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## About the Authors

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**C**harlotte Gerson, the youngest daughter of Max Gerson, M.D., whom he lovingly addressed as “Lotte,” was an assistant for her father in his work on an almost continuous basis. In the first edition of his book *A Cancer Therapy: Results of Fifty Cases*, Dr. Gerson thanked her for giving help “wherever she could with great interest and understanding encouragement.”

Charlotte Gerson was born in Germany and underwent her early schooling there. When her family fled from Germany to Austria as a means of escaping what became the holocaust, Lotte attended school in a suburb of Vienna. Later, upon her father’s moving the Gerson family to France, which he considered safer, she studied French and continued high school under the French educational system. Dr. Gerson practiced medicine in France for only a short period under the licensure of another physician.

Next, the Gersons emigrated to England to escape domination by the French Vichy government. Lotte continued school for a short time in London, where she started to learn English. She received her high school diploma in New York City, where the Gerson family finally felt safe and could settle down. Eventually Dr. Gerson established his medical practice on Park Avenue in Manhattan and at a clinic in Nanuet, a small town located between Suffern and Nyack in upstate New York.

The young woman attended Smith College. She is literate in Spanish, which stands her in good stead since the Gerson Therapy was for close to twenty-five years primarily administered in Tijuana, Mexico, just across the border from San Diego, California.

Charlotte Gerson visits patients who are currently receiving medically supervised Gerson Therapy at the Gerson Therapy Hospital. She consults with these patients' doctors, studies their progress toward health, answers many questions from the patients and their companions, lectures on the intricacies of the Gerson Therapy, and offers everyone encouragement.

This charitable and humanitarian effort is natural for Charlotte Gerson, for she was always interested in her father's work. Even as a young woman her greatest joy involved reading medical literature. She spent much of her free time assisting Dr. Gerson by translating and writing his papers. She listened to and critiqued his lectures to health professionals and medical consumers. Often Charlotte made hospital rounds with her father and acted as one of the medical assistants at his Oakland Manor Cancer Clinic in Nanuet, New York.

In fact, to become a more valuable aide, Charlotte enrolled in and completed a formal course for medical assistants, which qualified her to help in patient nursing work at the Gerson clinic. When Dr. Gerson was absent lecturing, consulting, or on vacation, she carried out his telephoned instructions regarding the clinic's patients.

After the young woman married and became Charlotte Gerson Straus, she spent a number of years in her husband's import/export enterprise, which caused her to become familiar with many business techniques. However, the marriage eventually ended in divorce.

When Dr. Gerson died in 1959, Charlotte carried on by publicizing his last, classic book, *A Cancer Therapy: Results of Fifty Cases*. From public demand and the need to dispose of three thousand copies, she proceeded to lecture on the Gerson Therapy. Such lecturing, locally at first and later nationally, was what gained initial broad distribution for the Gerson title and its healing program.

As a result, Charlotte Gerson has been invited to speak on the Gerson Therapy at several hundred organizations involved with aspects of health. A few of them include:

- The Cancer Control Society—every year for twenty-five years—in two California locations, Pasadena and Los Angeles
- The National Health Federation—eighteen locations around the United States.
- The Alternative and Complementary Therapies Convention in Arlington, Virginia, put on by the clinical journal publishing house Mary Ann Liebert, Inc., of Larchmont, New York
- International Association of Cancer Victors and Friends—ten cities

- Consumer Health Organization of Canada—Toronto, Ontario, Canada
- Australian Health Groups—Sydney, Melbourne, Brisbane, and the Gold Coast
- “Fit fueres Leben” (Fit for Life)—Waldthausen Verlag, Munich and Bonn
- The Municipal Hospital—Graz, Austria
- The Gerson Support Group—London, England
- Wirral Health Clinic—Manchester, England
- Gerson Practitioners Training groups—San Diego, California, and Sedona, Arizona

Moreover, Charlotte Gerson gives numerous seminars at conventions organized by the Gerson Institute that are held periodically in many of the important cities around the United States and Canada, including Honolulu, Hawaii; and Montreal, Toronto, Ottawa, Calgary, Edmonton, Victoria, and Vancouver, Canada.

The Gerson Therapy message has been carried to people on numerous television shows, including twice on Oprah Winfrey’s programs in Baltimore and Chicago, before Oprah joined her national TV network. Charlotte Gerson has appeared on Christian Broadcasting, Trinity Broadcasting, PBS, cable stations, and national radio. For example, she is interviewed frequently by Gary Null, on WBAI, by the syndicated radio columnist Dr. James Winer, and for magazine articles.

With an associate in 1977, she supervised the establishment of the first Gerson Therapy hospital in Tijuana, Mexico. Her specific goal then, as it is now, was applying and teaching the Gerson Therapy to everyone interested in surviving life-threatening diseases.

To accomplish her task, she helps to train physicians, nurses, kitchen staff, and patients, and others so that they learn the elements of nutritional treatment. Some one hundred holistic physicians in the United States and many more located around the world have been trained by Charlotte Gerson and the Gerson Institute to practice the Gerson Therapy as the health professionals’ medical tool to reverse degenerative diseases.

This woman, who seems to have no shortage of energy, teaches, coaches, and trains the Mexican hospital nursing staff, the kitchen staff, the receptionists who respond to potential patients’ questions, and even the hospital’s passenger van drivers. For the past five years she has written most of the news articles for the bimonthly *Gerson Healing News-*

*letter*, and she has created many articles for publication in health magazines.

Her stamina and capacity to perform are not Charlotte Gerson's only amazing characteristics. At age seventy-nine, she looks like a much younger woman. By faithfully following the Gerson Therapy program for prevention, Charlotte never needed to wear eyeglasses or contact lenses, has all of her own teeth, exhibits absolutely no liver spots (age spots), suffers from no arthritis or osteoporosis, and shows a smooth, unblemished complexion. Because she refuses to use hair dye or any other kind of cosmetic, the hair on her head is white, her skin appears fair and alabaster, her body remains strong and well proportioned, and her mind stays acutely sharp. Charlotte Gerson gracefully grows older, but she is a true reflection of her father's medical philosophy.

**Morton Walker, D.P.M.**, a former practicing doctor of podiatric medicine for seventeen years, has for the last thirty years worked full-time as a professional freelance medical journalist. He has had seventy-three books issued by major trade publishers, including Bantam Books, Simon & Schuster, Prentice Hall, Kensington Books, Avery, G. P. Putnam's Sons, E. P. Dutton, Macmillan, M. Evans, Keats, Arco, Devin-Adair, Hampton Roads, and more. Twelve of his book titles have become 150,000- to 2,000,000-copy best-sellers.

Dr. Walker has produced 2,250 clinical journal or magazine articles for about fifty periodicals, including monthly columns for *Health Products Business*, *Townsend Letter for Doctors & Patients*, *Healthy & Natural*, *Nutrition Science News*, *Explore Professional Journal*, a British magazine, and two Australian magazines. His works have been reprinted in eleven languages in thirty-nine countries, and the numbers continue to grow.

The result is that twenty-three medical journalism awards and medals have come his way. Dr. Walker was recognized with the 1992 Humanitarian Award from the American Cancer Control Society, which named him "the world's leading medical journalist specializing in holistic medicine."

He received the 1981 Orthomolecular Award from the American Institute of Preventive Medicine for his "outstanding achievement in orthomolecular education."

Dr. Walker was presented with the 1979 Humanitarian Award from the 1,250 physician members of the American College for Advancement in

Medicine “for informing the American public on alternative methods of healing.”

And he has received two prestigious Jesse H. Neal Editorial Achievement Awards from the American Business Press, Inc., for creating the best series of magazine articles published in any audited United States magazine in both 1975 and 1976.

As a medical journalist who researches and writes exclusively in the areas of holistic medicine and alternative healing methods, Dr. Morton Walker has been highlighted by, or appeared as a guest with, Oprah Winfrey, Jay Leno, Sally Jessy Raphael, Merv Griffin, Mike Douglas, and Regis Philbin and Kathie Lee Gifford, plus several dozen other television talk show hosts—a minimum of two thousand media appearances. For example, discussing his book *The Power of Color* (Avery Publishing Group), he recently was featured on the early morning NBC’s *Today* show. Avery Publishing has given him his own imprint (subdivision) with the title “A Dr. Morton Walker Health Book,” and this publisher has issued twelve of his books under that imprint.





# Preface

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Dr. Max Gerson dedicated his life to the mastery of this scourge of cancer and all should honor his great work.

—The Honorable United States Senator  
Claude Pepper (D-Florida)

**T**his book offers readers a documented means for reversing the pathology of nearly any illness, whether acute or chronic, when its occurrence is related to malfunctioning of the immune system or essential organs. Our reader must be warned, however, that the Gerson program is stringent and difficult to follow. Assuredly it can save the life of a terminal patient. However, the menu plan is quite work-intensive and not easily acceptable to friends and acquaintances who aren't oriented to holistic health and alternative methods of healing.

The Gerson Therapy is a natural contemporary, biological treatment, either self-administered at home or under physician supervision, which uses the body's own healing mechanisms for the elimination of debilitating ailments. It was introduced to Western industrialized nations more than sixty years ago by Max Gerson, M.D. (1881–1959). This revolutionary dietary program was so far advanced at the time of its development that no scientific rationale was available to explain why it produced reversal of chronic and infectious diseases. But because it actually cured patients with advanced tuberculosis, diabetes, migraines, heart disease, cancer, arthritis, skin disorders, and numerous other life-threatening conditions, the Gerson Therapy has long since established itself as a major contributor to the medical armamentarium.

Dr. Max Gerson treated many hundreds of patients and continued to refine his therapy until he died in 1959, at the age of seventy-eight. His most famous patient was medical missionary and philosopher Albert Schweitzer, M.D., whom he cured of adult-onset diabetes when Dr.

Schweitzer was seventy-five years old. Completely well after only six weeks of Dr. Gerson's therapy, the patient returned to Lambaréné in Gabon, French Equatorial Africa. Dr. Schweitzer ministered to many thousands of African patients, won the 1952 Nobel Peace Prize, and worked past age ninety. With diabetes eliminated from his life, Albert Schweitzer lived to be ninety-three years old.

Incidentally, Dr. Gerson successfully cured lung tuberculosis for Dr. Schweitzer's dying wife, Helene. She went on to live another twenty-eight years. And he healed a serious skin disease for Dr. Schweitzer's nineteen-year-old daughter, Rhena. Lotte Gerson and Rhena Schweitzer were friends during their teen years.

As the eulogy for his close personal friend, Dr. Albert Schweitzer wrote in sadness: "I see in Dr. Max Gerson one of the most eminent geniuses in the history of medicine. Many of his basic ideas have been adopted without having his name connected with them. He has achieved more than seemed possible under adverse conditions. He leaves a legacy which commands attention and which will assure him his due place. Those whom he cured will now attest to the truth of his ideas."

The most complete presentation of the Gerson Therapy program is currently found in Dr. Gerson's book *A Cancer Therapy: Results of Fifty Cases*, originally published by him in 1958, the year before his death. It has since been reprinted thirty-eight times with over 250,000 copies in English. These were distributed by Dr. Gerson's daughter, Charlotte (Lotte) Gerson, as well as by the Gerson Institute. Some 88,000 additional copies were printed in four other languages and dispersed around the world.

Represented by the Gerson Institute, Charlotte has carried on her father's educational work and promoted his treatment protocol for eliminating chronic diseases of all types, in particular against malignancies.<sup>1</sup> The book you are reading now expands upon that prior book written by Max Gerson, M.D.

## MAX GERSON TESTIFIES BEFORE SENATE

During a three-day period, July 1 to 3, 1946, the United States Senate took testimony from nationally known cancer researchers relating to U.S. Senate Bill 1875, also referred to as the *Pepper-Neely anticancer proposal*. In this bill, Senators Pepper and Neely recommended the appropriation of \$100 million from the U.S. government's budget for cancer researchers to find a cure for cancer once and for all.

After his two Washington, D.C.–based investigators, a physician and an attorney, reported back to Senator Claude Pepper (D-Florida) that Dr. Max Gerson did, indeed, have a successful treatment for cancer for the first time in history, the United States Senate invited a medical doctor to demonstrate his specific therapeutic approach for curing cancer. Accordingly, Dr. Gerson brought five of his cured cancer patients and the records of five more for presentation before the Pepper-Neely anticancer subcommittee of the Senate Committee on Foreign Relations of the Seventy-ninth Congress.

The impressive testimony of this anticancer specialist and his patients caused Senator Pepper to call a press conference for bringing information about the Gerson Therapy before the media. However, massive numbers of lobbyists for the immensely wealthy Pharmaceutical Manufacturers' Association (PMA), the American Medical Association (AMA), and the American Cancer Society (ACS) prevailed on reporters to ignore the Gerson press conference and attend a cocktail party instead where free food would be served and libations would be flowing. The only reporter who preferred to hear the Gerson presentation was American Broadcasting Corporation newscaster Raymond Gram Swing. During World War II, Mr. Swing had been a famous war correspondent on a par with Edward R. Murrow. He attended and took copious notes at the Senate press conference for use in his East Coast 6:00 P.M. ABC network broadcast of Wednesday, July 3, 1946. Here is what Raymond Gram Swing broadcast then throughout the United States:

I hope I have my values right if, instead of talking tonight about the agreement reached on Trieste by the Foreign Minister in Paris, or the continuing crisis of the OPA in Washington, or President Truman's signing of the Hobbs antiracketeering bill, I talk about a remarkable hearing before a Senate Subcommittee in Washington yesterday on cancer and the need for cancer research in new fields.

. . . A bill is before Congress, the Pepper-Neely bill, to appropriate a hundred million dollars for cancer research with something like the zeal and bigness with which it went for the release of atomic energy, turning the job over to the scientists with resources generous enough to solve the problem.

This alone would make a good theme for a broadcast, just an example of the use a great democracy can make of its intelligence and wealth. But the subject has been made peculiarly gripping by unprecedented happenings yesterday before the subcommittee which is holding hearings on this bill, and of which Senator Pepper is chairman.

He invited a witness, a refugee scientist, now a resident of New York, Dr. Max Gerson, and Dr. Gerson placed on the stand, in quick succession, five patients. They were chosen to represent the principal prevailing types of cancer, and in each instance they showed that the Gerson treatment had had what is conservatively called "favorable effect on the course of the disease." That in itself is remarkable, but it is the more so because Dr. Gerson's treatment consists mainly of a diet which he has evolved after a lifetime of research and experimentation. To say that Dr. Gerson has been curing cancer by a dietary treatment is medically impermissible, for the reason that there must be five years without recurrence before such a statement is allowed. Dr. Gerson has cured tuberculosis and other illnesses with his diet, but in the U.S.A. he has only been working on cancer for four and a half years. . . .

Yet anything that offers even a possibility of treating successfully at least some of the four hundred thousand existing cancer cases in this country is stirring news, no matter how conservatively it is formulated. There would be no Pepper-Neely bill to appropriate a hundred million dollars for cancer research if the existing research were coping with the need.

. . . I have spoken about this carefully and abstractly, which underplays some of the shock and delight of the experience yesterday at the hearing of the Pepper Committee. It is one thing to talk about chemistry and diet and vitamins and other factors in medical science. It is another to see, as the Committee yesterday saw, a seventeen-year-old girl, who had a tumor at the base of the brain, which was inoperable, and which had paralyzed her. Yesterday, she walked without assistance to the witness chair, and told clearly about her case and her treatment.

There was a sturdy man, who had been a sergeant in the army. He had had a malignant tumor, also at the base of the brain, which had been operated on but needed deep X-ray treatment, and this he could not receive because of the danger to the brain. Yesterday he was the picture of health as he testified, and quite naturally he was proud of his remarkable recovery.

There was a woman who had had cancer of the breast which spread. Yesterday she was well, and testified with poise and confidence.

A few cases showing such improvement cannot, of themselves, affect the outlook of the medical profession. But they are attested facts and not flukes, and as such they have to be accounted for. And there are many, many more cases which could have been cited.

It would seem to be the business of medical research to leap on such facts and carry every hopeful indication to a final conclusion. . . .

So the advocates for the Pepper-Neely bill can argue that, unless we

learn now how to deal successfully with cancer, many millions of persons now living in this country are condemned to die from cancer. A hundred million dollars is little more than a token payment for America to make, in order to avert such a sweep of death, and they can then point to the Gerson dietary approach as a most promising field of research. . . .

Dr. Gerson was an eminent if controversial figure in pre-Hitler Germany. He was bound to be controversial because he was challenging established practice in treating tuberculosis by diet. He has been assistant to Foerster, the great neurologist of Breslau, and for years assistant to Sauerbruch, one of the great physicians on the Continent. The Sauerbruch-Gerson diet for skin tuberculosis is well-known to European medicine, and the account of it is part of accepted medical literature. Dr. Gerson told the Pepper Committee that he had first come upon his dietary theory in trying to cure himself of migraine headaches. Later he treated others, among them a man with skin tuberculosis as well. Dr. Gerson was an acknowledged dietary authority in Weimar, Germany, and was responsible for the German army of his time being placed on dehydrated, rather than canned food.<sup>2</sup>

## PUBLIC RESPONSE TO THE BROADCAST

Raymond Gram Swing continued with his network radio broadcast and brought in some additional news too. After he ended, the telephone switchboard lit up at the American Broadcasting Corporation in New York City. People called in from all over the nation to learn about the Gerson Therapy. But other, darker, more powerful commercial and political forces had been listening as well.

The executive directors of pharmaceutical companies producing cytotoxic agents for cancer treatment—members of the PMA—threatened to cancel all radio advertising contracts for their drugs sold over the counter, an annual loss in revenue for ABC amounting to tens of millions of dollars. Within two weeks of that fateful radio broadcast which apprised people of a potential cure for cancer, after thirty years at the same job Raymond Gram Swing was fired from his position as a newscaster for the ABC network.

You might also wish to know what happened to the Senate's 227-page Pepper-Neely anticancer bill of 1946—Document No. 89471. By efforts of the lobbyists working with four senators who were also medical doctors, the bill was defeated. Today, Document No. 89471 is stored in boxes and gathers dust in the archives of the U.S. Government Printing Office.

Meanwhile, since the Pepper-Neely bill was buried, the number of people getting cancer each year has worsened beyond what anyone could have predicted. According to Reno, Nevada, oncologist, homeopath, and internal medicine specialist W. Douglas Brodie, M.D., H.M.D., in his book *Cancer and Common Sense*, the annual incidence of cancer has increased from 402,000 in 1946 to 1.9 million in 1996.<sup>3</sup> Thus, during a half century since the defeat of Senator Pepper's proposed anticancer legislation, the yearly occurrence of cancer among the American populace has more than quadrupled.<sup>4</sup> Worse still, medical journalist and author Michael Culbert points out even more graphically that at the stroke of midnight, upon our ringing in the twenty-first century, every forty-five seconds thereafter a U.S. citizen is destined to die from cancer. That number adds up to about 1,900 Americans per day.<sup>5</sup>

Oncologists informed about nutrition estimate that diets filled with fruits and vegetables instead of fats and animal proteins—along with taking greater amounts of exercise, more stringent weight control, and avoidance of cigarette smoke—could reduce cancer incidence by up to 40 percent. This program would amount to nearly 4 million fewer worldwide cases of malignancies per year.

Thus, dietary and lifestyle improvements among Americans as advocated by Dr. Max Gerson more than fifty years ago would be particularly effective as the means to prevent occurrence of the four most frequently occurring life-threatening malignancies in the United States. According to the November 30, 1998, issue of *Newsweek* magazine:<sup>6</sup>

1. *Prostate cancer* strikes with a minimum of 184,500 cases predicted in 1999. Among American men today, 17 percent will be diagnosed with prostate cancer during their lifetimes. But improved diet, nutrition, and general lifestyle would reduce that proportion to 13.6 percent.
2. *Breast cancer* hits with a minimum of 180,300 cases estimated for 1999. Among American women today, 14 percent will be diagnosed with breast cancer during their lifetimes. But improved diet, nutrition, and general lifestyle would reduce that proportion to 7 percent.
3. *Lung cancer* happens with a minimum of 171,500 cases anticipated for 1999. Among everyone in this country today, slightly more than 7 percent will be diagnosed with lung cancer during their lifetimes. Still, improved diet, nutrition, and general lifestyle (especially eliminating exposure to tobacco smoke) would lower that proportion to just 0.35 percent.

4. *Colon/rectal cancer* shows up with a minimum of 95,600 cases expected in 1999. Among the populace of the United States, 6 percent will be diagnosed with colon and/or rectal cancers during their lifetimes. But improved diet, nutrition, and general lifestyle could reduce that proportion to 1.5 percent.

“In spite of all the advances in chemotherapy and surgery,” report officials of First Circle Medical, Inc., of Minneapolis, Minnesota, a main manufacturer of antimalignancy hyperthermia equipment, “over 1,800,000 patients in North America, Europe and Japan with disseminated lung, prostate, breast [cancer] and melanoma die each year.”

As you read our book, three questions you may understandably raise are:

- Why didn’t the U.S. Senate over half a century ago adopt the anti-cancer budgetary measure that came before it?
- Wasn’t the prevention of or treatment for Americans coming down with cancer vital enough?
- Why weren’t anticancer experts requested to at least test the Gerson Therapy back then when senators were presented with the opportunity?

Finally, are you aware of the following additional, significant, estimated statistic? Averaging between the numbers of United States residents getting cancer in 1946 and those so victimized this year, it’s likely that 39,697,000 Americans could have been prevented from contracting the scourge or saved from cancerous deaths. Application of the Gerson Therapy may have accomplished that particular worthy undertaking. It can do it even now.

CHARLOTTE GERSON  
Bonita, California  
MORTON WALKER, D.P.M.  
Stamford, Connecticut

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# INTRODUCTION

**T**he chief of medical oncology at the Strang Cancer Prevention Center in New York City, Mitchell Gaynor, M.D., understood a lot about cancer when he finished his cancer specialty training at Cornell Medical Center, but he admits to knowing little about diet, nutrition, and their significance for preventing and treating degenerative diseases. Cancer, a specific cluster of body cells undergoing uncontrolled cell division and multiplication, is the ultimate example of a degenerative disease in progress.

Dr. Gaynor was flabbergasted when he showed up at the prestigious Rockefeller University in 1986, for a postdoctoral fellowship in molecular biology, and found his more enlightened oncology colleagues buzzing about the cancer-inhibiting qualities of brussels sprouts, cauliflower, cabbage, and certain other cruciferous vegetables rich in the chemical called sulforaphane. Sulforaphane boosts production of the body's phase II enzymes that cart off dangerous residues of procarcinogens, those cancer-causing precursors capable of damaging cellular DNA (see chapter 3 for details).

During that 1986 period, laboratory researchers had started discovering dozens of new chemicals in common fruits and vegetables. In test tube and animal studies, these obscure compounds were exhibiting a remarkable ability to disrupt the formation of malignant and benign tumors. Today our knowledge of such phytochemicals (compounds of plant origin) is exploding. And as scientists learn more about the chemistry of plants and other edibles, they are growing increasingly hopeful about

sparing people from being struck by malignancies. “We’ve seen the future,” says Dr. Gaynor, “and the future is food.”<sup>1</sup>

Although the significance of consuming nutritious, whole, and natural foods for health and healing was originally developed and taught by Dr. Max Gerson about sixty years ago, we have finally awakened to the truth of his teachings. It is a reality that improvements in diet, nutrition, and general lifestyle are the wave of the future for beating degenerative diseases of all types.

## THE UNDERLYING NUTRITIONAL CONCEPT OF DR. MAX GERSON

Dr. Gerson’s therapeutic program seeks to regenerate an ailing body and bring it back to health by flooding the sick patient with nutrients and adopting other modalities. The nutrients come from raw juices plus raw and cooked solid organic vegetarian foods generously consumed. Inasmuch as the underlying nutritional concept of Dr. Max Gerson—proven by clinical studies cited in our text—is that an oxygen deficiency in the blood contributes to degenerative diseases, his treatment invariably brings about a doubling of circulatory oxygenation.

The Gerson Therapy also stimulates metabolism, eliminates toxins, and restores sluggish waste-removal functions of a patient’s liver and kidneys. Thus, by using liberal amounts of high-quality nutrition, increasing the patient’s oxygen availability, reinvigorating the entire organism with a well-functioning metabolism, and improving cellular detoxification, one’s suppressed immune system, imperfect physiology, muddled mind, and dysfunctional brain and other essential organs are encouraged to regenerate toward homeostasis once again.

Dr. Gerson’s healing program is advantageous for overcoming nearly every pathology and far superior to cancer chemotherapy. Statistically, for instance, chemotherapy boasts an overall remission rate on average of 12 percent (7 percent for colon cancer and 1 percent for pancreatic cancer) for patients first seen at early and intermediate stages of their illnesses, but the Gerson Therapy offers remission success on average for up to 42 percent of its participating, largely terminal cancer patients.

What’s more, the Gerson Therapy nutrition program works permanently, in a surer manner than all other known therapies, including cytotoxicology (chemotherapy), immunology, pharmacology, roentgenology (radiation therapy), and other usual procedures provided by convention-

ally practiced allopathic medicine, since the goal of the Gerson Therapy is to restore all essential organs.

## SYNOPSIS OF THE GERSON THERAPY NUTRITION PROGRAM

Best represented by its dietary component, the Gerson Therapy recommends a low-fat, salt-free program of food consumption to supply the body's cells with easily assimilated nutrients for strengthening one's natural immune defenses. To prevent or correct most of the fifteen hundred known degenerative diseases, the Gerson Therapy offers an ideal way to eat. In our modern society of processed packaged foods frequently containing preservatives, additives, dyes, and sometimes outright carcinogens, all forced upon us by accompanying massive amounts of media propaganda and advertising, the Gerson Therapy admittedly presents a difficult dining program to follow. Yet if a sick person is serious about recovery, then adopting the Gerson therapeutic technique does assure the restoration of wellness.

At the core of the Gerson Therapy is its diet, which includes organically grown fresh fruits and vegetables and thirteen glasses of freshly squeezed juices daily, taken at hourly intervals. The organic fresh fruits and vegetables provide the patient with elevated levels of minerals, enzymes, beta carotene, vitamins A and C, and other antioxidants that scavenge free radicals, as well as naturally occurring phytochemicals that scientists have discovered are true preventers of chronic degenerative diseases. These foods are recommended to contain no residual pesticides and fungicides.

No meat is allowed. On the Gerson therapeutic program, all animal protein is omitted for the person who is ill during the first six to twelve weeks of treatment, and it's kept to a minimum thereafter.<sup>2</sup>

The diet is largely fat-free but includes some nonfat and unflavored yogurt, nonfat and unsalted pot cheese, cottage cheese, and churned buttermilk when available (otherwise use nonfat yogurt), as well as flaxseed oil. Research put forth by the seven-time Nobel prize candidate Johanna Budwig, Ph.D., of Freudenstadt-Dietersweiler, Germany, shows that the omega-3 fatty acids in flax kill human cancer cells in tissue cultures without destroying normal cells in the same culture.<sup>3</sup>

Before Dr. Budwig published her groundbreaking works, Dr. Gerson, first in Germany, then in Austria, and finally in the United States, was

applying nutritional knowledge he had gleaned about fats and oils for his patients' illnesses. Today, the Gerson Therapy menu plan is being used by the American Cancer Society (ACS). Yes, the very same ACS which once had condemned Dr. Gerson and blacklisted his therapeutic diet. Moreover, the National Cancer Institute (NCI) and the American Heart Association (AHA) both encourage the use of a modified version of the Gerson eating program.

Believing cancer to be a systemic rather than a localized disease, as was an erroneous but popular notion among health care professionals in the 1930s and 1940s, Dr. Gerson emphasized the rebalancing of a patient's entire physiology. His writings indicate he intended that the therapy should reverse any conditions sustaining the growth of malignant cells and restore those cells dysfunctioning from other forms of pathology.

## THE DETOXIFICATION COMPONENT

For the body detoxification component, Dr. Gerson employed coffee enemas, which patients self-administer several times daily. Discussed in more depth below (see chapters 12 and 13), the coffee enema enables cancer patients and all others suffering from the life-threatening metabolic illnesses to eliminate toxic breakdown products of rapidly dissolving tumor masses or from the healing reactions of formerly dysfunctional cells generated by the effects of the Gerson therapy. According to Dr. Gerson's observations, there is a risk, if coffee enemas are not applied in conjunction with the diet, juices and a few supplements, that patients may succumb, not the disease process itself, but rather as a result of the liver's inability to detoxify rapidly enough.

Caffeine taken rectally stimulates the liver activity, increases bile flow, and opens bile ducts so that the liver can excrete toxic waste more easily. Coffee enemas are excellent for preventive medicine as well as for treatment. They also bring about remarkable pain relief.<sup>4</sup>

As a further aid to detoxification and as part of the therapeutic component involving food supplementation, Dr. Gerson's procedures require the use of a few orally self-administered dietary supplements every day or every other day. Thyroid extract, potassium iodide, liver extract, pancreatic enzymes, and niacin (nicotonic acid or vitamin B<sub>3</sub>) are employed.

## TESTIMONY BEFORE THE UNITED STATES SENATE BY DR. MAX GERSON

In our preface, we reprinted the unmodified text broadcasted by Raymond Gram Swing in his American Broadcasting Corporation news program of Wednesday, July 3, 1946, describing the appearance earlier that same day of Max Gerson, M.D., before the Pepper-Neely subcommittee of the United States Senate's Foreign Relations Committee in Washington, D.C. Relative to this description of his dietary treatment for cancer and other degenerative illnesses, what follows are the most pertinent portions of what Dr. Gerson stated during his testimony:<sup>5</sup>

My office and residence is at 815 Park Avenue, New York City. I am a member of the AMA, Medical Society of New York State, and Medical Society of New York County.

The dietetic treatment, which has for many years been known as the "Gerson diet," was developed first to relieve my own severe migraine condition. Then it was successfully applied to patients with allergic conditions such as asthma, as well as diseases of the intestinal tract and the liver-pancreas apparatus. By chance a patient with lupus vulgaris (skin tuberculosis) was cured following the use of the diet. After this success the dietetic treatment was used in all other kinds of tuberculosis—bones, kidneys, eyes, lungs, and so forth. It, too, was highly favorable in many other chronic diseases, such as arthritis, heart disease, chronic sinusitis, chronic ulcers, including colitis, high blood pressure, psoriasis, sclerosis multiplex [multiple sclerosis], and so forth. The most striking results were seen in the restoration of various kinds of liver and gall bladder diseases which could not be influenced by other methods up to the present.

The great number of chronic diseases which responded to the dietetic treatment showed clearly that the human body lost part of its resistance and healing power, as it left the way of natural nutrition for generations.

The fundamental damage starts with the use of artificial fertilizer for vegetables and fruits as well as for fodder. Thus, the chemically transformed vegetarian and meat nourishment, increasing through generations, transforms the organs and functions of the human body in the wrong direction.

Another basic defect lies in the waste of excrements of the cities. Instead of returning the natural manure to the fruit-bearing soil, it is let into the rivers, killing underwater life. The natural cycle is interrupted and mankind has to suffer dearly for the violation. Life in forest and wilderness should teach us the lesson.

But we can regain the lost defense and healing power if we return as close as possible to the laws of nature as they are created. Highly concentrated for speedy reaction, they are laid down in the dietetic treatment.

The first cancer patient (bile ducts) was treated in 1928 with success. Seven favorable cases followed out of twelve and remain free of symptoms up to seven years.

My experience leads me to believe that the liver is the center of the restoration process in those patients who improve strikingly. If the liver is too far destroyed, then the treatment cannot be effective.

Aware of the imperfection of this as well as any other theory, I shall try, nevertheless, to explain the end results of the Gerson diet. It is condensed in three surpassing components:

1. The elimination of toxins and poisons and returning of the displaced “extracellular” Na (sodium)-group, connected with toxins, poisons, edema, destructive inflammation from the tissues, tumors, and organs where it does not belong, into the serum and tissues where it belongs—gall bladder with the bile ducts, connective tissue, thyroid, stomach mucosa, kidney medulla, tumors, and so forth.

2. Bringing back the lost intracellular K (potassium)-group combined with vitamins, enzymes, ferments, sugar, and so forth, into the tissues and organs where they belong; liver, muscles, heart, brain, kidney cortex, and so forth; on this basis, iodine, ineffective before, is made effective, continuously added in new amounts.

3. Restoring the differentiation, tonus, tension, oxidation, and so forth, by activated iodine, where there were before growing tumors and metastases with dedifferentiation, loss of tension, oxidation, loss of resistance, and healing power.

In 1991, two decades following President Richard M. Nixon’s confident December 23, 1971, declaration of another “war on cancer” and his promise of a cure by the 1976 Bicentennial, a group of sixty noted physicians and scientists declared their disgust at the failures of the medical profession in general and oncologists in particular. They called a press conference and made the following statement: “The cancer establishment confuses the public with repeated [false] claims that we are winning the war on cancer. . . . Our ability to treat and cure most cancers has not materially improved.”

Rather, the best way to correct the cancer problem is through the application of dietary improvements, nutrients, whole body detoxification, and overall nutritional therapy. Some of these aspects of degenerative disease treatment are what our next chapter introduces.

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