

Is the Gerson Therapy Right for Me?

We understand that when a person receives a serious diagnosis such as cancer, it can be very shocking and disorienting, and it isn't easy to weigh all the pros and cons of all the available treatment options. We also understand that many people do not wish to follow conventional medicine approaches and seek alternatives. One such alternative treatment is the Gerson Therapy, which has healed many hundreds of people from Dr. Gerson's time through the present. The Gerson Therapy is an all-encompassing nutritional metabolic therapy that focuses on replenishing and detoxifying the body and restoring the immune system rather than targeting a specific disease or set of symptoms; however, this is a nutritional therapy and it does take time. There are many variables and factors involved in determining whether a person has the potential to recover from chronic and serious diseases such as cancer using a nutritional, metabolic therapy. These factors can include:

- age
- family history
- occupational or environmental exposures
- previous dietary and lifestyle habits
- inherited traits or genetic weak links
- pre-existing conditions

In addition, there are also many factors that can influence a cancer prognosis such as:

- the type and stage of the cancer
- how much time has elapsed since the initial diagnosis and whether it is a recurrence
- if the patient has been treated with chemotherapy, radiation or surgery

These are all factors that will affect the prognosis. In the past 50 years, the population has been exposed to more toxins, prescription drugs and poor quality food, water and air than ever before. We now find that many people are initially diagnosed at a more advanced stage of disease. Many often have multiple additional health issues complicating their cancer diagnosis. Some cancers are now more aggressive and progress more quickly. For all these reasons, and more, determining whether or not the Gerson Therapy is the most optimal stand-alone primary treatment approach for you requires serious consideration and investigation. It is also important that anyone considering using the Gerson Therapy read the section on our web site on eligibility and contraindications to undergoing the therapy.

Another very important factor to consider is whether one is willing to comply with the rigid and strict therapy protocol. People must seriously consider whether they have the discipline and determination to fully commit to the Gerson Therapy for two plus years. This will necessitate taking time off from work in order to do the therapy properly and get enough rest.

We always recommend that you have a complete workup by your primary doctor or oncologist, including a biopsy to determine the histopathology. The biopsy will indicate the cell type and how aggressive or fast growing the tumor is. A CT scan or MRI or other imaging will determine the tumor size and location, whether the tumor is impinging on other organs or vessels or if it could cause a dangerous obstruction. It



should also be determined whether the cancer has spread or metastasized to other parts of the body. General blood work will give an idea of what is happening metabolically and whether there are other factors to consider, such as anemia, blood sugar imbalances or poor kidney, liver or cardiovascular function.

After gathering the information from a complete diagnostic work-up, your doctor (either a Gerson clinic doctor, a Gerson practitioner, or your own physician) will have the information needed to help you make a more realistic decision about whether the Gerson Therapy is the best starting point for you.

In certain cases, patients may need a surgical intervention or other conventional therapies before or after starting the Gerson Therapy.

Ultimately, it isn't possible to predict with 100% accuracy who will be able to reverse their condition using the Gerson Therapy. What the Gerson Therapy can truly offer anyone is a better quality of life, even in cases where full recovery is not possible. Successful recovery is on a case- by-case basis and it is extremely important that you work with a physician or qualified Gerson practitioner to help you monitor your progress carefully so that any adjustments or changes in treatment approach can be made in a timely manner.

The bottom line is to determine, after having evaluated all the diagnostic information, which approach will provide you with the best chance of recovery, or extend the quality and length of life.