

## You Are A Lifesaver!

***Your donations helped Jonathan get to the Tijuana clinic and you made it possible for him to transition from maintaining to healing.***

by Mikhaela Payden-Travers, Development Coordinator



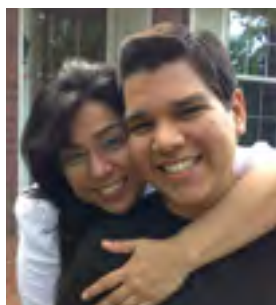
Randy and his mother,  
Bonnie Clemens

In June 2013, many of you gave generously to support a fundraiser started by Randy Clemens, in honor of his mother Bonnie. Randy's online Crowdrise Campaign raised funds to bring a Gerson patient, Jonathan Hernandez, to the Gerson clinic in Mexico in July 2013.

In 2010, doctors told Jonathan's mother, Diana, that despite receiving chemotherapy, he had only a year to live. He was fifteen years old. Jonathan's parents turned to the Gerson Therapy. The family scrupulously followed the therapy at their

home in Rockingham, NC with the help of *Healing the Gerson Way*, the Gerson Institute's Coaching Program, and support from the local community which held fundraisers to help the family cover the cost of all the organic veggies.

The therapy improved his overall health and kept the cancer from spreading, but his body was struggling to break down the large tumor on his femur. After talking with Institute staff, Diana realized that Jonathan needed expert medical guidance from a Gerson doctor in order to heal.



Jonathan Hernandez and his  
mother, Diana Janica

***"Thanks to Randy and all of you, Jonathan is healing well. He is working hard to graduate from high school this year and is looking ahead to college."***

Jonathan's parents knew they would continue to need community support after their stay at the clinic and didn't want to exhaust the local community by trying to raise the additional funds for the clinic from them. As fate would have it, Randy started a fundraiser to help a Gerson patient, just one week after Diana contacted the Institute about funding to cover Jonathan's trip to the clinic.

After his visit to the clinic in July, Jonathan continued the therapy at home. In December, his blood work was close to normal, and, even more importantly, the MRI showed that the cancer deep inside the large tumor was starting to die!

Thanks to Randy and all the Institute's supporters, Jonathan is healing well. He is working hard to graduate from high school this year, and is looking ahead to college.

You, our supporters, gave so generously that, even after paying for Jonathan's trip to the clinic, there were still funds remaining! These funds have been set aside to help patients following the therapy at home under the guidance of our Coaching Department. A few hundred dollars to help cover supplements or organic produce for a month makes a big difference to a Gerson patient!

*Thank you to everyone who has made this possible.*

## Visiting Jonathan at the Gerson Clinic

by Eleni Patterson

As an Education Specialist at the Gerson Institute, I help run our free help-line, providing information on the Gerson Therapy to people around the world. The Gerson Institute licenses two clinics that practice the Gerson Therapy, one of which is CNV in Tijuana, Mexico. The Institute doesn't own or operate the clinic, but our Education Specialists serve as liaison between the clinic doctors and the patients applying for treatment at the clinic.

During the admission process, we communicate with patients almost daily by phone and through email. Though I often develop a relationship with patients over the phone, I rarely have the chance to meet them in person, as I work at the Gerson Institute's office in San Diego and rarely go down to Tijuana. I frequently long to put a face to a familiar voice and was elated when I found out I would have the opportunity to meet Jonathan Hernandez while he was at the clinic.

Getting the chance to connect with Jonathan and his mother, Diana was one of the best experiences I've had while working for the Institute. I am amazed at how he and his family have managed to stay strong in



Diana and Jonathan with Mikhaela, Eleni and Randy Clemens during  
Jonathan's stay at CNV.

*continued on page 2*

*(You Are A Lifesaver!... continued from page 1)*

their commitment to the therapy for the last 3 years. While some people seem to believe that the Gerson Therapy is an "easy" solution to disease, Jonathan and his family know just how much work and true hardship comes with this method of healing.

I absolutely loved hearing Diana speak so passionately about her belief in the therapy and of the support their family has received from the community. Jonathan's strength is inspirational, and his smile brought me a happiness that I can't express. After that experience, I am even more committed to supporting Gerson patients.



Jonathan with his mother and father

**A Letter from a Mother**  
by Diana Janica

Thank you for praying for us while we were on our trip to San Diego, California, and Tijuana, Mexico. Thank you to all our friends, neighbors, church family, Jo Geanes, Randy Clemens, Bonnie Clemens and Dina Varlamova. Thanks too to Mika Payden-Travers and the Gerson Institute

*"Jonathan's strength is inspirational and his smile brought me a happiness that I can't express."*

for helping us.

We made it after traveling with Jonathan's wheelchair, crutches, leg pillow, special meals and juices, bag, and suitcases! After a short rest, I am ready to share the latest update on our trip to the clinic.

The time Jonathan and I spent at the Gerson clinic was 100% positive. Jonathan enjoyed the attention of an excellent specialist Gerson Therapy medical doctor for the first time in three years. The doctors expect Jonathan's lung lesions and tumor to decrease from now on.

Charlotte Gerson (Dr. Max Gerson's 91 year old daughter who still drives from San Diego to the clinic in Tijuana to visit patients) and the doctors were impressed by how well Jonathan looked and what an excellent patient he has been.

The doctors advised some changes that we have had to adjust to as a family. They prescribed total rest for Jonathan to encourage the big tumor in his leg to shrink. They explained that every time he uses his leg to walk or exercise the blood starts flowing and the tumor is nourished. We have also been advised to remove the amalgam fillings from Jonathan's teeth as soon as possible.

We will need much more distilled water than the amount we have been using so far and will need to install a water distiller that will pro-

*"We are not alone. We have our Lord and you, our friends and family, We will keep going and will not give up."*

duce at least 12 gallons per day to rinse and prepare Jonathan's food. We had been using the seven gallons of water that many of you generously donated through the years, but at the clinic we were told this is not enough. We cannot use tap water to clean Jonathan's produce and then rinse it with distilled water as we have been doing so far because the produce retains the fluoride from the tap water. Fluoride is a major contributor to Jonathan's type of cancer, osteosarcoma. We ask that you pray about this, please. (Note: In October, a local company donated a distiller to the family!)

We have been able to see God's mercies on Jonathan's life through you over the years. We have seen His love in Jonathan's life since the very first time we all heard his cancer prognosis to our last trip to Tijuana, Mexico, two weeks ago. We are not alone. We have our Lord and you, our friends and family. We will keep going and will not give up.

God bless you. We love you,

Diana Janica, Pablo and Jonathan Hernandez



**In the News**

**Cancer Treatment for Inoperable Brain Cancer Restricted by FDA**

by Diane Ake

Dr. Stanislaw Burzynski is a medical doctor and researcher with a PhD in Biochemistry. In 1977 he opened a clinic in Houston, Texas to provide personalized treatment plans for cancer patients. He uses a number of methods, including conventional and "targeted therapies" that target cancer cells and do not

affect healthy cells. These therapies interfere with the ability of the cancer cell to divide uncontrollably. A variety of

drugs are currently used as targeted therapies, some experimental.

Dr. Burzynski developed a natural treatment using anti-neoplastons: peptides and amino acid derivatives that he found are able to turn off the genes that cause cancer and turn on the genes that fight cancer. In 2012, the National Cancer

*"In 2012, the National Cancer Institute acknowledged the success of his treatment with brainstem glioma patients. No one on record prior to this had ever recovered from brainstem glioma."*

*continued on page 3*

*(In the News... continued from page 2)*

Institute acknowledged the success of his treatment with brainstem glioma patients. No one on record prior to this had ever recovered from brainstem glioma.

There is a long history of attack on Dr. Bursynski in the press and from government agencies. In 1988, the FDA limited Dr. Burzynski's antineoplaston treatments only to people who enrolled in FDA clinical trials. In 2012, they excluded children from being able to receive these treatments. Recently, in January 2013, the FDA prohibited adults from using this treatment as well. So the only

way now that someone can be treated with antineoplastons is to apply to the FDA for a "compassionate use" or "single patient protocol" exemption under its expanded access rule. "This rule allows for the case-by-case use of an experimental or unapproved drug outside of a clinical trial if a patient has a serious or immediately life-threatening disease or condition, and has no other treatment options left." The FDA has denied requests to use antineoplastons from some dying patients with a type of inoperable brain cancer that rarely responds well to chemotherapy or radiation.

If you believe that the FDA should grant compassionate care to patients, please send a message to your senator or representative with this letter provided by the Alliance for Natural Health <http://www.anh-usa.org/dying-patients-denied-access/>.

Sources:

<http://www.burzynskiclinic.com/sr-burzynski-md-phd.html>

<http://articles.mercola.com/sites/articles/archive/2013/07/13/burzynski-cancer-film.aspx><http://www.anh-usa.org/exclusive-burzynski/>

<http://www.anh-usa.org/dying-patients-denied-access/>



## Ask the Doctor

# Are There Any Substitutes for the Animal-based Supplements?

by Dr. Kayla Smith

Dr. Gerson spent many years determining which specific supplements work synergistically with, and enhance the action of the Gerson Therapy. The supplements he ultimately chose are the ones he found worked best and are still used in the Gerson Therapy today. They include: flaxseed oil, acidol pepsin, potassium compound, Lugol's solution, thyroid, niacin, pancreatin, desiccated liver, and a liver extract and B12 injection. Coenzyme Q10 has since been added to the protocol to replace some of the contents of the now-discontinued raw liver juice.

The supplements used on the Gerson Therapy that are derived from animal products include pancreatin, thyroid and desiccated liver.

Pancreatin glandulars provide enzymes and other factors that can enhance and support digestion, support and modulate the immune function, and can help establish and maintain balanced blood glucose levels. Pancreas tissue is most commonly derived from porcine (pig) sources, although some companies also make bovine and lamb enzyme products. Although there is not a direct substitute for the pancreatin, a plant-based digestive enzyme supplement could be used instead to augment digestive function. Proper digestion is crucial and needs to be supported for someone on the Gerson Therapy where the food and juice is the main medicine. Dr. Gerson stated that a weak digestive system can be the start of chronic illness. Plant-based digestive enzymes are available from holistic practitioners and from health food stores.

Desiccated thyroid is a prescription item and is derived from porcine sources as this is the closest to the human type of thyroid hormone. It contains both T3 (one of the two types of thyroid hormone) and T4 (the other type of thyroid hormone). Common brands are Armour and Naturethroid. Dr. Gerson found this worked the best to increase metabolism.

The only other alternative non-animal source would be to use synthetic thyroid such as Synthroid, which is a brand name for levothyroxine. Synthroid contains only T4 which is not as desirable as the desiccated thyroid and it does not lend itself to the frequent dosing schedule that Dr. Gerson recommended. After finding a doctor willing to prescribe this, some people use one single small dose to provide some thyroid support.



Dr. Kayla Smith

Desiccated liver is given to support the liver as Dr. Gerson found this organ is always deficient in people with cancer or chronic illness. In his day, he used raw liver juice, as well as crude liver injections and desiccated liver capsules. Liver glandulars fall into the class of trophorestoratives, which means that they provide nutritional restoration for the body and have a strong affinity for a particular organ to replenish that organ, repair damaged tissue, and build strength and function. There is no direct substitute for desiccated liver, but there are herbs that can provide some support. The best known herb is milk thistle which can be taken while on the Gerson Therapy to help restore and regenerate the liver.

How much substitution of these three supplements will affect the outcome of the therapy cannot be predicted, however, there is strong evidence that these are very important components of the therapy and we cannot guarantee that a substitute will provide the same results.



# I Have Never Seen the Gerson Therapy Fail to Improve Both Quality and Length of Life.

## *An Interview with Dr. Andrew Saul, Honorary Member of the Board of Directors of the Gerson Institute*

by Daniel Sanchez, volunteer



Dr Andrew Saul

Dr. Andrew Saul is the Editor-in-Chief of the peer-reviewed Orthomolecular Medicine News Service, and taught nutrition, health science, and cell biology as faculty at the State University of New York for almost a decade.<sup>1</sup> All told, he has spent over 35 years working as a natural-health educator.<sup>1</sup>

I first became aware of Dr. Saul along with Charlotte Gerson and other health virtu-

tosos in the documentary Food Matters. His formal solidarity with Gerson became apparent to me when I saw his name listed on the second page of the Institute's newsletter, and found out he is an honorary board member of the Gerson Institute.

Dr. Saul first became acquainted with the Gerson Therapy through a friend. "Over thirty years ago, a friend quite literally placed a copy of *A Cancer Therapy: Results of 50 Cases* directly into my hands, and said that I simply must read it. So I read it. What really sold me was Dr. Gerson's presentation of 'before' and 'after' X-rays."

Since then, Dr. Saul has posted a variety of supportive articles with his opinions and experience of the Gerson Therapy on his website doctoryourself.com and has commented on the difficulties the therapy has encountered from the orthodox medical establishment. In a book review, Dr. Saul wrote, "It has been ridicule, not science, which has kept the Gerson Therapy away from your local oncologist's office. Try a simple test: ask ten doctors what they think of using the Gerson Therapy against cancer. Then ask the same doctors what they know of the Gerson Therapy. I'll lay good odds that about all they know is that the guy used coffee enemas. 'Would you like cream and sugar with that?' a physician once said to me. And you'll likely hear worse."<sup>3</sup>

Charlotte Gerson and Dr. Saul met in 2004. By then, as a natural therapeutics consultant, he had been recommending the Gerson Therapy to clients for 25 years. Said Dr. Saul: "I have never seen it fail to improve both quality and length of life."

In his own newsletter, Dr. Saul described a case where a client used the therapy:

One patient was a well-known sports figure. He was given some months to live and was not happy about it, as he was still in his 50's. He asked what his best shot would be for inoperable, untreatable metastasized cancer. I told him: the Gerson Therapy. He did it, not in its entirety, but with enthusiasm. And, he lived considerably longer than he was expected to. But what really impressed me was the dramatic improvement in his energy level. From fatigue and weakness, he went instantly to a vibrant life, commencing from the very week he started the program. He maintained a more-than-full schedule for so long that even people who knew he was sick forgot that he was sick.

Years later, people that never knew of my involvement in the matter would bring up his name, invariably recalling how active he was and how good he looked until, almost as a surprise, he died.<sup>2</sup>

Asked if he had a favorite Gerson-related maxim he referenced a now-famous quote from Dr. Gerson's friend, Noble Laureate Dr. Albert Schweitzer, "...I see in him one of the most eminent geniuses in the history of medicine. Many of his basic ideas have been adopted without having his name connected with them. Yet, he has achieved more than seemed possible under adverse conditions. He leaves

a legacy which commands attention and which will assure him his due place. Those whom he has cured will now attest to own: "Any doctor good enough for Dr. Albert Schweitzer, is good enough

*"There are no words to express the joy I feel when people are brought back from the valley of the shadow of death, smiling and vibrant, because of Dr. Gerson's pioneering research. Max Gerson was a righteous man and no mistake."*

for me."

He also offered advice to patients on the Gerson Therapy: "Keep your sights on recovered Gerson patients. When I view video footage of Gerson recovered patients, I am still as impressed as I was in the beginning. 'Look at these people,' I think. They were all told that they were going to die, and soon. Yet there they are. Alive and talking and living and laughing and well after years, even decades. There are no words to express the joy I feel when people are brought back from the valley of the shadow of death, smiling and vibrant, because of Dr. Gerson's pioneering research. Max Gerson was a righteous man and no mistake."

For more information, see Dr. Saul's natural health website doctoryourself.com. You can view and

*continued on page 6*

# You Gave Jazz A New Life on the Gerson Therapy

## A letter from Jazz, a Gerson Basics Scholarship Recipient

When you make a donation to Gerson, you can feel good knowing that your donation helps real people on their healing journeys. Thanks to you the Institute is able to offer scholarships to our Gerson Basics Workshop for attendees in need of financial assistance.

Your gifts make stories like Jazz's possible! Jazz received a scholarship to attend our October 2013 class, and told us about how the experience changed her life:

"I am living a new life because of what I have learned. It was hard getting started. I still don't have much, but with what I'm doing I can see and feel the difference. I was in constant chronic pain all the time. Since I started juicing, doing the enemas and eating the Gerson way, my pain has reduced to occasional pain daily. I am feeling motivated to follow the diet more closely because I can see and feel the benefits.



Jazz After Her Life-changing Trip

I am so excited about life now and motivated to do more. I have been telling everyone about it and how it is helping me.

I have read the books and would love to learn everything I can about Gerson. I have even been inspired to go back to school so that one day I can become a Gerson doctor and help people help themselves. I have applied to Bastyr University.

My mother died of cancer 3 years ago. I truly believe that if I had known about the Gerson Therapy she would still be here. I can't help her, but I can help someone else that is in her shoes.

Thank you so much, this was the greatest gift that anyone could give me.

Thank you for changing Jazz's life. You make it possible for people like Jazz to begin the Gerson Therapy. If you would like to donate to help us provide scholarships to others, visit <https://gerson.org/gerpress/make-a-donation/>



## The Gerson Institute Has A New Office!

On Friday January 31, 2014 we moved into a new office. The new place is located four miles away from our old office in central San Diego. It's much larger, and offers us the potential to greatly expand our programs. We'll even be able to hold some of our training programs in-house from now on, so we won't have to rent out spaces and pack up and haul half our office back and forth!

We are excited about our new home and we invite all of you to come visit!

Our new address is:

**4631 Viewridge Ave.  
San Diego, CA 92123**

We are also keeping our current P.O. Box address as our mailing address:

**P.O. Box 161358  
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We also have new phone numbers:

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Fax: 858-694-0757**



# Persistence Pays Off!

## Gerson Institute selected to take part in Native Foods Community Day giving program

by Mikhaela Payden-Travers



Supporters enjoy good food and great company on Gerson Community Day at Native Foods.

Persistence pays off, as Liz Cook, the Development Assistant (and Chef for the Charlotte Gerson Restoration Center) learned last November when we heard from the Native Foods Café in Encinitas that the Institute had been selected to be a 'featured nonprofit organization' on one of Native Foods Community Days. The café donates a portion of sales to a local organization two days a month.



When a supporter first suggested that we apply to take part in Native Community Days, we were sure it was a match. After all, both we and the café believe in the importance of healthy food – and our staff visit the local Encinitas café on a regular basis. We

*“While you may not have a Native Foods Cafe near you, you may know of another local restaurant in your area that has a similar program. If you let us know about it, we are more than happy to apply. Please email Liz ([lcCook@gerson.org](mailto:lcCook@gerson.org)) with your suggestions.”*

soon learned that lots of nonprofit organizations must have had the same idea, because we got no response from the café. Luckily, Liz was determined and kept sending the café emails every few weeks.

On the first of November 2013, the Institute got an email from the café letting us know that we had been selected as the organization to be featured the following Wednesday! We put out a quick email and Facebook post to our local Southern California friends, who made a great showing on the night of November 6th!

Eating good food and enjoying great company is a wonderful way to support the Institute. While you may not have a Native Foods Café near you, you may know of another local restaurant in your area that has a similar program. If you let us know about it, we are more than happy to apply. Email Liz ([lcCook@gerson.org](mailto:lcCook@gerson.org)) with your suggestions.



*(I Have Never Seen the... continued from page 4)*

subscribe to the Orthomolecular Medicine News Service at [orthomolecular.org](http://orthomolecular.org).

### Sources

- 1 <http://www.doctoryourself.com/aboutme.html> About the Author
- 2 <http://www.doctoryourself.com/news/v2n4.html> Newsletter v2n4
- 3 Andrew W. Saul, PhD, Journal of Orthomolecular Medicine, Second Quarter 2002, Volume 17, Number 2, pages 122-124. Reprinted with permission, <http://www.doctoryourself.com/gersonbio.htm>

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Tips from Carol

## Some Simple Suggestions for Adding Extra Flavor to the Gerson Food

by Carol Beard

### Baked potato topping:

Add chopped onion, garlic and dill with flax oil to the top of your baked potato (recipe below). Do not heat the flax oil; just add it after the potato cools a bit.

### Oatmeal:

Serve oatmeal with apple-sauce. Also, if you sprinkle Sucanet (a whole unrefined cane sugar) on top of the oatmeal and do not stir the oatmeal, it keeps the sweet flavor longer and you don't have to use as much.



### Cauliflower:

Serve cauliflower with carrot sauce (recipe below). If you dribble the carrot sauce down the side of a whole head of cooked cauliflower it is very attractive.

#### Carrot sauce:

- 3 carrots, sliced
- ¼ cup soup stock
- ½ teaspoon honey

Simmer the carrots on low heat with soup stock until they are soft, approximately 45 minutes. Add honey during the last 5-10 minutes.

Blend carrots in blender with remaining liquid.

Pour sauce over



## Your Letters

### Many Thanks to Institute and CNV Staff for Getting Me Started

I am writing to thank you, the Gerson Institute and the clinic staff in Mexico, for all your kindness and help with my health issues. About eight months ago, you helped me get started on the

*“About eight months ago, you helped me get started on the Gerson Therapy, and I am making progress.”*

Gerson Therapy, and I am making progress. The clinic staff showed us a lot of concern, helped us get started on the therapy and taught us many things that would have been difficult to learn on our own. My wife Suzanne and I have continued the program at home, and have had monthly consultations with the clinic doctor. These sessions have been helpful for answering our questions, giving us feedback on progress and guiding changes to the therapy.

We plan to continue the therapy and look forward to a full recovery.

Sincerely

Bill Ryan



Dear Member,

If you have unopened supplements you no longer will use or want and they have not expired, please donate them to the Gerson Institute and send them to the attention of the Training Department.

Thank you,  
Gerson Institute

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## 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

☎(858) 694-0707 fax: (858) 694-0757  
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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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## Gerson Therapy Workshops, Lectures & Events, 2014

[WWW.GERSON.ORG](http://WWW.GERSON.ORG)

Check the Gerson Institute's website or call us at (888) 4-GERSON (toll free from the U.S.) or (858) 694-0707 for an updated schedule or for more information

Date & Time	Event	Location	Speaker	Contact Information
March 22 - April 4	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.
March 1 April 5 May 3	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
July 7-12	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.
June 12-14 October 25-15	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 (858) 694-0707, or email: <a href="mailto:bconde@gerson.org">bconde@gerson.org</a>
May 18-22	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/gerpress/practitioner-training">http://gerson.org/gerpress/practitioner-training</a>
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