

Healing News

 Gerson[®] Institute

**My Tough Road to
Recovery from
Breast Cancer**
by Ruth Newman

Root Canals

What you need
to know

**Module I
is expanding!**

**Slow
Cooking
Tips**

**Nutritional
Values of
Gerson
Foods**

Spring 2015

My Tough Road to Recovery from Breast Cancer

The importance of removing dental toxins for healing

by Ruth L. Newman

I am 60 years old this year and praise God that I have reached this milestone in my life. I live in a small town in Iowa called Mason City. It is surrounded by farming communities where pesticides, insecticides and herbicides are used. After high school, I attended a beauty college, married and was blessed with three children. I worked as a beautician for a short time before I became pregnant. After my children were in school, I went to work for a cabinet factory. I stayed with this cabinet factory until I had to take a leave of absence because of my diagnosis.



Ruth Newman and her granddaughter

In July 2009, I was diagnosed with advanced invasive triple-negative ductal carcinoma Nottingham grade III in the right breast. I had experienced no symptoms and was not aware of a problem until a lump was noticed. During this time, I was reeling from the news of my younger brother, Jon, who was diagnosed with pancreatic cancer in June 2009 and passed that August. It was a very traumatic time in my life. We had vowed many years before that if we ever got cancer we would go the holistic route. Both Jon and I went to Bio Medical in Tijuana, Mexico (formerly known as the Hoxey Clinic before it moved from the United States to Mexico). When Jon passed, my tumor grew from 1 x 1.5 cm to 14 x 12 cm. Having watched Jon go downhill so quickly and knowing that my cancer was advanced, I knew I needed to do something more.

After my brother's funeral, my oncologist really pushed me to take chemotherapy, something I never wanted to

do. I knew the poisons that would be pumped into my body and that scared me more than cancer itself. My doctors concurred that chemo was necessary to reduce the size of the tumor. Reluctantly, I started treatments in December 2009. In February 2010, I had completed four of the six prescribed rounds of chemo, which reduced the two tumors I had back to 1 x 1.5 cm, and then I stopped.

I first heard of the Gerson Therapy in September 2009. The next July, I started doing my own research: I read the

book *Healing the Gerson Way*, watched the Gerson DVDs and discovered the Gerson Institute's free helpline. I started the therapy as soon as I digested all the information. My oncologist did not object to my following the Gerson Therapy, but would much rather have seen me follow his advice. Despite this, he agreed to continue seeing me. I also had a root canal removed after reading *The Root Canal Cover-up*, a book which was recommended by the Gerson Institute. I took the instructions for proper extraction to my dentist, who agreed to follow them.

At first, I followed the chemo-pretreated therapy protocol of ten juices and three coffee enemas. After six months or so, I increased my protocol to 13 juices and five coffee enemas daily. I never really had much pain. I believe that the coffee enemas helped tremendously with the pain. But I had trouble with my root canal extraction, which never properly healed.

All this time I was using the Gerson Telephone Coaching

Service because I could not afford to go to the Gerson clinic in Mexico. The Coaching Service was invaluable to me. I so appreciated the help and support I received. My Gerson coach talked me and my husband through some tough deci-

“The Coaching Service was invaluable to me. I so appreciated the help and support.”

sions. However, after I had been on the Gerson Therapy about a year and doing well, my tumors grew once again. My oncologist advised me to do a mastectomy, the very thing I did not want to do. Upon consulting with a surgeon, my husband, my oncologist and the Gerson Coaching Service, I decided to have the mastectomy to relieve the tumor load from my body so the Gerson Therapy could really go to work. I had the mastectomy in May 2011. Two lymph nodes were removed and tested: one was positive and the other was negative. The surgery revealed that the tumors were encapsulated with scar tissue and had not attached to my chest wall, i.e. the tumor was confined to a specific area. The surgeon was able to obtain clean margins all the way around the tumors. When I heard that, I knew the Gerson Therapy was working without a doubt.

When I returned home, I continued with the Gerson Therapy as much as I could and improved daily. I was nearing my anniversary of almost two years on the Gerson Therapy and everything was looking up. Then I had tumor growth again, only this time in my right armpit. I was devastated and called the Gerson Coaching Service.

My Gerson coach asked if I had any root canals. I told her I did and that I was still having problems with my wound. She told me about Dr. Huggins, a holistic dentist and advocate for safe, nontoxic dental procedures who developed the Huggins Protocol for removing amalgam fillings. I investigated further and spoke with my own dentist, who then admitted to me that he had not followed the root canal protocol completely, as he had promised, but instead had forgotten to do one step. Dr. Huggins put me in touch with a dentist who took care of the root canal wound properly and removed all my amalgam fillings in December 2011.

I visited my oncologist in August of 2012. He told me I was cancer-free. I started breast reconstruction surgery in May 2013 with fat grafting. I have had no recurrences since.

The biggest hurdle to doing the therapy was getting my children on board. My husband was very supportive. Once my sister put a plan together for people to help, we were

off and running. I had a couple of friends, my sister, sisters-in-law and even a cousin chipping in. I had no idea how much time and work had to go into this. My helpers worked tirelessly, cleaning vegetables and preparing food and the coffee enema concentrate. One even helped with light housekeeping. All were faithful during the whole long haul.

I was so blessed to have good positive people coming to help me that I didn't want to be down for them and I am sure they put on their best face as well. That is not to say I didn't have downs, because I did. Those times were not my focus. I wanted to get better and I knew I would with God's food. I did not experience difficulty adjusting to the therapy emotionally because I was so thoroughly convinced that this was the only way to go. It's a tough road, but when one has reached a crisis, the path is often tough to follow. I never regretted choosing to do the therapy.

For health maintenance, I now eat only organic fruits and vegetables, mainly raw and some slow-cooked. If this is not possible I try to minimize any conventionally-grown products. I do eat some meat, but it is always either grass-fed beef or organically-raised poultry, no pork and very little fish because of the high mercury content. I drink alkaline water and receive intravenous Vitamin C monthly from my medical doctor. I don't juice as often as I used to, but I will do a coffee enema if I feel the need to. I do not consume refined sugars or flour, candy, gluten or anything prepared. I do not drink any soda or alcohol. I do not eat at fast food restaurants and minimize eating at any other type of restaurant. I thank God for my mother instilling the importance of

“It's a tough road, but when one has reached a crisis, the path is often tough to follow.”

what is good food and what is not, and the dangers of mercury in dental work.

I am fully recovered and feel very good. Gerson Therapy is a no-nonsense way to redeem your health. I felt Gerson was a therapy that gave me the right tools I could use to regain my health. Thank you Gerson and thanks to God.

Ruth's Tips for Using the Gerson Therapy

- Buy organic produce in bulk and look into purchasing from co-ops and online companies. This saves money and time.
- Get support and assistance. I had volunteers help for two to three hours in the morning and I did the rest. That was super helpful. It felt good to be able to do things for myself.
- Be efficient in food and juice preparation. Organization was key to my success. Wash produce ahead of time. The volunteers pre-bagged each juice portion for the day and next morning so all I had to do was pull the bag from the refrigerator and juice. This saves time and makes life easier for yourself and those helping.
- Buy an extra refrigerator for storing the vegetables. My second refrigerator was originally a chest freezer which my husband converted to a refrigerator.

- Organize and schedule your day around the Gerson Therapy protocol.
- Follow the book *Healing the Gerson Way*. It gives great pointers and advice. Also seek advice from the Institute's free helpline, Coaching Service, website and DVDs. The Gerson Telephone Coaching Service was invaluable to me.
- Buy or lend your volunteers *Healing the Gerson Way* so they understand what the Gerson Therapy is all about.
- Believe in it; it works. The therapy is work, but be positive. Pray and believe in it.

The Gerson Institute's Telephone Coaching Service provides an affordable way for many people to receive guidance on doing the therapy at home. For more information about this service, visit www.gerson.org or contact Blanca Ayala bayala@gerson.org. To order Gerson books and DVDs that can help you get started on the therapy, visit <http://store.gerson.org>.

The Boy Who Couldn't Eat

An eight-year-old achieves remission from eosinophilic esophagitis

by Diane Ake

You may remember a story from 2013 about Sy Harger, a six-year-old boy in Florida with a rare and little-understood illness, eosinophilic esophagitis (EoE). EoE can cause severe allergic reactions and swelling of the esophagus from eating. Left untreated, EoE increasingly narrows and damages the esophagus, causing food to get stuck with resultant difficulty in swallowing. If it progresses far enough, the damage may be irreversible. Without proper treatment, Sy would have needed a permanent feeding tube to receive nutrition.

After years of getting nowhere with conventional treatments, Sy's parents decided to try the Gerson Therapy. He started the therapy in February 2012, right

after his medical doctor had told the family that Sy was out of options. Due to his condition, Sy had been on a mostly liquid diet and very few foods for the better part of two years, and his mother saw that the lack of food was taking a toll on his body. Using organic food as medicine made perfect sense to her. Sy started consuming carrot/apple juice, green juice, and Hippocrates soup; he also did a detoxification process. Ten months after beginning the therapy, there were remarkable results.

"...we received word from his father stating that he is in complete remission."

In their efforts to raise money to continue the therapy, Sy's father emailed the Institute to let us know that friends of the family held a 5K race in February 2013. They invited one of our staff to travel to Florida and

our staff member Amanda Onken, an avid runner, made the trip to Florida to support him. Amanda created an online fundraising page on a website called GoFundMe, and raised a grand total of \$10,170 for Sy! Donations and personal notes of encouragement came in from all over the world.

In December 2014, three years after Sy's original diagnosis, we received word from his father stating that he is in complete remission. Sy is now able to incorporate a new food into his diet every month, something which didn't seem to be possible three years ago. Sy is thrilled! So far he can eat sweet potatoes, oatmeal, apples, broccoli and quinoa, in addition to the Hippocrates soup and Gerson juices.

We again thank each of you who contributed to his fundraiser and sent messages of support to Sy and the Harger family. We celebrate Sy's progress and want to share with everyone a portion of the family's blog post from November 21, 2014:

Today is a very important day as we reflect back over the past few years. As you can see from previous posts, the decision to undertake the Gerson Therapy for a boy and a disease that little is known about was a big step of faith. Back in November 2011, when we came to realize that Sy's case was so severe that his body was not responding to any of the traditional treatment, we were devastated. It was at that point God introduced us to the Gerson Therapy—which would require far more than we had to give. Since the decision to begin the therapy, here are a few stats that we find amazing...

Since beginning the therapy in 2012:

- Sy has consumed over 5,840 glasses of freshly made organic carrot or green juice.
- Over 2,000 pounds of produce have been washed, cut, slow cooked, and painstakingly milled to produce over 1,460 bowls of his special soup that he eats twice a day, every day.
- We have spent over 4,000 (often late) hours in the kitchen preparing food, restocking produce, juicing, washing dishes, and maybe having a few good cries.

- Sy has consumed over 850 bowls of plain cooked oatmeal for every breakfast.
- He has also devoured over 1,000 pounds of granny smith apples (sometimes even the core).



Sy Harger tries new foods

- Sy has maintained an amazing attitude about this incredibly limited diet 99.9% of the time. He's had a far better attitude than us, and we were the ones eating and drinking pretty much whatever we wanted.

Fast forward to three years to November 2014... We knew it was time to have another endoscopy for Sy. With Sy's EXTREME diagnosis of eosinophilic esophagitis and continual dead-end roads from before, our doctor stood before us and said these words:

“Whatever you are doing has worked; the data is there. His biopsy results are completely normal and I consider

Sy in remission.”

(Remember, this is a disease currently without a cure and we have yet to find information on cases this extreme that go into remission...)

So what does this mean? Does this mean Sy will be taking a trip to Golden Corral restaurant soon? Sadly (or happily, I guess), no. Keep in mind that Sy was only eating less than 10% of the allowable foods on the Gerson Therapy due to his [severe] food allergies and keeping him closely monitored. Our goal is to now to add more Gerson approved foods as we work toward a realistic diet that will continue to keep him healthy. Where do we go after that? We will continue to pray and seek God and cross that bridge when we get to it.

To read the entire blog post, visit: <http://nomuck.com/a-long-journey-of-thankfulness/>.

(Note: Because this is the only case of EoE we are aware of treated by the Gerson Therapy, we can say little as to how the therapy might work for others with this condition).

To read more about Sy's story, go to: <http://gerson.org/gerpress/category/fundraising-outreach/>

Welcome, John, Brenda and Taylor



John Perkins

John Perkins is the first person to fill our newly created Receptionist position. He grew up in Orange County, California and studied Political Science at the University of California San Diego.

He subsequently worked in banking and formed a photography company with his wife.

After years of working for banks, he wanted to shift to working for a non-profit that was aligned with his values. John said: "When I saw the opening at the Gerson Institute, I leapt at the chance to work for an organization doing such important work." John's position is dedicated to answering phones, retrieving messages, greeting walk-ins, as well as overseeing office maintenance, which has freed up time for our Education Team to better serve patients. He has also helped us to realize long-held goals through taking on special projects, such as constructing an agency-wide online calendar we can all use to schedule volunteers, staff, meetings and events.

Brenda Arntzen, our new Information Specialist, was born in Mexico and moved to the United States in 2009. She has a B.S. in Hospitality and Tourism Management and has worked mainly in the hospitality industry.

Brenda stated: "I fell in love with the mission of the Gerson Institute when I first watched a documentary online. I said to myself 'I want to help heal the world too.' I feel great interacting with Gerson followers and sharing with callers what I learn here. For me, the Gerson way is not only a therapy or a diet; it is a lifestyle and I am loving it!" Having another bilingual staff member to answer phone calls and emails allows us to communicate with more Spanish-speakers and have more educational materials translated into Spanish.

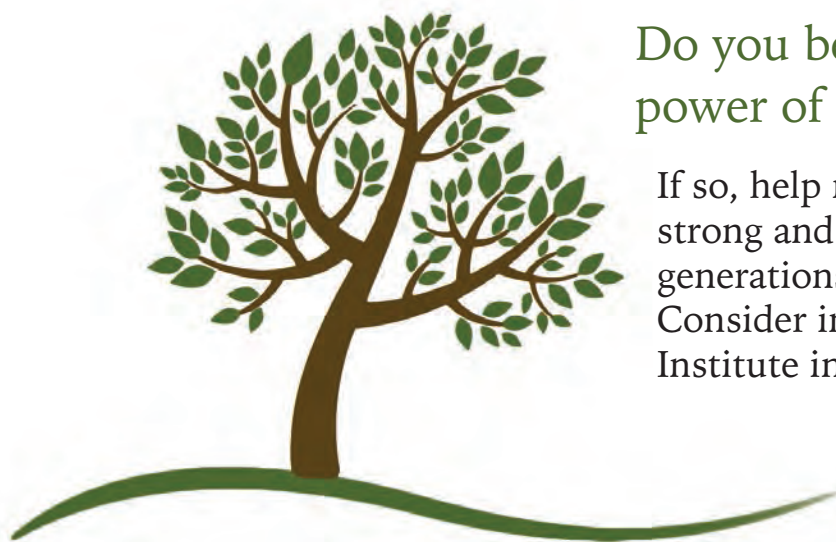


Brenda Arntzen



Taylor Oliver

Taylor Oliver, our new Follow-up Specialist for the Medical Education Department, has an Associate degree in Biology, a B.S. in Dietetics, and a B.S. in Public Health Nutrition with a minor in Hotel and Restaurant



Do you believe in the healing power of the Gerson Therapy?

If so, help make sure the Institute is strong and growing for future generations through planned giving. Consider including the Gerson Institute in your estate planning.

Contact our Development Coordinator, Mikhaela, for more information.
mpaydantravers@gerson.org
(888) 694-0707

Gerson Basics



In February, 80 people gathered from across the United States and other parts of the world to learn the essential aspects of the Gerson Therapy, from how to do coffee enemas and make the Gerson food and juices, to managing healing reactions and the supplements and protocols of the therapy.



Join us at the next Gerson Basics June 11- 13, 2015. We look forward to seeing you there! Register at www.gerson.org.

For more information about this training, email Nicole at nferrer@gerson.org.



Root Canals

by Taylor Oliver

Dr. Gerson placed great importance on dental health for Gerson patients. He said: “The restoration of the teeth is an absolute requirement for the treatment, to prevent infection and toxic disturbances from defects of the teeth and inflamed gums.”

There appears to be a connection between root canals and the incidence of degenerative disease. Remarkably, there have been reports of individuals having root canals removed and then healing from their current condition. Weston A. Price, DDS, conducted original research on the effects of root canals; in his first experiment, he extracted the root canal tooth from an arthritic wheelchair-bound woman and she was able to walk without a cane almost immediately. Gerson patients have also reported positive effects from removing their root canal teeth. (See Ruth Newman’s story about recovery from breast cancer on pages 2-4).

Tooth Structure

Teeth are composed of a soft tissue pulp surrounded by a hard layer of dentin and then covered by white surface enamel. The pulp contains nerves, connective tissue and blood vessels, which promote root growth during tooth development and continue to provide nutrients to the dentin. The roots of a tooth extend into the jawbone where they are held in place by the periodontal ligament. The roots contain part of the pulp.

What is a root canal treatment?

Endodontic treatment, commonly referred to as a root canal, is deemed necessary when the pulp becomes inflamed or infected. Typically, infection of the pulp is caused by decay (such as an untreated cavity), multiple dental procedures done on the tooth, a cracked or chipped tooth, faulty crowns, or trauma to the tooth. If the infection is left untreated, inflammation will result. This will cause pain or an abscess.

A root canal procedure is quite intensive. A dentist or endodontist removes the inflamed or infected pulp, carefully cleans the inside of tooth, disinfects it and then fills and seals the tooth with gutta-percha. Gutta-percha is a rubber-like material which is heated and compressed to fill the root canal cavity. After the treatment, the tooth is capped with a crown or filling for protection. The tooth will appear to function normally; however, there are some complications. It is impossible to remove all of the infected, dead tissue from the canal of the tooth or to completely sterilize the area. Antibiotics used to treat the infection rarely make it

to the infected area and the substances used to cleanse and seal the tooth are cytotoxic and sometimes carcinogenic.

While a root canal is a routine procedure that involves little to no discomfort, regular check-ups are still needed because a tooth without its nerve remains able to develop cavities or gum disease. ⁴

Root Canals and Disease

Weston A. Price, Hal Huggins, George Meinig and other holistic dentists who researched root-canaled teeth discovered that they can house anaerobic (able to survive without oxygen) bacteria that may cause serious medical conditions, such as heart disease, kidney disease, neurological disease (such as ALS and MS) and autoimmune diseases (such as lupus). Some of these conditions may not appear until years, or even decades later, making it difficult to trace the origin of the disease. ²

In addition to large roots, there are miles of microscopic tubules (canals) inside the dentin of teeth which can’t be filled and sealed off during a root canal. Bacteria hide out in these tubules. Deprived of oxygen and food, they continue living, but in a more toxic form. These

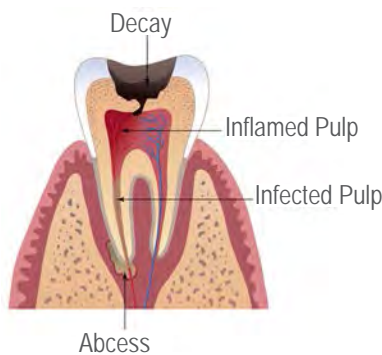
bacteria can infect the tooth, periodontal ligament or jawbone, even while often causing few or no symptoms. When a person chews, some of the toxins from the bacteria and dead tissue in the tubules leak into the blood stream. ²

A strong immune system can capture and destroy these bacteria, but when the immune system is weakened by illness the bacteria can migrate throughout the human body and infect the heart, kidneys, joints, nervous system, eyes and brain. ⁵

There are a number of influential doctors and dentists who have studied root canals and made substantial arguments against having the procedure, including:

- Weston A. Price, DDS conducted dental research for 25 years, published 220 articles and wrote *Dental Infections Oral & Systemic* and *Dental Infections and the Degenerative Diseases*. He found streptococcus, staphylococcus, spirochetes and fungi in root canal-treated teeth. ⁵

- Hal Huggins, DDS did extensive research on amalgam fillings and used DNA technology to identify multiple pathological bacteria in root canal teeth, such as staphylococcus aureus.



- Josef Issels MD, a retired German oncologist who noticed a correlation between root canals and cancer incidence. He reported that 97 percent of his cancer patients had root canals.

- Thomas Rau, MD is head of the Paracelsus Cancer clinic in Switzerland. In 2004, he found that 98.5 percent

“If you have a serious or chronic illness, root canal removal may be critical for your recovery.”

of his breast cancer patients admitted for treatment had root canals on the same meridian as the original breast tumor. (In traditional Chinese medicine, a meridian is a path through which life-energy flows).

- Robert Kulacz, DDS published the book *The Roots of Disease: Connecting Dentistry and Medicine*, which describes many cases of people whose health has been restored by removing root canals.

- Dawn Ewing, ND, Executive Director of the International Academy of Biological Dentistry and Medicine (IAOMT) has assembled educational materials on root canals and how to find a holistic dentist.

- George Meinig, DDS, past president of the American Association of Endodontists made Dr. Price’s discoveries available to the public and medical professionals by writing the book *Root Canal Cover-Up*, lecturing and appearing on television shows.

What if I might need a root canal or have one?

You may be able to avoid the need for a root canal through good nutrition, a healthful lifestyle and practicing preventive oral care. If it is not possible to save a tooth, you may want to consider extracting the tooth instead of having a root canal. Some holistic dentists report good results doing root canals using calcium oxide as a tooth-filler. If you already have a root canal, removal of the tooth may be advised even for those in good health; however, if you have a serious or chronic illness, removal may be critical for your recovery.

Gerson patients

Because Gerson patients are often seriously ill, Gerson doctors strongly advise them not to undergo a root canal procedure, and if they already have root canals, to get them removed. Gerson patients should always discuss root canal extraction and its timing with their Gerson practitioner. Gerson doctors have found that patients in good condition can immediately extract root canaled teeth, while patients in a weakened condition may need to start the therapy and then remove the root canaled teeth when they are stronger and showing signs of improvement.

Extraction Method

To resolve root canal issues, it is best to work with a holistic or biological dentist (a dentist who uses non-toxic diagnostic and therapeutic approaches) who is trained in proper root canal extraction methods and use of the safest biocompatible materials. These dentists often use a procedure called “cavitation surgery.” A cavitation is “a cavity within the bone which was formerly occupied by a tooth... that is lined with dead bone.” Cavitations can form as a result of root canals, tooth extractions or impacted wisdom teeth and often contain bacteria. Cavitation surgery removes the diseased bone and thoroughly cleans out the cavitation site. In order to prevent infections resulting from tooth extraction, some holistic dentists recommend removing the tooth, then removing the periodontal ligament with a slow moving drill, and removing about 1 mm of the bony socket. Dr. Meinig also outlines a specific protocol for removing root canal teeth in his book, *Root Canal Cover-up*.¹⁰

There are several options for replacing an extracted tooth, including implants, a partial plate and a fixed bridge. Biological dentists can help you find the best and most compatible materials for your body.

To find a biological dentist in your area, contact the organizations below.

International Academy of Biological Dentistry and Medicine (IABDM) iabdm.org

Holistic Dental Network holisticdental.org

International Academy of Oral Medicine and Toxicology iaomt.org

Consumers for Dental Choice toxicteeth.org

Sources:

¹ Gerson, Max. MD. *A Gerson Therapy: Results of Fifty Cases*. New York: Whittier Books, 1958. 62. Print.

² Mercola, J., DO. (2012 February, 18). 97% of Terminal Cancer Patients Previously Had Root Canal Procedure. Retrieved February 26, 2015 from Dr. Mercola’s website: <http://articles.mercola.com/sites/articles/archive/2012/02/18/dangers-of-root-canaled-teeth.aspx>

³ Root Canals. (2014). Retrieved February 26, 2015 from American Association of Endodontists' website: <http://www.aae.org/patients/treatments-and-procedures/root-canals/root-canals.aspx>

⁴ Root Canals. (2014). Retrieved February 26, 2015 from American Dental Association's website: <http://www.mouthhealthy.org/en/az-topics/r/root-canals>

⁵ Meinig, George E., DDS, FACD. Root Canals Pose Health Threat. Retrieved February 27, 2015 from Healing Teeth Naturally's website: <http://www.healingteethnaturally.com/summary-weston-price-root-canal-research.html>

⁶ Wagner, C. (2013). Root Canals and Cancer. Retrieved February 26, 2015, from Center for Advancement in Cancer Education's website: <http://beat-cancer.org/2014/03/root-canals-and-cancer/>

⁷ Huggins Applied Healing. (n.d.). Root Canals Contain Toxic Bacterium. Retrieved February 26, 2015, from <http://www.hugginsappliedhealing.com/root-canals-toxic.php>

⁸ Koral, Stephen M. Calcium (2011), Oxide Root Fillings (Endocal-10, Bioalex): Three Year Follow-Up. The Open Dentistry Journal, 2011, 5, 13-17.

⁹ Williams, L. (January 21, 2012). Dental Cavitation Surgery - Appropriate Pre-and Post-Extraction Protocols When Surgical Intervention is Necessary. Retrieved February 26, 2015 from the Weston A. Price Foundation's website: <http://www.westonaprice.org/holistic-healthcare/dental-cavitation-surgery/>

¹⁰ Laura Lee Interview with George Meinig, DDS & Dr. M. LaMarche. . (n.d.). Retrieved February 26, 2015 from <http://www.tldp.com/issue/157-8/157rootc.htm>

¹¹ Vizcarra, C., DDS. Incidence Levels and Chronic Health Effects Related to Cavitations. (n.d.). Retrieved February 26, 2015 from Corrine Vizcarra DDS website: <http://www.biodentistrydrvizcarra.com/?s=8&sub=8>

¹² Meinig, George E., DDS, FACD. *Root Canal Cover-Up*. California. Price-Pottenger Nutrition Foundation, 2008. Print.

Taylor Oliver is a Follow-up Specialist and cooking class instructor at the Gerson Institute. She has a B.S. in Dietetics and in Public Health Nutrition. She will finish her Master's degree in Holistic Nutrition in January 2016.

Slow Cooking Tips

by Eric Freeman

Dr. Gerson explained how to cook vegetables on page 189 of *A Cancer Therapy*.¹ He said that “all vegetables must be cooked slowly, over a low flame, without addition of water.” He said the slow cooking process is very important “in order to preserve the natural flavor of the vegetables and keep them easily digestible.” He goes on to say that “valuable components are lost in fast cooking by excessive heat” and “become more difficult to absorb.” He offered the following optional ways to provide more cooking fluid: adding a small amount of Hippocrates soup stock, or placing sliced tomatoes, apples, onions or leeks at the bottom of the pan. He also suggested placing a “flame tamer” (heat diffuser) underneath the pot, which helps maintain a lower heat level as well as prevent burning, and covering the pots tightly to prevent steam from escaping.

I'm sharing cooking tips that Dr Gerson recommends, but it is fine to use other methods that follow these principles as well.

Place one or a combination of the above-listed

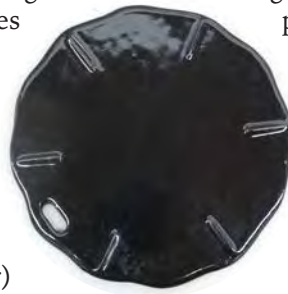
ingredients on the bottom of the pan and place the vegetable you are cooking on top.

With the pot uncovered, heat the bottom layer until it begins to produce steam, but on a low enough temperature not to burn (generally medium heat).

After a steady amount of steam has been created, cover the pot.

The created steam will stimulate the vegetable on top to release its own juices and continue the cooking process. Once the pot lid is hot to the touch, turn down the heat as low as possible and cook for up to an hour and a half (depending on the vegetable). The finished vegetable should be very soft and require little effort to eat.

Ideally, you would not remove the lid after you turn the vegetable down to low. However, until you have mastered the slow cooking process, you may need to lift the lid to check the vegetable once to see if there is enough moisture for cooking to continue. If you need more steam,



Heat diffuser for cooking



Chef Eric Freeman

you can add additional soup stock or even a tablespoon of distilled water. If you add more liquid, you may need to raise the temperature slightly for a moment to create more steam.

Each stove and each vegetable are slightly different, so perfecting this method will take a bit of practice and patience. For example, you'll

find that harder vegetables take longer to cook. However, once mastered nearly all vegetables can be cooked in this manner.

¹Gerson, Max, M.D. *A Gerson Therapy: Results of Fifty Cases*. New York: Whittier Books, 1958. 189. Print.

Eric Freeman is a Gerson Chef and has worked for the Gerson Institute for the past four years.

Cauliflower with Carrot Sauce



Ingredients:

- 1 large yellow onion, sliced or diced
- 1 head cauliflower, cleaned and left whole

Servings: 3-4

Directions:

1. Layer the onion in the bottom of a pot large enough to fit the cauliflower head. Place the cauliflower on top.

Cook uncovered on medium heat until the onion begins to steam. Cover and continue to cook until lid becomes hot to the touch.

2. Bring the temperature to low and continue to cook for 45 minutes or until the cauliflower becomes very soft.

Ingredients for Carrot Sauce:

- 1 yellow onion, cut into slices
- 2 cloves garlic, left whole
- 3 large carrots, sliced
- ¼ cup soup stock
- ½ teaspoon honey or other permitted sweetener (optional)

Yield: 2 cups

Directions:

1. Place the onion slices on the bottom on a small pot, with the garlic and carrots on top. Begin to cook uncovered on medium heat until the pot begins to steam. Add soup stock and cover. When pot lid becomes hot to the touch, turn down the temperature to low.

2. Simmer the carrots on low heat until they are soft, approximately 45 minutes.

3. Blend carrots, onion, garlic and sweetener in blender with liquid left in the pot after cooking.

You can find more recipes in [Healing the Gerson Way](#) and the [Recipe Book](#), available online at store.gerson.org.

Thank you, HOW Company LTD, for your sponsorship

by Mika Payden-Travers

Dear Charlotte,

May we wish you a happy birthday, and many returns of the day. We hope you continue in health and strength for years to come. For HOW Co. LTD., our business began when we were introduced to you, Charlotte, to the Gerson Therapy, and coffee enemas. And, thanks to this, we are celebrating our 15th anniversary in the fall of 2015. In that time, coffee enemas became quite popular among Japanese people, and as a result, we are able to observe many healthy, smiling faces, which of course makes us very happy. Every year's sponsorship is from every HOW member, each of whom understands the importance of the coffee enema and has practiced it for many years. We will continue to promote the efficacy of coffee enemas throughout Japan. With all our hearts we pray for the continued growth of the Gerson Institute.

Sincerely, Tetsuji Ueno
HOW Co. LTD.

Every year for the last eight years, the HOW Company LTD has supported the Gerson Institute with a sponsorship gift each year in honor of Charlotte Gerson's birthday.

Tetsuji Ueno founded the HOW Company LTD in Tokyo, Japan back in October of 2001. After meeting Charlotte and learning about the detoxifying power of coffee enemas, Mr. Ueno wanted to raise awareness of the benefits of coffee enemas in Japan.

Mr. Ueno felt his mission wasn't directed toward the treatment of cancer. Rather, he wanted to encourage people to make lifestyle changes that would help reduce their chances of becoming seriously ill in the first place. So, he started a business that sold coffee enema kits. Quite naturally, the company also does a lot of outreach and education on the importance of detoxification to maintaining wellness, especially given the increasing toxicity of the modern world. Coffee enemas help the liver expell toxins and clean the blood. In his book *A Cancer Therapy*, Dr. Gerson repeatedly stresses that a healthy

liver is essential to maintain the health of the entire body.

The HOW company does far more than just sell coffee enema kits. HOW encourages patients to make diet and lifestyle changes, and it provides a supportive network for clients as they try to adopt a healthier lifestyle. When several HOW clients visited California from Japan and joined in the celebration of Charlotte's 91st birthday two years ago, many people mentioned how helpful having community support had been to adopting a healthier lifestyle.

While the Gerson Institute focuses on the Gerson Therapy as a medical treatment for those with chronic diseases, we are in complete agreement that you shouldn't wait until you get ill to adopt a healthy lifestyle.

The modern American in particular and the modern urban lifestyle is toxic. We are surrounded by unhealthy food, exposed to numerous toxins and often find ourselves with too much to do and too little time. Dr. Gerson's idea that many chronic diseases have their roots in the "permanent daily poisoning brought about by our modern civilization" (*A Cancer Therapy*, p. 37) was true in the 1950s and is especially true today.

So what better way to begin spring than with a little internal cleansing? If you're ready to clean inside and out this spring, please keep these tips in mind. Always use organic, medium or light roast coffee when preparing an enema. We also encourage people to drink three glasses of fresh organic vegetable juice for each enema in order to replace fluid loss and electrolytes. If you are juicing daily, a few coffee enemas a week to one daily is generally acceptable. These are general recommendations and do not replace advice from your doctor.

If you want more information about coffee enemas, please email our Education Team (info@gerson.org) and request the materials "Coffee Enema – The Scientific Basis" and "Coffee Enema Procedure" or read *Healing the Gerson Way*.



**Mr. Ueno and How Co. clients
at Charlotte's 91st birthday
party**

Best of luck with your spring cleansing -- your liver will say thank you!

Happy 93rd Birthday, Charlotte

Charlotte Gerson turns 93 on March 27. After decades of tireless work advocating the Gerson Therapy and supporting patients, she is now enjoying a well-deserved retirement from public work, spending time at home and with friends. If you would like to send her birthday wishes, you can mail a card to the Gerson Institute: PO Box 161358 San Diego, CA 92176 or email your message to info@gerson.org.



Help Us Train More Gerson Practitioners!

We know there is a great and ever-increasing need for Gerson practitioners. More patients than ever are beginning the Gerson Therapy from home, rather than at a clinic, and need guidance.

We've decided to make training new Gerson practitioners a priority here at the Institute, and we know it will be a great investment in the future of the Gerson Therapy.

If you are a practitioner who is interested in the Gerson Therapy, please join us!

If you know a practitioner who might be interested in

learning about the Gerson approach to treating chronic disease and cancer, please let them know about our program!

If you are a Gerson patient working with a non-Gerson doctor such as a naturopath, encourage them to contact us!

The Gerson Practitioner Training Program: Module I is May 10-14, 2015. It will be held at the Town and Country Resort & Convention Center in San Diego, California.

Learn more at www.gerson.org or email aonken@gerson.org for details.

Wish List

External hard drives

Free printing of flyers

Handmade cards

Organic carrots

Organic green apples

Norwalk or Champion Juicers

Poster-size photos of vegetables, fruits and nature

Postage stamps

Projector screen

Reams of copy paper

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

In Memory of Jess Ainscough, the Wellness Warrior

We were incredibly saddened to hear of the passing of a very special Gerson person last week. Jess Ainscough, the Wellness Warrior, passed away last week after living with a rare type of cancer called epithelioid sarcoma for the past seven years. Jess opened her heart and life to the world, sharing the ups and downs of her diagnosis and treatment, and drew from her own experience to provide tips and guidance on living a healthy and non-toxic lifestyle and encourage others to seek a path toward wellness.

Jess was only 22 when diagnosed, and initially underwent chemotherapy, though the treatment was unsuccessful. Her doctors told her she had no other choice than to amputate her arm completely—and even then, the amputation could only help prolong her life, not save it. Her cancer was terminal.

Jess was faced with a difficult choice, and ultimate-

“Jess was a lovely person; her positive attitude and determination were an inspiration to us all.”

ly made the decision not to go through with the amputation. Since conventional medicine had given her no other choices, she looked to alternative medicine, and found an approach that she felt was right for her: the Gerson Therapy, which she followed for two years.



Photo source: jessainscough.com

“Be kind, be brave, be well.”
— Jess Ainscough

On her blog, Jess shared stories about her experiences, giving readers an inside look at life on the Gerson Therapy. She discontinued the Gerson Therapy in 2012 to pursue other therapeutic modalities, and while she didn't keep in touch with us often, our staff remained big fans of hers and read her website regularly. Jess was a lovely person; her positive attitude and determination were an inspiration to us all.

After seven years of fighting, Jess' body did finally succumb to the cancer last week. Some critics have taken her death as proof that alternative or holistic therapies don't work, but we disagree. There is no guarantee that any medical treatment, alternative or conventional, will work for every patient,

every time—especially for patients like Jess, who have advanced or terminal cancer diagnoses. Cancer is a devastating and deadly disease, and the Gerson Therapy cannot save everyone.

However, we feel it is important that people are free and empowered to make a choice: to weigh the pros and cons of all the available treatment options, to choose the treatment that feels right for them and to live out the remainder of their lives—whether it's seven years or seventy—on their own terms, in a way that gives them peace and strength.

Though she adopted the moniker of Wellness Warrior, Jess didn't describe her seven years of living with cancer as a “fight” or a “battle”—she preferred to say she was “thriving” with cancer, and used her time on earth to pursue her passions and dreams with enthusiasm and joy.

Jess held a special place in the hearts of many Gerson persons, and will be dearly missed. She will be loved and remembered by all of us, and we hope that her family, friends and fans find peace in the memory of having such a brave and extraordinary young woman bless their lives.

Nutritional Benefits of Staple Gerson Foods

Oatmeal -- High in protein and potassium. One cup contains: 307 calories, 55.9 g carbohydrate, 5.3 g fat, 10.6 g protein, 42.1 mg calcium, 112 mg magnesium, 293 mg potassium, 4.9 mg sodium, 23.4 mg selenium and small amounts of B vitamins.

Potatoes -- High in protein and potassium. One large potato contains: 278 calories, 7.5 g protein, 63.2 g carbohydrate, .4 g fat, 1600mg potassium, 29.9 mg sodium, 83 mg magnesium, 44.8 mg. calcium, 87 mcg, 29.9 mg, vitamin A, 28.7 mg, vitamin C 28.7mg, and small amounts of B vitamins. In addition to high amounts of vitamin C and iron, the highly-colored potato varieties are rich in antioxidants, anthocyanins and carotenoids which are associated with a lower incidence of chronic diseases such as cardiovascular disease, atherosclerosis, rheumatoid arthritis and cancer.

Cooked vegetables – Choose from a variety of cooked vegetables, especially the cruciferous variety to get the important phytonutrients. The cruciferous include broccoli, cauliflower, kale, collard greens, Brussels sprouts, bok choy, cabbage, arugula and watercress. A number of studies have shown that the bioactive components of cruciferous vegetables have anti-cancer effects. Other vegetable choices include beets, asparagus, artichokes, green bean, squash and carrots.

Hippocrates soup -- This soup is a very important part of Gerson Therapy. A minimum of 8oz should be taken at lunch and dinner. It is alkalizing, cleansing, and good for the kidneys, along with being high in antioxidants and essential vitamins and minerals, including potassium and vitamin K.

Watercress -- This is used in the green juice and belongs to the cruciferous vegetable family and is high in glucosinolates. It contains PEITC, a form of glucosinolate which prevents tumors from sending the signal to the body that requests a blood supply. Do not skimp on watercress in the green juice, it is a potent anti-cancer food. It is also a plant easily infested with parasites, so wash carefully!

Carrot juice – A glass of juice made from 1 lb. of fresh carrots (approx. 8 oz.) contains: 12 g protein, 18 g carbohydrate, 69 mg calcium, 1.3 mg iron, 636 mg potassium, 20,460 IU vitamin A as beta carotene, 15 mg vitamin C and small amounts of B vitamins. Carrot juice has a glycemic index of 43-56, which is moderate. **Carrots contain a compound called falcarinol which is a natural pesticide. It protects the roots from fungal disease. A team of researchers from the University of Newcastle in England and Denmark found this natural pesticide reduced the risk of cancer developing in rats by one third. Research has confirmed that this substance has more anti-cancer properties than beta-carotene. While carrots lose some vitamins and minerals in the cooking process, the amount of falcarinol is increased, although it is still available in raw carrots. This

information can explain in part why carrots may not exacerbate candida infections. It is still too early to know everything about this new discovery, but it can help answer questions for people who are concerned about the natural sugar in carrots.

Chard -This is used in the juice and the diet. Swiss chard is an excellent source of vitamins C, E, beta carotene and the minerals calcium, magnesium, vitamin K, zinc and manganese, as well as about 3 dozen antioxidant phytonutrients, including the carotenoids lutein and zeaxanthin and the flavonoid quercetin. These phytonutrients provide excellent anti-oxidant and anti-inflammatory benefits. The unique flavonoid phytonutrients offer special benefits for blood sugar control. Chard inhibits activity of an enzyme called alpha-glucosidase which is used to break down carbohydrates into simple sugars. It also stabilizes blood sugar levels due to its high fiber and protein content. The ancient Greeks and later the Romans honored chard for its medicinal properties.

Red cabbage - This is an item in the green juice. Red cabbage contains high amounts of the omega 3 fatty acid called alpha-linoleic acid or ALA. It also contains 6-8 times the amount of vitamin C than in green cabbage. Its antioxidant and anti-inflammatory nutrients include beta-carotene, glucosinolates, anthocyanins and glutamine. One of the glucosinolates called sinigrin has received special attention in cancer prevention research, especially in respect to bladder, colon and prostate cancer. The glutamine content helps heal stomach ulcers and inflammation as well as regulates any bacterial populations of Helicobacter pylori inside the stomach.

Apples - They are in the juices and can also be eaten raw or in apple sauce. Apples contain many phytonutrients and antioxidant nutrients, as well as fiber. Quercetin and other flavonoids inhibit carbohydrate digesting enzymes like alpha-amylase and alphasglucosidase. When these enzymes are inhibited, fewer carbohydrates are broken down into simple sugars, which keep the blood sugar in balance. Apples have antioxidant benefits that lower the risk of asthma and the risk of lung, colon and breast cancer. Other antiinflammatory benefits are found to reduce blood levels of C-reactive protein, mainly from the quercetin.

Apples also decrease the oxidation of cell membrane fats, helping to prevent atherosclerosis. The fiber, pectin, is linked to reducing the risk of cardiovascular disease by providing protection from oxidation of fats.

***University of Newcastle upon Tyne (2005, Feb. 18) Carrot component Reduces Cancer Risk. Science Daily. <http://www.sciencedaily.com/releases/2005/02/050212184702.htm>*

The KEY Company
Finest Health Products
Since 1959

Celebrating
55 YEARS

Thank you for your continued support!



The KEY COMPANY **Finest Health Products Since 1959**

Division of Chisen Pharmacal Company
 P.O. Box 220370, St. Louis, MO 63122
www.thekeycompanyusa.com
 Phone Orders: 800-325-9592 • 314-985-6699

Your Source
For Enema Therapy
Coffee

Royal Blue Organics offers Cafe Mam: certified organic, fairly traded coffee, shade grown by indigenous farmers in Chiapas, Mexico. Ask for Light Roast.

(888) Cafe Mam
 Royal Blue Organics
 P.O. Box 21123
 Eugene, OR 97402

Stainless Steel Enema Kits
& Coffee for Gerson!



(562) 612-4492
Purelifeenema.com

Gerson Basics Online

\$75 gives you all the information covered in our Gerson Basics Class in San Diego from the comfort of your own home.

Gerson Basics Online

Omega Nutrition

Special Flax Oil Pricing

NORTH AMERICA
 1-800-661-3529
www.omeganutrition.com

JAPAN
 (81) 22-716-7538
www.rakuten.co.jp/atowa

UK & EUROPE
 01-764-662-111
www.omeganutrition.co.uk



Hydraulic juice presser



Made in USA \$335



Champion grinder \$265
 Call us:
1-888-588-7348
 Or **1-512-970-4502**
 on the web: www.juicepressfactory.com

WATERWISE®
 Quality Since 1977
Distillation Systems

HOME * OFFICE * LAB

- ✓ Fully Automatic & Manual Fill
- ✓ WQA Gold Seal Validated
- ✓ Electric & Non-Electric
- ✓ 5 to 16 Gallons Per Day
- ✓ Industry Leader for 36 Years

Eliminate your water quality concerns with Waterwise steam distillers. Enjoy chlorine free showers with Showerwise®. Breathe better with Airwise® air purifiers. 100 Day Money Back Guarantee!

FREE Report & Catalog
800-874-9028 Ext 754

\$15.00 Value

Waterwise Inc • PO Box 494000 • Leesburg FL 34749-4000
www.waterwise.com/ghn

FOR ALL YOUR GERSON SUPPLEMENT NEEDS

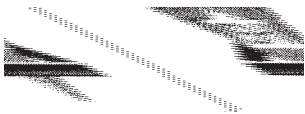


on the web at
www.statmx.com

For Immediate Delivery
 Order by Phone:
1-619-428-4574
 or by Fax:
1-619-428-4474

Mailing Address Only:
 416 W. San Ysidro Blvd.
 Ste. L-229
 San Diego, CA 92173
info@statmx.com

Stat-mx



ISHI MEDICAL

Why place several orders when you can get everything at the same place?

We now supply ALL the Gerson supplements (including the crude liver and B12 [through our office in Mexico]).

We accept credit and debit cards, checks, and money orders.

If you have a question please give us a call.

1-866-LAB-ISHI
Phone: 619-428-6085
Fax: 619-428-6095
anama@sbcglobal.net
Web Site:
www.ishimedical.com

You Need A Water Distiller

Call the **Water Specialists** for the right distiller for your Gerson Therapy!

We don't compromise Quality at your expense.




800-678-9151
336-510-9915

www.RenewedHealth.com

TIME HONORED FORMULAS



New Supplier For Gerson Therapy with "All Natural" Supplements in Veggie Capsules 

NO excipients, artificial fillers, binders, colors, flavors, or sweeteners.

NO preservatives or magnesium stearate.

Toll Free: 855/216-3002

Fax: 860/355-8976

Email:

nutricons6@sbcglobal.net

24 Hour Answer Response

Guy Herald Cookware



www.stainlesscookware4u.com

(760) 505-7057

312 E. 2nd. Ave.

Escondido, CA 92025

CookWorld4U@aol.com

Approved cookware for Gerson food: waterless cookware, stainless steel, ceramic, glass, crock pots.

Call for special pricing for Gerson patients.



The same juicer used at Gerson Institute Certified Health Clinics

Hydraulic Press Juicer

Produces more juice with more nutrients!



Gerson recommended as "most effective juicer with best results." Powerful grinder, automated press, effortless and easy to clean.

For more information, or to order, call:

1-800-405-8423

Outside USA 760-436-9684 Fax 760-436-9651

www.nwjcal.com

12 Year Factory Warranty 

Made in USA since 1934

Need supplies? Looking for gifts?

Shop at our online store!
www.gerson.org

Your purchases help fund our training, education and patient support services.



Gerson Institute Supporters

Founder's Circle Members

Anonymous
How Co. Ltd.
The Leandro P Rizzuto Foundation

Benefactors

Anonymous (2)	Courtney Lawyer
Barbara Anderson	Barbara March
David Baluk	Sara Marguils
Zornitza Batcheva	Robert Mathews
Emma Bellamy	Don and Mieke McQueen
Chad Bennett	Janael McQueen
Lee Mary Brenneisen	John Meyer
Timothy Bruss	Norwalk Juicers of CA
Cheryl Buck	Ken Patterson
Lucy Colangione & Alex	Marisa Russo
Doronkin	Bill Shuman
Amber Farnsworth	Carol & William Sutton
Amanda Gerhart	Mine Taylan
David Gilbert & Chom Harvey	The Perry & Barbara Miller
Ivan Green	Family Foundation
Guy Herald Cookware	Joshua Vilches
Ray & Dawn Hammond	Raymond Ward
Cliff and Holly Hansen	Anita Wilson
HealthForce	Dr. James Winer
Yossi & Kuuleialoha Johnson	Robert Zarrella
Shana Lathrop	

Patrons

Tina Atchley	Tony Migaiolo
Donna Baldwin-Veazey	Neil Montanus
Dennis Beaulieu	Brenda Nance
Jennifer Chiamonte	Ken Patterson
Wanda Ciecioro	Horst & Christine Plendl
Herman Ferreira	Peter Proverbs
Flux Fun Run	Randy Repass
Kristine Frost	Richard Reimers
Lori Greenberg	Todd Schilling
Alessandro Gussetti	Arnold Thielen
Dr. Rolf & Pia Habersang	Time Honored Formulas
Melinda Hill	Mika & Nancy Thomas
Colonel Lee Holmes	Haylen Van Koppen
Alan Hunter	Gary Veytsman
Ayana Jamal	Waterwise Inc
Monica Johnston	Robert Weible
Anne Knopf	Carolyn Winter
Penny Loughnan	Dean Wooster
Marie Louise Lekumberry	Kayo Yoshida & Shane Galaas
Victoria Mears	Julia Yu
Paul Meier	

Donors

Heidi Allen	Pamela Bitterman
Jennifer Barton Jones	Andrea Comfort
Sherra Basham	Thomas Cooper
Karen Balkanski	Louis Cunningham
Paula & Eugene Bambic	Susan Erlich
Arthur Barrett	David & Sarah Feinberg
Kathleen Belmares	Rony Feng

Donors (continued)

Sandra Goergen	Rae Gyle Porat
Jeff Hancock	Barbara A. Reynolds
William Hetzler	Stephen G. Richards
Laurie Holden	Wendy Rose
Clay Hornbaker	Sameer & Meenu Rupani
Janine Iyer	William Santagata
Ingvor Johnson	Dr. Jennifer Shaw
Robert Johns	Gladys T. So
Brad Lerch	Ron & Irene Stananought
Barry & Shari McCarroll	Mary & Mark Sullivan
Thomas Weston McGee	Donald Surgeon
Otto Meer	Nicola Ungaro
John Moffitt	Richard & Susan Waits
Oleg Naikine	Floyd & Diana Wicks
Karl Neumann	Donald Wilson
Shirley Nichols	James Wing
Cody Novak	Marianne Wohl
Phil & Luanna Palazzolo	Tim Yamamoto
Maes Petrus	Daniel Yeh

The Garden Team – Gerson Monthly Donors

Cesar Alarcon	Mary Lutz
Eileen Anderson	Neil McHugh
Rodney Burke	Francy Merritt
Stephanie Cheshire	Denise Mora
Alex & Miruna	Necklush
Cimpoia	Daniela Oleksakova
Antoinette Christopher	Mandy Williams Palen
David Denio	Georgina Penning-Geis
Treena Dubois	Elizabeth Perius
Krisiti Dyson	Norlita Pyle
Lynne Forbes	Myra Pritchard
Lindsay Gibson	Ingebory Radel
Charlene Gilpatrick	Donna Roberts
Leslie Griffin	Tanya Ryan
Zack Hildmann	Louise Raheb
Laurie Holden	Bobbi Scogin
Giovanna Hoyos	Brenda Soong
Robert Hritz	Joshua Steinberg
Vikram Jaiswal	Frank Stone
Karin Jansen	Connie Trumpf
Jonathan Khor	Erika Turner &
Jeremiah Jorgensen	Evelyn Sapriza
Catherine Kelley	Charles Valerio
Sandra Kettle	Terry Wells
Troy Lane	Sophia Wicklund
Laura Loiola Melo	Daniel Yeh
Perla Machaen	Ying Zhao-Chau
Shan Shan Pan	Theresa Yong

Gerson Celebrates the Lives & Memories of:

Don McQuiddy	David Leggett
Joyce Terrano	Steve Napoli
Janella Sanburn	Becky Lasch
Shizue Shimbo Davis	Mary Laird Silva
Kay Harrison	Donald Eisler
Terri Hammond	Sue Witmer

Gerson Therapy Classes, Lectures & Events



WWW.GERSON.ORG

Event	Date & Time
Hungary - Gerson Therapy Sessions	11-24 April 9-22 May
Gerson Cooking and Juicing Intensive Class	April 4 May 2 June 6
Module I	May 10 - 14
Charlotte Gerson Health Restoration Session and Gerson Boot Camp	July 20 - 26
Gerson Basics Class	June 11-13
The Power of Natural Healing info@gersonmedia.com	Mondays 11 AM

**For more information contact us:
www.gerson.org
(888) 443-7766 toll-free from the
U.S. 858-694-0707**

Gerson® Institute

Healing News

© Copyright 2015, The Gerson Institute.
Diane Ake, Editor Ally Bacaj, Copy Editor

Board of Directors

Carol Beard, President
Conni Spancake, Secretary-Treasurer
Paula Bambic, Director
Bob Lichtenberger, Director
Mary Magro, Director
DeAnn Waggoner, Director
Rachel Hiner, Director

Honorary Board of Directors

Charlotte Gerson Straus
Carolyn Dean, M.D., ND
Dr. Andrew W. Saul, Ph.D.

Anita Wilson.Executive Director
Mikhaela Payden-Travers.Development Coordinator
Stephanie Raddatz.Finance Coordinator
Scott Stobbe.IT/Marketing Coordinator
Mallory Crowley.Multimedia Specialist
Kayla Smith, ND.Director of Medical Education
Amanda Onken.Medical Director Assistant
Taylor Oliver.Follow-up Specialist
Diane Ake.Director of Training
Blanca Ayala.Coach/Training & Administrative Assistant
Silvana Procopio.Director of Education
Ally Bacaj.Communications Specialist
Barbara Conde.Education Specialist
Barbara Garcia.Education Specialist
Kayla Courtney.Education Specialist
Eleni Patterson.Education Specialist
Nicole Ferrer.Education Specialist
Brenda Arntzen.Information Specialist
Harrison Reid.Inventory Control Specialist
John Perkins.Receptionist
Eric Freeman.Chef
Kelly Lahtov.Chef
Liz Cook.Chef/Development Assistant
Anna Maria Aliano.Gerson Chef/Event Specialist

About Healing News

Since 1984, the *Healing News* has linked the Gerson Institute with its supporters and Gerson patients. The newsletter is published four times a year to educate about the Gerson Therapy and healthy living, provide updates on Gerson Institute programs and events, and share patient stories.

Gerson Institute / Cancer Curing Society
PO Box 161358, San Diego, CA 92176

NON-PROFIT ORG
US POSTAGE
PAID
SAN DIEGO CA
PERMIT 906

RETURN SERVICE REQUESTED

The Gerson Institute is a non-profit organization in San Diego, California, dedicated to providing education and training in the Gerson Therapy, an alternative, non-toxic treatment for cancer and other chronic degenerative diseases.



Module I—Gerson Practitioner Training Program

Module I provides training for qualified medical professionals in the application of the Gerson Therapy as developed by Dr. Max Gerson. This will include an in-depth teaching of the key elements of:



- Food as Medicine
- Salt and water management/high potassium/low sodium diet
- Far Reaching Detoxification of the Whole Body
- Initiating the Healing Inflammation
- Restoration of normal metabolism including the liver and digestive organs

Module I provides the foundation which will allow participants to:

- Explain how the Gerson Therapy works to interested people
- Be added to our list of Gerson friendly doctors who can provide support to someone undergoing the therapy

Thank you! Your support makes it possible for us to train new Gerson practitioners.

