

A Long-Time Recovery from Colon Cancer

by Clay Townsend, Neil Townsend, and Carla Townsend Chotas

Our dear father, Carl Weir Townsend, began having rectal bleeding sometime around 1972. His family doctor told him that there was no need to worry - it was just bleeding hemorrhoids. The bleeding would temporarily subside, but would always return. On each recurrence, Daddy was given hemorrhoid medication and reassured it was not serious. He remained energetic, his businesses were thriving, and he never complained.

Daddy was a very successful ceramic tile contractor in his younger years. Later, he and our dear mother (Mary Virginia) opened a wonderful business in which they retailed and distributed tile, marble, stones, Saltillo, etc. They also imported tile and marble from many countries throughout the world. In addition to the retail trade, their business attracted builders, developers, architects, and designers throughout Florida. We were all blessed to work together for many years. Daddy also enjoyed his involvement in Clay and Neil's thriving restaurant right next door! He loved his work, especially as they were family businesses.



Carl and Mary Virginia Townsend

We began noticing that Daddy was gradually losing weight and energy. He had been struggling to do manual labor and became faint and tired. We took him to another doctor, and were told that Daddy needed to see a specialist. We received the devastating news that our precious father had colon cancer in 1981.

We found an excellent colon cancer surgeon 80 miles away from our home in Orlando, at the University of Florida Shands Hospital in Gainesville. The surgeon gave us the upsetting news that because of the location of the tumor, he may have to give Daddy a colostomy. Foolishly, we thought that would be the

worst that could happen to our sweet Daddy. Immediately after the surgery, a nurse asked us into the surgeon's private office. Words cannot describe our anguish when the surgeon told us that the cancer had metastasized throughout his body, including his liver. The surgeon told us that he could offer no treatments or help for Daddy, and that our beloved father would have only six months (at the most) to live.

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Gerson Board Member, DeAnn Waggoner

by Diane Ake

How did you first hear about the Gerson Institute?

I started a non-profit organization called Hallelujah Cancer Care in honor and memory of my brother. He passed away in 1998 from melanoma, just two months after he was diagnosed. A friend from my past ministries told me about the Gerson Therapy. He had lost his wife to cancer.

What interested you in the Gerson Therapy and Gerson Institute?

My "credentials" were not enough to help people understand that holistic treatment was important. I felt that



DeAnn Waggoner

Gerson's track record would allow me to become more influential.

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(A Long-Time Recovery... continued from page 1)

Daddy had to stay in Shands Hospital for six weeks and try to heal from the surgery and colostomy. He became more ill and weak by the day. We were all heartsick with sadness and hopelessness. If not for our faith, our constant prayer, our support from loved ones, and our strength from the Lord, we don't know how we would have coped.

Our dear Mama was the one who discovered the Gerson Therapy. We all had been searching for therapies that might provide hope in the weeks that Daddy was in the hospital. We found some alternative treatments for terminal cancers. The Gerson Therapy seemed to make the most sense to us all. Mama contacted the main office in California and we sent Daddy's medical records to the clinic in Mexico. We were so happy when they responded and actually offered us hope! When it came time to say goodbye to Daddy and Mama, as they were boarding the plane to Mexico, we were overcome with sadness. Daddy was skin and bones, in pain, very weak, and could barely walk.

Daddy was 58 years old when he began the Gerson Therapy in 1981. He and our sweet Mama spent six weeks

at La Gloria Clinic in Mexico.* What a joy it was to receive their phone calls and hear their voices expressing enthusiasm for the Gerson program.

Daddy's body began responding almost immediately to the delicious fresh juices and vegetables. Their time at the clinic was a time not only for physical rejuvenation; it was also emotional and mentally uplifting to be among kind, encouraging, and like-minded people. Charlotte and the clinic's staff were extremely reassuring and always there to help. Daddy and Mama told us how much it meant to them to have time with all the other patients (and caregivers), and to share and learn from one another.

Daddy was not only adjusting to the Gerson Therapy during those weeks, but he was still adjusting to his relatively new colostomy. We think because Daddy is a very strong and tough World War II veteran, having spent four rigorous years in North Africa and Italy, he was able to adjust to the Gerson Therapy and his colostomy. Of course, he will tell you that without the Good Lord, his beloved wife, Virginia, and his devoted family, he could not have done it.

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Gerson® HEALING news

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(Gerson Board Member... continued from page 1)

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

Since I live out of state, it is challenging to do a lot. However, I try hard to be at each board meeting and help make decisions. I also come to southern California for special events.

What type of work have you done?

By trade I am a freelance interpreter for the deaf, interpreting mostly in the college setting. I have a BS and MA in Deaf Education and Communications. I am also the founder and Executive Director of Wings of Love Bird Haven, Inc. We are a 501(c) 3 non-profit parrot rescue organization.

What hobbies and interests do you have?

My interests, of course, are to spend time with my birds, my husband, children and grandbabies. I also have a passion for natural health and using herbs and essential oils for healing. "Let food be your medicine."

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

I love the opportunity to hear all the success stories about patients who have healed. I am also beyond excited to see so many of our staff who are young people stepping up to carry out Dr. Max and Charlotte's vision. The entire Gerson staff is phenomenal. I feel very blessed to have been given this opportunity.



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.

The Gerson Therapy's Green Juice

The amount and type of juice that a Gerson patient drinks each day depends on which protocol the patient is following. There are four basic Gerson Therapy protocols. A patient's protocol is determined by factors such as the patient's diagnosis, medical records, blood tests and physical condition. The full Gerson Therapy protocol for cancer treatment includes drinking thirteen 8-ounce glasses of fresh-pressed juice a day (green, carrot/apple, carrot and orange juice). Four of these juices are the green juice. The green juice helps to aliment a sick person who is unable to eat sufficiently, or assimilate, digest, and eliminate food easily. But even in poor health, a person is usually able to digest some freshly-pressed juice.

So what's in the juice that makes it a healing ally? Dr. Gerson wrote, "The ideal task of cancer therapy is to restore the function of the oxidizing systems in the entire organism." By "adding oxidizing enzymes continuously," the green juice helps to accomplish this restoration.

The green juice is a natural, organic food. Dr. Gerson wrote that "It is safe to use food in the most natural form." He believed using natural foods allowed humankind to thrive physically for thousands of years. We do not know which additional vitamins, nutrients, or enzymes will be discovered in the future, in the foods we eat. Thus, eating natural, whole foods allows people cover their nutritional bases.

Dr. Gerson's Green Juice Ingredients

Dark green lettuces – ¼ to ½ of a head (depending on the size of the lettuce): red and green leaf lettuces, romaine, endives.

Escarole – 2 or 3 leaves

Beet tops (young inner leaves) – 2 to 3 leaves

Watercress – 5 or 6 leaves

Red cabbage – 2 or 3 leaves

Green bell pepper – ¼

Swiss chard – a little

Green apple – 1

Using the USDA National Nutrient Database for Standard Reference, one can approximate the quantity of known nutrients in a glass of green juice. However, the Nutrient Database does not distinguish between organic and conventional produce. Organic produce promotes healing, and organic often has superior nutritional content and quality compared to conventional produce.

What do the green juices contribute nutritionally to the patient? According to the National Nutrient Database described above, four glasses of the green juice (see recipe ingredients) will provide the following key and common nutrients:

- 2.1 grams (g) of calcium
- 1.5 g of magnesium
- 18 g of potassium,
- 2.25 g of vitamin C
- 300,000 International Units (IU) of vitamin A
- 4,425 micrograms (µg) of folate

All are approximate figures.

The nutrients provided by four glasses of the Gerson green juice greatly surpass the Recommended Dietary Allowances (RDAs) for calcium, magnesium, potassium, vitamin C, and folate. (See table below).

<i>Vitamin or Mineral</i>	<i>Four Cups of Green Juice Per Day (Gerson Therapy)*</i>	<i>Recommended Daily Allowance (19-50 year old male)</i>
Calcium (Ca)	2.1 g	1 g
Magnesium (Mg)	1,500 mg	400 mg
Potassium (K)	18 g	4.7 g
Vitamin C	2,250 mg	90 mg
Folate	4,425 µg	400 µg

All are approximate figures.

And that's just from the four cups of green juice! The other nine cups of juice that a patient on the full cancer therapy would have each day, along with the other foods, like the Hippocrates Soup, add even more to these totals. Dr. Gerson found that restoring the metabolism of a patient battling a disease like cancer or diabetes is a task that takes exceptional nutritional input. The nutritional values consumed from the Gerson food and juices are above and beyond what is recommended for typical daily life by the RDAs determined by the Food and Nutrition Board of the National Academy of Sciences, Institute of Medicine.

Abram Hoffer, MD, PhD, who worked with cancer patients in Canada, wrote, "I am convinced today that vitamin C is the most important single nutrient that one can give to any person with cancer." Dr. Gerson's protocol did not focus specifically on vitamin C, also known as ascorbic acid, but four cups of green juice alone supplies 25 times the amount of the RDA of vitamin C. The Gerson Therapy in full provides about 50 times the RDA for vitamin C. Enjoy the green juice!

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Ask the Doctor

by Dr. Kayla Smith



Kayla Smith, N.D.

We are often asked what factors contribute to a successful outcome on the Gerson Therapy. In this column, I would like to address an often overlooked factor that may play an important role in healing.

We know that successful outcomes will depend on the patient's age, stage and type of cancer, and other aspects of

the patient's medical history such as prescription drug use or pretreatment with chemotherapy, to name a few things. A great deal also depends upon what level of the therapy someone is able to undertake and how strictly a person adheres to that protocol.

However, there is another special ingredient that may greatly impact a person's success or response to the therapy – the mind-body connection. Occasionally, someone surprisingly improves on the Gerson Therapy, in spite of having a very challenging health condition with a poor prognosis. We have also seen the opposite situation, where someone who is expected to do well does not respond favorably.

Are there any explanations for this? We conclude that human beings are more than machines and that a person may possess certain qualities or attributes of consciousness that greatly influence the healing process.

Here are some characteristics of people who have had spontaneous remissions from advanced and often untreatable cancer. The Center for Integrated Healing in B. C. Canada has summarized these common characteristics, as follows:

1. In spite of being told that their cancer is incurable, they have a deep belief that their body can heal itself.
2. They take control and assume a recovery program that is unique to them. They reclaim their own responsibility rather than solely relying on experts.

3. They reconnect with spirit, awakening long hidden desires and aspirations. They reconnect with authenticity to their feelings and values and decide to live them.

4. They deepen and bring honesty to their relationships with others.

5. A complete re-assessment of their lives is undertaken. They are willing to change. This often includes diet, lifestyle, career, goals and relationships.

6. Radical changes in diet have been closely associated with spontaneous remission. These changes usually include decreasing processed, refined foods and animal fats and consuming more fruits and vegetables or becoming vegetarian.

7. They take vitamins and supplements to help support their immune system.

8. They slow down. Taking time to relax and fully enjoy the gift of life. Often prayer or meditation becomes a regular practice.

9. They become in tune with their body and "listen" for a cue relating to energy, emotions, and body signals that are a part of daily life.

10. They rejoin with social networks and experience the joy of being of service to others. Through their own healing, they help to heal others.

I highly recommend spending some time reflecting on each of these statements and what they mean in each of our lives. Documented research in the field of psychoneuroimmunology shows that feelings, moods, and general outlook affect the immune system and that every thought and emotion equates to a biochemical response in the body.

Dr. Gerson knew this, as reflected in one of his quotes: "It should be remembered that a successful therapy requires the harmony of the physical and psychological functions in order to achieve restoration of the body in its entirety."

I hope this information will shed a little more light on how we can enhance our chances of recovery from serious illness.



Potato Salad



Ingredients:

4 large potatoes - cubed, boiled and roughly mashed

3-4 tsps flax oil

1/4 cup apple cider vinegar

1/2 cup fresh lemon juice

2 tsp honey or sucanat (optional)

3 garlic cloves, crushed

Mix together by hand, then add:

2 green onions, diced

1/4 red onion, diced

1/2 red bell pepper, diced

1 carrot, grated

2 stalks of celery, diced

Mix it all together with a large spoon and serve. It will last for 2 days in the refrigerator.

Serves 4-6 people

Note: For Gerson patients, one serving will give you your portion of flax oil for the day



(A Long-Time Recovery... continued from page 2)

While Daddy and Mama were in Mexico, we made all the arrangements at home to continue the Gerson Therapy with no interruption. When we picked Daddy and Mama up from the airport six weeks later, we were thrilled to see Daddy looking so much better (and Mama, too!). He had put on a little weight, had more energy, and had good skin tone (a nice "carrot" shade!). We were blessed to have helpers at home; at least one helper was there full time, and sometimes we had two. We had the Norwalk juicer set up, and everything was ready to go. Back then, the program involved juicing fresh calves liver, so it was somewhat more time consuming. We had to order our organic produce from California, as there was not enough available at our very small Chamberlains health food store in Orlando.

Daddy kept to the full Gerson Therapy in a very disciplined manner for three years. We do not recollect any major healing reactions, only mild ones throughout. Daddy was flourishing

within a few months, and often would take a thermos of juice with him to his business for a couple of hours at a time. Of course the full therapy is all-consuming, and he spent much of his time at home enjoying the juices and meals or on the enema bench! One of the most remarkable things we remember about the effects of the Gerson Therapy was Daddy's skin and veins. Daddy had really bad varicose veins for a man of his age. Within just a few months, his skin was glowing and the varicose veins just seemed to dissolve. As the therapy began tapering off and the enemas decreased in quantity, Daddy began spending more time at work, taking multiple thermoses of juices and Gerson lunches with him. Daddy was in contact with the Gerson doctors/staff over the entire period, and was closely monitored. Charlotte was very kind to call and check on him, and her calls were always welcome. Mama and Daddy also kept in touch with some of the patients they had met at La Gloria, and to this day they still speak fondly of them all. The Gerson Therapy

certainly continues to be a big part of our family's lives.

Daddy is going to be 90 years old on October 23rd, and Mama will be 88 years old on October 28th. We cannot express the depth of our thankfulness to God for our precious Daddy's healing, and for having him and our precious Mama in our lives for these many years. They are blessings to us and to their five very fine grandsons, whom they love dearly.

Incidentally, we went back to the surgeon some years after Daddy's healing, and he was given another scan. Of course, it was clear. The surgeon was incredulous after reviewing the file. We told him about the Gerson Therapy, thinking he might want to share this wonderful program with other terminal patients. The surgeon merely shrugged and said that every once in a while he comes across a case of "spontaneous remission." We know better!

*The Gerson Clinic at La Gloria is no longer in operation.



Your Letters

I am so thankful for Dr. Max Gerson, Charlotte, and others who have given their lives to help other people with the truth and with the life-giving and rejuvenating Gerson Therapy. My hope is that all Alaskans will watch your videos, read your books, and follow the advice and directions carefully. I hope that cancer rates will decrease in Alaska, and if someone does get cancer that they will make tracks right away to the best clinics in the world - the Gerson clinics. The truth can set us free from lies, and set us



Jeff Maupin

in the right direction for healing. The world badly needs the truths that Dr. Max Gerson was so passionate about. The Gerson clinics are the best places to renew the body from the inside out. Wonderful, life-giving food and juices are put in, and simultaneously toxins are gently and effectively drawn out. Nothing does these two things simultaneously better than the Gerson Therapy.

Jeff Maupin

Barrow, Alaska



(The Gerson Therapy's Green Juice... continued from page 3)

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The strength of a tree is in its roots. We've grown our branches, now it's time to grow our roots.

2013 has been another exciting year - full of accomplishments, opportunities and even some challenges. Over the last four years, we've grown dramatically (from 12 to 24 employees!) and been able to begin a number of new programs. Now it's time to grow our roots, to build a strong foundation that can support further growth, so we can begin the next series of needed programs.

First, some of our successes...

2013 saw the beginning of a popular new program, the Gerson Cooking Class. Participants learn Gerson-approved methods for cooking and juicing. In just the last nine months, 68 individuals have taken our class!



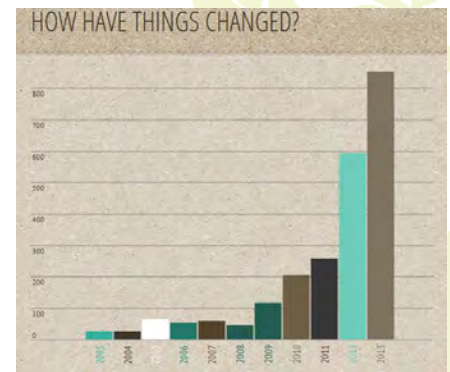
Participants in our first cooking class

Another great accomplishment of 2013 was expanding the number of people who have access to Gerson Basics. Basics grew from just 21 people in February of 2009 to over 85 people in 2012. However, we still had a waiting list for every class. We also heard from many people who wanted to take the class but couldn't manage the trip to San Diego. Luckily, we have

donors like you! You made it possible for us to invest in the technology to make Gerson Basics available as an online class, Gerson Basics Live Stream. Then over the summer we created high-quality videos from live stream footage, so people could watch Basics anytime – Gerson Basics On Demand.

One of our online attendees said, *"Your good work gives us a lifeline, puts our feet on firmer ground, and inspires us to continue on.... We will be more skilled going forward from the workshop. Honestly, I cannot thank you enough. Thank you, ALL of you."* We want to extend this thanks to you, our supporters. **This wouldn't have been possible without you!**

We've grown our branches a lot already in the last four years, but we still see many areas for growth. One key area is increasing our support to Gerson patients. It isn't enough for people to know about the Gerson Therapy; we must



Your support is key to increasing our impact! We've more than tripled the number of people who can access this vital health information in just two years!

Growing o

One way we're building the foundation for future growth is by investing in a new organizational database. For years our staff has struggled with a slow and outdated Access database built in the late 1990s. Sometimes you have to spend money to allow for new opportunities. We used part of our rainy day fund to invest in a new system that will save significant staff time and allow us to more easily communicate with our supporters.

Our new database will reduce the need for routine data entry, and our current supplemental system of multiple Excel spreadsheets. The exciting part is that it will allow Education Specialist, like Kayla Courtney, more time to devote to special projects. Kayla is currently working on coordinating our international volunteers to host private screenings of documentaries about the Gerson Therapy in order to raise awareness and funding for Gerson.

Another way we're strengthening our roots is by increasing our volunteer network, both locally and nationally – and even internationally. In the first nine months of this year, our local volunteers have logged 2,861 hours – the equivalent of 1.3 full-time employees! We're also

working to encourage volunteers outside San Diego to host events, spread the Gerson message, and connect with other supporters to create supportive Gerson communities – so it is easier for all of us to eat and live in harmony with nature.



KC talking with Gerson Patients on our free Help-Line

We need to build strong roots to support our new growth! You – our donors, volunteers, recovered patients and supporters – are key to making sure that we have the foundation we need to sustain our current

programs and create new ones.

One way you can help grow Gerson's roots is supporting the organization with your donation. **To all of you who have given this year, thank you very much. All the great work**

its roots – Dutch Proverb Now it's time to care for our roots!

do all we can to see that people who want to do the therapy have the resources they need to follow it effectively.

We lend Norwalk juicers to patients struggling with the start-up costs of the therapy for a few months, so they can save up to buy their own juicer. We offer scholarships to our Gerson Basics classes, donate books to individuals, libraries and doctors, and provide free telephone coaching to low income individuals.

For patients following the therapy at home, our Coaching Program offers valuable guidance on the non-medical aspects of the therapy. As Cynthia, a coaching patient wrote to Carol Beard, her coach:



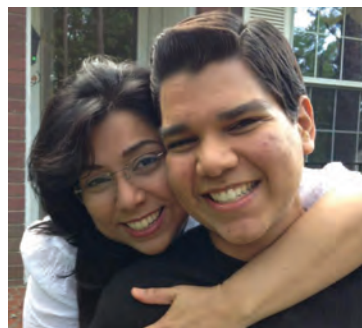
Carol Beard, Gerson Coach and Board President

"Our time on the phone today was invaluable to me and I greatly appreciate all the good advice, help and direction you gave me.... Your encouragement, knowledge and certainty have given me the boost and positive outlook I needed."

We are also beginning to work more with outside volunteers interested in helping Gerson patients. **This year, we helped promote a few fundraisers that together raised over \$20,000 – all of which went directly to patients on**

the therapy. In addition to money, we help in a variety of other ways. We recently helped connect a Gerson person with a Champion juicer they were no longer using with a Gerson patient in desperate need of a juicer. As the young woman's father wrote, *"Thank you so much for all the work you put in to sending the juicer and all your loving kindness, even though you didn't know us. When you have a vacation, come to Michoacán!"*

As you can see, we've grown our programs – our "branches" – quite a lot in the last few years, thanks to book sales and two generous bequests. We were also able to save money for the lean times, which helped us this year, as we saw a dip in income. **We're still staying strong, but this year reminded us that we need to focus on growing our roots as well as our branches.**



Jonathan and Diana. Jonathan came to the clinic this July thanks to a fundraiser started by Randy Clemens.

ur roots. . .

we just described is thanks to you. If you haven't given, or have hesitated to make a second gift, please think about all the great work we've done and the important work we still have to do!

Your gift this December will make it possible for us to keep up our present levels of service. No matter what you can afford, be it \$10, \$50, \$100 or even \$1,000 – every gift is important. **We can only continue to serve Gerson Persons in need if all those who support the therapy also support the Institute.**



Gerson cooks and volunteers make it possible for people to experience true Gerson foods at Gerson Basics

However, if you can't make an extra gift, you can still help! You can:

- Wear a Gerson t-shirt or take a Gerson tote bag with you when you get groceries.
- Pass out our informational brochures.
- Have a movie night and share a movie about the Gerson Therapy with your friends and tell them about our work.
- Run for Real Healing by entering a local race and asking friends and family to sponsor you.

To keep the Gerson Therapy available to future generations, we need to keep the Institute strong.

Thank you for helping. Together we can grow our branches & strengthen our roots.



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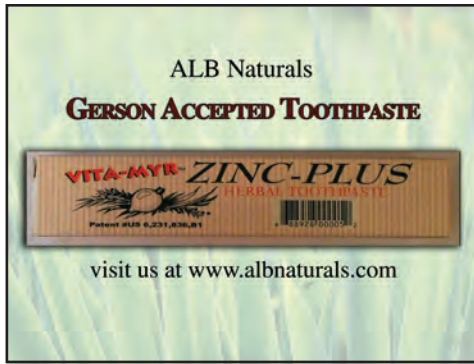


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Thank you,
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Date & Time	Event	Location	Speaker	Contact Information
November 25-Dec 8	Two-week therapy sessions at the Gerson Health Centre, Hungary	Dobogoko, Hungary (outside Budapest)	Gerson Therapy 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.
November 2	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
November 11 -17 December 9-15	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.
February 20-22, 2014	Gerson Basics Workshop – Now available in Live Stream and On Demand	San Diego, CA	Dr. Kayla Smith, ND; Carol Beard; Silvana Procopio	To apply, go to 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 2014, dates TBA	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
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