

Doctors From Around the World Visit San Diego to Learn Gerson Therapy

by Diane Ake, Editor



Health professionals from seven different countries at the Module I Workshop

Our week-long Module I practitioner training workshop was an over-the-top success, helping to further strengthen our foundation for future medical services growth. Twenty-four licensed health professionals—11 practitioners from seven different countries and 13 from the U.S. representing nine different states—attended this year’s training seminar. Charlotte received a standing ovation upon entering the room for the first presentation, a moment that set the tone of passion and intense interest from this outstanding group. “Thank you for the dedication and hard work involved in educating us! The experience was certainly most inspirational!” said Dr. Razzaq, from Virginia. Priya V. Balakrishnan, an MD from

Texas, described the course as “absolutely fabulous, with so much devotion, education, enlightenment, sharing caring and receiving and giving.” Jose Juan Diaz, DC from Florida, said that the workshop “has been the best educational course I have taken to date,” and Lynne M. Lavers, naturopath from Tennessee, said that “this is by far the best conference I have attended.”

Module I is designed for licensed medical professionals with primarily the following degrees: MD, ND, DO, DC, and NP (nurse practitioner). It consists of approximately 35 hours of instruction, including the biological and physiological basis

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Six Year Recovery from Stage IV Mantel Cell Non-Hodgkin’s Lymphoma

by Joyce L. Forsythe

July of 2005, at the age of 68, I found an enormous mass in my abdomen. PET and CT scans showed my spleen had grown to the size of a football. I had my spleen removed and a biopsy showed a diagnosis of stage IV mantle cell, non-Hodgkin’s lymphoma. My oncologist at Dana Farber recommended a cocktail of four different chemotherapy drugs, including a trial drug, to be infused weekly into a Mediport surgically implanted in my upper chest for six months. He hoped these drugs would put my cancer into remission for a couple of years. If the cancer came back,



Joyce and Pete Forsythe

different chemotherapy drugs would be needed the next time around because the same drugs wouldn’t

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Doctors From Around the World...

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of the Gerson Therapy, patient assessment, and designing individual therapy protocols. Demonstrations and hands-on experience with food preparation, juicing, coffee enemas and the application of adjunctive therapies are also included. We served breakfast and lunch with juice daily. "Experiencing the food itself was eye-opening," said Margaret Ospina, Nurse Practitioner from New Jersey.

Attending Module I is the pre-req-uisite to registering for Module II, which allows licensed health professionals to immediately utilize their newly acquired knowledge and skills. During Module II, the licensed health professional manages three cases under the supervision of our Medical Director over a minimum of 18-24 months, with the emphasis on clinical data collection, developing individual protocols and on-going case management. Upon successful completion of Module II, the health professional is eligible to become a certified Gerson practitioner and be listed on our referral list.

One attendee, an MD, plans to become a certified Gerson practitioner and already owns buildings. She

is one of several who have a vision of a clinic in future years. She also wants to offer herself to social workers at a local cancer clinic as a viable alternative to obtaining palliative care through hospice. Another MD is going to pursue Module II and wants to volunteer with the Institute in any capacity we need. Two others have already registered for Module II.

The two Gerson doctors from the Gerson clinic in Mexico were very much appreciated for sharing their knowledge and experience for a full day. "Our staff also did a tremendous job," said Anita Wilson, Executive Director. "Carol and Blanca had everyone's full attention and interest when presenting the non-medical aspects of the therapy. Our guest dentist Dr. Kennedy, the 'Rock Star of the anti-fluoride movement' kept them enthralled into the lunch break on the final day. And Diane got to meet with Lisa Layfield, an acupuncturist attending from the UK who is interested in conducting research on Gerson patient outcomes." Lisa thanked us "for what has been the most satisfying and inspiring educational experience I have ever had."

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Six Year Recovery from Stage IV...

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work a second time.

I learned about Dr. Max Gerson's therapy 30 years earlier when we lived outside of New York City where he used to have his office. As a long-time subscriber to the Gerson newsletter, I always planned, if ever I were to get cancer, to immediately start Gerson Therapy. I turned down the chemotherapy and told my oncologist that I would do Max Gerson's holistic cancer therapy instead. He reminded me that my cancer was stage IV and, while nutrition wouldn't hurt, it wouldn't help. I had read Dr. Gerson's book and the many patient cases in the newsletters over the years, so the oncologist's warnings were no deterrent for me.

Now retired, my husband Pete

and I felt up to the task of rebuilding my body with hourly fresh vegetable juices and all that is required by the therapy. Along with the hard work involved, there were lots of chuckles, like when Pete reported to me that the grocery clerk, ringing up a 20-pound bag of carrots, commented, "I know. You have a horse." We were both overjoyed as my lab results began showing the healing taking place.

I had not been on Gerson Therapy long when I took my latest lab reports with me to an appointment with my oncologist at Dana Farber. I asked for the name of an oncologist in Florida who could oversee my case for the next six months while we were away. My oncologist took a look at the lab results and exclaimed, "These are

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Gerson®

HEALING news

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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.

Defeating Obesity, Diabetes and High Blood Pressure: The Metabolic Syndrome by Charlotte Gerson

Reviewed by Andrew W. Saul

(This review originally appeared as Saul A.W. Review of Defeating Obesity, Diabetes, and High Blood Pressure: the Metabolic Syndrome, by Charlotte Gerson. J Orthomolecular Med, 2011. Vol 26, No 1, p 42-43. Reprinted with permission.)

When most people hear the words "Gerson Therapy," they think "cancer." The nutritional program of Max Gerson, M.D., first emerged back in the 1920s and has withstood many tests over time. Essentially, it consists of abundant consumption of raw vegetable juices

"There are over 120 references to the scientific literature, and the book's organization and indexing are outstanding."

and high-nutrient, organic foods, along with detoxification via body-temperature coffee enemas. There are well-documented cases of patients being cured of cancer with the perennially controversial Gerson approach. Even HRH Prince Charles has weighed in on this, saying: "I know of one patient who turned to Gerson therapy having been told she was suffering from terminal cancer and would not survive another

course of chemotherapy. Happily, seven years later, she is alive and well."

From the beginning, Dr. Gerson insisted that his was not a specific therapy but a whole-body metabolic therapy. Indeed, Gerson did not develop it as a cancer therapy at all. He began the diet and juicing program for himself, and on himself, to cure his own severe migraine headaches. Patients knew him and sought him out as the "Migraine Doctor." In the course of treatment, many migraine patients started recovering from a variety of other, seemingly unrelated illnesses. Side benefits, as opposed to pharmaceutical preparations' side effects, is a very orthomolecular-friendly idea.

So is using nutrition to combat obesity, diabetes and high blood pressure, the foci of this, the newest Gerson book. The author is the doctor's daughter, Charlotte Gerson. I have met Charlotte a number of times, first when she traveled to Ottawa for the induction of her father into the Orthomolecular Medicine Hall of Fame in 2005. I admit my bias as I say that Charlotte, now nearly 90,

seems ageless and literally the picture of glowing health. One cannot fail to be impressed with her energy, and with her many decades of experience carrying on her father's work.

Obesity, diabetes and high blood pressure are real killers. There is much to be said for applying the Gerson Therapy to them, especially as all three are well-known to be diet and lifestyle related. A first impression of the Gerson approach may be that it is extreme and uncompromising. Consider the advice contained on the first two pages of the very first chapter: eliminate fast foods, meat, salt, and MSG. Drink four or more glasses of fresh, raw vegetable juice every day. Good heavens, by page 3, we have to start exercising and by page 7, cut out sugar.

Given the gravity of the diseases in question, I have a hard time seeing this diet as all that extreme. One does not have to open a Gerson book to be quite well aware that plant-based diets are nutrient-rich, high-fiber and low-calorie, and that salt should be avoided, that exercise is good, and that junk food isn't. For decades, Dr. Dean Ornish has been successfully treating cardiovascular patients with vegetarian diet and

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Six Year Recovery from Stage IV...

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absolutely fantastic!" then added, "I don't think you'll need an oncologist while you're gone." I soon received a letter from him saying I should keep doing whatever I was doing, adding that the chemotherapy would not have cured my cancer.

Although the lymphoma specialist at Dana Farber Cancer Institute in Boston was in charge of my case, CT scans, blood tests and cancer marker tests were done at our local cancer center and I met regularly with my local oncologist for interpretation of the results. The local oncologist told me at the end of five years that there was no need for

me to keep coming to see her; however she said she didn't want to lose touch with my case. She said she thinks of me often as she prescribes for others the drugs that had been recommended for me. She doubts that I would be so healthy today if I had taken the chemo offered. She asked if I would be willing to send her a copy of the annual lab results ordered by my internist for my future physicals. She would look over them and then we could talk on the phone, or, better yet, she'd prefer that I meet with her in person without charging for the appointments. I told her I'd welcome that. "One last thing," she added. "Make one last appointment

with your oncologist at Dana Farber and share with him the details of your case. When you leave, give him a bill." We chuckled. "Seriously," she said, "we doctors need to know about your success."

The following week, I went to my internist for my annual physical. After the exam, she commented, "You could be a poster girl for how a woman of 73 should be eating." This same internist wrote in my annual report, "Mrs. Forsythe has cured her own cancer following Gerson therapy to the 'T'."

People often ask me about

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Patient Follow-Up Program Forges Ahead

by Diane Ake, Editor

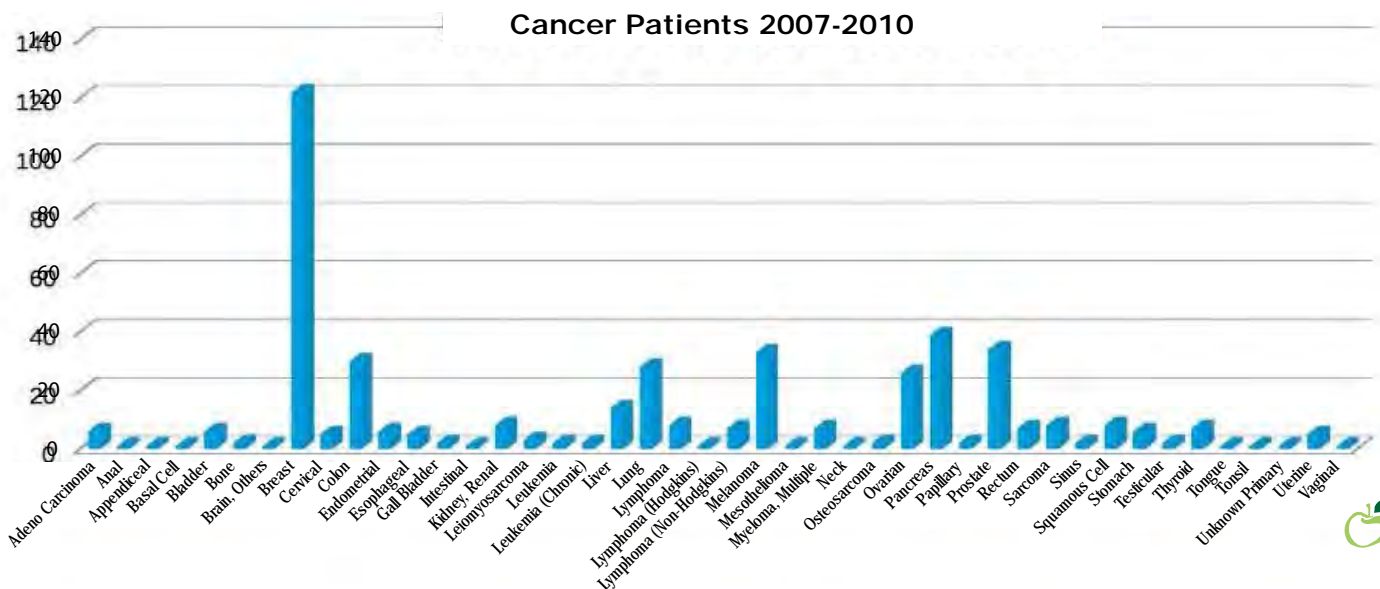
Our Patient Follow-Up Program is going full steam, thanks to our new coordinator, Amanda Onken. Every three months, Amanda contacts each patient who has attended the Gerson clinic to gather information on their progress. If she can't reach them by phone, she sends them an email. If they don't respond by email, she mails them a letter. Amanda asks about the status of their condition (improvements or decline), medical test results, extent of compliance with the Therapy protocol (diet, number of juices, enemas and supplements they are taking) how much help and rest they get, and if they have received any treatments other than the Therapy. This provides us with critical information on Gerson patients. The project also provides additional support for Gerson patients, as we are also able to provide helpful information to the patients we speak with.

The following reports basic preliminary demographic information we have collected over a four year period. A total of 516 patients attended the Gerson clinic in Mexico between 2007-2010: 187 males and 329 females. As you can see in the graph below, the most prevalent cancer was

breast cancer, with 122 patients. The next most common was 39 with pancreatic cancer, 34 with prostate cancer, 33 with melanoma, 30 with colon cancer, 33 with lung cancer and 14 with liver cancer. The rest of the patients had other illnesses. It should be noted that the clinic takes many stage III and IV advanced cancer cases.

The following are the results to date: 194 of the 516 patients are deceased. We lost contact with or could not reach 211 of the remaining 322 patients. This leaves 111 people who are active in our Follow-Up Program and are still following the Gerson Therapy. Forty-seven of them report their status as Very Good (improving), 51 report their status as Good (stable) and 13 report their status as Poor (declining).

It is too soon to determine the final health outcomes of patients since we need to follow them for five years and obtain copies of medical records to verify their health status. However, we hope to be able to do this in the near future, as we continue to follow up with the patients as they progress on the Gerson Therapy.



David Dundas

Healing from Squamous Cell Carcinoma

by David Dundas

referred to MD Anderson, where they soon gave a conclusive diagnosis. My doctor could not find the primary tumor, but correctly suspected the primary tumor was in the right tonsil, and removed both tonsils.

Since the disease was contained in the lymph node, the recommended treatment was six sessions of radiation. My best friend had had the same cancer, underwent radiation and chemotherapy, and had a very long, hard

rehabilitation. He suffered from a fragile necrotic jaw that inhibited saliva glands, causing dry mouth and tooth/gum problems.

My father was a big proponent of the Gerson Therapy, so I'd been familiar with it my whole life. My cousin, Miriam Halliday, was treated by Dr. Max Gerson in the mid-1950s. She was 12 years old when diagnosed with aggressive Breks

I was diagnosed with squamous cell carcinoma in 2008. My case was

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Time Honored Formulas, a new high quality supplement company (see ad on page 8), donated a small sample of some Gerson supplies to each attendee. The group experienced one day on the modified therapy, with juices and coffee enemas. Most of them visited the clinic in Mexico on the last day. Everyone enjoyed a surprise live performance from an exceptionally talented mariachi band. Our volunteer,

"Thank you for the dedication and hard work involved in educating us! The experience was certainly most inspirational!"

Janell Escalera, plays in the band and made it possible. This year, we had three recovered patient testimonies as well. Joyce Forsythe who had non-Hodgkin's lymphoma (see

article on page 1) presented first. David Dundas and his wife Barbara, who was his caregiver, also spoke about his recovery from squamous cell carcinoma (see article on page 4). Lisa Mendoza described her experience using the Gerson Therapy to heal from melanoma. "Hearing actual case stories made a big difference" said Alvin Dimaculangan, MD from the Philippines.

Our Medical Director, Dr. Smith, deservedly received rousing and prolonged applause from a grateful, very happy group. Besides all of her behind the scenes work, she taught a large portion of the workshop. "Dr. Smith is simply superlative in the loveliness and clarity and precision of her communication," said Dr. Balakrishnan.



Study Shows Prostate Cancer Screening Does not Save Lives

The British Medical Journal conducted a randomized controlled trial to assess whether screening for prostate cancer reduces prostate cancer specific mortality (BMJ 2011; 342:d1539). The 1,494 participants were aged 50 – 69 in the city of Norrköping, Sweden. These men were invited to be screened every third year from 1987 to 1996. On the first two occasions screening was done by digital rectal examination only. From 1993, this was combined with prostate specific antigen testing. After 20 years of follow-up the rate of death from prostate cancer did not differ significantly between men in the screening group and those in the control group.

The journal article also said that men who have screening to detect prostate cancer may also suffer side effects from unnecessary treatment.

The researchers quote a previous trial which found that around 48 men would have unnecessary treatment - and suffer the side effects - for every 1,410 who have screening.

According to BestHealth at <http://besthealth.bmj.com> "Screening to catch cancer at an early stage seems like a good idea, but prostate cancer screening has always been controversial. The PSA blood test that's usually used to screen for prostate cancer isn't very accurate. It often detects slow-growing cancers, which would never have caused any harm. Unnecessary treatment for these cancers can cause side effects such as erection problems and incontinence."

"Among men in the screening group who developed prostate cancer, 35 in 100 died of it. Among the unscreened men, 45 in 100 prostate cancer patients died. It looks as if the screened men

did better, but statistical tests show that the difference between the two groups is small enough to be down to chance."

According to NaturalNews, "prostate cancer screening is really a bogus test used to exploit men's fear and recruit them into unnecessary and potentially harmful cancer treatments. That's why the cancer industry uses the PSA test, of course. It's a powerful recruiting tool! It scares men into agreeing to expensive, high-profit treatments which are then billed to their insurance companies, Medicaid or Medicare."



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Wish List

- A digital video camera to record testimonies of recovered patients
- A Lavalier microphone (lapel mic) for speakers at our workshops

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

Now Available in Our Gerson Store

Gerson Tote Bag – Only \$12.95



This is an all-purpose, eco-friendly classic tote bag made of 8 ounces of organic cotton and union made in the United States.

It is a beautiful natural color with plenty of room and strength to haul a good amount of weight -- perfect for books or groceries. The front of the bag has the apple green Gerson logo and the phrase "healing with nature." Size: 19" x 15" x 3"

Food Mill \$29.95

This rotary food mill is an excellent tool for making the Gerson Special Soup. It is made of heavy duty plastic and comes with three interchangeable stainless steel plates. It's easy to assemble and clean and never rusts. It has a two-quart capacity and can also be used for making apple sauce, seedless tomato juice, mashed potatoes and winter squash. This product may ship separately.



Enema Bucket Kit w/ Catheter and Connector \$10.95

This 1500-cc (48 oz.) bucket is graduated in both ounces and milliliters. Notched handle facilitates carrying the unit in an upright position. Its soft vinyl tube (60" long) has a non-traumatic tip with rounded eyes for safe, easy insertion. A positive-close clamp on the tube is designed for one-handed operation.



This set contains a bucket, tube, plastic clamp, sterile lubricating jelly, castile soap packet, and moisture-proof under pad. Each set is individually wrapped in a polypropylene bag. This kit also comes complete with the soft, red 16" catheter and connector piece.

Thugs, Drugs and the War on Bugs \$29.95

Hardcover Book: 528 pages

Publisher: New Renaissance Books; 1 edition (October 15, 2010)

Language: English

Gold Medal winner in the Independent Publisher Book Awards contest for the Health/Medicine/Nutrition category.

Thugs, Drugs and the War on Bugs, How the

Natural Healthcare Revolution Will Lead Us Past Greed, Ego, and Scary Germs, by Dr. Brad Case is a scathing expose on America's "sick care" industry. This well-referenced book covers topics such as:



- ◆ the history of allopathic medicine and its continued reliance on dogma over science, despite considering themselves "scientific medicine";
- ◆ the FDA/Big Pharma collusion and other conflicts of interest affecting healthcare; the huge issue of "iatrogenesis" or doctor-caused illness and death;
- ◆ the fallacy of Louis Pasteur's germ theory, which is slowly being replaced by a "new" germ theory that's sure to surprise and will completely change how you look at germs;
- ◆ the overuse of antibiotics and how this practice has led to the development of antibiotic resistant "superbugs" (like MRSA) and yeast overgrowth; parasites: how to detect them and how to get rid of them;
- ◆ the controversy surrounding vaccines and whether or not they are responsible for autism; what to do if you decide you don't want your child vaccinated;
- ◆ the media-generated fear around the outbreaks and "epidemics" of bird flu, swine flu, and seasonal flu, and what you can do to protect yourself;
- ◆ And it challenges the entire HIV=AIDS theory. It also gives an entirely new theory on what viruses really are.

But Thugs... is not all doom and gloom. Case describes what's wrong with our healthcare system in an engaging and even humorous way and then gives us common sense approaches to either work within the system or avoid it altogether. What's more, he references Western medicine's own journals, Big Pharma's internal memos, and other credible sources, many of which were acquired through the freedom of information act, to back each of his amazing claims. An outstanding book for doctors and patients alike.



Thank You Module 1 and Gerson Basics Workshop Volunteers – We couldn't have done it without you!

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Defeating Obesity, Diabetes and...

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stress reduction. Dr. Benjamin Spock, the Baby Doctor himself, came to advocate vegetarian diets for kids. Allergist Dr. Benjamin Feingold emphasized the importance of avoiding food chemicals, especially colorings. Surgeon-Captain Thomas L. Cleave described and prescribed low- or no-sugar diets in the 1950s. Linus Pauling was firmly opposed to sugar. And Dr. Abram Hoffer is almost as famous for his "No junk!" food prescription as he is for niacin. Interestingly, among other supplements, the Gerson program currently urges 250 mg of niacin daily, about 15 times the US RDA. Max Gerson is in the very best of intellectual company. And, remarkably, Gerson was saying this back when first-class postage stamps

cost three cents and Abram Hoffer was an undergrad.

Defeating Obesity, Diabetes and High Blood Pressure provides comprehensive advice ranging from how to reduce toxic environmental exposures, to how to reduce stress, to how to buy a juicer, to how to set up your kitchen. The book contains dozens of practical health hints, a question and answer chapter, interesting case histories and a conveniently-tabulated summation of the entire program. There are over 120 references to the scientific literature, and the book's organization and indexing are outstanding. Ninety full pages of Gerson-friendly recipes are included. Read them over and see if they don't look healthy – and tasty – to you.

And lest we forget, Chapter 11 is about those coffee enemas. Yes, they have a history of valid medical use, and this chapter ably tells the story.

The book puts a lot of nutritional knowledge together, and then takes it further. "I am familiar with the Gerson method and believe that it has a lot of merit," Abram Hoffer has said. "I have always been frustrated that it was not taken seriously and studied intensively as it should be. I think it has a very good track record."

Defeating Obesity, Diabetes and High Blood Pressure is an open-it, read-it and do-it kind of book. There is something about Charlotte Gerson's writing style that inspires confidence. Maybe she is a natural-born author. Maybe she has great material. It is likely a good bit of each.



Healing from Squamous Cell...

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Sarcoide, cancer of the lymph nodes. After three years, she was completely cured of her disease.

In 1982, when my father was 64 years old, he was diagnosed with oat cell lung cancer, metastasized to his brain. His oncologists in Miami considered him terminal. My family spent three weeks at the relatively new Gerson clinic in Tijuana, but his odds were long due to the advanced stage of his disease. Though he did not recover, we saw improvements in his overall health before he passed. With my family's experience with Gerson and the reality check from my best friend's harsh conventional treatment, it was clear which way I was going to go.

My doctor in Houston had me on the fast track for radiation, but I was making arrangements with the Gerson Institute. She felt I was making a big mistake, since my cancer had a high cure rate with conventional treatment. However, she said if I made this choice, I needed to be 100% committed in belief and practice.

My wife Barbara and I arrived at the Gerson clinic on August 4, 2008

and I was impressed with the intimate atmosphere, friendly staff, and how fast they got me moving on my therapy schedule. After my initial examination, the team started me on the full therapy: 13 juices and 5 enemas per

"With my family's experience with Gerson and the reality check from my best friend's harsh conventional treatment, it was clear which way I was going to go."

day. The first week was the toughest, especially getting used to the enemas. After the first week I could give myself an enema, and was determined to do things as independently as possible. I could already feel changes in my body; I had good energy and slept soundly. At some point during the second week, I could read the newspaper without reading glasses. I enjoyed spending time with the other patients, especially during meals. I liked working with my Gerson doctors, and still do today.

I came home on August 25th; 10 pounds lighter and ready to adapt the program to the household. Barbara, my son and daughter helped to wash produce and make juices. Barbara quickly

set up an arrangement with our local Kroger's in order to buy cases of organic carrots and lettuce and other organic staples like oatmeal.

I took three months of extended sick leave from work, from August 4th to November 3rd. For the two months at home, I did the full program without fail. I had blood lab tests done every month with my family doctor, and monthly consultations with my Gerson doctor to review them. I walked every day and felt really good and relaxed.

I returned to work on November 3, 2008 and split my time between the office and home. I would work from 8am to 12pm, and stayed home for the afternoon. I could do my morning "coffee break," have breakfast and pack my juices to bring to work. I continued my schedule when I got home. I got into a good rhythm during this period, working and doing the Gerson Therapy.

My doctor in Houston scheduled me for a follow-up CT scan & PET scan for January 22, 2009, approximately 6 months from my last one. She said she would be happy to order my scans for me going forward even though I wasn't taking treatment there,

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Six Year Recovery from Stage IV...

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the financial costs of Gerson therapy as opposed to the treatment I turned down. The Gerson Institute in San Diego is non-profit, and the only check I sent them was for \$17 to buy Charlotte's first book plus \$2.50 for a

"Mrs. Forsythe has cured her own cancer following Gerson therapy to the 'T'."

booklet specific to healing lymphoma. I followed the book and did the therapy in my home. About three times during the entire six years, I consulted by telephone and e-mail with a Gerson-licensed naturopath. Her fee was \$200 and I was free to contact her any number of times during that month for no extra charge.

Had I not chosen Gerson therapy, the chemotherapy infusions over a period of six months were to have cost about \$6,500 weekly. Of course, the costs of CT scans, blood work and appointments to follow my progress were the same whichever program I chose. A friend was diagnosed with similar lymphoma the same time as my diagnosis. Within two years of her first surgery and chemo treatment, she had to have a dozen blood transfusions as well as surgery to remove numerous tennis ball-sized lymph nodes. Chemo depletes the immune system while the Gerson Therapy enhances it, reducing the risk

of the illness returning. The sooner Gerson Therapy is started, the better the outcome.

While in the waiting room of the Dover Cancer Center, Pete and I noticed a medical journal on the coffee table with a cover story about alternative cancer treatment. Several alternative programs were featured in the article, including Dr. Gerson's. The author wrote that following the Gerson Therapy is very expensive, adding, "Anyway, it's illegal in the United States." It certainly hadn't cost me much and it was hard to believe that what I chose to eat in my own kitchen could be against the law.



Take Advantage of Our Services!

Are you thinking of starting the Gerson Therapy at home?

Do you need someone to help you set up your home to be ready to do the Therapy?

Help you prepare Gerson meals and juices?

Help you order supplements?

Or do you need a few days off from caring for a Gerson patient?

The Gerson Institute has a Caregiver Referral Program, which can provide excellent support for you. A Caregiver mostly works in the kitchen, is highly trained through our Gerson Basics Workshop and internship, and has personally experienced the Gerson Therapy. One of our representatives can speak with you about your home set-up, caregiving and in-home training needs. If appropriate, we can then refer you to a caregiver who you can contact to hire as an independent contractor.

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

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


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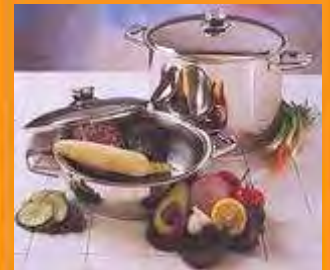
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Healing from Squamous Cell Carcinoma

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which I thought was very nice of her. It was a surreal feeling to go back into the big cancer hospital after the tranquil world of Gerson. The scans showed a slight increase in the disease. I sent the results to my Gerson doctor, who felt that the inflammation showed the Therapy was working.

In March 2009, I had my first and only major healing reaction. Instead of feeling my usual energetic self, I felt lethargic, with bouts of anxiety. My lymph node swelled to the size of a grapefruit. Barbara took a picture of my neck, which I emailed to my Gerson doctor. He confirmed that I was having a healing reaction, and advised me to take an extra enema or two to help my liver discharge the toxins in my body, and to stay in bed to allow my body to use all its energy to heal. I was wiped out for about four days but then started feeling better. After that, I felt better than ever, and my lymph node had gotten noticeably smaller. I had lost 60 pounds, and was down around 170 lbs. At one point my weight went down to 160 lbs., so my Gerson doctor took me off thyroid medication and I stabilized.

In May, I was able to travel for the first time to a business conference in San Diego. I brought a juicer, and my wife made my juices and I did my coffee breaks in between meetings. After the conference, we went to Tijuana to visit the clinic. I saw Charlotte Gerson and my doctors, and visited with patients there and told them how good it can be on the Therapy!

On August 5th, I had another CT/PET Scan done and to my doctor's surprise there was a significant reduction in the size of my cancerous lymph node (from 3.5 x 2.7 cm to 2.4 x 1.9 cm) as well as a decrease in standard uptake value (SUV) activity from 12.1 to 7.7 (which measures cellular activity levels that can indicate cancer cell multiplication).

My doctor in Houston was always supportive but skeptical about my chosen treatment, but after this report she was pleasantly surprised. My Gerson doctor was also pleased, and reduced my treatment from 5 enemas to 4 for the next six months.

On February 3, 2010 I again had my 6 month CT/PET scan and the results

were basically unchanged from my August exam. On May 5, 2010 I had surgery to remove my lymph node. Ironically, my doctor said it was a simple surgery because I didn't have any radiation treatment to the area, so my tissue was in perfect shape.

They did several frozen biopsies including my throat, where my primary tumor was-and all came back negative. The removed cancerous lymph node was the only one that still had active malignancy.

I was scheduled to spend the night in the hospital, but I was in such good shape after the surgery that they sent me home! In November 2010, my CT, PET and chest scans came back negative! No sign of recurrence!

My doctor has reduced my program to 7 juices and 2 enemas a day, with castor oil twice a month. I am now allowed to eat all the fruits and vegetables I want (including avocados!).

I weigh 175 lbs. and I walk and exercise pretty much every day! I love my new lifestyle and I know I will stay healthy as long as I eat the right food, get plenty of rest and keep the stress low!



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Date & Time	Event	Location	Speaker	Contact Information
July 4-17 September 12-25 October 17 - 30 November 21 - December 4, 2011	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.
September 3, 4 & 5	Cancer Control Society 39th Annual Cancer Convention	Sheraton Universal Universal City, CA (Across from Universal Studios Hollywood)	Charlotte Gerson Saturday Sept. 3 at 11:30 a.m. (Gerson Institute will have a booth all 3 days)	For more information, go to www.cancercontrolsociety.com/meeting2011-html
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