



Depression and Bipolar Support Alliance of San Diego

DBSA San Diego presents ...



David Gersten, M.D.

Nutritional Healing: Focus on Amino Acid Therapy

Dr. Gersten will explain the power of amino acids in health, illness, and recovery. The human body, by dry weight, is 70% amino acids. They are the building blocks of protein, neurotransmitters, hormones, and all our organs. They are also the foundation of healing.

Targeted amino acid therapy can be of great assistance in almost all chronic illness, both mental and physical, including alcoholism. Why is it still a secret? Come and find out, and learn how to apply this science to your own health, energy, vitality, and recovery from illness. Amino acid therapy, based on scientific lab testing, is too powerful to be kept secret.

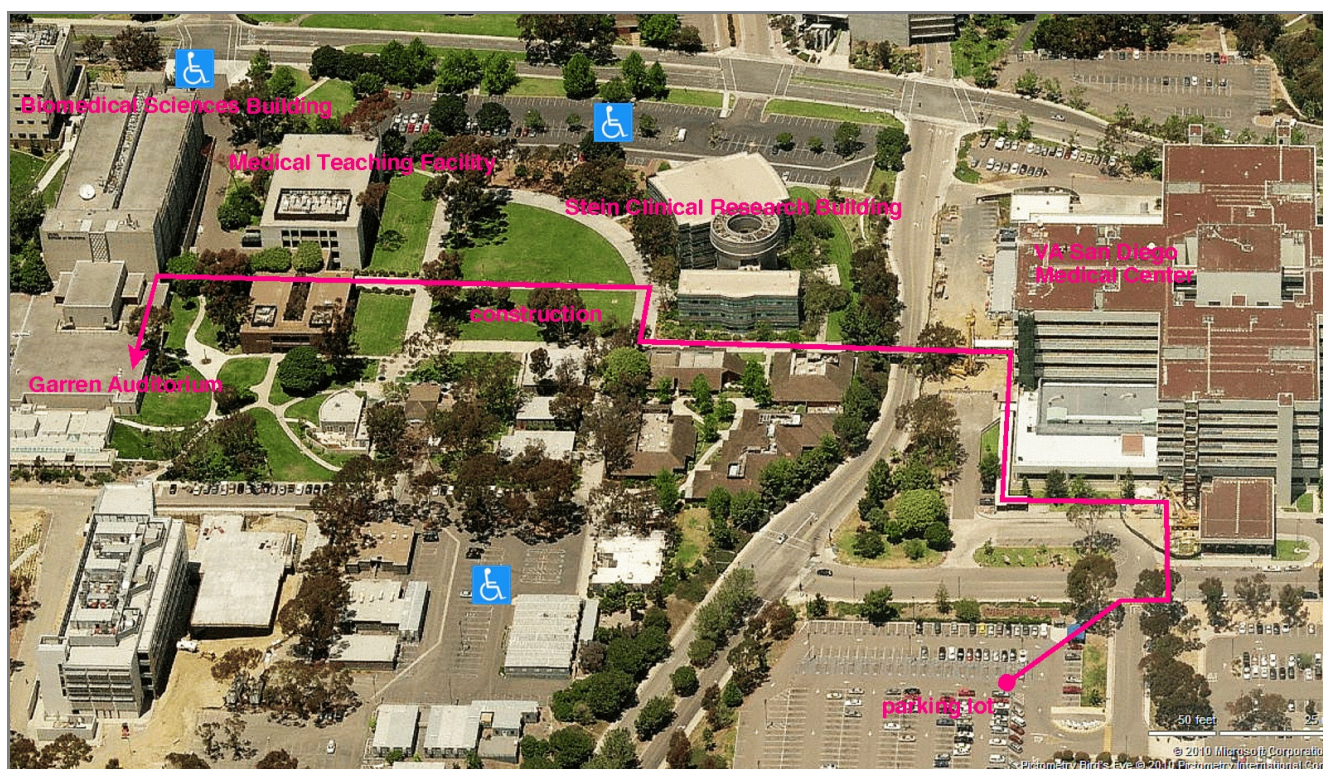
Dr. Gersten has worked with amino acid therapy since 1982, initially using this approach to accelerate healing from depression, anxiety, and insomnia. Over the years he has worked with a wide variety of chronic illnesses including CFS/ME, fibromyalgia, irritable bowel syndrome, and much more.

**when Monday, 07 November 2011
6:00pm – 8:00pm**

**where Garren Auditorium, Biomedical Sciences Building
Medical School Campus
University of California, San Diego
La Jolla, California**

Dr. Gersten is nationally recognized for his work in integrative and alternative medicine, his expertise in amino acid therapy, psychospiritual counseling, and guided imagery. His Web site <http://www.aminoacidpower.com/> is one of the largest amino acid sites on the Internet. Author of *Are You Getting Enlightened Or Losing Your Mind?*, *The LITTLE BOOK: Strategies for Healing Alcoholism*, and *The POW Survival Guide* (dedicated to the Allied Troops of Operation Desert Storm). The *Guide* was part of Navy and Army SERE training. Dr. Gersten writes a monthly column on Alternative Medicine for *The Life Connection*, and has done so for 13 years. He has consulted to the White House on alternative medicine, utilized mental imagery to train LPGA golfers and other peak performers, and consulted to Rodale Press/*Prevention* magazine on 18 books as their mental imagery expert.

There is *free parking* in the VA San Diego Medical Center parking lot. Garren Auditorium is a short walk over the footbridge. Follow the signs for about one block. *See the map on the reverse side for detailed directions.* For information on parking with "Disabled Person" placards or license plates, visit the UCSD page <http://blink.ucsd.edu/facilities/transportation/permits/disabled.html> or see the map overleaf.



Walking Directions to Garren Auditorium

Follow the **DBSA San Diego** signs with the **blue** arrows along the way.

1. Start in the parking lot and walk to the bus stop in front of the VA San Diego Medical Center (usually called the VA Hospital in La Jolla).
2. Walk **west** to the covered outdoor corridor, turn **right** and walk down that corridor (along the western edge of the hospital) until you turn **left** when you get to the footbridge crossing Villa La Jolla Drive. Walk over that footbridge.
3. Continue walking past the Stein Clinical Research Building (on your **right**).
4. To avoid the construction area, follow the sidewalk **right** and then **left** where the fence ends, continuing toward the Medical Teaching Facility building.
5. Walk under the overhead walkway connecting the two parts of Medical Teaching Facility.
6. Continue walking until you reach the Biomedical Sciences Building.
7. Enter the large glass sliding doors and turn immediately **left** down a corridor, where there is a sign saying Garren Auditorium is in Room 1105.
8. Walk down the corridor, turning **right**, then **left**.
9. Garren Auditorium is down the first hallway to your **left**, Room 1105. You can enter at the bottom, where the lecturer is, or continue until you see a staircase going up on your **right**. This will take you to the top (back) of the auditorium.

Please note: The sliding glass doors to the Biomedical Sciences Building lock from the outside at 7:00pm, so please be sure to arrive before then.