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Gerson Institute



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## The Gerson Institute E-bulletin



### February 2011

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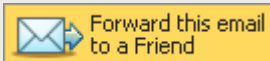
Dear (Contact First Name),

Don't miss The Great Health Debate! Renegade Health is organizing a 7-day online event that brings together diet experts (**including Charlotte Gerson**) from all different schools of thought - vegan, vegetarian, meat eating, etc. - to debate the best ways to improve your diet.

Follow this link to register and get more information  
<http://www.1shoppingcart.com/app/?Clk=4106811>

Still have questions? Contact Renegade Health at:

1 (877)581-0840



[help@renegadehealth.com](mailto:help@renegadehealth.com)  
[www.renegadehealth.com](http://www.renegadehealth.com)

## Caregiver Tips from Dr. Suzanne Gelb, Ph.D., J.D.



If you are a family caregiver for a cancer patient, you probably know how stressful this can be, especially if you're handing a lot of the responsibilities on your own. Most family members aren't emotionally or financially prepared to become caregivers. They tend to be overwhelmed by the drastic lifestyle changes and responsibilities that accompany this task.

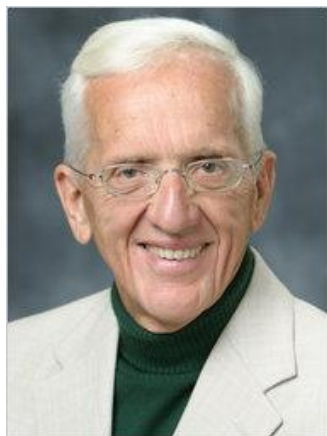
As Jess, who was diagnosed with a very rare, aggressive cancer in 2008, told me, *"My mum does a fantastic job [caring for me], and she doesn't let me see her stress, but I know that the weight of the [Gerson] program stresses her out at times. There's the work load, financial stress, the stress of dealing with my mood swings, haha, and just the stress of having a child dealing with cancer."*

These pressures and tensions tend to take their toll and can, over time, lead to burnout. Fortunately, caregiver stress can be managed and, with some basic skills in place, caregiving can be truly rewarding. I know this from my work as a psychologist helping caregivers handle stress, and also from having been a caregiver for a friend who had cancer and did the Gerson Therapy. Although each cancer patient has unique needs and caregiver roles vary, the tips that follow have helped many caregivers, myself included, manage their responsibilities with confidence.

There are lots of things you can do to counter caregiver stress, such as recognizing your limitations and asking for help, rejuvenating yourself with yoga and meditation, eating healthily and getting enough sleep. But since pent-up emotions can be a major source of stress, I believe that some of the best tips I can share with you are those which address managing the powerful emotions that many caregivers experience.

### [Dr. Gelb's 7 Tips for being a better caregiver](#)

## Interview With T. Colin Campbell



*excerpt from New York Times Health Blog  
by Tara Parker-Pope*

Six years ago, a small Texas publisher released an obscure book written by a father-son research team. The work, based on a series of studies conducted in rural China and Taiwan, challenged the conventional wisdom about health and nutrition by espousing the benefits of a plant-based diet. To everyone's surprise, the book, called "The China Study," has since sold 500,000 copies, making it one of the country's best-selling nutrition titles. The book focuses on the knowledge gained from the China Study, a 20-year partnership of Cornell University, Oxford University and the Chinese Academy of Preventive Medicine that showed high consumption of animal-based foods is associated with more chronic disease, while those who ate primarily a plant-based diet were the healthiest.

Last fall, former President Bill Clinton even cited the book in explaining how he lost 24 pounds by converting to a plant-based diet in hopes of improving his heart health. The president gave up dairy, switching to almond milk, and says he lives primarily on beans and other legumes, vegetables and fruit, although he will, on rare occasions, eat fish.

Recently, I spoke with T. Colin Campbell, a co-author of the book and professor emeritus at Cornell University, about the success of the book, the research behind it, and why he thinks the nation's health woes can be solved by plant-based eating.

[Here's our conversation.](#)

## Gerson Practitioner Training

The Gerson Institute receives many requests for referrals to Gerson trained practitioners to guide them on the therapy in an out-patient basis. There is an especially high demand for Gerson practitioners in the United States. We offer yearly training courses, to train and officially certify doctors in the Gerson Therapy. If you know of anyone who is a naturopathic doctor (ND), doctor of osteopathy (DO), medical doctor (MD) doctor of chiropractic (DC), physician assistant (PA) or nurse practitioner (NP) who is seriously interested in becoming a Gerson Practitioner, tell them about the next annual Gerson Institute Module I Practitioner Training.



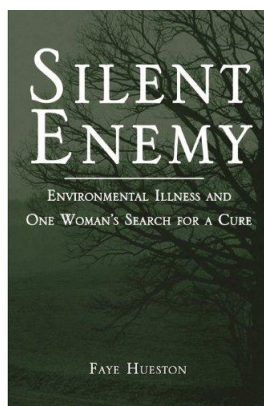
**Date: May 15-19, 2011**

**Location: Downtown San Diego, California**

**Fee: \$2,000**

for more information and to download the screening application visit: [gerson.org/Programs/professionals.htm](http://gerson.org/Programs/professionals.htm)

## February Special



Some years ago, while living in London, Faye Hueston became mysteriously ill. Unable to find a cause for her peculiar symptoms, doctors dismissed them as psychosomatic. Eventually, tests by a clinical ecology doctor proved the cause to be pesticide poisoning. *Silent Enemy* refers to the chemicals that pollute our bodies as well as the environment. Based on the diaries Faye Hueston kept at the time, it chronicles her experience with environmental illness, and her long, often frustrating search for a cure.

**[BUY NOW \\$11.95 \(30% Off\)](#)**

## February Recipe

## Gerson Potato Salad

- 5 potatoes baked preferably or boiled and cut into small cubes when cooled
- 1 cup flax seed oil
- 3 tablespoons apple cider vinegar
- 1/4 cup lemon juice
- 1 tablespoon honey
- about 3 cloves garlic chopped fine
- 1 scallion sliced thin
- 1/2 red onion diced small
- 1/2 red bell pepper diced
- 1 carrot shredded
- 2 celery sticks diced fine



1. Puree 1 potato and a small portion of the oil and lemon juice in a food processor.
2. Add the pureed mixture to a large bowl with the remaining potato cubes.
3. Mix in the rest of the ingredients, adding the vegetables last.

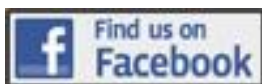
## Your Quotes

*Dear Gerson Folks*

*I'm a healthy, happy, energetic 65 year old who has viewed several of your DVD's and is so impressed and has learned important details to incorporate into our family's lives.*

*I just sent you a contribution. What I've decided is that when a friend or colleague asks me for a contribution to their cancer research sports event (as in TeamInTraining) or other event, I shall honor their well-meaning effort and send a check to The Gerson Institute versus the one for which they are fund-raising; this way I can honor my friends efforts and the work that is more effective, YOURS.*

*Thanks for all you do. I hope to attend your 2 1/2 day workshop this year.*



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