

Gerson Therapy for Respiratory Infections and Musculo-Skeletal Injuries

by Jeanne Bruno

The following is a letter to Charlotte from Jeanne Bruno on July 20, 2012

You may recall my grandma, Hatti Williams, who was patient number 21 in Dr. Gerson's book, *A Cancer Therapy: Results of 50 Cases*. She had lymphosarcoma and had been treated through several operations, with regrowth, naturally. Medicine treated her cancer like she was a number in a butcher shop, and ignored the fact that cancer cells grow at the cellular level. Hence, cutting cancer out only serves to painfully treat the problem, surgery does not get to the cause and cure it! Basically, my grandma was told by conventional medicine to go home and get her affairs in order because she was going to die. But not Dr. Gerson. He was brilliant and gave her back her life!

Throughout my life I've been plagued with severe allergies, upper

respiratory and sinus infections, gastrointestinal difficulties and the like. This past January, I purchased your book, *Healing the Gerson Way* and soaked it up like a sponge absorbs liquid. For the last 10 years at the school where I teach, we get recurring sinus infections (due to faulty air systems), which never go away, they just spiral along with a never-ending supply of antibiotics.

After reading your book, I began

"My joy is that this is the first relief that I've gotten in 5-6 years since the work-related accident."

a partial therapy in February of 2012, and have been on it for approximately 6 months. During the last school year, because I have been on this partial Therapy, I woke up at 5:30 AM to allow time to get ready for work, eat right, make carrot-apple juice on my old Norwalk, and do what I call a "coffee

break." I take carrot juice to work with me in a thermos. It's interesting that my co-workers can see the difference in my physical appearance and health. They are curious and ask me questions. I answer their questions, and on occasion bring your book.

I actually had a flare-up, and ran temperatures along with the typical symptoms of a sinus infection while on a 5-pack of antibiotics. I was miserable, but had to keep working. I couldn't understand why the medicine was ineffective, until I realized that my body was ridding itself of toxins.

Prior to going on a partial Gerson Therapy, I went to an ENT (ear, nose and throat) doctor, who removed a deviated septum on the right side of my nose, which ultimately made it easier to breath at night and improved my drainage. But,

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Charlotte Gerson's 91st Birthday

by Diane Ake, Editor



Charlotte Gerson and Beatta Bishop

Editor's Note: Below is a reprint of a portion of the speech given by Beata Bishop at Charlotte's 90th birthday celebration last year. Charlotte turns 91 this March! If you want to celebrate her life and work, please consider making a donation to the Gerson Institute. Your gift ensures her legacy of education and passionate service continues for future generations. You can donate online at www.gerson.org or by mailing a donation to the Gerson Institute at 3844 Adams Ave, San Diego, CA 92116. Charlotte also appreciates cards and letters, which you can mail to: Charlotte Gerson c/o The Gerson Institute.

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Gerson Therapy for Respiratory...

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consequently it was easier for allergens to enter the nasal cavities to re-infect. This is where your reader-friendly book has been invaluable. For the past three-and-a-half months, I have not been plagued by any sinus infections. This is the first summer I haven't had a respiratory medical condition. I look forward to the day that I can go on the full Therapy, but until then, I am still elated with the results.

One of the best aspects about all of this is that about 5 years ago, I slipped and fell at work. Workman's compensation was difficult to deal with, and I received much harassment and stress to comply with them. At a later date, a doctor ordered several MRI's, which revealed a 1-inch tear on my upper left thigh, a twisted pelvis, an injury to the right scapula with granulation in the area, and an injury in my lower back, with disk problems caused by the fall. So, I lived with the daily pain plaguing my entire body. The only relief I got was from a chiropractor, who also used acupuncture and a heating pad.

Between 2-3 months into the partial Therapy, my chiropractor inquired about my "new diet," as he had detected the shift in my skeletal system and

muscles, along with new tissue growth. My joy is that this is the first relief that I've gotten in 5-6 years since the work-related accident. I told him about your book and what I was doing. He was excited for me and intrigued, so I shared your materials with him. My chiropractor ordered organic dirt, and is now growing his own fruits and vegetables in boxes. My mom is back on a modified Gerson Therapy, and she's put my step-dad on a fuller protocol for his upper respiratory problems. I've also given my family your recipe for yogurt.

Several months ago, my car was hit from behind, which only served to re-injure my neck injuries of the past. This is very painful. But with the Therapy, the pain differs at intervals. It's like my chiropractor says, "It's another layer of onion being peeled off. Two steps ahead and one step back in the improvement area!" I have a long ways to go to fully heal my injuries. But what started out as just finding a solution for my sinus infection, I've since decided to use to strengthen my whole body. After all, the liver and cells do not discriminate against proper nutrition in all areas!



Charlotte Gerson's 91st...

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I came here all the way from London, England, to greet and celebrate Charlotte on this momentous day. I am just one of many-many people who wouldn't be alive today without Charlotte's heroic work and gentle but firm care.

I've had first-hand experience of her extraordinary gift to turn a frightened, hopeless and forlorn sick person into a purposeful, determined individual who is willing and able to fight and work for survival, following the straight and narrow path of the Gerson therapy. And believe you me, it is straight and very narrow...

I want to celebrate Charlotte's unique personality, and her ability to

blow away the scary mystique that surrounds cancer. Her way is to support and encourage you in an affectionate motherly way, and at the same time make it perfectly clear that unless you are totally committed and will obey the rules, your chances are kind of...limited. If a patient tries to bend the rules just a tiny bit and is foolish enough to tell Charlotte about it, the response is a sorrowful laser-sharp look from her very blue eyes – I call it the Medusa-look, which turns you to stone in a jiffy – and the mournful words: "I hope you won't regret it." For me, one of these looks was enough to wipe out any rebellious ideas I might have had.

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Gerson®

HEALING news

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Diane Ake, Editor

Ally Bacaj, Copy Editor

Please address all letters and comments to:

The Gerson Institute

PO Box 161358

San Diego, CA 92176

☎(619) 685-5353 fax: (619) 685-5363

info@gerson.org www.gerson.org

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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.

Charlotte Gerson's 91st...

continued from page 2

I celebrate Charlotte for having demonstrated that one person, more-over a woman, without big money, political power or friends in high places *can* achieve the impossible, against heavy odds, by sheer determination and a passionate belief in the rightness of her cause. Imagine for a moment Charlotte way back in the late 70s, all alone, with her father's book as her sole weapon and anchor – and look at the result of her work today, the multitude of people, past and present patients, helpers, volunteers, staff, trainees, trainers, caregivers, all linked by a common cause. It's awe-inspiring.

It was my great good fortune that a friendship became established between Charlotte and myself, which eventually led to our co-authoring a

book called *Healing the Gerson Way*, just in case you haven't come across it. But long before that I caught from her what I can only call the Gerson Bug: the inescapable moral duty to do everything possible to make the Therapy known and to help those who are embarking on it. We have an in-joke which claims that Dr. Max Gerson occasionally looks down from his current residence, notices a likely promoter of his work, grabs that person by the neck – and doesn't let go ever after.

Charlotte's gift to inspire others makes the situation worse...if that's the correct word for it. For me, the motivation was simple: if I was able to recover on this great Therapy, others should also get that chance.

I pondered long and hard what little thing I could offer you to commemorate this day, and in the end decided on this cushion, featuring a banyan tree. This is the national tree of India, and the cushion has travelled from India to London and hence to San Diego, which to me symbolizes the way the Gerson message travels around the world. But the tree has its own message – it's strong, it reaches a great age and it gives shelter and sustenance to a multitude of creatures; it gives shade and protection and stands like a symbol of power and generosity, which is why I felt it was a suitable offering to you today. Please accept it, with my love and gratitude.



High Levels of Arsenic Found in Rice

by Margaret Straus

In three separate studies recently published by Consumer Reports, the FDA and Lisa Madigan, Attorney General for Illinois, arsenic levels in rice products have been found to be higher than safety limits set for drinking water.

Our readers do not have to be reminded of the toxicity of arsenic and its links to cancer, heart disease and poor brain function in young children. At high levels, arsenic causes discoloration of the skin, stomach pain, nausea, vomiting, diarrhea, numbness, paralysis and blindness. At lower levels, the dangers are less evident. But long term exposure has been linked to higher rates of bladder, lung and skin cancers and lowered IQ in children.

Arsenic is found in many fruits and vegetables, but rice is raised in flooded fields and the arsenic from pesticides used against cotton weevils and other crops remains in that water, making rice uniquely susceptible to contamination. The toxin is absorbed directly into the rice plant through the roots and stored in the grain, mainly in the husk. For this reason whole

grain rice actually may contain more arsenic than white rice. Apparently about 80% of the arsenic is found in the rice bran. On the other hand, white rice is not a good health option, being a starchy, depleted food.

Consumer Reports tested 60 rice products, the FDA 200 different products and the findings were the same: harmful inorganic arsenic was found in all organic and non-organic rice products, including infant cereals, boxed cereals, rice cakes, rice milk and brown and white rice.

Just one serving of rice could expose a person to more arsenic than permitted by EPA standards in drinking water. Nutrition data from the Johns Hopkins Bloomberg School of Public Health in Baltimore found that people who eat one rice food item have arsenic levels that were about 44% higher than those who don't. People who reported eating two or more items had 70% higher arsenic levels than those who had none.

The general advice for consumers

was to test your water, and to cook the rice in more water than needed (1 cup rice to 6 cups water) in order to discard more of the toxin.

We are recommending that Gerson patients and those who want to preserve their health eliminate the small permitted quantity of rice from their diet. Rice is only permitted once per week for patients on the Gerson Therapy, but we recommend replacing this once-weekly food with oats, quinoa or very occasionally millet. Quinoa and millet are to be consumed no more than once a week, as they are too high in protein for everyday use on the Gerson Therapy. The Gerson clinic in Mexico has already implemented this advice, and are now substituting the weekly rice dish on their menu with quinoa.

Quinoa needs to be rinsed to remove saponins before it is eaten. Read here: http://www.ehow.com/facts_7376994_do-rinse-quinoa_.html and some recommend to soak it overnight.



Japanese Gerson Cooking Classes

by Kyoko Abe



Very early in the morning of July 17, 2012 husband Koji and I drove to Tokyo in our minivan, which was full packed with fresh vegetables and cooking utensils. We were on our way to giving a Gerson cooking class. No one really understands how to cook a Gerson meal, or knows what kinds of tools they need, before they do it themselves. And few people can imagine the taste of food cooked without any salt. I couldn't know it before I experienced it either.

I was first introduced to the real Gerson food in San Diego, California, when I attended the three-day Gerson Basics Workshop held by the Gerson Institute. Now I periodically conduct Gerson cooking classes in Japan, because I want the Japanese people to experience the great taste of real Gerson meals.

Our class began with washing the organic vegetables. We used zucchini planted by my friend. Throughout the class I gave attendees detailed information about this special meal. For example, I explained how the Hippocrates soup is made from vegetables that are helpful for kidney function. While we were making carrot juice, there was a throwback from the juicer. Everyone experiences this, but

few people know how to handle it right off the bat. Failures are the ladders to success.

After we prepared the meal, we sat down for a Gerson lunch. We did a toast with the carrot juice: "Thank you very much to you all!"

These are some of the impressions from the attendees:

"I was astonished by the differences in the juicer... "

"I felt myself becoming warmer after drinking this juice."

"This tastes so milky compared to juices made with a different type of juicer."

Editor's Note: Kyoko is a free-lance journalist and translator of health and natural medicine materials. She lives in Japan. She translated the book The Gerson Therapy by Charlotte Gerson into Japanese. She became a certified Home Set-Up Trainer in 2005 and does lectures on the Gerson Therapy. Kyoko was given additional training in San Diego to become a Home Set-Up Ambassador. She now trains people to become Home Set-up Trainers in Japan under the direction of the Gerson Institute.



Institute Chooses “Hope” as Theme for ViewBug Photo Contest

by Diane Ake

Attention all photographers, professional and amateur! You still have a chance to enter your photograph into the online Hope Photo Contest. The contest is the result of a collaboration between the Gerson Institute and Body Pure by Wise Choice Wealth, Inc. The contest is being run by ViewBug, an online photo contest community that provides an opportunity for photographers to share photos, with chances to win prizes. “We are very grateful to be able to promote organizations that provide the tools and the information for better living, while ViewBug offers engaging and creative opportunities

to photographers combined with a positive message,” said Ori Guttin, co-founder of ViewBug.

We chose the theme of ‘Hope’ for the contest because “Hope brings the energy to embark on a new healing journey, be it for the first time or when all else seems in vain,” said Anita Wilson, Executive Director of the Gerson Institute.

The contest closes on May 7, 2013, after which the public will get a chance to vote on Facebook and Twitter for two weeks, in addition to professional judges. Body Pure will provide the prizes and a \$300 cash gift for the winner. You

can submit up to two photos. There are already over 4,000 submissions to the contest so far, since it opened in December 2012.

“The goal of this initiative is to create awareness of effective, yet less well known methods of healing. The Gerson Institute is a leader in this arena, and a non-profit initiative comprised of some of the most caring individuals I have had the pleasure to meet,” said Ari Vinograd, Director of Technical Operations for Body Pure.

To enter the contest, or to find out more, go to <http://www.viewbug.com/contests/hope-photo-contest>.



Dr. Burzynski’s Case Dismissed – after 30 years!

by Diane Ake

Dr. Stanislaw Burzynski has been a pioneer in alternative cancer therapies since the 1970’s when he developed a gene-targeted cancer medicine called antineoplastons. He discovered that the urine and blood of cancer patients were missing peptides (short chains of amino acids). He studied these peptides and their ability to stop cancer growth in vitro. “He managed to isolate about 120 peptide fractions, amino acid derivatives and organic acids for his studies. He called them antineoplastons and he prepared four formulations (produced synthetically), which were active against cancer cells.”¹ He treated terminal cancer patients using these formulations in an attempt to provide personalized gene-targeted cancer therapy, tailored to the individual patient’s genetic markers.

“He was able to initially produce and administer his discovery without FDA approval from 1977-1995 because the state of Texas at this time did not require that Texas physicians be required to adhere to Federal law in this situation. This law has since been changed.”²

Dr. Burzynski was eventually able to obtain FDA approval to conduct clinical trials using antineoplastons, which

continue to this day. However, “the Food and Drug Administration engaged in four Federal Grand Juries spanning over a decade attempting to indict Dr. Burzynski, all of which ended in no finding of fault on his behalf. Finally, Dr. Burzynski was indicted in their 5th Grand Jury in 1995, resulting in two federal trials and two sets of jurors finding him not guilty of any wrongdoing. If convicted, Dr. Burzynski would have faced a maximum of 290 years in a federal prison and \$18.5 million in fines.”²

In the meantime, over a 30 year period, the Texas Medical Board (TMB) conducted many investigations of Dr. Burzynski and took him to the state Supreme Court in an effort to withdraw his medical license and shut down his clinic, alleging that his antineoplastons were outside the proper standard of care. But on November 19, 2012 the Texas State Office of Administrative Hearings (TSOAH) dismissed the Texas Medical Board’s latest pending case against Dr. Burzynski. “What made this all possible is the fact that the TMB no longer has the power to arbitrarily overturn TSOAH decisions, which has greatly stunted the group’s ability to maliciously target cutting-edge medical practices like Dr. Burzynski’s

that it simply does not like.”³

This, of course, is just one of many times the government has attacked alternative cancer therapies. To provide an example near and dear to our heart, a measure provide funding for research of nutritional cancer therapies was proposed in the US Senate as a result of Dr. Max Gerson’s proven success using the Gerson Therapy. However, the American Medical Association lobbied against it, and the funding measure was defeated. We hope that doctors like these two great pioneers will be able to have more freedom to practice in the future.

Sources:

Dr. Burzynski – Missing Peptides and Amino Acids. Retrieved from the website: <http://www.canceractive.com/cancer-active-page-link.aspx?n=2594>

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A Foothold for Gerson in Europe

by Beata Bishop

The Gerson Health Centre, Europe's first and only center accredited by the Gerson Institute, is a place of many surprises. Situated only 30 km from busy, bustling Budapest, on the wooded mountain top of Dobogókő, it's a place of peace, quiet, crystal-clear air, birdsong and lush greenery. The second surprise is the building itself. Totally unlike a clinic, it's like a large, friendly family home, light, bright and comfortable. But behind that relaxed appearance the teaching and practice of the Gerson Therapy is carried out with high professionalism and strict precision.

The Centre opened its doors in March 2009, under the direction of accredited Gerson practitioner Dr. Melania Nagy. Since then some 215 patients from 29 countries have taken part in the 14-day long residential courses held every month. Most of them were suffering from various kinds of cancer; others have come to learn how to overcome diabetes, arthritis, Lyme disease, hypertension and scleroderma the Gerson way. Lectures and demonstrations are run in English, which most participants speak or at least understand. For the few who don't, expert interpreters are at hand. Mealtimes in the beautiful dining room are the great occasions for socializing, in an atmosphere of sharing and budding friendships.

As it was I who inadvertently introduced the Gerson Therapy in Hungary in 1989, for me the Centre represents a major wish fulfilment. Way back 23 years ago I was on vacation in Budapest when a young Hungarian woman, interested in setting up a support group for local cancer patients, invited me "to talk about the Gerson Therapy." I agreed, expecting to meet half a dozen interested individuals. Instead, to my horror, I found myself in a big lecture hall confronted by some 150 people, anxious to find out about this unknown treatment

– Hungary having the worst cancer statistics in Europe. I spoke for an hour and answered questions for two more. At the time no organic produce was available in the land, so doing the Therapy seemed pretty impossible. And yet, not much later the first Gerson patient in Hungary began the Therapy, with all the necessary organic produce being procured from neighboring Austria. She

who do, however, do well. Follow-up is rigorously carried out by Dr. Nagy and two medical doctors familiar with the treatment, and records are carefully kept, so that in due course the results can be properly evaluated.

The Centre is small, with only eight single, double and big family rooms, each with its own bathroom. The small numbers mean that each patient and companion can receive plenty of personal attention and extra training if needed. All those who work there are totally dedicated to their task. On the last day quite a few patients don't really want to leave, and tearful hugs are exchanged all round.

Beyond all this, what matters to me most is that the Centre in Dobogókő is the first foothold of the Gerson Therapy in Europe, bringing back the life work of Dr Gerson to the conti-

nent where it was born and first developed. Interestingly enough, the name of the place, "dobogókő", means "beating stone", as in heartbeat, and according to an ancient tradition, that is the spot where Europe's symbolic heart beats. Could there be a better location for a pioneering center of healing?



recovered, and remains our precious ally to this day. Then Dr. Melania Nagy herself became ill with breast cancer, chose Gerson, and recovered, to go on to become a fully-fledged Gerson practitioner. To top it all, one of the Centre's senior nurses is a recovered Gerson Person, too. I myself, having recovered in 1983, visit the Centre from London at least twice a year, to do some counselling and one-to-one psychotherapy with the patients. Just to enter the building, sensing a whiff of the perpetually made Hippocrates soup, makes me feel immediately at home.

As for the results of the courses, they vary a lot. Most patients experience some immediate easing of their problems after a few days at the Centre, and continue to improve for the rest of their stay. But then (and, as a former patient myself, I do know this so well) going home is a bit like being thrown out of Paradise, with no expert staff producing the juices and the meals, and after a while some people simply can't cope with the demands of the protocol. Those

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New Gerson Food and Juice Preparation Intensive



The Gerson Institute is now offering a 5 1/2 hour class-called the Gerson Food and Juice Preparation Intensive. The class is held the first Saturday of each month, from 9 am to 2:30 pm. Our very first class took place on December 1, 2012.

Students receive hands-on experience, preparing the Hippocrates Soup and preparing organic vegetables using the slow cooking/waterless method. Throughout the class, their instructors explain the how and whys of the Gerson diet. They also learn tips for making the Gerson green juice and the carrot-apple juice, about preferred cookware for Gerson cooking, non-toxic vegetable wash and much more. Juices and lunch are prepared and enjoyed by participants.

"Thank you so very much for teaching me. I will never forget this great day," said one of the participants. "The staff is top-notch, and I loved this course," remarked another. Another student said that the class had "very nice coordination among staff and was well-prepared. I think I will be more efficient in the kitchen."

If you live locally in San Diego and you are interested in attending one of the classes, contact Anna Maria Aliano at aaliano@gerson.org.



Your Letters

Editor's note: The following is a letter from Joan Scheinbaum Loeb on September 19, 2012. This is quite an extraordinary story because recovery from kidney cancer is rare, and especially when both kidneys are compromised.

Dear Charlotte:

In April of 1991, I encouraged my father Albert Scheinbaum to attend your clinic, along with my mother, to learn how to use the Gerson Therapy. One year before, he had been diagnosed with bilateral renal cell carcinoma (kidney cancer) and I had had him on a vegetarian program along with wheatgrass juice. I wanted to

encourage him to have a more "industrial strength" program, and Gerson was the answer.

My father followed your program religiously for two years, and then modified it after that. He lived 8 1/2 happy, healthy years. He used to say, "If I didn't know I had something, I wouldn't know I had something. I feel great." I assured him that this is how he was supposed to feel. He never had surgery, chemo or radiation. He came to your clinic as a "virgin" body, untouched by medical intervention.

The greatest gift he gave me, next to not being afraid of living, was to not be afraid of dying, because I was with

him at the end. I believe that because he was so "clean," he simply closed his eyes and left for that big adventure in the sky. I believe in you and your dad and your program. It is not an alternative way to beat cancer. It is the only way. Although it has been 14 years since my dad has been gone, I think about him and you and your wonderful program often.

Best wishes for a wonderful year, and thank you.



Kayla Smith, N.D.

What do I do if I am allergic to foods on the Gerson diet?

Ask the Doctor

by Dr. Kayla Smith

It does happen that some people have allergies or sensitivities to some of the staple foods on the Gerson diet, such as potatoes, apples, tomatoes or carrots. These are not common allergens and we have found that once people have been on the Therapy for a short time and have become more nourished and detoxified, these foods will cease to cause a reaction. The specific food may need to be avoided for a short while at the beginning, but usually

it can be re-introduced slowly without a problem. If there is an allergy to more than one food, then re-introduce only one food at a time.

There are also some good techniques for desensitizing one to an allergen. These include the NAET (Nambudripad's Allergy Elimination Technique) and EFT (Emotional Freedom Technique).



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Gerson Therapy Workshops, Lectures & Events, 2013

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Date & Time	Event	Location	Speaker	Contact Information
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 www.gersontherapy.eu for more information on the centre, and email info@gerson.hu for information regarding admission cost, and other arrangements. Their English translated page www.gerson.hu is in Hungarian.
May 19 - 23	Licensed Health Care Practitioner's Training, Module I	San Diego, CA	Kayla Smith, ND and other Gerson experts	To apply, go to gerson.org/programs/professionals.htm
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
Mondays 11 AM	The Power of Natural Healing	VoiceAmerica Health and Wellness Channel http://www.voiceamerica.com/show/1951/the-power-of-natural-healing	Howard Straus	Contact Howard Straus for more information at info@gersonmedia.com