

About the Gerson Therapy

Gerson Therapy is a whole-body, natural treatment designed to heal the body against cancer, heart disease, allergies, and other illnesses. It was established more than seventy-five years ago by **Dr. Max Gerson**, and described in detail in his book *A Cancer Therapy: Results of Fifty Cases and the Cure of Advanced Cancer*.

Gerson Therapy requires that fresh, organic juices be consumed on a daily basis. The goal is to provide the body with ultra-heavy doses of enzymes, minerals, and other nutrients. This gives the body the ability to break down and eradicate diseased body tissues.

A typical daily treatment includes thirteen glasses of fresh, raw fruit and vegetable juice, three vegetarian meals, and ample amounts of fresh fruit for dessert and snacks.

Medications are included as part of the therapy, all of which are considered organic, biological materials (e.g., Vitamin B12, potassium compound, and pancreatic enzymes, just to name a few). Finally, the therapy includes an important detoxification protocol.

The diet also includes potassium/iodine supplements. Dr. Gerson stressed the importance of a high potassium content that is more in the skins or outer part of root vegetables than in the centers. Sodium, on the other hand, was to be severely restricted – the diet was completely without added salt but with added potassium salts instead. Dr. Gerson believed an imbalance between sodium and potassium in each cell also contributed to the development of cancer. Therefore, his therapeutic diet excludes sodium and provides abundant potassium.

Other forbidden foods include salt, oil, berries, nuts, and all bottled, canned, refined, preserved, and processed foods. No aluminum utensils are used, and juices must be pressed.

In addition, Gerson prescribed hydrochloric acid with pepsin, pancreatin, high doses of Lugol's solution (an iodine supplement) together with freeze-dried thyroid, niacin, royal jelly, and injections of vitamin B12 with crude liver.

In addition, raw liver juice was used for its high content of enzymes. Later, with increasing chemicalization of agriculture, the liver juice was omitted while linseed/flax oil was belatedly added to the list of supplements.

Liver detoxification with frequent coffee enemas is a cornerstone of the Gerson Therapy; otherwise, patients with advanced cancer might die despite reduction in the size of tumors. Some patients are also given castor-oil enemas and oral and/or rectal hydrogen peroxide and rectal ozone treatment. Dr. Gerson pioneered the use of coffee enemas, which are now widely used in other alternative cancer treatment protocols. Until the 1970s, coffee enemas were listed in the Merck Manual as an accepted mainstream medical treatment. The treatment was apparently removed because the editors lost interest in it, not because it was found to be unsafe or ineffective.

Dr. Gerson stated:

“Cancer is not a single cellular problem; it is an accumulation of numerous damaging factors combined in deteriorating the whole metabolism, after the liver has been progressively impaired in its functions. This slow poisoning of the entire organism, a lowering of the electrical activity in vital organs, and the weakening of the liver, the prime organ of detoxification, creates a cancerous body that is anergic.”

Gerson Therapy is based on the view that malignant growths result from metabolic dysfunction within cells. This was to be countered by diet and detoxification. Gerson felt that, in order to be healed, the body needed to be detoxified with agents that rendered it hypersensitive to abnormal substances (including bacilli and cancer cells), which the body will then eliminate. The more malignant the cells, the more effective the therapy. The Gerson Institute, still open under the direction of Max Gerson's daughter Charlotte, claims to "cure half of the patients who have a month to live, and 90% of patients with any early cancer."

The Cancer Guide Website Third Opinion refers to Gerson Therapy in the following way: "Especially excellent results are observed in advanced cancers of all types, including: inoperable lymphoma; spreading melanoma; metastasis to the liver; aggressive ovarian cancer; and pancreatic cancer."

Advocates of this therapy state it brings no damaging side effects and has been successfully used for over 60 years.

Max Gerson was a medical doctor from Germany who befriended Nobel Prize winner Albert Schweitzer after curing Schweitzer's wife of lung tuberculosis when all other treatments had failed. Gerson published many papers on his theories, treatments, and results treating cancer patients naturally. He remains greatly respected in the history of medicine.

Dr. Gerson died in 1959. The Gerson Institute was established as a non-profit organization in 1978; the Gerson Therapy hospital in Tijuana has been open since 1977. More than 8,000 patients have been treated. Although most arrive in terminal condition, yet many have recovered. Dr. Gerson's daughter continues her father's work by consulting at the Gerson Institute. **SOURCE: Alternative Cancer Research Institute**

Further Reading & References

- A Cancer Therapy: Results of Fifty Cases and the Cure of Advanced Cancer by Dr. Max Gerson
- The Gerson Therapy: The Proven Nutritional Program for Cancer and Other Illnesses by Charlotte Gerson, et al.
- Dr. Max Gerson – Healing the Hopeless by Howard Straus
- Healing Cancer and Other Degenerative Diseases With the Gerson Therapy : The Complete Guide to Home Use by Charlotte Gerson
- Gerson Diet Therapy for Women's Cancers: Breast Cancer, Ovarian Cancer, Cervical Cancer by Charlotte Gerson
- Gerson Institute/Cancer Curing Society: <http://www.gerson.org/>
- CHIPSA: The 'Official' Gerson Hospital: <http://chipsa.com/gerson.html>
- Cassileth BR. Alternative medicine handbook: the complete reference guide to alternative and complementary therapies. New York: W. W. Norton & Co., 1998:186-188.
- Diamond WJ, et al. An Alternative Medicine Definitive Guide to Cancer. Tiburon, California: Future Medicine Publishing, Inc., 1997:772.
- Weitzman S. Alternative nutritional cancer therapies. Int J Cancer 1998;11(Suppl):69-72.

- Third Opinion: An International Resource Guide to Alternative Therapy Centers for Treating and Preventing Cancer, Arthritis, Diabetes, HIV/AIDS, MS, CFS, and Other Diseases by John M. Fink,
http://www.thirdopinion.net/support_services.html