

The Role of a Gerson Practitioner

A Gerson practitioner's role is to guide people on the Gerson Therapy in an out-patient office setting. Many people are unable to attend one of the certified Gerson clinics, so they decide to start the therapy from home instead. A Gerson practitioner can provide a very valuable service of long-term case management since, in most cancer cases, it takes at least 2-3 years of continuous application of the therapy.

Description of a Gerson Practitioner's Service

Once a patient has been pre-screened and determined to be a good candidate for the Gerson Therapy, they meet in person with the practitioner who will review their medical records, take a full medical history, do any relevant physical exam and develop the appropriate Gerson Therapy protocol. It may require two office visits of several hours to complete these steps and to explain the dietary guidelines, proper food and juice preparation, home set-up procedures and answer any questions.

Follow-up consultations are provided every month at the beginning and later may be extended to every 6 and then 8 week intervals depending upon how the patient is responding. A follow-up consultation will consist of reviewing the patient status, including blood work and the information on their *Follow-up Consultation Form*. This provides the basis for any adjustments to the protocol. Sometimes additional testing is needed. The practitioner needs to be available between visits to answer questions and to provide support for difficulties that may arise. It is often necessary to be an encouraging coach.

It should be obvious that the structure of service working with a Gerson patient is much different and more time consuming than regular patient visits. Extra time is needed for the initial consultation and instruction in the various aspects of the therapy, as well as for ongoing follow-up consultations. Most practitioners will continue with their regular practice and Gerson will be a specialty in addition to this.

Considerations

Having an interest and understanding of the importance of nutrition in healing disease and restoring the body is very helpful. Understanding the biological and physiological basis of the how the Gerson Therapy heals is also important. Explaining the Gerson diet and teaching how to prepare the food and take a coffee enema, although time consuming, is pretty straightforward.

The majority of people who want to undertake the therapy have advanced cancer, are on prescription medications and often have multiple health conditions. A Gerson practitioner must be skilled in understanding pathophysiology and the interpretation of blood work and other diagnostic tests in relation the patient's condition and response to the therapy. Proper adjustments and fine tuning of the protocol depend on the practitioner's ability to assess patient medical status as well as the ability to distinguish between a healing and or detox reaction versus progression of disease or crisis situation. These are the reasons we have developed our criteria of medical qualifications for entry into the Module I training.

In Summary

The work of a Gerson practitioner is very time consuming and requires an interest and understanding of the unique principles of the Gerson Therapy as well as astute medical skills and the ability to work autonomously in a setting that patients can access in person.