

Healing News

 Gerson Institute

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Dr. Azar's New Phone Support Group

By Amanda Onken

Fall 2014

Dr. Azar's New Phone Support Group

Why I became a licensed Gerson doctor.

by Amanda Onken

Our executive director always says that whatever we need will walk through our front door. Over three years ago, we were lucky enough to meet a very special person who would come to not only volunteer with us and share her expertise, but to become a certified Gerson practitioner as well.

Dr. Zarin Azar is originally from Iran. She was completing her veterinary studies at the University of Tehran when the revolution occurred in 1979. She eventually fled to the United States where she got back on her feet and continued her education, this time in medicine for humans, at the University of Texas medical branch in Galveston.

Galveston was a great place for her to focus on her studies, where she chose to specialize in internal medicine. She completed her internship and residency at the John Sealy hospital, and then did a fellowship in gastroenterology in California. After 10 years working at a medical facility, the conflict she always felt about conventional medicine, even while in undergraduate school, really hit her. Seeing the benefits that diet had on her and her experiences in the hospitals led her to ultimately shift her focus to nutrition. "They served eggs and bacon in the cardiology ward," she said. "No one believed that diet could have such an effect on health. They said medicine could take care of that." In 2008, Dr. Azar decided to leave the world of conventional medicine and moved to north San Diego County, where she now lives on an organic farm and grows fruits and vegetables. She wanted to help people heal in a "whole" way by restoring their body with natural elements and using a mind-body approach.

In May 2011, we had the privilege of meeting Dr. Azar at our Module I Practitioner Training. She has since become a certified Gerson practitioner, started a telephone support group for Gerson patients, and regularly volunteers her time to call patients in our Follow-up Program. We took some



Dr. Zarin Azar

time to ask her about her experience training as a Gerson practitioner and working with the Gerson Institute.

GI: What was your experience like participating in the Module I Practitioner Training?

Dr. Azar: I came to Module I with curiosity and enthusiasm. I knew about the Gerson Therapy years before I attended the training, but I was trained conventionally and working at the time in a hospital in Los Angeles County. I always had a conflict prescribing external medicines to patients when I knew that they needed help internally with the way they nourished their bodies. When I

was in the classroom at Module I, I felt that I was finally learning about subjects that I really believe in, like benefiting the body with nutrition. I appreciated meeting people from all over the world that had the same beliefs as I did. At night in my hotel, I felt a sense of satisfaction and fulfillment learning things in line with my beliefs and values, as well as with human nature and physiology. The trip the

"The best thing about these support group meetings with Dr. Azar is that she makes us feel special, almost like heroes."

doctors made to the Gerson clinic in Mexico was also a great experience. The atmosphere was so pleasant and positive.

GI: What was your experience like in the Gerson Practitioner certification process (Module II)?

Dr. Azar: Being able to be part of that process was a dream come true. After Module I, I immediately signed up for Module II. I felt so supported by the Gerson Institute's Medical Director and staff, and I got a lot of help in finding appropriate patients for me to initially work with and gain experience from. I believe that any practitioner with tendencies toward natural therapies should go through the Gerson Practitioner training. They will enjoy it tremendously, but they must feel prepared. They need to have their own practice and feel comfortable with patient care. As I started looking over patient blood work and prescribing things, the conflict that existed between my beliefs and practice vanished.

GI: What do you do as a volunteer at the GI? What have you learned and how do you apply it to being a practitioner?

Dr. Azar: Since I lived in San Diego County, I wanted to have a relationship with the Institute, so I asked if I could volunteer. I started doing telephone follow-up calls with patients that had gone to the clinic in Mexico to ascertain their compliance with the therapy and the status of their health. I really enjoy speaking with the patients and it broadens my scope of understanding and experience with the Gerson Therapy. I get to hear patient's experiences, where they are at in different stages of the therapy, how they cope with healing reactions, and how they experience the therapy physically and emotionally. The next year, I helped teach the mind-body portion of Module I. This subject is very near and dear to my heart, and I was so happy for this opportunity. I believe in "whole" healing. It's not just enough for a patient to eat the foods and do the enemas; they need to be mentally and spiritually connected with themselves in order for the healing process to be successful.

GI: How do you enjoy coordinating the monthly Patient Telephone Support Group?

Dr. Azar: When I spoke with patients during the follow-up calls, I realized that it would be very beneficial to patients to speak with others on the therapy. I started a telephone support group last fall. It is one of the most fulfilling parts of my professional life. I am a big believer in the

mind-body relationship and I wanted to offer a venue where patients could speak about their struggles and triumphs while on the Gerson Therapy. I feel it helps a person's healing process when they can communicate with others that are on a similar journey. The sessions are an hour long and I start out by letting people know that this time and space is sacred and confidential. I feel this allows people to be more open and speak freely about their experience. I am so grateful for this group and to the faithful participants. I encourage anyone who is on the Gerson Therapy to get involved and participate in the support group.*

We at the Institute are thrilled that Dr. Azar is a part of the Gerson family. We appreciate the time and love she puts into her work with patients and the support group. One of the patients who regularly attends the support sessions told us:

"I believe that any practitioner with tendencies toward natural therapies should go through the Gerson Practitioner training."

"[After I left the clinic] I really missed speaking with other patients when I was at the clinic. Starting this webinar support group was like rejoining that conversation and being able to learn from each other again. Dr. Azar's format is very simple and practical. She likes to spend the first half of the hour on practical therapy-related questions and the second half on more mind-body/spiritual topics. The best thing about these sup-

port group meetings with Dr. Azar is that she makes us feel special, almost like heroes. She reminds us that our bodies know how to heal themselves, because nature knows how to take care of itself. She cheers us on, celebrates us and creates a beautiful connection with each one of us."

We feel this beautiful connection too, and we are so glad to have the support of such a wonderful soul who brings her talent, passion, and love to natural healing.

*If you are currently a Gerson patient and would like more information about the Patient Support Group, contact Amanda Onken at aonken@gerson.org.

For more information about the Gerson Practitioner training see www.gerson.org, go to Programs/Practitioner Training.

Amanda Onken is the Assistant to the Gerson Institute's Medical Education Director. She has been working for the Gerson Institute for the past 3 years.

The Importance of Removing Amalgam Fillings

Something to Chew on

by Taylor Oliver

Dental health is a critical part of general health, and can have a major impact on the progress of recovery for Gerson patients. Because so many people have amalgam fillings, we want to discuss how they can affect health and how and when to remove them in the safest way possible.

What are amalgam fillings?

Amalgam fillings are used in the dental industry to fill cavities caused by tooth decay and restore teeth to their original shape and size. “Amalgam” is a generic term applied to the silver-mercury filling most commonly used. Amalgam literally means “mixed with mercury.” Amalgam fillings are typically composed of 50 percent mercury and 50 percent other metals, including silver, tin and copper.

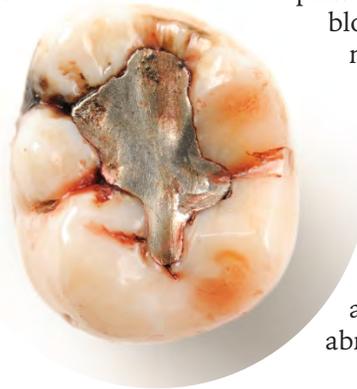
Why are amalgam fillings used?

Amalgam fillings have been used for decades and were primarily introduced to the dental industry as an inexpensive and long-lasting solution for dental cavities. They were introduced before anyone knew that dental cavities could be prevented through nutrition.

What are the health effects of amalgams?

Mercury is a binding agent that creates a strong, durable and solid filling, but is highly toxic. The mercury from

amalgam fillings is absorbed into the body through the tongue and the insides of the cheeks. Once absorbed, mercury can destroy adjacent tissues, travel to the lymphatic system and be directly deposited into the blood stream. After entering the bloodstream, mercury travels throughout the entire body where it can disrupt cells it comes into contact with.



Extracted molar with mercury amalgam filling

Mercury inhabits and disables body cells by traveling through the cells’ lipid soluble membranes. All cells have a lipid soluble membrane; therefore, mercury can attach to any cell in the body, rendering it abnormal. In turn, the abnormal cell is then subject to destruction by the immune system. This process can sometimes lead to autoimmune disorders if the mercury toxicity and exposure is high. Several diseases and disorders found to be related to mercury exposure include

multiple sclerosis, lupus, Alzheimer’s, birth defects, ALS, arthritis, Parkinson’s, leukemia, diabetes, and seizures. Mercury is also associated with causing damage to the kidneys and central nervous system.

Amalgams have been known to cause disease since the 1830s. Previously, it was thought that the mercury stayed within the amalgam filling and was not exposed to or released into the body. However, research has shown that approximately 34 micrograms of mercury from *one* amalgam filling leach out daily. Amalgams also have a measurable electrical current. The higher the current, the faster the mercury is being released. The presence of other metals, such as gold and nickel crowns and removable bridges within the mouth, can cause mercury to be leached out faster. Therefore, the all-too common combination of mercury and other metals in the mouth can lead to disastrous health consequences. Chewing food and drinking hot liquids also increases the release of mercury from an amalgam filling. Everyone who has amalgam fillings has a buildup of mercury in their body. However, it is important to note that just because acute toxic effects are not being experienced does not mean there isn’t a build-up of mercury in the body. Testing the level of mercury in your body is a good way to determine the actual toxicity level.

“Decreasing mercury toxicity in the body will ultimately lead to an increase in overall health and well-being.”

How to remove amalgam fillings and options for replacements

Removal of amalgams is a tedious process. Amalgam filling removal can possibly result in the ingestion of mercury. Finding a biological or holistic dentist who is familiar with amalgam filling removal is vital to ensuring a successful procedure. During the procedure, both the dentist and patient are carefully protected from any mercury exposure. Patients are first protected from mercury exposure by covering their face and other exposed parts of the body with cloth. The dentist also places a rubber dam in the mouth to prevent debris from going down the throat, and gives the patient an outside air source to breathe so they don't inhale mercury vapors. The dentist then uses the "cut and chunk" method to remove the amalgam in large chunks (as opposed to grinding it), which reduces mercury exposure. During and after removal, the area is suctioned with a high volume evacuation tool to remove all traces of the amalgam, followed by a rinse to clean the patient's saliva.

Again, it is important to remember that amalgams should be removed by biological dentists who have experi-

"...the all-too common combination of mercury and other metals in the mouth can lead to disastrous health consequences."

ence using a safe removal procedure. For a list of biological dentists, see www.IAOMT.org.

Many of these dentists use the Dr. Huggins Protocol, (see references below). Replacement fillings can consist of composites (plastic), porcelain ceramic or metals (e.g. gold). Identifying which replacement material to use is critical for the success of the patient. The dentist should also be experienced in proper evaluation and placement of replacement fillings. Discuss these replacement options with your biological dentist before doing the removal procedure to determine which will be best for your individual needs.

Specifics for Gerson patients

Decreasing mercury toxicity in the body will ultimately lead to an increase in overall health and well-being. However, it may surprise you to hear that Gerson patients should not

"The mercury from amalgam fillings is absorbed into the body through the tongue and the insides of the cheeks."

have amalgam fillings removed in the early phases of their Gerson treatment. Patients should wait until they have been on the therapy at least six to nine months before consulting with a biological dentist and considering amalgam filling removal. The reason is because many patients need time to build up strength and immunity to physically handle the amalgam filling removal procedure.

After six to nine months have passed, the patient's Gerson physician first needs to analyze their condition. Strength and diagnosis play a critical role in determining whether the patient is physically ready for the procedure. If the patient and his or her Gerson trained physician feel that amalgam filling removal is appropriate at that time, then an appointment can be scheduled. Patients should follow the protocol for removal recommended their biological dentist. Contacting a Gerson trained physician is the first step in pursuing amalgam filling removal. As with any medical procedure, there are many factors that may impact a patient's response and the specifics of the patient's treatment may vary on an individual basis.

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Taylor Oliver is a Follow-up Specialist for the Gerson Institute and Assistant Chef for the Charlotte Gerson Health Restoration Center.

The Manifold Uses of Clay

by Diane Ake

Clay might provide us with the earliest example of using the earth's resources to solve medical problems. When placed on the skin, clay draws out toxins to the outside surface of the clay (adsorption). These toxins then enter into the clay and sit in between its layers (absorption).

Therapeutic clay belongs to the smectite series, a type of clay that swells in water. One of the clays in this series is called Montmorillonite, named after the Montmorillon region in France. Montmorillonite clay is extremely fine-grained and thin layered and contains a large surface area. Colors range from white to pale green to yellow-brown or red. For maximum effect, therapeutic clay should be virgin and untreated.



Many Gerson patients use clay to help alleviate symptoms they experience while detoxifying or during healing reactions.

Clay can also be used by non-patients to address a variety of conditions.

Clay packs can be administered twice a day for 2-3 hours (until the pack is dried out) to:

- Calm hot inflammatory pain in joints
- Reduce swelling and fluid retention
- Reduce tumor inflammation
- Alleviate congestion or spasms in the liver and gallbladder
- Draw out toxicity, when placed over the liver

Clay can be placed over a tumor but not on top of an open lesion.

Other uses for clay include:

- Alleviate headaches
- Draw out toxins from spider/insect bites
- Heal boils, pimples, warts and skin rashes
- Remove glass or splinters embedded in the skin
- Soothe sprained ankles
- Stimulate peristalsis in the colon
- Alleviate toothaches
- Soothe infected gums

Internal Use

For diarrhea, a patient can take 1/4 tsp. of clay with 1/8 tsp. of potassium gluconate in peppermint tea. Clay can also be taken internally for food poisoning and viral gastroenteritis or stomach pains.

“Clay can also be taken internally for food poisoning and viral gastroenteritis or stomach pains.”

External Use

Clay can be mixed with water into a paste and placed onto a cloth to make a “clay pack” (poultice). The pack is then placed on the skin. See instructions below.

From time to time, the Gerson Institute adds products to our store to better meet the needs of Gerson patients. The clay we now carry in our store is mined in southern California in the Colorado River Delta basin. This clay is a high-grade ultra-fine, very pure form of

calcium Montmorillonite clay, and contains no additives, colors, fragrances, pathogens, toxins, or allergens.

1 lb. jars of calcium Montmorillonite clay are now available in our store at store.gerson.org.

For more information on how to use clay, call our free helpline at 888-443-7766 or email info@gerson.org. To find out about other products we carry that can help you do the Gerson Therapy, visit our online store.

Diane Ake has worked for the Gerson Institute for 10 years. She is the Director of Training, Volunteer Coordinator and Newsletter Editor.

“When placed on the skin, clay draws out toxins to the outside surface of the clay.”

Instructions for Preparing and Applying a Clay Poultice

1. In a glass dish, using a wooden spoon, mix enough clay with warm water to form a paste; add the clay to the warm water until it is a consistency similar to creamy peanut butter. Prepare enough to cover the area to be treated in a thickness of approximately 1/8 inch. Do not use metal spoons or spreaders.

2. Spread (with the same wooden utensil) the warm clay onto a piece of clean, natural, porous cloth (i.e. muslin, cotton, flannel, wool) large enough to cover the area being treated.

3. Lay prepared clay poultice directly on top of area being treated with the clay next to skin. Cover cloth backing with plastic to protect clothing or bedding, if necessary.

Note: In cases where applications are needed over large areas of the body and/or applied 2-3 times daily, a disposable pad such as a cotton/plastic “incontinent” pad may be cut up and used.

4. Tape in place (light bandaging tape works well) and leave on overnight or until dry, approximately 4 hours. If the clay is very moist or well sealed it may not dry.

5. Peel and remove clay when solid and dry. To further clean skin, dampen clay and gently rub area treated with a wet cloth.

6. If possible, use latex gloves when removing clay, to avoid reabsorbing any toxins through the pores in skin.

7. Discard used clay.

8. Repeat process as needed.



Ask Dr. Smith

I have a chronic disease that is not cancer. Can the Gerson Therapy help me?



Kayla Smith, ND

Dr. Gerson emphasized over and over in his book, *A Cancer Therapy*, that the Gerson Therapy is not a specific treatment for a specific disease. The therapy uses a whole-body nutritional approach that reactivates the body's ability to heal itself by addressing toxicity and deficiency, as well as chronic low-grade inflammation.

We now know these to be major factors that underlie most degenerative diseases. The therapy stimulates healing at the cellular level, which in turn regenerates the body's tissues, organs and bodily systems. When all the organs and systems are restored to their normal healthy functioning, the cause of disease will resolve on its own. It makes perfect sense that the remedy to illness lies in addressing its cause, and the Gerson Therapy does just that. For this reason, many people have successfully used the Gerson Therapy to treat a variety of chronic degenerative diseases – not just cancer.

What are some of the conditions that we call chronic degenerative diseases?

They can include asthma, allergies, eczema, obesity, autoimmune conditions, infertility, joint pain, fatigue, irritable bowel, diabetes type II, metabolic syndrome, high blood pressure, migraines, and fibromyalgia. This list can go on and on. These conditions have been on the rise over the past 50 years or more, as the prevalence of the standard American diet of processed food increases worldwide, along with stressful lifestyles and toxic environmental exposures.

How do we utilize the Gerson Therapy for these conditions?

The starting point is to use the protocol for non-malignant conditions outlined in *Healing the Gerson Way* or in the *Gerson Basics Manual*.^{*} To treat chronic disease, it is not necessary, in most cases, to start with the full

protocol that a cancer patient would use. Instead, you would take a reduced number of juices, coffee enemas and supplements, consistently over time.

First, check the "Contraindications and Cautions" section of our website to determine if it is safe to start the therapy on your own. The maximum protocol consists of 10 juices and 3 coffee enemas per day. You would need to follow the strict Gerson diet, at least for the first few months. You can take the dosage of supplements outlined in the non-malignant protocol, but exercise caution with the thyroid, Lugol's and potassium. If you are not taking prescription medications, or dealing with heart, kidney, liver conditions or other seri-

"The non-malignant protocol can work wonders for many minor ailments and less serious chronic degenerative conditions."

ous chronic disease, taking the minimum amount of these supplements listed in the non-malignant protocol is most likely safe if you have blood work done every 4-6 weeks to monitor your progress. If in doubt, always check with the Gerson Institute for any precautions for your particular condition or consult with a naturopathic doctor to determine if these supplements are appropriate for your condition.

If the above regimen still sounds too difficult to incorporate into your daily life, even having 4 – 6 juices and 1-2 coffee enemas while following the diet as strictly as possible will provide surprisingly good results. It is the strictness and consistency in adhering to this regimen over time that will bring results. If there is some

remaining imbalance or lingering symptoms, we recommend that you see a naturopath or functional medicine doctor who could do some specialized testing to determine if there is some obstacle on the level of a blocked metabolic pathway or specific nutritional deficiency.

In summary, the non-malignant protocol can work wonders for many minor ailments and less serious chronic degenerative conditions. These conditions, if left unchecked, are often the forerunners to more serious illness. We often receive reports from Gerson cancer patients about how they were surprised that they unexpectedly healed from secondary conditions, such as skin problems, arthritis and high blood pressure as a “side

effect” of doing the therapy. Give yourself the gift of regeneration and optimal health by trying the Gerson non-malignant protocol for less serious conditions.

****Healing the Gerson Way and the Gerson Basics Manual are available at store.gerson.org***

Dr. Kayla Smith is the Director of Medical Education for the Gerson Institute. Dr. Smith has been a licensed naturopathic physician for the past 20 years and has 10 years of experience as a Gerson practitioner.

My Lung Tumors are Shrinking!

by Sue Ackerman

I am so excited to tell everyone who will listen about the Gerson Therapy! I want to share my story with you to encourage all of you to keep on trying to get the word out about it.

My experience with cancer started back in Dec, 2012 when I began running a low grade fever for no apparent reason. I went to my family doctor who discovered I had a UTI with blood in the urine, even though I had no symptoms of it other than the fever. He put me on Cipro and I came back for a retest in nine days and still had infection and blood in the urine. He prescribed Sulfamethoxazole and suggested I have a CT scan to rule out something more serious.

I had a CT scan of my pelvis and abdomen on 1/2/13. The pelvic/abdomen areas were clear, but the scan showed a spot on my lower left lung. I went back for a CT of my chest on 1/4/13, and it showed a 1.3 cm spot and several lymph nodes enlarged. My doctor sent me to a pulmonologist who did a lot of tests including a bronchoscopy and PET scan. He did a needle biopsy during the bronchoscopy, but could not get any cells that would identify my problem. The PET scan lit up all over my chest and neck area. Since they still did not know what type of cancer I had, they wanted to do a major surgery, removing many lymph nodes and possibly part of my left lung.

My surgery date was all set up and I did the pre-op, but meanwhile a friend of mine told me about the Gerson Therapy. My husband and I were earnestly praying about this situation, and decided that the best thing for me to do was to try the therapy first. I am so glad I did.



Sue Ackerman with her grandson

I began changing my diet and reading all the Gerson materials in February. By March 7th I had most of my supplements and kind of knew what to do, so I call that my official date of beginning the therapy. My family doctor agreed to order my blood work and scans for me, and even agreed to read the Gerson books I gave him. He had heard of Dr. Gerson before and seemed to have great respect for him based on what he had heard.

After six months on the therapy I had another CT scan on 9/26/13. I was elated with the results. Even though I was feeling pretty well, I was anxious to see the proof of my healing. Basically, the lymph nodes looked normal, and the primary tumor had a “significant decrease in size.” It previously measured 1.3 x 1.2 cm, but now measured 0.8 x 0.5. I could not have been happier with these results.

This week it will be a year since I started the therapy. I plan to have another scan done at the end of March. I fully expect the results to be even better! I am feeling better all the time. God is the ultimate healer, but I believe He gave us bodies that can miraculously heal themselves when we take care of them and give them the right food. I am so grateful to Dr. Gerson and his daughter, Charlotte, who has carried on his work. What a blessing.

Sue Ackerman's report was received by the Gerson Institute on March 20, 2014. More about her journey can be found on her blog: www.thywordisalightuntomypath.blogspot.com.

Overcoming Breast Cancer

How Carrie made gradual and grand changes on the Gerson Therapy while she was pregnant

by Carrie Dugo

In 2009 when I was 31 years old and still nursing my 1 year old daughter I found a lump in my breast and learned that I was pregnant again. I just knew something was wrong inside of me. I was diagnosed with stage III breast cancer.

I underwent multiple surgeries and chemo while I was pregnant. Despite everything, I delivered my “chemo baby” and she was healthy. I got infections after every surgery, including urinary tract, kidney and staph infections, and infections in my eyes and under my fingernails. I was on antibiotics all the time and terribly depressed. I continued the chemo and took Tamoxifen (a drug that blocks the actions of estrogen) for another six weeks, but it made me feel ill and crazy. Enough was enough. I became pregnant with my third child and was so excited because I had a stronger reason not to take the medicine.

When I was five months pregnant, I came across the documentaries *The Gerson Miracle* and *The Beautiful Truth*. Something just clicked inside of me. About a week later, as I was starting to prepare for the therapy, my husband found me in a pool of blood in the bathroom. I had lost my baby. I knew it was because my body was so toxic from all the treatments, stress and worry. I believe that if I had found the Gerson Therapy earlier, it could have saved that little baby of mine. The doctors said I should not, and probably could not, have any more babies.

I was determined to get healthy, to prove them wrong and to have my three babies. That’s when I started the Gerson Therapy and made a choice to be happy and healthy.

I followed the protocol for chemo pre-treated patients. I eased into the juices, starting with just a few each day. I gradually increased to 10-13 juices a day and 2-3 enemas on most days. For a few days, I felt like I did after the chemo treatment: really tired, achy in my bones, headaches and no appetite. I had to force myself to drink the juice and eat the foods. The bathroom smelled really bad, but I started feeling healthier every day after a short time.

Time, energy, understanding and other people’s



Carrie Dugo

opinions were big hurdles. I tried to wrap my brain around what had to be done, to read the books, and to understand and trust why the therapy would work. I tried to avoid family members, friends and doctors talking me out of doing the therapy. They wanted me to trust the allopathic doctors, like they did. I had to re-learn everything I thought I knew about food and medicine. Cravings for salt, fat and sugar were also big hurdles to overcome. I had to stop eating out, and eating dinner with friends meant bringing our own food.

My ceiling is still stained from carrot and apple juice explosions, but now I have juicing down to an art. After I started feeling better, it took no time at all to muster the energy to do all of the work with little help. After

a few weeks, everything that had previously tasted bland was like an explosion of flavor for me. I craved broccoli and carrot juice!

In the beginning, I found the hard work and the negative opposition from others very stressful. All of my family lives in Australia. My mother came over for three months at a time, for a total of nine months over two years. She was a tremendous help with the kids. My aunts gifted me a Norwalk juicer. My husband and I do all the daily work the therapy demands. After detoxing for only a short while, all my mood swings were for the better. It took time to kick old food cravings and habits, but the growth I felt was both gradual and grand. I went through a spiritual awakening on the therapy.

A few months into the Gerson Therapy, I became pregnant again. After consulting the Gerson Institute, I decided to continue the therapy. Even though there were few guidelines for a pregnant patient, I believed it was what the baby and I needed to heal and grow. The documentaries I watched, the books I read and the baby growing in my belly gave me the strength and inspiration I needed to continue. I continued the therapy at home until the day I went into labor. I even did a coffee enema that morning. My baby was born, weighing just less than eight pounds, and he was perfect. His skin was glowing, he didn’t cry for but a minute and he glowed with health. And so did I.

Before starting the therapy, I had needed to see a chiropractor 2-3 times a month. Now, I have no back pain and do not go to the chiropractor. I am no longer depressed. The whites of my eyes cleared up and they are no longer streaked with red blood vessels. All the infections I had in my eyes, skin and under my nails have cleared up and I have not had a urinary tract infection since I started the therapy over three years ago.

None of the many doctors I saw and talked with about the therapy with were supportive. Most were dismissive of any nutritional approach and even more were aggressively opposed to it. I stopped seeing my cancer doctors after I fell pregnant on the therapy and only visited my obstetrician.

Even though my husband didn't do the therapy, he did drink juices and become vegan. He also did some coffee enemas. Just doing those things has cleared his chronic sinusitis that he suffered from for ten years. Eating and juicing this way has made my children mild mannered and well behaved. My first daughter received the principal's award last year at her graduation for being the overall nicest, kindest and most helpful child. They never get sick. They have never had antibiotics and I haven't vaccinated them.

I still juice and take coffee enemas every day. I take some supplements and eat a whole food plant-based diet. I do not eat animal products or processed foods. I live a simple family-friendly lifestyle and enjoy simple activities with my kids and husband. I have given up working myself into the ground to chase the American dream.

“Even if you have little money and no help, it is possible to do the therapy.”

I am just thrilled that this therapy and living this way is not only the healthiest thing we could be doing for our bodies but also the single most effective thing we can do to heal our mother, Earth. I believe I am fully recovered and feel I could carry the world on my shoulders.

That is why the Gerson Therapy is a real beautiful truth.

Advice for a person just starting the Gerson Therapy

Even if you have little money and no help, it is possible to do the therapy. We live in a very small town with one of the lowest average incomes in the country. I was on food stamps for a while and still managed.

“The Gerson Institute gave me phone support...and the belief that I could do it.”

Buy in bulk

Ask bulk stores, like Sam's Club, to order produce. Grow your own food and let friends with gardens know you will take the excess. I also cut costs by canceling my phone, cable and car insurance, no longer eating out, no longer drinking alcohol, accepting second hand clothes, cutting chiropractor appointments and simplifying life.

Seek support and assistance

I watched the documentaries whenever I lost enthusiasm. The Gerson Miracle and The Beautiful Truth were uplifting and inspiring for me. I was really moved and motivated by the many personal stories of recovered patients and I watched both documentaries countless times. I listened to the audiobook version of The Gerson Therapy daily to keep myself motivated and as a reminder of how important it was to be healthy for my kids. The Gerson Institute gave me phone support, references, advice on where to get foods, and the belief that I could do it.

Be efficient in food/juice preparation.

Be really nice to your partner and they will help you a lot!

Organize and schedule your day around the Gerson Therapy protocol.

Get up when the sun rises and go to sleep when the sun goes down. Think ahead and map out your day in your mind, and on paper if necessary. Get yourself into a routine that works for you and stick to it. After more time on the therapy, you will find that your mind is clearer and that you are better able to organize and prepare.

Even if you have little money and no help, it is possible to do the therapy.

The Gerson Institute gave me phone support ... and the belief that I could do it.

Editor's note: The Gerson Institute received Carrie's story on July 11, 2014. To share your story, email us at info@gerson.org

Beyond the Checkbook

5 Alternative Ways to Support the Gerson Institute.

by Mika Payden-Travers

If you believe in natural healing – but prefer an alternative giving style in addition to alternative health care – we hope one of these ideas will inspire you!

Because one thing we at the Gerson Institute know for sure is that one way doesn't work for everyone. We all have different interests, personalities, and ideas. We all have different ways that we like to connect and get involved – which is why we think it is important to remind you that making a donation isn't the only way that you can support the Gerson Institute and help Gerson patients.

1. Donation jars

Do you work at a co-op or health food store? Do you know someone who runs a juice bar or yoga studio? Would you feel comfortable asking to put out a donation jar and brochures? Gerson supporters in Australia raised \$500 over the last year with a tip jar at their organic juice bar. If you're willing to put out a tip jar to benefit the Gerson Institute, we'll send you a letter for the owner explaining our organization and its mission, labels for the donation jar, and brochures for all those who see the jar and want to learn more. Empty the jar every three months and send us the contents, because every penny counts!



2. Join iGive and Amazon Smile

Are you thinking of saving time (and decreasing stress) by buying holiday gifts online? If so, please consider supporting the Gerson Institute by joining iGive or Amazon Smile – or both! When you sign up with these organizations, they'll donate a percentage of your online purchases to your favorite charity – which we hope is the Gerson Institute. To learn more, go to www.iGive.com and www.smile.amazon.com

3. Give through the CFC & ask your friends

Are you in the military? Do you work for either the federal or state government? If so, you can support the Gerson Institute through work by taking part in the Combined Federal Campaign. Donations come directly from your paycheck, giving the Institute a valuable source of year-round support. You can make a workplace pledge by giving to us at the Cancer Curing Society, CFC # 11266. Please encourage your friends to support us as well. Just \$5 or \$10 a paycheck can make a big difference over an entire year!



If you want to go the extra step and pass out flyers at your government workplace, please email Liz Cook, our Development Associate, at lcook@gerson.org

4. Does your company have a Corporate Giving Program?

If you work for a larger corporation, you may be able to support the Gerson Institute by being a champion for our organization within your workplace. Many corporations have corporate giving programs. Some even have separate corporate foundations. Usually, a certain percentage of these funds are allocated for employee-directed giving. In fact, several corporate foundations require that funding proposals be submitted by an employee.

This can be a very powerful way for you to support the Institute! Thanks to one of our supporters, we have received over \$14,000 in grant funding from Schneider Electric's Square D Foundation. If you can get us the contacts and necessary information, we promise to write the proposal.

5. Start your own patient fundraiser!



RIDE #1 CYCLING 4 REAL
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Are you a runner? A biker? A dancer? A walker? There are lots of challenges you can undertake to encourage your friends and family to sponsor you in support of your favorite charity. Whether you're challenging yourself to a marathon or a 5K, you can help yourself meet your fitness goal by using it as an opportunity to help someone else. Last fiscal year, Gerson volunteers raised over \$25,000 in funds that went directly to Gerson patients. So far, we've raised over \$3,800 in the first two months of

this fiscal year. We'd like to raise even more money to benefit patients on the Gerson Therapy this year – but we need your help to do it.

It's a win-win: you get in shape, you get challenged, a Gerson patient gets the resources they need to continue healing. Make this fall special by seeing what your support means to a Gerson patient. Start your Gerson challenge today at: <https://www.crowdrise.com/gersoninstitute>.

As Rick, one of the Gerson patients helped this summer by Butch Rhyne, shared with us:

"I'm feeling very happy, healthy and confident and you've all contributed to me feeling the way I do. Several oncologists told me there wasn't much hope, but you shouldn't always believe what you hear. I have a long road ahead of me but I believe in what I'm doing, and thank you all for believing in me and the therapy. How you've all come together to help me, both friends and strangers, is a beautiful thing. I look forward to working as hard as I can every day to be another Gerson success."

Thank you! We appreciate your support in whatever way you prefer to give – whether it's putting out a donation jar, helping us get a corporate grant, starting a challenge, or simply writing a check. You make healing possible.

Questions? Suggestions? Ideas? Contact Mika, our Development Coordinator, at: mpaydentravlers@gerson.org * 858-694-0707 ext 107.

Mashed Potatoes and Greens



Ingredients:

- 1 bunch of chard, green or red, roughly chopped
- 3-4 medium/large potatoes, cubed
- 6-8 oz. of non-fat yogurt (optional). For Gerson patients, use only if this is part of your protocol.
- Soup stock or water

Directions:

1. Put potatoes in pan and cover with stock or water. Bring to a boil and turn down to simmer for 40 minutes or until potatoes are soft.
2. Place chard on top of potatoes and simmer for 15 more minutes.
3. Remove any remaining liquid and add 6-8 oz. of non-fat yogurt.
4. Mash together. Add more yogurt or soup stock if the mixture is too dry.

Serving size: 4

Variations: The same recipe can be used with kale or collard greens. When using these greens, remove the central stems by stripping the leaves before shredding them.

Vegans may substitute 1 cup reserved Hippocrates soup instead of yogurt.

You can find more recipes in *Healing the Gerson Way* and the *Recipe Book*, available online at store.gerson.org.

Your Letters

Traumatic Brain Injury and Gerson Therapy

On January 1, 2014, a hit and run driver changed my life. Traumatic Brain Injury (TBI) caused strokes, loss of mobility and normal speech. Thankfully, someone with influence in Hollywood found out what happened to me, and he referred me to one of two companies that bring those with TBI completely through its complications. Then, a young man at the gym, while I was in full-time inpatient care, told me about the Gerson Therapy. I had gained 55 pounds from the TBI and the debilitating effects of it. Since I learned about the cold press juicing techniques of the Gerson Therapy, I lost 25 lbs. of body fat.

Thank you for continuing the magnificent work your family and your teams have been doing for more than 80 years

Sam Botta

My Gerson Clinic Experience

I was very happy to meet your lovely daughter the other day at the Gerson Clinic. We discussed my condition and my stay here.

“She will leave, and has already left, a tremendous heritage to the world...”

Also, I just want to sincerely express the blessing the Gerson Clinic has been for my soul and my body. I wish I had the chance to personally thank Mrs. Charlotte Gerson for her determination and ongoing efforts over the years. Her thoughts, ideas, and feelings are the very spirit of this clinic.

“Her thoughts, ideas, and feelings are the very spirit of this clinic.”

She will leave, and has already left, a tremendous heritage to the world, as well as hope for people to regain their health and further educate themselves for generations to come. She taught us how to best preserve what God has given us: our healthy minds, bodies, and souls. She taught us how to liberate ourselves from dogma, which is slowly but surely poisoning us.

If you have a chance to talk to Mrs. Gerson, please kindly thank her from me, as one of her patients who was hopeless until I stepped into the opened door of the clinic a week ago.

With all my gratitude to my Gerson clinic doctor, who reinforced my belief that the beauty of life is in simplicity, whether it be eating healthful food, living in the moment.

Last but not least, the hardworking girls in the kitchen are the pearls of this clinic. No matter where the patients are, the girls always find them, with a smile on their faces, to make sure they drink their juices not a minute too late.

Barbara, I am so happy to have experienced the Gerson Clinic, for it had become a great turning point in my life.

Sincerely,

Tuncer Murat

Barbara Conde is an Education Specialist at the Gerson Institute who helped to arrange for Tuncer to go to the CNV clinic, one of the two clinics licensed by the Gerson Institute. Her daughter, Barbara Garcia, is also an Education Specialist who visits the clinic each week to provide support to the patients.

We are always looking for new stories. If you would like to share your story with us, please send an email to info@gerson.org.

Tips from Carol

How to Wash Fruits and Vegetables



Carol Beard

Wash all fruits and vegetables carefully. Do not peel or scrape produce, because important vitamins and minerals are deposited directly under their skin.

Wash all the produce that you will need for that day in the morning, before you start other activities. After a few days on the therapy, you will

learn to estimate how much food is needed for one day's worth of meals and juices. For example, you will need nine apples per day on the full Gerson Therapy.

Fill half of your sink or a plastic tub with water.

Add 5-6 drops of Lugol's solution (iodine) or vegetable wash to the water as a disinfectant. Soak the vegetables about 5 minutes in the water to kill bacteria. You can use tap water for this step. After the vegetables and fruit have been washed and the root vegetables are lightly scrubbed, rinse them in clean, filtered water.

If your local water supply is not fluoridated, you can use a reverse osmosis system to filter your rinse water. If your water supply contains fluoride, use only distilled water as a final rinse for the fruits and vegetables and for cooking.

Wash the cleanest vegetables and fruit first (usually apples, carrots and potatoes) to make the best use of the water supply. Then use the same water to wash your dirtier produce. Using the same water is especially helpful if you have opted to use only distilled water to wash your fruits and vegetables. Once you finish washing your produce, use this water for your plants or herb garden, since water is a precious resource.



When washing romaine or green leafy lettuce, make a 4-6 inch long cut from the bottom of the head up. Don't pull the leaves apart in order to help preserve the freshness of the lettuce until you are ready to use it.

For more tips, call the Gerson Institute's free helpline at 858-697-0404 or email us at info@gerson.org.

Carol Beard is a Coach and Training Specialist for the Gerson Institute, and president of the Board of Directors. She was the first Gerson caregiver and has worked for the Gerson Institute for ten years.

Wish List

External hard drives

Free printing of flyers

Handmade cards

Laptops

Organic carrots

Organic green apples

Poster-size photos of vegetables, fruits and nature

Postage stamps

Projector

Projector screen

Reams of copy paper

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

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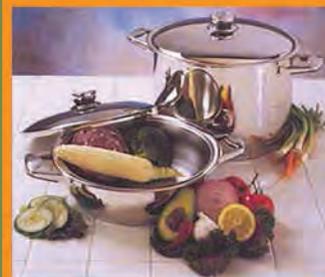
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Event	Date & Time
Hungary - Gerson Therapy Sessions	October 4-17 November 8-21
Gerson Cooking and Juicing Intensive Class	October 4 November 1 December 3
Charlotte Gerson Health Restoration Session	November 10-15 December 8-14
Gerson Basics Class	October 23-25, 2014 February 19-21, 2015 June 11-13, 2015
The Power of Natural Healing info@gersonmedia.com	Mondays 11 AM

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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.

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