

# Healing News

 Gerson Institute

## Why I'm Making A Documentary About The Gerson Therapy

by Sarah Mabrouk

**Kat's Road  
to Healing**  
*from Colon  
Cancer, Gerson  
Style*

**Health  
Benefits of  
Potatoes**

**Network &  
Mapping  
Project**  
Gerson patient  
support

**Why I  
Donate**

Summer 2014

# Potatoes: Not Just a Starchy Filler!

A little on the nutritional value and history of this tasty tuber.

by Mikhaela Payden-Travers

**M**any people are surprised to learn that potatoes play such an important role in the dietary aspect of the Gerson Therapy. For no fault of their own, potatoes have gotten a bad reputation nutritionally. If the most popular way to eat kale involved being deep-fried, covered in salt and doused with preservatives – well, even kale’s reputation might suffer a little.

Potatoes are actually incredibly nutritious. In fact, during the Klondike gold rush of 1897 in Alaska, potatoes were literally worth their weight in gold. Gold was far easier to find in Alaska than was vitamin-rich, nutritious food.<sup>1</sup> The nutritional value of potatoes became apparent to European sailors soon after they were introduced to the crop, which is indigenous to the Andean region of South America. Thanks to their high vitamin C content – and being less perishable than many other fruits and vegetables – potatoes helped protect sailors against scurvy, a vitamin C deficiency that causes sores, pale skin and depression.

In addition to vitamin C, potatoes are a good source of vitamin B6 and niacin (vitamin B3 and nicotinic acid). Potatoes are also rich in minerals including iron, copper, manganese and tryptophan. In fact, potatoes contain all twenty-one amino acids, which are the building blocks of protein, thus forming complete proteins upon digestion.<sup>2</sup>

Part of what makes the potato such an excellent component of the Gerson diet, is the fact that potatoes are naturally high in potassium and free of sodium – so long as we don’t bring out the salt shaker! Potatoes are actually a better source of potassium than are bananas. This is pivotal for patients with cancer, as Dr. Gerson found that restoring the body’s sodium-potassium balance was critical in restoring the body to health.

Most of the negative health effects we associate with potatoes have nothing to do with the potato. It’s our

penchant for frying this poor veggie, slathering it in oil and butter, and dousing it with salt!

However, it is true that potatoes (like tomatoes, eggplant, bell peppers and the goji berry) are part of the nightshade family. Plants in the nightshade family produce toxic chemicals within the plant called alkaloids. Wild potatoes produce solanine and tomatine, toxic compounds meant to defend the plant from fungi, bacteria – and us! Following the example of the vicuña (wild relatives of the llama) the indigenous people of the Andes learned to eat clay when eating the potato. The fine clay particles surround the toxins in the stomach, allowing the alkaloids to pass through the digestive system without affecting it. Over the centuries, the Andean peoples cultivated less toxic varieties of potato – but some of the more toxic varieties are still sold, along with clay, in Peruvian markets.<sup>3</sup>



**Potatoes are incredibly nutritious.**

Luckily, no clay is needed for modern potatoes which have developed over the centuries to be better suited to human consumption. However, you should be careful never to add any potato greens to your salad, as this part of the plant is highly toxic. Exposure to light causes potatoes to increase the production of solanine, giving them a green tinge. So be sure to avoid any green potatoes, and if your potatoes begin to sprout, make sure to remove the sprout, which also has a higher level of solanine.<sup>4</sup>

Most people have absolutely no trouble eating plants in the nightshade family. However, there is some research that suggests people with chronic musculoskeletal pain experience relief after eliminating nightshade vegetables from their diet.<sup>4</sup> As always, it is important to pay attention to the messages your body is sending you – and talk to your naturopath or medical doctor about any symptoms you are experiencing. It has not been our experience though, that people following the full Gerson Therapy – including the strict diet – experience negative reactions to nightshades.

Interestingly, potato farming has also played a large role in the creation of the agro-industrial complex. Farmers used the world's first intensive fertilizer (guano) to encourage potato production and the first artificial pesticide, Paris Green, a form of arsenic, was used to combat the Colorado potato beetle. The potato is also a strong example of how, in our quest for large-scale efficiency of production, modern agriculture fails to appreciate the value of genetic diversity. Although there are over 5,000 different varieties of potatoes, few grow outside the Andean highlands. Environmental scientist, Karl Zimmerer, observes that the range of potatoes in a single Andean field "exceeds the diversity of nine-tenths of the potato crop of the entire United States."<sup>3</sup>

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**"Potatoes are actually a better source of potassium than are bananas."**

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More and more people are beginning to realize that our health as individuals and as a species is inextricably linked to the quality of the food we eat and the health of soil on which we all depend. Unfortunately, modern agriculture still clings to the toxic treadmill of pesticides and simple fertilizers. As more and more people wake up to new ways of eating and living, this too will change. Until then, buy organic potatoes. If possible, buy local potatoes. Better yet, grow your own potatoes!

1 Reader, J. (2009). *Potato: A History of the Propitious Esculent*. New Haven, CT: Yale University Press.

2 *People's Organic Food Co-op*. March 2014. "Splendid Spuds" Ocean Beach People's Organic Food Co-op News. San Diego, CA.

3 Mann, C (2011). "How the Potato Changed the World: Brought to Europe from the New World by Spanish explorers, the lowly potato gave rise to modern industrial agriculture" The Smithsonian.

4 Boudro, H. (2009). "Nightshade Vegetables." *Getting Started with Healthy Eating*. Available at: [www.getting-started-with-healthy-eating.com/nightshade-vegetables.html#chronic](http://www.getting-started-with-healthy-eating.com/nightshade-vegetables.html#chronic)

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**Mikhaela Payden-Travers is the Development Coordinator for the Gerson Institute. She recently received her Masters degree in Non-Profit Leadership and Management from the University of San Diego.**

## Tips from Carol

### How to Cook Vegetables on the Gerson Therapy



**Carol Beard.**

Cook all vegetables slowly, at very low heat, with little or no added water. To provide more liquid, add a tablespoon of the Hippocrates soup or place tomatoes, apple slices or chopped onion at the bottom of the pan. Do not use spinach water, because it is too bitter and contains too much oxalic acid, which may interfere with the absorp-

tion of some minerals.

- Dr. Gerson was very specific about using the lowest possible heat for cooking vegetables.
- Do not steam vegetables. The temperature of high heat-steam is hotter than boiling water. Steaming changes the colloidal structure of the nutrients and makes them hard to absorb and assimilate.
- Don't use pressure cookers. They use high heat that damages the nutritional content of the vegetables. Test crock pots to make sure they cook at a low enough temperature (180 degrees Fahrenheit or lower) and that they are lead-free.
- Use a heat diffuser under the pan to keep the heat just high enough to simmer the food slowly until well done.
- Use pots with tightly-fitting lids to prevent the escape of steam.
- Boil or bake beets and potatoes. Corn and artichokes have to be simmered at a higher temperature than other vegetables.
- Vegetables can be baked on "low" in the oven (300 degrees Fahrenheit) for 2 to 2 ½ hours in a covered casserole dish with a tightly fitting lid. Layer sliced onions and tomatoes on the bottom of the dish to provide enough liquid.

For more tips, call our free helpline at 858-697-0404.

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*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.*

# Why I'm Making A Documentary About The Gerson Therapy

by Sarah Mabrouk

I spent a good part of my career as a journalist, covering news stories in the Middle East. So you might ask yourself how I suddenly got the idea to make a documentary about people undergoing a nutritional cancer therapy!

At first, I planned to write an article about alternative cancer clinics in Mexico that prey on desperate cancer patients at the most vulnerable moment in their lives. But I was soon convinced that there was more to the Gerson Therapy than the typical “quacks trying to steal patients’ money” story.

I decided to concentrate on the people for whom the outcome of the therapy mattered most: the patients.

I found six brave people who would become the protagonists of this story.

- Marie, from Montreal, diagnosed with advanced breast cancer
- Fred, a Canadian truck driver and stonemason with prostate cancer that has metastasized to his seminal ducts and bones.
- Verena, from a small town in Switzerland, who accepted surgery but refused the chemotherapy, radiation, and hormone treatments she was prescribed.
- Jeremiah, the cutest protagonist by far, was



**Marie, breast cancer patient from Montreal.**



**Sarah Mabrouk while filming *The Food Cure*.**

diagnosed with a rare form of lymphoma at only six months old. (Editor’s note: Jeremiah, being too young for treatment at the Gerson clinics, ended up doing a different holistic therapy)

“Filming them confirmed... that they have a mighty story to tell.”

- Michele, in Mississippi, diagnosed with stage I breast cancer and refused all traditional treatments.
- Christine, who underwent four unsuccessful rounds of chemotherapy in rural France before deciding to try the Gerson Therapy.

They let me follow them with a camera from the beginning until the end of their therapy. It was the beginning of a long journey to produce the documentary film *The Food Cure*.

They are strong, beautiful, and very fun people. I never



**Sarah Mabrouk beside portrait of Dr. Max Gerson.**

felt like I was doing a film about cancer or dying. I filmed them as they dealt with exploding juicers, partners, and medical tests, laughed with their neighbors, educated their children, cooked beautiful food, and fought for their lives.

The patients taught me a lot about the choices we make. I developed a deep respect for the patients in my film over the next three years. Whether turning their backs on conventional medicine and choosing a holistic method was the 'right' or 'wrong' decision, it was definitely a courageous and lonely one.

Filming them confirmed what I suspected from the beginning: that they have a mighty story to tell.

It's a story that could have repercussions for all of us and that is likely to change the way we view many things, from the food on our tables to the search for a cancer cure and the way modern medicine handles degenerative disease. I am very proud to be working on bringing you their stories.

*The Food Cure* is a feature-length documentary currently in post-production, planned for release in November 2014. It follows the stories of six ordinary people, each facing a devastating diagnosis, who made the radical choice to follow an alternative cancer treatment. *The Food Cure* presents a rare and intimate look at the world of alternative cancer therapies and asks big-picture questions about food, health and the future of cancer treatment.

In February, Sarah started a Kickstarter campaign to raise funds to complete the film. With the help of you and many of our other Gerson supporters, she nearly doubled her initial goal, raising \$123,444! Thank you for supporting this incredible project. We can't wait to see the final film in November. You can watch the trailer and find the most recent updates at [www.thefoodcure.com](http://www.thefoodcure.com)

*Sarah Mabrouk holds a Master's degrees in film and in journalism and has worked as a reporter and camerawoman for a number of print, radio, and TV news organizations including AP, BBC, CNN, ABC, NBC, FRANCE24, Eenvandag, and ZDF.*



## Get Your Greens! with Onions and Garlic

### Ingredients:

- 2 bunches of kale
- 2 bunches of collard greens
- 2 bunches of Swiss chard
- 1 ½ yellow onions
- 4 cloves of garlic

### Procedure:

1. Wash and clean greens.
2. Cut off any thick stalks and slice down the center into 1 1/2 inch ribbons.
3. Slice onions and finely chop the garlic.
4. Add onions and garlic into a large surface area pan with ¼ inch of distilled water or vegetable stock.
5. Turn on high for 2-3 minutes until it starts to steam.
6. Add greens and cover the pan. Turn down to low heat and let it cook for about 40 minutes, or until done.

You can find more recipes in *Healing the Gerson Way* and the *Recipe Book*, available from our online store at [store.gerson.org](http://store.gerson.org)

# Kat's Road to Healing from Colon Cancer Gerson-Style

I have been a Gerson Therapy patient since September 2013. I'm writing to tell you of my healing success so far.

by Katrina Roads

## Diagnosis, Surgery and Decisions

**I**n June of 2012, I was suddenly, unexpectedly diagnosed with stage 4 colon cancer. I had a full bowel obstruction and underwent emergency life-saving surgery. The surgeons found one very large, isolated but cancerous tumour (an adenocarcinoma) that had fully blocked my sigmoid bowel, was tangled up in my appendix and also messed up a section of my small intestine. So I also received an appendectomy and a resected 10cm portion of my small intestine. Plus, they took out 30cm of my large bowel, along with the corresponding 37 lymph nodes. They gave me a stoma and colostomy bag (a surgically-created opening in the large intestine that allows the removal of feces from the body, bypassing the rectum, to drain into a pouch or other collection device).

I awoke to all this, having thought that I simply had a celiac condition or Crohn's disease and constipation and was rather shocked. I'm a 47-year young, married Australian woman with a 9-year-old son, and I love to be active, so this news was hard to take all at once.

The pathology reports on the cancerous large intestine revealed that one lymph node tested positive for cancer, meaning that cancer cells had entered my lymph and blood stream and could metastasize. The oncologists were called in and I was scheduled for chemotherapy ASAP. The problem was that I was so severely underweight and malnourished (or "deconditioned," as the doctors said) that I had to gain weight, strength and condition before my body could endure any chemotherapy. I am 179cm. (5'11") tall and then weighed only 47kg. (100lbs.). I was tiny. I didn't know a body like mine could be alive when it was so emaciated.

Fast-forward 3 weeks. I had a long meeting with the oncologists. It was so distressing to spend 90 minutes hearing all the things that could go wrong that I passed out and had to lie down on the table to hear the remainder of the litany.

## A Huge Surprise



**Kat at the dining room of CNV, the clinic in Mexico.**

48 hours later, a dear friend and I were in contact after a 3-year hiatus. She learned I had cancer from a Facebook message I had sent. She rang to say, "Kat, you've got cancer, sh\*!@! Are you doing chemo? I'm not telling you what to do, but have you ever heard of the Gerson Therapy and will you just look at it over the next 24 hours?" She knew that this therapy works better if you haven't already had chemo.

I'd never heard of Gerson Therapy or the Gerson Institute. I wasn't looking at anything alternative because I felt too overwhelmed to do research. My oncologists had specifically asked me not to do any research and asked me to "promise you won't go and do any juicing!" My life was on the line and I wasn't prepared to gamble.

But, 36 hours later, the book *Healing the Gerson Way* arrived in the post, which I read cover to cover. I watched hours and hours of footage of Charlotte Gerson talking and lecturing on YouTube, and the movies *The Beautiful Truth* and *The Gerson Miracle* and read every word on every page of the Gerson Institute's website. In 24 hours, my heart knew that the Gerson Therapy was the way for me.

When my friend phoned me back, I said, "Yes, I am going to do this therapy" and she said "I am paying for you to go." My beautiful friend had just saved my life. You can probably

imagine how stunned I was, how much I cried and how blessed I felt.

But, I was terrified too. I had to explain this to my surgeons, general physician, oncologists, family and friends, and I knew I would face strong opposition. I was frail and still unwell, so I cried many times over those days and shook like a leaf telling people of my decision to reject chemotherapy and go to Mexico (how dodgy) to some clinic and undertake juicing and enemas to heal my sick body! The worst, most intense reaction was from my physician. He said *“If you do this you are going to die and you will break my heart when I have to palliate you.”* I was so stunned I couldn't speak or breathe. It took me weeks to work up the courage to go see him and tell him how he affected me, that I didn't want him to be my doctor anymore and that I was getting a more supportive, less judgmental one.

### **More Apprehension**

The next worst part was waiting to see if my Gerson clinic application was accepted, and then when it was (yeeehar!), having to wait nearly 7 weeks to fly over to San Diego and get down to Mexico to the Gerson clinic.

Having found my holy grail, I couldn't wait to get started. Additionally, I felt terrified inside because the oncologists had told me the cancer would most likely return in 8-12 weeks from surgery and by the time I arrived at the clinic it was 13 weeks after surgery. In hindsight, those extra weeks give me the time I needed to become strong enough to fly out and make the 27-hour journey from the Sunshine Coast, in Australia to San Diego, USA.

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**“The Institute was an on-hand resource for any questions I had.”**

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The Norwalk juicer arrived before I left and we began juicing, but I was limited in how far I could do the Gerson Therapy at home because I didn't know how to do an enema with a stoma. So I waited until I got to the clinic to begin that part of the therapy. I weaned myself off my salt addiction and we had begun eating the special Hippocrates soup at home, but the full therapy began only at the clinic.

### **The Angels at the Gerson Clinic**

I absolutely loved my time at the Gerson clinic. All the

doctors and nurses were caring, kind, considerate and fun. I felt loved, nurtured, cared for and supported. The kitchen staff are truly angels sent from heaven. Tireless and smiling, they made delicious and enticing dishes to eat and cakes or “ice-cream” (frozen fruit run through the Norwalk) for special celebrations. They made us feel so welcome by setting the tables attractively, creating a warm atmosphere in



**The “angels” of the CNV clinic kitchen.**

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the dining room and writing beautiful words of wisdom on the notice board. Everyone, from the guards to the cleaning staff, was courteous and kind. I could easily have spent my entire two years there!

Dr. Pedro is surely an angel sent from God too. His genuinely deep care, regard and love for his patients' healing is rare. He is as funny as a stand-up comedian and regularly had my mum and me in fits of laughter at his antics. I loved his honesty and sincerity and how real he was. Felix, the coordinator, was superb in his role and always available and helpful.

At first I felt completely overwhelmed, but I reminded myself that I had three weeks to learn it all and that I had my trusty companion and carer to help me (my awesome mother). So I relaxed and observed and absorbed what was happening at the clinic and how everything was done, and I attended all the lectures and demonstrations my health would permit. By the end of week two, I knew I could do it all very well at home and teach my husband.

While at the clinic, I decided to tackle another fear and resume singing. Most days I sang a song to the patients and staff there. I sang people farewell, sang in the dining room and sang to myself too. The staff at the clinic welcomed this. They have wonderful sense of fun and humour and we smiled and laughed often. One of the patients encouraged me to sing something in Spanish. I don't speak Spanish but was very keen on learning some of it while it surrounded me. It's such a beautiful-sounding language and I loved trying to converse with the locals in their own tongue. So I

made up a song, stealing a popular tune, about vegetables being our friends, including a silly verse in Spanish. We all laughed so much I nearly couldn't sing it!

I've made life-long friends from my time at the clinic and deeply value my relationship with my Gerson doctors too.

### ***Doing the Therapy at Home***

When I returned home, my mother remained with us 15 days. Mum was super organized and wrote out lists of what to do and when and how to do it. The biggest challenges at first were experienced by my husband. He felt completely overwhelmed with how much organic food we needed to buy, with bagging up all the vegetables for the juices for the day, and with remembering what to do and when. It took three weeks for us to get into a comfortable groove. We had to regularly remind ourselves that it takes time to get into a routine. I was still recovering from cancer and surgery, so I had to rest.

At the clinic, they started me on seven juices and two enemas by irrigation, using a colostomy kit. But now my protocol is 10 juices and two enemas one day, three the next. On days that I am severely detoxing, I do three enemas each day, provided the stoma does not get irritated.

The Gerson Institute contributed in many ways. First, it was the first place I turned to when researching the Gerson Therapy. The website is a first-class tool, with much information, excellent links and I was able to read and find what I needed to decide to apply for the clinic. Also the Institute was an on-hand resource for any questions I had. Gerson staff member Harrison Reid's warm, soft and caring email tone was deeply reassuring.

I can say right now, thank God for the clinic, for Max Gerson's big-hearted efforts to treat people and write about it, for Charlotte Gerson's passion, vision and determination to get this information to the public and to the Gerson Institute and everyone involved in it who provide this beautiful opportunity for anyone to heal naturally.

### ***Challenges of Doing the Therapy***

During all of this, in April 2012, we had just made a huge interstate move north to commence a new life. We discovered my cancer right upon arriving, while our son began a new school and new life. My husband needed to become "Mr Mom" while I was bedridden, and had to put his new business ventures on hold. We did housesitting

because we couldn't afford to rent or buy a home. My husband became bankrupt due to the financial stress and we both needed to see psychologists to get through the trauma of it all. Then, my in-laws took us in to live with them, as we were homeless. It wasn't easy, but we were helped every step of the way.

I have excellent support from everywhere. My husband has become my caregiver and companion in the Gerson Therapy, choosing to eat the same foods, do coffee enemas and juice. He "gets" it! His parents are supportive and helpful beyond words. My friend and acquaintances have been amazingly supportive and those who weren't are amazed by my visible progress and commitment.

On many occasions I've felt very emotional and overwhelmed and wanted to quit the therapy. I've felt intense anger, intense joy and gratitude and depressive days. I've been all over the place emotionally! I have learned to not take it out on my family and to express it privately, which helps tremendously. Some days I've felt I can't get up to make juice or food, so luckily my husband or a friend or family has done that for me. The therapy is a big lifestyle change. Just to go to school to pick up or drop of our son requires military-precision planning – prepare juices in advance - check, take pills – check, potatoes to be cooked by someone else – check! I am not working, need quite a lot of rest and we spend every cent on the therapy with nothing to spare.



**Katrina Roads.**

Our family keeps us rent-free. My family have all donated money to us. We receive a temporary government pension. My husband has been able to resume work one and a half days a week and, as I grow stronger, he can work more. A friend comes over every Wednesday for the entire day and helps me with the therapy so my husband can work. Family takes our son to and from school 2-3 days a week to help out. It takes a village! Our son's school has rallied and baked school lunch items for our son and created a volunteer roster to help us out if I need it.

### ***Interim Results***

The first healing reaction was at the clinic and it was frightening and intense. The symptoms that occurred all at once on day 9 were: extreme tiredness (anemia emerged), painful backache from my internal organs, abdominal pain, cramps and "spastic" colon, diarrhea and a rash on my chest. Since then, the healing reactions have occurred irregularly (no pattern) but always begin with fatigue, involve skin breakouts, body odors (breath, underarms, and bowel),



very dry skin, cramps, loss of appetite and some nausea. The bowel cramps and spastic bowel stopped after 4.5 months on the therapy, and the backaches from internal organs ceased after three months.

The number one thing we noticed was my skin. The scar on my abdomen from the colon surgery was getting paler and finer at the Gerson clinic. We were shocked by the

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**“...knowing that one day I will swim again and be healthier than I’ve ever been in my life and that I am ALIVE!”**

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rapid difference in its healing. Next, my hair began to shine and my facial skin began to glow (in between skin break-outs!) Strangers started to comment on it.

I felt worse before I felt better. But gradually, over months, my energy returned, my stamina began to grow, my body was clearly absorbing nutrients and the chronic anemia went away. However, the low blood serum ferritin was slow to climb. The changes were definitely positive, but on detox days I feared that I was going backwards. But now I don’t.

After six months on the therapy, I became familiar with my body’s style of detoxification and healing reactions. After each reaction (even if they last a month) I take a leap in energy, vitality and vigor. The other important change was that I gained 11 pounds (5kg) quickly, because of the increased absorption in my gut. Inches and inches of stuff that looked like sausage casing have come out of my enemas and irrigations, which were lining my gut and blocking absorption.

### ***My Recent Medical Results***

My recent colonoscopy report and CT scan results show no cancer visible, no tumours present, no lesions, and no lymph pathology. I currently am clear of active cancer.

I believe this is due to the Gerson Therapy. Each and every time I go to see my doctors or surgeons, they are actively looking for cancer in my liver and cannot believe

that it isn’t there. The Gerson Therapy is evidently restoring my immune system, visible both in my blood results and in my health, weight and energy levels. For the past two to three years, I did not go longer than six or eight weeks without getting some type of a cold or flu. After six months into the therapy, I experienced nothing of the sort. I have a functional immune system now. My abdominal scar from surgery, which is 20cm or 8 inches long, is so pale and white it’s barely noticeable and has healed remarkably. I’ve regained the 17kg (37.5 lbs.) I lost. I will most definitely continue on the therapy for the prescribed amount of time, and on the maintenance program forever.

I love the food; I love the juices, and the result of the upside-down coffee breaks!

What I do miss is the freedom of physical activity. Truthfully, some days I feel like I am in solitary confinement or house arrest. As an active person, with a very lively 9-year-old son, I was used to swimming, playing, bicycle riding, trampoline-jumping, doing yoga, hiking, and gardening. But now I rest, rest, rest. We recently moved to be near the ocean and now I can only stare at it longingly, ...knowing that one day I will swim again and be healthier than I’ve ever been in my life and that I am ALIVE!

### ***The Next Phase on My Journey***

As I write, I await a phone call from the hospital notifying me of a date for colostomy reversal surgery. Sometime in the next eight weeks I will undergo five hours of surgery to re-join my large colon and say goodbye to the “phantom bum” experience and “hello” to a functional bowel. Then the coffee enemas will truly begin! I expect to recover quickly.

My body now is currently tumour-free. I cannot know with any confidence yet that I am cancer-free, as those cancer cells that entered my lymph nodes, lymphatic stream and blood stream could be anywhere. As Dr. Max Gerson said, those cells can take a long time to heal, as they are hidden and require the body’s immune system to be very strong to completely eliminate them.

Furthermore, though the therapy has been key to my healing, there is another vital part to it: my will to live. I have a newfound desire to live for me -- not for my son, not even for my husband, but for me. I found a new passion for life and while I was in hospital those 23 nights -- sick but recovering -- I realized deep in my soul that I had a “life unlive” and I needed and wanted to finish it. I feel that this deep knowing and healing propelled me toward the Gerson Therapy and its healing benefits.

Muchas Gracias

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***CNV is one of the two clinics licensed by the Gerson Institute. For more information on how to apply to the clinic, visit [www.gerson.org](http://www.gerson.org).***

## Ask Dr. Smith

How can I help someone on the Gerson Therapy who periodically has a low appetite?



**Kayla Smith.**

This is not an uncommon experience, especially when someone is having a healing or detoxification reaction. Even when a person is not having a full-blown reaction with nausea and vomiting, their stomach can become sensitive and their appetite diminished. Since food is a big part of the medicine on the Gerson Therapy, it is important to make

adjustments during these times to keep the person nourished.

Oatmeal and potatoes are staples on the therapy and provide good-quality plant-based protein. Offer the person smaller portions of oatmeal frequently during the day. The oatmeal can be made thinner by adding more water and apple sauce can be mixed in, if desired.

Potatoes are another important source of protein and potassium, and can be mashed with the skins, along with a little broth from the Hippocrates soup. Again, offer small portions during the day.

Find out what cooked vegetable the person likes the best and prepare it carefully and attractively. Maybe they would like it after it has been softened in a blender. There are recipes for a number of tasty dressings in *Healing the Gerson Way* or the *Gerson Therapy Handbook*, which often use a fruit juice base. These dressings can really wake up the taste buds when drizzled over a vegetable.

People should eat the raw green leafy salad last. They do not need to fill up on salad, as they are getting the benefits of the raw vegetables in the juices. The exception to this would be the finely raw grated carrot and apple mixture that Dr. Gerson highly recommended. (See *A Cancer Therapy, Result of 50 Cases*, page 242). This mixture is easily digested and very nutritious. Again, offer small portions at a time.

The volume of the juices may need to be reduced a little during this time. Gruel can be added to the juices to soothe the stomach and add more calories and protein. As long as the juices are consumed, the coffee enemas should be continued, unless they have diarrhea, in order to help the detoxification process, which will help the person move through the healing reaction faster. If the person is nauseous, they can drink through a straw, which allows them to consume nutrients with minimal contact with sensitive taste buds.

One or two extra Pancreatin pills can be given with each food serving and even between meals. If the stomach is not inflamed, the person can try taking an extra Acidol (hydrochloric acid supplement) to see if this helps. This extra digestive support can stimulate the appetite.

With these adjustments, people can usually move through these periods of poor appetite. Often after this period has passed, the person has an increased interest

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**“Offer the person smaller portions of oatmeal frequently during the day.”**

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in food and it tastes better to them. Use this knowledge to encourage them, so they know there is light at the end of the tunnel!

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*Dr. 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.*

# A New Way to Connect

Patient map gives a way for patients to support each other.

by Amanda Onken



**Amanda Onken.**

information you would like to display on the map, such as first name, diagnosis, and email. A pin will be placed in your

Are you a Gerson patient? Do you want to be able to connect with other Gerson patients? We have created an online Google map for you to use, which displays locations and contact information for patients doing the Gerson Therapy who have started the therapy by attending a licensed clinic, or with the assistance of a Gerson practitioner, or via one of the Gerson Institute's programs. You can choose which infor-

geographic location. We will not list street addresses; only city, state, and country.

The map is designed for patients to be able to contact each other directly and support each other while on the therapy, share recipes, discuss struggles and share triumphs.

If you have not received an email invite to join the map from me and would like to be a part of the support group, please send a request to [aonken@gerson.org](mailto:aonken@gerson.org). She will send you the waiver and the terms for using the map.

We hope you use this as an opportunity to reach out to other Gerson persons and support each other on your journey of natural healing!

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*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.*

## Your Letters

### My chance to regain my health and defeat melanoma.

I went to the Gerson clinic in Mexico on May 11, 2012. I arrived very malnourished, according to my Gerson doctor, weighing only 46 kilos at 170cm tall. I was happy to be there. This was my chance to regain my health and defeat melanoma. I had previously been diagnosed with stage III cancer in May 2012. I had a tumor removed from my arm and a positive lymph node removed. I felt a lump in the top of my leg in January 2013, but my local doctor said it did not feel like anything. In April, I checked with the oncologist and further tests revealed that the cancer had spread and was now in stage IV.

My experience at the clinic was one I will never forget. I feel truly blessed to have shared this with my Mum, who also found it to be an experience of a lifetime. I know that sounds strange, considering why we were there, but it did not feel like a hospital at all. It felt more like a health retreat. Sadly, four of the amazing people I met there have since passed away, but I believe our group was all brought

together at that time to learn and grow together. I will always cherish their friendships and that of their families. I have made amazing friends who I keep in contact with regularly. Two of my friends, Emily and Windy, have been amazing, encouraging and inspiring me every day. I absolutely loved all of the staff. While I was at the clinic, I found that the doctors, nurses, kitchen staff and cleaners were the happiest people on earth.

My healing reactions have been more emotional than physical and I have found many of them very hard to deal with. I have recently had several weeks of terrible anxiety which has made it very hard for me to eat. I am 10 months into the Gerson Therapy and still staying faithful. I am not cheating at all. I pray that God will allow me to continue to heal and that, when my time to reduce this therapy comes, I will be able to help others on their healing journey.

Thank you, Max Gerson. And, of course, thank you to his family, who have continued to help people heal.

Angela Cooper

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*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](mailto:info@gerson.org).*

# Cycling for Real Healing!

Gerson Person, Butch Rhyne, celebrates turning 50 with a Double Century (200 mile bike ride) each month to raise funds for patients on the Gerson Therapy.

by Butch Rhyne

**M**y name is Butch Rhyne and I am writing to share with you a bit about me and why I am so very interested in working with the Gerson Institute to help provide healing for patients with chronic, life threatening diseases.

I am a son, husband, friend and athlete who believes whole-heartedly in the power of nutrition for healing our bodies and minds.

My interest in and desire to work with the Gerson Institute began approximately two and a half years ago when I discovered the Gerson Therapy while researching alternative ways to potentially cure my mom of pancreatic cancer. After my mom, Nancy, watched several Gerson documentaries, she informed me that she “may have to take a trip down to Tijuana Mexico for treatment.” After hearing that from my mom, I contacted the Gerson Institute to see what my mom and dad would experience if accepted into the Gerson program.

The person I spoke with asked if my mom had had any chemotherapy treatment for her cancer. I stated “Yes, she had been through a couple of rounds.” The gentleman then told me that the Gerson Therapy had had very little success treating pancreatic cancer where chemotherapy had been used, and that my mom would probably not be accepted for treatment at the licensed clinic in Mexico.

This news was devastating to me, as I’d been researching and making contact with cancer treatment centers across the nation for many months with hopes of finding a place that could help cure my mom.

What I didn’t process consciously at the time, as I was so deeply devastated by the news but did reflect upon shortly after, was that the very genuine and professional representative at Gerson Institute did NOT ask me what kind of insurance or financing my parents had. Every other center I had contacted had asked me that question first and

foremost. What a turn-off! Instead, I felt that the people at Gerson Institute were truly interested in and committed to helping patients get well and stay well.

Shortly after that conversation with the Gerson staff, my mom made the decision to discontinue her chemotherapy treatments. The decision came after her doctor told her that they were not trying to cure her, but were just trying to prolong her life. My mom’s quality of life was pretty much zero. She was bed ridden, in constant pain and discomfort, could not eat, could not care for herself and did not have the energy or motivation to live. She didn’t even have the energy to keep her eyes open to watch TV.

My mom passed on June 25, 2013, just fifteen days after my forty-ninth birthday.

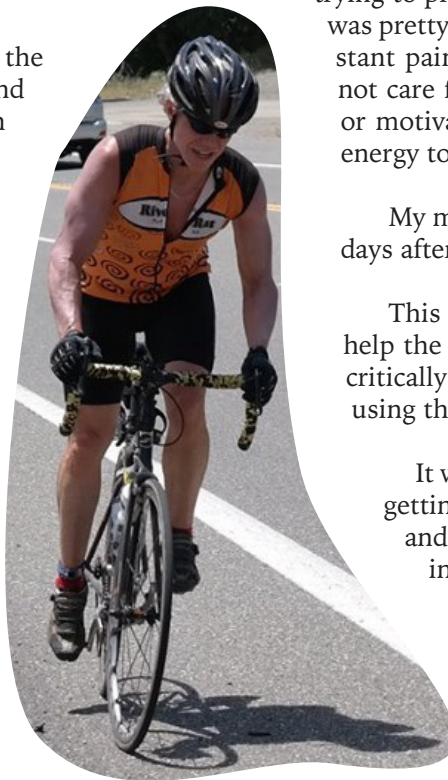
This prompted me to think of ways I could help the Gerson Institute raise money for other critically ill people to naturally heal themselves using the Gerson Therapy.

It was time to start living my life again and getting back to my purpose – living a healthy and active life, sharing, inspiring, and helping others achieve the best health that they can through nutrition.

My release and exercise of choice is bike riding, so I decided that combining my cycling with a higher purpose – to raise funds to help others sustain and lengthen their lives – would be a good place

to start.

My mission began with the idea of completing a double century (riding my bike 200 miles in one day) on my single speed (one gear) road bike and creating a fundraiser around that ride. Upon further thought, I realized that one ride would probably not be enough, so I decided to complete three rides. Well... my dad calls me extreme, but truthfully I’m just your normal guy who loves his family immensely and who also loves to help people. So I revised my plan again...





**Butch did a "test" double century in May to make sure he is ready for the challenge!**

I will turn 50 this year, so, for my 50th year, to honor my mother and father and to help raise money for as many people as I can, why not ride a double century every month for 12 months? With each ride, each month, I could raise money for one or more patients to go to the Gerson clinic. Could this work?

Yes, in my heart and soul I believe so passionately I can help make a difference in a person's life and that, together, we can most possibly and substantially prolong the inevitable.

I believe, and I am ready to help. Are you?

**"The people at Gerson Institute were truly interested in and committed to helping patients get well and stay well."**

### ***How you can support Gerson Patients***

If you're inspired by Butch's dedication to natural healing, please support his fundraiser on CrowdRise. CrowdRise is a website that allows individuals to raise money for the causes they believe in. You can support Butch's run by going to the Gerson Institute's CrowdRise page at [www.crowdrise.com/gersoninstitute](http://www.crowdrise.com/gersoninstitute).

***And if you're really inspired - you can start your own fundraiser for patients.***

*Butch Rhyne is a fitness enthusiast. The former bodybuilder now focuses on cycling and CrossFit, and his idea of healthy living has moved beyond exercise to include nutrition and the need for emotional, psychological and spiritual balance in maintaining a truly healthy lifestyle. He lives in California with his wife Denise.*

## **Wish List**

**External hard drives**

**Free printing of flyers**

**Handmade cards**

**HD video camera**

**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](mailto:mpaydentraverson@gerson.org)

# Gerson Practitioner Training: Just What the Doctors Ordered

24 health professionals from 12 countries connect with each other and the Gerson Institute.

by Diane Ake



**Module I medical professionals from 12 countries receive training at the Gerson Institute Office.**

**I** felt an amazing connection with all the people here – coming from the unconditional love of the students, Gerson staff and volunteers in the kitchen, and also from the camaraderie between all of us taking the class. You are creating a Gerson community.” This was what Helene Pulnik, ND, answered when I asked her what she found most memorable about the Module I Practitioner Training.

Each May, medical professionals come to San Diego for a week to begin training in the Gerson Therapy and learning the biological and physiological basis of the therapy, patient assessment, designing individual therapy protocols and ongoing case management skills. This session, 24 health practitioners attended from 12 different countries: Australia, Brazil, Columbia, Canada, Chile, Israel,

Italy, Japan, Switzerland, Taiwan, Trinidad and the United States.



**Dr. Smith instructs on physiological basis of the Gerson Therapy.**

“I also experienced this strong bonding between the students, staff and volunteers, while talking with each other during lunch and breaks, and all of them interacting during the entire week of training,” said Anita Wilson, Executive Director of the Gerson Institute. “Now that we have enough space to hold trainings at our new office, we can create new opportunities for our staff and volunteers to build relationships with the students and each other.”

Dr. Helene Pulnik was originally a pharmacist. Her small child at the time had asthma and drugs were not helping her. She



**The training room at our new office allows us to have Module I in-house.**

wanted to do something to really help people. She went back to school to get a MS in Human Nutrition, and also became a naturopathic doctor. Dr. Pulnik wants to incorporate the Gerson Therapy into her patients' lifestyle as a complete holistic therapy in itself. "The Gerson Therapy is tried and true, and time-tested. I don't have to pull from here and there to create something," Helene explained. "Most people are disconnected from their body. Our job is to be educators and teach people to pay attention to what they put in their mouth. I believe in the power of nutrition." Dr. Pulnik felt a difference after just a few days of eating Gerson foods and juices – no jet lag, great energy during the day, and she didn't feel hungry while traveling.

Manuel Barrios, MD, was already familiar with the Gerson Therapy before attending Module I. He observed that the therapy really worked and was convinced that it is a very good option for cancer patients and those with other chronic illnesses. "However, it is a very complex treatment



**Dr. Helene Pulnik.**

and perhaps not everyone in Latin America can do it." He came to Module I to figure out how the Gerson Therapy works because it has such an amazing tradition behind it. "I finally understand how it all fits together," Dr. Barrios commented. "The most important lesson I learned from this course is that everything in the therapy has a reason. It is clearer to me why a patient has to do everything the correct way. Before this, I didn't believe this was true. I feel more confident about everything now. I know how to explain to patients why they need to do everything



**Dr. Manuel Barrios asks a question to Dr. Smith.**

the right way."

The next step in the Practitioner Training program is Module II, where the medical professionals treat patients, under the supervision of the Gerson Institute Director of Medical Education. Upon successful completion of Module II, they can become a certified Gerson Practitioner. Our Module I Training is held once a year in May in San Diego, CA. For more information, visit [www.gerson.org](http://www.gerson.org).

*Helen Pulnik is a Naturopathic doctor, licensed pharmacist and Licensed Acupuncturist who lives in Connecticut. Nutrition is the foundation of her practice.*

*Manuel Barrios is an MD with a MS in Biomedical Science who specializes in orthomolecular medicine. He lives in Brazil and Columbia.*

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

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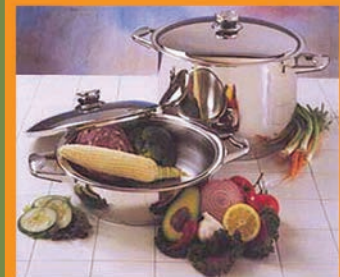
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<b>Gerson Cooking and Juicing Intensive Class</b>	<b>August 2 September 6 October 4</b>
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Since 1984, the *Healing News* has linked the Gerson Institute with its supporters and Gerson patients. The 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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