



Happy Gerson: Recipes And Tips to Make Healing Fun

Helen Bairstow

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Written 'lightly' with snippets of humor and humanness by "Gerson persons", designed to give insight into this healing protocol or, to be picked up when needing a bit of inspiration or a recipe. Why? Because data overload can be experienced when starting, or considering, the Gerson Therapy, especially as it's usually to heal a serious, even life threatening disease. Includes 68 recipes which follow the Gerson Therapy principles. Each with an appetizing photograph to entice a healthy appetite and motivate the 'cook within'. Read this if you already 'know' about the Gerson Therapy, especially if you are doing it, for a guaranteed smile! It's also a great insightful read for those supporting a loved one and wanting an understanding of what it is like to be on the therapy. Whether you are on the Gerson Therapy, or a support person, you will be pleased to know everything you read here is purely following the principles laid down by Dr Max Gerson ... every word is Gerson "friendly" but it is absolutely not a replacement for any Gerson Institute information. All proceeds go to Gerson Therapy charities. So ... if you are lucky enough to be in a position to afford this book, why not gift copies for others?

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