

Kicking Colon Cancer in Korea with the Gerson Therapy

by Alton Obriant

Five dollars for an apple? In Korea, all food seems more expensive. And, by the way, that apple has pesticides in it. It's probably very delicious, but some Korean farmers use up to 15 times the amount of pesticides as their American counterparts. The good news is that they don't use genetically modified foods, except for their livestock feed. Organic foods in Korea are at a fledgling state, meaning some products labeled organic aren't organic at all; just lower in pesticides and chemical fertilizers. How can one maintain an all organic diet here on a teacher's salary? Much of the required produce is simply not available in organic form. We can get almost everything by mail. But if a normal apple is five dollars, how much do you think an organic one is, sent by mail from Japan?

Three years into my stay in Korea, I was diagnosed with stage 3 colon cancer. I was also hugely overweight, at 138 kilos, with dormant hepatitis C and many other weight-related conditions. I had an operation at Severance Hospital in Seoul and five months of chemotherapy.

The operation went flawlessly, but not the chemo. After only a few treatments, I was experiencing nerve problems, chills, headaches, skin problems, the shakes, hair loss, weakness and fatigue. But none of that really bothered me too much, since my doctors assured me that everything was fine. Then one day I saw a little insect walking on the carpet where we were having lunch. I couldn't for the life of me remember



Alton Obriant

I never felt 100% after the chemotherapy. It did not seem like a cure. I kept getting sicker, and then I read that chemo would actually increase my chances of recurrence. I became afraid that the cure was going to ultimately kill me.

Luckily, I had help. A wonderful friend of mine introduced me to the documentary *Dying to Have Known* and gave me Charlotte Gerson's book *The Gerson Therapy: The Proven Nutritional Program for Cancer and Other Illnesses*. I had read about the therapy previously, but was reluctant to try it. I didn't want to give up so many things and organic fruit and vegetables are just too expensive here in Korea.

After watching *Dying To Have Known*, I had epiphany after epiphany. That documentary changed my life and set me on the path to health. It inspired me with the idea that human beings can live truly healthy lives even into their later years. I realized that the medical industrial complex had profoundly affected my family. My grandfather was a homeopathic practitioner that was ridiculed for being a health nut. My mother became a medical doctor, who ironically died of cancer. My grandfather had access to the great secret of health, for his daughter and grandson. Following the medical industry mantras had denied us this secret of health. I still haven't really recovered from this shock and I think about it daily.

I decided to do the Gerson Therapy, but was still faced with the problem of doing it in Korea. After reading the book twice, I decided that, even though I couldn't always get organic foods or afford the supplements, I would do as much of the protocol as I could. I figured that even without organic food, drinking 12 juices and eating all the fresh produce was better than eating other things. I did the best I could. I bought locally-grown produce as often as possible and organic when possible.

When I first started, I simply couldn't bring myself to do everything. I thought if I just drank some of the juices and tried the enemas, maybe it would improve my condition. The enemas were quite difficult at first as the coffee was an irritant. Drinking juices was energizing, but I had reactions: vision problems and headaches. My

"Giving up salt had allowed me to do something I never was able to before: to completely control my diet. I felt incredibly liberated to be able to eat all healthy foods without feeling deprived."

what it was called. It was an ant. These memory problems were minor at first and I thought they might be "normal" for a 52 year old man. But when very ordinary things started to escape my memory, I became afraid.

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increased energy was undeniable though. I had been eating a high alkaline diet for about 6 months. I had already more or less given up meat, dairy, bread, rice, and most starchy foods and was drinking smoothies and vegetable soup.

But I had a problem. I would sneak out to the grocery store and buy chocolate bars. It's embarrassing to admit, but I simply could not control my sugar addiction. After those six months, it seemed there was no way I could completely give up sugar. I felt very discouraged.

"The improved energy, the weight loss and many corresponding health benefits were enough to dissolve my misgivings."

Then, I began to follow all of the Gerson Therapy restrictions. At first, I was afraid to give up salt, fearing that all my food would taste too bland. It's true, for about four days, my food was basically tasteless. It was a miserable time, but I was determined to give it my best shot. After four days, the flavor of the food changed. Almost everything on the diet started to taste sweet and my urges for sugar went away! Excess salt started leaching out of every pore of my body. I had a constant salty taste in my mouth for 20 days.

During this time, my weight loss accelerated. I had gradually lost some weight from my previous diet -- about 15 kilos in 6 months. After eating the Gerson diet, I was losing about a kilo a day! In 20 days, I went from 120 kilos to 100 kilos. For the first time in five years, I could wear clothing off the rack in Korea. I started to get really excited. Friends thought my cancer may have returned due to the dramatic weight loss, so I went to the doctor to check. He was amazed at my blood work, and verified that I was still cancer-free. Needless to say, this experience sold me completely on the Gerson Therapy. The improved energy, the weight loss and the many other corresponding health benefits were enough to dissolve my misgivings. Even if the therapy wasn't curing my cancer, it made me feel so good. Giving up salt had allowed me to do something I never was able to before: to completely control my diet. I felt

incredibly liberated to be able to eat all healthy foods without feeling deprived.

I redoubled my efforts to do the therapy as perfectly as possible. Making 12 juices a day, the soups and the enemas was daunting. I couldn't have done it without the help of my wonderful family. My wife and children helped me as much as they could. If I needed a juice, all I had to do was ask. Now I only make 4-6 juices a day and my three children do the rest. They love drinking juices too and take turns doing the diet with me. My oldest son says that drinking the juices gives him great energy. It also seems to be treating a stomach condition he has. As for me? Well I'm down to about 92 kilos now and on my way to an ideal 85 at the final stage of weight loss. But the other benefits? Where do I start?

My blood work is perfect. After chemo, my blood was black but now it is a rich bright red in the syringe every time. All my previous medical conditions seem to be in perfect order presently, and my hepatitis has gone back into dormant stage. My sleep apnea, GERD and back pain are gone. My knee pain is gone. My eyesight is improving; I no longer need to wear bifocals. My hair stopped falling out and is turning darker in color, losing the gray and getting curly. My mental clarity is improving and my kids are now irked that I remember things too well! These changes alone are enough for me to endorse this therapy for anyone willing to do the necessary work. But the thought of the therapy helping my family live healthier is priceless.

It has only been two years since I was diagnosed with cancer. I am not out of the woods yet, but boy do I feel like

"The thought of the therapy helping my family to live healthier is priceless."

it. I still have some minor abdominal discomfort at times, but when I am following the diet well I experience elevated energy and a general feeling of well-being far superior to how I felt before my cancer diagnoses. I don't get tired as easily, and I can stay up late again. Since I don't snore at night anymore, I now get to hear my wife snore and bother her about it if I like. Even my body odor dropped to an unnoticeable point. Once, I didn't shower for four days and, although I exercise frequently, my wife said I smelled good. (Shhh, don't tell her).

I am disappointed that many people don't know about Dr. Gerson, especially that my mother didn't know. I wish I could have told her, but it's too late now. I've tried to help several friends with the diet and it's about as difficult as proselytizing a religion. Maybe she would not have been able to make this change either. Yet, this diet, hard as it is, has been is so extremely liberating and a source of hope. It has changed my life and made me hopeful for the future. It is so sad that people can't give up their salt for a while to discover that everything is sweet!

Wish List

- | | |
|-------------------------|----------------------|
| External hard drives | Organic carrots |
| Free printing of flyers | Organic green apples |
| Handmade cards | Postage stamps |
| HD video camera | Projector screen |
| Laptops | Reams of copy paper |

If you can donate any of these items, please contact Mika Payden-Travers at mpaydentravers@gerson.org



My Trajectory: from Ovarian Cancer to a Successful, Healthy Future

by Ann Nguyen

Conquering a serious disease like cancer is like conquering space. I know. I worked in the space industry for many years and saw some of the most important and challenging space shuttle missions in history. It is not difficult to see that the most challenging part of any space shuttle mission is the launch. Its success depends on so many factors, such as the tremendous amount of planning, coordination and mobilization of human expertise and resources, not to mention the sheer power and energy required to overcome the inertia of earth's gravity at lift-off. At launch, many things can go wrong that could bring disaster to the entire mission.

This is why I would not hesitate in recommending to anyone with a serious illness like cancer to go to the Gerson clinic in Mexico (CNV). I am certain that attending CNV would give patients the power and trajectory for a proper lift-off. My positive experience at CNV has revitalized my spirit and galvanized my long-term commitment and confidence in staying on the Gerson Therapy to heal cancer.



I was diagnosed with ovarian cancer and had to undergo surgery. I could not eat for about a month and lost a tremendous amount of weight. When I was admitted to the clinic, I weighed 85 pounds and my CA 125 (cancer antigen 125, a biomarker for ovarian cancer) was in the 300's.

After three months on the Gerson Therapy, I regained my normal weight of 100 pounds with a CA 125 of 6 (normal values range from 0 - 35). All blood test indicators have now reached the optimal level.

I cherished my experiences at the CNV clinic. I made new friends, who now provide an invaluable, strong support network. The physicians and nursing staff are professional, highly knowledgeable and genuinely care about healing, rather than just prescribing treatment. Dr. Carlos is approachable and has an amazing ability to make complicated matters easier to grasp and comprehend. Most notably, I had the opportunity to work with Dr. Pedro. Nowhere else have I learned so much about the wisdom of letting go of old, unhelpful knowledge and understanding in order to embrace new wisdom regarding not just healing, but living. As a passionate doctor with a compassionate cause, Dr. Pedro presented me with the most meaningful and beautiful spiritual path for transforming my life. He helped me visualize using the vivid symbol of the life of a beautiful butterfly. Until today, and certainly for many years into the future, this vision will remain with me. I



Ann Nguyen

regard this as the single most important frame of mind that helped me continue on towards a consistent and successful Gerson cancer treatment.

I am honored to write this testimonial as a thank you to everyone at the Gerson clinic for their professionalism and compassion. Starting with pre-admission, our first contact was with Barbara Conde at the Gerson Institute in San Diego. She provided invaluable

guidance and support to help alleviate all our unnecessary anxieties, thus making the admission process as smooth as possible. Once I arrived at CNV, the administrative staff made sure that the needs of patients were met during their stay -- and even after their discharge. Finally, saving the best for last, a warm and heart-felt special recognition for the kitchen staff, whose jobs are so difficult but who tirelessly strive to care for all the patients by providing excellent meals and, yes, juice...juice...juice.

"I would not hesitate in recommending to anyone with a serious illness like cancer to go to the Gerson clinic in Mexico."

Once again, thank you for giving me the power to overcome the inertia of past habits and to create paradigms for a successful launch towards a more sensible and healthy future, embracing the essence of compassion and health awareness. Thank you for defining the best trajectory for me to conquer my illness.

Editor's Note: The Gerson Institute does not own or operate the clinic in Mexico, which is a separate entity. We are an independent non-profit organization dedicated to education and training, not a treatment center. However, the Gerson staff act as liaisons between the clinic and the patients and facilitate the process of applying to the clinic.

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Can you believe Charlotte just turned 92?

Celebrating Charlotte Gerson's 92 Birthday and the Gerson Institute's New Bigger Building

by Mika Payden-Travers

If you find it hard to believe, you're not alone! Charlotte's energy and passion for healing make her seem far younger – as do the years of healthy eating, juicing and detoxifying! For many of us here at the Gerson Institute, it is hard to believe as well.

Charlotte maintains a close relationship with the Institute, but she no longer works as a staff member. Charlotte isn't answering letters on her trusty typewriter or answering calls from prospective patients on a rotary phone, like she did in the beginning. Technology has come a long way since Charlotte started the Institute in 1977 – and so has the Institute. Today we have twenty-



Chef Jen presents Charlotte with the organic birthday cake. Carrot of course!

four full time staff members, we license two clinics and we operate a Restoration Center. In fact, we've grown so much in recent years that we had to move in to a newer bigger building in January.



Education Team member, Harrison, was delighted for his nephew to have an opportunity to meet Charlotte!



Charlotte receives a gift of a bird feeder from the Gerson Institute

Since Charlotte's birthday ended up being just about two months after the Institute finished settling in to our new place, it seemed appropriate to celebrate Charlotte's birthday and the Institute's move at the same time. On March 27, 2014 Charlotte and her son Howard joined the Gerson Institute's staff and over 100 local volunteers, donors, family and friends for a birthday and Open House celebration. Gerson chefs (and incredible volunteers!) put together a remarkable array of organic plant-based foods. Charlotte agreed to spend a few minutes reminiscing about her experiences with Gerson patients – and was thrilled to hear some of their healing stories!

Since a little bird had told staff that Charlotte was thinking of getting a new birdhouse, the Institute staff was proud to present Charlotte with this small token of how much she means to us. Charlotte also



appreciated the many cards and email messages sent by supporters from around the world. She was also touched to hear about how many of you donated in her honor, arranged for the donation of Gerson books from the Institute to your local library, held events to spread the word about Gerson, or just talked to a friend about Gerson in her honor.

While it's true that even Charlotte can only turn 92 once, you don't have to despair if you missed Charlotte's birthday! If Charlotte has inspired you to take charge of your health, you can still honor her. Charlotte works to spread the Gerson message 365 days a year – and so can you! Whether it's living by example, becoming a monthly donor, telling a friend about the Gerson Therapy, or making a donation in honor of Charlotte or another of your loved ones – Charlotte will be delighted to hear about what you are doing, any time!



Your Letters



Usha and Richard Zelmer sing Happy Birthday to Charlotte in Hindi

Our Education Director and a Gerson Patient Reconnect!

by Silvana Procopio

At the celebration, I was lucky enough to run into our volunteer Usha (who had breast cancer) with her husband, Richard. Richard came up to me and said that he remembered me because I was the first person that he got help from – two buildings ago, back when we were still downtown on Second Ave. He said that he and Usha had walked in one day and that I was very patient and explained the therapy completely. They were so grateful after their experiences with conventional doctors. Richard said that they were hesitant to buy the books, but that I explained the importance of learning the therapy correctly with verified sources of information, so they got the entire Home Package. I asked them if it was worth it and they hugged me and said “It was definitely worth it! Thank you so much, we will always remember you.”



Thank you to the HOW Co. Ltd. for its generous sponsorship of the Gerson Institute in honor of Charlotte's Birthday! HOW reminds people how important it is to eat healthy and detoxify - before they become sick!



Hungarian Gerson Clinic Staff Wish Charlotte a Happy 92nd Birthday!

Dear Charlotte,

All of us at the Gerson Health Centre in Hungary wish you a very happy birthday, good health and high spirits for the coming year.

With much love,
Beata, Melanie, Bea and all the patients

Gerson Health Centre Hungary
Email: info@gerson.hu
www.gerson.hu
www.gersontherapy.eu

Why I Donate

My name is Mauricio Rangel Duarte, I want to thank the whole Gerson Institute team, especially Barbara Conde and Barbara Garcia for the great job they have done for me. Their professionalism, efficiency, and how they took care of my requests was fantastic. It is very apparent that they love to help the people who call in each day to the Institute. This has motivated me to support them with a donation so that they can continue in the future with success.



Climbing for Real Healing *The VersaClimber Team Takes Steps in Support of the Gerson Institute*

by Mikhaela Payden-Travers



Brett, far left, and the VersaClimber team climbed over 9,000 feet and raised \$750 to support the Gerson Institute.

We were tickled pink when we learned that the team at VersaClimber USA had decided to do something different this year for Breast Cancer Awareness Month. Rather than climb for the traditional charities, Brett Collins and his team decided to climb for the Gerson Institute in support of alternative healing. The team climbed over 9,000 feet and raised \$750 for

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(Climbing for Real Healing...continued from page 5)

the Gerson Institute. In addition to the much-needed funds, the team also supported the Institute by raising awareness about the existence and viability of an alternative treatment for cancer and other degenerative diseases: the Gerson Therapy.

One reason Brett and his team wanted to support Gerson this year was that they appreciate the fact that the Gerson Institute doesn't just focus on what you can do once you become sick. Although the Gerson Therapy is a medical protocol that should be followed strictly and with the support of a medical

practitioner, the ideas upon which the therapy was founded are important for all of us.

We don't need to wait until we become sick to start taking responsibility for our health. Eating an organic diet, avoiding processed foods and chemical preservatives, juicing, detoxifying, and avoiding known toxins are important for everyone. So are Dr. Gerson's ideas about living in harmony with nature and taking the time to listen to the signals our bodies are sending us.

As the folks at VersaClimber know, being healthy isn't just about preventing

illness. It's about living in a way that helps us enjoy the time we have to the fullest. Exercising and eating healthfully aren't just important because they help prevent disease; they're important because they make us feel good right now!

A big thank you goes out to Brett, the team, and everyone who supported them! Your donations are an important part of making sure we can continue to staff our free educational helpline, provide scholarships for educational classes, train more Gerson practitioners and provide support and encouragement to Gerson patients!

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New Gerson Therapy Support Group

by Amanda Onken

Gerson patients often find it difficult to find someone that can relate to what they are going through. All the work it takes to do the therapy, while getting proper rest physically and mentally, can be trying. Fitting it all in can seem overwhelming and one can feel very isolated.

The Gerson Institute realizes how difficult this can be and is now offering a monthly support group for those on the Gerson Therapy. It is an online group, and we use a webinar program that allows you to call in or listen through speakers to an hour-long session lead by one of our Gerson certified practitioners, Dr. Zarin Azar. The sessions are held on the second Monday of each month and last about an hour. These support sessions



Dr. Zarin Azar

are a forum to support fellow Gerson persons on their journey through Gerson Therapy, and an opportunity for you to ask basic questions. The group is not designed for you to ask questions about your specific diagnosis or protocol; these should be addressed to your Gerson doctor or by calling the Gerson Institute. Rather, the focus is on providing emotional support and helpful tips and information.

Patients that have attended the clinic in Mexico will be sent an email to let them know about each support group session. If you have general questions or would like to be added to the support group, please contact Amanda Onken at aonken@gerson.org. Thank you!



Donate Your Old Juicer to Help a Gerson Patient!

by Diane Ake



Gabriel Rodriguez

Gabriel Rodriguez, 51, has been a mortgage loan lender for 10 years. In 2008, the economic recession caused his work as a lender to become very slow, and he also went through a divorce after 18 years of marriage. His health also began to catch his attention. He saw a urologist in February of 2010, who diagnosed him with prostate cancer. His finances were tight, so he

applied to the Gerson Institute's Juicer Loaner Program.

The program provides the use of a Norwalk or Champion juicer for six months to qualified individuals to help them

get started on the therapy while they save up the money to buy their own juicer. The Gerson Institute loaned him a Norwalk juicer and his health improved. He is now back at work.

Thanks to those of you who have donated used juicers, we were able to help him, and continue to help others like him who need extra support to be able to start the Gerson Therapy. However, we currently have a waiting list for our Juicer Loaner Program and we need more juicers! If you can donate a Norwalk or a Champion juicer, please contact Blanca Ayala at bayala@gerson.org in the Coaching and Training Department.

Any Norwalk models from # 260 through 280 are welcome, new or used. (Round grids and parts for older models are no longer available).



(My Trajectory...continued from page 3)



As a Gerson Institute Education Specialist, I provide education on the different aspects of the Gerson Therapy and give emotional support to those who are going through one of the most difficult times of their life.

I had the honor of working with Mr. Vu Nguyen's wife on the process of applying to the Gerson clinic in Mexico. When they first contacted us, Mrs. Nguyen only had The Beautiful Truth DVD in her hands, and had little knowledge about the different aspects of the Gerson Therapy. I was able to provide them with the information they needed to understand what the therapy involved. I stayed in daily contact with them until they went to the clinic.

As a husband and a caregiver, Mr. Nguyen has been entirely supportive. I was happy to know that he would be by his wife's side during her long healing journey. It is critical to the success of the therapy to have help at home. The caregiver is a person of great commitment and kindness.

I am grateful to Mr. and Mrs. Nguyen for letting me be a part of their life.

Barbara Conde,
Education Specialist



(Climbing...continued from page 6)

Do you love to climb, hike, run, dance – knit? Do you love Gerson? Why not combine two things that you love?! Email Mikhaela, Gerson's Development Coordinator, for more information on how to coordinate a fundraiser benefiting the Institute at mpaydentraverson@gerson.org.



Tips from Carol

7 Best Ways to Store Your Food

by Carol Beard



For those who are doing the Gerson Therapy, the food is your medicine.

The following are some methods to

use to maximize the nutritional value of your produce and save you time.

When you make up mixed bowls of whole fruit, the natural gasses from each fruit causes swifter decay of the other fruits, so store them separately, e.g. a separate bowl for apples, a separate bowl for pears. Also, eat cut up fruit salad immediately.

Fruit and tomatoes are best left outside the refrigerator. Refrigeration will weaken their taste.



Store potatoes and onions separately, because onions cause potatoes to sprout more quickly.

Store watercress in a glass inside the refrigerator, with the roots stored in 1 inch of water.

Store romaine lettuce in a closed container, covered with a wet cloth.

After you make chamomile tea, you can store it in the refrigerator overnight and use it for two days.

You can store gruel on the counter during the day. It is best to make it fresh daily. If needed, you may store it overnight in the refrigerator.



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HEALING news

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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.

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Gerson Therapy Workshops, Lectures & Events, 2014

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Date & Time	Event	Location	Speaker	Contact Information	
May 10 – 23 June 14 – 27 July 12 – 25	Sept 6 – 19 Oct 4 – 17 Nov 8 – 21	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.
May 3 June 7	Gerson Cooking and Juicing Intensive Class	San Diego, CA	Anna Maria Aliano, Eric Freeman, Carol Beard	To apply, go to http://gerson.org/gerpress/gerson-cooking-class-registration/ or contact Anna Maria Aliano at aaliano@gerson.org or (888) 443-7766	
July 14 - 20 August 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 ww.gerson.org for price and details.	
June 12 - 14	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 http://gerson.org/gerpress/gerson-basics-workshop and contact Barb Conde at the GI for further questions and cost: (888) 443-7766 or (619) 685-5353, or email: bconde@gerson.org	
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 http://gerson.org/gerpress/practitioner-training	
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	