

Three Cured Melanoma Patients Celebrate 30 Years' Recovery

by Charlotte Gerson

The holiday season is very special for Gerson people: We receive greeting cards from many and some have a special significance. This year, three former patients celebrate 30 years since they were declared "terminal" and started on the Gerson Therapy. Of course many, many more can boast about very long-term recoveries, but 30 is a nice round number! One odd co-incidence: all three were suffering from melanoma! This type of malignancy is known to spread quickly and is rapidly fatal. Worse, if the first operation to remove the melanoma tumor is not enough and the disease recurs, chemotherapy or radiation or additional surgeries are often not able to help.

Our readers always enjoy stories of recovered patients, and some have requested more than we publish. So here are three!

Beata Bishop

Early in 2011, our dear friend, co-author, and powerful Gersonite, Beata Bishop, communicated that it is now 30 years since she traveled from her home in London to



Beata Bishop

the Gerson clinic in Mexico. She had metastasized malignant melanoma. She was originally operated on, but one year later, she had a swollen lymph node in her groin, and her surgeon informed her that she had metastasized malignant melanoma, stage IV, and gave her a hopeless prognosis. He also told her that "without further extensive surgery her life expectancy would be between six weeks and six months." Instead of more useless mutilation, Beata chose the Gerson Therapy.

In 2011, 30 years after starting the Gerson Therapy at the Gerson clinic, Beata is well, actively working with a new Gerson clinic in Europe. She also travels, writes, and lectures.

Tom Powers

Another recovered patient is Tom Powers. In 1982, at age 42, a small node appeared on his temple. The mole was removed and biopsied, and Tom's doctor reported that it was melanoma.

Three of Tom's friends had fairly recently died of this form of malignancy and he was badly shaken. While he wondered what to do, there were already new tumors growing in the



Tom Powers

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Hal A. Huggins, DDS Visits the Gerson Institute

by Diane Ake, Editor

Hal A. Huggins DDS, MS, conducted a presentation at the Gerson Institute regarding non-toxic dentistry, on January 6, 2012. Dr. Huggins spoke passionately regarding his very current research on how root canals and certain dental materials stimulate the bacteria in the mouth to excrete toxic by-products. He and Charlotte were also delighted to speak with each other and compare notes on natural healing methods. This was the first time they had seen each other in more than 20 years.

Dr. Huggins is known for his stand on trying to convince dentistry

to stop the use of mercury in fillings. He has been in practice since 1962, 49 years. He received a post-doctorate Masters at the University of Colorado with emphasis on immunology/toxicology in 1990. He successfully pioneered treatments for autoimmune diseases caused by dental toxins and has personally treated over 5,000 patients suffering from toxicity. Dr. Huggins also appears in *The Beautiful Truth* documentary where he and David Kennedy, DDS demonstrate the release of toxins from amalgam fillings.

We were very honored to have
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Three Cured Melanoma Patients...

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operation site, along with others on his chest and left arm. He consulted with four doctors, who all agreed that surgery, chemotherapy or radiation offered no hope and that he was terminal.

At this point, while searching for an answer, his family ran across the Gerson Therapy. He felt that he had nothing to lose and started the treatment at the Mexican Gerson clinic on May 14th, 1982. He was delighted that by July 1st, all visible tumors had disappeared. He had no further "orthodox" treatments but remained on the Gerson Therapy for twenty months. He had no recurrences and I received a holiday greeting card from Tom, his wife and his growing family on the first post office delivery day of the year, January 3, 2012.

Rosemary Hazell

Rosemary Hazell of England was diagnosed with second stage melanoma in 1979. At first she started extremely modestly on the Gerson Therapy - just to try it out! Before getting a juicer, she was able to grate some carrots and apples, and then squeeze them through a sieve with a weighted saucer on top. "Even this limited regime of one to three juices a day made me feel wonderful for the first time in years," she reported. Her

additional involvement with the Gerson Therapy broke up her marriage; but she was able to raise her two little girls who were one and five years old when she was diagnosed.

Rosemary had very limited finances, but with the help of friends, she

"I have no doubt at all that without the Gerson Therapy I would not be alive now."

managed to obtain organic vegetables delivered by bus, to stay on the Therapy, hold onto a low paying job, and recovered. Her story was published in the UK Support Group's newsletter *Coffee 'n Carrots* Gerson journal with her picture. She saw her children grow up and go to university and is a grandmother. Rosemary states, "I have no doubt at all that without the Gerson Therapy I would not be alive now." It was just a little over 30 years and she remains well. We had a phone conversation with her in early January of 2012.

Rosemary is one of the people who has proven that it doesn't take a comfortable or high income to recover on the Gerson Therapy.

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Hal A. Huggins, DDS...

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him as our guest. He has lectured professionally in 46 of the U.S. states and 14 foreign countries. He has authored several books, written over 50 articles and given over 1,000 radio/TV interviews, including *60 Minutes Australia* (1989) and *60 Minutes New Zealand* (2007). He is currently a consultant worldwide for multi-disciplined centers and founder of the Multi-Discipline Alliance of professionals who practice the Huggins Protocol for recovery of autoimmune diseases.

The Gerson Institute's Store carries his book *It's All in Your Head: The Link Between Mercury Amalgams and*



Hal A. Huggins, DDS

Illness in which he describes his battle with the American Dental Association and results of his research studies.

Find it at www.gerson.org/store.



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.

Governance by Popular Demand

by Diane Ake, Editor

Two members of the Gerson Institute's Board of Directors attended the Eighth Annual Nonprofit Governance Symposium at the University of San Diego (USD) on January 6-7, called *Governance by Popular Demand*. Mary Magro, Treasurer, and Carol Beard, President, called it a "power-packed weekend." Mary was focused on learning ways to evaluate the Board of Directors, defining the board members' duties and responsibilities, and protecting our assets. Carol focused on learning about how to recruit new board members, managing and staffing the board and strategic planning models.

The symposium was taught by professors and instructors from the USD Non-Profit Management Master's Program, by board leaders, and professionals from the community. "There were a wide variety of non-profit organizations that attended: start-ups with no board yet and small organizations with 7-10 board members to larger organizations with 25-30 board members," explained Mary. "They wanted people to ask questions and they were very open. They wanted to help you learn rather than sell you their services."

The program began with a panel of board members from an organization that won an award for their outstanding board practices. They spoke about how they functioned and became so successful. "We learned

so much from them," said Carol. Judy McDonald, a member of the Parker Foundation Board, was one of the keynote speakers, and was very down to earth. She has 35 years of experience being on various boards. When asked how she wanted others to remember her, she said that when people leave her a message she wanted to show that she cared by calling them back. Mai Moua was "another very inspiring speaker who talked about how to become more inclusive," said Mary. "She explained that it is not about being judgmental but about learning, and that it is not about competition but about cooperation."

"By attending this conference, we realized where we are as a board and in what phase our organization is in," said Carol. "We learned that when you think about problems, to do it as a team. We also learned how to keep the board

"We learned that when you think about problems, to do it as a team."

meaningfully engaged. It was perfect timing that we attended the classes we did." Another presenter spoke about the qualities that board members need including commitment, common sense, good judgment, respect for group process, security, openness to new ideas, optimism and realism, sense of humor, passion, spokesman and generosity. If

a board has those qualities, they will attract the type of professional members that they need. "As I thought of each of these qualities I saw that every one of our board members has these" said Carol.

Mary and Carol said that the next step is to provide more training to our board members. The board also plans to form two to three committees, write job descriptions, put new policies into practice, and recruit additional board members.

Since Gerson Development Associate, Mikhaela Payden-Travers, is currently enrolled in the Nonprofit Management Masters Program at USD, the Institute has the opportunity to participate as a community partner. As a community partner the Gerson Institute will benefit from being able to have various applied projects created for the organization by a team of graduate students and faculty.

While governance may not always seem exciting, strengthening ourselves structurally is important to creating a strong foundation for continued growth. The board also learns of various symposiums and seminars to assist us in understanding our roles and responsibilities. We learn what other non-profits are doing while educating ourselves about new legal rules, advances in technology, and what is available in our community.



Three Cured Melanoma Patients Celebrate...

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One More 30 Year Recovery Celebration

Our search for patients celebrating exactly thirty years of recovery turned up another patient named Josephine Merhar, who did not suffer from melanoma, but from uterine cancer.

Josephine's story was published in the *Gerson Healing News* in August of 2010 (Vol. 25, No. 4) with a recent picture. Josephine was suffering from uterine cancer and was declared terminal in 1978. She had a D & C and the tissue

was biopsied, proving her diagnosis. She was advised to have a hysterectomy but refused. Thereupon her doctor threatened that she would die within a year. He even contacted her husband to try to have him convince her of the doctor's ways or else "he [the doctor] would pity him for having to see his wife die!" Instead, now close to 90, and aside from "some minor aging problems," Josephine continues to be well after just over 30 years.



Health Benefits of Earthing

by Margaret Straus

In the July/August 2010 issue of *Healing News*, our readers first learned about the health benefits of Earthing. A lot of new information has come our way since then, including feedback from patients, and we are more and more convinced that together with diet and detoxification - what we call the healing power of nature - the health of all our members, patients and friends could benefit enormously from the healing power of the earth, totally without negative side effects.

Clint Ober, former electronics expert and author of *Earthing* has been able to prove after years of experimentation, that reconnecting to the Earth can be a major factor in reducing inflammation, reducing and eliminating chronic pain, lowering stress levels, improving wound healing, protecting against potentially harmful environmental electromagnetic fields (EMF), improving blood oxygenation, and has many other benefits.

After a near fatal illness in which a tooth abscess so damaged his liver that his body almost shut down, Ober sold his successful cable TV business and

that insulation have negative effects on their health? Were we, by no longer "connecting" to the earth with our bare feet or conductive leather shoes, depriving ourselves of a vast source of healing energy?

When Ober "grounded" his own bed, using conductive duct tape and a wire connected to a rod stuck in the earth, he fell into a deep restful sleep without the pills for pain or sedation, which he had previously required. Friends with chronic pain and sleep disturbances experienced the same positive effects, so Ober gradually taught himself more about human biology and circuitry, about designing convincing double blind studies, and enlisted scientists and doctors in his experiments.

As he recounts in his book, *Earthing*, Ober's next challenge was to refine his crude grounding grids.

It is a well-known scientific fact that the surface of the Earth possesses a limitless and continuously renewed supply of free or mobile electrons. Mounting evidence suggests that this negative potential can create a stable internal bioelectrical environment for all body systems. Why? Because inflammation, pain and free radicals are positively charged. By allowing the electrons to flow into our bodies through our electroconductive skin, we

neutralize these toxins and inflammatory processes.

Seriously ill Gerson patients who have had trouble clearing pain, have reported its reduction or elimination by Earthing themselves with electrode patches or the recovery bag. We have reports of the disappearance of snoring, light sleepers not hearing their alarms going off, and a painful blocked shoulder improving by 50% in one night.

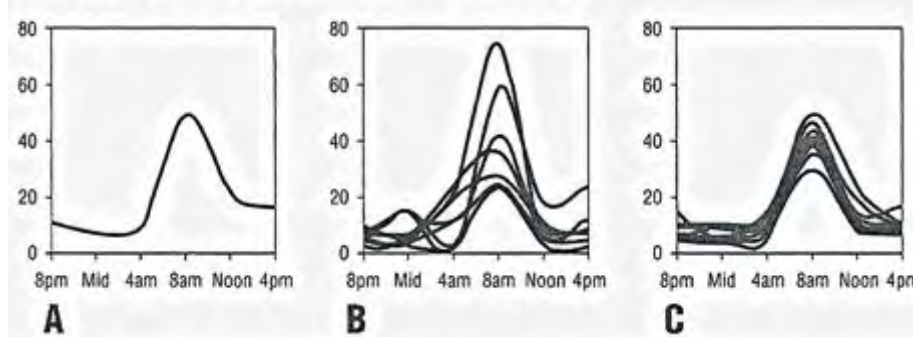
Hundreds of professional athletes use Earthing for inflamed muscles, quick healing of wounds and to recover energy in long distance or extensive performance such as the Tour de France.

We encourage our readers to visit the websites www.earthing.com and www.earthinginstitute.net, to read more about this extraordinary natural system of healing, which is so compatible with proper nutrition and detoxification and so entirely devoid of dangerous side effects.

Heal with natural foods; heal with the energy of the Earth.



Cortisol levels before and after grounding



began to search for new meaning in his life. His work in electronics had taught him the vital importance of grounding sensitive electrical equipment to protect it from static electricity and interference. But the question of whether that related to human health occurred to him in a flash one day as he observed tourists in Sedona, Arizona, in their thick plastic and rubber-soled shoes. Might

Working with specialty companies, he developed cotton sheets with conductive silver strands woven into them. He also developed grounded mats, patches and bands with which to connect people to the Earth.

What is actually happening when we walk barefoot on the earth or connect our bodies to conductive pads or sheets wired to the earth port of a

Team Gerson Runs Again!

by Diane Ake

Twenty-two Gerson staff and volunteers participated as Team Gerson at the Sandy Feet Resolution Run at De Anza Cove in Mission Bay Park on January 7, 2012. The 15K and 5K races benefited the San Diego Roots Sustainable Food Project. San Diego Roots is a network of citizens, farmers, chefs, gardeners, teachers, and students encouraging the growth and consumption of regional food and support of family farms. From farm to



Team Gerson on Race Day

and wants to volunteer in the Gerson kitchen.

The entire Bacaj family entered the race: Ally, the Gerson Institute's Communications Specialist; Will, Education Resource Specialist, and their mother Lynne, Events Coordinator, in addition to their father, Faton and younger brother, Paul. Faton also recruited a pair of runners from Sempra Energy where he works.

fork, they work toward a more ecologically sound, economically viable and socially just food system in San Diego. The Gerson Institute hosts the Roots monthly board meetings as a way of supporting their mission.

“Team Gerson is proving to be a great outreach tool for the Gerson Institute”

We were offered an information booth at the event where we distributed Gerson literature. Three people

from Team Gerson received awards in their age categories. “Everyone finished with a smile on their face and we had fresh carrot juice waiting for us at the end, thanks to the Gerson staff,” said Amanda Onken, Team Gerson coach. “The goal of Sandy Feet is to raise money for environmentally aware organizations. These values are in line with the values of the Gerson Institute and we look forward to working with them in the future.” Rachel Hiner, founder of the Sandy Feet Races, joined us for lunch the following week

Right after the race, I went to the local organic food co-op, Ocean Beach People's Co-op, to do my grocery shopping. I was wearing the Team Gerson t-shirt. Other shoppers came up to me and asked if I was doing the Gerson Therapy because they had just gotten the book, or their husband was doing the Therapy or they were currently doing the Therapy. I told them I work for the Gerson Institute and gave out my card. Team Gerson is proving to be a great outreach tool for the Gerson Institute.



Gerson Basics Workshop Draws a Variety of People

by Diane Ake

The Gerson Basics Workshop held at the San Diego Women's Club from February 3 through February 15 had 90 people from a variety of backgrounds and reasons for attending. Some of the attendees wanted to learn how to help their own health problems, including kidney stones, arthritis, chronic fatigue syndrome, lupus, weight challenges and fibromyalgia. “Fifteen years ago I was diagnosed with fibromyalgia and put on an anti-depressant,” said Shelly L. “Seven years later, at the age of thirty-eight I was diagnosed with heart disease and put on a plethora of pharmaceutical drugs. This started my research into healing naturally of both ailments. I was successful and now drug free. I ... am looking forward to learning about coffee enemas. After years of research,

the Gerson Therapy is what inspires me the most.”

Nadia K. told her story: “Recently I had an inflamed gallbladder and my doctor said that the stones were too big to pass and that I would need to have my gallbladder removed, as it was also infected. I was in so much pain and could not get out of bed. A friend told me about juice fasting and so I went searching for information on the web. I ended up with the Gerson Therapy and thought to myself, if it works for so many degenerative diseases, then I should be able to restore my gallbladder using their protocol. I started following the protocol with coffee enemas and in 3 days passed some of the largest stones I ever saw. No surgery to date and feel great.”

Six of the attendees had cancer. Others wanted to help family members or friends with Crohns, lung, prostate and other cancer, arthritis, diabetes and heart disease. Three breast cancer survivors also attended. Susan S. explained, “I recovered from cancer in the 1970's. The Gerson Therapy was a large part of the program I followed. I started my recovery in 1974 before the clinic was opened but my alternative doctors thought highly of Dr. Gerson and encouraged me. I used his book, *A Cancer Therapy: Results of 50 Cases*.” Usha Z. said, “I had breast cancer and surgery to remove the tumor. I refused conventional treatment and began to juice on my own and ran into Gerson. This led me to watch a

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Gerson Basics Workshop...

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lot of Gerson movies, read *Healing the Gerson Way* and begin my Therapy at home. Presently I am on a maintenance Gerson Therapy. I am feeling so much better than ever before the Therapy. People ask me what I am doing. Most have not heard of Gerson. It's is time to let people know what a great Therapy is right here."

Still others wanted to learn for their own knowledge. "I would like to know how food can help the body heal itself," said Nedra F. "As I read through the Gerson website I realized once again that we all have the tools to heal our bodies when necessary and it made

me want to learn as much as possible about this method," said Alexandra H. There were also a number of health practitioners including several chemotherapy certified nurses. "I was an oncology nurse for over ten years and now I would like to be a caregiver to give juice for cancer instead of morphine," said Lana D. Two doctors also attended. One of them, with a daughter who has cancer, uses nutrition and detoxification to treat his patients in Kansas. Other practitioners included several holistic nutritionists, a husband and wife colonic hydrotherapist team, a

holistic health counselor, an iridologist, a herbalist, raw food chefs and massage therapists.

Some would like to become Home Set-up Trainers. "I have a desire to help people help themselves. It hurts me inside to know that so many of our diseases are preventable; as I watch others around me suffer," explained one participant. Marie R. said, "I want to help others experience an alternative to allopathic treatment. I've seen the healing that the Gerson Therapy can provide, and I want to be a part of it. I spent one week at Hospital Meridien in 1999 with my mother. She had a great deal of success with the Therapy and I was her daily helper so I got to see her progress."



Thank You, Gerson Basics Workshop Volunteers

We couldn't have done it without you!

Anna Maria Aliano
Anthony Laino
Anthony Serna
Barbara Gonzales
Charles Alban
Chelsea Bernie

Hassan Ballout
Kristin Conner
Kurtis Switzer
Lisa van Es
Micaela Lee
Nancy Teas-Crain

Natorsha Hooks-Griffen
Sheila Lawton
Shirley Smith
Suzette Cuccurrullo



Your Letters

John Peters was a Gerson Networker for many years. The Gerson Institute maintains a list of recovered patients (Networkers) who agree to speak with prospective patients about their experience using the Gerson Therapy. We are so appreciative of the generosity of our Networkers who donate their time to receive phone calls from the public and who provide clarification, knowledge and hope to so many people.

John Peters

As I approach the first anniversary of John Peters' death on January 2, 2012, it is my desire to make a donation in his loving memory. In the last 21 years he lived on earth he was always thankful for the Gerson Therapy. He used to say, "I would not have known my grandchildren if not for Gerson" and "I prayed to God about what I should do and the answer I received was: 'Do the Gerson Therapy.'"

During those 21 years as a survivor of lung cancer, John talked with people from all over the world about the Gerson Therapy and how well it worked for him. John felt it was his personal mission to share his story and thus help people to be more open to the healthy options that are available and that really work! Truly John enjoyed being a part of your networking group, and most of the time he would stop whatever he was doing to talk with a cancer patient or their loved ones when they called.

John's death certificate states the cause was lung cancer and that isn't really true. John had no lung cancer that any doctor could find and believe me they did their best to try and find some cancer because they could not believe the cancer disappeared with a change in diet. John's demise was living with the problems of radiation fibrosis and limited lung capacity which eventually as he aged lead to reoccurring bouts of pneumonia in the lowest and only remaining lobe of his right lung.

I miss those calls as I too am very much a believer in a plant-based diet and attribute my good health in large part to my diet. Please know I am very willing and able to share John's story of being not only a 21 year survivor of lung cancer but that most of those years were with a good quality of life. For it was after John's lung cancer that our friendship blossomed into love and eventually marriage, and lots of good times square dancing and traveling in our 35 foot 5th wheel RV. Indeed I am grateful for Gerson too because I never would have fallen in love and married John if not for the Gerson Therapy. So if you feel my sharing of John's story, which I know quite well, would help someone please don't hesitate to refer them to me. It would be my job to honor the



Virginia Bohn Peters and John Peters

memory of John by continuing to tell his unique story.
Sincerely yours,

Virginia Bohn Peters



Keri Pike

I just want to take a moment to say thank you to Mrs. Gerson, and all of you at The Gerson Institute, for all you do for people. I am a 31 year old mother, wife, home-school teacher, Christian music singer, songwriter and minister to young girls and women.

I have been very sick for around 10 years now. The first several years were mostly stomach, reproductive and intestinal issues. I endured 7 surgeries over the course of the first several years. I was diagnosed quite some time ago with fibromyalgia, interstitial cystitis and irritable bowel syndrome, along with a few other disorders. The past year and half I've had a downward spiral of "seizure like" episodes, stroke symptoms, paralysis, numbness, impaired speech, loss of writing ability, extreme heat/cold sensitivities, rashes, unexplained sporadic bruising, severe bone/joint pain, tremors, severe constipation, nausea/vomiting, hair loss, loss of most function on left side of my body, abnormal gait, weight loss, and unexplained constant headaches and fevers. I was also diagnosed with an immune disease called Common Variable Immunodeficiency (CVID).

I started researching natural healing, and found *The Beautiful Truth* and *The Gerson Miracle*. The names could not be more perfect. It was a beautiful miracle and it has saved my life. I have been watching every video/documentary I can get my hands on and absorbing everything I can. I am learning so much through this!

I started juicing and eating live fruits and vegetables. But I have to say thank you so much for the insight,

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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
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.
May 13 - 17	Module I Practitioner Training	Holiday Inn Express, downtown San Diego	Dr. Kayla Smith ND; Charlotte Gerson; Carol Beard	Contact ksmith@gerson.org for more details and price
July 22 - 29 August 19 - 26	Charlotte Gerson Health Restoration Session	Charlotte Gerson Health Restoration Center, San Diego, CA	Dr. Kayla Smith ND; Carol Beard	Check our website at ww.gerson.org for price and details.
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 and cost: (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/1951/the-power-of-natural-healing	Howard Straus	Contact Howard Straus for more information at info@gersonmedia.com
March 25	Charlotte Gerson's 90th Birthday Celebration	The Abbey 2825 Fifth Avenue San Diego, CA 92103	Tributes to Charlotte & Music by Francesca Deگو	\$200 per ticket. Contact Mika Payden-Travers for more information at mpaydentravers@gerson.org or (619) 685-5353 ext. 107

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

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Your Letters: Keri Pike...

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and inspiration, and the knowledge I have gained. It has literally saved my life. I ordered two of the coffee enema bucket kits and my husband is taking this journey with me, along with my 12 year old daughter, who is tagging right along with us, and doing very well with it. My husband and I do coffee enemas regularly now, and that in itself has made such a tremendous difference. I am still a long way from complete healing because so much damage has been done and my body is still very weak. However, in only the past several weeks that I have made this diet/lifestyle change, my body has begun to react and I am so thankful! I am seeing changes day by day in

"It has literally saved my life."

my health, and I will never go back to the way I used to live. I know my life is being restored a day at a time, and my health is being renewed, although I know it will take time; as anything that is worth having does. I am sharing what I am learning with friends and family in hopes that it can

change other lives the way it is changing mine. Thank you!

God Bless you.
Keri Pike



John Throgmorton

My name is John Throgmorton and I currently live in Denver Colorado. A while ago I watched The Gerson Miracle and was blown away! I then watched two of your films: The Beautiful Truth and Dying to Have Known and was very impressed and inspired by the amount of research and knowledge you provided, and outraged and disgusted by the facts. Since then I have watched Forks over Knives, FoodMatters, Future of Food and every other food documentary I can find. I have told everyone I know about these films, sent them as Christmas presents and changed the way my family and I eat completely. We have stopped eating meat of any kind and surprisingly enough don't even miss it! We have adapted to a beautiful healthy

lifestyle that's delicious and not supportive of industries that poison us and our environment or abuse animals. So thank you for that! I think this is the most important information that is out there and could not have come at a better time, especially for me, since I have an 18 month old beautiful baby girl and I want to raise her happy and healthy.

John J. Throgmorton
Colorado



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
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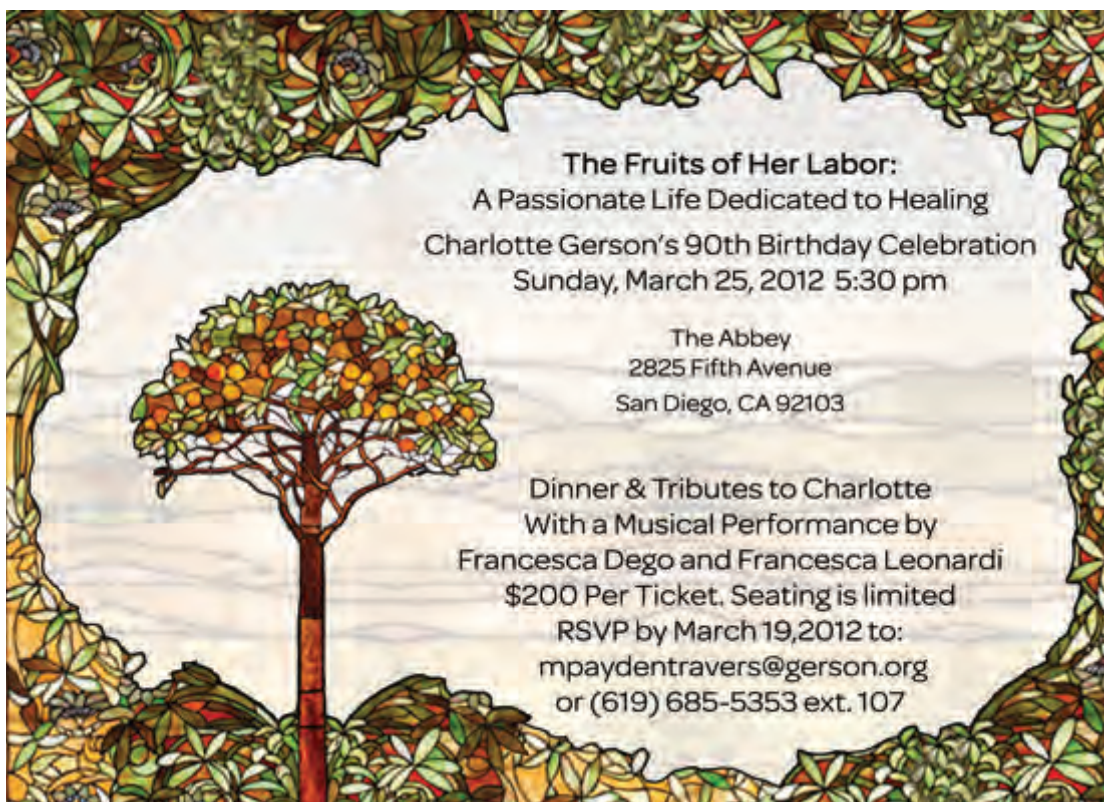
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