

## Using the Nonmalignant Gerson Therapy Protocol to Recover After Orbital Surgery

by Diane Ake, Editor

*Tosh Hatch, 33, used the nonmalignant Gerson Therapy protocol for a year to heal after having surgery to remove a large tumor that was behind his eye. The tumor was determined to be benign. The following are excerpts from an interview with Tosh. Today, Tosh is a Reiki practitioner, eats a whole food, plant-based, organic, vegan diet, has improved vision, no double vision, and is in good health.*



Tosh Hatch

eye. “As soon as I found out, I chose to start the Gerson Therapy protocol for nonmalignant diseases the next day,” wrote Tosh.

Tosh had surgery to remove the tumor after being on the Therapy for three months, as a precautionary measure against tumor enlargement and the risk of becoming blind. The tumor tissue was determined to be benign by his pathologist. Beforehand, the doctors had discussed chemotherapy and radiation with Tosh, but Tosh told them he was not interested in those treatments.

### Life before the Gerson Therapy...

Tosh has a fourth degree black belt in Kenpo Karate and is a native of Utah. He works as an email marketer, among other duties, for USCCA. On the health front, Tosh said, “I grew up eating the Standard American Diet (SAD). Lots of sweets, meats, processed foods, and very little vegetables and fruit.”

### Signs of trouble...

“When I looked at my old driver’s license from four years ago, I noticed my right eye was protruding noticeably and was lower than my left. It was shocking to see.” In February of 2012, Tosh’s doctors found a large tumor behind his right

### On conviction and dedication...

“Daily meditation gave me the strength and resolve to keep doing the Therapy. I was fully ready to cleanse my body.”

### Getting in the “swing of things”...

Tosh made 10 juices a day and did 3 coffee enemas a day. After a few weeks, Tosh got better at preparing the food. Enemas were difficult for the first month, but he also got used to them. When Tosh made his first cup of green juice, he inadvertently ground enough vegetables to make seven

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## Gerson Boot Camp Kicks Off to a Good Start

by Diane Ake

July 15 – 21 was the first session of our new program, Gerson Boot Camp (GBC). The program is designed for people who have a personal interest in learning more about how to do the non-medical portion of the Gerson Therapy in order to help themselves or their friends or family. GBC provides a week-long, hands-on, “in the trenches” training in the non-medical aspects of the Gerson Therapy. This includes food preparation and ways to set up the kitchen efficiently. Participants also learn coffee enema, castor oil pack and clay pack techniques in order to be



Gerson Boot Camp Intern

able to help themselves, their family and friends.

“Everything is set in advance, experience is evident and well

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cup. For Tosh, "it took several weeks to get a system down so I wouldn't make more than was needed." At first, adjusting to the taste of the foods was difficult. "Since I was used to heavy fats, oils and salt in my diet, the Gerson meals were very bland and boring to eat for about the first 2 weeks. After that I could really taste the food and it was wonderful."

Tosh would also go to an organic food restaurant named Rawtopia in Salt Lake City with his wife and in-laws. There were not any menu items that were Gerson-approved, but when Tosh let Omar, the restaurant owner, know of his dietary restrictions, Omar made a salad that Tosh could eat. It helps to ask! Omar "was also okay with me bringing my supplements and juices, too," said Tosh. "Local farmers markets helped keep down the cost. We also started a small garden which helped supply greens, tomatoes and herbs."

**Support along the way...**

"I called the Gerson Institute phone line several times in the first few months. The people were very friendly and helpful. It was nice to have somebody to talk to that understood." Tosh's wife was his main daily support. "But it

was very difficult doing the Therapy with just myself and my wife," said Tosh. He wrote a note to his family after he decided to embark on the Gerson Therapy that said, "I'm starting something called the Gerson Therapy to help deal with a tumor behind my eye. I'm going to be home-bound for pretty much the next year, at least. It would be nice if you could stop by sometimes to keep me company while I juice, help me juice, help me clean dishes, etcetera."

But not all was well. He encountered resistance from his family, and his mother disapproved of the Therapy. She believed niacin & enemas were dangerous. His sister was helpful, but "everyone else on my side of the family did not support me during the Therapy," said Tosh. His side of the family was only supportive of the surgery.

**Relaxing and healing...**

"Another good friend of mine, Susan, drove 45 minutes one way to give me a massage a few times, which I was very grateful for. It helped me relax during the intense Therapy. It really meant a lot to me that she'd offer that." Reiki sessions also helped Tosh, and he said, "It was an amazing experience." Tosh and his wife are both Reiki

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*(Gerson Boot Camp... continued from page 1)*

implemented," said Diego, a professional chef who runs a healthy food service. He traveled all the way from Columbia to participate in the training. "Thank you so much for having me. I feel honored and fortunate to have had this learning opportunity."

Carol Beard, the Institute's Gerson Training Specialist, noted that "The caliber, skill level and professionalism of the three participants were the highest I have ever experienced in our hands-on training classes."

Another trainee, who came from Pennsylvania, is a professionally trained culinary raw food chef. "I can't even begin to say how the experience made a difference in my understanding of the Therapy," she said.

The third trainee came from New Mexico. She expressed that

"The week was well organized. I feel equipped to help family and friends, and have much more respect and appreciation for the Gerson Institute and Gerson Therapy. I have come away with incredible learned and applied knowledge, hands-on experience and inspiration on many levels. Thank you to each and every person involved in the thoughtful organization and heart-felt production. This week was truly a wonderful experience for me, all I expected and more."

The training takes place in Encinitas, California (north San Diego county), at the Charlotte Gerson Health Restoration Center. About seven times a year, the Restoration Center offers an opportunity for 3 to 4 people without serious medical conditions to experience the Gerson

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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.

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practitioners now and they perform treatments on one another. Since the Therapy, Tosh also does yoga on occasion.

Social engagements were limited by the couple. "My wife and I found it easier to withdraw from social activities, for the most part. It was a relief to just rest after the Therapy work was done for the day," said Tosh.

The first month of the Therapy proved tiring for Tosh, but after that, "I had energy all day and didn't get physically tired. Just mentally tired at times if it was a longer day than usual, like a shopping day or soup or coffee making day," said Tosh.

**Bonus healing!...**

Tosh's surgeon was very confident that he would have short term or long term double vision which might require another surgery to correct. However, the day after surgery, the doctor removed the compression bandage and asked

Tosh if he had double vision. "I said 'No, I don't.' Of course the surgeon didn't believe me. So he tested me and was totally amazed that my vision was that great already!" About 9 months into the Gerson Therapy, Tosh had a full vision test. Vision in his right eye (where the tumor was) improved slightly. Vision in his left eye improved significantly. "As a result, I could read about 4 lines lower on the chart than I could before."

You can learn more about Tosh's journey from his YouTube videos:

1 Year on Gerson Therapy | Photo Morph

<http://www.youtube.com/watch?v=usvWIZ4-7LoGerson>

Therapy Experience | My Average Juicing Day | Time Lapse

<http://www.youtube.com/watch?v=8YJ7ZtiJyo0>



*(Gerson Boot Camp... continued from page 2)*

Therapy for a week. The Gerson Basics Boot Camp participants do the cooking and juicing for the guests and staff, which are about 8 to 12 people each day. The program is very labor intensive, with 12 hour days (with a 2 hour break in the afternoon).

The training costs \$400 for the seven day program, which includes three meals a day and juices. The participants arrange their own transportation and lodging.

*Note: The pre-requisite for*



Gerson Boot Camp Interns

*applying for this program is to take the Gerson Basics Workshop in person, or*

*the Gerson Basics Live Stream or On Demand. The next Gerson Basics Workshop is October 24 to 26. If you are interested in applying for Gerson Boot Camp, you can fill out a screening application and health form at <http://gerson.org/gerpress/gerson-basics-boot-camp-application/>*

*(The program does not provide any certification for participants to be able to go out and teach the public how to do the Gerson Therapy, now or in the future).*



## Paula Bambic, Gerson Institute Board of Directors



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

I first heard of Gerson when a friend from church was diagnosed and was using the Therapy.

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

Several years later when I was diagnosed (October 1991), a minister at our church reminded me of the Therapy. Since I had no interest in "traditional" methods of treatment, and when my husband practiced law (medical malpractice) he witnessed the horrors of the medical system, we were convinced there was a better way. And for me that was Gerson. Mind you, I still did extensive research on everything else that was out there at the time, but I kept coming back to Gerson.

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

After completing the Therapy, I was asked to be on the Gerson Networker List to speak with people who had been diagnosed or were interested in another way of healing. I found it to be rewarding and frustrating -- frustrating because so few people were actually willing to take that leap. Now, it is simply rewarding, because I have accepted "to each his own."

**What type of work have you done?**

I've spent most of my adult life in the restaurant business. Having owned four successful places, plus a catering company, it is now refreshing and enjoyable to simply cook for and entertain our friends and family.

**What hobbies and interests do you have?**

Cooking and entertaining are a joy. Spending time at the

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(Paula Bambic... continued from page 3)

beach is a great love. Yes, we are beach bums at heart! Theatre has a special place for me, since, as a very young person, I enjoyed working and performing in a little local theatre. Reading has always been a great love as well. Expanding my horizons and looking at the "bigger picture" in life are a priority.

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

Being a board member has been such an honor and a gift. To be able to make even a small contribution to this amazing cause is very humbling. I am so grateful for everyone on the board, all those who work tirelessly behind the scenes and each person with whom I have ever been able to share my story. And, of course, our dear Charlotte and her brilliant father.



## San Diego Women's Club Honors Gerson Volunteer

On June 22, 2013, Diane Ake, the Gerson Institute's Volunteer Coordinator, and America Escobar, long-time Gerson Institute volunteer, attended a volunteer recognition brunch put on by the San Diego Women's Club. The purpose of the event was to honor outstanding volunteers in the community. America has been in the health industry more than 20 years. She holds a Holistic Health Practitioner license, a B.A in

Psychology, and an M.B.A. In 2004, she received the "Oprah Winfrey Award" for the Best Practitioner in San Diego. She has been volunteering weekly with the Gerson Institute since 2011. The event venue, the San Diego Women's Club, has also been very supportive of the Gerson Institute. We have been holding our Gerson Basics Workshop in their building for the past three years.



America Receiving her Award



## Thank You to All of Our Wonderful Volunteers!

by Diane Ake, Volunteer Coordinator

On Thursday July 18, we had our first volunteer recognition event at the Gerson Institute to thank our volunteers. What an event! In addition to many of the Gerson staff, 23 volunteers attended and brought their spouses, children or friends. It was a potluck dinner with a wide variety of fresh, organic, home-made food, including different ethnic dishes, such as Lithuanian beet salad, Russian borscht, Asian noodles and more.



Amanda Onken, Medical Department Assistant, opened the program with a moving blessing for volunteers that concluded with, "Thank you for all you do, for your smiles that come through these doors, and the grace you bring with your work. We are blessed to have you, and our love is never ending for the angels that work amongst us."

Anita Wilson, Executive Director, expressed gratitude to our volunteers reminding them that they are a vital life-line enhancing and strengthening our programs and services that couldn't be done without their dedication. She then

introduced Charlotte Gerson by telling the story of the little girl who sat next to Charlotte that night and asked her why she wasn't wearing a name tag like everyone else. "Because she is famous and needs no introduction!"

Charlotte gave a very inspiring talk, describing her early years at the Gerson Institute working alone, and how that contrasts with the large number of people we have working and volunteering now. She said that Dr. Gerson wanted his Therapy spread around the world and each and every volunteer is helping to do that.

As the Volunteer Coordinator at the Institute, I arrange and schedule volunteers. In the past 12 months, 174 different people volunteered with the

Gerson Institute, for a total of 3,250 volunteer hours. "That is equal to a time-and-a-half position," said Anita. We have 40 volunteers helping at each of our workshops alone. We couldn't do it without each and every one of them. Many thanks to them for being willing to answer our call for help whenever we need it.

We also thank everyone who contributed a raffle item, including a Reiki session, a 2-hour massage, a Wild Willow Farm produce basket and two free farming workshops, two donated books, and a \$25 gift certificate to Jimbo's. Additionally, our Gerson Chef, Jen, will cook a meal for four at the home of the Silent Auction winner. Special thanks to Casa de Luz for contributing 10% off coupons to each volunteer to use at their organic vegan restaurant in North Park. And finally, special thanks to Kim Adams who organized the event.

Thank you again, to all of our wonderful volunteers and sponsors.



# Fluoridegate: An American Tragedy

by Lynne Bacaj

Dr. David Kennedy, DDS, past president of the International Association of Oral and Dental Toxicity (IAODT), has released a powerful new documentary that tackles the hard questions about one of the most insidious, yet easily remedied, dangers to human health.

*Fluoridegate: An American Tragedy* recounts the corrupt history of water fluoridation in America and its embracement by governmental agencies and programs as well as its endorsements by the American Dental Association and American Medical Association. As Dr. Kennedy states in the film, "This is not 'conspiracy.' This is *policy*."

*Fluoridegate* is not a slick documentary with high entertainment value. It features interviews with a number of distinguished experts who unpack the myths of fluoride's safety and health benefit.

The film's experts discuss fluoride's damaging effects on human neurology and behavior, especially as it greatly increases the absorption of toxic lead. Civil rights leaders have become involved in the issue, because the lead uptake from fluoride exposure is known to disproportionately impact Black and Hispanic populations. These same populations have greater rates of (and risks for) kidney disease and diabetes, for which fluoride is medically

contraindicated. However, neither group is made aware.

Unbelievably, neither are parents of infants drinking baby formula. As the film shows, an obscure memo on the American Dental Association's own website states that parents should not use fluoridated water for reconstituting powdered or concentrated formula, but this is not publicized in media or by governmental agencies. Additionally, a pediatrician featured in the film says, "And it is not just children. Everyone is affected. Fluoride can cross the placenta and it can cross the blood brain barrier. When it does, it can lower IQ and even affect other developmental outcomes."

"Exposing a child to (fluoride) chemicals in the first six years of life ... will harm that child's learning capability, self-control, and have effects on his brain function that are lifelong," explains Dr. Roger D. Masters, Ph.D. at Dartmouth College. "To permit that to happen when you know it's happening, and not to interfere by stopping the use of something like silicofluoride -- which makes it worse -- is *immoral*."

J. William Hirzy, Ph.D. explains that, despite common misperception, the Environmental Protection Agency (EPA) never determined a safe dose for humans. (Dose is not the same as amount added or parts per million; a "safe medicinal dose" in water is impossible to determine because

consumption rates vary widely from person to person). Rather, the EPA ducked giving specific information and subverted real research by its own scientists to avoid conflict with the National Public Health Service's predetermined policy.

One of the film's most disturbing sequences involves Dr. William Marcus, Ph.D., a world-renowned senior scientific advisor at the EPA, now retired. Dr. Marcus was fired for leaking his own research, in which he stated, "In this case, the mutagenicity of fluoride supports the conclusion that fluoride is a probable human carcinogen." Despite winning two lawsuits against the EPA through the National Whistleblower Center, he endured years of harassment, obstruction of justice, destruction of evidence and the like. "EPA was doing the bidding of powerful special interests," says Dr. Marcus. According to attorney Stephen Kohn at the Whistleblower Center, "They went after him like an enemy of the state."

Dr. Kennedy produced a film that scientifically justifies the prohibition of water fluoridation and reasons to avoid consumption at all costs. *Fluoridegate* is available for free to all at [www.Fluoridegate.com](http://www.Fluoridegate.com). The website also includes a section with links to the film's supporting documentation for further research and activism.



## Welcome to our New Information Specialist

by Diane Ake

Nicole Ferrer, a San Diego native, is the new Information Specialist at the Gerson Institute. If you have called or visited the Institute lately, you might have spoken to her. Nicole became aware of the Institute through the documentaries about the Gerson Therapy, and found them intriguing. "It seems obvious now, but I never thought that what you eat could help you recover from being sick. That kind of blew my mind," said Nicole. When she came across the job vacancy on the internet, it felt like destiny.



Nicole Ferrer

Currently, Nicole is busy answering the phone, meeting with people who visit the office, managing faxes and making sure Gerson clinic applications are complete and ready for review. She has found *Healing the Gerson Way*, by Charlotte Gerson to be hugely helpful in learning about the Therapy. "I'm going to be reading that over and over again," said Nicole. Her goal is to be as helpful as possible.

When she is not at work, Nicole enjoys

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crafts, painting, playing basketball, and spending time with her plump, orange cat named Meow Cat. She enjoys tending to her potting garden on her porch, and hopes to have a permaculture garden one day when she has the space. Nicole is also a French horn player, and has played for the San Diego State University and San Diego

Youth Symphonies, but presently only plays for fun. Eating and juicing fruit and vegetables is also a part of Nicole's routine. "I've come a long way since I was younger. I used to be really picky and eat only rice, potatoes, and chicken," said Nicole.

Nicole is also pursuing her

Bachelor's degree in music from San Diego State, and hopes to work at the Gerson Institute for many years. Reflecting on her work experience so far, Nicole said, "It has been awesome working here. Everyone is the greatest [to me]. They're encouraging, supportive, and super nice."



## Live Stream

We're excited to announce that there are now not one, but four ways to participate in our Gerson Basics class!

The Gerson Basics Workshop is designed to give Gerson patients and their loved ones the practical knowledge and skills needed to get started on the Gerson Therapy.

Whether you want to join us in San Diego in October, or start watching from home today, there's an option for everyone:

- 1. Gerson Basics Workshop:** Join us in San Diego, with lavish 100% Gerson-approved buffets, educational materials, and a hands-on juicing demonstration. October 24-26.
- 2. Gerson Basics Live Stream:** Watch the class live

online, receive great educational materials, and participate in a live chat room with the Gerson Institute's Education Team. October 24-26

**3. Gerson Basics On Demand:** Watch the videos from our most recent class any time, between now and November 8th.

**4. Gerson Basics Refresher Course:** Once you've taken any of the above 3 courses, you can be eligible to watch any of our future Gerson Basics Workshop videos online any time at a deeply discounted rate. Current session runs now through November 8th.

And, if you take any of these classes, you will be able to go back and re-watch any of the videos until the next session starts (Summer session: Now - November 8th, October session: October 24 - March 1st).



## Ask the Doctor

by Dr. Kayla Smith



Kayla Smith, N.D.

### Can I have oatmeal for breakfast on the Gerson Therapy if I have gluten sensitivity?

This is a good question that does not have a simple answer. In the past, it was believed that oats do not contain gluten and that any reactivity was the result of contamination of the oats by equipment that also processed other gluten-containing grains. You can

obtain oats in health food stores that are certified to be processed by equipment used exclusively to process oats.

Now there is research showing that certain varieties of oats contain components of the antigen called alpha-gliadin, and others do not. An antigen is a substance that stimulates an immune response. Gliadin is a prime example of an antigen that cross-reacts with other foods as well as human tissue antigens. In other words, the immune system will recognize an antigen in the oats that is similar to an antigen in another food that contains gluten and will react the same way. This study indicated that reactivity to oats is not just a matter of contamination by machinery, but occurs because of cross-breeding. Some varieties of oats carry a

cross-reactive epitome (feature) that resembles the same epitome in alpha-gliadin. Therefore, antibodies against alpha-gliadin cross-react with certain types of oats, but not with other types of oats that may not have that particular feature. The researchers concluded that since there is no way to screen every variety of oats on the market for alpha-gliadin-type epitomes, the best approach for patients with celiac disease would be to consider oats cross-reactive and eliminate them from their diet.

From the Gerson perspective, the above conclusion is true for someone with celiac disease. However, for someone with a non-celiac gluten sensitivity, it may be possible that, after being on the Gerson Therapy for a period of time, certain sensitivities can be cleared. When the cells are properly nourished and the liver becomes healthier and able to cleanse the blood properly, many allergies and sensitivities disappear. It may be wise to eliminate oatmeal for a few weeks and then re-introduce it and see if any symptoms reappear. While eliminating oatmeal, you can try temporarily substituting millet or quinoa for breakfast. If no symptoms are experienced after re-introducing oatmeal, it should be safe to bring oatmeal back into the diet. Oatmeal is high in protein and potassium and is the best cereal for breakfast for a Gerson patient.



# Amazing Uses for Apple Cider Vinegar

by Ally Bacaj, Communications Specialist

If you only use apple cider vinegar on your salad, you're seriously underestimating its potential. Raw, unfiltered apple cider vinegar (often abbreviated as ACV) can be used in so many ways that by the end of this article you may start keeping a bottle in every room of your house, not just the fridge! You can use apple cider vinegar for hair and skin care, household cleaning, healing and cooking.

## What kind of apple cider vinegar?

Get the good stuff. By "the good stuff," I mean **raw, organic, unpasteurized apple cider vinegar**. We're big fans of Bragg's apple cider vinegar (see photo).

If you've got a good bottle of apple cider vinegar, you should see some strand-like sediment floating at the bottom. No, your vinegar hasn't gone bad—that gunky-looking stuff at the bottom is the most important part! It's called "**the mother**," and it contains raw enzymes and gut-friendly bacteria that promote healing.

## 1. Eat and/or drink it, of course!

Apple cider vinegar **lowers glucose levels**, and may be helpful for diabetics. It has also been touted as a **weight-loss** aid, as it is said to help you feel fuller and eat less. The enzymes in apple cider vinegar also promote the growth of healthy bacteria in the gut, and can help regulate **candida issues**.

How to take apple cider vinegar orally: Mix 1 tablespoon with a cup of water or herbal tea. (Apple cider vinegar is quite strong, and when taken straight can be harsh on the esophagus, so you'll want to dilute it).

And, of course, apple cider vinegar is a classic salad dressing ingredient, which you can definitely get a little creative with! While olive oil, the most commonly used oil for salad dressing, is not permitted on the Gerson Therapy, you can mix your ACV with flax oil and lemon or orange juice, and perhaps even whirr it all together in a blender with a clove of garlic and a bit of onion. I even like to just drizzle it on my salad plain!

## 2. Relieve gas, bloating and heartburn

Apple cider vinegar can also be very helpful in reducing **gas and bloating**.

Just take a tablespoon of ACV diluted in water or tea before a meal. It can also help ameliorate symptoms of **heartburn**. Take a dose as soon as you feel heartburn symptoms coming on.

## 3. Promote alkalinity

Despite its acidic taste, apple cider vinegar actually **promotes alkalinity** in the body. As Charlotte Gerson says, "cancer cannot live in an alkaline body," and one of the primary ways the Gerson Therapy battles cancer and other diseases is by bringing the body into an alkaline state which makes it an inhospitable environment for cancer.

## 4. Non-toxic cleaning spray

Most cleaning supplies are full of harsh chemicals, so apple cider vinegar can surprisingly provide an excellent, cheap alternative to many cleaning products. It absorbs odors and has antibacterial properties.

Simply mix one part apple cider vinegar to one part water, and put it in a spray bottle. Spray the solution on hard surfaces such as hardwood floors, bathroom tiles, cabinets and countertops, then wipe it off with a rag.

## 5. Hair care

Apple cider vinegar, when used as a rinse, will make your hair feel smooth and shiny, and provide a bit of extra clarification to remove oil and dirt. It balances your hair's pH, which helps seal the cuticle and make the hair smoother. It can also help with dandruff, clear away greasy build-up, and soothe itchiness and irritation of the scalp.

Simply mix a tablespoon or two in a glass of water, and rinse your hair with it at the end of your bath. Make sure to rinse it out well afterwards, or your hair might feel a little crunchy.

Don't worry, the vinegar smell will dissipate once your hair dries, so you don't have to go around smelling like salad all day (not that that's a bad thing!).

## 6. Skin care

As your body releases toxins from

your blood and tissue, some toxins make their exit through the skin in the form of pimples, rashes and other angry red eruptions.

You can use apple cider vinegar as an astringent, by soaking a washcloth/cotton pad in diluted ACV and applying it to your face. Or, you can simply dab it right onto blemishes to dry them out and heal them.

It's amazing how smooth your skin feels after applying ACV, it tightens and plumps it a bit, and can help reduce or minimize the appearance of wrinkles and fine lines.

## 7. Sunburn relief

While you should always strive to avoid skin damage by not staying out in the sun uncovered for more than 15 minutes, if you do accidentally find yourself burnt to a crisp, you can use apple cider vinegar to neutralize the burn. Dilute it in water and pat on the sore skin, or add a cupful to your bath.

## 8. Deodorant

Most commercial deodorants are antiperspirants, which block your ability to sweat. Since sweat is one of your body's natural means of detoxification, blocking your ability to sweat can block your ability to detoxify. Plus, most drug-store deodorants and antiperspirants contain aluminum and a host of unpronounceable chemicals and synthetic fragrances, so you want to avoid them anyway.

So, it might sound a little crazy, but you can actually use apple cider vinegar as a natural deodorant! Apple cider vinegar absorbs and neutralizes stinky scents. Simply rub a bit of ACV in your underarms and it will absorb and minimize body odors. The vinegary smell dissipates once it dries.

While I've listed 8 uses for apple cider vinegar here, I've heard of many other creative uses, including using it as a flea bath for pets and to get rid of warts. I only listed things that I've personally tried out for myself, but I can only imagine the vast number of other uses floating around out there!



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Date & Time	Event	Location	Speaker	Contact Information
Sept 16 - 29 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.
September 7 October 5 November 2	Gerson Cooking and Juicing Intensive Class	San Diego, CA	Anna Maria Aliano, Eric Freeman, Carol Beard	To apply, go to <a href="http://gerson.org/gerpress/gerson-cooking-class-registration/">http://gerson.org/gerpress/gerson-cooking-class-registration/</a> or contact Anna Maria Aliano at <a href="mailto:aaliano@gerson.org">aaliano@gerson.org</a> or (888) 443-7766
September 23 - 29 November 11 - 17	Charlotte Gerson Health Restoration Session	Charlotte Gerson Health Restoration Center, San Diego, CA	Dr. Kayla Smith ND; Carol Beard	Check our website at <a href="http://www.gerson.org">www.gerson.org</a> for price and details.
October 24 - 26, 2013 February 20-22, 2014	Gerson Basics Workshop – Now available in Live Stream and On Demand	San Diego, CA	Dr. Kayla Smith, ND; Carol Beard; Silvana Procopio	To apply, go to <a href="http://gerson.org/gerpress/gerson-basics-workshop">http://gerson.org/gerpress/gerson-basics-workshop</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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