

Breast Cancer and the Gerson Therapy

by Rita Sagarra

I am from a little town 25 km North of Barcelona, Spain. I was diagnosed with a hormone dependent breast cancer in November 2009 called invasive ductal adenocarcinoma; stage II/III, tumor size 2cm.

I felt devastated at that moment, and so did my husband, my mother and my sisters. But then I felt the strength inside myself, and a furious rage came out saying that this cancer wasn't going to kill me -- that I would be victorious!

The doctors immediately started to plan surgery, then radiotherapy and, following that, five years of Tamoxifen. After a pre-surgical routine MRI the doctors found another little 4mm tumor in the same breast. Since they could not localize it because it was small and very deep, the doctors couldn't perform a biopsy. They took out the tumor and decided I should have a check-up with an MRI every 3 months just in case it grew. I was lucky to have my lymph nodes clear so the doctors only took out



Rita Sagarra

the sentinel lymph node.

After surgery, my hospital oncologist said that I had to take Tamoxifen. I found out that, according to the National Cancer Institute, Tamoxifen's side effects range from hot flashes, vaginal dryness, joint pain and leg cramps to

blood clots, cataracts, strokes and uterine cancer. So I was clear in my mind that I was not going to take that poison.

I started radiotherapy for six weeks, but was worried it would be a big mistake. After one month I was so ill that I ended up in the hospital because I could not stop vomiting. I lost about 22 pounds of weight in a few months. My family was very alarmed and fearful and my husband could see that I was not doing well. The day after I returned from the hospital, I started vomiting again.

I continued looking for other less aggressive treatments. In Spain, it is still not very common to do alternative treatments for serious illnesses like cancer. I read about the Gerson Therapy and asked a private oncologist her opinion about the Therapy. She said that it was the best Therapy I could do, but that it was very difficult and required a lot of effort, commitment and discipline.

My next MRI showed that I had

continued on page 2

Inside This Issue . . .

- Breast Cancer and the Gerson Therapy. 1
- 40th Annual Cancer Curing Convention. 1
- New Gerson Employees. 2
- Working and Growing Together. . . 3
- *Cancer and After* – a short review. . . 4
- Listen to Charlotte on the Radio. . . . 4
- Carol Beard, Board of Directors President. 5
- Your Letters. 5
- Francesca Dego's New CD. 6
- 3,000 Coffee Breaks. 6
- Ask The Doctor. 7
- Thank You from Charlotte Gerson. . . 7
- Classified Ads. 8
- Gerson Institute Supporters . . . 10
- Membership Registration . . . 11
- Calendar of Events. 12

40th Annual Cancer Control Convention

by Diane Ake, Editor

The Gerson Institute participated in the three-day 40th annual Cancer Control Convention over Labor Day weekend, which took place in Universal City, CA. The convention is organized by the Cancer Control Society, a non-profit organization that educates the public and professionals with information on non-toxic alternative therapies and nutritional approaches to cancer and other diseases. There were numerous booths there with natural skin care products, supplements, far infrared saunas, juicers, information on clinics and other cancer treatments. Each day there was a full menu of speakers on topics such

as nutritional approaches to cancer, oxygen therapy, hyperthermia, chelation, laetrile, thermography, Ayurvedic Medicine, ultraviolet blood irradiation and recovered patients testimonials. Dr. Nicholas Gonzalez spoke about his enzyme treatment of cancer.

At our booth we were visited by recovered patients, some of whom had done the Therapy on their own and some who had been to the Gerson clinic, including Kevil Murray, who recovered from testicular cancer in 2006. Other friends we saw included Lucinda Messer, a Gerson Practitioner, and Kyoko Abe, our Home Set-Up Trainer Ambassador,

continued on page 5

Breast Cancer and the Gerson...

continued from page 1

not one but three little tumors, 4 mm each. The prognosis was mastectomy and chemotherapy in case the tumors grew. I was very clear that I was not going to have any of this done to me. I wrote to the Gerson Institute in the USA. They very kindly sent me a lot of information and the contact details for Stephen Gamble (a Gerson practitioner in England who is no longer practicing).

Then my husband and I watched the movie *Dying to Have Known* and afterwards he looked at me with very a clear light in his eyes and said "You are going to recover with the Gerson Therapy." And I breathed deeply in peace, not just because I knew what I was going to do but also because my husband was with me. He was going to support me until the end and truly follow me on that path. No more doubts, no more fear, no more fighting with doctors. And then I could feel how tired I was. My husband set up an appointment with Stephen.

I started the Therapy on July 2010, when my husband was on holiday, so he could be with me the whole time. Yes, at the beginning everything was new and I found that the day was too long, and exhausting. My husband prepared juices. I cleaned carrots and prepared all the foods during the morning and coffee for the next day's enemas

too, so that in the afternoon I could have some rest. I have been following this schedule ever since then and it has become very normal. Besides, I am feeling better now, so it is not as stressful as it was in the beginning.

When I started the Therapy my weight was 85 pounds but the castor oil treatment affected me very strongly. Every time I did it, I lost almost a pound, so after three weeks I weighed just 81 pounds. Stephen made some adjustments to the schedule in order to avoid negative consequences.

I had my first flare up just 10 days after starting! I must say I felt a bit scared, but in a sense happy, since it meant that the treatment was working. My first flare up had nothing to do with cancer but with an injury from an accident where I broke my nose two years earlier. It was terribly painful then, and it hurt when the healing reaction occurred. I felt pain all over my face and I could hardly open my mouth. My ears were hurting too, and I had a strong headache. The pain went away in a week and then I felt for the first time in two years that my nose didn't hurt anymore! Then, just a week later, the second and third healing reactions happened. They continued almost non-stop during the first three months. I had recurring headaches, and one day around mid-April I

continued on page 4

New Gerson Employees

We want to welcome Alex Weitz, our new Educational Resources Manager, to the Gerson Team. Alex replaces Michael Wolvin who moved to Ohio to pursue higher education. Alex has a Bachelors of Science in Administrative Management. He comes to us with extensive experience in operations, office, program and project management.

Because of his strong personal interest in health, Alex did lots of online research, watching documentaries, and reading about health, healing, and diet. Alex first heard of the Gerson Institute when he watched the



documentary *The Beautiful Truth*. He signed up for our e-mail list, found out we were in San Diego and contacted us to start volunteering at the office.

continued on page 9

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.

Working and Growing Together

by Mikhaela Payden-Travers

Each year as we move into the fall season, I begin to reflect on all that has happened over the past year. This natural process of reflecting on the past year and preparing for the new is intensified for me, since as the Institute's Development Coordinator I have the privilege of sharing with all of you the incredible work we've accomplished in the past year and the exciting projects we have planned for the year to come. Each

"The difference lies in you." year I've talked about how much the Institute has grown, marveling at how far we've come in just 12 months. This year is no different. Over the past year we've added five new staff members just to keep up with the growing public demand for information and resources about the Gerson Therapy. The "spacious" new building we moved into in July of 2011 is now full – and finding space for new work stations requires increasing creativity. Luckily, that's one of our strengths!

As I looked back over the year, I recognized that there was something different about the growth I'd witnessed over the last year, a subtle energetic shift that I felt but couldn't quite explain. It wasn't that we'd grown less; if anything we've grown more. It was as I began thinking of the events that had energized me and impressed me over the last year that I began to recognize where the difference lay. And the difference lies in you. So many of the exciting new opportunities and activities, so much of the growth, that I've seen in the past year have been generated and carried out by you. This year more than any other I've seen our supporters taking action to spread Dr. Gerson's message of hope and healing. Below are just a few of the many incredible activities that our supporters have carried out in the last year.

Carrots not Cupcakes

In the spring of 2012, I received an email from a Florida college student who had been walking across campus when he saw a booth with the sign "Cupcakes for Cancer" where a group of well meaning, if in his opinion misguided, students were selling cupcakes to raise money for a large cancer charity. Having just watched *The Beautiful Truth*, he wanted to do his part to let his fellow students know about the Gerson Therapy. So with educational brochures provided by the Institute and carrot-apple juice, he set up his own booth!

A New Type of Reception Gift

It's hard not to get excited about weddings, and many of us at the Institute were particularly moved by the decision of two Gerson supporters to make a donation to the Institute in lieu of the more traditional reception gifts found at wedding dinners. The couple printed up beautiful place cards for their guests letting them know that they had chosen to make a donation in honor of their family and friends to the Gerson Institute. Not only were their loved ones saved from the often stale

candied pralines I've experienced, they were introduced to Gerson and encouraged to learn more about alternative health.

Newsletters at the Grocery Store

As we continue to work to be an environmentally sustainable organization, the Institute has been moving from reprinting past issues of *Healing News* to making the entire newsletter archive available on CD. Since we have numerous copies of select back issues and can't bear to see this valuable health information put in the recycling, we offered them to you. I'm so glad we did, because one recovered patient shared with me just how valuable this health information can be for a committed Gerson supporter. She shared with me that the cashiers and baggers at the stores where she shops often comment about the amount of organic produce she buys. Now she takes back issues of *Healing News* with her when she shops so that she can not only tell people about the Gerson Therapy, she can give them a way to learn more.

Rock and Roll – Gerson Style

One of the most exciting and high profile events happened this fall when Phil Collen, co-guitarist for Def Leppard, and guitar maker Jake Willoughby worked together to raise money for Gerson and awareness about alternative treatments for pancreatic cancer. Phil and Jake had both lost parents to pancreatic cancer and seen the devastating effects that traditional "treatments" had on those they loved. They chose to turn their personal tragedies into an opportunity for educating others. During Def Leppard's recent American tour, Phil played a custom guitar called Wings, which he auctioned off at the end of the tour to raise funds for the Gerson Institute – raising over \$20,000 for our organization and spreading awareness about the Gerson Therapy to fans across the country.

The staff at the Gerson Institute and our committed office volunteers continue to work hard to keep running our numerous programs – answering requests for information on our toll-free help line, juicing for our educational workshops, training doctors in the Gerson Therapy, following-up with recovering patients. And we will continue to do so, but this year has also made me realize that widespread, lasting change is fueled and driven by the passion and dedication of the community. The change that you are making possible.

We've had experiences this year that reminded us that alternative cancer treatments are still controversial, but we've also seen the growing energy and dedication of the Gerson community. The day is coming when people will find it hard to believe that holistic, nutrition based treatments were once considered controversial. We aren't there yet, but we will be. It will happen because of you.



Breast Cancer and the Gerson Therapy

continued from page 2

had a strong migraine. I could not eat anything and I had to make a big effort to drink the juices. But since then I have had fewer headaches, which is a big improvement.

By the end of October 2010, four months after starting the Therapy, my next MRI showed that the three little tumors were not there; they had just disappeared! Everybody was surprised. My surgeon said: "I don't know exactly what are you doing, but it is going very well." He didn't ask anything else and I did not try to give any explanations. But my husband could not keep quiet, he has an acute sense of humor. With a very naïve look, he asked the doctor how it was possible for the tumors to just disappear. The doctor's answer was "Well, the breast is a place where there is a lot of movement. Things come and go" (sic). The MRI report assumed that the three little tumors vanishing was due to the radiotherapy, which was totally untrue. Because before I started radiotherapy I had asked all the doctors if the radiotherapy could kill these tumors and all of them (radiologist, gynecologist, surgeon and oncologist) agreed that was not the purpose of the radiotherapy, and in fact was impossible.

By the beginning of 2011 my breast

and right lung started to hurt a lot. Since then it has happened quite often; the last time was in mid-July. I could hardly move my right arm and I had headaches for more than three days, non-stop. I applied castor oil packs and did more enemas and finally it went away.

I did everything as prescribed. I drank thirteen juices a day and did five coffee enemas during the first three months, after which the enemas were reduced to four a day. I continued with the juices since I could not eat a lot. I took all the medications and liver injections with B12. I followed what my practitioner said, and I must say that I have been doing it very exactly and very well.

The second year on the Therapy was easier than the first; I had many flare ups but they were shorter and a bit different from the ones I had at the beginning. They lasted just a few days and the headaches were less strong, but I continued to suffer strong pains in the breast and in the lung. I used a lot of castor oil packs on the area. During the second year I started to feel quite anxious and had emotional flare ups (maybe other Gersonites have experienced that too) including fear, sadness and rage. I cried a lot and could not stop.

My last visit to the oncologist was

in March 2012. My blood tests were perfect and the results of the last MRI (done on February 2012) were perfect, too. The last three months on the Therapy I was drinking nine juices and doing two enemas a day, along with all the medications but a bit reduced.

Two weeks ago I reached the two-year mark, and very naturally I just continued with the Therapy. I am planning to go on with the Therapy until mid-September when I will start working again. I am taking seven juices, two enemas and liver capsules, acidol, and pancreatin. I've stopped the thyroid and Lugols. After September, I am going to continue the Therapy in the same way but I will concentrate the Therapy mainly during the mornings and work a few hours in the afternoon. Until when? I don't know, really. I probably will continue for life, with some breaks. It is clear in my mind that there is no going back.

I look forward to what life and the universe puts in front of me. But I learned a good lesson. It's important to listen to our body and to listen to all the alarms and signals that it gives to us before we discover that we are ill. Now I am feeling strong and healthy.



Cancer and After – a short review

Cancer and After is a short holistic self-help handbook, published as a free e-book, primarily for cancer patients who have completed their orthodox, non Gerson, treatment. However, the material is equally suitable for prevention and - even without any illness or disease - as a guide to a healthy inner and outer way of life. This

book is written by Beata Bishop, co-author of *Healing the Gerson Way* and author of *A Time to Heal*, her memoir about healing melanoma with the Gerson Therapy.

You can find it on <http://www.smashwords.com/books/view/208846>.



Listen to Charlotte Speak on the Radio

Charlotte spoke on the *Case for Health* radio show on Wednesday September 26th. You can listen to an archive of the show at <http://gerson.org/gerpress/free-audio-downloads/>. The host of the show is Dr. Brad Case, a holistic chiropractor, the author of *Thugs, Drugs and the War On Bugs*, which we sell in our Gerson bookstore.



Carol Beard, Board of Directors President

Carol Beard has been the President of the Gerson Institute's Board of Directors for 11 years. The first time Carol heard Charlotte Gerson speak was in 1975. Her daughter had suffered asthma attacks for nine years, starting with her first attack when she was only six months old. Carol was tired of all the shots and medications that had to be administered to her. A woman overheard her talking about her daughter's asthma and sent her to the health food store to find a book. While there, she was handed a flyer about the Gerson Therapy and a lecture by Charlotte. She bought Dr. Gerson's book *A Cancer Therapy* and subsequently changed the way her family ate at home. Her daughter never had another asthma attack. Almost 20 years later, her mother was diagnosed with pancreatic cancer. Her mother drank the Gerson juices and ate the vegetarian foods for about two years but didn't do enemas. She lived two and a half years thanks to the foods



and juices, after her doctors had given her three months to live.

Carol started volunteering at the Institute in January of 1999. She answered phone inquiries and also suggested a lending library of tapes and books for the volunteers. After six months, she started making follow up calls to patients and she helped at Gerson practitioner training seminars

and lectures. Carol became one of the first certified Gerson Caregivers (now called Home Set-up Trainers) and even travelled to London to care for a patient. After eight months of volunteering, she was asked to join the Board of Directors.

Carol spent eight years in banking in customer service and as a loan secretary. She also worked for eight years as a supervisor for the US Postal Service and she spent three years doing home day care. For the past 14 years she has been a partner with her daughter in what was first a wholesale and now is a retail business.

Carol enjoys taking long walks on the beach, reading lots of books and writing about her experience with the Gerson Therapy. She loves helping and being a part of guiding the direction of the work of the Gerson Institute and fulfilling the vision of Dr. Max Gerson.



40th Annual Cancer Curing...

continued from page 1

who travelled all the way from Japan for the convention. "It was wonderful to talk to so many people who support us and already know about our work," said Silvana Procopio, the Gerson Institute's Director of Education.

Howard Straus, Charlotte Gerson's son, gave a half-hour talk about the Gerson Therapy. Afterwards, the booth swarmed with interested attendees. Howard signed copies of his book *Healing the Hopeless*, an excellent biography of



Gerson Institute's information booth at the 40th Annual Cancer Curing Society Convention.

his grandfather Dr. Max Gerson's life. In addition to our books, we brought new items we now offer such as enema buckets, t-shirts, tote bags and aprons. We also gave out clinic applications to new people considering going to the Gerson clinic in Mexico. "It is so important for us to speak with patients who go to this type of convention so that they know the alternative treatments available to them" said Kayla Courtney, the Gerson Institute's Education Specialist.



Your Letters

Editor's Note: Carolyn did the Gerson Therapy in its entirety for six months. She reported that it stopped the steady deterioration of not only her eyes, but her body and brain. She has continued with enemas at least once a week, and more often as needed. She had been eating animal protein and dairy, but found it was making her sick. She has been vegan for almost a year and believes that is a big reason for the

improvement in her eyes. Her MD and her low vision specialist agree. She still takes some of the supplements, and usually has a couple of juices a day, and often more. Her health continues to improve. She reports that it is a lifestyle for wellness now rather than a Therapy for illness and says that "I'm in the best health I've been for many, many years."

Hello, Charlotte.

I wanted to send you a report on my eyes and Hedy [Carolyn's dog].

First, I had an appointment with my low-vision specialist yesterday. Dr. Janet Caddell has been taking care of me for about six years, and has done extensive testing and evaluating to determine the health of my eyes and

continued on page 7

Francesca Dego's New CD

Those of our readers who were present at Charlotte Gerson's 90th birthday party and heard Charlotte's granddaughter Francesca Dego amaze us with her virtuoso violin performance will be thrilled to hear that Francesca has just recorded her debut CD with Deutsche Grammophon, the most prestigious record company for classical music. She is entering the top class of world performers with nothing less than Nicolo' Paganini's 24 Caprices for solo violin, universally acknowledged as some of the most brilliant and technically difficult pieces ever written for this instrument.

Francesca is one of the most admired violinists of her generation. At only 23 her rapidly advancing career as a soloist has brought her to perform all over the world, acclaimed by public and critics alike.

Paganini has been the author that launched Francesca onto the international concert stage. She won the "Premio Costa" for the youngest finalist at the Paganini competition, and is heir to the great interpretative tradition of her teacher Salvatore Accardo, whose historic recording of the 24 Caprices on the Deutsche Grammophon label is still one of their bestselling albums.

Francesca is performing on a marvelous violin, made by Giuseppe Guarneri del Gesu' (Cremona, 1734), among whose previous owners was the great Ruggiero Ricci, the first violinist in history to record the 24 Caprices, in 1947, on this very violin!

The Gerson Institute is proud to be able to offer copies of Francesca's CD at an introductory price of \$17.95 plus postage. Support us and add to your Christmas list this wonderful bouquet of music from Dr. Max Gerson's great granddaughter.



3,000 "Coffee Breaks"

by Margaret Straus

In 1994, comedian and ventriloquist James Wedgwood lost his best lifelong buddy, Randy, to kidney cancer after a mere six months of hellish conventional treatment and suffering. It took James years to deal with this painful tragedy. Then, in February 2003, his wife Gail's beloved sister Cathy succumbed to colon cancer after a similar four-year ordeal. Ironically, back in the early eighties, James had read and been very impressed with Jacquie Davison's book about her recovery from advanced melanoma, *Cancer Winner*, and attempted to convince both the people he loved to try the Gerson Therapy, without success.

When Cathy passed away, Gail and James were devastated. Gail arranged to get away to a friend's wedding in Paris and two weeks after Cathy's funeral, James went on a gig. There was a squash court in his hotel and after the show he decided to let off steam with a game. A leak in the roof had made a puddle of water on the floor of the court. James took a terrible fall, painful and frightening, but probably the best stroke of luck he could have had. In the course of a scan to see if he had ruptured his spleen, a 1.8 centimeter mass was discovered on his kidney.

His kidney! Like Randy! Terror set in.

Wedgwood now gives a stunning rendering of what it feels like to receive



a cancer diagnosis, decide to abandon conventional treatment in favor of the Gerson Therapy, adapt to a totally new way of life and then get back into "normality" afterwards. In whatever James does he is clearly a man who knows how to pick up the ball and run with it. He and "Saint" Gail were brought closer together by a deep collaboration and 100% adherence to the Gerson Therapy, which he describes with perfect accuracy in all its aspects. His well-documented chapter on teeth, for example, should be read by everyone. Highly enjoyable is also his description of their time at the Mexican clinic where, among other things, he learned to call coffee enemas "coffee breaks."

James Wedgwood's 3,000 "Coffee Breaks" is entertaining and extremely useful, to patients of course, but equally so to helpers. It should be required reading for those who aid and support patients. One gets a vivid idea of what it

takes to love and support them through tears and moods, weakness, loneliness and fear. James is truly amusing, too, but not only that. One of the great things about him is that there is real intelligence, sensitivity and determination under all his joking, so the book works on many levels. People can identify. I can't count how many times I laughed out loud and there were plenty of tears, too.

In the nine years since his diagnosis and therapy James has performed 1,000 gigs, giving joy to countless people from all walks of life. It may have taken 3,000 "coffee breaks" to make that possible, but we can all be grateful that he chose the Gerson way.



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Ask the Doctor

by Diane Ake



Question:

Why is the pancreatin supplement omitted for sarcoma patients on the Gerson Therapy?

Answer to Question:

This is a good question which is frequently asked. Unfortunately, Dr. Gerson did not explain his reasoning for this restriction. Even Charlotte

does not know. I do suggest that instead of pancreatin, a food based digestive enzyme is taken with each meal to help digestion. These can be found at a health food store and are taken at the beginning of each meal.

Question:

Can I take probiotics while on the Gerson Therapy?

Answer to Question:

Probiotics are not part of the Gerson Therapy, but they

are not contraindicated and will not interfere. Ultimately, once the body, including the intestinal tract is cleansed and nourished properly, healthy gut flora will be restored. However, there are many conditions that can contribute to dysbiosis (unhealthy balance of gut flora) such as severe *Candida albicans*, parasites, heavy metal toxicity and use of chemotherapy, antibiotics and other drugs. Supplementing with probiotics can assist in restoring a normal balance more quickly while the Therapy will eventually create the ideal conditions for sustaining a healthy gut. In choosing a probiotic supplement, a multi-strain product is recommended. Although *Lactobacillus* and *Bifidus* are the main players, many other strains inhabit the GI tract and provide synergistic activity.

Yogurt is introduced to many Gerson patients after the first 6-8 weeks on the Therapy. Yogurt does contain healthy cultures of bacteria to support the gastrointestinal tract, but the number of friendly organisms are in the millions whereas a good probiotic supplement should contain 20 to 40 billion organisms. The yogurt should not be ultra-pasteurized and should say "contains live active cultures" on the label.

Since there are at least 100 trillion microorganisms weighing about 1.5 kilograms inhabiting the human gut, we need to keep them friendly!



Your Letters...

continued from page 5

the extent of my vision.

Yesterday she confirmed that I have regained a surprising amount of peripheral vision. She called them "islands of vision." In Retinitis Pigmentosa, once the peripheral vision is gone, it's gone. At least, that's what they say will happen. They were wrong.

The other test was for color perception. Three years ago when I was tested, each page looked like a bunch of little shapes in shades of brown. My ophthalmologist, Dr. David Lightfoot, told me that was to be expected for the stage of my disease.

Yesterday, I requested a re-test. To my surprise and delight, on the very first page I saw a distinct "12" created of bright pink shapes in a field of bright greens. I also picked out an "8" on another page.

Though I could not discern the number on the rest of the pages, my right eye saw pinks and greens on every page. I was so startled that I asked Dr. Caddell if this was a different book from the one used by Dr. Lightfoot. She said there was only one book.

My left eye saw every page as a bleached combination of shapes, but they, too, were pinks and greens, though much more pale.

I can't tell you how excited I am to have this improvement in my color perception. It means some of the cones have come back to life. The peripheral vision is rods coming back to life.

All of this gives me better eyes to see my beautiful dog

Hedy, whose eyes I now see are golden brown. Before, I could rarely see them in her midnight black face.

Hedy is doing great. She still loves her produce. I stuff her hollow Kong toy with ends cut from organic carrots, and when she hears the Norwalk starting up, she comes to the door of the kitchen to lie in hopeful wait for the goodies she knows are sure to follow. She's trim and shiny and full of energy, spunk and sweetness.

I think and talk of you often. I have a friend who has just been diagnosed with breast cancer. I lent her your books and videos and forwarded the announcement of the online course now available for those wishing to do the therapy at home.

Thank you for continuing to give life and hope to those around you.

Blessings,

Carolyn and Hedy

Thank You From Charlotte Gerson

For those of you that may not know, Charlotte recently fell and hurt her hip. Her recovery has been amazing and she wants to say thank you to all the lovely, kind and thoughtful friends who have sent her greeting cards and "healing wishes" (and that includes Tabby the cat!) And from the Gerson Institute, we want to thank all of you from the bottom of our heart for your support of Charlotte during her time of healing.



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New Gerson Employees...

continued from pg 2

When asked why he wanted to work here, he explained that he wanted to work with others who share passion for alternative health. "I like being involved with something I feel passionate about and feeling like I am helping people. As Ghandi said 'you must be the change you wish to see in the world.' By being involved with spreading the word about the Gerson Therapy, I can do my own small part. The people are the best part of working here. Our Executive Director actively appreciates each staff member and points out and utilizes each person's strengths."

Alex will be responsible for all internal control procedures, including all orders arriving through our website, by phone or walk-ins; with a focus on wholesale vendors and inventory management. Outside of the office, Alex enjoys helping his wife with their gymnastics business

and taking care of his 13 month old daughter.

We also want to welcome Lillia Olmos as our new Internal Controls Resource Specialist.

Lillia has over 15 years of experience in the field of taxes, including as a Tax Compliance Manager, Domestic and Corporate Tax Manager, and Tax Analyst. She is pursuing her Masters of Science in Accountancy –Tax from San Diego State University and is a CPA candidate. Lillia first heard about the Gerson Institute from Mary Magro, a co-worker, who is a Gerson board member. Lillia expressed her interest in getting back into the non-profit aspect of accounting and Mary told her about the Gerson Institute. She began her work with us as a member of the newly formed Audit Committee to help set up internal controls for organizational expansion. After several months on the Audit Committee, we hired Lillia on

a temporary basis through the end of this year.

Lillia's job is to apply the skills she acquired in corporate accounting to investigate how accounting processes and procedures can be implemented to match the substantial growth of the organization. She is putting internal controls into place and building a strong foundation so that as Gerson continues to grow there are processes and procedures in place.

"After over 30 years in corporate America I wanted to take a break," explained Lillia when asked why she wanted to work at the Gerson Institute. "I wanted to work with real people and know that there were kind people in the world, and not lose who I am as a person."



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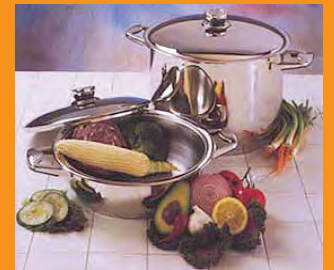
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Nov 19 - Dec 2	Two-week therapy sessions at the Gerson Health Centre, Hungary	Dobogoko, Hungary (outside Budapest)	Gerson Therapy physicians and staff	See www.gersontherapy.eu for more information on the centre, and email info@gerson.hu for information regarding admission cost, and other arrangements. Their English translated page www.gerson.hu is in Hungarian.
February 8 - 10, 2013 June 27 - 29, 2013 October 18 - 20, 2013	Gerson Basics Workshop— Now available in Live Stream	San Diego, CA	Dr. Kayla Smith, ND; Carol Beard; Silvana Procopio	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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