

Papillary Thyroid Cancer, Melanoma and the Gerson Therapy

by Marcia Schaefer, DC

2010 was my year. I had absolutely everything going for me, and felt the top of the world was just within my reach. The year started off with a bang, marrying my best friend on February 19th. I was overjoyed! Next came my graduation from Palmer College of Chiropractic. I was a doctor, something I never thought I would do. I chose that profession because it was the one thing that made sense to me. Heal from above down, inside out. Healing comes from within. The power that made the body is the same power that will heal the body. It all made sense to me. I knew nutrition has the ability to do the same - little did I know how true that would come to be!



Marcia Schaefer, DC

To add to our already amazing year, we found out we were expecting! On August 25th, our first child, Keegan, joined us. My heart could have literally burst, I was so happy. When I went to the hospital in labor, the nurse was concerned, not because I was 17 days post “due,” but because of the size of my thyroid gland. I had noticed that it was a bit large since 2005, but thought nothing of it. Come to think of

it, my professor in Physical Diagnosis actually asked me to get it checked out. I had no insurance, so I did nothing about it. I noticed it from time to time, but just let it go. When I got pregnant, my thyroid seemed to take off. It was very large, but I didn’t take notice, because all my labs were completely normal, and I had no symptoms.

At my son’s 6 week well baby visit, the midwives wanted to run more tests on me. We did, and they all came back normal. They suggested going to an endocrinologist. I finally made the appointment in December when I could no longer extend my head without swallowing issues. Yes, in hindsight I know that was too late, and I wish I had taken action earlier, but I was a bit busy with a new baby and new life! The endocrinologist got me in very quickly when I explained my situation.

They ran tests and did a needle biopsy. The endocrinologist’s face told the story before he said anything. Papillary thyroid cancer. I looked at my husband and son, and just shook my head. “There are support groups, and this is a successfully treated cancer” the endocrinologist said. At that point, I lost it. I was so frustrated - how could my perfect year be ending

continued on page 2

Inside This Issue . . .

- Papillary Thyroid Cancer and the Gerson Therapy 1
- Open House Was a Huge Success. 1
- The United Kingdom Support Group. 3
- Welcome to Our New Information Specialist. . 3
- Poison Ivy and Skin Problems. 4
- Charlotte Turns 90. 5
- 2011—Another Incredible Year of Growth 6
- Your Letters. 8
- Classified Ads. 10
- Gerson Institute Supporters 11
- Calendar of Events. 12

Open House Was a Huge Success

by Diane Ake

Over 100 people gathered at the Gerson Institute’s new office on October 20 for our Open House. Recovered patients, volunteers, members, neighbors, friends and family toured the office, met the Gerson staff and each other, ate Chef Jen’s famous potato salad and drank carrot-apple juice. Eric, our Assistant Chef, and Joe Baker, a loyal volunteer, showed people how to use the Norwalk Juicer and let them try their hand at it. Local businesses displayed their cards, flyers and products, including a local artist who provided colorful paintings to decorate the office and a volunteer whose company provided beautiful plants. A health practitioner

provided demonstrations of lymphatic drainage in a separate room. An ergonomics expert displayed and demonstrated the use of his special saddle chairs designed to prevent musculoskeletal problems.

The highlight of the evening was Charlotte Gerson’s talk on the critical importance of fresh, organic foods to health, problems with sodium, the FDA and more. We met a man who started the Gerson Therapy on his own for Lyme disease and is doing very well. Other people using the Therapy attended as well, and enthusiastically told us about their impressive results. “There was a lot of positive energy

continued on page 2

Papillary Thyroid Cancer...

continued from page 1

this way!? I had SO much on my plate, so much to live for - why was this the test I was chosen for?

In that same instant, I decided I would kick this cancer out of next year. Had it not been for my mother healing breast cancer and melanoma naturally, and my Chiropractic education, I don't know what I would have done. "Papillary Thyroid Cancer, surgery in January," I texted to my mom and sister as I left the hospital.

I went into surgery on January 3rd, 2011, determined this cancer would leave as quickly as it was found. In surgery, they did a total thyroidectomy and took 30 lymph nodes out of the left side of my neck, and 26 tested positive for cancer. My thyroid was the size of my surgeon's fist! We were now dealing

with metastatic thyroid cancer.

I decided to get a skin check-up, since I had been doing yearly skin checks. The dermatologist said she dreaded making the phone call to me on an early morning in February to tell me I tested positive for malignant melanoma. I had surgery for that as well, and was busily researching my options. I already knew the benefits of diet, and had started juicing, but didn't know how I would get to Mexico.

In March, I had a CT of my neck and chest. They found another enlarged lymph node and a mass in my right lung. Surgery happened again, and they took 41 lymph nodes out of the right side of my neck. It was a relief to me in a way, as the scar on my neck is now even! I

continued on page 5

Open House Huge Success...

continued from page 1

and exuberance in the air," said Dr. Smith, the Gerson Institute's Medical Director. "There was a steady stream of people coming in all night and they didn't want to leave!"

Below are photos of some of the event's highlights:



see more Open House photos on page 9

Gerson® HEALING news

© Copyright 2011, The Gerson Institute.

Diane Ake, Editor

Sharon Taylor, Graphic Design

Please address all letters and comments to:

The Gerson Institute

PO Box 161358

San Diego, CA 92176

☎ (619) 685-5353 fax: (619) 685-5363

e-mail: info@gerson.org

URL: <http://www.gerson.org>

Board of Directors

Carol Beard, President

Mary Magro, Treasurer

Conni Spancake, Secretary

Charlotte Gerson Straus, Director

Paula Bambic, Director

Bob Lichtenberger, Director

DeAnn Waggoner, Director

Honorary Board of Directors

Carolyn Dean, M.D., ND

Dr. Andrew W. Saul, Ph.D.

Anita WilsonExecutive Director
 Mikhaela Payden-Travers.....Dev. Associate
 Kaiden Degas.....HR/Fiscal Specialist
 Scott Stobbe.....IT/Marketing Coordinator
 Kayla Smith, ND.....Medical Director
 Amanda Onken.....Medical Director Assistant
 Diane Ake.....Director of Training
 Carol Beard.....Coach/Training Specialist
 Blanca Ayala.....Coach/Training Admin. Asst
 Silvana Procopio.....Director of Education
 Allyl Bacaj.....Communications Specialist
 Nan Southern.....Follow-up Specialist
 Barbara Conde.....Education Specialist
 Barbara Garcia.....Education Specialist
 Kayla Courtney.....Education Specialist
 Jennifer Leon.....Education Specialist
 Eleni Patterson.....Information Specialist
 Michael Wolven.....Educ. Resource Manager
 Will Bacaj.....Education Resource Specialist
 Jennifer Engeran.....Chef
 Eric Freeman.....Assistant Chef

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.

The United Kingdom Gerson Support Group

by Joanna Hill

The United Kingdom Gerson Support Group (GSG) is planning to open the Bagnall Centre for Integrated Healthcare in January 2012 at Chesham, Buckinghamshire, England, about 25 miles from the centre of London.

The GSG was founded by recovered patients in 1993 to support UK Gerson patients by providing information on supplies and practitioners, selling publications, delivering practical training and support, facilitating networking with other users of the therapy, publishing a quarterly newsletter (Coffee 'n' Carrots, which has now been replaced by a website), and maintaining a seven day-a-week telephone helpline (now extended to email also). The GSG will finally have its own "home" - an office, day clinic and teaching facility - in the Bagnall Centre. It has been made possible by continuing generous donations from the charity Together Against Cancer, and two private Gerson supporters - to whom we are enormously grateful.

The GSG is a registered charity staffed entirely by volunteers: its

Management Committee is headed up by Beata Bishop, a long term Gerson survivor, author of *A Time to Heal*, and co-author of *Healing the Gerson Way*. There are four further Management Committee members, two of whom are Module 2 Gerson practitioners in training (Chloe Gwynne and Hilda Solomons) and two are businesswomen (Lyndsey Tackley-Goodman and myself). Lesley Pearce, a vastly qualified massage therapist and long-term Gerson expert, runs our training days and ably supports the Management Committee. The Management Committee works closely with, and supports, two further Module 2 practitioners, Dr Neil Milliken and Lisa Layfield

Membership of the GSG is currently free of charge, and virtual - via post, telephone or email. Patient and caregiver training days are held every six weeks if there is sufficient demand, and the most recent training day on November 29th attracted seventeen trainees.

The first of the two 6,000 sq. ft. buildings which form the Bagnall Centre

has been completely renovated during the last eighteen months, and will be completed by the close of 2011. The second building is planned to be renovated during 2012 and will expand the Centre to include many more therapy rooms, a larger staff room, and a reference library.

The new Centre will allow the GSG to run patient and caregiver training days in a purpose built education room and teaching kitchen, will provide the GSG with a more professional office environment in which its volunteers can work, and will make it possible for the GSG to quietly spread the word about the Gerson Therapy to the complementary-minded clients and practitioners/teachers at the new Centre.

The Centre will also house other services such as rehabilitation exercise therapy, Pilates and yoga in the large studio and gym; a wide range of complementary and conventional therapies (most importantly nutrition) in its eight therapy rooms; a spectrum of healthy cooking classes for children and adults in its teaching kitchen; and a

continued on page 4

Welcome to our New Information Specialist

by Diane Ake

The Gerson Institute has a new Information Specialist, Eleni Patterson, who began work on December 12th. She was our top candidate from a field of 45 applicants and from the beginning, she was very interested in Gerson. Eleni brings a wide and varied background of personal and professional experiences, education and skills.

She has a degree in Psychology and a minor in Women's Studies. She has work experience as a Mental Health Worker for a transitional age youth program and an Associate Manager for the Regal Entertainment Group. Her number one priority is to work with people. As Eleni said, "I can't imagine just sitting at a computer and not being on the phone or talking with people." She has also has specialized certification in the field of mental health. Eleni completed an



Eleni Patterson

internship at Shatki Rising (a very effective, local, non-profit, women empowerment organization). She also did volunteer community work with an orphanage for children ages 3-7, in Tanzania, Africa, and with an assault response team. Eleni has a strong background in working with multi-cultural groups and experience in providing crisis counseling to individuals suffering from an array of trauma.

When asked why she wanted to work for the Gerson Institute, Eleni said, "The reason I am so attracted to and want to work for The Gerson Institute is because for some time now I've been looking for a position within an agency that creates positive change within the community. After doing research on the Institute and speaking with the Executive Director, I felt like I had finally found an agency that was not only creating positive change locally, but also globally; and not only through humanitarian efforts, but also by way of raising environmental consciousness."

We feel very fortunate to have Eleni join our team and we welcome her to our dynamic, growing organization.



Poison Ivy and Severe Skin Problems

by Charlotte Gerson

Nancy was born in July of 1949, and lives in Michigan. In July of 2010, she was exposed to a considerable amount of poison ivy. Blisters spread on her wrists, then up her arms. Nancy tried oil of oregano on her blisters and lesions, but it didn't help. Nancy further checked the rest of her body and found that the nipple of her right breast was inverted. She spread the oil of oregano on that area as well. This caused it to open, and the areola turned red and was enlarged.

Then Nancy spread silver sol all over her arms and breast - but this didn't help. By November of 2010, she felt better and the poison ivy blisters and lesions cleared up. Still, due to her inverted nipple, Nancy had gone on an anti-fungal diet in July. Even the red swelling around her

nipple had cleared. No medical doctor had been consulted by then.

After eating too much cheese-cake, ice cream and brownies over the Thanksgiving and Christmas holidays, Nancy became addicted to sweets and felt unable to stop eating them. By the first week of January, red, raised blotches broke out all over her body. They were terribly itchy, she ran a fever, and showers would severely burn. She again found essential oils - of myrrh, melaleuca, and frankincense which she spread all over her body, including on her breast. At this time, her entire skin was leaking serum, including her scalp. It was itchy and crusty, and her head was pounding.

She became increasingly weaker, lost a great deal of weight, and was hardly able to take care of herself.

Her skin continued seeping large amounts of serum and her arms were swelling and turning crusty yellow. She then consulted a doctor at the Born clinic, who ordered her immediately into "emergency." She had a fever and was blotchy, with beet-red skin all over her torso. She was medicated with antibiotics and steroids and Neosporin. All her blood tests came back normal, and the prednisone and antibiotics cleared up everything. However when she stopped taking them, it all came back worse, in three days!

The next doctor offered her a stronger prednisone and stronger antibiotics which she didn't accept. Then her face broke out, with yellow crusty lesions, swellings and oozing

continued on page 5

United Kingdom...

continued from page 3

comprehensive public and professional education program in its large education room. All of the above will form part of a long list of health improvement programmes such as lifestyle change, and specific multi-disciplinary "clinics," for example infertility, children's behavioural problems, trauma, eating disorders, etc.

The Centre will also incorporate holistic minded general medical practitioners and dentists, who will work hand in hand with the complementary practitioners, advocating preventative health care (i.e. regular check-ups and lifestyle audits to prevent illness), and treating whole families, not just individuals.

We at the Centre believe that people will be healthier if they understand the principles of good personal health-care, are taught why and how to live by these principles, and are supported during the process of change from old lifestyle to new. We also believe that the health of a family is best managed by the whole family working together, and not by each family member working in isolation.

We will focus on helping people to change their lifestyle, eating habits and

stress management with expert professional help and qualified teachers; on disease prevention as well as disease reversal, on peer group as well as individual counselling and teaching, on self-help as well as external intervention. We will encourage engagement with the local community to establish a nurturing mutual support network.

I am an accountant turned management consultant, now "resting," with two daughters aged 12 and 9, four horses and a supportive husband. I first encountered the Gerson Therapy and the GSG in late 2002 when my mother was diagnosed with untreatable metastasised breast cancer. Sadly, by this time she was desperately ill, and it is unlikely that the therapy would have been able to save her life. When she died I promised myself I would do something to stop this devastating disease and its medical mismanagement ruining lives, as it had my mother's.

I became administrator of the Gerson Support Group in August 2008 in order to use my business skills to further its work, and it has operated from my home since then. I became co-founder and director of the Bagnall Centre when it was decided that we should move the GSG into its own premises, and that

the best location would be a complementary health centre. Since then, the concept of a complementary centre has been expanded into an integrated health centre to include both medical and dental professionals.

My long term aim is to partner with medical professionals to set up clinical trials for nutritional therapy, to prove its efficacy, and to ultimately ensure that everyone in the UK has access to nutritional therapy under the National Health Service. I am making steady progress in this direction, most recently enlisting the help of an accomplished and enlightened oncologist who is prepared to help us to set up initial observational trials.

It is my goal to create one or more residential nutritional therapy facilities in which controlled clinical trials on nutritional therapy will be run, which will ultimately form part of the UK medical school network, and through which all junior doctors will circulate as part of their training.

For more information, to donate to the GSG, or to volunteer, please contact me at +44 (0) 1494 765220 or go to our website: www.gersonsupportgroup.org.uk



Planned Giving

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

Your Source For Enema Therapy Coffee

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

(888) Cafe Mam
Royal Blue Organics
P.O. Box 21123
Eugene, OR 97402

Papillary Thyroid Cancer and the...

continued from page 2

worked to find humor in my situation, but the truth was, surgery was a lot more painful the second time around, and I was sick of being labeled as "sick." Of the 41 lymph nodes taken, 4 were positive.

Thanks to some of the most giving, selfless people in the entire world, I was able to take the trip to the Gerson Clinic, and my husband, Shawn, and I left on April 19th, 2011. Words can't describe my experience at the clinic. We were warmly welcomed when we got there, the other people regaining health were open and willing to share their diagnosis and what they had been doing up to this time. The knowledge and peace

I received as a patient at the clinic will stay with me my entire life.

I fell into a routine. Every night I cut my carrots, prepare vegetables for the green juice and prepare the soup vegetables. I have 2 juicers. As the number of enemas I had to do decreased, I found I was able to do more things as well.

My blood work has been coming out normal and my chest x-ray showed that my lungs are clear. I get regular skin checks and my skin is clear of melanoma. My endocrinologist said that I am cancer free, less than a year after my original diagnosis.

Treating cancer is a choice. We all

have choices every single day of our lives. Every person down in Mexico and in San Diego gets to see the bright side of that choice. Cancer is absolutely incurable - in the medical world. Never once will poison heal, and I am a living testament to that.

2011 is my year. I am defeating cancer, I have opened my practice, and I am living proof that a positive attitude, supportive, loving friends and family, and lots of carrot juice can make all the difference in your world. Cancer is ABSOLUTELY curable, and I will not stop my crusade to help others with this fantastic therapy - I will pay it forward to anyone who will listen!



Poison Ivy and Severe Skin Problems

continued from page 4

lymph fluid all over; so much that her left eye was closed due to the crusty swellings.

After conducting research, she found the Gerson Therapy. Nancy started some of the Gerson Therapy at home. After the first coffee enema, she felt that she had started healing. Her scalp and skin felt better on just some juices and coffee enemas.

Nancy arrived at the Gerson clinic in Mexico on July 8th, 2011. Her face was swollen, with yellow crusts all over, swellings on her forehead, as though she was wearing a bad mask. Within days at the clinic, her skin was healing. In just two weeks, there was no more oozing or crustiness, virtually no more itching, and her

left eye was open, the crust having disappeared. (Of course, on the Gerson Therapy, she was not treated with prednisone or antibiotics!) Her face was still red, but was covered with normal skin, and looking almost normal. She had no more pain and virtually no more itching.

Just exactly how all this related to poison ivy is not quite clear. Of course the most important thing is that she is well on her way to total healing. Her nipple is acting up a little; she feels "something in the duct above it." The red areola around it is no longer round and red and seems to heal.

Three months later, Nancy reduced the number of juices, and reported doing less well. In November, Nancy reported that "improvements keep coming."

She went to her previous doctor and requested a blood test to send to her Mexican doctor in case changes in medication were required. Her doctor asked, "Why do you need a blood test? The last one was fine!"

However she feels that she is not yet perfectly well. She still has some occasional itching on her arms and face, and flare ups at times. But, she quickly adds, "These are getting less and less frequent!" She has more energy and is able to take regular walks. Nancy also states that her head is now clear and she is able to think more clearly. Nancy is well on her way to total health and to remaining well.



2011 Thanks to Your Generous Support, V

Education Department

- Answered 125 calls per day and 200 emails per week from people across the world, many facing difficult health decisions
- Processed applications for over 100 people going to the Gerson clinic in Tijuana
- Processed and shipped over 8,000 orders for educational materials across the world
- Helped thousands of people find the supplements, supplies and information they need
- Gave radio and television interviews in the United States, Mexico, Brazil, Hong Kong, Australia and the UK
- Used Facebook to engage 17,500 new supporters
- Added new staff, including a new Education Specialist and Education Resource Specialist

NEXT YEAR: We plan to add more staff to the Education Department to be able to answer the rapidly increasing number of phone calls and emails we receive. We plan to produce an upgraded Products and Resources List and a new Gerson recipe book with photos. We also plan to launch a new and much improved website with a blog. This will enable us to develop more educational information, and make it more readily accessible and easy to find. We would like to make more of our educational materials available as digital downloads and produce more educational training videos for our website.

Training Department

- Provided over 250 hours of telephone coaching support to patients following the Therapy at home
- Trained and certified 16 new Home Set-up Trainers through conducting 6 internships at the Charlotte Gerson Health Restoration Center
- Started a new in-office internship, held three times a year, to shorten the waiting time for the growing list of people applying for the Home Set-up Trainer internship
- Conducted three Gerson Basics Workshop with a total of 250 participants
- Trained over 30 volunteers in preparing Gerson foods



We Had Another Incredible Year of Growth

NEXT YEAR: We plan to double the number of trained and certified Home Set-up Trainers, increase the number of hours of telephone coaching to meet the growing need, and train 270 more people at our workshops. We also plan to upgrade our presentations using video technology and increase the training capacity of our Gerson kitchen.

Medical Department



- Trained 20 doctors from all over the world in our Module I training program
- We are training ten doctors in Module II, the second step towards becoming certified as Gerson Practitioners
- Expanded our Patient Follow-Up Program to track the progress of patients who attended the Gerson Clinic in Mexico
- Hired a new Medical Department Assistant

NEXT YEAR: We plan to train 25 more doctors, enroll more doctors in Module II, analyze the data from our Patient Follow-Up Project to be able to report patient outcomes, and produce a new and improved Gerson Therapy Handbook.

Administration

- Hired a new HR/Fiscal Specialist
- Moved into a new office, where we have 60% more space and lower rent. Over 100 people attended our Open House event in October
- Formed Team Gerson, our office running team, which ran a half marathon in a “run for real healing”
- Sent out monthly ebulletins to over 35,000 people on our email list
- Recruited over 50 volunteers to help in the office and at events.

NEXT YEAR: We are seeking to purchase a new building, to be a permanent home for the Gerson Institute. We plan to expand our online presence and email list, train even more volunteers in kitchen and office work, and have Team Gerson run and walk in more events.



Your Letters

Gerson Therapy and the Younger Generation

I first heard about the Gerson Therapy from the movie *The Beautiful Truth*. My Volunteer Coordinator knew I was interested in cancer research and lent me the movie to see if it was something that would spark my interest, and it did! I first saw the movie in my freshmen year (2008) and here I am as a senior (2011), still getting as much information I can about the treatment. I am so interested and dedicated to this treatment because I saw my great grandma battle cancer when I was little, and I always wanted to help her. I saw how sick mainstream treatment made her and always wished I could have made it easier and better for her, and that is what the Gerson Therapy does for patients. I have told many other people about this treatment, and every time I get the chance I do my school papers on this treatment. Currently, in my Medical Ethics class, we are trying to dive into "hot ethical questions." When I got the assignment I immediately thought about doing more research, but taking it a step further and talking to patients and employees of the Gerson Therapy. My main goal of this paper is to question mainstream treatment, and how doctors handle patients that want to do the Gerson Therapy.

Outside of the hospital I currently volunteer with, I have told many ill patients about the Therapy. The most memorable was a woman that had to be wheeled around in a wheel chair and could not do much for herself, due to the chemo side effects. I mentioned this treatment, and she looked into it. Three years later, she walked up to me and hugged me. I had seen such a great change and the difference it made in her life, and right then I knew this Therapy works. I feel it is a responsibility of mine to tell as many patients and people about this Therapy as possible. I believe people should have a choice in treatment, and just because this therapy is not mainstream does not mean it should be hidden from patients. I plan to do as much research and as many interviews with

people involved with Gerson Therapy as possible. I want to learn and know all there is, and spread the word to as many people as possible.

Andreann Alder,
Dozier Libbey Medical High in Antioch California.



Urticaria Healed

I have been diagnosed with cold-induced Urticaria, a rare skin/allergy condition, for the past five plus years. I was told by my allergy/asthma doctor that the only treatment was Advair, Zertec, Singular, etc. and was also told to carry an Epi Pen around with me at all times. For the past four months, I have been using parts of the Gerson Therapy on a daily basis as a lifestyle change for preventive health, such as drinking carrot apple juice and eliminating unhealthy foods forbidden on the Therapy. I also am making the transition to a raw food diet. I do not have any symptoms of the Urticaria any longer. To say the least, I am overjoyed by this and have personally seen and experienced what this Therapy can do. My wife is

continued on page 9

THE KEY COMPANY
Supplier Of
Nutritional Supplements
For Gerson Therapy

Finest Health Products
Since 1959!

Ph: (800) 325-9592
Fax: (800) 455-0306
www.thekeycompany.com

TIME HONORED FORMULAS

New Supplier For Gerson Therapy with "All Natural" Supplements in Veggie Capsules

NO excipients, artificial fillers, binders, colors, flavors, or sweeteners.
NO preservatives or magnesium stearate.

Toll Free: 855/216-3002
Fax: 860/355-8976
Email: nutricos6@sbcglobal.net

24 Hour Answer Response

Guy Herald Cookware

www.stainlesscookware4u.com
(760) 505-7057
312 E. 2nd. Ave.
Escondido, CA 92025
CookWorld4U@aol.com

Approved cookware for Gerson food: waterless cookware, stainless steel, ceramic, glass, crock pots.

Call for special pricing for Gerson patients.

Your Letters

continued

also doing this diet with me and no longer has the chronic toe fungus she used to have.

Thank you Charlotte and family for all you stand for, and for your continuing education.

Christopher Cordova and Family



Four Generations

Hello there,

I love seeing the Gerson name come up in my email inbox.

My mother was at La Gloria for a couple of years in the early eighties. She not only was able to maintain a healthy, comfortable lifestyle until she finally passed in 1985, but also was able to conceive my sister while enduring her brain cancer struggle.

My sister, Sion Alexandria Colmus, has grown up to be a beautiful young adult and has become a mom herself four years ago. It is amazing to witness the life cycles. I am so grateful that my mother found the Gerson Institute all those years ago. No one could grasp the importance of what you were offering in the world to all of us then. Especially in this day and age, when corporations are keeping humanity sick. Thank you for being a beacon in the darkness.

You helped my mother live through the last days of her life knowing she did not have to sacrifice her beliefs or harm her body to heal. Your devotion to sharing this information that all humans have the right to know has not only helped my mother, but myself, my sister and my niece.

We are four generations that are better in this world because of what you do.

Mikki Colmus



Open House Huge Success

continued from page 2



Gerson Institute Membership Registration Form

ALL MEMBERSHIPS AND CONTRIBUTIONS ARE TAX DEDUCTIBLE

Founder's Circle Member

(\$10,000 and above)

You receive:

One year of *The Gerson Healing Newsletter*

An Ounce of Prevention

Recognition in the Newsletter

"The Gerson Miracle" DVD

"The Beautiful Truth" DVD

Dr. Max Gerson: Healing the Hopeless

Benefactor

(\$1,000 - \$9,999)

You receive:

One year of *The Gerson Healing Newsletter*

An Ounce of Prevention

Recognition in the Newsletter

"The Gerson Miracle" DVD

"The Beautiful Truth" DVD

Patron

(\$500 - \$999)

You receive:

One year of *The Gerson Healing Newsletter*

An Ounce of Prevention

Recognition in the Newsletter

"The Beautiful Truth" DVD

Donor

(\$250 - \$499)

You receive:

One year of *The Gerson Healing Newsletter*

An Ounce of Prevention

Recognition in the Newsletter

Supporting Member

(\$100 - \$249)

You receive:

One year of *The Gerson Healing Newsletter*

An Ounce of Prevention

Recognition in the Newsletter

Member

(\$45 - \$99) Domestic

(\$55 - \$99) International

You receive:

One year of *The Gerson Healing Newsletter* (\$50 or more, you also receive An Ounce of Prevention)

(\$45 US and International) for PDF Electronic Version.

We are Proud to be a Member of:



Total amount of my contribution:

\$ _____

Please send to: Gerson Institute, PO Box 161358, San Diego, CA 92176 with your check, or fax to (619) 685-5363 with credit card information.

Please register me/us as a new renewed member of the Gerson Institute at the level of membership I have indicated above.

I have enclosed a check credit card number for my contribution. Please send me your E-Bulletin by email.

Name _____ email: _____

Address: _____ Tel: (____) _____

City: _____ State: _____ Zip: _____ Country _____

Method of payment: Check # _____ C/C # _____ Exp: _____

Cardholder's signature _____

Due to extremely high bank charges for foreign currency exchange, we can only accept payments in U.S. Dollars. We apologize for any inconvenience.

ISHI MEDICAL

Why place several orders when you can get everything at the same place?

We now supply ALL the Gerson supplements (including the crude liver and B12 [through our office in Mexico]).

We accept credit and debit cards, checks, and money orders.

If you have a question please give us a call.

1-866-LAB-ISHI
Phone: 619-428-6085
Fax: 619-428-6095
anama@sbcglobal.net
Web Site:
www.ishimedical.com

The same juicer used at Gerson Institute Certified health clinics



Norwalk

Hydraulic Press Juicers
Produce more juice with more nutrients!

For more information, or to order, call:
1-800-405-8423
(outside USA 760-436-9684)
Fax 760-436-9651
<http://www.nwjcal.com>

Gerson patients receive special benefits and a video showing how to make the Gerson juice formulas at home on their Norwalk Juicer.

12 Year Factory Warranty. Made in USA since 1934.

You Need A Water Distiller

Call the **Water Specialists** for the right distiller for your Gerson Therapy!

We don't compromise Quality at your expense.



RENEWED HEALTH SUPPLY

800-678-9151
336-460-7678
www.RenewedHealth.com

Water Scams Exposed!

FREE Report
\$1500 Value



Shocking truth revealed:

- well
- tap
- bottled
- filtered
- mineral
- spring
- alkalized
- reverse osmosis
- distilled
- and more...

Which one is best for you?

1-800-874-9028
www.waterwise.com

© 2011 Waterwise Inc

Hydraulic juice presser



Made in USA \$335



Champion grinder \$215
Call us:
1-888-588-7348
Or **1-512-267-9595**
on the web: www.juicpressfactory.com

Omega Nutrition

CELEBRATING **25 Years**

Thank you for your continued support.



Flax Oil and other great products for your family.
Please ask about our special Gerson Pricing.
See us profiled in "The Gerson Miracle" documentary.

1.800.661.FLAX (3529) www.omeganutrition.com

FOR ALL YOUR GERSON SUPPLEMENT NEEDS



On the Web at: www.stat-mx.com

For immediate Delivery
Order by Phone:
1-626-737-0324
or by Fax:
1-619-428-4474

Stat-mx

416 W. San Ysidro Blvd.
Ste. L-229
San Diego, CA 92173

Gerson Institute Supporters

Founders' Circle Members

How Co. Ltd.

Benefactors

ANONYMOUS 2	Col. Lee Holmes
Koji & Kyoko Abe	Faye Joseph
Joseph Aboba	The Key Company
Alternative Cancer Research Fund	Amar Matthey
Emma Bellamy	Jennifer Mrla-Gray
Breast Cancer Research & Assistance Fund	Norwalk Juicers of CA
Breast Cancer Aid & Research Fund	Paola Ordonez
Lee Mary Brenneisen	June Petsoulas
Cancer Aid & Research Fund	Renegade Health
Tonye Marie Castaneda	Schneider Electric
Children's Cancer Aid & Research Institute	Tracy Smith
Alex Cimpoia	Brenda Soong
Diabetes Aid & Research Fund	Carol & William Sutton
David Gilbert	The Perry & Barbara Miller Family Foundation
Ivan Green	The Peter Alfond Foundation
Michelle Griffith	Totality Books
Kathleen Hartgrove	Anthony & Ann Trew
Jerry Hobbs	Raymond Ward
	Chee Lien Yu

Patrons

Holly Brown	Victoria Mears
Jeff Campbell	Jane Morales
Stephanie Clark	NeckLush
David Denio	Ed Pace
Gerald Engel	William Santagata
Alan Hunter	Anthony Serna
Arthur & Marilyn Gore	Bill Shuman
Polly Greenberg	Karen Valiasek
Irene Koch	Robert Weible
Mary Laird Silva	Carolyn Winter
Heidi Lieber	
Ashley Lovejoy	

Donors

Ceasar Alarcon	Otto Meer
Heidi Allen	John Moffitt
Ed & Betty Anderson	Maxwell & Elaine Moody
John Anderson	Janet Morrison
Dr. Zarin Azar	George Mundy
Jennifer Barton Jones	William Nasby
Ellyn Bills	Mrs. Edward Olso
Randy Brokaw	Gail Petrosoff
Sylvia Brown	Maes Petrus
Amber Capamaggio	Richard Reimers
Edward Cassatly	Wendy Rose
William Hetzler	Marisa Russo
Sara & Charles Hornberger	Marianne Schaedler
Robert Irving	Jennifer Shaw
Dr. Thomas Jarde	Monica & Steven Singer
Jennifer Jones	George Stanley Spink
Robert B Matthews	Donald Surgeon
	Ronnie KC Tang

Donors (cont.)

Donald Wilson
Elizabeth Wright
Wanda Wysocka-Ciecioro
Josh & Kim Yapp

Supporting Members


Shannon Anderson
Mr. & Mrs. Tony Andrious
ARAPAS Inc
Robert & Shirley Bacon
Henry Bartholomew
Roderick Bell
Mary Anne Bliss Poor
Bea Jay Block
Joseph & Sara Boogaart
Patricia Brunson
Lily Buffington
Michael & Monica Burgoon
Tom & Sandra Butler
Garrett & Diane Buttel
Jeanette Campbell
Len Carella
Edward Cassatly
Cristina Clark
John Clark
Lucy Colangione
Lisa Cowell
Kathleen Dangerfield
Corey Dike
Alex Doronkin
Grace Doumanian
Clara Dresselhuizen
Rev Robert Duchow
Ann Duelke
Alfonso Echarren
Esperanza Support Group
Lidia Faliszewski
Allen Farley
Carol Fitzgerald
Eva Fleischer
Shirley Fraser
Ann & William Frost
Tania Fundora
James Gaile
Geoffrey Gantt
Marc Garand
Kathryn Gerdl
Michael & Ruth Goergen
Robert Green
Leslie Griffin
Lauren Haase
Kevin & Laura Haeusser
Doris Hahn
Colin Haines
Courtney Hanson
Robert Harrison
Irene Hart
Wayne & Vivian Hart

Supporting Members (cont.)

Thomas Hartman
Sara Hendry
Patricia Herbert-Lapena
Ralph Herms
Stacey Joy Hershman
Dennis Holt
Michele Howell
Ken Ingram
Valerie Jackson
Jewish Community Foundation of LA
Robert & Leona Jones
Carl Jorgensen
Irene Jurs
Brian Kaminski
Issa & Rebecca Khalaf
Mori Khorrami
Judith Kidder
Billie Kimura
Nancy Klimp
Dr. Mary Knight
Marian Kolojaco
Alan Kornbluh
Gordon Kosobucki
Julie LaFond & Bill Moore
Marie Claire Lalancette
Evelyn Lambert
Roblee Larson
Pat Lear
Elena Lizoun
Joan Loeb
Maria Loomis
Mary Magro
Shirley Malcolm
Ross Mansergh
Jeanette Marshall
Barry & Shari McCarroll
Kenneth McDermott
Barbara McFarland
John McNess
Otto Meer
Angelica Mejia
Robert Melli
Tony Migaiolo
Roger Middleton
Mary Miller
Krongtong Mitrevej
Chris Modic
Brenda Mooney
Michael Morris
Peter Moscow
Chris Moulton
Shugo Nakanishi
Shirley Nichols
Yosh Noro
Janet Oades
Edward & Joan Olson
Arnold Paster
Bob & Brenda Pereira
Maes Petrus

Celebrating the Lives of:

Gregory Battle
Nicholas Bull
Frances Crane
Thomas Davidek Jr
Brian Robert Watkin

HEALING  **news** is the membership newsletter of the Gerson Institute. You can become a member of the Gerson Institute simply by making a tax-deductible contribution of \$45 or more, \$55 international.



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	
Jan 9 - 22 Feb 13 - 26 Mar 19 - Apr 1 May 7 - 20 June 4 - 7	July 2 - 15 Sept 10 - 23 Oct 8 - 21 Nov 19 - Dec 2	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.
January 10 - 13	Home Set-up Trainer Internship	Gerson Institute	Carol Beard	Contact: Carol Beard cbeard@gerson.org	
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 June 14 - 16 October 25 - 27	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 90 th Birthday Celebration	Details, times, location TBA			