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The Gerson Guide to the Holidays

17 festive recipes and tips for those
following the Gerson Therapy

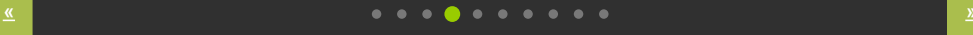
The Gerson Institute is a non-profit organization in San Diego, California, dedicated to providing education and training in the Gerson Therapy, an alternative, non-toxic treatment for cancer and other chronic degenerative diseases.

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Free Recipe E-book: *The Gerson Guide to the Holidays*



The Gerson Therapy



The Gerson Therapy is a natural treatment that activates the body's extraordinary ability to heal itself through an organic, vegetarian diet, raw juices, coffee enemas and natural supplements.

[Learn More](#)

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Your donation allows us to give life-saving information to people in need, and spread our message of hope and healing across the world. Plant a seed to help us grow. Donate today!

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Get Started



So, you would like to heal yourself with the Gerson Therapy, but don't quite know how to get started? We have compiled this handy guide for you to follow!

[Learn More](#)

The Gerson Institute

Over the past 60 years, thousands of people have used the Gerson Therapy to recover from a variety of illnesses, including:

- Cancer (including melanoma, breast cancer, prostate cancer, colon cancer, lymphoma and more)
- Diabetes
- Heart disease
- Arthritis
- Auto-immune disorders, and many others.

The Gerson Institute provides referrals to licensed [clinics](#), practitioners and [Home Set-up Trainers](#). We currently license two Gerson clinics: [the Gerson Clinic in](#)

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[Mexico](#) and the [Gerson Health Centre](#) in Hungary.

We offer several [training programs](#), to train [Gerson Practitioners](#), [patients and their caregivers](#) in the Gerson Therapy.

Becoming fully educated about the Gerson Therapy is the first step toward reclaiming your health and making an informed decision about your treatment options. To learn more about how the Gerson Therapy works, visit our [Gerson Store](#) for a wide selection of educational materials.

You have the power to heal yourself.
We can give you the tools and show you how!



Our Programs

We train Gerson Practitioners, Home Set-up Trainers, and patients in the Gerson Therapy. Follow the link to learn about our training programs!

[Learn More](#)


News & Events

- > [Gerson Health Centre, Hungary](#)
Upcoming sessions:
 - > Sept 10-23
- > [Gerson Hands On Workshop: July 27-29](#)
- > [Gerson Basics Online: Open Now!](#)
- > [Cooking Class:](#)
 - > Coming soon


Our Blog

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