HEALTH CENTER: The biggest news is that on May 20th 2010 Joanna Hill, prior GSG Trustee (60%) and the GSG (40%) jointly purchased a 6,000 square foot former shoe factory in Chesham in which to open a complementary health center, which will encompass

a Gerson training room, teaching kitchen, therapy room(s), office and juicer/press repair station. The rest of the building is already being pre-let to a combined complementary health and exercise therapy practice (Essential Health). It is hoped that the center will become a center of excellence for education in complementary and natural approaches to healing, with workshops, talks and seminars on a wide range of therapies and disciplines. They hope to open in May 2011.

GSG has been fortunate in attracting some wonderful people to work on the project. The builder charges no margin on materials; the architect and Gerson survivor gives his time for no charge; the space planner has given them a large discount and at the same time kept her bills to a minimum; and the electrician has also supported them above and beyond the call of duty whilst not charging extra fees. They are also lucky to have found a volunteer with a background in fitness who ran a cooking school in Paris for over

ten years, and is very interested in nutrition. She is helping to design the teaching kitchen at the Chesham Centre and will hopefully be working there. They are preparing a list of possible cooking/nutrition courses and are undertaking some market research on this. They will also investigate the possibility of having part or the entire kitchen donated.

GERSON PRACTITIONERS:

Two practitioners are continuing their Module II supervised practice with Gerson patients, under

the direction of the Gerson Institute's Medical Director, Dr. Kayla Smith. Another practitioner is actively seeking his first Gerson patient. Upon successful completion of Module II they will be eligible to become Gerson certified Practitioners. They hope to hold regular local practitioner review meetings with Stephen Gamble, a certified Gerson Practitioner.

PUBLICITY: GSG volunteers continue to attend conferences such as the National Conference of Cancer Self-Help Groups, where they held a two hour workshop on the Therapy, and other talks and networking events.

The Gerson Institute is so grateful for the GSG's amazing progress and work, including support of patients, recruitment of new practitioners, publicity about the Gerson Therapy and development and distribution of educational materials.

For more information about their work, contact:

<http://www.gersonsupportgroup.org.uk>

Gerson Support Group, P O Box 406, Esher, Surrey KT10 9UL

Email: enquiries@gersonsupportgroup.org.uk

Helpline (+44 (0)1372 464557)



Gerson Support Group, UK



Gerson Therapy and Non-Hodgkin's Lymphoma

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and, especially during the first year, I rarely left my bed. During the first few months, the toxins that were trying to escape from within me turned the enemas into nightmare scenarios which I wasn't always able to hold them for the full fifteen minutes. My body had swallowed a "curative ball" which I felt rolling around different areas of my interior on a daily basis. Sometimes, I would recount how I felt a tickling sensation in my right arm, other times it was definitely working on a leg. I'm not going to go into much detail about the mixed - and not very pleasant smells - that would exude from my armpits! There were also violent scenes when I was unable to contain my anger: screaming, shouting and in a bad mood. On other occasions, I was very clear in what I needed to say, express, and to put into words what I was feeling or thinking deep down inside. Sometimes, after these scenes I would experience a "healing reaction." On one occasion, suddenly my skin began to burn on my lower back, which left a red mark for more than a week, while at the same time, my whole body began to itch as if a rash had to leave my body in the middle of an argument, which sent me running to the shower in desperation.

There were also few months when I would cry continually very warm tears, which seemed to just flow without any prior warning or any sentimental motivation. My world was reduced to castor oil, daily injections, hourly juices, the toilet and not much else. I read books by Deepak Chopra, which connected me to a mentality where all was possible and positive. I used visualisation techniques in which a powerful and organised army of white cells were helping from the inside; or maybe I would prefer to swim in clear waters amongst mermaids who nourished me and could eliminate my toxins. It was quite clearly time to introduce into my body all the goodness of nature and release all the badness that I had allowed in; time to grow and learn.

My senses started to unblock, and I found any artificial smell unbearable. My ears and attention dedicated special time to singing and watching the behaviour of birds or whichever insect or creation of nature surrounded me. Not only was I leaving behind a deadly illness, I

was rescuing myself, returning to what we are when we are born.

My General Practitioner, whom I visited monthly for blood tests, at the beginning looked at me with sorry eyes, thinking that I was soon to disappear. She took the time to explain the surgical interventions that they could offer me, once my tumours became so big that they would impede the natural function of my vital organs, and asked if I was still continuing with the Gerson regimen. The blood results improved gradually, although sometimes there were imbalances, and those were the times when she would insist that I consider conventional assistance. My answer was always accompanied by a smile and a polite "no thanks!" For Stephen the changes or alterations were perfectly justified, which served to renew my confidence and assurance to continue day by day, month by month, year by year.

I was feeling more and more different, possessed by a strange happiness, and the vegetables, which I found hard to assimilate in the beginning had become unbearably delicious. The therapy, now more reduced, allowed me to see light at the end of the tunnel.

Now, on the cusp of my 35th birthday I wouldn't say that I live a "normal" life, if normality refers to what I knew before. I exercise regularly and only rarely stray from the Gerson diet. I have also maintained enemas and frequent juices. Now, I look people in the eyes and tell them what I have to say. In other words, I live my life far from toxins and proudly breathe in my triumph and all that I have learned.

Today, I advise friends and family to practice the principals of Gerson, for prevention, or simply for common sense.

I would not be able to finish this recount without mentioning that the incredible, intelligent, constant, patient work and determination that my wife Rebecca showed throughout this journey with me, and has made this story's happy ending possible, which I would have been unable to do alone.



Spotlight on Volunteers – Brandon Hankla

Brandon has worked at Sysco Foods and has also previously volunteered with the Epilepsy Foundation and Big Brothers and Big Sisters of America. His hobbies include health and wellness, reading, serving community, snowboarding, surfing, and cycling. We are grateful for all the help he has provided.

How long have you been volunteering at the Gerson Institute?



Brandon Hankla, Gerson Volunteer

I've been volunteering for the past 6 months in the Gerson Kitchen, at the Gerson Basics Workshops, taking photographs and any other office work that is needed.

What do you like best about your volunteer activities?

That I can eat healthy food and spend time with positive people and have fun. Lot of laughs!

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Therapy Heals M.E./Chronic Fatigue Syndrome

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However difficult it felt, I knew my body was responding to the therapy, doing its best to rid itself of the poisons and regenerate. My functioning gradually improved. I found I could speak and read for longer periods of time and I was regaining a little more physical and mental energy. My skin returned to its normal pink color and the whites of my eyes became exceptionally white. Best of all, what felt like a lump in my head was slowly dissolving, like an ice cube melting, making my head feel more and more normal.

On Christmas Day 2005, I woke feeling very unwell. As the day wore on, I realized I was entering a healing reaction. It was a very severe one, lasting nine weeks. My body was releasing toxins at an ever faster rate and I found it hard to eat and lost a lot of weight. After the healing reaction, I had

made some large gains. I was no longer cold, and my body temperature returned to normal. My head had improved, and I was regaining some more of the function I had lost. I could now listen to the radio, and was feeling better all round. By the time we were on our third Norwalk juicer, I began to see an improvement in my appearance. My boundaries had expanded and I was less liable to set myself back by doing simple things. I didn't have to lie down all the time with exhaustion and so could spend longer and longer on my feet each day. My head too, felt lighter.

By 2006, I could drive the 70 km round trip twice weekly to see my young toddler son. He was demanding in his play, and I was able to cope. The vital thing was to keep the show on the road and to keep moving the toxins so I could get

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Interview with Henrietta Butler...

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information on this program can be found on our website.

What new changes have been made to the Gerson Institute Caregiver Program?

Because Gerson certified caregivers are so isolated from one another and live in all different parts of the country, we saw the need to create a community of trained and active caregivers who can regularly stay in touch with each other and the Gerson Institute. We developed three ways to meet this need:

Continuing education teleconferences

An online support group

Development of a Caregiver Field Guide Manual

What is the purpose of the teleconferences?

We set a new policy for the continuing education of certified caregivers; to participate in a minimum of three teleconferences a year. We hold them every other month. This provides a platform for education, and a forum for caregivers to be able to address questions to the staff, or to discuss problems they have faced or are currently having in their caregiving experience.

We held a preliminary teleconference to introduce the teleconference to the caregivers in December 2010, and held the first "official" teleconference on January 28th. We discussed how to negotiate a contract and how to interview a potential client. These teleconferences are helpful for new caregivers and also for long term caregivers to stay updated and to act as mentors for the newer caregivers.

How does the online support group operate?

The site is by invitation only, for certified caregivers to have discussions, share photos and work on projects such as documentation. We want to help caregivers

standardize their documents and have begun to work with them on the contract they use. We can introduce the discussion during the teleconference and then we can continue the discussion on the support site. So, the site is very functional for ongoing communication. I also monitor the site and periodically add topics for discussion so that the caregivers will use the site as an ongoing, supportive communication tool.

What is the Caregiver Field Guide?

This is a manual that is being developed for reference and use by caregivers, once they are actively working with clients. The purpose of the manual is to provide readily available information for both the caregiver and the client, based on the needs of a caregiver/client situation. A subcommittee of five caregivers are submitting items to me they have developed during the course of their work and are working with me to put this manual together. It will contain reference information, client handouts, self-care information for the caregivers and educational materials for both the caregiver and their clients. It will also have some of their stories-- experiences they have had and have learned from and want to share with other caregivers. We plan to expand the manual as new needs arise.

In summary, the Gerson Institute is a resource for certified caregivers. They are not out there alone, and now they don't have to spend so much time developing their own resources and materials. We are here to provide them with the support and resources they need to be successful. We are very excited about this program and the potential for growth.

We have approximately 100 calls per month requesting caregiver information or help. Our goal is to train the most competent, qualified professionals we can through our programs, and to support them in every way we can as we become aware of their needs. Our current caregivers are doing a great job "out there", and we are very excited about the future potential for the caregiver program.



Upcoming Events

May 5

Charlotte Gerson will participate in a teleseminar hosted by Doug Parks, of www.theconsciousactivist.com. The 12 week series of web teleseminars will be every Tuesday and Thursday at 3:00 pm EST (12:00 pm PST), beginning on Feb 22. Health activists will speak on a variety of topics, including health, wealth, water, carbon footprint, community, GMO's, buying local, and organic food.

For more information contact:

<http://www.theconsciousactivist.com/action/>

949-667-6030, Fax 949-544-0521

support@TheConsciousActivist.com

May 6 – 20

The new documentary "Forks over Knives" opens in 17 U.S. cities, with T. Collin Campbell and Dr. Caldwell Esselstyn. "Forks Over Knives" examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. You can see a trailer at www.forksoverknives.com

May 26th

Charlotte Gerson will do a teleseminar for the National Association of Professional Cancer Coaches (www.napcca.ca), a not-for-profit organization assisting cancer patients in Canada and the USA. She will provide a description of the Gerson Clinic, how it approves patients for the program, the types of treatments and education it provides, and how the NAPCC and its coaches can refer their clients.

The Truth Matters

The Truth Matters has invited the Gerson Institute to present at their Worldwide Conference. The Truth Matters has created a forum for the public to listen to speakers on all topics regarding the physical, mental, emotional and spiritual aspects of health. They also provide access to vendors that want to promote a healthy lifestyle in a variety of ways, i.e., natural or raw foods, products that promote alkaline ph in the body, blood analysis to assess an individual's current health, or complimentary therapies that assist the body with relaxation and detoxification on a physical and emotional level.

June 10

Margaret Straus (Dr. Gerson's granddaughter) will present on June 10 at the Imperial College in South Kensington, London and in October in Brighton, UK.

Howard Straus (Dr. Gerson's grandson) will present in California, Florida and Canada (more details to come).

For more information contact:

Shona Duff

The Truth Matters Institute of Health

Nature's True Paths to Health

W: www.thetruthmatters.org.uk

T: 01389 384114

M: 07930 649139



The San Diegans for Safe Drinking Water Coalition Forms

by Diane Ake, Editor

Editor's Note: We are sharing news of efforts to combat fluoridation of the public drinking water in San Diego—one of an increasing number of other cities throughout the United States that are overturning or fighting against fluoridation ordinances. For more information on these efforts, check the website for the Fluoride Action Network, an international coalition seeking to broaden public awareness about the toxicity of fluoride compounds and its health impacts at <http://www.fluoridealert.org>. Also see an article on Horse breeder Cathy Justus who led a successful campaign to stop the fluoridation of the Pagosa Springs water supply because of her discovery of how fluoridated water killed her horses. <http://www.slweb.org/>



ftcrpersonalstories_cathy.html. To get on her email list contact her at: justusoriginals@pagosa.net

The amount of fluoride in the city of San Diego's water system was increased starting February 1, 2011. In January, the San Diegans for Safe Drinking Water Coalition (SDSDW) formed to try to prevent this action. SDSDW is a collective body of individuals, including dentists, doctors, scientists, journalists, engineers, other professionals, and members of the public at large who are opposed to the treatment of San Diego's water with toxic waste, fluosilicic acid water. In a month, this coalition has become

an organized effort with a name, web site, Facebook page, and Code of Conduct who are "are earning national and

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Spotlight on Volunteers...

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What was your motivation to come and volunteer at the Gerson Institute?

I wanted to be a part of the movement, working toward solutions to keeping people healthy.

How has your volunteer experience changed your life?

I get to see people's lives change... they start out hopeless, and then after Gerson their lives change for the better. It has been a big inspiration for me to continue volunteering. I have also learned how to eat healthier as well, and I feel better as a result.



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

Your Source for
Enema Therapy
Coffee
Royal Blue Organics offers
Cafe Mam: certified
organic, fairly traded coffee,
shade grown by indigenous
farmers in Chiapas, Mexico.
Ask for Light Roast.
(888) Cafe Mam
Royal Blue Organics
P.O. Box 21123
Eugene, OR 97402
www.cafemam.com

San Diegans for Safe Drinking Water...

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international attention for our cause, because we're not alone."

In the 1950s, San Diego residents voted to ban putting any fluoride compound into the drinking water. The City of San Diego Municipal code (Section 67) enacted by the citizens in 1954 states "it is hereby declared to be unlawful for any person, including the City of San Diego and for its elective or appointed officers or employees, to use in or add to the water supply of this City any Fluorine, Sodium Fluoride, Sodium Silico Fluoride or any Fluoride compound, or to treat such water supply with aforesaid chemicals before delivery to the consumers thereof." Municipal Code 67 still stands today.

It also states that no taxpayer money should be used to fund the treatment of San Diego's drinking water. However, that is what happened: the funds used to prepare the treatment plants and treat the water for two years came from a \$3.9 million donation from the First 5 Commission (also known as the California Children and Families Commission), which receives its funding through state tobacco tax dollars. In addition, state law says that no water district can be compelled to fluoridate unless funds come from sources "other than rate payers and tax payers." However, the City Attorney's Office has said that prohibition is superseded by a state law mandating that water agencies with more than 10,000 customers add fluoride, now that San Diego has outside funding.

Arian Collins from the San Diego Water Department said health isn't the main reason for putting fluoride in the water. "The city doesn't take sides on the health aspect," he said, "The city has to do this. We would receive severe fines from the state if we did not comply." The original state fluoride bill AB 733 also does not mention or authorize use of fluosilicic acid as a usable source of fluoride. It is NOT natural calcium fluoride, and the FDA has NEVER approved any synthetic fluorides for human ingestion.

At the first meeting of the SDSDW water (with over

100 attendees), several people commented on feeling that no one cared. They were extremely grateful and excited to know that there were others who shared their concerns and opinions, and that they have a voice. They have presented before City Council this past month, which led to Council member Carl DeMaio asking the City Attorney to follow up on the laws that are currently in place to protect San Diegans from fluoride treated water (Municipal code Section 67), and to look in to the use of First 5 Commission funding (tobacco tax dollars) to initiate the construction of treatment tanks and for two years of injections. Cost of future injections will be passed on to the consumer via water rate fees.

In January, federal health officials announced that they planned to reduce the target level for fluoride in drinking water to 0.7 milligrams per liter, at the lowest end of the range they have deemed acceptable. They said people get fluoride from many different sources now and there doesn't need to be so much in the water. Alma Rice, a representative of the San Diego Public Utilities Department said she was not aware of the EPA's recent recommendations. San Diego's utility department is targeting 0.8 milligrams per liter and said it will reassess once federal guidelines are final. The higher fluoride levels are to be phased in over the next month.

SDSDW now has four active committees: Marketing, Outreach, Legal and Scientific, and they need more volunteers.

To get involved with or to support SDSDW, contact them at:

sandiegansagainstfluoride@yahoo.com

Website: <http://sdsdw.org/>

YouTube Channel: SanDiegansforSafeH2O

Facebook: San Diegans For Safe Drinking Water



Gerson Therapy Heals M.E./Chronic Fatigue

continued from page 2

out of this excruciatingly tight place. I had to be focused. The sheer volume of work was relentless. It never ceased. There was always another juice to be made, the juicer to be cleaned, lettuce to be washed, another meal to be made, as well as searching for vegetables, ordering supplements, taking enemas and trying to support the body in its hard work. The Gerson Therapy was like taking the entire engine apart, thoroughly cleaning each part individually and then reassembling it.

After six years of detoxification, I am still detoxifying the residual toxins and am almost back to full functionality. I have my creative ability back. I can write and draw. I can play with my now six-year-old-son for hours. I can walk up and down the valleys and glens of county Wicklow. For me, it was two years on the intense program and another four years on a much less intense program.

Stephen Gamble has been fantastic to work with. He went over and above the call of duty and supported me through some very difficult times. The Gerson Therapy is

not an easy experience for someone with a severe M.E./Chronic Fatigue Syndrome, but easier than being left helpless and hopeless with this terrible illness. At least you know that every day you're getting better, not worse. We adhered 100% to the Gerson protocol and ate huge amounts of fruit and vegetables.



Correction

In our crossword puzzle in Healing News, Vol. 25 Number 6, Page 8 the question 11 down asked, "How many minutes to boil coffee enema solution uncovered?" and the solution given on page 9 was "Fifteen". The correct answer is "Three," and then it is simmered for fifteen minutes.

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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
February 21-March 6 March 28-April 9 May 2-15 June 6-19 July 4-17	Two-week therapy sessions at the Gerson Health Centre, Hungary	Dobogoko, Hungary (outside Budapest)	Gerson Therapy physicians and staff	See www.gersontherapy.eu for more information on the centre, and email info@gerson.hu for information regarding admission cost, and other arrangements. Their English translated page www.gerson.hu is in Hungarian.
March 26 June 2011	The Truth Matters Institute of Health World Conference	The Hove Centre, Brighton, UK The Imperial College, South Kensington, London, UK	Margaret Straus	Contact Shona Duff shona@TheTruthMatters.org.uk www.thetruthmatters.org.uk
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	To apply, go to gerson.org/programs/professionals.htm , and contact Barb Conde at the GI for further questions: (888) 443-7766 or (619) 685-5353, or email: bconde@gerson.org
February 4-6 June 3-5 September 29 - Oct.1	Gerson Basics Workshop	San Diego, CA	Charlotte Gerson; Dr. Kayla Smith, ND; Carol Beard	
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/ monthly program to apply.
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