

# Cookware

Cookware is an important component of creating healing meals on the Gerson Therapy. Characteristics of ideal cookware include a tight-fitting lid that prevents steam from escaping, a thick base that allows for better heat distribution and being made of a non-toxic material. Dr. Gerson did not allow the use of pressure cookers, steam cookers, and cookware made of aluminum.<sup>9</sup> Use of non-stick surfaces, such as Teflon, and microwave ovens should also be avoided due to their known negative health effects. The following types of cookware are acceptable:

- **Stainless steel cookware** is non-reactive and does not impart any taste to the food. Another option is stainless steel-clad pots and pans, which contain an aluminum or copper base protected by layers of stainless steel. These pots and pans heat evenly, retain heat and are very durable.
- **Ceramic bakeware and cookware** are an option, as long as they are free of lead, cadmium, heavy toxic metals and PFOA and PTFE (chemicals used in non-stick Teflon coating). Ceramics made outside the United States may not meet U.S. regulations for lead and cadmium content. Look for a label that says “Safe for food use.”
- **Stoneware** is a great alternative to aluminum baking sheets.
- **Glass** is another option, as long as it is lead-free. If “lead-free” is not stated on the manufacturer’s website, it may contain lead. Ask the company about lead content prior to making a purchase. CorningWare is an example of a brand that makes lead-free glass cookware.
- **Enameled cast iron** is a better choice than regular cast iron because the enamel is easier to take care of while still conducting heat well and providing the long life of a heavy-duty cast iron pan. Though Dr. Gerson listed regular cast iron as an acceptable choice, we do not currently recommend using regular cast iron pans because they can release excessive amounts of iron into the food, and because cast iron pans require periodically rubbing with oil, which can then be imparted into the food (the Gerson Therapy restricts oils).
- **Enameled ceramic and enameled steel** are also good choices because the surface is non-reactive. They distribute heat evenly, can go from the stovetop to the oven, and are easy to clean. Heavy-duty carbon steel has many of the benefits of cast iron cookware but should not be used because it also requires periodic rubbing with oil.
- **Slow cookers** can also be utilized on the lowest setting. Research your particular model to find out if it contains lead and if so avoid using.

<sup>9</sup>Gerson, *A Cancer Therapy*, 189.