

Allergies, Thyroid Problems and Toxicity – Annalisa Cerrina's Story

by Annalisa Cerrina

Hello, my name is Annalisa Cerrina. I was born in Florence May 26, 1972 and I would like to share with you the story of my illness, in the hope that it may be useful to some of you. I am a hairdresser by profession, a job I have wanted to do since I was a child, a dream come true. For many years I was employed by others and finally I opened my own beauty parlor. After 20 years I became seriously allergic to many chemicals that are part of this job, like hair dye, permanent wave solution, etc. It started with an allergy to contact. I would develop ulcers and sores on my hands, forearms, face and chest. Not long afterwards, the respiratory problems began. I was admitted to the hospital in Prato three times for anaphylactic shock.

After visiting many specialists in Prato and Florence and having decided to keep working as a hairdresser, I started on a therapy advised by an allergist: continuous doses of cortisone and antihistamines. This was the pharmacological side. I also installed aspirators in my salon to air it out, and used surgical masks, gloves and other protection. I continued to work despite my terrible condition.



Annalisa Cerrina

Two years ago, I began to feel very ill, became forgetful, and developed tremors and anxiety attacks. I had tremors in my hands, my legs, my stomach, even my mouth. Any little emotion turned into panic, my heart beat wildly, and I felt out of control. I felt a large lump in my throat. I went to my family doctor and he suggested I have my thyroid tested. He diagnosed severe hyperthyroidism and gave me beta blockers and Tapazole. I started this treatment and continued to feel bad, actually worse. I had headaches, lack of appetite, sleepiness, fatigue, apathy, and constipation. I went back to the doctor who said it was not possible for me to have all these symptoms. He said that hyperthyroidism causes one to be more excitable, hungrier, more energetic, and have rapid digestion. According to him, I was just depressed. He prescribed an anti-depressant.

After another month I felt this was all wrong, I was not well. I decided to see an endocrinologist in Florence, who prescribed different tests. Results in hand, he told me that I have an immune problem that affects the thyroid and other organs.

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Gerson Therapy Rebuilds After Toxic Exposure

by Susan Erlich, Long Beach, CA

I am writing this testimony on the extraordinary recovery I made after beginning a Gerson Therapy program for my degenerating body cells and nervous system.

One year ago my health was all right, but I noticed my muscle strength was not up to par, and I had some inflammation in my back. I was also very constipated.

I had just moved into a new apartment and I purchased a brand new sofa. Little did I know that I was purchasing a deadly form of chemicals, which would cause my system to

collapse? When the sofa arrived, the delivery men removed the wrapping and left. I went to sit on the sofa and noticed an incredibly powerful chemical gas or fume coming from the fabric and/or cushions. It was made of a man made polyurethane faux leather.

After inhaling the fumes just a few times, I felt my body begin to have pain in the liver area first. Then I noticed my legs had shooting pains. I noticed my lungs hurting. Finally I felt a bullet like sensation go into my forehead area, enter my brain and shoot down my spine, sending my body and

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Allergies, Thyroid Problems...

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He gave me a new treatment. My body was telling me something I could not understand. This new pharmaceutical treatment gave me no benefit at all. On the contrary, I was getting worse. I began to swell up and retain liquid -- swollen like a ball. I informed the doctor, who advised me to go to the hospital for a day of in-depth tests. Another verdict: problems in the lymphatic system and a nodular mass in the thyroid that needed to be removed immediately. STOP! I needed to think. I described my ordeal to a trusted friend and what, according to the doctors, should be the final outcome. He told me of his own experience and suggested that I should read a book and immediately watch a DVD before making a decision.

The book was *Healing the Gerson*

Way by Charlotte Gerson and Beata Bishop. I immediately watched the DVD, *Dying to Have Known*. I watched it once, twice, three, four times. I must have watched it ten times. Incredible. I was thunderstruck. Not only that, but inside myself I was sure that I had found what I did not know I had been looking for. I felt hope, and the conviction that this was the right answer. I contacted Margaret Straus (Charlotte Gerson's daughter) by email and explained my situation. She told me the nearest clinic was in Budapest. I sent them my history and my test results, meanwhile starting the therapy on my own at home. I read the book carefully, acquired all the necessary materials and set to work. The beginning was hard because I had to change all my habits, both where

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Gerson Therapy Rebuilds After...

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nerves into a traumatic shaking. I felt lightheaded. I knew I had been poisoned.

I returned the sofa. But too late, as I soon developed inflamed lymph nodes and shingles. I broke out in a rash and had shingles for a month. For those who have had shingles, you understand what happens to the nerves. I could not hold any-

"After just five days I felt 80 percent of the pain and inflammation was gone from my system."

thing in my hands, nor could I walk on the painful nerve endings of my feet. My spine felt like a torch was upon it all day long.

I ate some bread and suddenly I broke out in a huge welt of a skin rash across my thigh. I had now developed food allergies. I had acid reflux building from my stomach to my throat and could really not eat without experiencing the acid burn.

The doctor felt I had peripheral neuralgia, which is inflammation of the nerves in the body. And he also felt I had possibly multiple sclerosis.

An MRI was recommended. My instincts told me something else and I waived the MRI.

A friend told me of the Gerson Therapy. She had done it herself to cure her childhood chronic skin eczema. I immediately began on the program as well. I purchased a juicer, and special enema coffee, as well as an enema kit. I purchased all the sup-

plements recommended. I read the complete book by Charlotte Gerson to understand what I was up against and what nutrition to get, and what foods to avoid.

I rigorously adhered to the program. I had 1-2 enemas per day. I juiced only organic vegetables and fruits, approximately five times a day. I ate only raw organic veggies and fruits. While I was consuming fewer calories than before, I never went hungry as I was so nourished by all the natural vitamins and minerals. I had the energy of a 20 year old.

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Gerson®

HEALING news

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Publication Schedule

The Gerson Healing Newsletter is published bi-monthly by the Gerson Institute. It is intended to keep our members informed of health issues surrounding the Gerson Therapy, including political developments, case histories, clinical notes and recent literature having a bearing on nutrition and health. Members receive the Gerson Healing Newsletter six times a year.

You can become a member of the Gerson Institute simply by making a tax-deductible contribution of U.S. \$45 or more (international memberships U.S. \$55) to The Gerson Institute.

Gerson Institute Launches New Home Set-up Intern Training

by Diane Ake, Editor and Director of Training



Carol Beard instructs Home Set-up Trainer interns

One of the most important steps of becoming a certified Gerson Home Set-up Trainer (HST) is the hands-on internship training. To address this issue, the Gerson Institute developed a new type of internship that takes place at our office, so we can train more interns. Interns do the cooking, juicing and all aspects of the kitchen work for the guests who stay at the Charlotte Gerson Health Restoration Center for one week. They also participate in intensive hands-on workshops to learn the other non-medical aspects of the Gerson Therapy. We hold these internship trainings eight times a year, with 3-4 people participating in each internship. We plan to conduct these in-office internships three times a year.

However, there is quite a large waiting list of people who want to participate in the internships. To address this problem, the Gerson Institute developed a new type of internship that takes place at our office so we can train even more interns. We conducted our first comprehensive in-office HST internship in September, with four interns. Because we were not serving guests at the Health Restoration Center, we were able to shorten the training from seven to four days, while focusing more on the individual training of each intern. It was highly successful.

According to one of the interns, the training manual was “extremely well organized, making the information clear and concise. The staff is extremely efficient. I believe this week has made a huge difference in preparing me for this work. With a bit more studying and organizing myself I believe I will feel quite confident to go to someone’s home and help them with this program.”

“I love the new set up!” said another intern. “It is a good mix between class time and production. I feel I have the resources I need to begin, and the practical experience to teach others.”

During the new internship, we also implemented a Train-the Trainer program with Kyoko Abe, a certified Home Set-up Trainer from Japan (see Sept/Oct 2011 newsletter page 4). Kyoko was trained to conduct the same internships in Japan, so she can now train Home Set-up trainers there. We welcome our new Home Set-up Trainer Ambassador in Japan.



Gerson Therapy Rebuilds...

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After just five days I felt 80 percent of the pain and inflammation was gone from my system. My eyes cleared, my urine cleared, and my skin cleared as well. I got color back in my skin. The acid reflux was entirely gone.

I continued on the Therapy for another three weeks and at the end of my four week program, I felt 100 percent of my symptoms were gone. I had lost 20 pounds of fat after the four weeks! I was taking Lugols solution and I believe this aided greatly in helping my metabolism to work well. My sleep patterns changed. I no longer needed as much sleep.

I also had included with the program daily light exercising and stretching, walking and a little jogging. I feel that if one can do some movement it also greatly aids the healing process if you are not battling a life threatening illness.

I say thank you to Max Gerson for his studies and research. I thank the Gerson Institute in San Diego for



Susan Erlich

continuing to fight for awareness of this remarkable easy cure. And I thank nature for its delivery of the right nutrition to my body.



Do You Need Help Starting the Gerson Therapy at Home?

by Diane Ake, Editor and Director of Training

The Gerson Institute trains Home Set-up Trainers to go to a client's home to help them prepare their home environment for starting the Gerson Therapy by:

- Assisting and teach the client or family members to prepare the Gerson food and juices.
- Organizing the kitchen and equipment and helping the patient to acquire a proper juicer.
- Providing Gerson-approved resources and information for obtaining Gerson supplies.
- Locating sources for organic foods and preparing shopping lists.
- Making recommendations for establishing a non-toxic environment in the home.

Most people need to follow the Gerson therapy for a minimum of two years. The daily preparation of three meals and up to 13 juices made from approximately 20 pounds of organic vegetables and fruit is very labor intensive. Making the transition from one's "normal" life to life on the Gerson Therapy can be daunting, and there is a lot to learn. Because of the hard work involved, many people doing the Gerson Therapy at home can benefit from the services of a Certified Gerson Home Set-up Trainer (formerly known as a Gerson Caregiver).

Home Set-up Trainers are not medical professionals so they do not provide medical advice or prescribe the Gerson Protocol. Home Set-up Trainers are not employees of the Gerson Institute or the clinic. They are independent contractors and set their own rates.

To obtain a referral to a Certified Home Set-up Trainer, contact Blanca Ayala bayala@gerson.org or 619-685-5353 ext. 116 at the Gerson Institute to see if their services would be suitable for your needs.



Thank you Schneider Electric Company and David Gilbert

by Diane Ake, Editor and Director of Training

The Gerson Institute recently received a \$5,000 grant from the Schneider Electric Company, headquartered in Palatine, Illinois, to provide follow-up services to Gerson patients throughout the world who went to the Gerson clinic in Mexico. Follow-up services include answering patients' questions, giving encouragement and support, referring patients to resources, and tracking their progress and results.

The grant helped us to hire a staff person to call all patients who have been to the Gerson Clinic since 2007, every 3-6 months (approximately 120 people a year). We mail questionnaires and send emails to those unreachable by phone. We will evaluate the results of the program through the creation of a special database.

This project will also help document the effectiveness of the Gerson Therapy and allow us to add more people to our Recovered Patient Networker list. Expanding our Recovered Patient Network will enable more prospective patients to talk to someone who did the Therapy successfully, before

making a decision about their own treatment options.

The information collected will provide a basis for applying for future funding to conduct more formal and comprehensive research. The information will also help us respond to the many people who contact us each month wanting to know the success rate of the Therapy and whether it helps their medical condition. The grant was submitted by an employee of Schneider Electric, David Gilbert, who is a long-time supporter of the Gerson Institute (and who also has been a caregiver to a Gerson patient). We give many thanks to David for finding and pursuing this grant opportunity through his company. David also contributes monthly to the Gerson Institute through Schneider Electric's employee giving program where they match the amount of every contribution made.

If your company has any grant opportunities or an employee matching gifts program, please contact our Development Associate Mikhaela Payden-Travers at mpaydentrav@erson.org.



Kayla Courtney, Silvana Procopio, Al Schaefer, Lorraine Olmo, Jennifer Leon at Cancer Control Society

Al Schaefer

Al Schaefer went to the Gerson Clinic in 1978 for colon cancer. In 2002 he joined the Gerson Institute Networker List of recovered patients who agree to speak to others considering doing the Gerson Therapy. At age 85 he continues to do very

well. Al also used to be head of the Gerson Support Group in Seattle, Washington. He visited our booth at the annual Cancer Control Society convention over Labor Day weekend, where he distributed a paper on the role of hormones and pancreatic enzymes in cancer.





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Gerson patients and their caregivers spend a lot of time getting wet and messy in the kitchen! By popular demand, we are making available our own kitchen staff's professional chef's quality, adjustable bib apron in khaki, with a beautifully embroidered green Gerson logo. It's a great way to protect your clothing, educate your visitors, and give yourself the daily reminder that you are truly "healing with nature." This beautiful apron also makes a great gift.

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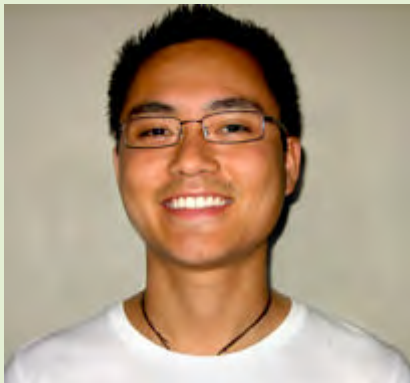
Gerson Basics Workshop



Welcome to New Gerson Institute Human Resources/Fiscal Specialist

by Diane Ake, Editor and Director of Training

Kaiden Degas is the Gerson Institute's newest employee. He is our



Kaiden Degas

Human Resources/Fiscal Specialist. Kaiden graduated from the University of California, Davis with a Bachelor's degree in Economics. He also has an Associate's degree in Accounting. Originally from Burma, Kaiden grew up in Northern California. He has many hobbies including permaculture. He also does massage therapy and studied Eastern massage and the Bowen Therapy (a body therapy developed in Australia).

When asked why he wanted to work for the Gerson Institute, Kaiden explained, "I had studied a lot of

nutrition and found out that there was a lot of misinformation. The general attitude of regulatory boards who govern what is healthy and what isn't focused more on relatively healthy food. I didn't like that because a focus on *relative* health does not make you *actually* healthy. I like the idea of Gerson since it tells you how to reach *actual, optimum* health."

We welcome Kaiden to the Gerson team!



Allergies, Thyroid Problems...

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eating and lifestyle were concerned. I had to be precise and disciplined, which was very difficult for me: buying everything organic, washing things in a particular way and with specified products, and organizing my life around doing five enemas a day.

What I can tell you is that the results I obtained in a very short time gave me the strength to follow through and be disciplined. After only a month I had more energy, both mental

“The results I obtained in a very short time gave me the strength to follow through and be disciplined.”

and physical. Previously I got up in the morning already tired, and by 4:00 in the afternoon I was lying on the bed. Now, I felt more vital energy, getting up well rested and full of determination. My allergy was disappearing. I breathed well and my throat no longer closed. I did not feel like throwing up and the itchiness on my skin was diminishing all the time. After two months I started moving my bowels normally, the swelling was going away, my heartbeat and pressure were almost normal and my energy was increasing all the time. After three months, the thyroid and antibody tests were improving and I was, too. The anxiety disappeared, and with it the sadness, apathy, and depression. My enthusiasm increased and I became more and more diligent and a perfectionist in following the Gerson Therapy, now a pleasant routine.

I kept improving and today I am staying on the Therapy. Ten months have passed and the results are incredible. All my test results are normal, the volume of my thyroid is normal and that mass of nodules has reduced to one normal nodule. I am a healthy person, slim, full of energy and enthusiasm. I have taken no drugs for nine months, neither cortisone nor antihistamines. No drugs for the thyroid, none for depression. Nothing for blood pressure or heart palpitations. No drugs. My health improves from day to day. I am a different person. I continue to follow the Gerson diet and take enemas. I could no longer do without it. I no longer know what it means to be allergic, I never get colds, I am never ill, no flus. It is fantastic.

And I learned so much from this experience. The first thing is that we must be our own doctor. The second is that in order to defeat an enemy we must know about it, so information is vital. Thirdly, I learned that everything worthwhile has a price. It may have been easier to swallow down a few pills instead of getting up every day at 7 am to make juices and take enemas. But what I received in return for all this was much more than I expected, because I also learned to love myself and to care for myself. My self-esteem grew enormously, I became steadfast and I regained my health.

That is my story, my experience in my own words, but they are borne out by all my medical documentation, before, during and present.

I am certain that this story can be of use to someone who may have lost all hope as I had.



Hungary Destroys All Monsanto GMO Corn Fields

Reprinted from Mercola.com, August 9, (2011<http://articles.mercola.com/sites/articles/archive/2011/08/09/hungary-destroys-all-monsanto-gmo-corn-fields.aspx>)

In March, Hungary introduced a new regulation that states seeds must be checked for GMO before they are introduced to the market. However, some GMO seeds made it to the farmers without their being aware of it.

As a result, almost 1,000 acres of maize found to have been grown with genetically modified seeds have been destroyed throughout Hungary. The deputy state secretary of the Ministry of Rural Development Lajos Bognar said that the GMO maize has been ploughed under, and pollen has not spread from the maize.

Planetsave reports:

“Unlike several EU members, GMO seeds are banned in Hungary. The checks will continue despite the fact that seed traders are obliged to make sure that their products are GMO free, Bognar said.”

The United States, meanwhile, is beginning to see

the consequences of widely planted GMOs. In the mid-'90s, Monsanto introduced seeds genetically engineered to withstand its Roundup brand of herbicide. Today, these “Roundup Ready” crops are planted all across the U.S. -- 94 percent of soybeans and more than 70 percent of corn and cotton contain the Roundup-resistant gene.

But when the land is dosed with a single herbicide for years on end, the ecosystems adapt. Roundup-defying “superweeds” are getting out of control. And the problem is only accelerating, because the resistant weeds are driving out their non-resistant counterparts.

According to Mother Jones:

“These weeds adapt faster and more vigorously than their weed cousins, choking fields and clogging irrigation ditches so badly water can't pass through.”



India Files Biopiracy Lawsuit Against Monsanto Says Biotech Giant Is Stealing Nature for Corporate Gain

by Jonathan Benson, staff writer for *Natural News*

(*NaturalNews*) Representing one of the most agriculturally bio-diverse nations in the world, India has become a primary target for biotechnology companies like Monsanto and Cargill to spread their genetically-modified (GM) crops into new markets. However, a

recent France 24 report explains that the Indian government has decided to take an offensive approach against this attempted agricultural takeover by suing Monsanto for “biopiracy,” accusing the company of stealing India’s indigenous plants in order to re-engineer them into

patented varieties.

Brinjal, also known in Western nations as eggplant, is a native Indian crop for which there are roughly 2,500 different unique varieties. Millions of Indian farmers grow brinjal, which is

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Running for Real Healing Spreading Dr. Gerson’s Message One Mile at a Time

by Diane Ake, Editor and Director of Training

On Saturday, September 10, a ten-member Gerson team ran in a half-marathon race to help spread Dr. Gerson’s message of hope and healing. Each team member ran 13.1 miles, for a grand total of 117.9 miles for the Gerson Therapy.

Amanda Onken, who joined the Institute’s staff in February as our Patient Follow-up Coordinator, is a seasoned tri-athlete and suggested that Gerson form a running team. We named it “Team Gerson” and had special shirts made. Amanda served as the coach for the team and developed a 12-week training schedule for the participating staff and volunteers.

“When we thought about the marathon fundraising done by traditional cancer foundations, we decided that it was time to do a run for real healing,” said Mikhaela Payden-Travers,

Development Association for the Gerson Institute. “So, we started training, and training and training some more! We gave a lot of sweat, several blisters and lots of sore muscles to this event. We also had some interesting adventures - getting lost in Balboa Park, unplanned meetings with snakes and tarantulas and falling into a creek. Knowing we were doing our part to spread the message that cancer can and has been cured using the Gerson Therapy was what kept us going.”

We received an enthusiastic response on our Facebook page to photos of the race. Comments



Team Gerson

included “Awesome!! Go Team Gerson!! We need one here on the

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Red Cabbage Found to Contain 36 Substances with Anti-Cancer Properties

Dr. Gerson was a pioneer and visionary in nutrition and using food to treat illness. Modern studies keep uncovering the reasons and mechanisms for the healing properties of specific foods that Dr. Gerson included in the Gerson Therapy. If you ever wondered why Dr. Gerson used red cabbage in his green juices, now you have the answer!

Red cabbage contains 36 different varieties of anthocyanins, a class of flavonoids that have been linked to cancer protection, according to a new study conducted by researchers from the U.S. Department of Agriculture’s Agricultural Research Service



(ARS) and published in the Journal of Agricultural and Food Chemistry.

Anthocyanins are naturally occurring pigments that give fruits and berries their red, blue and purple coloration. A variety of studies have shown that in addition to protecting against cancer, anthocyanins can improve heart health and brain function.

Source: http://www.foodmatters.tv/_webapp_195158/Red_Cabbage_Found_To_Contain_36_Anti-Cancer_Properties



India Files Biopiracy Lawsuit Against Monsanto...

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used in a variety of Indian food dishes, and the country grows more than a quarter of the world's overall supply of the vegetable.

And in an attempt to capitalize on this popular crop, Monsanto has repeatedly tried to commercially market its own GM variety of brinjal called Bt brinjal. But massive public outcry against planned commercial approval of Monsanto's "frankencrop" variety in 2010 led to the government banning it for an indefinite period of time.

But Monsanto is still stealing native

crops, including brinjal, and quietly working on GM varieties of them in test fields, which is a clear violation of India's Biological Diversity Act (BDA). So at the prompting of various farmers and activists in India, the Indian government, representing the first time in history a nation that has taken such action, has decided to sue Monsanto.

"This can send a different message to the big companies for violating the laws of the nation," said K.S. Sugara, Member Secretary of the Karnataka Biodiversity Board, to

France 24 concerning the lawsuit. "It is not acceptable ... that the farmers in our communities are robbed of the advantage they should get from the indigenous varieties."

Farmers and active members of the public in India have been some of the world's most outspoken opponents of Monsanto's attempted GM takeover of agriculture. Besides successfully overturning the attempted approval of Bt brinjal, these freedom fighters have also successfully destroyed several attempted Monsanto GM test fields.



Running...

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east coast!!! "Great work!" and "We need to do this nationally."

"We decided that it was time to do a run for real healing."

"It was fun to support each other," said Amanda. "It was also interesting to see how much people improved who had never run any long distances before. We hope to use this as an opportunity to do fundraising for the Gerson Institute by not only creating a team here, but in

the future creating teams across the country that can run and raise their own money to support the Gerson Institute. We are looking forward to the next race."

The Heartbreak Ridge Marathon that Team Gerson ran is a 13.1 mile off-road course, 90% gravel, through the rolling hills of Camp Pendleton on packed fire-roads. This race draws over 1,000 runners who compete for awards in 50 categories.



New Resource Catalog



The Gerson Institute has a new, free Resource Catalog containing a comprehensive listing, photos and description of all of the books and educational materials we sell in our Store.

If you would like a copy of our catalog, call the office or email info@gerson.org to request a free copy. It is an excel-

lent tool to share with others to show them the wide selection of books, DVDs, CDs and products that we have available.

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Your Letters

The most important role I'll ever have is being a Gerson Caregiver to my husband. I'm a cancer survivor and my husband Fred is currently battling prostate cancer. With the information I learned from Institute of Holistic Nutrition and our wonderful Cancer Coach, Jeanette Marshall, Fred decided to fight his battle the holistic way, so we went to the Gerson Clinic in Mexico. This is a truly healing place and an experience we will never forget. The protocol we learned from the Gerson Institute is a tremendous amount of work, but Fred is doing well and his results are very promising.

Fred and I are going to be in a documentary regarding the Gerson treatment. We had two wonderful journalists Sarah Mabrouk, and Fred Lafargue, who lived with us for several days filming our day-to-day activities in regards to the Gerson protocol. They will be visiting our home every three months for the next two years documenting Fred's progress. Fred is one of five patients they are following and they're hoping this documentary will make it to the movie theatres. We feel honored to be a part of this, and we hope this information will reach as many people as possible.

Susan Morton and Fred Rogers

You can reach me at
secondchancenutrition@gmail.com or 905- 995-4791.

For more information see
<http://www.instituteofholisticnutrition.com/about-us/alumni/>



Gian-Luca writes from Italy:

Yesterday my little Sophia, six years old, said to me: "You know Daddy, maybe that juice man was right. Come and see outside how beautiful the flowers have become where we threw the pulp from the juice machine!"

And it's true. The waste from the pressed fruits and vegetables had been spread over part of the garden and there the flowers and plants had become more beautiful and vital.

Our compliments to the observant little gardener Sophia!



Correction

Page 2 of our last newsletter gave the wrong address for our physical location. The correct physical location address is 3844 Adams Ave., San Diego, CA 92116. It also provided the wrong PO Box number. The correct mailing address is PO Box 161358, San Diego, CA 92176.

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

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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
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.
February 20-26 March 19-25	Charlotte Gerson Health Restoration Session	Charlotte Gerson Health Restoration Center, San Diego, CA	Charlotte Gerson; Dr. Kayla Smith ND; Carol Beard	Check our website at ww.gerson.org for price and details.
February 3-5	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
March 24	Charlotte Gerson's 90th Birthday Celebration	Details, times, location TBA		