The Gerson Therapy
Making the Right Choice for Your Treatment

When you have been diagnosed with a life-threatening ailment, choosing the best strategy can be a bewildering task. No treatment works for every person every time.

Most conventional therapies, and even many alternative therapies, treat only the individual symptoms while ignoring what is ultimately causing the disease.

The Gerson Therapy is effective with so many different ailments because it restores the body’s incredible ability to heal itself, with no damaging side effects. Rather than treating only the symptoms of a particular disease, it treats the underlying causes of the disease: toxicity and nutritional deficiency.

Healing Your Body with the Gerson Therapy

The Gerson Therapy uses a whole-body approach to healing that boosts your body’s own immune system and other defenses to heal cancer, arthritis, diabetes and autoimmune disorders, as well as many other chronic conditions.

Metabolism is stimulated through the addition of natural thyroid hormone, potassium and other supplements, and by avoiding heavy animal fats, excess protein, sodium and other toxins.

With generous, high-quality nutrients, increased oxygen availability, detoxification, and improved metabolism enable the cells, and thus the body, to regenerate, become healthy and prevent future illness.

Components of the Therapy

- Diet
- Juices
- Detoxification
- Medications & Supplements
- Rest
Juices

The Gerson Therapy regenerates the body by flooding it with nutrients from almost 20 pounds of organic fruits and vegetables daily, most of which is used to make fresh raw juice, one glass every hour, 10 to 13 times a day.

Patients suffering from degenerative diseases almost always have difficulty properly digesting and absorbing food. This digestive weakness is the same reason that many patients have difficulty digesting and absorbing vitamin and mineral supplements in pill or capsule form.

Dr. Gerson’s clinical experimentation showed that fresh juice from raw foods provided the easiest and most effective way of providing high quality nutrition and most importantly, produce the best clinical results.

Dr. Gerson’s research indicates that it is imperative for cancer patients to have a two-step juicer with a separate grinder and hydraulic press. One-step juicers generally do not produce the same quality of enzyme, mineral or micro-nutrient content.

In fact, some patients have failed to experience results simply by using the wrong juicer. We do not recommend the use of any centrifugal-type juicers for the Gerson Therapy.
Detoxification

Degenerative diseases render the body increasingly unable to excrete waste materials adequately. The Gerson Therapy uses intensive detoxification to eliminate wastes, regenerate the liver, reactivate the immune system and restore enzyme, mineral and hormone systems.

Coffee enemas help the liver to detoxify the tissues and blood. Patients report that the enemas decrease pain and hasten healing. The scientific basis for the use of coffee enemas is well documented. Enzyme systems of the gut wall and liver are stimulated, and bile flow is increased. Castor oil is used as an additional stimulant of bile flow. This enhances the body’s ability to eliminate toxic residues accumulated from the environment, chemotherapy and other sources.

Detoxification also helps to eliminate tumors and other dead tissue more rapidly after they are broken down by the body. In addition, digestive enzymes serve to enhance the absorption of nutrients and assist in the elimination of damaged tissue.

Medications and Supplements

All are made from natural derivatives

Potassium Compound
Lugol’s Solution (iodine)
Thyroid Hormone
Vitamin B12
Pancreatic Enzymes
Acidoll (digestive enzyme)
Injectable Crude Liver Extract
Niacin

CoQ10
Desiccated Liver Capsules
Organic Flax Seed Oil
Rest

Because the body is working so hard to detoxify and heal, people on the Gerson Therapy need a great deal of rest. It is especially important at this time to listen to your body. If patients overexert themselves, it can undermine the healing process. Rest, rest and more rest are essential.

Starting the Gerson Therapy at a Clinic or at Home

For best results, we encourage patients to start the Gerson Therapy at a treatment center licensed by the Gerson Institute. The Gerson Institute does not own, operate or control any treatment facility. We maintain a licensing program with clinics to ensure that patients are receiving true, 100% Gerson care. Contact the Gerson Institute for a list of licensed Gerson clinics.

If you would like to pursue the Gerson Therapy on your own, contact the Gerson Institute to obtain the Gerson Therapy Home Package.

Caution: Do not start the Gerson Therapy without guidance if any of the following conditions exist:

- Brain metastases or advanced brain cancer
- Chemotherapy (prior or current)
- Diabetes
- Pleural or pericardial effusion
- Severe heart disease
- Severe kidney disease
- Severe liver disease
- Thrombosis (blood clots)
- Foreign bodies, such as a pacemaker, breast implants, steel plates or screws

Patients must be able to eat, drink and eliminate normally.

The Gerson Therapy should not be administered to organ or stem cell transplant recipients, people on kidney dialysis or those with acute leukemia. If you have other health concerns not listed above, contact the Gerson Institute.
Sarita Sud
Breast Cancer

Sarita was diagnosed with breast cancer in 2001. She had breast surgery and some lymph nodes were also removed. Her doctor called to tell her she needed more surgery to remove other "infected" lymph nodes two weeks later.

This dismal news convinced Sarita that the medical treatments would never end. In the meantime her husband did some research on the internet, found the Gerson Therapy and showed Sarita the information on how nutrition could heal.

Sarita instinctively felt that this approach was right for her. She came to the Gerson Basics Workshop so she could learn to apply the Gerson Therapy at home. Her effort paid off and now Sarita is in good health and shares the amazing benefits of the Gerson Therapy with many others.

Carla Shuford
Osteogenic Sarcoma (One of Dr Gerson’s original patients)

On September 4, 2011, Carla celebrated her 53rd anniversary. Fifty-three years earlier, she was diagnosed with osteogenic sarcoma. On that same day, her left leg was amputated at the hip. Since the cancer had spread to her lymph system, she was given only six months to live.

Radiation was not possible because of the tumor’s location. In desperation, the doctors decided to do radical surgery, offering a faint possibility that her death could be postponed by 30 to 60 days. Instead, Carla’s mother made arrangements with Dr. Max Gerson for Carla to begin the Gerson Therapy as soon as she was discharged from the hospital.

For the next five years, her parents devoted their lives to preserving Carla’s life, Gerson-style. Her father asked the neighbors to help supply the large quantities of
lettuce and carrots required for daily juicing, and some farmers agreed to allocate portions of their gardens to be pesticide free for her treatment. With pure, organic foods and dedication to her Gerson Therapy requirements, Carla recovered.

The doctors finally grew tired of requiring Carla to have monthly chest X-rays that were consistently clear. Sloan-Kettering Cancer Center sent out a yearly survey to ask if she was still alive, and each year, to their amazement, it was returned. Carla is now an official senior, having turned 65 in April, 2008.

Mary Harrington
Melanoma With Liver Metastasis

Mary was diagnosed with malignant melanoma in January, 1996, at age 39. Her original tumor was removed and she was given 25 radiation treatments along with four months on the drug Interferon.

During the treatments, it was discovered that the cancer had spread to the liver. Her oncologist said that she could possibly live up to nine months if she responded to the right type of chemotherapy.

Mary decided to go to the Gerson clinic. Her condition improved during the two weeks she spent at the hospital; she felt stronger, gained four pounds and had a new positive attitude. She continued the treatment at home and 10 months later, in September 1997, her scan showed “clear.”

To this day, Mary’s oncologist refers to her as his “amazing patient.” Mary remains well 12 years later with no recurrence. Her story is on the DVD Dying To Have Known.

Mercedes LaPine
Cervical Carcinoma

In 1970, Mercedes had a Pap smear which showed a malignancy: carcinoma in situ. She had a hysterectomy. Her ovaries were left intact, but one of them showed a spot. The cancer recurred and metastasized within a few years.

Despite much advice to the contrary, Mercedes decided to fight her cancer “the natural way.” She started the Gerson Therapy as best she could on her own, and also tried several other therapies.

By 1979 she had not made
much progress so she came to the Gerson Clinic for an in-depth experience of the Therapy. Mercedes recovered and has remained in good health ever since as a result of her commitment. She actively continues her Naturopathic practice, teaching others about the benefits of natural healing.

**Irene Stananaught**

**Melanoma**

In 1996 Irene was diagnosed with stage III melanoma. Her health continued to decline. After reading *A Cancer Therapy: Results of 50 Cases*, she decided to do the Gerson Therapy. At first some of her family members thought it was a foolish idea, but after seeing the results, they came to support Irene and the therapy completely.

In 1997, Irene visited the Gerson clinic for two weeks. She did the strict diet prescribed by Gerson doctors without wavering (13 juices per day and 5 coffee enemas) for two-and-a-half years.

In June 2001, Irene revisited Gerson doctors for a check-up and all the tumor markers were normal. A PET Scan showed her clear of any melanoma. Twelve years after beginning

**Kilaya Ciriello**

**Chronic Fatigue**

For three years before beginning the Gerson Therapy, Kilaya experienced debilitating fatigue, memory and concentration difficulties, sore throat, tender lymph nodes, muscle/joint pain, insomnia and many other symptoms. He had already been to a battery of doctors and had tried other juicing/fasting programs. He decided to research the theories of Dr. Max Gerson within the field of molecular and cellular biology before starting the program.

From what he learned, he became convinced that the Gerson Therapy would work. And it did. After nine months on the full program he had not only recovered but had reached a new level of physical, emotional and mental health that he had never known before. He credits the Gerson Therapy with providing a level of contentment, calmness and strength that he had never dreamed was even possible.
the Therapy, Irene feels fine and still continues eating healthy and only organic food.

**Ned Wright**

Testicular Cancer

“Today, when I think back to when the doctor said that I had three to six months to live, it seems like a distant nightmare. His words struck me like a fist in the stomach. I was given the proverbial cancer death sentence.”

Ned was diagnosed with testicular cancer in 1999 and he was treated with surgery, radiation and chemotherapy. After the first two procedures, the cancer came back within six months. After the chemotherapy, which was a grueling experience, the cancer was back after just one month and was now in three areas of the liver.

The doctor provided him with another option: a bone marrow transplant followed by a high dose of chemotherapy that offered only a 20% survival rate.

Ned had studied so many other therapies that seemed to be “magic bullet” attempts at curing cancer. He went to the Gerson Clinic on April 3, 2001. “The diet was tough and time consuming but I followed it just as the Gerson doctor had prescribed.”

“As you can see by my testimony, I am alive by God’s grace and the Gerson Therapy. I am now a Gerson person, because of a little known man’s passion for healing.”

**Lawrence Kirk**

Pancreatic Cancer

Lawrence was diagnosed with pancreatic cancer in 1993. His doctor told him that conventional therapies would not help. Lawrence began treatment at the Gerson clinic in December 1994.

After completing 20 months of the Gerson Therapy, a CT scan found no evidence of a tumor on his pancreas and all his organs appeared normal. A subsequent CT scan and MRI performed six years later confirmed that Lawrence remained free of cancer.

Fifteen years after going to the Gerson clinic, Lawrence continues to feel great. He enjoys gardening and playing with the grandchildren that he initially thought he might never see.
Max Gerson, M.D., was born on October 18, 1881, in Wongrowitz, Germany. He attended the Universities of Breslau, Wuerzburg and Berlin, eventually graduating from the University of Freiburg.

Suffering from severe migraines, Dr. Max Gerson initially focused his dietary experiments on preventing his debilitating headaches. In the course of treatment with the special “migraine diet” that Dr. Gerson had originally developed for himself, one of his patients was cured of his skin tuberculosis as well. This discovery led to further studies of the diet and the successful treatment of many more patients suffering from tuberculosis.

Through his work with tuberculosis, Dr. Gerson attracted the friendship of Nobel Peace Prize recipient, Albert Schweitzer, M.D. In 1930, Professor Schweitzer’s wife, Helene, who had suffered from tuberculosis for seven years, was admitted to Dr. Gerson’s clinic and cured after nine months. Even Schweitzer’s own advanced (type II) diabetes was cured by Gerson’s nutritional therapy. Schweitzer followed Gerson’s progress over the years, seeing the dietary therapy successfully applied also to heart disease, kidney failure, and then finally cancer.

To escape Adolf Hitler’s reign in Europe, Dr. Gerson moved with his family to America, where they took up residence in New York. In 1938, Dr. Gerson passed his medical boards and was then licensed to practice medicine in the state of New York. For 20 years until his
death, he treated hundreds of cancer patients who had been given up to die after all conventional treatments had failed.

In 1958, after thirty years of clinical experimentation, Gerson published *A Cancer Therapy: Results of 50 Cases*. This medical monograph details the theories, treatment, and results achieved by a great physician.

Charlotte Gerson

Founding the Gerson Institute

Born in Germany, Charlotte Gerson was the youngest daughter of Dr. Max Gerson. She assisted her father with translating and writing papers, making rounds and nursing patients. When Dr. Gerson died in 1959, Charlotte carried on by publishing his book, *A Cancer Therapy: Results of 50 Cases* so that patients and doctors could continue to follow Dr. Gerson’s instructions for the Therapy. As a result of her efforts, demand for the Gerson Therapy spread.

She founded the Gerson Institute in 1976 to make the therapy available to people across the world. In 1977, she helped establish the first Gerson Therapy hospital in Mexico. She also helped create the Gerson Therapy Practitioner Training Program. She continues to participate in training for physicians, care-takers and patients.

Charlotte Gerson has kept the flame of her father’s discoveries alive, lecturing internationally, selling her father’s books, writing and publishing her own books, appearing in documentaries and conducting TV and radio interviews.