

A Most Mysterious Illness

by Ardelle F.

Close to three years ago, I received a phone call from my daughter Kathleen, informing me that she had experienced severe pain in her abdomen to the extent that she doubled over and had to be taken to the emergency room by her husband. After x-rays, the doctors concluded there was nothing they could find and that perhaps it was something she ate. However, along with the pain in her stomach, she began experiencing muscle weakness, numbness in her spine and random tingling sensations in her limbs. At times her leg and later her arm were unable to move. She suffered with pain in her jaw and numbness in her tongue. Needless to say she was extremely worried. No doctor could explain her problem but suggested that it could be the beginning of multiple sclerosis.

Thirty-six years ago I had become acquainted with Charlotte in California. I had just had twin girls and one of them was diagnosed with spinal meningitis. Unfortunately, she had been admitted



Kathleen Nielsen

to children's hospital and received the conventional medical treatment. To make a long and very sad story short, she was returned to my care after three months of hospitalization and drugs and they announced they could do no more. After three months in the hospital, during which she had been completely comatose, she was now blind and she had multiple handicaps.

I had an uncle who was a chiropractor. He was very impressed with

the improvement of one of his patients who was just returning from spending time with Charlotte Gerson. He recommended that I make an appointment with her to see if she could help me with my baby. I remember how kind she was and how encouraging she was that the child really could be helped. I spent a week or two with her. She put the child on the Gerson Therapy, detoxifying the damage done by drugs and flooding her frail sick little body with fresh juices. She made dramatic improvement. I became a believer in the Gerson Therapy and kept in touch with Charlotte off and on through the years. When the other twin Kathleen began to show the symptoms I described above, I knew that the only way to restore her health was to once again begin the Therapy.

I flew down to Texas where Kathleen lived and called Charlotte. She knew instantly what the problem was – it was mercury poisoning. Charlotte instructed us to find a biological dentist and

continued on page 2

Inside This Issue . . .

- A Most Mysterious Illness. 1
- Twenty-one Licensed Medical Professionals Study the Gerson Therapy. 1
- From the Mouths of Module I Practitioners. . 3
- Healing and the Mind/Body Connection. . 4
- SLE, Kidney Function, High Blood Pressure and Rosacea Responds to the Gerson Therapy 5
- Liz Cook Joins Gerson Fundraising Team. 5
- Welcome New Gerson Employees. . . . 6
- Gerson UK Support Group's New Home is Officially Open! 7
- Gerson Intern Brings New Energy. 9
- Your Letters. 9
- Classified Ads. 9
- Gerson Institute Supporters 11
- Calendar of Events. 12

Twenty-one Licensed Medical Professionals Study the Gerson Therapy

by Lynne Bacaj



Charlotte Gerson with attendees of 2012 Module I training in San Diego

On May 14, 2012, twenty -one individuals from around the world gathered in San Diego for the annual Module I Training Program, a week-long education in the Gerson Therapy designed for licensed medical professionals.

They hailed from Australia, Canada, Columbia, Korea, Romania, Singapore, and Sweden, as well as a good geographical representation in the United States. Fourteen are medical doctors with a variety of specialties,

continued on page 2

A Most Mysterious Illness

continued from page 1

remove the mercury and any dead teeth in her mouth. Kathleen had to have three root canal molars extracted. Then we began the less-intensive therapy. We were faithful and consistent with the Therapy and we began to see improvement. Kathleen began to notice less numbness and experienced no pain in her stomach. The last numb-

“She can now say, after two years, that she has no symptoms, pain or discomfort.”

ness to leave was in her jaw below the teeth which had the mercury in them. As time passed she noticed her numbness dissipate. She can now say, after two years, that she has no symptoms, pain or discomfort. Each day she is improving and gaining more strength. She

has had several people, also disenfranchised with the diagnosis of doctors, come to her for advice. She has helped many come to a realization that there is another way to health: the Gerson way.

We are so grateful to Dr. Max Gerson for his insight and commitment to share his research and ideas to those who are willing to listen and do the work. I am grateful for my wonderful friend Charlotte, who carries on his work and who helped me 36 years ago with one twin and now the other. We, as a family, have so much gratitude for the work being done by all those in the Gerson family but especially to our Charlotte, whose patience and genuine concern for others has helped me all these years with my children, in restoring and maintaining their most precious health.



Twenty-one Licensed Medical...

continued from page 1

two are Nurse Practitioners, two are Licensed Acupuncturists, and three are Naturopathic Doctors.

Dr. Kayla Smith, Medical Director at the Gerson Institute, began the week by introducing them to the physiological and biological basis of the Gerson Therapy. They were given a detailed explanation for each of the supplements used by Gerson patients and an overview of some of the adjunctive therapies that can

“It was wonderful to see so many medical professionals from allopathic backgrounds demonstrate such interest in the Gerson Therapy.”

be very useful while on the Therapy. Zarin Azar, M.D., Module II, assisted by giving a presentation on the mind/body connection in healing.

Later she taught them how to do an initial screening and take a patient's history “the Gerson way” – a far more detailed and comprehensive process than in most medical practices. She also spent time going over laboratory testing and

protocols for patients in different physical conditions and with various prior treatments.

Carol Beard, Gerson Training Specialist, explained how best to set up a toxin-free and Therapy-friendly home. She and Dr. Smith also demonstrated the uses of clay and castor oil for ameliorating healing reactions. Carol remarked “I've been to every Module I since 2000, and I'm surprised that I'm still learning new things from the doctors' questions and from the synergy of the group. I enjoy their questions

and input and how it leads to deeper understanding.”

In the middle of the week they gave full attention to an all-day presentation by three medical doctors from Mexico with 72 years combined clinical experience with the Gerson Therapy. The doctors demonstrated modifications for three detailed patient profiles and their successful outcomes. Along with the

continued on page 3

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.

From the Mouths of Module I Practitioners

by Mallory Crowley

On the final day of Module I, an announcement was made asking the practitioners if they would be willing to give me an on-camera testimonial regarding their experience at the training. To my surprise, by the time my camera was set up on the tripod I already had a handful of doctors waiting to participate.

Earlier that day I had scribbled a small list of questions on a piece of paper to ask them; things like: "What brought you to the training?" "What information stood out to you most?" and "What do you intend to do with what you learned here?" I wasn't sure exactly how I intended to use the footage in the future, but I knew it was important to get something from these practitioners before they scattered in all directions across the globe.

I wasn't very surprised to hear that most of the practitioners I spoke to came to Module I simply out of curiosity. Some told me that they've noticed that people are getting sicker and sicker these days despite the all "advancements" made by orthodox medicine. As Jacques B., a general practitioner from Sweden put it, "After a couple of years in medical school, I thought and felt that that this cannot be the right way to cure people. Even after 20 or 30 years of work I have seen that chemical medicine is completely inefficient." Robin C., an intensive-care physician from Canada, explained why the Gerson Therapy appealed to him: "It is

truly all-encompassing. With the diet, with all the various supplements, with even looking at the soil it comes from, it encompasses making this world a better place – a sustainable world, and there's a lot to be said about that."

Valerie O., a nurse practitioner and owner of a wellness center from Northern California, stated that she had been reading about Dr. Gerson's work for many years. She told me, "I truly believe that the body can heal itself given the right environment. With the training that I've gotten and in my work with clients, I have seen a lot of successes and it always starts with nutrition." One of the practitioners even came to Module 1 because her partner was recently diagnosed with cancer, and they're looking at the Gerson Therapy as an option for her treatment.

When asked what parts of the training stood out most to them, I was pleased with the variety of answers I was given. Maria J. M., a general practitioner from the Philippines, told me that for her, "What was most striking was the mind and body approach, as far as how to deal with your patients and to not just to look at physical manifestations, but really digging deeper into their mind and soul." Joan K., a naturopathic physician from Alaska, said it was "demonstration day" -- the day during the training that is almost entirely dedicated to showing them how to make the food, juice, clay and castor oil packs, and of course the coffee and

tea for the enemas. She said, "It integrated a lot of the information that we had on day one and two and really put it to work." Jacques B. said that for him it was the, "Personalization and customization of the Therapy to the patient. We are different and everybody is and has a very specific chemical biochemistry which is individual and you can't apply that to the whole population, which we are doing." Valerie O. said it was, "The overall information that I received about the philosophy and the nuts and bolts, the daily evaluations of clients and how they enter the program; learning all the details about why the products are used as they are, and the actual scheduling of the daily activities of clients as they work through their own healing."

I asked the practitioners about their experiences at the training. Maria J. M.'s answer was, "I feel the love and eagerness to share what you have discovered and uncovered through the Gerson Therapy." Jacques B. told me, "I enjoyed very much the richness, the variety, the depth of the research, and the openness to use what has been shown to be profitable for the health of the patients." Mark T., an internal medicine physician from Florida, and a self-proclaimed skeptic on day one said, "I was quite amazed and surprised that there was so much passion in this field and that there might be something here that I have traditionally been taught to think otherwise." When I reminded him about his admitted skepticism on day

continued from page 3

Twenty-one Licensed Medical...

continued from page 2

clinical topics, they discussed the artful aspect of working with patients – how an understanding of their home environments, backgrounds, personal beliefs, and close relationships affect their success on the Therapy.

After just a few days of Gerson food for breakfast and lunch, plus morning and afternoon juices, a couple of doctors felt the beginning of minor detox reactions. Wednesday

was "greater immersion day." In addition to the meals, they all received green juices and carrot/apple juices evenly spaced throughout the day, coming closer to resembling a typical Gerson Therapy schedule. They were provided supplies to administer coffee enemas in their hotel rooms the next morning, and were asked to detail their experiences when the workshop reconvened.

Among the universally shared experiences, one doctor reported becoming

continued on page 6

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From the Mouths of...

continued from page 3

one, he enthusiastically replied that he is now a “believer” and can already think of a few patients he feels would benefit from the Therapy. Having recently been experimenting with a vegetarian diet himself over the last couple of weeks, Mark T. could not hide his delight in how much better he looks and feels personally.

Joan K. admitted to me that she had no idea what she was expecting from Module I in the beginning. But by the end of it, she told me, “It re-inspired my passion for basic nutritional healing.” Robin Curtis gave a great answer by saying, “I think that the staff did a phenomenal job of making us feel welcome. They really bent over backwards to make sure everything flowed very well. There were no delays in the schedule or unnecessary hiccups. Everything seemed

very well thought out for something that’s done once a year. You guys did absolutely fabulous.”

I received a lot of long drawn-out breaths and fading smiles after I asked each of them my last question, “What do you plan to do with what you learned here?” As expected, no one really knew yet for sure. Most of them said they will definitely be attending Module II, and many said that they could already see ways to incorporate the Therapy into their practices. Something I found interesting was that multiple practitioners told me that they already have patients and colleagues who were eagerly awaiting their return to hear more about the Gerson Therapy. Word truly does travel fast! But as an employee at the Gerson Institute, I quickly realized I already knew that.



Healing and the Mind/Body Connection

by Dr. Kayla Smith

Anyone diagnosed with a serious illness is very well aware of the stressful impact this has on the mind, the emotions and the body. There can be a whole range of reactions, from fear and anxiety to anger and despair.

We know from the research in the field of psychoneuroimmunology that our consciousness sustains thought, which arises from emotions which in turn affects the physical body right down to the function of our cells. Thoughts create neuropeptides and hormones via the nervous system which attach to receptors on the cells of our immune system. It has been shown that stress can deplete our NK (natural killer cell) activity which lowers our immune response. Dr. Gerson realized this as reflected in his quote: “It should be remembered that a successful therapy requires harmony of the physical and psychological functions in order to achieve a restoration of the body in its entirety.” He also said “Fear can cause complications and even the appearance of serious organic disease.”

On the other hand, positive feelings such as hope, love, courage, optimism, gratitude, determination and a deep connection to the sacredness and purpose of life can strengthen our immune system.

Those who choose the Gerson Therapy as their approach to healing are people who trust their body’s own healing mechanism. They are also people who take a certain degree of responsibility for their own healing. They are self-empowered and this in itself can help to activate their healer within.

Beata Bishop, author of *A Time to Heal*, has written

a very helpful article on the “Psychological Support for the Gerson Patient” in Chapter 24 of *Healing the Gerson Way*. She recently spent some time with me reviewing the *Mind/Body/Resource Guide*, available from our book store, and enthusiastically recommended one of the books it referenced, *Cancer as a Turning Point*, by Lawrence LeShan, PhD. I promptly acquired a copy and found it very enlightening. Lawrence LeShan has been considered by some as the father of body-mind medicine and he has a unique way of working with his clients. In a nutshell, he attempts to find out what has blocked a person’s zest and enthusiasm for life. He believes each person has a “life song” that they are not singing. He finds, over and over again, that when a person can relate and create in a way that is most fulfilling, the body defenses increase, they respond better to treatment and overall outcome is much more favorable.

This is just one of the many resources listed in the *Mind/Body/Spirit Resource Guide*, available in our bookstore www.gerson.org/store,

which explains a wide range of therapies including those modalities that are complimentary to the Gerson Therapy as well as stress reduction techniques, types of creative/expressive arts, types of bodywork and body movement therapies, and lists of helpful books and CDs that support the healing process.

I urge anyone looking for additional support for their healing journey to get a copy of this guide, available through the gerson bookstore, www.gerson.org/store, and find the freedom to sing your life song with joy.



SLE, Kidney Function, High Blood Pressure and Rosacea Responds to the Gerson Therapy

by Marcella Jones

In 1979, I was diagnosed with Systemic Lupus Erythematosus (SLE). The diagnosis followed a life threatening hemolytic anemia that I experienced in which my red blood cells were being destroyed and removed from my bloodstream before their normal lifespan was over. I became very ill and needed blood transfusions. This eventually led to my SLE diagnosis.

As a result of anemia and SLE, I began a 30-year long journey of dealing with SLE and the detrimental effects of prednisone. One of the long-term issues for me as an SLE patient was constantly declining kidney function once the anemia was brought under control.

In March of 2009, my beloved sister-in-law, Lena, died after a four-year struggle with breast cancer. As a result of her battle with cancer, I met cancer "up close and personal." She asked me to accompany her on doctor appointments, procedures, surgeries, and treatments.

The treatment that I saw my sister-in-law endure was horrific. She had chemotherapy, radiation, surgeries, procedures, and cyber-knife (the new and latest treatment at the time). I saw the damage that all of this did to her body. I was by her side with the rest of our family when her kidneys almost failed, when she bled into her lungs, became diabetic and went into intensive care as a result of her "treatment."

While she was still alive and fighting for her life, I

became convinced that there had to be a better way and moreover that what was being done to her was not right. So, I asked God for wisdom and insight regarding cancer. I began searching frantically for answers. I vowed that if I ever was diagnosed with cancer that I would not accept the standard treatments. I didn't know what I would do at this point, but I knew I would not accept amputation, radiation or chemotherapy.

In May of 2009, two months after losing my sister-in-law to cancer, I ran across the documentary *The Gerson Miracle* as I searched through the documentary list on Netflix. I sat stunned and amazed as I watched the documentary several times and immediately went online to the Gerson website and ordered every piece of literature available in order to learn more.

As I began devouring the literature, I realized that this Therapy could help me. My steadily declining kidney function was at 56%. I also had a severely arthritic knee and was scheduled for a knee replacement. I was somewhat sad to read in one of Charlotte Gerson's books that being on prednisone for two or more years might comprise one's response to the Therapy. Still, I felt I certainly had nothing to lose and everything to gain.

I began gathering everything that I would need to start the Therapy, including a Norwalk Juicer. I told my three

continued on page 8

Liz Cook Joins Gerson Fundraising Team

by Mikhaela Payden-Travers

The Gerson Institute is delighted to announce that Liz Cook, our Restoration Chef, is taking on a new role of Development Associate at the Institute. Liz has been an integral part of the Charlotte Gerson Health Restoration Center, managing the kitchen, preparing delicious foods and juices for guests, and working with Home Set-up Trainers. But if you're a frequent guest, don't panic! You'll still see Liz, who will continue to work at the Restoration Center during the seven week-long retreats we hold each year.

Luckily now the rest of our members will have the pleasure of working with Liz. As we work to expand our base of supporters and provide more support to the many volunteers who have contacted us about hosting outreach and fundraising events, our fundraising team is growing.



Liz Cook

Liz will be helping with filing and correspondence, and she will be working closely with our members, making sure that everyone gets this newsletter. Liz expresses a desire to continually be a part of the Institute and is excited about learning a new area of our work. I, as Development Coordinator, am overjoyed to find someone who has a passion for the Therapy and who is willing to take on administrative work,

which is highly needed within non-profit organizations.

Liz has been interested in health and nutrition since age 19 when she began working in a health food store in her hometown of Fallbrook. She discovered vast changes in her health through simple dietary changes and never looked back. After four years of cooking at the Restoration Center, she still says preparing healthy meals is one of her favorite activities.

Best of all, by focusing on fundraising and outreach activities, we can raise funds to expand our programs and meet the needs of the growing number of people interested and passionate about the Gerson Therapy. And we can find more people like you! Thank you again for deciding to be a part of the Gerson Institute and spreading Dr. Gerson's work of health and healing.



Welcome New Gerson Employees

by Diane Ake, Editor



Anna Maria Aliano

We would like to first of all welcome Anna Maria Aliano to the Gerson Team as our new Events Coordinator (replacing Marilyn Williams, whom we will sorely miss). Anna Maria has a strong background in the banking industry and in property management. She first heard about the Gerson Therapy from a friend. She was surprised to learn that the Gerson Institute was

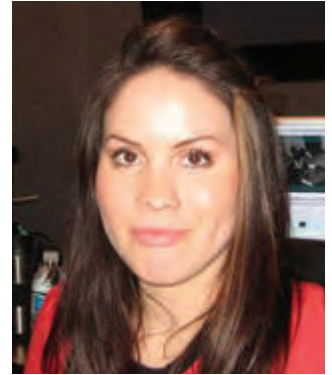
located in San Diego when she moved here, and concluded that “it was meant to be.” She then looked up the Gerson Institute on Facebook, saw volunteer opportunities posted there and started volunteering at the Gerson Basics Workshops. She was a steady volunteer for six months, and helped us move to our new office. Then we hired her to work as Assistant Chef at the Charlotte Gerson Health Restoration Center.

When asked why she wanted to work at the Gerson Institute, she answered “Where do I start? I have a passionate heart and enjoy giving of myself. I have had family members with cancer. I want to be part of something I believe in and that is worthwhile. I believe in what Dr. Gerson started and I want to get out to the public that there are other ways to heal cancer and other conditions – things I didn’t know when I was dealing with these problems. I want this to be a part of my life indefinitely. It is a family here. I see so much care and love around me. We are growing and I am happy to be a part of it and to grow with the Institute.”

Secondly, we want to welcome Mallory Crowley as our new Multimedia Specialist. We are grateful to have this new position at the Gerson Institute. Mallory was

a freelance video editor at an advertising agency where she edited national television commercials, at a Los Angeles television station where she edited the shows to be aired on their network and at independent companies where she worked on web videos. We hired her for a special project to produce a video birthday card for Charlotte Gerson, which was shown at Charlotte’s 90th birthday celebration. “I first thought of the birthday video as a fun project. But the more I worked here I thought that I would love to have a job here. The people, the message that we send out, and the atmosphere was unlike anywhere else I’d ever worked before and I just loved it. So when I was offered a job here I was completely ecstatic.”

Mallory is making videos for our website and workshops. She also films or records all of our events and is working on the live streaming of the Gerson Basics Workshop. One of her ongoing projects is to archive old video footage and audio of Gerson lectures, demonstrations and events. She is putting old tapes and documents into digital form so we can pull topics by category. For example, she produced a 13-minute video about “Food as Medicine” by pulling from old lectures by Charlotte Gerson, which we then sent to a potential funder who is interested in this topic. “I am very fortunate to be able to use my skills in such a positive, meaningful way,” said Mallory. “I am very happy here.” We are also very fortunate to have her and to be able to expand our multimedia capabilities.



Mallory Crowley



Twenty-one Licensed Medical...

continued from page 3

an instant convert to coffee enemas. She had begun detoxing rapidly from the juices during the day, worried that the discomfort would prevent a decent night’s sleep, and decided to take her “coffee break” in the evening. She felt immediate relief and well-being, and slept like a baby. She was pleasantly surprised to find that the reality matched the theory!

Many of the participants continued their conversations at dinners in the evenings, sharing their experiences, knowledge gleaned from

their specialties, and their ideas for the future.

On the final day they were surprised at lunch by a rousing Mariachi band performance and a talk about the psycho-emotional aspects of healing. After receiving their certificates of participation, it was time to say goodbye to the lecturers and staff, and prepare for their tour of the clinic in Mexico the following day, during which they expressed their appreciation for its relaxing atmosphere and the expertise and dedication of the staff.

Dr. Smith summed up her week: “It was wonderful to see so many medical professionals from allopathic backgrounds demonstrate such interest in the Gerson Therapy. Regardless of their specialties, they arrived eager to learn how to restore health using Dr. Gerson’s principles. I think they enjoyed the wisdom the doctors from Mexico brought with them. I was particularly excited that over half expressed a desire to continue their training in Module II.”



Gerson UK Support Group's New Home is Officially Open!

by Joanna Hill, UK Gerson Support Group Administrator

The Gerson UK Support Group's new home at the Bagnall Centre for Integrated Healthcare, in Chesham, Buckinghamshire, near London, formally opened on June 1st. The center aims to teach people how to take responsibility for maximizing their own health through preventative and integrated healthcare, and to encourage rigorous independent research into techniques not yet adopted by orthodox medicine. To this end it incorporates a teaching kitchen, studio, classroom, rehabilitation gym and eight clinic rooms (www.bagnallcentre.com). The Bagnall Centre's Clinic Associates practice more than thirty differing therapies, from acupuncture to massage to meditation, and many new Associates will be joining the center over the next few weeks. All Associates at The Bagnall Centre are highly trained professionals who have undergone a rigorous recruitment process. They all share a passion for helping people achieve the best possible

"Peter Ebdon, the former world snooker champion...wore a Gerson logo during this year's championships..."

health outcome by working alongside more mainstream practitioners in a totally integrated way.

The Gerson Support Group (GSG) charity has invested a generous legacy in the Bagnall Centre. The GSG was co-founded in 1993 by Beata Bishop after her own recovery from Stage 4 metastasized malignant melanoma, type 2 diabetes, incipient osteo-arthritis and severe migraines. GSG volunteers provide information and training on nutritional therapy and avoiding environmental toxicity.

The Bagnall Centre was opened by Peter Ebdon, the former world snooker champion who, following personal experience of alternative therapies and veganism, wore a Gerson logo during this year's championships, but was made to remove it. But as Peter says: "I wore a logo which I was told I wasn't allowed to wear, because it offered an alternative cancer therapy



Beata Bishop and Peter Ebdon

treatment. Obviously I've upset somebody somewhere but personally I think it's too important for people to know that these therapies exist and can help in conjunction with conventional medicine. Neither system has all the answers."

Beata Bishop also spoke at the launch, describing her own experience with the Gerson Therapy which saved her life, supported by psychotherapy during her illness. Later she signed copies of her book, *A Time to Heal and Healing the Gerson Way* which she co-authored with Charlotte Gerson. Dr. Cheryl Rezek, also signed copies of her book on mindfulness, *Life Happens*. The event was attended by the Mayor of Chesham, the counselor for Waterside ward, several local dignitaries, and representatives from local health and community groups. Many of the Associates were on hand to explain their particular practices. They were able to enjoy largely raw vegan snack food underlining the center's message about healthy food and drink.

Nutritional therapy in the UK

The significance of nutrition in human health is under-recognized in UK medical training, which gives medical students only around one day's nutritional education during their whole training program. The UK medical profession is, as a result, skeptical of the

importance of nutritional therapy, and there is little robust evidence to counter this, largely due to the lack of funds for rigorous clinical trials. What evidence there is available is largely anecdotal, so one of the center's key objectives is to encourage more thorough investigation - and hence understanding - of nutritional therapy, in partnership with the medical profession.

It is encouraging, for example, that The American Cancer Society has published new and extensive data on diet and exercise as two essential "complementary therapies" for people who have had cancer. There is still a need for more research into the entire complex relationship between nutrition and health. This research should study complete nutritional approaches, as opposed to the individual micronutrients which have been studied in the past, and to study whole food rather than synthetic copies of food components.

The future for integrated healthcare in the UK

The British National Health Service is overstretched and does not always have the tools to deal with chronic disease or indeed disease prevention. More and more people are turning to private orthodox medicine and to complementary medicine, including nutritional advice, to address its shortfalls. It is heartening that two European parliamentary groups are now campaigning for the European Commission and Parliament to "actively support" the integration of CAM (Complementary and Alternative Medicine) practices into Europe's healthcare services, especially for the care and treatment of cancer patients. They are also calling for more funding for research into alternative therapies for a number of diseases, including cancer.



SLE, Kidney Function, High...

continued from page 5

physicians, a kidney specialist and two internists, what I planned to do. They said that the Therapy appeared to be "harmless." One of the internists ordered the lab work that I needed to send to the Gerson Institute since I planned on working with a Gerson coach.

My family was extremely supportive and my husband, Tim, and my dear friend, JoAnn, even joined me in following the Therapy. I am a college math professor and was not teaching during the summer when I began the Therapy in July 2009.

The schedule was consuming. I followed the modified therapy and drank 8-10 juices daily and did 2-3 enemas each day. I also took the recommended supplements and strictly followed the diet. I followed this protocol faithfully for a year. In less than one year my kidney function went from 56% to 125%, meaning that they are working better than normal for my age group. My kidney specialist excitedly explained that my 52-year-old kidneys were functioning like they were 18 years old! In less than 6 months on the Therapy I was weaned off of all medication by my internist. My high blood pressure was an ideal normal. I canceled my knee replacement surgery because my knee improved greatly. My results were unbelievable.

I had some healing reactions and some days where I felt terribly ill, but those were few and began to decrease constantly until they became nonexistent.

My results were remarkable and life changing. I had often been told by various physicians that I would never be able to stop taking prednisone or high blood pressure medication, that my kidney function could not be restored and that the only hope for my worn-out knee was to replace it with a mechanical one. I had developed Rosacea, a reddening and thickening of the skin in the facial T zone; this also cleared up and I began to get compliments on my "beautiful" complexion.

The biggest challenge that I faced was the expense of the Therapy and the necessary time required to follow the Therapy. Often I would not obtain sufficient rest and sleep which is an important aspect of the Therapy. When I returned to teaching in the fall of 2009, I managed to keep up with the Therapy, but it was extremely taxing.

The coaching offered by the Gerson Institute was priceless and made a huge impact on my success with the Therapy. The cost of the coaching was minimal and I would highly recommend it.

My advice to anyone would be to consider this Therapy, not just for cancer, but for any chronic illness, unless the Therapy is contraindicated. Utilize the Gerson Institute for insight and guidance regarding your particular situation.

I follow the maintenance lifestyle advised by the Gerson Institute as a way of life.

The Gerson Therapy provided me with a new beginning and a chance to be whole again.



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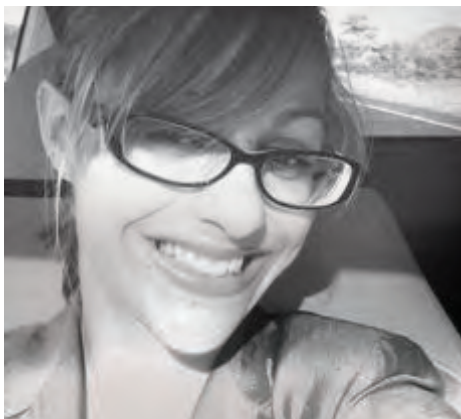
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Gerson Intern Brings New Energy

by Diane Ake

We would like to welcome Chelsea Hulina as an intern with the Gerson Institute for the summer. Chelsea is an undergraduate at Northern Arizona University pursuing three degrees in Business Economics, Finance, and Marketing, while operating a student-run deli inside Coconino Community College in Flagstaff, Arizona. Chelsea brings a variety of skills with her, such as experience managing and leading teams of employees, as well as accounting and finance skills. As a summer assistant to our HR/Fiscal Specialist, she will have an opportunity to experience the administration of an alternative health non-profit with an emphasis in human resources and fiscal management. So far Chelsea has already assisted in recording items for our inventory system, filing financial documents, data entry and helping streamline systems and procedures.

When asked why she wanted to be an intern with the Gerson Institute Chelsea explained that she has a special interest in nutrition. Her future career goals include bringing together nutrition and the medical industry in a hospital setting in order to improve health care. "I would like to learn more about



Chelsea Hulina

the role of nutrition in healing the body. I would like to observe the administrative responsibilities that make it possible for patients to be cared for day-to-day," said Chelsea. "The Gerson Therapy is beneficial to healing diseases affecting the most people in this country. Every time I started reading a book about natural healing it lead me right to Dr. Max Gerson's book, like roads leading to a highway. Being here gives me a special feeling that I am doing the right thing, and learning from the best. It is such a personally rewarding experience to help truly serve people in the best way we can."



Your Letters

Truly Inspired

I just wanted to say that this Institute truly inspired me. I am finishing college and about to get my nutrition degree. I started doing a lot of research in my own free time about nutrition and the best way to stay healthy. I guess the best way to describe it is that being healthy has become a little hobby of mine. I was fascinated from the second I first heard about Max Gerson and his Therapy. I have told almost everyone I know about this Therapy and how AMAZING the results are. I truly believe in this. I wish all doctors treated patients using nutrition. I just wanted to write and thank you for what you are all doing. Thank you for being honest with people.

Liz



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Date & Time	Event	Location	Speaker	Contact Information
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.
October 25 - 27	Gerson Basics Workshop—Now available in Live Stream	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
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