

Inspiring Patient Story

by Heidi Lipes

I am a 43 year old female, a registered nurse. I have been ill for almost two and a half years. My diagnoses include fibromyalgia, six herniated discs, arthritis throughout the spine, persistent yeast infections in the mouth and intestines, bursitis in both hips, sciatica, migraines with vomiting, leaky gut syndrome, neuralgia, anxiety, reduced urine output, abdominal bloating, weight gain, constipation, insomnia, hypertension, tachycardia, thyroid disorder with difficulty in body temperature control, foot infections, eczema, plantar fasciitis, and abnormal inflammatory response throughout the body. Prior to this decline in health from December 2008 I was otherwise functional and working full time, mostly as a critical care nurse, for 17 years.



Heidi Lipes

I have not worked in over two years. The last eight months, I was bedridden for 22 out of 24 hours each day due to uncontrollable muscle spasms and pain. Despite being treated by “the best” doctors, neurosurgeons, anesthesiologists, physiotherapists, and osteopaths my condition continued to worsen. Many body systems were beginning to fail.

I finally decided to completely alter my nutrition and environment. I had nothing to lose, and I had tried all the other

alternatives available to me, allopathic and natural. My days of popping a pill for every ill were over. I had seen the DVD *The Beautiful Truth*, and decided to buy the book *Healing The Gerson Way, Defeating Cancer and Other Chronic Diseases*, by Charlotte Gerson. After reading this comprehensive book I was intellectually convinced. The next step was to take appropriate action.

Based on what I had learned from Dr. Gerson’s methods I finally started to heal. I have now been on the Gerson Therapy for twelve weeks with miraculous improvement. I have gone completely organic and removed all processed salted foods. I started juicing raw vegetables and fruits (using the trituration and hydraulic pressing method of juice extraction), coffee enemas to support liver function and detoxification, removing toxic items from my household and body care, and using only distilled water. Within weeks, I am on my way to being a new person.

Twelve weeks into the Gerson Therapy, I do not take any toxic pharmaceutical medications anymore. Any minimal discomfort I have I can control with nutrition, enemas and natural biological supplements as recommended by Dr. Gerson.

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Gerson Institute Moves into a New Office

by Diane Ake, Editor

After 10 years in downtown San Diego, the Gerson Institute has moved our headquarters into a larger office space. Over the past 10 years, we have more than doubled in size. We needed the additional space to accommodate the increase in staff and volunteers as well as our expanded programs and operations. (See “Education Department Expands to Meet the Need” on page 6). “We have 60% more space at a \$30,000 annual savings just on rent and parking,” said Anita Wilson, Executive Director. “Thanks to the invaluable help and research done by volunteer Alex Procopio, we also took the opportunity to upgrade to fiber optics for a cost

savings of over \$200 a month, so our internet is faster as well.” We would also like to thank all of the other volunteers who helped pack, sort, lift and unpack, including Tan Huynh, Anna Maria Aliano, Tyler Shick, America Escobar, Olga Kolpakova and Alex Weitz.

The new office has plenty of windows, natural lighting and a large kitchen space. The main space consists of a large open room that facilitates the ability to form natural work units which increases staff communication and productivity. “I love it!” said Charlotte Gerson. “It is wonderful and just the best possible place.”

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Inspiring Patient Story...

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I have normal blood pressure, heart rate, and body temperature. I sleep well. I lost the additional weight I had gained over the period of illness. More important than having lost the weight is having lost the many toxins that were stored in those fat cells. As they went down the toilet, so did the cause of much of the pain. The list of improvements goes on and on. I feel like I have been given a new lease on life. I still have a long way to go on this path of regenerating the body, but I am well on the way. The progress I have made thus far is so encouraging to me that I cannot give up!

When I started the Gerson Therapy it was not just that I was convinced it

was going to work. It was not just mind over matter. I saw real tangible physical improvement right away. The pain relief is what allowed me to finally wean off the pharmaceuticals. Then came the healing phases. I had read in Charlotte's book that this was part of the healing process. It was difficult, but I previously had been hospitalized for toxicity from medications which was worse. I had back surgery which was worse. My overall quality of life had been nil, which was worse than facing the healing reactions. The difference is that I knew it would have a positive outcome based on the science behind the Therapy. It made perfect sense! I kept reminding myself of that fact!

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Gerson® HEALING news

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Gerson Institute Moves...

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The new office will be a temporary location for at least six months while we look for a permanent building that we can purchase. Our new mailing address is PO Box 161359,

San Diego, CA 92176. Our phone number and fax number are the same. Our physical location is at 3855 Adams Avenue, San Diego, CA 92116.



Before...



...After

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.

Alarming New Studies: 50% of U.S. Children Have Chronic Disease/Disorders, 21% Developmentally Disabled

Editor's Note: the following is a reprint from Healthfreedoms.org. We urge our members and readers to use good nutrition to strengthen the immune systems and health of their children and to become informed about the hazards of vaccinations.

American children are suffering more and more disorders—and are growing into even sicker adults—the worst of most major countries. Two studies were released this week underscore this alarming reality.

In a study published in *Academic Pediatrics*, an estimated 43% of US children (32 million) currently have at least 1 of 20 chronic health conditions assessed, increasing to 54.1% when overweight, obesity, or being at risk for developmental delays are included. The estimate is derived from 2007 data—4 years old. This tells us matters are much worse now—perhaps 50% are now chronically ill, without counting obesity.

Another study in the June 2011 issue of *Pediatrics* says

developmental disability is on the rise in the U.S. Between 1997 and 2008, the number of school-age children diagnosed with autism, ADHD, or another developmental disability rose by about 17 percent, a new study showed. It also said roughly 15 percent of kids – nearly 10 million – have such a disability. The numbers were based on information collected from parents, who were asked whether their kids had been diagnosed with a variety of developmental disabilities, including cerebral palsy, seizures, stuttering or stammering, hearing loss, blindness, and learning disorders, as well as autism and ADHD. Note that these numbers are three years old. Applying the same rate of increase, today's numbers would amount to 21% by simple arithmetic. Boys were twice as likely to have a developmental disability. It also found that, except for autism, developmental disabilities were more common among children from low-income families.



Gerson Institute Supports Meals For Health

by Diane Ake, Director of Training

On June 26th, I attended a benefit party for EarthSave to offer the Gerson Institute's support for their new program, *Meals for Health*. I was accompanied by our Events Coordinator Lynne Bacaj and our spouses.

EarthSave is a 501(c)(3) non-profit organization formed in 1988. Their mission is to educate and teach people to make healthy food choices. EarthSave is guided by John Robbins' philosophy: *May all be fed, may all be healed, may all be loved.*

EarthSave recently partnered with Sacramento Food Bank & Family Services to conduct an innovative pilot program called *Meals for Health*. The program helps low-income participants reduce their health care costs, and puts them on a path of wellness and recovery, by teaching them to eat a low-fat plant-based diet. John McDougall MD, Rip Esselstyn, Jeff Novick RD and many other plant-based health professionals are joining in this ground-breaking project. Don Forrester MD provides medical care for

participants. A major university will collect the data for this program, and EarthSave plans to roll out *Meals for Health* nationally.

High blood pressure, diabetes, heart disease and other degenerative conditions are rampant in communities experiencing food insecurity. Healthy food can be expensive, so low-income families often resort to fast food. *Meals for Health* is based on the premise that it's not enough to advise people to change their diets or to simply suggest people eat more fruits and vegetables. People benefit most when they receive education, demonstration, guidance and personal and community support.

In this 30-day intervention program, doctors, nutritionists and chefs taught the 20 families who signed up to participate how to improve

their health and lose weight. The families saw food demonstrations and videos, had potlucks, heard speakers, were provided with food coaches to answer questions 24



Lynne Bacaj, John Robbins, Diane Ake, Faton Bacaj and Chris Ake at Earth Save benefit party

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Cardiac Society Draws Bulk of Funding from Stent Makers

by Charles Ornstein, ProPublica, May 13, 2011

A Pittsburgh hospital informed 141 patients [1] earlier this year that they may have received unneeded angioplasties and stents, the tiny mesh tubes inserted to keep arteries open.

A Towson, MD cardiologist faces a hearing on the fate of his medical license [2] after being accused of implanting stents unnecessarily in more than 500 patients.

And this week, a new study found [3] that more than half of patients with stable heart disease who received angioplasty and stents didn't first receive medications, as scientific guidelines recommend.

While a host of lawsuits and research studies has raised questions about the overuse of stents, the

group that represents cardiologists who implant them relies heavily on income from the makers of these devices.

The Society for Cardiac Angiography and Interventions (SCAI) received 57 percent of its revenues in 2009 [4] from medical device and pharmaceutical makers, according to financial information on the group's website.

Industry contributions to the society's budget covered \$4.7 million of the \$8.2 million [5] it received that year.

The group's biggest funders are the companies with the biggest share of the stent market: Cordis Corp. (a subsidiary of Johnson & Johnson), Boston Scientific, Abbott Laboratories and Medtronic.

Researchers who study conflicts of interest in medicine say medical

societies that receive a lot of industry support are susceptible to taking positions that either promote their sponsors' products or downplay their risks.

(1) http://www.pittsburghlive.com/x/pittsburghtrib/news/s_725597.html

(2) <http://www.propublica.org/documents/item/maryland-state-board-of-physicians-re-dr.-midei>

(3) <http://www.reuters.com/article/2011/05/11/us-doctors-heart-procedure-idUSTRE7496MZ201105114>

(4) <http://www.propublica.org/documents/item/scai-2009-disclosures>

(5) <http://www.propublica.org/documents/itemscai-industry-relationships-summary>



After 3.11 Report from Japan

by Kyoko Abe, Gerson Home Set-up Trainer

Hello everyone. Thank you very much for all of your prayers and empowerments for Japanese people after the March 11, 2011 earthquake and tsunami in Japan.

At that time, I was driving my car. When I stopped at a red light, I felt as though there was a strong wind outside, because my car was swaying so much. But it was the earthquake. Soon after the quake, a giant tsunami warning was issued in my town. I live in a small town called Chiba, on the Pacific coast.

Twenty minutes after the first big quake, I returned to my house and learned of the very serious situation from the emergency broadcast on TV. A huge tsunami had attacked the north east area of Japan, over and over. Our town was safe. But so many people suffered from the disaster.

The worst was yet to come. The Fukushima nuclear power plants

had broken down. The distance from Fukushima to our town is about 260km. Some families with children or pregnant women moved out to the southern area

I was devastated for days by the disaster. I could hardly do my job. I was so sad because I could not help the people who had lost their homes, their living and their families. The issues were too big to grapple with.

But some inquiries about the Gerson Therapy came to my email box from cancer patients a week after the first earthquake. In fact, I am one of the messengers of the Gerson Therapy. I translated two of Charlotte's books into Japanese, and I was certified as a Gerson Home Set-up Trainer.

A cancer patient's situation is like a disaster. They lose their hope after their diagnosis. I thought that I could help them by teaching them the Gerson Therapy. Now, I must continue my job.

Over the past seven years, I have

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Kyoko Abe, Gerson Home Set-up Trainer

of the Japanese islands. We have no children. We decided to stay here, but didn't go outside for a week.

After 3.11 Report from Japan

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met many patients and told them about the Gerson way. Each case is different. It isn't an easy job to live with cancer patients. But we all have just one aim: to live. So simple. To live like a wild bird without doubts.

Now, recovered patients are concerned about me, and encourage me when I am in trouble. They are healthier and stronger than me in a certain sense. I helped them once. They help me now. We support each other. They are my fortune.

Now and in future years, damage from radioactive fallout will be one of

the biggest threats for us. So, possibly I have to spread Dr. Gerson's words not only to cancer patients, but also to people without cancer about preventing illness. I think we can protect our mind and body by natural energy, restoring ourselves with balanced minerals and nutrients. So, I continue to share Dr. Gerson's words.

Lastly, I am grateful to Charlotte, Howard and all the staff of the Gerson Institute. They always encourage me with hearty words from afar. Thank you.



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Discover the Ancient Secrets and Modern Magic of Garlic

by Carolanne Wright

(A reprint from *NaturalNews*)
Medicinal use of garlic has been well documented around the world and throughout history. Modern science supports many health claims of the ancients while also revealing newly discovered benefits of garlic. The strong bioactive components that support cardiovascular and immune system health are well known; yet many are unaware of the superior nutritional properties of garlic, which make this common bulb a truly super-natural food.

Native to central Asia, garlic has been grown for over 5,000 years. Garlic was revered by the ancient Egyptians, who appear to have been the first to have cultivated this plant. Not only was garlic considered sacred and placed in the tombs of Pharaohs, but it was also used for strength and endurance. Ancient Greek and Roman athletes used garlic before sporting events while soldiers ate it before battle. Hippocrates, considered to be the "Father of Medicine," used garlic to heal cancerous tumors.

Garlic (*Allium sativum*) is a member of the lily family and is rich in sulfur compounds including thio-sulfonates, sulfoxides, and dithiols. These sulfuric elements are what give garlic its odor but also many of its health enhancing benefits. Garlic sulfides create hydrogen sulfide gas

(H₂S), which helps to dilate blood vessels. This dilation helps to keep blood pressure under control. Furthermore, these same sulfur elements assist in iron metabolism and are a potent protector against oxidative damage and high cholesterol.

Garlic has very strong antibacterial, antifungal, antiparasitic, and antiviral properties. The antibacterial action of garlic makes it an ideal substitute for dangerous antibiotics while the antifungal attributes help to manage *Candida albicans*. Garlic helps to fight such illness as colds, flu, bronchitis, chick-



en pox, and urinary tract infections. Incredibly, many documented cases have been reported of tape worm expulsion after the consumption of one clove of garlic per day for a month.

Several epidemiological studies found that the ingestion of garlic reduced stomach and colon cancer risk. In a study of 40,000 postmenopausal women, those who had a consistent

intake of garlic had almost a 50% reduction in colon cancer risk. Cancer cells are vulnerable to the allyl sulfur compounds present in garlic which slows and even prevents the growth of tumors.

Not only does garlic contain high levels of sulfur-containing, health enhancing elements, but it is also an excellent source of micro-nutrients. Garlic yields high levels of manganese, vitamin B6 and vitamin C. This herb is also a very good source of protein and thiamin (vitamin B1) along with phosphorus, selenium, calcium, potassium, and copper.

To benefit from the compounds in garlic, a few guidelines are helpful. Crushing or chopping activates an enzymatic process that converts alliin into allicin. Allicin is the component that is responsible for a majority of the health benefits of garlic. For maximum allicin activation, allow the crushed or chopped garlic to sit for ten minutes to complete the enzymatic process. Avoid boiling or cooking whole garlic cloves as this deactivates the enzymes. If cooking is required, do not expose to heat for longer than five minutes.

As a potent tool in the prevention and healing of illness, garlic proves to be a timeless ally for robust health.



Welcome New Gerson Information Specialist

by Diane Ake, Editor

Lorraine Olmo comes to the Gerson Institute with Associate Degrees in Interior Design and Pharmacy Technician, and years of experience in customer service. She is bilingual in Spanish and English. Lorraine answers the many telephone calls we receive each day, as well as emails, faxes and more. Lorraine had heard that the Gerson Institute was a non-profit organization and that the Gerson Therapy has had good success with curing degenerative diseases. She decided she wanted to be part of the Gerson Team.

Lorraine has had asthma all her life and wanted to live a healthier

lifestyle. "In the first three weeks of starting to work here I changed so many things in my home – got rid of my microwave, bought new stainless steel pots and changed how I ate. I feel so much better and haven't used my inhaler for a few weeks. Also, my mom and aunts in Puerto Rico are also making some changes. I sent them a book and I am spreading the word."

When asked how she likes working at the Gerson Institute so far, she said, "I love the people, the energy and it is so different from other jobs. Everybody is really helpful." We welcome Lorraine to our team!



Charlotte Gerson with Lorraine Olmo



Education Department Expands to Meet the Need

by Diane Ake, Editor

Between June 2010 and 2011 the Gerson Institute Education Department added five new employees, and nine volunteers offered their time and skills. The nine members of our Education Team are the first responders to public requests for information, through phone calls, emails and walk-ins. On a typical day, we receive about 137 phone calls from all over the world. During the month of March 2010 we received 361 emails requesting information and assistance. By March 2011 this number had grown three-fold to 1116 emails. During 2010, the Education Department also screened and processed 141 patients for the Gerson Clinic in Mexico.

The Department is also in charge of the sales and distribution of educational resources. We added five new books, one new DVD and three new products to our online store this past year. We are about to release a printed catalog of all the store items. We also translated educational documents into Spanish and have plans for Portuguese translations as well. Future plans include production of a new Gerson cookbook and new editions of the *Little Enema Book* and the *Little Juicing Book*. A new postage system has also saved us time and money.

The Education Department is in charge of our website information as well and has added a comprehensive FAQ section, information on licensed

clinics and juicers, a Volunteers Sign-up page and a Get Started on the Gerson Therapy page. They will soon be posting Testimonials, as well as upgrading our Home Page.

We now have 12,000 Facebook followers and over 2,000 Twitter followers. The Education Department sends them healing news, announcement of Gerson interviews, events and recipes, updates from Gerson Patient blogs, articles about the Therapy, and photos of Gerson events.

We thank the entire Team for their hard work and dedication and for stepping up to the plate to respond to the growing number of requests for assistance.



Inspiring Patient Story...

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Introducing raw foods and juicing is utterly necessary in order to facilitate healing in the body at the cellular level. It is very scientific. Life comes from life. The living enzymes, minerals, distilled water, amino acids, and vitamins in live foods nourish the body with what it needs, if taken properly according to the laws of nature that rule our bodily functioning. This facilitates new cell reproduction throughout the body as it is meant to be. Dead foods, filled with preservative chemicals cannot nourish the body cells.

Removing toxic irritants from the body removes the

cause of the imbalances that are causing pain in the body. Pain is the body's way of signaling us that something is drastically wrong. Nutritional deficiency and toxicity are the two key factors that play into all explanations of ill health, whether it occurs in the womb or on the way to the tomb. From womb to tomb we need to give the body the utmost care and attention.

There is an awful lot to learn about water, food, farming, the environment, toxin exposure and how we can take

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Side Effects Result from the Consumption of Canola Products

by Shona Botes

(Reprint from *NaturalNews*) Canola oil and canola-based products have been at the center of controversy for quite a few years. While some say that it helps to lower cholesterol levels, it actually has a few nasty side-effects as well. (Note: Only animal studies have been done regarding the toxic effects that it has on living organisms). Despite no human studies being done, this product was placed on the GRAS (Generally Regarded as Safe) list. It is in fact a by-product of a highly toxic insecticide product.

The real name for Canola oil is LEAR, or Low Erucic Acid Rape, as it has been extracted from Rapeseed oil. This oil is in fact an industrial oil product which has no place whatsoever in our bodies. In light industry it is also referred to as penetrating oil. Rapeseed oil is also the source for Mustard Gas, which was used as a chemical warfare agent and was banned after World War 1 for causing severe blistering of the lungs and skin.

Canola is in fact a Genetically Modified food which has been classified as a bio pesticide by the EPA. Like mercury and fluoride, Canola is also not eliminated from the body. It is found in almost all fast foods, convenience foods, chocolate, candies, bread, potato chips, baby foods and formulas, most peanut butters and cookies, frozen French fries, rye breads, chocolate syrups, mayonnaise, granola bars, some vegetarian convenience foods, lunch meats, margarines, movie house snacks, tortillas and most other bakery foods.

Studies done on rats and other lab animals showed that after consuming canola oil, there were fatty deposits that accumulated on their hearts, thyroids, adrenal glands and kidneys. When they stopped consuming this oil, the fatty deposits disappeared but unfortunately scar tissue remained on the affected organs.

Because it is high in glycosides, canola oil has been

shown to inhibit enzyme function. Its effects are known to be accumulative, resulting in side-effects taking years to show up. It is also able to inhibit the metabolism of foods. Being a trans-fatty acid, it is also possible that this man-made oil has a direct link to causing cancer (even from just breathing in the toxic fumes created when frying foods in it).

Rapeseed oil is an acetyl cholinesterase inhibitor. This compound is crucial when it comes to transmitting signals from the nerves to the muscles. This is possibly why there has been a dramatic increase in cases of multiple sclerosis and cerebral palsy over the past few years.

Other side-effects which have been reported include respiratory illnesses, loss of vision, constipation, anemia, heart disease, irritability and low birth weight in infants. It is known to severely deplete Vitamin E levels in the body, as well as cause severe clotting of red blood cells, which can pose a serious health risk.

The best way to avoid consuming this toxic industrial by-product is to prepare meals yourself from scratch, and especially avoid fast foods at all costs.

(*NaturalNews* Editor's Note: *NaturalNews* is strongly against the use of all forms of animal testing. We fully support implementation of humane medical experimentation that promotes the health and wellbeing of all living creatures.)

Sources:

http://www.ehow.com/list_7427295_harmful-effects-canola-oil.html

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<http://organicyogamama.com/canola-oil/>

http://www.cantola.com/Tricky_Foods.html



Why Are Carrots Orange?

by Howard Straus

Hundreds of years ago, carrots were not orange. They were white, yellow, red and purple. Today they are orange for entirely political reasons. In the 17th century, Dutch growers cultivated orange carrots as a tribute to William of Orange – who led the struggle for Dutch independence – and the color stuck. A thousand years of yellow, white, red and purple carrot history was wiped out in a generation. Scholars doubt if orange carrots even existed prior to the 16th century. Presumably

crosses between Eastern (purple), Western (white, red) and wild carrots led to the formation of the orange rooted carrot subspecies.



Whatever its origins, the Long Orange Dutch carrot, first described in writing in 1721, is the forebear of the orange Horn carrot varieties so abundant nowadays. The Horn Carrot derives from the Netherlands town of Hoorn in the neighborhood of which it was presumably bred. All our modern western carrots ultimately descend from these varieties.



Gerson Institute Supports Meals...

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hours a day, and had health check-ups by doctors to test and monitor blood pressure, cholesterol and weight. Health experts introduced tasty, healthy food that people could learn to cook for themselves and involved the kids to interest them as well. Until now, these programs have been available exclusively to wealthy individuals or employees of forward-thinking companies. *Meals For Health* is provided to needy individuals and families at no cost. Whole Foods donated 30 days of groceries to each family to allow them to prepare the recipes they were given.

"Eat more, weigh less," a slogan for the program, came true for participants. One woman testified at the benefit party that she lost 20 pounds since the program began on April 8, 2011. "I had been on blood pressure medication for over 20 years, said Ollie McDaniels, another graduate of

the program. This program did something for me that the medical profession couldn't do. This program did something for me in four days. In four days I went off my blood pressure medication... (The nurse) said I think the medicine your doctor gave to you is working. I said "No! It is the food!"

"What impressed us the most," said Lynne, "was that some of the program participants were able to discontinue their high blood pressure and other medications after only one week on the program! Some of them also reported increased energy, loss of pain, increased mental alertness and improved moods. We look forward to seeing the program expand to other parts of the country."

John Robbins, founder of *Earth-Save* and well-known author, social activist and humanitarian, was the keynote speaker. John spoke about the interconnectedness between people and the influence of each of our food

choices and actions on the planet. "We're celebrating something tonight," said John. "And recognizing something that is true, and how true it is. If you could put this in a pill, you'd be billionaires, if you could somehow sell it. This is so outside the usual and conventional thinking and eating and lifestyle orientation that all of us are surrounded by in a culture that is so astray... The number of medications these people got off of and the improvement on every level of their lives; the quality of relationships that they had with one another. They talked about being a family, truly. And, you know, we are a family. See, this is the truth that was uncovered." I found him to be very gentle, compassionate and inspiring. I am grateful for having had the opportunity to represent the Gerson Institute at this wonderful event.



September Special

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Inspiring Patient Story...

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charge and give ourselves a fighting chance. It does mean taking time to learn, and then being open to implementing the changes needed in our lifestyles. Definitely effort is required, but the results make everything more than worthwhile. I can only hope that more people follow this path and find renewed vigor, happiness and health in order to be able to live the best vital life that is possible within their respective bodies.

The transformation of a sick body to healthy one is a beautiful miracle. It is the miracle cure that we have all been searching for, but in the wrong places. Back to basics, back to nature. Healing is possible. This is only the beginning.



The Power of Natural Healing, Monday at 11AM Pacific Time on VoiceAmerica Health and Wellness Channel

Join author and international speaker Howard Straus on a journey to help you discover the power of natural healing. As grandson of Dr. Max Gerson (creator of Gerson Therapy) and the son of the ever popular health advocate, Charlotte Gerson, Howard has been a lifelong champion of natural health and healing methods that really work.

Each week, Howard will interview researchers, authors and experts well known in the natural healing field, who will discuss their views and share valuable information that you can use to take control of your health. The Power of Natural Healing is broadcast live every Monday at 11 AM Pacific Time on the VoiceAmerica Health and Wellness Channel.

<http://www.voiceamerica.com/show/1951/the-power-of-natural-healing>

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*Have you ever thought of including the Gerson Institute in your estate plan? With wills, trusts & annuities you can create a legacy to help others. Please contact: Mikaela Payden-Travers, Development Associate
mpaydentravers@gerson.org ext. 107*

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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
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
Mondays 11 AM	The Power of Natural Healing	VoiceAmerica Health and Wellness Channel http://www.voiceamerica.com/show/1951the-power-of-natural-healing	Howard Straus	Contact Howard Straus for more information at info@gersonmedia.com
October 20 4PM-7PM	Gerson Institute Open House	3844 Adams Avenue San Diego, CA 92116	Celebrate our new office	Contact the Gerson Institute