

Happy 89th Birthday, Charlotte!

by Ally Bacaj



Charlotte with Simone Joy Abraminko

Sunday, March 27th marked the 89th birthday of our wonderful founder Charlotte Gerson. Our Events Coordinator Marilyn Williams arranged for a small potluck celebration at Rohr Park, near Charlotte's home in Bonita, California. About forty people and eight dogs came to celebrate with Charlotte, including many of the Gerson Institute's employees and volunteers, who all came bearing delicious healthy dishes to share and eat. Charlotte's son Howard Straus flew from Northern California to join in the festivities, as did Lisa

St. John. Lisa is an intuitive animal healer by profession—who also healed herself of pituitary cancer on the Gerson Therapy. (See Jan/Feb 2011 Newsletter). Lisa shared her remarkable story with us, and regaled us with stories about her horses, and other animals such as mountain lions and wolves that she has encountered and even befriended!

At this party, we had two birthdays to celebrate. Coincidentally, March 27th is also the birthday of Richard Boger, of the Norwalk Juicer Company, who brought his family to celebrate with us as well. Good food, good times,

and good stories were shared by all. It was so wonderful to gather together so many passionate and energetic people to celebrate this incredible woman's impressive life and legacy.



"I was greatly moved and enjoyed the huge number of birthday cards I received. They came from former patients (important so we can make a note that they continue well), friends, Gerson supporters, customers, suppliers, volunteers, caregivers -- an unending number. Thank you all for your care and beautiful, colorful, kind and happy cards and birthday wishes.

May all the good wishes also enrich your lives and the knowledge of Gerson keep you well and happy!"

Charlotte Gerson 

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Healing Endometrial Tumors

by Dr. Lynn von Schneidau

I am a Naturopathic Physician in Seattle Washington. I became a Naturopath because of the Gerson Therapy, which saved my life 25 years ago this May. Through the therapy, I learned of the body's power to heal itself when all impediments to health are taken away and the body is given live nutrients to help it heal. I was diagnosed with endometriosis at the age of 22, in 1985.

Endometriosis is a condition where uterine tissue is displaced in the body. During a woman's monthly menstrual period, those displaced "chocolate cysts," as they are called, bleed and cause debilitating pain. I



Dr. Lynn von Schneidau

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Considerations for Becoming a Gerson Caregiver

by Perry Ching

Just like you, I sat in total amazement as I learned about the Gerson Therapy at the Gerson Basics Workshop on June 26-28, 2009 in San Diego. I was enlightened because I had been ignorant and untrained in health and nutrition.

In January 2010, I completed the week-long internship at the Charlotte Gerson Health Restoration Center, in order to become a certified Gerson Caregiver. I was totally amazed again to discover how much I did not know, and to realize what skills I still lacked. We had to learn and demonstrate the essentials of the Gerson Therapy. We learned to perform the tasks of a Caregiver, including planning, food preparation, juices and meals, and all other aspects of Gerson kitchen work.

Then my true test came. On October 1, 2010, I left Beijing to come to San Jose to take care of my fiancée, who was diagnosed with thyroid cancer. For the past four months, I have done true caring work 24 hours a day. I discovered how inadequate my knowledge and skills were, how my fiancée was feeling, and how hard it was to give up selfish things to care for someone



Perry Ching

else. I began to realize what being a Gerson Caregiver calls for.

I have summarized a list of considerations for you, as I look back in my own journey in becoming a Gerson Caregiver. I think once you set your expectations correctly, you can better enjoy and anticipate your own caregiving journey.

1. For your own integrity and sanity, you will need to learn the full spectrum of what the Gerson Therapy is all about. This is not a small task, but a life-long pursuit of knowledge and

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Healing Endometrial Tumors

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had endometrial tumors on my sciatic nerve and in my ovaries. I would double over and vomit from the pain several times a day, for one week out of every month. I went to several gynecologists who only offered me the following options: surgery, a male hormone called Danocrine, or to get pregnant. I was told by one physician, "I don't know if this drug will do anything for you. It won't cure you but you should take it; you'll just gain a little weight, grow some facial hair and your voice will deepen." For a 22 year old *female*, becoming masculinized or getting pregnant were not feasible cures for me!

I had the endometriosis surgically removed by a laparoscopy that confirmed the endometrial tumors and cauterized them. I remember lying in bed after the surgery, thinking that this was the most horrible pain I had ever endured. During this surgery, they blew my pelvis up with nitric oxide and then moved my organs around to find the chocolate cysts. During the first surgery, the surgeons removed the visible endometrial tumors but actually spread the endometriosis, such that the outcome of the surgery made my pain worse. I then went to Scripps Hospital in La Jolla, California where

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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.

A Healing Story

by Rose Yong Lee Kien, Singapore

In 2002, I was diagnosed with stage II cancer of the right tonsil, and underwent surgery to remove the tumor. Six years later, I had a relapse with a growth on the right side of my neck. One of the tumors measured 2.9 x 2.7 cm. My doctor then recommended both radiation and chemotherapy to combat the relapse.

I have always been a believer in natural healing. So, when I read about conventional treatments for cancer and came to understand their adverse effects, I decided not to go that route. I began to research further, and reading the Gerson Therapy book enlightened me. I found that the Gerson Therapy was the most detailed and thorough natural treatment, compared to others I had researched. I decided to embark on the Gerson program.

The total change of lifestyle overwhelmed me. I had to be very disciplined in my eating habits and time management. My family and I struggled financially throughout the program, having

"I told myself, 'Once decided, I will not look back. I will persevere to complete it!'"

to cope with the high cost of organic food produce in Singapore in addition to the cost of supplements, coffee for enemas, and monthly blood tests. Also, there was tension between my family

and my in-laws, as we all live under one roof. They doubted my choice in pursuing the Gerson Therapy over conventional treatment. This caused some real issues when we were using the same kitchen! At times, I felt lonely, and tempted as well, from the constant exposure to their way of cooking and eating habits. However, I did not allow these difficulties to obstruct my way to completing the Gerson Therapy. I told myself, "Once decided, I will not look back. I will persevere to complete it!" I believe that God will give me His grace and strength to complete it successfully if it is in His will.

After one year on the Gerson Therapy, my MRI result was clear, stating "No evidence of recurrence is seen. The cervical lymphadenopathy seen earlier has resolved." I continued on the Gerson Therapy for another year and a half to totally restore my health. The thorough cleansing and detoxification of my body greatly restored the functions of my cells and organs. I have gained

an understanding of how our body works and our ability to control our body.

A sensitive body is my greatest gain as a result of doing the program. My body has become sensitive enough to resist what is bad, and to crave what is beneficial and good.



Rose Yong Lee Kien

Today, two and a half years later, I have adopted a Gerson maintenance diet with daily enemas, 3-4 glasses of juices, and of course a healthy diet consisting of the Hippocrates soup and vegetables. In the past, I had a diabetic condition which has resolved itself on the Gerson Therapy too, as evidenced in the blood tests I took every month. This was achieved with slight adjustments in the Gerson program for diabetic conditions. It affirms what is being taught in the Gerson Therapy: when the body starts to heal, it heals everything.

As I look back upon my completion of the Gerson Therapy program after two and a half years, I am truly grateful for everyone who made this

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Healing Endometrial Tumors

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they wanted to perform a second surgery. This surgery would entail cutting the nerves in my back, cauterizing the endometriosis, removing my appendix (for no apparent reason) and finally, with or without my consent, performing a full hysterectomy if they found something the surgeons did not like. I was in debilitating pain, had lost

"I will be eternally grateful to Charlotte Gerson and the Gerson Therapy for saving my life and health ..."

an extreme amount of weight and could barely walk due to the pain, but the Scripps option seemed like a last resort which could have left me with permanent nerve damage

and without any possibility of having kids of my own.

I chose at that point to research the Gerson Therapy. The first person I spoke with was Charlotte Gerson. She told me exactly what the doctor-recommended drugs would do, the physiological response they would provoke in the body, and the outcome. Her explanation of the Gerson Therapy, and healing the liver and immune system so the body can cure itself, made more logical sense than anything I had ever heard. No other doctor I had spoken to

could explain what the drugs were doing, the outcome of the surgery, or what type of cure I could expect. With the information Charlotte had given me, and having done

further research about the therapy on my own, I went to the Gerson hospital and stayed for two weeks. I did not feel well while there, and had many healing reactions--one

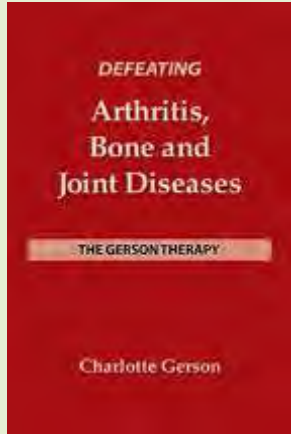
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Gerson's Library Grows Again!

by Howard Straus

We are pleased to announce another growth spurt for the Gerson Therapy library!

Charlotte Gerson's fourth book, *Defeating Arthritis, Bone and Joint Diseases*, is being readied to go to the printer. We expect it to be available for purchase around mid-summer. Like her last work, *Defeating Obesity, Diabetes and High Blood Pressure*, it provides a Gerson Therapy solution for a particular set of chronic, otherwise "incurable" diseases. Charlotte delves into the causes, courses and non-toxic remedies for osteoarthritis, rheumatoid arthritis (RA), ankylosing spondylitis, osteoporosis, scleroderma and other conditions with which the Gerson Therapy has had excellent results. In *Defeating Arthritis, Bone and Joint Diseases*, Charlotte offers no-nonsense, drug-free relief and even recovery from these painful, debilitating and sometimes fatal illnesses. The Gerson Institute will accept pre-publication orders until July 1, 2011 at \$16.95, a discount of \$5.00 off the normal retail price of \$21.95.



Steve Kroschel is nearing completion of a fourth Gerson Therapy documentary, under the working title *Alive Tomorrow*, which will be completed shortly after this notice goes to press. *Alive Tomorrow* takes note of the increasing assaults on our health by our government, Big Pharma, Monsanto and other industries. *Alive Tomorrow* examines the latest accelerating developments in this apparently concerted effort to make and keep us sick. It will recap many of the patient stories from previous Kroschel documentaries, updating the patients' status to the current date. Watch our website for further details on the final release date and availability to purchase.

In 1957, during an interview on the Long John Nebel radio show, Dr. Max Gerson expressed his intent to make his Gerson Therapy book available to as many people in as many countries and translations as he could. It has

been our mission to fulfill that dream since we began publishing Charlotte Gerson's work.

In April, we received the first copies of the Croatian edition of *Healing the Gerson Way*, published by Teledisk of Zagreb, Croatia, the seventh in the ongoing series of translations of the landmark book by Charlotte Gerson and Beata Bishop. The Croatian edition of *Healing the Gerson Way* is available in limited quantities from www.GersonMedia.com at \$29.95. We are very pleased that the book has made it into the Balkans, and we also await the publication of another translation in the same language group, Slovenian, which will probably be sold as an eBook.



Five more translations have been completed, but thus far not yet published. These include German, Slovenian, Arabic, Chinese and Simplified Chinese. We will proudly announce their publication in this newsletter when they become available.

Beata Bishop's memoir, *A Time To Heal*, is now available in French, under the title *Guérir l'Incurable*. You may remember that in her book, Beata describes her life-threatening illness and full recovery on the Gerson Therapy. The book is on sale online from <http://www.Amazon.fr> – just type in the title name. It can also be found or ordered in any bookshop in France.



Hear Charlotte Speak!

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), and began on February 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>
support@TheConsciousActivist.com



Considerations for Becoming...

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insight. One must always be aware of the latest developments, and be prepared, ready and able to do the work well.

2. To be proficient and knowledgeable, you will need to read all the books and booklets, and watch all the videos available from the Gerson Institute, in particular, the three-DVD set on home therapy by Charlotte Gerson. You will need to read up on nutrition, detoxification, fruits and vegetables, and vitamin supplements.

3. Please be aware that your client will ask you lots of questions, like a curious and desperate child. He/she will want to know the *why* of everything, the *when* of everything, the *how* of everything and the *what* of everything that relates to everything you just explained. Plus, you

“A Gerson Caregiver is a Webster, a Kissinger, an Eisenhower, a Kennedy, a Michelangelo, and a saint.”

need to express yourself in a professional, warm, kind and encouraging way, immediately, and with a smile. So, you will want to get a good electronic Merriam-Webster Dictionary with pictures and a search engine on your laptop to help you find and accurately define unfamiliar terms. In essence, you will become the “Gerson Google.”

4. You will need to learn diplomacy and social strategies as you Gerson-ize the kitchen and living quarters for your client. There are other family members who may be living in the house with their own cooking habits and preferences, kitchen space usage, pots and pans, food storage, visitors, and animal arrangements, all of which may not comply with Gerson requirements. So, you will have to be a “Kissinger” about the home matters of the client.

5. You will realize after a week or two on the Gerson protocol that the client will try to negotiate “adjustments” with you, like a teenager who wants to cut corners and sleep in. The client may want to drink two glasses of juice at one time, want to skip this or that, want to have more spices, or want processed foods that are organic. You will then develop the

skills of a stern General Eisenhower, and inspire them like President Kennedy: “It is time now to ask not what America can do for you, but what you can do for your own health.”

6. Soon enough in the Gerson Therapy, you will face the client’s mood swings, and often mysterious healing reactions. Besides calling the Gerson Institute for support, you need to read like crazy, so you can provide a meaningful, clear and coherent answer to the madness your client may be facing. You also have to comfort the client, to speak ever so gently to sooth their pain with your words, so that upon listening to you they hear chords on the harp of an angel, knowing that they are in good care and that they will be alright.

7. After a month on the Gerson Therapy, you will hear from the client that the Gerson meals do not taste “great” by worldly standards. So, you will need to work on the other four senses. You will stare at pictures of cookbooks, watch finished meals at Whole Foods Market, and search for vegan dishes that will meet Gerson requirements.

You will create meals that look ever so delicious; colorful and exciting to the eyes. The client will hear and feel the crunch when they bite down. Here in the cook’s corner, you will learn your client’s likes and dislikes, and develop the creative genes to prepare delectable meals. Your client will be so inspired after the meal that they will fall in love with you. Here, you will begin to develop the creative inspirations of Michelangelo.

To sum it up, to be a Gerson Caregiver is to be a very versatile and well-rounded person: to be devoted in learning the Gerson Therapy, to be able to defend the Gerson protocol, to be knowledgeable in its history and vision, to be insightful about health matters and symptoms, to be cognizant of new discoveries, to be resourceful, and to provide timely, concise, and proper guidance to your client.

The Gerson Caregiver not only has the right solution in hand, but he/she provides genuine care like a loving mother and a forever friend. A Gerson Caregiver is a Webster, a Kissinger, an Eisenhower, a Kennedy, a Michelangelo, and a saint. He/she is encouraging, and imparts hope and kindles joy like an angel, even when exhausted or in the midst of a bad-hair day. A Caregiver is both an inspired Gerson guide and a blessing from God.



Wish List

- A Cannon or Nikon digital camera, point and shoot, in excellent condition. No more than 3 years old.
- PHP programmer for CiviCRM with database
- SPSS software

Please contact Scott Stobbe at [sstobbe@gerson.org](mailto:ssstobbe@gerson.org) or 619-685-5353 ext. 103 if you can help with these.



Thank you to How Co. Ltd. in Japan for the generous sponsorship of Charlotte’s 89th birthday.

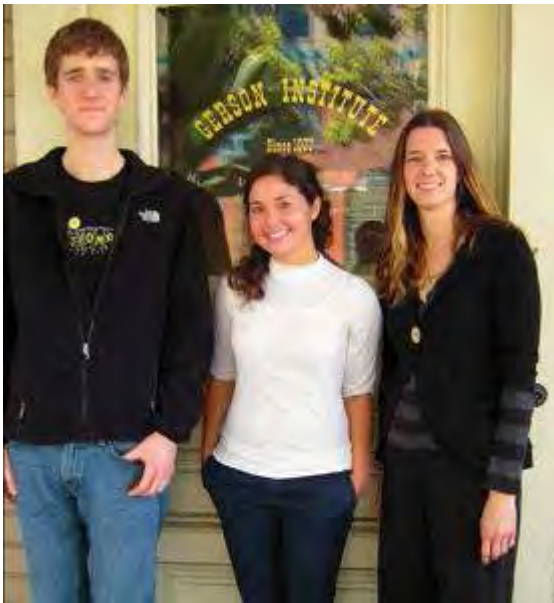
Welcome New Gerson Team Members

by Ally Bacaj and Diane Ake

The Gerson Institute is thrilled to welcome three new this month members to our growing team!

Will Bacaj, Education Specialist:

Will joined the Education Team, to help fill the void left by our Education Specialist Barbara Garcia while she is out on maternity leave. (Barbara just gave birth to a beautiful baby girl named Juliana). Will is a part-time student at Mira Costa College, working towards his associate's degree, in order to transfer into a UC school to earn his bachelor's degree. Will plans to stay until August, when he will return to school full-time. Will is actually the second member of the



Will Bacaj, Jennifer Leon and Amanda Onken

Bacaj family to join the Gerson family--he's my little brother! Will is helping us to answer the ever-growing number of calls and emails that we receive every day, handling clinic applications, and helping patients to make arrangements to receive treatment at the Gerson clinics. Though learning all about the Gerson Therapy on the fly is quite a task, Will says, "I've been able to pick up a lot in a very short amount of time." Will already feels himself becoming more and more confident in his knowledge and ability to help people to find the resources they need to heal themselves.

Jennifer Leon, Education Specialist:

Jennifer has a Master's of Science in Development Planning and Administration from University College London. She is fluent in Spanish and has basic French skills. As Education Specialist, Jennifer will replace Ally Bacaj as our receptionist, and will answer incoming calls and process clinic applications. Ally was recently promoted to the position of Communications Specialist, and will be working to enhance our media, website, and written materials, and to develop future training videos.

Jennifer also worked abroad in Switzerland doing research, and worked for the Embassy of Spain doing translation and promotions. Her dissertation included a visit to Uganda to investigate and evaluate program effectiveness in reducing poverty. She has also worked for non-profit organizations doing a variety of jobs including conducting surveys, doing fundraising, and tracking and managing patient programs. Jennifer's father, a Family Practitioner MD who is interested in homeopathic medicine, helped form her interest in natural medicine. "I love our mission and general goals," she said. "The Therapy relies on the natural body to get rid of toxins and does not use any harsh chemicals. I want to help people who are really sick to get healthy." We are lucky to have her administrative, customer relations and language skills, in addition to her wonderful smile!

Amanda Onken, Medical Director Assistant:

Amanda Onken has a degree in interior architecture and design, and was a Peace Corps volunteer in Bulgaria. She is currently studying to get her Holistic Health Professional degree at the San Diego School of Healing Arts. Amanda will be taking on two roles at the Gerson Institute. First, she will be working as an assistant to our Medical Director, Dr. Kayla Smith, helping with all the arrangements for our Module I Practitioner Training Program and the Charlotte Gerson Health Restoration Center. She will also be taking on the role of our Patient Follow-Up Coordinator. Amanda calls patients every three months after they leave the clinic over the course of their treatment on the Gerson Therapy, to see how they are faring. Amanda also says "people are excited to hear from us; to know that we're still thinking of them and keeping up with them after they've left the clinic." Amanda has had excellent responses from the patients she has spoken to--they look and feel truly well. From speaking to recovering patients, she has picked up on the paramount importance of having support on the Gerson Therapy, and says, "It's difficult if they don't have the support and assistance they need. Everyone needs help!"

Amanda's work with the follow-up project will be vital in helping us to compile accurate statistics about our successful cases, and gathering more data about all of the different conditions we treat at the clinic. Many people contact us wondering what our "success rate" is, but that has proven very difficult for us to determine over the years. Patients go to the Gerson clinics for a few weeks to begin treatment, but go home and continue the therapy on their own from home for two years, and often don't keep in touch with us on a regular basis--or at all! We sometimes hear from patients who wait twenty years to contact us and let us know about their recoveries! Now, with Amanda's help, we can keep in regular contact with all the patients who have been to the clinic, and compile accurate statistics on the number of patients who continue to make remarkable recoveries on the Gerson Therapy.



Need Help Doing the Gerson Therapy at Home?

by Diane Ake, Editor

Do you need help with:

Setting up your home to prepare you for doing Gerson Therapy?

Preparing Gerson meals and juices?

Ordering supplements?

A short period of rest from caring for a Gerson Therapy family member or friend?

The Gerson Institute has a Caregiver Referral Program, which can provide the support you need. A Caregiver works mostly in the kitchen, is highly trained through our Gerson Basics Workshop and internship, and has personally experienced the Gerson Therapy. (See *Considerations for Becoming a Caregiver* on page 2). The primary job of a Gerson Caregiver is to assist clients undergoing the Gerson Therapy at home. The caregiver is a non-medical helper, who will assist you in the preparation of the Gerson foods and juices, and help you establish a non-toxic home environment. A certified Gerson Caregiver can also help train you and your helpers, so that you are

fully prepared to continue the Gerson Therapy on your own. One of our representatives can speak with you about your home set-up, caregiving and in-home training needs. Caregivers work as independent contractors. There may be one in your local area, or one who is willing to travel to your location. Once you determine that hiring a caregiver is right for you, we will give you a referral to contact.

Ken Sage, in Eugene Oregon, had a caregiver come for two weeks to help him set up his home. He expressed the isolation a new patient feels and that "it takes a lot of tenacity to get going on this program, particularly for someone with a terminal illness. Getting started is the hardest part. If a caregiver can come in the beginning, they can really get the client off to a good start and keep you on track." He thinks that "it is vital for a new patient to have a caregiver if they can't go to the Gerson clinic or even after they get home, to make sure you do it right, from the beginning."

Ken wanted to know things such as was his coffee concentrate too strong and how to make the soup. He

explained that Caregivers can help with knowing where to buy the correct supplies, instruct on how to correctly do the enemas and more. "All the energy and enthusiasm of my caregiver got my family and friends involved and on board. He got me fully involved and up to the full program, which was my goal. The program is excellent." Ken also recommended that "people should get a caregiver in their home for two weeks before they decide on any other treatments – to give it a go, have time to catch your breath and try an alternative approach."

Note: A caregiver is not recommended for people that are bedridden, paraplegic, non-ambulatory, unable to eat, or in hospice.

For a full description of a Gerson Caregiver's services, check our website:

<http://www.gerson.org/programs/trained-caregivers.htm>

For more information or for a referral to a caregiver, contact us:

info@gerson.org

619-685-5353



Spreading the Word: Gerson is now on Facebook and Twitter!

by Ally Bacaj

More and more people are finding out about the Gerson Therapy online these days. In particular, many people are introduced to the Gerson Therapy through the Gerson documentaries streaming on Netflix. *The Beautiful Truth*, *The Gerson Miracle*, *Dying to Have Known*, and *Food Matters* are available for subscribers to view instantly on <http://www.netflix.com>. In recognition of this fact, we are striving to create more online resources for people interested in the Gerson Therapy through two of the most popular social networking sites: Facebook and Twitter. Through our social networking sites, we are working to build a larger online community, so that Gerson patients and other like-minded people can connect with each other,

and share their thoughts and experiences on the Gerson Therapy.

The Gerson Institute's official Facebook page has simply exploded with activity in the past year. When I started working on our Facebook page in July, we only had about 500 followers. Today, we have over 7,500! On our Facebook page, we post links and articles for people to read and discuss, and answer some questions for people new to the Gerson Therapy. In June, we also launched the Gerson Institute's Twitter account, @GersonInstitute. On our Twitter feed, we deliver instant updates on health news, Charlotte's interviews, and all of the Gerson Institute's goings-on – all in 140 characters or less.

We've had many wonderful and supportive comments from our

followers. Here's a little note one of our followers recently posted on our Facebook wall:

I just listened to Charlotte Gerson's interview for the final night of The Great Health Debate! Fantastic! Been on the Gerson therapy now for 7 months and counting... Dr. Gerson is my Hero!

Come join us!

facebook

www.facebook.com/GersonInstitute

twitter

www.twitter.com/GersonInstitute



Healing Endometrial Tumors

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of the most amazing being that I felt the tumors get numb and could feel them healing and dissolving.

I stayed on the intensive therapy for three months and a modified version for another nine months. The tumors did dissolve and the pain went away. In 25 years, I never once experienced pain again during my menstrual cycle or in between. I conceived three healthy children after my Gerson treatment, who are now 19, 17 and 15

U.S. Government Calls for the Phase-out of Dental Mercury Amalgam

Guest Article by Charles G. Brown, National Counsel, Consumers for Dental Choice (Reprint from the Bolen Report, www.bolenreport.com, April 5, 2011)

In an extraordinary development that will change the global debate about amalgam, the United States government has announced that it supports a "phase down, with the goal of eventual phase out by all Parties, of mercury amalgam." This statement - a radical reversal of its former position that "any change toward the use of dental amalgam is likely to result in positive public health outcomes" - is part of the U.S. government's submission for the upcoming third round of negotiations for the world mercury treaty.

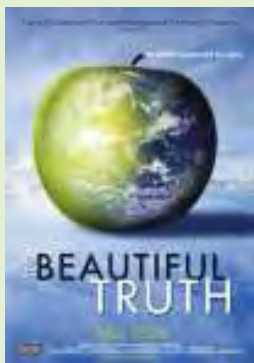
To read the entire article, go to: http://www.bolenreport.com/feature_articles/Guest/CharlieBrown/phaseout.htm



Newsletter Correction

Some of the March/April newsletters were accidentally printed with missing pages and double pages. If you received one of these, contact Mikhaela Payden-Travers at mpaydentraverson@erson.org or 619-685-5353 ext. 107 to receive the correct version. Thank you for your understanding.

The Beautiful Truth DVD



\$12.50
50% off
the regular price
for the month of
May

Your Source For Enema Therapy Coffee

Royal Blue Organics offers
Cafe Mam: certified organic,
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grown by indigenous farmers
in Chiapas, Mexico.
Ask for Light Roast.

(888) Cafe Mam
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years old. Ten years after my stay at the Gerson hospital, I started medical school at Bastyr University. I became a Naturopathic Doctor in 2001, so I might help others the way I was helped. I teach people on a daily basis how to use food and juices as medicine through my practice in Seattle. I will be eternally grateful to Charlotte Gerson and the Gerson Therapy for saving my life and health and for helping me to find my passion in life.



A Healing Story

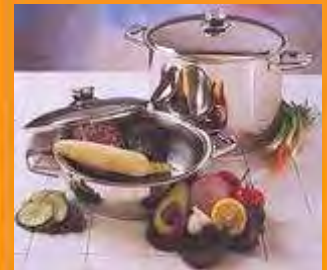
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journey possible: First, to my God, the Lord of my life for His unfailing grace and mercy. I am thankful for having Jervin Lim, my Gerson Practitioner, to guide me through the program, and the Gerson Institute as a source of information and support. I am grateful to my beloved husband for his love, understanding, and support—both financially and spiritually. To my dearest son for his love, prayers, moral support, sensibility and sensitivity. To my parents for their understanding and support in all that they can. To my church family and pastors for their intercession. Lastly, to my in-laws, for compromising and bearing with some inconveniences along the way.

I have learned to slow down my pace and know the importance of rest. This journey also helped me gained deep insight in what is meant by total and true surrender to God, as my life is in His hands.



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Annual Apple Alert

by Charlotte Gerson

The usual fresh crop of apples arrives on the market during the middle of August (in the Northern hemisphere). By June, the old crop of organic apples is gone and already in late May, only organic "red delicious" apples are available. Those are too sweet for regular juicing; they may even cause the juice to jell!



and pay in advance for two or three boxes of green apples (greenings, granny smith, or others, except red or golden delicious) and ask him to store it in his refrigerated warehouse for you. You can then pick them up as you need them.

Also when the first new crop comes in, it is often somewhat unripe, and sour. At such a time, we suggest that you mix those apples with some of the old (even sweet)

It is therefore important to plan ahead for this time: go to your health food store or regular supplier of organic produce apples in order to avoid stomach upsets.



Update on Crude Liver for Injections

by Dr. Kayla Smith, Medical Director

At this time, the crude liver for injection is no longer available. It is not known when or if it will be available from another source in the future. For now we are making the following recommendations:

Take an extra dessicated liver capsule per dose, if one's stomach can tolerate it. In total, a patient may take three caps of dessicated liver, three times a day. If this causes stomach upset, the liver caps can be taken with meals, when the digestive enzymes are taken. B-12 can be taken orally or sublingually at 1000 mcg daily. Alternatively, one could take a 1 cc injection of B-12 once a week.

Crude liver for injections is available at some compounding pharmacies in the US, but requires a doctor's prescription. If you can obtain this, it will be of a higher concentration, so check with the Gerson Institute to see if the dosage needs to be adjusted.

Milk Thistle, an herb which is hepatoprotective and hepatorestorative, can be taken periodically at 250 mg twice a day between meals. It should be an extract standardized to 80% silimarin. Milk thistle can provide extra support for the liver.



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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
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.
May 5 (3 pm-EST)	The Conscious Activist Teleseminar	http://www.theconsciousactivist.com/action/	Charlotte Gerson	Contact Doug Parks support@TheConsciousActivist.com 949-667-6030
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
June 3-5 September 29 - Oct.1	Gerson Basics Workshop	San Diego, CA	Charlotte Gerson; Dr. Kayla Smith, ND; Carol Beard	To apply, go to gerson.org/programs/caregiver_training.htm , and contact Barb Conde at the GI for further questions: (888) 443-7766 or (619) 685-5353, or email: bconde@gerson.org
First Wednesday of every month	The Sheila Gale Show, KNRV-1240 AM radio	Cannery Row, Monterey, Santa Cruz, Carmel and on the Internet	Howard Straus	Contact Sheila Gale, sheila@sheilagale.com , or (831) 521-4697 for more information. Live streaming on the Web at http://www.knr.com/StreamingMain