

CHARLOTTE GERSON HEALTH RESTORATION CENTER

The program at the Restoration Center is a 6 day session which is held about 7-8 times a year. We have 3 rooms and can accommodate either 3 individuals or a couple and 2 individuals. Each room has one bed, a king in one room and queen size in the other two. It is not possible to have children at the center. Keep in mind we are not a clinic or a treatment center.

This program is for people without cancer or specific health concerns and provides an opportunity to experience a modified version of the therapy for the purpose of detoxification and optimizing nutritional status. Guidelines for continuing a modified regime for health enhancement will be provided.

A day consists of the Gerson meals, up to 9 juices, 3 coffee enemas, and basic supplements. There will be demos and mini classes in food preparation, juicing, coffee enema technique and castor oil and clay packs.

This is a very popular program and there is an extensive screening process which includes several steps. The first step consists of completing a one-page health information form. If it appears from this that one qualifies, then a four-page medical history questionnaire will be sent. If the applicant is a good candidate, there will be a telephone interview and the person will be penciled in until the last step is completed. The final step is to review blood work which consists of a CBC, a Comprehensive Metabolic Profile, a Lipid Profile, and thyroid tests (TSH, T3, T4). The blood work should be not older than 8 weeks from the date of the session. If you cannot find a doctor to order these tests for you, you can contact Direct Labs at www.directlabs.com, 1-800-908-0000 (in the US), and they will facilitate this process without a doctor's requisition. If you use Direct Labs you will request the Comprehensive Wellness Profile which costs about \$100.00. Once your lab work is evaluated and acceptable, you will be notified and payment will be accepted to confirm your room.

If interested in starting the screening application process [click here to download the the Health Information Form](#) and return by e-mail to info@gerson.org or fax (619) 685-5363. You will be notified of upcoming dates, availability and the next step to take. If sessions are full, you can be put on a waiting list.