

## Our Story

by Lynne Ray-Rule

I was a busy wife and mother of three. I worked in our family business, taught our three children, milked goats morning and night, ground my own wheat to bake homemade bread, cooked organic meals, handled all the family's and company's finances and walked two miles a day.

Suddenly, one day in September of 2007, our lives changed forever. I was going about my normal activities like any other given day. 24 hours later, it was like someone switched on a light. I was in more pain than I had ever felt in my life.

The pain increased, and what we thought was a poison ivy rash from a few weeks before now became very suspicious to everyone. We thought I had the flu, and the doctor initially diagnosed my condition as a sinus infection. Actually, it turned out to be chronic disseminated neurological Lyme disease. My life completely changed overnight. The Tylenol I was taking as a pain killer only helped



Lynne Ray-Rule

me make it through the day. I was never without pain, but it just allowed me to function. At Christmas, I almost passed out in a store. That was the last time I shopped on my own two feet. I barely made it to my car and back home. I fell into our bed and there I would stay for the next few years.

I was dealing with Bell's palsy, strong leg spasms, degraded sight, loss of cognitive function and extreme pain. Just to survive, I used heavy doses of Percocet but it wasn't helping the nerve pain. Out of fear, we chose to deviate from our organic lifestyle. I started on the extreme Lyme treatments—high doses of antibiotics, along with various other drugs—but after approximately nine months, I was worse. I could barely lift my head off of my pillow. I saw my children's lives flashing before me, and was faced with the terrible realization I wasn't a part of them. I could no longer work or take care of myself, the house, my children or my precious husband.

In April of 2008, the joints in my legs locked into place and I could no longer walk. One day, I was walking to the bathroom and my knee stopped moving. From that moment on, I have been in a wheelchair. My right leg was in a 45 degree position and my left leg was in a 70 degree position with both ankles in

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## Phil Collen of Def Leppard Rocks the Gerson Institute for Pancreatic Cancer Awareness Month

by Mikhaela Payden-Travers

Life at the Gerson Institute is always exciting, but Thursday November 15, 2012 was especially exciting, since Phil Collen, the lead guitarist for Def Leppard (a rock band), came for lunch. Actually, it was a little more than lunch. Phil came to our office with guitar maker Jake Willoughby to present the Institute with a \$20,000 donation and give us a private acoustic performance.

We were first contacted by Melissa Cordero, Phil's publicist, in September during Def Leppard's

Rock of Ages Tour. Melissa explained that in January of 2012, Jake Willoughby, a guitar maker and musician, approached Phil about the idea of auctioning off a guitar to raise awareness about pancreatic cancer. Jake had recently lost his mother Connie Rae Alsip Willoughby to pancreatic cancer after a courageous thirteen month battle. Sadly, Phil's own father, Kenneth Frank Collen, had passed away from pancreatic cancer two years before. Jake built the guitar, and artist Mike Learn, whose aunt

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# Our Story

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a drop-footed position, with no muscle control and hips locked in place. I was so immobile that even going to the bathroom required assistance.

The next few years were filled with treatments of all kinds, including antibiotics, hyperbaric oxygen treatment (HBOT), and kinesiology. The list goes on and on, but nothing worked. The antibiotic therapy—thought to be the only way to treat Lyme disease—put in me bed, so weak that I was unable to hold my head up. I was nothing but skin and bones and hope was fading with each passing day.

The doctors were baffled. Then, to add to the already unbearable situation, in January 2009, a large lump was discovered in my left breast. I had felt a thickening in my breast for several years. In 2006, it started to ache a little, but I thought it was from wearing underwire bras. I changed my bra choice and the pain got better for a while. After the onset of the Lyme though, the thickening became a lump and began to grow rapidly.

It was first thought to be a Lyme cyst but it wasn't long before it was diagnosed as breast cancer. Everyone's first thought about the issue with my legs was that the cancer had metastasized, but after various tests and

scans, that was ruled out. The legs and the cancer were not related other than perhaps due to a decreased immunity from the Lyme disease. The two diseases didn't play nicely together. Whatever treatment helped the Lyme just made the cancer worse. Whatever helped for the cancer affected the Lyme negatively. After months in HBOT treatment for the Lyme, we had to stop because the cancer was thriving in a 100% oxygen environment.

Doctors were hesitant to touch me. The tumor needed to be removed, but I was too weak from the antibiotics used to treat the Lyme. We had to delay the surgery so I could gain enough strength to survive. It was a triple-negative tumor so there was not a great chance that either chemotherapy or radiation would be successful. After having seen the Gerson Therapy work for a relative, we opted for that direction as our best chance.

We were unable to afford to go to one of the Gerson clinics outside of the US, but we worked with a local practitioner to administer the treatment at home. We had to start one step at a time, changing the diet, moving to the juicing with the Champion at first and then the Norwalk, adding the supplements, coffee breaks, etc. It was a

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## Phil Collen of Def Leppard Rocks...

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Gladys and cousin Ray Learn were also lost to this terrible disease, painted the guitar. Thus, the guitar "Wings" was born.

Phil played Wings throughout the American tour and it was auctioned on eBay at the tour's end. Wings ended up finding the perfect home with New Zealand businessman Murray Bolton, who came to California to meet Phil Collen and receive Wings. Phil said "Meeting Murray and handing over Wings was bittersweet. I really grew to love that guitar but am so happy that it's going to a great home and the money will help so many more people."

### *A Gift in Honor of Pancreatic Cancer Awareness Month*

Although Wings was auctioned off back in September, Phil and Jake wanted to wait until November to present Gerson with the donation so that the presentation would coincide with Pancreatic Cancer Awareness Month.

Pancreatic cancer is the fourth-most common cause of cancer-related deaths in the United States. Pancreatic cancer is a particularly lethal form of cancer even when detected in the initial stages, and it is rarely detected early. The most common symptoms – unexplained

Gerson®

# HEALING news

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Diane Ake, Editor

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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.

# Phil Collen of Def Leppard Rocks the Gerson Institute...

*continued*

weight loss, abdominal pain and jaundice – are associated with a variety of other conditions. The overall 5-year relative survival rate from 2002-2008 for individuals in the US diagnosed with pancreatic cancer was 5.8%.

For Jake, it was especially important that this donation raise awareness about pancreatic cancer, the disease to which he lost his mother Connie.

## *Not Just Another Day at the Institute*

So what is it like to be presented with a donation from a rock star? A lot of fun! This is the first time I have received a donation from a rock star. Phil is a longtime vegetarian, and more recently transitioned to veganism. He is passionate about health and fitness, and even brings his juicer with him on tour!

As soon as we started working with Melissa it became clear that for both Phil and Jake the auction of Wings had very little to do with publicity and a whole lot to do with a passionate desire to raise awareness about pancreatic cancer, the importance of nutrition and healthy lifestyle, and supporting the Gerson Institute. As Phil told one reporter,

“So many times in the past, we’ve signed guitars for charity and had no connection with them whatsoever. This is the first time I’ve been involved 100 percent.”

So it didn’t seem that strange to suggest that since they were coming to the Institute to make a formal presentation of the donation, that they join us beforehand for a Gerson lunch.

Phil and Helen Collen came to the Institute for lunch, along with Jake and Tisha Willoughby, and Debbie Blackwell-Cook, Helen’s godmother. Melissa Dragich, who I had the pleasure to work with during the auction, and Chris Epting, who writes for Spinner also joined us.



Phil Collen of Def Leppard presents donation

commitment to work as a faithful steward of that trust. As Jake told me, “She wasn’t just my mother. She was my best friend. I don’t know if she would have done Gerson, but I would have liked for her to have known that there were other options. I saw how she suffered. I don’t think anyone should have to suffer like that.”

## *Sharing a Gerson Meal*

All our guests were obviously excited to be at Gerson and focused on talking about alternative health and cancer prevention. The Institute’s chefs Jen and Eric created a beautiful meal for our guests, a perfect introduction to Gerson food – with the help of many dedicated volunteers! (Additional thanks go out to the several volunteers who helped me move furniture to get ready for the event – and washed dishes afterwards!) Our guests even had the chance to learn about the Therapy from Charlotte Gerson herself, who was able to join us for the afternoon, and chatted with our guests at the lunch table.

After lunch we presented Phil and Jake with some educational gifts, so that they could continue learning about the Gerson Therapy.

## *Honoring Loved Ones Lost to Pancreatic Cancer*

After lunch, we took a moment to light candles in memory of the lives of Kenneth Frank Collen, Connie Rae Alsip-Willoughby, and Gladys and Ray Learn. As the Institute’s Development Coordinator, I am deeply touched each time someone makes a donation to our organization in honor of a loved one. It reminds me of the great faith that people place in us and renews my energy and

## *Lights, Camera, Action!*

Next came the “official” event, and the building quickly filled with reporters and camera crews, with Phil and Charlotte giving back-to-back interviews. We had spots on the local ABC, CBS, and FOX affiliates, as well as a local cable station CUSI TV and reporters from local papers. It was so exciting to see the Institute on the local news.

Phil Collen and Jake Willoughby presented the donation to our Executive Director Anita Wilson, our founder Charlotte Gerson, and our newest board member Rachel Hiner. As Charlotte said to them, “This is very exciting and moving. We’ll use it well. People are being helped and are being returned to productive lives. Thank you very much.”

After Phil and Jake told the story of Wing for the cameras, Phil gave an acoustic performance of several songs, starting with “Hysteria.” We also heard Def Leppard’s best-known anthem “Pour Some Sugar on Me” and Debbie Blackwell Cook joined Phil for a few other songs, including “Muddy Water Blues” and a rousing rendition of Bob Marley’s “Lively Up Yourself.”



# Our Story

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difficult process, especially the coffee breaks since I was a paraplegic.

After the first two weeks on the Therapy, I noticed a reduction in my pain level. I had been taking morphine but until I started the Gerson Therapy, it did almost nothing. Once on the Therapy, it was finally beginning to control some of the pain, or at least took the edge off. Nerve pain is difficult to control on any level.

Once on the full Therapy a bizarre phenomenon began to occur. The tumor would open up and spew out a red substance.

We later learned from the surgeon that this was caused by the tumor expelling dead cancer cells. The surgeon said it was miraculous; she had never seen a tumor do this unless someone was undergoing heavy chemotherapy treatments to reduce the size of the tumor. She was amazed to hear that we had achieved the same results with the Gerson Therapy. This began to open her eyes to new possibilities.

By the end of 2009, the bottom part of the tumor had begun to die. Unfortunately, since the tumor was far too large for my body to absorb, an infection set in the dead area. This reduced my immunity and allowed the top part of the tumor to flourish. Everyone agreed that it needed to come out. Finally, after being on the Gerson Therapy for a few months, my strength rebounded enough in December 2009 for me to have a mastectomy.

The tumor was 3 ½ pounds by the time it was removed and over 14 inches across. There was an operating room full of specialists. With the tumor being so large, the problem was how to close me up after removing the cancer. The plan was to do muscles grafts since they believed the tumor had grown into the chest wall. Secondly, there were to be skin grafts from three places on my body and a negative pressure wound therapy to promote healing. All the plans were made and I was rolled into the operating room to have the tumor, and my breast, removed.

Once in surgery, everyone was surprised. The tumor had not grown into

the chest wall at all. In fact my body had pushed the 3 ½ pound tumor out of the breast so the majority of the tumor was sitting on skin level. There were no muscles or skin grafts needed and in the end, the clearances were so good, they were able to perform a simple mastectomy, taking only two lymph nodes.

When the pathology report came back, everyone was amazed that although the 3 ½ pound tumor was a triple-negative tumor, the two lymph nodes that were wrapped in the tumor and had to be removed were both negative and did not contain cancer. The doctors had no idea how that was possible. Our surgeon was so impressed that she did not pressure me to do chemotherapy or radiation. She asked only that I continue with the Gerson Therapy, since it was working so well.

Once at home we began with the healing process. An odd issue did come up, however. As I was checking over my incision one day I noticed there were small cream-colored pin-like things sticking out all along the incision. They were evenly spaced and hurt a little to touch. Being concerned, we made the trip in to see the surgeon.

The surgeon sat in amazement, as it was determined that my body was rejecting the sutures and was pushing them out, just like it did the cancer. We actually had to slide off the Gerson Therapy a little, adding some chicken, dairy and eggs, to slow down the healing process long enough to allow the wound to heal up without pushing out the necessary sutures. Once the healing was well on its way, we went back on the full Therapy.

Almost three years after the surgery, I have just received my new cancer numbers and I am clean again this year. My blood tests look very good, although we are still fighting the Lyme and I have some residual effects from being on morphine for so long. Slowly but surely, we are gaining control of the pain from the Lyme having infected my spinal fluid and damaged the nerves. If I do not stay faithful to the Gerson diet, I pay with additional pain and regression. Because we have continued on the Gerson maintenance diet, I am able to maintain both the clear cancer numbers as well as control the Lyme. Because of the Gerson Therapy, I have

not become addicted to the morphine. On my good days, I can simply not take as much pain medication without any negative effects. So, as we work with the physical therapist in hopes of retraining the nerves and muscles and hopefully reducing the pain, I have been able to lower the level of morphine.

As a result of the physical therapy I have stood up for the first time in six years. There has been a loss of communication between my muscles and brain but we are working hard at retraining and are seeing significant progress. My right leg is now at a 12 degree position and my left leg is now at a 38 degree position. This is huge progress. I believe one day I will walk again.

There is no question in my mind that if I had attempted to use conventional therapy I would have died. By using the Gerson Therapy, we gave my body the ability to fight the cancer and the Lyme. We are still in the battle with the Lyme disease, but I know it is better than what it would be if I were trying to fight it with the antibiotics that nearly killed me.

The Gerson Therapy saved my life.



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# Introducing the New Certified Gerson Practitioners

by Dr. Kayla Smith

We are very pleased to introduce our three newly certified Gerson practitioners. They have recently completed their Module II internship and are now listed on our website on our Certified Gerson Practitioners page.

The role of a Gerson practitioner is to provide case management and guidance for someone starting the Gerson Therapy at home who is unable to attend one of the Gerson clinics. This involves taking the patient's medical history, assigning the Gerson protocol, doing regular follow-up consultations for monitoring blood work and response to the Therapy, and making adjustments to the protocol.

To learn more and to obtain contact information for Dr. Donato or Dr. Messer, visit the Certified Gerson Practitioners page on our website: [www.gerson.org/gerpress/certified-gerson-practitioners/](http://www.gerson.org/gerpress/certified-gerson-practitioners/)

We hope to train more certified practitioners in the next two years.

## Dr. Lucinda Messer, ND

Dr. Messer earned her Naturopathic degree from Bastyr University in Seattle, Washington in 1994. She has always carried a passionate desire to help patients discover the reason for their chronic disease. Not satisfied with nutritional medicine alone, she began searching for diets for her cancer and autoimmune patients.



Dr. Lucinda Messer

Naturopathic medicine gave her the perfect foundation from which to launch a specialty in Integrative Oncology. Her understanding of chemotherapy, radiation and other standard of care medications for cancer patients, has helped her make a difference with what they require to detoxify and heal.

In 2000 her continuing search led her to the Gerson Therapy. She finds that among the plethora of "helpful" therapies to choose from in the alternative world, none are as reliable as the Gerson Therapy. She suggests this treatment approach to most of her chronically ill patients. She is constantly awestruck at how it so effectively reduces tumor size and detoxifies the blood, not to mention bringing back the life force to the patient.

Her love for the Gerson Therapy spurred her on to send her daughter to San Diego for training to become a certified Home Set-up Trainer and now they work

together as a team when possible.

She is also the author of *Powerful Medicine, Vitamin D: Shedding Light On A Worldwide Health Crises*. Her practice is located in the Seattle Area.

## Dr. Miven Donato, DPT, DC

Dr. Miven is a doctor of physical therapy and chiropractic. He is licensed to practice in the state of Oregon. He has been in private practice in Medford, Oregon since 2001. He specializes in nutritional/dietary/lifestyle medicine and neuromuscular skeletal rehabilitation.



Dr Miven Donato

Dr. Donato graduated in 1987 with a BSc degree in clinical laboratory technology (MT) at Union College in Lincoln, Nebraska. He completed his one year clinical laboratory internship at Florida Hospital in Orlando, Florida. In 1990 Dr. Donato graduated with a BSc degree in physical therapy (PT) at Loma Linda University in Loma Linda, California. In 2009 he completed the postgraduate doctoral degree in physical therapy (DPT) from Creighton University in Omaha, Nebraska.

His continued passion in healthcare introduced him for the first time in alternative medicine when he pursued the study of chiropractic at Palmer College of Chiropractic in Davenport, Iowa in 1997. He completed the doctoral degree in Chiropractic (DC) in 2001. In mid-2005 Dr. Donato began to include nutritional and dietary health in his clinic to patients willing to try nutritional healing. In 2006 he began lecturing on nutrition, diet and lifestyle in the Medford community of Southern Oregon.

Since Dr. Donato started accepting patients with cancers in 2010, he began his search for formal nutritional therapy training and mentorship for physicians to address chronic diseases in a clinical setting. His online search led him to the Gerson Institute's website.

Since the Gerson website encounter he completed the Gerson Practitioner training Module 1 and Module II prior to certification. The Gerson Therapy has taught him how to express the awesome power of healing from within.

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# Mary Magro, Gerson Institute Board of Directors

by Diane Ake

## How did you first hear about the Gerson Institute and when?

I first heard about Gerson Institute in the spring of 2007 while riding the Coaster train on my daily commute to work. I met Carol Beard on the Coaster and she was then president of the Board of Directors and an employee. We just started talking and she was writing a book and I was curious. We saw each other five days a week on our way in to work and walked together from the train to my work at Sempra Energy. Carol had another two blocks to walk. One thing led to another and she started telling me about Gerson.

## What interested you in the Gerson Therapy and Gerson Institute?

I was already worried about the state of our food, and trying to get to a healthier diet. I think the carrot juice and potassium supplement really helped towards that goal. Carol had several converts drinking carrot juice and taking the potassium and I got some of my friends at my work to do the same.

## What have you done with the Institute since you became a Board member?

I joined the board when I retired in June of 2009. I worked in the tax department of Sempra Energy on various types of 990s (tax returns), so after my first board meeting in July, I started working on the Gerson 990 right away. The IRS had just come out with the new form and I had been to seminars through my work so I was familiar with the new requirements. I became Treasurer of the Gerson Board of Directors and reviewed the financials and the 990s. Every year I help with several state required filings. After attending the University of San Diego Governance symposium last January (2012), I became a member of the Gerson Institute Board Action Committee, the Executive Committee, and Chairman of

the Audit Committee (at which time I had to resign as Treasurer to become involved with the Audit committee).

## What is most satisfying to you about being on the Board?

Seeing the Institute grow, knowing how much we help with people who have no hope, and working with all the dedicated people at Gerson who are so generous with their time, ideas, and inspirations.

## What type of work have you done in your life?

I have worked with the schools in teaching problem readers how to read. I worked several years with the Educated Handicap children in grades 1 through 6. I then switched to working with the corporate world in various tax departments.

## What hobbies and interests do you have?

I love horses. I've ridden English and Western. I've shown in different types of horse shows, mostly English and Hunter/Jumpers. I've done endurance rides, which are races over 50 miles sometimes 5 days in a row. I've ridden the Pony Express trail from Provo, Utah to Sacramento, California in 250 mile increments. I've done cattle drives.

I also love learning and currently belong to the LIFE (Learning Is For Everyone) Group at Mira Costa College. I am on their curriculum committee and we have to obtain 80 speakers a year on various topics for about 150 members.

## Any other comments?

Being around the people at Gerson has been such a blessing and rewarding experience for me, I feel really thankful for the opportunity to be part of the Institute. Thank you all.



# Gerson Institute Follow-up Program

by Dr. Kayla Smith

In late 2006 Dr. Kayla Smith, Gerson Institute Medical Director, developed a system for following up with all patients who attended the Gerson clinic in Tijuana, Mexico. Approximately 100-120 people go to the Gerson clinic each year. We were given the kind assistance of a volunteer computer programmer wizard, Stan Simmons, to develop a mini-data base to enter our results. In the early years we only had part-time employees to make the follow-up telephone calls. Then in February 2011, Amanda Onken was hired as

the patient follow-up coordinator and assistant to Dr. Smith. We have recently hired another part-time employee, Anna Maria Aliano, to assist Amanda with the follow-up calls, so our department is growing.

The patient follow-up coordinator calls patients that have attended the clinic, every three months, and asks him/her questions to determine their level of compliance and health status. In reality, it is difficult to document how compliant the patient is with the Therapy because it is based on their self-report.

Examples of the questions we ask are: Are you still on the Therapy? What is the status of your condition? Are you following the Therapy as it was prescribed, i.e., diet, juices, enemas and supplements? What improvements have you noticed? If you have discontinued the Therapy, what is the reason? Have you had any tests to document your current status?

We record the feedback in a database and make special note of those that are doing very well on the Therapy. We also become a support system for

# Gerson Institute Follow-up Program

*continued*

many of the patients we speak with and form relationships with them. They get very excited to speak with someone who knows what they are going through and always seem to appreciate an ear that can help support and encourage them on the Therapy and tell them not to give up. We make sure to suggest that they follow up with their Gerson doctor to make sure they are still following their protocol correctly and to receive any new changes that may be indicated.

We find that many people do not want to have follow-up scans or MRI's, so the data can be more subjective than objective. Some of the difficulties we encounter are that each case, even with the same diagnosis, is different. Some have had chemotherapy or other conventional treatments, their stage at diagnosis can range from I to IV, and some have other health conditions and are on many medications. Exact statistics are also not possible because not

everyone who went to the clinic is willing to participate in the program and sometimes we lose contact with people, which can affect the overall results.

To date we are following up with approximately 310 patients that attended the clinic from 2007-2012. We hope to soon release a five-year report on those who attended the clinic in 2007. We will also produce interim reports on those who attended from 2008-2012. One of the most readily helpful aspects of this work has been the ability to identify those who are doing well and be able to report on individual success stories. This also enables us to identify those who may be interested in joining our Networker list (a group of successful patients who are willing to talk to prospective patients who contact us).

We are looking forward to a getting a new database (hopefully in the upcoming year) and the future assistance of research experts in the field to help us turn our data into meaningful

and valid reports. This information will not only allow us to provide more accurate information to prospective patients who contact us about the effectiveness of the Gerson Therapy, but can also provide the basis for more formal research in the future.



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## Introducing the New Certified...

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Dr. Lungescu

I was born in Romania, a country in central eastern Europe. It is now part of the European Union. The town where I was born and where I now live is Drobeta Turnu-Severin, with a 2,000 year history.

I graduated from high school in my home town and then I attended the University of Medicine in Bucharest, the capital city of the

country, from 1976-1982. I practiced for three years in different departments of the county hospital in my town, followed by an exam and three years of residency in surgery at the emergency hospital in Bucharest. Since then I have worked in the Surgical Department in the hospital, in my town. After five years I became Senior Surgeon in the same hospital. I learned endoscopic procedures, and since 2010 I have worked in my own practice at Haris Clinic with outpatients only.

I am married with two children. My son is 33 years old and is an internal medicine physician in Manchester, NH. My daughter is 28 years old and is a student at the Medicine University in Brasov. I enjoy going on mountain trips, exploring caves, skiing and biking. I speak French, Italian and Serbian.

I discovered the Gerson Therapy when my wife was diagnosed with terminal metastatic breast cancer and had an estimated 3-4 weeks to live, after radiation, chemotherapy and everything

that the allopathic medicine could provide. She was a physician too. I found no Gerson practitioner at that time in Romania and followed the Therapy under Dr. Smith's guidance. My wife lived two more years and died from a stroke, not from cancer, without pain and living a normal life as a wife and mother. I continued practicing the Gerson Therapy in Module II and became a Gerson practitioner myself. The results are really amazing for those people who are dedicated enough to follow the Therapy. They also are cured from rheumatoid arthritis, diabetes, high blood pressure and practically any kind of chronic disease. I can understand how the Therapy promotes healing, starting from the cell and ending with the detox process in the bowel.

I consider the Gerson Therapy a new advance in the cure of cancer and chronic illnesses.



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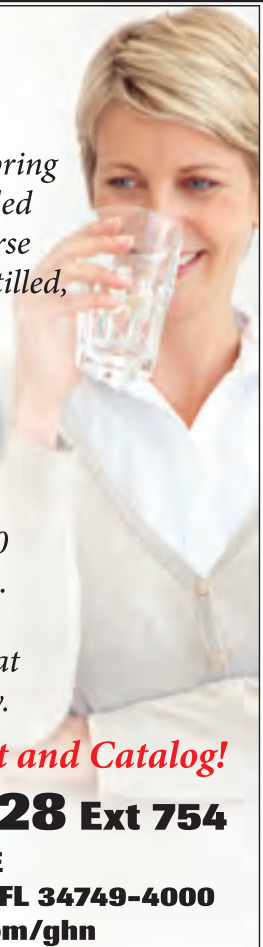
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## Ask the Doctor

by Dr. Kayla Smith



Kayla Smith, N.D.

### Can I do the Gerson Therapy without a gallbladder?

Yes, the lack of a gallbladder does not affect the ability to do the Gerson Therapy.

The main function of the gallbladder is to store and concentrate the bile that comes from the liver. Bile is a substance that helps in digesting fat. The liver produces the bile, then stores it in the gallbladder until the body needs to digest fat. When this happens, the gallbladder starts to let the bile flow down into the duodenum, the section of the small intestine where the fat is digested. Without the gallbladder, the bile will not be so concentrated and will

flow from the liver from the bile duct directly into the duodenum. Bile also neutralizes some of the acids that are found in certain foods.

Without a gallbladder, one must be careful about the quantity of fat that is eaten because without the gallbladder, the body can't handle the fat substance as well. On the Gerson Therapy, fats are strictly limited and only flax oil is allowed.

If one is not on the Gerson Therapy, it is recommended to minimize the consumption of fats (even healthy ones) and take a good digestive enzyme. Adding ox bile as a digestive aid can also be helpful.



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Date & Time	Event	Location	Speaker	Contact Information	
Jan 7 - 20 Feb 4 - 17 March 11 - 24 May 6 - 19 June 3 - 16	July 1 - 14 Sept 9 - 22 Oct 7 - 20 Nov 18 - Dec 1	Two-week therapy sessions at the Gerson Health Centre, Hungary	Dobogoko, Hungary (outside Budapest)	Gerson Therapy physicians and staff	See <a href="http://www.gersontherapy.eu">www.gersontherapy.eu</a> for more information on the centre, and email <a href="mailto:info@gerson.hu">info@gerson.hu</a> for information regarding admission cost, and other arrangements. Their English translated page <a href="http://www.gerson.hu">www.gerson.hu</a> is in Hungarian.
Mid-May exact dates TBA	Licensed Health Care Practitioner's Training, Module I	San Diego, CA	Kayla Smith, ND and other Gerson experts	To apply, go to <a href="http://gerson.org/programs/professionals.htm">gerson.org/programs/professionals.htm</a>	
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 <a href="http://gerson.org/programs/caregiver_training.htm">gerson.org/programs/caregiver_training.htm</a> , and contact Barb Conde at the GI for further questions and cost: (888) 443-7766 or (619) 685-5353, or email: <a href="mailto:bconde@gerson.org">bconde@gerson.org</a>	
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