

Charlotte Turns 90

by Lynne Bacaj

Oh, What a Night!

Ever vivacious at 90, Charlotte Gerson delighted in the well wishes of friends from around the United States and the world at a gala celebration of her birthday on March 25, 2012. The party was held at The Abbey, a beautiful stained glass-filled venue in downtown San Diego. Guests were greeted with - what else? - carrot juice, served in champagne flutes. Old friends and recovered patients reconnected and new friendships were made at the early evening reception, followed by a dinner served from food stations piled with Gerson-friendly fare.

World class violinist and granddaughter of Charlotte, Francesca Dego, flew in from Italy with her piano accompanist Francesca Leonardi for the occasion. Charlotte and guests were treated to a mesmerizing half-hour recital of classical works, ending with Franz Waxman's virtuosic *Carmen Fantasy*.

Several people took the microphone to deliver special



tributes. Dr. James Winer, a chiropractor and radio host from Pennsylvania, shared personal anecdotes from a long history of working with Charlotte in the "early days" of her mission to spread the word about the Gerson Therapy.

Beata Bishop, co-author of *Healing the Gerson Way*, came from London. She said she was wearing "three virtual hats" that evening: that of a patient recovered from malignant melanoma, as a founder of the UK Gerson Support Group, and as co-founder of the Gerson Centre in Hungary.

"I am just one of many, many people who wouldn't be alive today without Charlotte's heroic work and gentle but firm care. I've had first-hand experience of her extraordinary gift to turn a

frightened, hopeless and forlorn sick person into a purposeful, determined individual who is willing and able to fight and work for survival, following the straight and narrow path of the Gerson Therapy ... I want to celebrate Charlotte's unique personality, her ability to blow away the scary mystique that

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Lyme Disease and the Gerson Therapy

by James Cudworth

I want to share a Gerson Therapy story concerning my recovery from Lyme disease. I'm simply a patient with nothing to gain from sharing my story but perhaps some good karma from helping others.

For you who are new to the term Lyme disease, here is a quick definition. Back in 1977 people of Lyme, Connecticut discovered a correlation between a deer tick bite and a life disrupting illness. These ticks have the potential to administer an infectious bacteria called *Borrelia Burgdorferi*. *Borrelia Burgdorferi* is a spirochete which has the ability to proliferate in all areas of the human body. It has



the ability to suppress and hide from your natural immune system. It also has the ability to transform itself into a protected dormant state when under

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surrounds cancer, her way to support and encourage you in an affectionate motherly way, and at the same time make it clear that unless you are totally committed and will obey the rules, your chances are kind of ... limited."

"I am just one of many, many people who wouldn't be alive today without Charlotte's heroic work and gentle but firm care."

She presented Charlotte with a cushion featuring a banyan tree. "This is the national tree of India, and the cushion has travelled from India to London and hence to San Diego, which to me symbolizes the way the Gerson message travels around the world. But the tree has its own message - it's strong, it reaches a great age and it gives shelter

and sustenance to a multitude of creatures. It gives shade and protection and stands like a symbol of power and generosity. Which is why I felt it was a suitable offering to you today. Please accept it, with my love and gratitude."

Kyoko Abe, teacher of Gerson Home Set-up trainers in Japan, came from her home in Japan to present Charlotte with a uniquely commissioned stone sculpture, a squared arch with a rounded stone set on top that continues to move for a long time after it is touched. She christened it "Charlotte's Apple," and told the charming story of

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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.

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the attack by antibiotics. Originally the general symptoms consisted of a round red rash followed by flu like conditions of fever, headaches and stiff joints. The medical community responded with 30 days of antibiotics and "voila," you are healed.

My story turns out to be more complicated because this bacterial infection became a chronic disease. I remember a bug bite in 1989 when I was living in Connecticut. I did not have a tick embedded in my skin and passed off the rash as a simple spider bite received while raking leaves. It was fall, so what followed in symptoms seemed like just a seasonal flu. Following these events everything cleared up and life continued.

I have always been competitive in athletics, jogging or cycling on the weekends. Over the years I just thought these activities were taking its toll on my body. The aches, the pain and the fatigue were getting worse over the years but it just seemed like I was getting older. What I didn't realize was the slow

introduction of neurological problems was gradually interfering with my life. Things like ear ringing, forgetfulness, confusion and lack of drive gave me good and bad days. I thought I was treating my body right. I took supplements, I ate what I thought were well rounded meals and I exercised, but these symptoms kept getting worse. Little did I know I was digging my own grave. As it turns out, I was eating processed foods which included meat, dairy, gluten, salt, and sugar. I washed it down with lots of aspartame drink products. I was working unprotected with chemicals and metals which were being absorbed into my body. Unknowingly I developed a toxic load and bacterial infection which my immune system could not remove as waste.

Fast forward to 2002, I participated in a 24 hour mountain bike race and ended up with flu like symptoms that lasted three weeks. After that my body produced a new major illness symptom every month. I began the typical Lyme patient story. I saw

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five different doctors and each said they were unable to help as they found nothing to be wrong. I began to research online and came up with the many possibilities. Some of the illness found with my described symptoms included: rheumatoid arthritis, chronic fatigue, fibromyalgia, multiple scoliosis, Lou Gehrig's disease, lupus, Alzheimer's, dementia, Gulf War disease, Rocky Mountain spotted fever, crohns, celiac, etc.

I remembered the insect bite suffered while living in Connecticut, so I started with Lyme. I found a special Lyme test lab and a Lyme Literate Medical Doctor (LLMD) and confirmed my research. Bottom line: I had tested positive and now had the diagnosis of Lyme disease. What to do? Without a fight I followed the LLMD's advice and took handfuls of antibiotics for over a year. Not feeling better, I finally said "enough is enough," and stopped this destructive approach for maintaining a mild level of reduced Lyme disease symptoms.

Six months later the Lyme infection was back but now stronger than before. Lyme had now progressed and began to cut deeply into the quality of my life. On a scale of five I went from a two to a one. My mental ability was degrading quickly and I had only a single good hour per day. I was so sick, and nobody knew because I looked normal and I was able to fake interaction with people.

I eventually assembled a list of what I wanted to fix. My body was infected with Lyme disease. My blood was loaded with mold, fungus and parasites. My gut bloated every day and I had sensitivity to foods. My diet was incorrect and I craved salt, sugar and carbohydrates. My body was limited in its ability to carry oxygen. My body was storing chemicals and metals in the soft tissues and bones. My body's soft tissue and bones were sore and nothing seemed to help. My brain activity was failing and I was becoming an excessive compulsive person. My

idiosyncratic pattern of what I did every day to get by needed to be broken.

More work on the internet lead to a pattern of references to Dr. Max Gerson and a cancer therapy. I watched *The Beautiful Truth* on YouTube and decided to read *Healing the Gerson Way*. I read it twice and created some notes and decided to try it. I learned immediately that my sick body had to be treated as a whole. But I didn't know what the process would feel like. The balance of extreme detoxification and hyper nutrition was new to me.

I started slowly with one enema a day for the first week (no castor oil), a couple juices a day and fresh fruits and salad. For the second, third and fourth weeks I did 2 enemas per day (no castor oil), and had a couple juices a day and fresh fruits and salad. The second month I did 3 enemas per day (no castor oil) with 6-8 juices a day and fresh fruits and salad. The third month I started doing 3-4 enemas a day and started using castor oil once a week with 6-8 juices a day and fresh fruits and salad. Ever since then I typically do 4 enemas a day and castor oil 3 times per week with 6-8 juices a day and fresh fruits and salad. I also made and ate the Hippocrates soup 1-2 times a day, usually with a salad or some other vegetable or grain dish.

Within the second or third week, my gut no longer felt bloated and my skin stopped hurting. I began to believe I was heading in the right direction. I was soon to realize this was the calm before the storm. The days I did a castor oil treatment it felt as if I had just eaten a large meal and all my blood was in the core of my body digesting food. My extremities were so cold and I would wear gloves and three layers of clothing.

As I continued, relief became a long, drawn out torture. Every inch of me became ultra-sensitive. I wanted to be left alone in a dark room with no sound and the heat set to 80. I forced myself to participate and stay engaged with life. These body events and the rollercoaster of emotional feelings lasted for nearly a year. I started using castor oil packs, saunas and clay packs and

toughed it out. What I discovered was enlightening, and if someone had described this to me I would have not believed it.

I knew I was getting better, but nothing monumental, just small things. My energy level improved and I no longer needed daytime sleep. My focus improved and I could spend more time working. My inflamed joints shrank and became more flexible. My hair began to grow on the top of my head. My varicose veins on my legs began to shrink. My aerobic breathing reduced when riding my bike. It seemed like I was slowly walking backwards in time. All my Lyme disease symptoms one after another reappeared and then disappeared. After the eighteen months I got a big, big reward. The chronic neck pain I had lived with for over fifteen years was no longer there. It's a miracle!

Slowly, my neurological and psychological issues are diminishing and the real me is returning. These toxic brain issues are deeper in the body and hiding behind many cellular and chemical protective barriers. I believe it will take more Gerson Therapy sessions to process these toxins out.

In conclusion, I can personally say that after two years following the Gerson Therapy I have recovered from a toxic body. I have restored the nutrition my body needs. I have restored damaged organs. I have restored chemical balance. I have restored my immune system and I'm well on my way to recovery from my cognitive and brain fog neurological symptoms

Lyme Disease rehabilitation without antibiotics is possible and I feel fortunate to have the discipline to have learned this important information. My life has been given a second chance!

To learn more about Lyme disease go to www.lymedisease.org



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its creation by a local Japanese artist and its journey to San Diego.

Scott Stobbe, head of Marketing and Information Technology and Mallory Crowley, Multi-Media Specialist at the Gerson Institute, screened a video birthday card for Charlotte, which contained personally recorded video messages from fans around the world.

Eric Freeman, assistant chef at the Institute and gardening enthusiast, presented Charlotte with her gift from the Institute, the Charlotte Gerson Legacy Orchard, an organic fruit orchard at Wild Willow Farm in San Diego. Wild Willow Farm is in partnership with San Diego Roots Sustainable Food Project, a local non-profit organization that promotes sustainable, affordable organic agriculture in San Diego County. Research Assistant Amanda Onken narrated a slide show of staff and volunteers planting the initial trees. Eric moved the audience with his words:

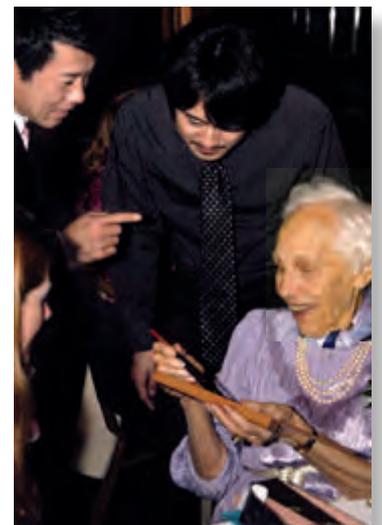
“Over the past year of my working with Gerson I have been blessed to personally cook for Charlotte, her daughter Peggy, her son Howard, and even her granddaughter Francesca. In doing so, I feel that I have begun to understand what makes a woman work so hard, and for so long. It’s not the money, I can tell you that much. I don’t know many people as humble as Charlotte. I don’t think it was just for fun either, though I’m sure there have been many great times. No, it’s something else. The only thing I can think it could be is love. But not your ordinary love like we have for

those close to us, although this is an important love too. This love is so big and so strong that 90 years of living among us hasn’t been enough to wear her down. This is a superhuman kind of love, a love for all of life itself. This is a love that doesn’t come around as often as it should.”

Eco-friendly artist and architect Candace Vanderhoff, who designed the beautiful entrance to the orchard, gave Charlotte a framed rendering of the orchard, bearing the words: “On March 24, 2012, 20 fruit trees and 20 grape vines were planted on Wild Willow Farm in honor of your work over the past 45 years. Thank you for your compassion, nurturing, and vision for healing so many people around the world the way nature intended.” The orchard is very near Charlotte’s home in San Diego, and she is encouraged to visit and harvest her own fruit as often as she likes.

At the end of the evening, Charlotte, in characteristic fashion, begged guests to focus on the contributions of countless others, including recovered patients, volunteers, and myriad Gerson admirers. She said that she’d only planted a seed, and that none of the success of the Institute’s work would have been possible without all the hard work of others.

Mr. Tetsuji Ueno, head of the How Co. Ltd., came all the way from Japan to honor Charlotte on her birthday. His company was the sponsor of the entire event, and we are very grateful for his generosity.





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BREAST CANCER CHARITIES OF AMERICA'S HELP NOW FUND

Providing Monetary Support to Breast Cancer Patients on Their Journey to Recovery

The Breast Cancer Charities of America (BCCA) is committed to helping as many people affected by hardship as possible by providing direct payment of up to \$500 to patients for life's basic necessities such as food, clothing, rent, overdue electric bills and every day needs. Since its inception three years ago, The Help Now Fund has assisted countless women in need, all over the country, not only by financial means but also by empowering their self-image, positive attitude and hope.

"Signing up for our Help Now Fund is a very simple process," said Erica Harvey, Executive Director. "We hold Open Enrollment four times a year and only ask that patients fill out a four-page application. It's that easy."

Harvey explains that patients must act fast as BCCA is limited on funds available. If selected, checks are cut and delivered rather quickly. They understand that the women applying are in dire need and they attempt to do everything possible to help in an efficient and timely manner.

The team at BCCA and Harvey are working tirelessly throughout the year to fundraise and build partnerships so that more women are helped through the Fund. Due to the fact that there is only so much money to give away, it is imperative that future recipients follow the instructions and meet all deadlines.

For more information on BCCA, The Help Now Fund, please visit: www.thebreastcancercharities.org



The Charlotte Gerson Legacy Orchard

by Amanda Onken

To Gerson persons, Charlotte's 90th birthday represents more than just Charlotte's date of birth. It's a time for us to reflect on her legacy and life's work. She has had such an immense impact on so many people's lives, and through her work with the Gerson Institute she has been able to share the Gerson Therapy with people across the world and touch the lives of thousands in need.

But what could you possibly get for the woman to whom we owe so much? Charlotte wanted no trinkets or gag gifts, and - as I'm sure you know - cakes and sweets aren't quite



teaches sustainable agricultural practices that enhances ecosystem health. We grabbed our shovels and walked to an acre of earth bordered by mountains, trees and ponds. There awaited our twenty apple, cherry, and apricot trees eager to settle their roots in the

rich soil. We had a quick lesson from Misha, the education director at the farm, and got to shoveling. We made sure the holes we placed our little fruit bearers in were large and deep enough to take the roots, and mixed in some organic compost with rich minerals to get them off to a good start. The

last step was to create mounds of mulch around the base of our trees to retain water and heat, and to control those pesky weeds. Afterwards, we wiped our brows, took a deep breath of the fresh earthy air, and completed her orchard with a border of twenty grapevines.

The orchard was beautiful, energetic and light, and eager to grow and bear fruit. All of those trees standing there tall and able reminded us of the woman we were there for, Charlotte Gerson, our strong and rooted leader, a woman who has been bearing fruits of love, empathy, and compassion for decades. The poet Lucy Larcom once

said, "He who plants a tree plants a hope." Charlotte has done that for so many people, planting hope for those that are not sure there is any left and encouraging them to grow and strive even when they are sick. We found it to be the perfect dedication for such a woman, and it was an honor and privilege to get our hands dirty to create sustainable fruit bearing life that can bring happiness for years to come.

We want to give special thanks to our farming expert Misha Johnson who helped bring those trees to life, and Candace Vanderhoff and Mel Lions who will create a gorgeous entrance to Charlotte's Legacy Orchard using recycled materials. A plaque will be placed in front of the orchard which reads: "**The Fruits of Her Labor**" In Honor of Charlotte Gerson on Her 90th Birthday: **A Passionate Life Dedicated to Healing.** Charlotte has inspired many, and I hope she has inspired you to become as strong and sturdy as she, with fruits of love and hope. Now time to grab your shovel and start digging...

Donations made in honor of the Charlotte Gerson Legacy Orchard will help continue Charlotte's legacy by supporting the Gerson Institute's education and outreach programs. Please send contributions to Michaela Payden-Travers at the Gerson Institute.



her cup of (chamomile) tea! Many of us were at a loss for ideas, but Anita Wilson, our endlessly imaginative Executive Director, came up with the perfect gift for Charlotte's birthday: The Charlotte Gerson Legacy Orchard.

On a clear and sunny Saturday afternoon in March, fifteen volunteers got together to create a long lasting gift that would honor a very special lady for years to come. We arrived at Wild Willow Farm located in the Tijuana River Valley, a beautiful space that allows volunteers to experience digging in the dirt, and



Your Letters

Boris Vene

Editor's Note: Boris Vene is a recovered melanoma patient. He had Healing the Gerson Way translated into Slovenian and, as you can see by his report, it is selling very well.

Dear Charlotte,

First let me express that, for last couple of weeks, you were in my thoughts and prayers. It was your birthday and I wanted to do something special. I didn't want to send you just another card on your day. Instead I am sending you all the best in my thoughts as I let you soak up all the wonderful birthday wishes you received. Now that the crowd has calmed down and things have come back to normal I am taking the opportunity to wish that this new decade you entered will be the best one for you so far.

I have been waiting to tell you the wonderful news that I have saved as a surprise for you:

First is that your book quietly became a bestselling book in Slovenia and even outside the country. 'Quietly' means we did not advertise it or give any interviews in mainstream media. The best part is that your book has been so successful and the book is not even released in books stores yet. I am gladly donating my time and efforts to introduce my personal experience with the Gerson Therapy all around the country to ordinary people. Just an honest conversation coming from my heart changes people's lives for the best.

The second surprise is that in honor of your 90th birthday we are going to release the documentary *The Beautiful Truth*. The film is going to be non-profit for us but the thought that we are doing something good for people is the biggest payment we could get. At the end of the documentary I included the editor's note: "Her father cured her, and at age 86, Charlotte is the world's longest survivor of a disease that the therapy has healed. At the releasing of this movie on March of 2012 she celebrated her respectable 90 years of age."

From the bottom of our hearts, my family and I wish you all the best, now and forever. Thank you for all that you do, for your hard work and setting an example for people throughout the globe. You truly are a hero - my hero.

Truly yours,
Boris

P.S. I also think it is no coincidence that my birthday is one week after yours.



Jonathan Hernandez

Dear Gerson Institute Staff and Charlotte Gerson,

First of all, I want to say happy birthday to Charlotte. I know her birthday was two days ago. My son Jonathan Hernandez's 17th birthday was yesterday! We still can celebrate his birthday because of you, Charlotte, your father and the Gerson Institute. Jonathan was diagnosed with metastatic osteosarcoma almost two years ago.

The doctors told my husband and me that our son would die in three to five months without chemo. If he survived the chemo and surgeries maybe he would die in one or two years after too much pain. The doctors recommended three rounds with the highest doses possible of chemo and two huge surgeries - one to amputate his right leg and another to open his thorax cavity to amputate half of his left lung and remove the rest of the lesions if he survived the first round of chemo. He had a huge tumor in his right leg and 18 lesions in his lungs. He could not breathe well; he was short of breath in both lungs.

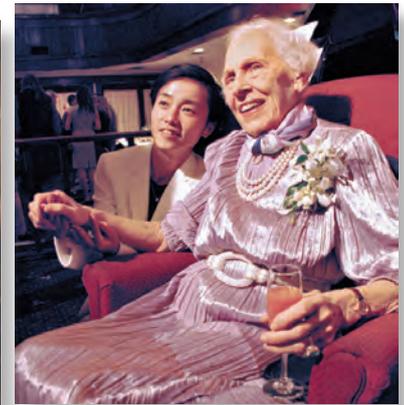
My husband and I prayed a lot, looked for counseling with our Christian and pastor friends, and then we made up our mind and decided to start the Gerson Therapy. We learned about the Gerson Therapy when Jonathan was diagnosed because one of my husband's sisters, who is a doctor in Colombia, South America, suggested we reach one of her former college classmates here in the USA who was trained as a Gerson Therapy caregiver. We got started with the Therapy after we requested the doctors to remove Jonathan's chemo port-a-cath from his chest. (Jonathan was scheduled to get started his chemotherapy the very next day). The oncologists were in shock we did that, but we felt God was leading us to take the step of faith and trust in a therapy we had never heard before. The conventional doctors were open to follow up Jonathan's process every two months in the hospital since there was not much they could do for him.

We set up everything for the Gerson Therapy at home. We bought the books, called my sister in law's friend, and called the Gerson Institute to receive support using Charlotte Gerson's book *Healing the Gerson Way*. We knew Jonathan could not receive medical advice or be coached by the Gerson Institute because he was not 18 years yet, but we decided to go ahead since there was no hope with the conventional medicine for my son. Jonathan did not start the full Therapy at once, but we saw that he improved substantially. After six months, we started the full Therapy for Jonathan. And now, almost two years after he first was diagnosed, he is breathing 100% well! Last December, his oncologist was able to "see" some of Jonathan's lesions getting "tinier" in his chest x-ray. The tumor in his leg is still huge, but there are sections where there are "holes" and now we can see his whole knee. (At the beginning we could not see his knee at all). Last December, his oncologist was very pleased to see Jonathan's improvements. He told us his blood work

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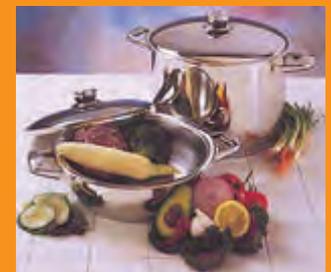
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Your Letters...

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was excellent and, for the first time ever, he did not mention chemo and scheduled him to see him in six months!

On the other hand, the community in our county is supporting Jonathan 100% since organic produce in North Carolina is very, very expensive, and our county does not have organic produce supermarkets. (People have volunteered to bring them home for us). Jonathan is an important part of the Richmond County life now.

Excerpt from *Your Daily Journal* on March 4, 2012:

"While health insurance would help with the costs of conventional cancer therapy, it doesn't acknowledge this type of treatment. The burden of paying about \$2,500 a month in supplies fell squarely on the family - until community members stepped in.

Richmond Senior High faculty, staff and students have been there for the family, spreading the word and helping any way they can. Churches and neighbors soon found out about the unique situation and have also been helping along the way.

A new fundraising committee has formed, and is planning an all-day event and barbecue fundraiser for the the boy at Pat's Kitchen in Rockingham."

Excerpt from *Your Daily Journal* on March 27, 2012:

"The fundraiser for Jonathan Hernandez at Pat's Kitchen in Rockingham on Saturday was a big success, according to Jonathan's family and event organizers.

'We were able to raise about \$13,045 after expenses,' said Lisa Britt, manager at Pat's Kitchen. 'That's up from \$9,700 last year. We even ran out of food at the end.'

This is the second year the restaurant hosted a fundraiser for the boy, who has been battling metastatic osteosarcoma, a bone cancer that doctors said had spread to his lungs. He has had successful results on an alternative treatment regime, the Gerson Diet, which requires a diet of pounds of organic fruits and vegetables and other natural supplements daily.

The diet costs thousands of dollars a month, and community members have been rallying behind the boy as he has fought for his life with unconventional treatments for the past couple of years.

Hernandez was able to stay at the fundraiser this year for about two and a half hours, and without the use of his crutches."

For the first time ever, people in our community have started wondering what organic food is and how to eat healthier.

We know, according to Dr. Max Gerson and Charlotte Gerson's books, that osteosarcoma takes longer to heal. Jonathan continues having healing reaction flare ups many times since the tumor in his leg is really big, and we still have some years to go with the Therapy for him, but we are really thankful to our Lord and to the Gerson Institute for all you have done for us. We are expecting when Jonathan turns 18 years old next year to bring him to the clinic in Mexico so the doctors can help him and tell us for sure how much longer he needs go in the Therapy.

The Lord bless you all!
Diana Janica



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Gerson Therapy Workshops, Lectures & Events, 2011

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(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
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
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