

Dietary Healing & Detoxification

A SIMPLE REFERENCE
GUIDE FOR THOSE
WITH CHRONIC
DEGENERATIVE DISEASE
OR CANCER CHOOSING THE
GERSON THERAPY[®]



K a t h r y n A l e x a n d e r

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kathrynalexander.com.au *Kathryn Alexander*

It is recommended that you seek advice from a licensed professional, qualified in dietary healing and detoxification practices, before you embark on this protocol. This booklet is not intended as handbook, but simply provides an overview into the dietary healing protocol, after the work of Dr. Max Geron. Dietary healing in chronic degenerative disease and cancer may be fraught with difficulties for the patient and can be dangerous when applied incorrectly. Modifications may be required throughout the therapy depending on the progress of the patient and therefore ongoing medical and diagnostic follow-up is essential. *Nutritional Healing, a patient management handbook* by Kathryn Alexander is recommended for both practitioners and patients, as a more thorough text into the management of chronic disease using the Gerson Therapy® as a foundation treatment.

CONTENTS

HOW DIETARY HEALING WORKS	5
Restoring Oxidative Metabolism	6
Restoring the Immune Function	7
Detoxification: the Coffee Enema	8
WHAT DOES THE PROGRAM ENTAIL?	12
The Diet	12
The Juices	16
The Medications	18
WHAT EQUIPMENT WILL I NEED?	19
Juicing Equipment	19
Water Purification	21
Cooking Utensils	23
Enema Equipment	24
RESOURCES	25
FAQS	36
NEW INSIGHTS INTO THE GERSON THERAPY®	40

*D*r. Gerson had an unparalleled success of curing 50% of terminally ill patients with cancer on his diet therapy.

"Ninety to ninety-five percent of my patients were far advanced (terminal) cases without any risk to take; either all recognized treatments had failed or the patients were inoperable from the beginning." *Dr. Max Gerson*
[Of these 90-95%, 50% were cured.]

*N*owadays as a consequence of being more nutritionally deficient and more poisoned we are seeing an escalation in chronic disease and cancer.

"For the future of coming generations, I think it is high time that we change our agriculture and our food preservation methods. Otherwise, we will have to increase our institutions for mental patients yearly, and we will see the hospitals overcrowded with degenerative diseases even more rapidly and in greater numbers than the hospitals themselves can be enlarged." *Dr. Max Gerson*

*I*n 1946 Dr. Gerson became the first physician to demonstrate recovered cancer patients before a US Congressional committee. This Senate committee was holding hearings on a bill to find means of curing and preventing cancer. Unfortunately the lobby supporting surgery, radiation and chemotherapies caused the defeat by four votes of the Senate bill which could have supported extensive research into the Gerson Therapy. *About the Author: A Cancer Therapy; results of fifty cases; Gerson, M.; M.D.*

"I fear that it will not be possible, at least in the near future, to repair all the damage that modern agriculture and civilisation have brought to our lives." *Dr. Max Gerson*

How dietary healing works

The aim in Dietary healing is to restore and strengthen the integrity of the body, to bring it to a point where:

the resistance of the body is stronger than the resistance of the cancer/disease

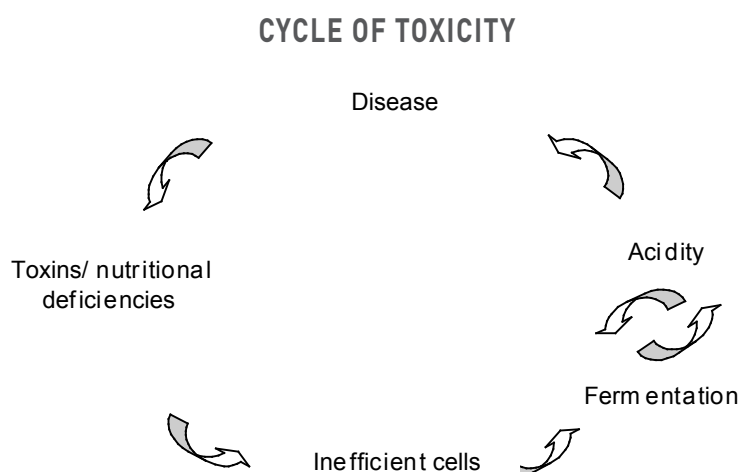
We know that disease only arises when the metabolism of the cell becomes damaged. Therefore restoring the metabolism becomes the main thrust of treatment.

A healthy cell will take up nutrients and oxygen, use fuel for energy and repair, and discard its waste. This constant flow of activity, the intake and the output, is dependent upon meeting energy requirements (nutrients) and maximum efficiency of the enzyme systems.

The enzymes are the workers of the cell. They require nutrients as the tools of their trade. Without their "tools" the conveyor belt of activity may grind to a halt and intermediate products build up. These products are acidic and toxic to the cell. We are describing a situation of nutrient deficiency.

Similarly, toxins may enter the cell, such as heavy metals (aluminum, lead, mercury) or man-made chemicals. These may paralyze the enzyme systems or stimulate a new set of instructions changing the programming of the cell.

A vicious cycle begins. The toxic or nutrient-deficient cell becomes inefficient; the "burning of fuel" is compromised; oxygen is not utilized efficiently; the cells drop into fermentation and create excess acidity that cannot be removed – and this is when disease sets in. The cycle will perpetuate itself. Once the cell becomes damaged it cannot take up, utilize or recycle its nutrients. Damaged and toxic tissues perpetuate this cycle of deficiency.



Can we reverse this cycle? Yes. Absolutely. But we must ensure a four-fold thrust:

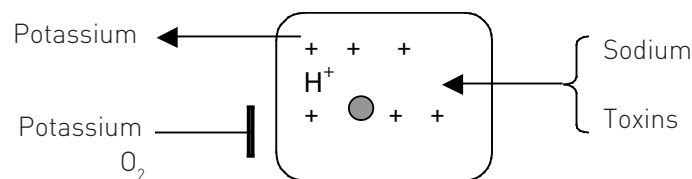
- Restore the oxidative function of the tissues
- Ensure a reactivation of the immune system
- Support elimination of toxic products
- Continue the program until the entire body is restored

Addressing the first two arms of treatment may give control of the disease, but without alleviating the body of its toxic burden, then no true healing will occur. Similarly, to cease the program prematurely, before the organs and tissues are fully restored, may lead to a recurrence of the disease.

RESTORING OXIDATIVE METABOLISM

This is very simple. When a cell becomes acidic, it becomes more positively charged (acidity is a measure of the free hydrogen ions – H+). This positive shift repels oxygen and potassium, and sodium, water and toxins drift into the cell. This puts the fire of metabolism out. The cell will drop into fermentation and “stew in its own juice.” The acidic cycle is perpetuated.

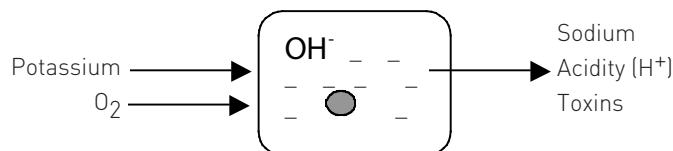
Potassium, Oxygen and the Acidic Cell



Rising acidity renders the cell more positive due to the presence of free hydrogen ions (H+ - these are the measure of acidity). This has a two-fold outcome: entry of potassium and oxygen is inhibited, and both sodium and potassium drift down their concentration gradients. The cell loses its integrity as sodium enters the cell along with acidity and toxins. The acidic cycle is perpetuated.

If we wish to reverse this situation we must change the pH to more alkaline state. This will increase the negative potential as the alkaline compounds carry a negative charge. A vegetable diet, along with a high intake of fresh, living vegetable juices with added supplemental potassium (of a specific formula), will not only increase the alkaline reserves within the cells, but also mop up the acidity. Once the negative potential is restored, oxygen is drawn into the cells (oxygen always seeks the negative charge) along with potassium. Then a curious thing happens. As the electrical state of the cell is rectified, potassium binds at special association sites, which in turn, generates its own electrical field. This field pulls water molecules into a formation – they line up in tight layers leaving no room for toxins or sodium. The cell is naturally purified.

Purification of the cell on a high potassium, high alkaline-forming diet



As the cell becomes increasingly alkaline (OH⁻) (due to the high potassium, high alkaline forming diet) its negative potential increases and potassium and oxygen are drawn into the cell. The oxidative cycle is restored, and sodium, acidity (H⁺) and toxins are driven from the cell.

Cancer cells have a fermentative metabolism; they do not use oxygen. They secrete copious amounts of lactic acid which damages adjacent, healthy tissue and burdens the liver. The high pH dietary protocol, not only protects healthy tissue inhibiting the spread of cancer, but it also creates a massive exodus of sodium, water and toxins from the poisoned tissues and the area surrounding the lesions. This reduces the oedematous swellings, and as a consequence circulation, oxygenation and immune activity is increased at the site ensuring destruction of the malignancies/and or damaged cells. Restoration and healing then follows.

In some cases it is necessary to boost the free energy and oxidizing capacity of the cell further and medications such as thyroid and Lugol's solution (iodine) may be recommended. Many patients with cancer or chronic degenerative disease have sluggish metabolism which may reflect low thyroid hormone activity. CoQ10 and niacin also enhance oxidative capacity.

RESTORING THE IMMUNE FUNCTION

Stimulation of the immune system used to be invoked (and still is today) through the use of vaccines. This would create a fever and inflammation which invariably had a positive effect on cancer. Remissions in cancer were regularly experienced using these methods. Nowadays, with the greater toxic burden and deeper nutritional deficiencies, this is no longer the case. However, we find that once the body is detoxified it is able to generate a natural and non-specific spontaneous healing inflammation. In essence, this is an indication of a reviving immune system that can mount a response without a "false" stimulus. These healing inflammations are commonly referred to as flare-ups or healing crises and may indicate a favourable prognosis. Flare-ups may recur at intervals, are often accompanied by symptoms of toxicity, and require appropriate management so that the healing achievement can be brought to its full potential. The activation of the immune system in this way is critical for cure, as the immune system is responsible for detecting and digesting tumoural masses.

Protein and the Immune Profile

Furthermore, using dietary manipulation we can influence the activity of the immune system. Calorie and protein restriction will increase the immune response to cancer and viral infections, and positively affects the progress of auto-immune disease, often leading to complete remission. With protein and calorie restriction the T-cell count (the branch of the immune system that fights tumours, viruses and TB) shows increased activity. In more recent times, the work of several scientists (Dr. Robert Good, Waldorf and Weidruch) have proved the beneficial effects of these restricted diets on animals suffering from cancer or auto-immune disease. They discovered that T cell activity was increased, while B cell activity was depressed. Specifically, animals genetically predisposed to developing tumours or specific auto-immune diseases, on a protein and calorie restricted diet did not go on to develop the disease and even if the cancer or auto-immune disease was allowed to develop it could be regressed by initiating protein and calorie restriction.

A dietary healing program will restrict protein, particularly at the start of treatment to encourage an enhancement of T cell activity and the suppression of the B cell population which can produce serum blocking anti-bodies which normally cover antigenic sites on tumour tissue, thus protecting them from T-cell immune destruction. Depletion of these blocking antibodies exposes the tumour to T cell activity. Protein and calorie restriction:

- affects the T-cell branch of the immune system positively and
- reduces serum blocking anti-body, which enables more efficient destruction of the tumour by the T-cells.

Further comments on Protein and Fat restriction

Too much protein in the diet inhibits sodium, water and toxin elimination, and therefore detoxification and healing will be delayed. To ensure effective elimination of toxins and sodium it is necessary to eliminate practically all dietary protein at the beginning of treatment. Protein also “feeds” tumours.

Fat restriction

Fat is also restricted as it also feeds tumours. You must be vigilant about fat intake, but small amounts of flaxseed oil are permitted.

DETOXIFICATION: THE COFFEE ENEMA

The capacity of the liver to detoxify is paramount to the success of any dietary healing protocol. When the release of toxins into the blood stream is stimulated, the liver must be able to take these up and detoxify them for elimination. A detoxification therapy, without facilitating the removal of toxins by the liver will accelerate the disease process, because the toxicity will not be removed and the liver will become more damaged. It is vital to keep the metabolism free of poison and to help the body to eliminate the poisonous substances, not least those from the tumour masses themselves.

In most degenerative disease the liver is damaged. In cancer the liver is not only damaged but also toxic. It is also an organ that is fully restorable. Much study has been undertaken on how the coffee enema facilitates toxin elimination by the liver and how useful it can be in the control of pain.

In the 1930s experiments at Göttingen University (undertaken by Heubner and Meyer, on the rectal administration of caffeine in animals), indicated dilatation of the bile ducts and increased flow of bile for elimination. Excretion of toxicity from the liver is governed by bile production and flow. Toxins are conjugated in the liver with bile, which enables its safe elimination. When the coffee enema is added to the detoxification program the body can tolerate more vigorous cleansing. The coffee enema can be applied more frequently at times of flare-up and when the body is resorbing malignancies (necrotic tissue in the blood stream). Their use in the relief of pain is experienced in up to 90% of patients, and they can alleviate symptoms such as depression, confusion and nervous tension. Pain is often caused by circulating toxins irritating the nervous system. These toxins can also set up an inflammatory response, but through their detoxification and removal from the blood stream this inflammatory cycle is broken.

Further research in the 1970s and 1980s identified that the palmitates extracted from coffee increased the glutathione S transferase system - an enzyme system responsible for detoxifying carcinogens and free radicals in the liver and small intestine. Its activity was increased 600% in the liver and 700% in the small intestine. This is critical for the removal of serum toxins and to facilitate the removal of toxic cancer breakdown products (ammonia, toxin bound nitrogen - protein derivatives). On the full Gerson Therapy, where the patient is taking 13 juices daily, five coffee enemas are taken on a daily basis.

- Caffeine, theobromine and theophylline dilate bile ducts and cause increased bile flow (also counteract inflammation in the gut). Choleric.
- Palmitates increase glutathione S transferase. This increases the conjugation of toxic elements with bile for elimination. Essential in detoxifying. Bile is normally reabsorbed 9-10 times before making its way out via the colon. However, the enzyme enhancing ability of the coffee in the liver and small intestine does not allow reabsorption of the toxic bile. Most choleric agents do not ensure removal of toxins - only increase the bile flow.

- The litre of fluid dilutes the portal blood and the bile, stimulating a flushing. It also encourages peristalsis, which ensures the transit of toxic bile from the duodenum to the outside.
- The retention of the coffee enema for 15 mins ensures the cleansing of the blood five times. The entire blood circulation passes through the liver every three minutes.

Contra-indications:

- Patients who have renal, cardiac or respiratory failure should seek medical advice
- Bleeding and/or ulceration in the colon tract
- Hypertension, tachycardia
- Cardiac, respiratory or renal insufficiency
- Diarrhoea

There are 3 types of enemas:

- The coffee enema
- The chamomile tea enema
- The castor oil treatment

The full-strength coffee enema is usually administered to most patients. The chamomile tea enema may be used in the weakened patient, or for the patient suffering from ulceration/bleeding in the large colon. Very often a half-strength coffee/chamomile tea enema is taken when the gut feels irritable, or if the patient is not able to tolerate the full strength enema and is in a weakened condition can be administered if the patient can tolerate it. The castor oil treatment should be taken only under instruction as it is a very strong liver stimulant.

Coffee concentrate (4 full-strength enemas)

1 cup organic coffee
1 litre distilled or Reverse Osmosis water.

Boil for 3 minutes and simmer for 20 minutes. Strain through a fine mesh (not filter papers) Strained in this way will ensure that you retain some silt in the enema which is high in palmitates. Add distilled/RO water to make up to 1 litre. Keep refrigerated. To use at full strength, pour 250 mls into a pan and add 750 mls distilled water. Heat to body temperature and pour into the enema bucket. Administer according to instructions. To use at half strength, use only 125mls of the concentrate and prepare as above. You will need to use a little lubricant for the insertion of the enema tip or catheter.

Chamomile concentrate (4 enemas)

1 cup organic chamomile flowers (dried)
1 litre distilled water

Simmer 30 minutes, strain and press. Add distilled water to make up to 1 Litre. Keep refrigerated.

To make half-strength coffee and chamomile enema: mix 500mls of the half-strength chamomile and 500mls of the coffee concentrates together which will give you 1 litre of concentrate. For each enema take 250mls of the concentrate and add 750mls of distilled water to make a litre. Warm in a pan to body temperature. Pour into the douche can kit, administer and retain as normal.

Administration of the enema

Pour the enema, lukewarm or body temperature, into the enema bag or bucket, and either hang it or place it on a flat surface (make sure the nozzle end is shut off and the enema kit is not too high from the ground – 60–90cm is sufficient). Lie on your right side with your knees bent and place the catheter into the rectum, before releasing the flow. Insert the catheter about 10cm, or as comfortable as you can manage, as this will avoid uptake of the enema by the haemorrhoidal vein via the rectum, which will give a systemic effect. The bulk of the enema can then pass into the large colon and be absorbed by the mesenteric veins which deliver the coffee directly to the liver. Inject and retain for 15 minutes in the lying position. Pass the enema after 15 minutes. The bowels can continue operating independently even when taking the enemas, and start functioning on their own after the enemas are discontinued.

Castor oil treatment

Castor oil is not metabolised or absorbed. On an empty stomach it creates a huge stimulus to the liver and for the release of bile (fat in the duodenum stimulates the release of bile). It exploits the role of the bile in fat digestion. It has a far greater stimulatory effect than the coffee enema. In addition to the release of toxic bile it helps the toxins to clear the small intestine also. We're not just getting rid of toxins from the liver - we have to get them out of the body. Some of the toxic bile is reabsorbed in the small intestine but the castor oil will bind the bile and toxins and clear them from the system.

Method:

5.30 am 20mls castor oil by mouth followed by a cup of coffee sweetened with sugar. The black coffee stimulates the secretion of stomach acids and peristalsis clearing the castor oil which is shunted through to the duodenum. The sugar maintains the energy requirements.

6.00 am Take normal coffee enema

10.00am Take the castor oil enema.

To make the castor oil enema:

One prepared coffee enema

40mls castor oil

¼ - ½ tsp ox bile powder

Vegetable soap (Castile)

Mix some soap into the coffee enema. Warm the castor oil in its bottle (place in pan of boiling water). Pour 40mls into a warm bowl and add the ox bile powder and the liquid soap. Mix thoroughly and add the prepared warm coffee enema, whisking as you go. Administer as you would the normal coffee enema. This enema is difficult to hold, so just do your best.

Contra-indications

- If you have had previous chemotherapy
- Extremely weakened liver – hepatitis, liver disease, liver metastases
- Ulcers/bleeding/inflammation – anywhere in the gastro-intestinal tract.

ENEMA TIPS

Many patients at the beginning of the therapy experience problems in retaining enemas for the full 15 minutes. This occurs when the body is low in potassium and the muscles, which require potassium for healthy tone (contraction and relaxation), contract and spasm, either making retention impossible because of the strong peristaltic waves, or the enema clutches, so that the patient cannot release it. If the patient does retain the enema, the fluid will be absorbed into the circulation and passed via the kidneys.

- Take a 0.5L Chamomile tea enema before the coffee enema. Do not retain. Chamomile will soothe and relax the muscles prior to your coffee enema and assist in the elimination of any bulk matter in the colon.
- Take a chamomile and coffee enema mixed (0.5L coffee:0.5L chamomile tea), or add some chamomile concentrate to the full-strength coffee enema.
- Take the enema in two smaller doses (this will take twice the time, as each enema must be retained for the full 15 minutes).
- Make sure the enema bucket is not placed too high. If the enema feeds into the rectum too quickly, this can set up counter spasms in the intestine.
- If you cannot release the enema - take another one back to back.
- Add 2 teaspoons (10ml) of the potassium compound solution to the enema. This should not be done for longer than a few days, as the solution can be an irritant.
- Add 100mls Aloe Vera to the enema when there is inflammation in the bowel
- Make your total day's coffee enema requirement at one go and keep as a concentrate in the refrigerator. Dilute before use

What Does the Program Entail?

There are four parts to the program: diet, vegetable juicing, enemas and medications. Depending on your case, the diet will be tailored to meet your healing needs. In general we are looking at a low-fat, low protein diet, high in nutrients from easily digested sources, such as vegetable juices and slow-cooked foods. The juicing regime will vary from patient to patient, but will involve freshly prepared juices from apples and specific vegetables taken throughout the day. The role of enemas has already been discussed, and again the number and strength of enemas will form an important part of your total prescription. Medications may be prescribed to boost the therapy, but these are recommended on an individual basis.

THE DIET

As this is a diet therapy it is essential that all the foods should be easily digestible and of maximum nutritional value. It is also essential that the diet is wholly organic.

- Juicing - the bulk of the diet is raw but taken as juices which, if correctly prepared and fibre-free, allows maximum digestion and absorption. The juices are rich in live enzymes and nutrients which are readily accepted by the body cells. Choosing a wide variety of vegetables in the diet ensures a complete range of nutrients. Raw grated salads are also permitted.
- Foods are cooked slowly at low temperatures. Vegetables prepared in this way are more digestible as slow cooking breaks down indigestible fibres and therefore these foods have more nutrient value to the patient. See cooking instructions later.
- Soaking and semi-germination of seeds (includes grains and legumes). For maximum digestibility and nutrient value, all seeds should be soaked for 12 hours, rinsed and drained, and then allowed to rest with a damp cloth covering, for 12 hours. The soaking inactivates the phytates, which would normally bind and inhibit absorption of minerals such as calcium, iron and zinc; while the "resting" phase allows the inactivation of enzymes in the seed which would normally inhibit their digestion.
- Bread proving using the sour dough method inactivates the phytates and enzymes within the cereal grain making this product more easily digested and richer in nutrient value. Yeast proving methods produce a relatively indigestible bread, with reduced nutrient value to the consumer.

A dietary healing program must ultimately exclude foods which create a burden on the system, particularly those that "heat" the liver (proteins and fats), and foods that burden the digestion (damp-forming foods). The more compromised the digestion becomes, the greater the number of food intolerances. "Damp" foods include dairy and wheat, which for the strong digestion pose no problem. Those with digestive deficiency (and the very young/old) will experience symptoms and build-up of mucus with these foods. If the digestion becomes more compromised, then a greater range of foods will start to create similar problems. It is at this stage that all cereal grains and legumes may pose a problem. At the beginning of a dietary healing plan for those with cancer, these foods are removed, but the nutrients are still obtained from the 13 x 240mls juices daily. On a modified program of say 6 - 8 juices daily, some cereal grains and legumes need to be included, in a greater or lesser amount, depending on the degree of digestive insufficiency. Correct preparation of these foods becomes critical.

Protein

- Excess protein in the diet is deeply dehydrating and causes mineral losses (acts as a diuretic). Protein does not build muscle. There is an absolute limit to the amount of protein the muscle can store and it will not take up protein unless there is muscle wasting through malnutrition. Excess protein when used for energy is a dirty fuel;
- Protein is known to be a growth factor for tumours;
- Excess dietary protein inhibits the elimination of sodium and toxins via the kidneys;
- A reduced protein diet is known to influence the immune system positively (increases the cell population that deals with tumours, TB, viruses, candida) and reduces the incidence of auto-immune disease.

Fats

Fats heat and over-tax the liver. By removing fats from the diet, the liver is allowed to concentrate on its detoxification duties. Additionally, when we fry in fats the temperature of the food can reach 215°C as opposed to 100°C in water cooking. These high temperatures are very damaging to the proteins in food. They become denatured and their natural configuration may change to the point where the body can no longer identify it as a food. The more damaged the protein becomes, the more toxic it becomes in the system, and may even act as a poison. You must be aware that certain processing techniques such as those used in puffing cereals apply a very high temperature and a pressure of 1500 pounds/square inch. It is best to avoid any food which has been commercially processed, particularly where the food no longer resembles its natural state.

However, we do use organic, cold-pressed flaxseed oil, 10-20mls daily. This oil is a hydrating oil, unlike other oils which repel water. This oil, once embedded into the cell membrane will increase the uptake of oxygen into the cell, increase the energy capacity of the cell membrane, and help to regulate inflammation and allergic responses.

THE DIET RATIONALE

Absolute requirements for a nutritional healing program:

- The diet must be non-toxic and organic;
- The diet must not prove a burden to the body or the organs of elimination, particularly the liver and kidneys;
- The diet must be easily digested, hence the instructions for the preparation of juices and cooking techniques must be adhered to;
- Each meal must be freshly prepared;
- The diet must restore the potassium status in the cells and stimulate detoxification from the cells, hence the bias towards the volume of vegetables both raw (salads and juices) and cooked in the diet;
- Sodium (salt) must be excluded in order for the tissues to take up potassium and heal;
- Protein must be reduced to a minimum in order for detoxification and sodium elimination to occur. Protein feeds tumour tissue and delays the healing in most chronic degenerative diseases. Enough protein is derived from the diet for healing and tissue regeneration; and
- The patient must be encouraged to eat as much as possible of the allowed foods.

Permitted Foods

- Freshly prepared vegetable juices of 2 varieties; the apple and carrot juice and the green juice. You must not substitute any of the listed ingredients in the juices;
- Raw fruits and vegetables;
- Dried fruits, organic and unsulphured, such as prunes, apricots, raisins, sultanas, dates, figs, mango etc. They must be soaked and stewed before use;
- Vegetables and fruit stewed in their own juice;
- Garlic, onions, chives and parsley may be used liberally;
- Potatoes;
- Oatmeal;
- Rye bread, 2 slices daily (either sour dough or sprouted Rye bread, salt and fat free);
- Protein may be added in the form of skimmed milk cultured products and additional vegetable protein such as rice and legumes. This will be based on individual prescription;
- Flaxseed oil – limited to 20mls daily;
- Sucanat sugar or organic honey – limited to 2 tsp/day. Molasses may be taken in place of the sugar or honey;
- Herbs such as allspice, aniseed, bay leaves, coriander, dill, fennel, mace, marjoram, mint, rosemary, sage, saffron, tarragon, thyme, summer savory may be used sparingly; and
- Herb teas –organic chamomile and peppermint teas are allowed. Valerian tea may be used as a sedative. Essiac tea and Pau D'arco tea are also permitted.

Prohibited Foods

- All foods bottled, canned, refined or preserved in any way;
- No berries (except red, black and white currants), pineapple, nuts, avocados and cucumbers. No sulphured dried fruit;
- No fats or oils, other than specific amounts of flaxseed oil. No butter, cheese or other dairy products other than specified above. No nuts, seeds or nut butters (tahini);
- Herbs – basil, oregano, chilli and other hot spices such as pepper, paprika;
- No salt - all salt, even Celtic salt;
- No grains or flours other than limited amounts of rye and oats;
- No soy products. No sprouted legumes;
- No beverages other than distilled water (if desired) or peppermint or chamomile tea;
- No water other than distilled or reverse osmosis;
- No refined sugar; and
- No bicarbonate of soda (watch out for this product in your toothpaste).

THE DAILY MENU

Breakfast

Porridge made from oats and distilled water, cooked slowly over a low heat served with fresh or stewed fruit, or a dried fruit compote

Lunch

A small bowl of Hippocrates Soup
Potato in some form – baked, mashed, or prepared as a potato salad
Raw, grated vegetable salad
Cooked vegetables
Legumes/rice (if permitted)
Serving of skimmed-milk yoghurt or no-fat, unsalted pot cheese – total 200g daily

Evening meal

As for lunch. The food must be prepared freshly, in other words no left overs, and the diet should be a varied as possible. Choose a wide range of vegetables for use in stews, casseroles and salads

THE JUICES

Most patients suffering from chronic degenerative disease or cancer are nutritionally depleted and, as a consequence, usually suffer from poor digestive capacity. This poses a vicious cycle: the greater the chronic illness, the more the digestive capacity is impaired and the more nutritionally depleted the patient becomes. In order to heal, the patient needs maximum digestive capacity and absorption and a plentiful supply of nutrients. The nutrients the patient requires involves copious amounts of organic vegetable produce, much more than even a healthy person with a vigorous digestion could cope with on a daily basis.

For a patient with cancer this may represent up to 3.5kg of vegetables and 3 kg of apples daily, to be juiced.

By juicing we ensure that the bulk of the diet is not only raw with living nutrients, but easily assimilated by the most weakened digestion. Additionally, the potassium-rich juices will flush the cells, drawing out sodium in exchange for potassium, and the healing process begins.

Providing you use the appropriate grinding and pressing mechanism in juice preparation (see equipment) you will extract only the nutrient and enzyme-rich juice, free of fibre which ordinarily taxes the digestive system and inhibits the direct absorption of nutrients/enzymes. So you will ensure that your uptake of nutrients is with the minimum digestive effort.

Types of juice

Juices are taken spaced throughout the day according to your prescription. Each juice is taken freshly prepared, although once making progress, you may keep some of your juices in a glass container or stainless steel flask. Potassium compound solution is frequently added to the juices.

Carrots are very detoxifying; in juice form they are able to draw toxins out of the cells. In agriculture they are seen to have the same capacity; farmers will crop carrots to "clean" the soil (another reason to beware of juicing commercial carrots). In traditional Chinese literature carrots are regarded as a liver stimulant, or supporting Liver Qi.

The green juices are tonifying and build the blood. They are rich in iron and magnesium, along with other trace elements not found in carrots. The patient requires a broad spectrum of nutrients and therefore the green juice becomes essential. Many patients are extremely deficient and would not make good their deficiencies without the green juice.

The addition of apples to the juices is critical. Green apples are the best for their high levels of malic acid and pectin. When the pulps of both the apple and vegetable are mixed together before pressing, the malic acid solubilizes and extracts a greater nutrient value than the vegetable would produce on its own. Additionally the pectin in apples is an immune-stimulant.

JUICE RECIPES

In general, it takes double the amount of vegetable/apple matter to produce the amount of juice required; i.e. 500g of vegetable will produce 250mls of juice. If the vegetables are very juicy, then you may require less but if they are dry (as old carrots tend to be), then you may require more.

You must remember to core (not peel) the apples as the seeds contain quantities of enzyme inhibitors which may affect the digestion adversely.

The carrot & apple juice

Equal quantities of carrot and green apple to give 240mls (8ozs) juice

The green juice

- 1 small wedge red cabbage
- 1/4 green capsicum
- 1 leaf endive
- 1 leaf chard/silver beet
- Beet tops (young inner leaves)
- 2 sprigs watercress
- large handful of cos, green or red leaf lettuce (not iceberg)
- 1 medium green apple, cored

NB: It is important to include as many of the above ingredients as possible. Do not substitute with other green vegetables when out of season, but use as many of the allowed ones as you can.

AVAILABILITY OF ORGANIC PRODUCE

Vegetables and fruits (particularly carrots and green apples) are seasonal. This can pose a major problem. Apples are usually in short supply from January to February. You may be able to arrange to buy several cases of the apples before supplies run out and ask your retailer to store them for you in their cold room. The same can be done with carrots.

Availability of other produce is perhaps not so critical. At times you may not be able to get red cabbage or leeks, so you may have to go without. Do not substitute another vegetable say in the Hippocrates soup or the green juice; just use more of the permitted other varieties.

I recommend that if you have a patch of garden, or if your friends or family do, then grow your own greens. Plant at least 12 lettuces weekly (not iceberg) and have an ongoing supply of parsley, chard, beetroot, spinach, and if you can, green peppers. This will greatly alleviate your shopping bill and reduce the amount of space required in the refrigerator. Storage of greens is always a problem. There is nothing like picking a fresh green from the garden and putting it through your juicer.

If you do need to store greens in the refrigerator then you may use the green vegetable storage bags certified by an organic body.

THE MEDICATIONS

The aim of the therapy is to restore normal cell metabolism. In all chronic degenerative diseases, including cancer, cells lose their function to a greater or lesser degree. Your individual prescription will depend upon your case. All medications are used to support the diet therapy, specifically by increasing the energy capacity of the cell and by increasing the rate of detoxification, both of which are essential to healing. Other minerals and vitamins are supplied by the food and juices consumed. **B12** and **crude liver** (in injectable form) and **liver capsules** may also be prescribed. Below is indicated a range of the various medications used on this dietary healing program.

- **Thyroid, Lugol's** and the **potassium compound solution** act together, in concert, to increase the energy-capacity of the cell by stepping up its oxidative functions. Potassium not only encourages detoxification of sodium from the cell (sodium inhibits oxidation and perpetuates the disease cycle) but is also a key activator in the oxidative cycle hence it governs oxidation, energy production and the metabolism of the whole cell. Thyroid governs the overall energy metabolism of the body by stimulating replication of the cellular mitochondria (energy factories of the cell where oxygen is "burned" and ATP is formed).
- **Co Q 10** and **niacin** (active B3) are both critical in the energy cycle. They both shuttle energy from the mitochondria and deliver it to oxygen.
- **Digestive enzymes** and **acidol pepsin** assist the digestion of the foods and the juices which is critical to a diet therapy. There is some evidence to show that the pancreatic enzymes will enter the systemic circulation and help to "digest" not only tumour tissue but also pathogens and abnormal cells.

Your three month supply would include: (* available in Australia)

- *12 x 100g bottles potassium compound salts (These are also available from **Newton's Pharmacy**, Sydney and **Inner Glow**, Tewantin, QLD in 1kg amounts – you will need to divide into 10 x 100g portions)
 - 1 bottle pancreatin 325mg x 1,000 tabs or Pancreatin 1,200mg
 - 1 bottle niacin 50mg x 1,000 tabs
 - 5 bottles of acidoll-pepsin capsules (100 caps in each bottle, or 1 bottle x 1,000 caps)
 - 1 bottle dessicated liver caps x 500mg (1,000 caps)
 - * natural thyroid x 1/2 grain tablets (natural thyroid available on prescription in Australia)
 - *1 bottle Lugol's, 1/2 strength – also available from Newton's pharmacy, Sydney and Inner Glow, Tewantin, QLD
 - crude liver injection – quantity 27 x 10cc bottles (STAT-MX California, USA)
 - B12 vitamin injection (STAT-MX)
 - * Coenzyme Q10 100mg

Additional – if prescribed

- ox bile powder (for those doing castor oil treatment)
- laetrile x 500mg tablets or laetrile IV ampules (40 ampules for 3 week supply)

Please get the syringes and needles from your pharmacist

- syringes – 90 x 3cc with 22 or 23 gauge needles x 1 inch
- needles – 90 x 25 gauge x 1.5 inch

NB: the synthetic forms of thyroid hormone are not the same as the natural thyroid hormone (Armour thyroid) and should not be used as a substitution in the therapy.

What Equipment Will I Need?



You will need juicing equipment, a water purification system, and correct cooking utensils – and of course enema equipment!

JUICING EQUIPMENT

The best method of juicing vegetables is a two-step process of grinding and pressing. Machines that do both steps in one are not suitable (centrifugal etc). Juices prepared through this two-step process are nutrient-rich, “living” and totally fibre-free.

Procedure: The vegetables and apples to be used are put through a grinding mechanism which reduces them to a pulp. The pulp is thoroughly mixed and then placed in a juice cloth. The pulp is then pressed and the juice collected and drunk immediately.

Nutrient value: the procedure of thoroughly mixing the apple and vegetable pulps together allows the malic acid present in the apple pulp to extract and release more nutrients from the vegetable pulp. The nutrient value of juices prepared without the pressing of the pulp can be much less than the nutrient value of juices prepared in the correct way. The volume of juice from the given quantity of vegetables may also be significantly less.

Enzymes: The grinding and pressing process does not disturb the enzymes unlike centrifugal machines, which, through their spinning action “kill” the enzymes. Juices prepared in this way will oxidize rapidly due to the loss of enzymes. Patients require the living nutrients and enzymes from the juices as these elements represent the “healing potential” of food. Patients obtain far superior results if they follow these procedures.

Once the juice is pressed, no matter what equipment you use, you will have a maximum of 30 minutes before the bulk of the enzymes are oxidized. These enzymes are not only essential to the digestibility of the juice (patients require the live enzymes to support their own weakened digestive system and taking stale juices will only compound bloating and gas), but are essential to the transport and rapid absorption of nutrients. Living enzymes “hold” the nutrients and in this state are readily accepted by the body tissues and cells.

Digestibility: It is not only important that the juices are replete with enzymes, but they must be totally fibre-free. On this therapy, with the amount of juices consumed, fibre taxes the digestion and would inhibit the direct absorption of nutrients. This can pose a great problem to the patient and increase bloating, flatulence and digestive discomfort. It is only by pressing the pulps through a juice cloth that you can be assured of a fibre-free juice.

Although many of the “trituration” machines such as the Green Power, Green Life, Oscar and Samson do deliver a high quality juice, they are generally not recommended over the grinding and pressing methods. In addition, with the cheaper machines a certain amount of fibre will remain in the juice which can be a problem for the digestion causing excessive gas build-up over the day. However, if funding is a problem, then the more expensive machines within this range will be more acceptable than the

centrifugal machines or the cheaper trituration machines. It is important to alternate the vegetables with the apple when feeding these types of machines to ensure some mixing of the pulps.


WHAT ARE MY OPTIONS?

You have 2 options:

- The Norwalk is the Rolls Royce of juicers and the machine will perform both steps, grinding the pulps and then pressing. It is the most expensive option. It is available from the USA. <http://www.nwjcal.com/> Tel: 1-760-436-9684; Fax 760-436-9651; e-mail: norwalk@abac.com
- Your other equally acceptable choice is to use 2 separate machines. The cheapest option is to use a Champion as a grinder, using the blank screen. Then you would mix both pulps together, place in a juice cloth and use a separate press to extract the juice. You can order a separate press from The Juice Press Factory (USA): <http://www.kovacsbiz.com/juice/page3.html> Tel: 1-512-267-5326; email: juicepress@austin.rr.com

For those who cannot afford machines that offer the two-step process, the next best option is the Angel Juicer (http://www.zestglobal.com/angel_juicer.shtml or <http://juicersaustralia.com.au>) which, although an excellent trituration machine, it is not a choice machine recommended for the Gerson Therapy. I can only say, that once you have tasted the difference in quality of juices produced by the two-step method and the trituration method then you will be in no doubt as to the optimal way of extracting juice.

WATER PURIFICATION

 The purity of the water that we use (including the washing of vegetables) is paramount. There are only two methods of water purification that we can recommend: distillation or reverse osmosis. These two processes will remove up to 99% of pollutants. Do not be misled by other filtering or purification systems that are designed primarily to remove or deal with bacteria, micro-organisms, unpleasant tastes and odours, as these will be inefficient at removing chemically harmful substances such as hormonally-active synthetic chemicals. These chemicals, derived from pesticides, fungicides, plastics and detergents, are implicated in the rise in hormonally sensitive cancers, infertility, immune dysfunction, thyroid suppression and adrenal dysfunction.

REVERSE OSMOSIS

How does it work?

Water passes through an efficient pre-filter that removes the larger particles of dirt and debris. Then, the water is squeezed through microscopic pores in the reverse osmosis membrane eliminating up to 99% of the impurities. Finally, a carbon post filter removes objectionable tastes and odors to enhance the quality of your drinking water.

The various pre-filters will screen debris down to 1 micron and remove chlorine, heavy metals, dissolved gases, ammonia, VOCs, pesticides, cysts (crypto and giardia). They will not remove minerals, nitrates, sodium, or viruses and chemicals smaller than 1 micron. These filters need to be changed as per manufacturers recommendations (every 6 months – 2 years) in order to preserve the integrity and efficiency of the reverse osmosis membrane. The Reverse Osmosis membrane needs replacing between 2-5 years (see manufacturers instructions).

How efficient is it?

- The RO membrane will screen contaminants down to between 0.001 - 0.0006 microns with a microorganism rejection rate of 99.99% and 95-99% of inorganic contaminants such as heavy metals and chemicals.
- For every litre of water filtered, 2.5 litres of waste water is produced which can be used for other household activities
- It takes approximately 20 minutes to filter 5 litres of water
- The efficiency of the membrane depends on:
 - ▶ Water pressure (60-120psi is ideal, the higher the pressure, the more water produced).
 - ▶ Water temperature (76°F or 24°C)
 - ▶ TOTAL DISSOLVED SOLIDS (TDS). The higher the amount of dissolved contaminants in the water, the lower the quantity of water produced.
 - ▶ Protection and periodic cleaning of the RO membrane

DISTILLATION

How does it work?

Essentially distillation is a process of boiling water with the subsequent collection of the steam which condenses to form purified water. Water is heated to 100C which kills any micro-organisms present; volatile gases boil off and are discharged through a vent while the steam is captured in a stainless steel condenser where it is cooled and condensed back to pure water. The distilled water then passes through a charcoal filter where any remaining VOCs are removed. The distilled water then drains into a collection chamber. All contaminants are left behind in the boiling chamber.

How efficient is it?

- Distillation will remove 99.9% of all contaminants. There is no wastage of water.
- Most of the distillation units will produce around 1.5L/hour
- They do use electricity and the cost is estimated at A\$0.08/litre

Contrary to popular opinion, distilled water does not leach minerals from the body, nor does it promote acidity within the water. Any water, drunk in large volumes will leach minerals from the body and distilled water is no different in this respect; nor does it have a more aggressive effect than other water within a biological system, such as the body.

WATER IN THE HOME

You will need to be vigilant about water in the home used for showering, bathing and cleaning. If your water is chlorinated you will need to purchase a filter that removes chlorine for your shower head and/or bath, and you will need to wear rubber gloves when washing the dishes or cleaning etc. You will also need to rinse your vegetables (once washed) in distilled or RO water. Many patients keep a bucket of distilled or RO handy to dunk their vegetables in for the final rinse!

Rain water: Remember that rain water is not pure water. It contains dissolved chemicals from the atmosphere as it condenses to form rain. Additionally it will leach contaminants from your tank and from the copper pipes in your home.

COOKING UTENSILS

Cooking at low heat for a long period of time is essential to the success of this therapy. Foods prepared this way are more easily digested as the fibres have time to break down, and therefore have more nutrient value to the patient. Vegetables and fruits are cooked in their own juices, therefore it is important that saucepans, casseroles or baking dishes are sealed to prevent any loss of moisture from the food. Only minimal amounts of water are added to inhibit "sticking" in the initial stages. Cooking at a low temperature ensures that the cells of the vegetables have time to gently heat without burning, and swell before they burst releasing their own juices and sugars. The vegetables and fruit will "stew" in this juice. Potatoes can either be baked or boiled. If you are casseroles your vegetables then make sure your baking dish has a tight fitting lid – tip you can help to "seal" the lid by laying grease-proof paper between the lid and the casserole.

The bulk of the cooked vegetables should be prepared in this manner. Occasionally you may wish to lightly steam a vegetable, but you must remember that you will lose a lot of the minerals in the cooking water and that vegetables prepared this way are less digestible. Later into the therapy, when the digestive tract is restored, this may pose less of a problem, and you may use any cooking water in other dishes. Obviously raw salads are the most difficult to digest, although important to the regime, so it is recommended that salad vegetables are finely grated.

Brown rice and lentils are added later into the therapy. For maximum digestibility and nutrient value, all seeds (includes all cereal grains and legumes) should be soaked for 12 hours, rinsed and drained, and then allowed to rest with a damp cloth covering, for 12 hours. The soaking inactivates the phytates which would normally bind and inhibit absorption of minerals such as calcium, iron and zinc; while the "resting" phase allows the inactivation of enzymes in the seed which would normally inhibit their digestion.

Cookware

Use stainless steel saucepans with tight fitting lids so that no steam escapes. The water-less cookware is recommended and there are several brands available. These stainless steel saucepans are designed in such a way that heat is rapidly and evenly distributed from the base to the sides. These pans retain the heat making cooking at very low temperatures possible. There is no burning, no boiling and no stirring! You cover the pan and do not remove the lid until the food is cooked through (about 2 hours).

Materials Prohibited


Aluminium
Teflon
Copper
Lead glazes on pottery ware

Materials Allowed

Stainless steel
Glass
Pyrex
Enamel
Earthenware
Cast iron

- Simmer plates or heat diffusers are also recommended
- A stainless steel food mill or mouli is recommended for the preparation of the soups
 - Slow cookers are suitable if the container is of the permitted material

ENEMA EQUIPMENT

 There are a number of different enema kits on the market. They are usually referred to as Douche Can Kits. They can either be hung from a hook or placed on a flat surface. Either is suitable, although many prefer the flat-bottomed kits that allow you to stand them at a relatively low height (important for the beginner!). You will need one that has a minimum 1 litre capacity and if you are taking the castor oil treatment as part of your regime, then it is advisable to have 2 enema kits; 1 for the coffee enema and 1 for the castor oil enema.

The kit comes in sections; the douche bucket or bag (holding container), the tube, a stop cock (which will either be separate or fitted on to the tube), and a rectal tip.

I recommend purchasing a separate soft catheter (nelaton or silicon), which can be attached to the rectal tip. These catheters are about 25cm long and are easier to insert and retain than the shorter rectal tips. The catheter is especially useful if you have haemorrhoids which can “block” the end of the rectal tip inhibiting flow. These rectal catheters are available through your pharmacy.

RESOURCES

MEDICATIONS	26
ENEMA EQUIPMENT	28
VEGETABLE JUICING EQUIPMENT	29
WATER PURIFICATION	30
ORGANIC PRODUCE	31
COOKWARE	32
PERSONAL CARE PRODUCTS	32
HOME CLEANING PRODUCTS	33
BOOKS, CDS	34
TREATMENT FACILITIES	35

Resources

Below you will find a list of resources mainly in Australia. However, most of the medications will need to be ordered from abroad. The main supplier that patients tend to use is STAT-MX, USA. You will need to check the availability of the natural thyroid hormone and vitamin B 12 injection from STAT-MX without a doctor's prescription. If you are able to obtain a script for the natural thyroid from your GP, then there are compounding pharmacists in most major cities in Australia who can supply you with thyroid.

IMPORTANT

If you are ordering medications from abroad and importing into Australia, then it is important to know that all the basic medications for the Gerson Therapy have been approved by AQIS and therefore you should not have difficulties with customs. However, you are only permitted to bring in 3 months supply for your own personal use. It is recommended that you order needles and syringes locally as parcels containing these items may be held up for long periods. It is also recommended that the value of goods per parcel is below AU\$250.00 (approx US\$125.00) as this also indicates personal rather than commercial use. If necessary instruct your supplier to send as two or more parcels.

MEDICATIONS

USA

STAT-MX

<http://stat-mx.com/contact.aspx>

Stat-mx, 416 W San Ysidro Blvd. Suite L229 San Diego Ca 92173

Tel. 0011 1 626 737 0324

Fax. 0011 1 619 428 4474

All items for the program, including the enema kit, are available from STAT. You would need to check the availability of the natural Armour thyroid and the vitamin B12 injection without a prescription. **fax:** 0015

The Key Company

www.thekeycompany.com (will accept credit card transactions)

Tel: 0011 1 314 965 6699

- potassium compound salts, 3 mix x 100g bottles
- pancreatin 325mg x 1,000 tabs
- Pancreatin 1,200mg x 1,000 tabs
- Niacin 50mg x 1,000 tabs
- Acidoll-pepsin capsules (100 or 1,000 caps in each bottle)
- Dessicated liver caps x 500mg (1,000 caps)
- Ox bile powder
- B12 injection 1,000 mcg – 1 x 30cc bottle (you will need a prescription for this)

AUSTRALIA

Newton's Pharmacy in Sydney

Tel: 02 9267 7889

<http://www.newtonsparmacy.com.au/>

Newton's pharmacy is familiar with the Gerson therapy and its requirements. Please speak with them to see if they can help with any of the other medications you may require.

- potassium compound salts (equal mixture of potassium acetate, potassium monophosphate and potassium gluconate salts) in 1kg amounts – please ask for this to be divided into 10 x100g portions
- Lugol's solution; 1/2 strength
- Organic chamomile flowers, dried

Green Pharmacy, Adelaide

Tel: 08 8431 6727

Inner Glow Health Products

110, Goodwin St, Tewantin QLD 4565

Tel: 07 5449 0600 **Fax:** 07 5449 0900

<http://www.innerglow.com.au>

- potassium compound salts 1kg
- Lugol's solution; 1/2 strength

If you are having difficulty in importing the natural thyroid or finding a GP to prescribe natural thyroid in Australia then try this web page for a list of practitioners who may be able to help you:

http://www.acnem.org/modules/mastop_publish/?tac=32

Nutribiotic

<http://www.nutribiotic.com.au>

Tel: 07 5494 0788

- Grapefruit seed extract

Order the liquid extract (Citricidal) which is a broad spectrum anti-parasitic, anti-fungal and antibacterial agent.

UK

Healing Naturally Limited

All Gerson medications and equipment can be ordered from:

Stephen Richards

Healing Naturally Limited,

The Old Shop,

Cross Street, Holt,

Norfolk, NR25 6HZ

Tel/Fax: 0845 3703123 (local call rate)

www.healingnaturally.co.uk

email: stephen@healingnaturally.co.uk

ENEMA EQUIPMENT

You may obtain your enema kit with rectal catheter from either ISHI or STATSA. Alternatively, if you are in Australia then you may order a SurgiPack Douche Can kit and a rectal soft catheter FG 16 or FG 18 from your pharmacy.

Chemist Direct

If your local pharmacy does not stock these then you may order the SurgiPack douche can kit online from Chemist Direct:

Surgi Pack Douche Can 1 Litre Item # 899852

<http://www.chemistdirect.com.au/index.php>

<http://www.chemistdirect.com.au/surgi-pack-douche-litre-p-1081.html?osCsid=34151afbd95f58ca725a1021b359651f>

Tel: 1300 366 128 or +61 2 9387 5222 (outside Australia)

Unomedical

Rectal catheter FG 18

This is a surgical supply wholesaler and therefore you may only be able to purchase a minimum order of 50 rectal tubes.

NSW: Clifford Hallam 02 9584 4344

QLD: 1300 720274

Ref No: 14003182 (Tube size FG18)

<http://www.unomedical.net/au/section05/pdf/medical.pdf#page=12>

Inner Glow Health Products

110, Goodwin St, Tewantin QLD 4565

Phone: 07 5449 0600 **Fax:** 07 5449 0900

www.innerglow.com.au

- Douche Can 2L
- Silicone catheter

VEGETABLE JUICING EQUIPMENT

Norwalk juicer

(available from the USA)

http://www.nwjcal.com/

Tel: 1-760-436-9684;

Fax: 760-436-9651;

e-mail: norwalk@abac.com

Juice cloths (for the Norwalk): **Inner Glow Health Products**

Phone: 07 5449 0600

Fax: 07 5449 0900

www.innerglow.com.au

Champion juicer

Inner Glow Health Products

110, Goodwin St, Tewantin QLD 4565

Phone: 07 5449 0600 **Fax:** 07 5449 0900

www.innerglow.com.au

Vitality 4 Life

http://www.vitality4life.com/au/juicer-champion-2000.html

Phone: +612-66807444

Fax: +612-66807481

Free Phone: 1800 802 924 (Australia only)

http://www.vitality4life.com/au

Juice Press

(available from the USA)

The Juice Press Factory (USA)

http://www.kovacsbiz.com/juice/page3.html

Tel: 1-512-267-5326;

email: juicepress@austin.rr.com

Angel Juicer

Australian importer, Zest Global

+61 7 3133 0104

http://www.zestglobal.com/angel_juicer.shtml

http://juicersaustralia.com.au

WATER PURIFICATION

Juicers Australia

<http://www.juicersaustralia.com.au/>

- Divine Ultra Counter-top semi-automatic Water Distiller (distillate capacity 24L/24hr; 4L storage bottle) ;
- Divine 16L Automatic Water Distiller (distillate capacity 16L/24hr; holding tank 16L)
- Divine 30L Automatic Water Distiller (distillate capacity 30L/24hr; holding tank 24L)
- Divine 48L Automatic Water Distiller (distillate capacity 48L/24hr; holding tank 40L)
- Sprite shower filter

Pure H2O

<http://www.purewateronly.com/>

- Water Wizard (distillate capacity 1.125L/hr)
- Dove water distiller (distillate capacity 22L/24hr)
- West Bend Pure Magic Distiller (distillate capacity 20L/24hr)
- Polar Bear Water Distiller 26M (manual fill; distillate capacity 35L/24hr; holding tank 21L)
- Polar Bear Water Distiller 26-CT (automatic fill; distillate capacity 35L/24hr; holding tank 10.5L)

Oz Water Filters

<http://www.ozwaterfilters.com.au>

- Precision PWS 8-M (distillate capacity 18l/24hr; holding tank capacity 11.3L)
- Durastill 46C/4 (distillate capacity 46l/24hr; holding tank capacity 15L)
- Top Health Distiller (distillate capacity 0.6L/hr)

Vitality 4 Life

<http://www.vitality4life.com/au>

- Aquasana Deluxe Shower Filter
- Water Wise 9000 Water Distiller (distillation capacity: 24L/24hr)

ORGANIC PRODUCE

You can find organic produce in most major cities in Australia, and many of the supermarket chains carry organic produce. Over the summer months apples are likely to become scarce. If you can bulk order sufficient amounts to tide you over this period, and if your retailer is willing to store them for you in their cold room, then supply shouldn't be a problem. Occasionally it is difficult to find green apples and we have to use others. Although it is preferable that apples are as green and as sour as possible, you should not swap organic apples for non-organic in times of scarcity.

Home deliveries

There are also many home delivery services for organic produce; just google - *organic fruit vegetables home delivery Australia* - to find out if there are any deliveries to your area or check the following web-site:

<http://www.ecodirectory.com.au/index.php/organic-deliveries/>

<http://www.ecodirectory.com.au/index.php/organic/>

Markets

Also check out the farmer's markets in your area as these may have a range of locally produced organic produce. Check out these web-sites:

<http://www.ecodirectory.com.au/index.php/organic-markets/>

<http://www.farmersmarkets.org.au/> - Australia wide

In the bush

However, if you live in the country or in the more tropical regions of Australia then obtaining a regular supply may be difficult. This is what I would recommend - go to the eco-directory web-site address:

<http://www.ecodirectory.com.au/index.php/organic-growers/>

- Make contact with a grower, asking for the name/s and place/s of any distributor which takes their organic produce in the State where you live. Produce normally goes to a central distribution market where retailers place their orders and arrange for delivery to their retail outlet.
- Make contact with the distributor and ask how best to go about placing an order that will be delivered your way. They should be able to give you the name and contact details of a retailer in your area that buys from them.
- If no-one does, then contact your local shop to find out if they order from the same market where the distributor of the organic produce is (normally both distributors for non-organic and organic produce are all under one roof and it is a central distribution for the state) and see if you can make a personal order from the organic distributor that can be freighted on the back of your nearest retailer's order (i.e. use the same freight company).
- If you are still having difficulties, although market distributors do not like to take orders from the public, they may do so if you are making a large weekly order. It would be up to you to then arrange and pay for delivery with a trucking company who may be delivering to your area.

If it all seems insurmountable, then just get chatting to the growers, distributors and retailers and you will find a way.

Growing your own

Alternatively, you may wish to grow your own fruits and vegetables. If you can set up a vegetable patch and grow your own greens such as lettuce, beetroot tops, watercress and chard, then you will be able to pick fresh greens for each juice and for your salads.

Green Harvest is an excellent resource for organic seeds, books, garden equipment and organic pest control products. They also have a FREE Australian Organic Gardening Resource Guide and catalogue. Published by Green Harvest it contains 48 pages of organic gardening products and hints to help grow nutritious, chemical-free vegetables and fruit.

<http://www.greenharvest.com.au/>

Other produce

Santos Trading

Organic and natural food sales delivered Australia wide. Check out their range of organic dried foods, grains and bee pollen.

<http://www.santostrading.com.au/>

Paradise Gold organic coffee: 1800 600 654

Order their 2.5kg packs of medium roast ground coffee @\$22.00/kg

COOKWARE

The most reasonably priced waterless cookware is the Camelot Temp-Tone range.

Camelot Distributors, 18-20 Bridge Street, Rydalmere, NSW 2116

<http://www.camelot.gr/en/cookware.php>

Tel: 02 9638 6244

Or **Amway** produce their **Queen Waterless Cookware** range - check on the internet or on e-bay

PERSONAL CARE PRODUCTS

Patients on the Gerson Therapy are not allowed to use products containing chemicals, perfumes, or oils, including essential oils. They are also not allowed to use products with containing sodium, sodium laurel sulphate, parabens or sodium bicarbonate. The castile soaps which use potassium in place of sodium are acceptable.

Hair dyes, perfumes, makeup, lipsticks and deodorant/antiperspirants are not permitted on the therapy. Internal sanitary protection, such as tampons, are also not allowed.

EnviroCare

Of their range the **Sensitive Hair and Body Cleanser** is an acceptable body wash and shampoo. It is a potassium-based castile soap that contains no chemicals or perfumes.

Weleda

Weleda Personal Care products are made with pure natural ingredients and are without any artificial preservatives, colors, or fragrances.

Calendula Mint Free Toothpaste

Their Calendula toothpaste contains no peppermint oil, sodium bicarbonate or fluoride and is suitable for the Gerson patient.

Ingredients: Water, Chalk (Calcium carbonate), Glycerin, Smectite clay, Grain Alcohol, Calendula, Myrrh, Xanthan gum, Fennel, Ammonium glycyrrhizate

HOME CLEANING PRODUCTS

Ha-Ra & ENJO

Chemical-free cleaning using fibre based products. Check out their web-sites:

<http://www.hara.com.au/>

<http://www.enjo.com.au>

EnviroClean (08) 9248 4688

These products are available throughout Australia through many retailers. They are free from petrochemicals, chlorine, sodium laurel sulphate, DEA, diazolidinyl urea, coal tar, glycol, formaldehyde, caustics and phosphates. Their range includes:

- Laundry powder and pre-soaker
- Laundry liquid
- Dish wash
- Vigor – all purpose cleaner
- Oven and Barbecue Cleaner
- Disinfectant
- Dishwasher Powder

Check out their products at: <http://www.naturalorganic.com.au/>

Ecover

Check out their environmentally-friendly products at:

<http://www.ecover.com/au/en/Products/>

and retailers:

<http://www.ecover.com/au/en/WhereToBuy/>

Chemist

Hydrogen peroxide 35% x 800ml is available upon request. Dilute to a 3% solution and spray as a disinfectant on bathroom and kitchen surfaces.

Supermarket

Bicarbonate of Soda – useful as a cleaning agent in the bathroom and kitchen. Gerson patients should wear rubber gloves if using this product.

GREEN CLAY

Ric Easton, Bio-Distributors; ph/fax 03 6491 1439

Living Valley Springs ph: 07 5485 4344

BOOKS, CDS & DVD MATERIAL

Books

Gerson, Max, M.D.: **A Cancer Therapy - Results of Fifty Cases;** ISBN 0-88268-105-2

Gerson, C.; Bishop, B.; **Healing the Gerson Way;** ISBN 9780976018605

Alexander, K.: **Dietary Healing, the complete detox program;** 2008 ISBN 9780980376203
www.kathrynalexander.com.au

Alexander, K.: **Nutritional Healing, a patient management handbook;** 2009 ISBN 9780980376241 (pdf)
www.kathrynalexander.com.au

Bishop, B.: **A Time to Heal,** First Stone Publishing, 2010 ISBN 9781904439639

Gerson Support Group UK Publications

www.gersonsupportgroup.org.uk

PO Box 406, Esher, Surrey, KT10 9UL, UK

- Healing at Home - a DVD containing essential practical information
- An Information Book for those beginning the Therapy
- Simply Gerson, a recipe book for beginners on the Therapy
- A Little Enema Book to help with the practical issue of taking enemas
- Gourmet Gerson giving recipes for those well into the Therapy and their carers and family

Video Tapes

Healing "Incurable" Illness, Vol.1,2 and 3; Gerson Institute

Audio CD

Alexander, K.: **The Principles of Detoxification**
www.kathrynalexander.com.au

TREATMENT FACILITIES

Mexico

The **Baja Nutri Care Clinic**, Tijuana, Mexico, offers the Gerson Therapy®. Here you will be put on your program and cared for by the most experienced doctors in this field. Unlike many hospitals, they offer long-term care and guidance with follow-up consultations when you return home. Please direct all enquiries via the Gerson Institute:

Contact details:

Gerson Institute/Cancer Curing Society

1572 Second Avenue, San Diego, CA 92101

Tel: 0011 619-685-5353

Web-site: www.gerson.org

Baja Nutri Care Clinic

Tel: 0018 52 664 6318534 or 0018 52 664 6318535; or

Web-site: <http://www.BajaNutriCare.com/>

Hungary

Europe's first and only **Gerson Health Centre** was opened in March 2009 in Hungary near Budapest, with the full support of the Gerson Institute of San Diego, California. The Centre, run by a qualified Gerson therapist, is holding two-week residential courses for patients suffering from cancer and other chronic degenerative diseases, who wish to embark on the Gerson Therapy®.

Located in an unspoilt woodland setting some 30 km from Budapest, the Centre has ten bright, pleasantly furnished single and double rooms, each with its own bathroom. All food is vegetarian, strictly organic, expertly prepared according to Gerson rules, accompanied by freshly made juices.

Besides learning about the theoretical and scientific basis of the therapy, participants are trained in all its practical details, enabling them to continue the treatment at home. Expert medical supervision and nursing are provided throughout. Patients are encouraged to bring a companion, who will assist them in following the treatment at home. English is spoken.

Contact details:

www.gerson.hu

e-mail: info@gerson.hu

Tel: 0036-1-217-1360

FAQs

WILL THIS THERAPY HELP ME?

You need to bear in mind that although Dr. Gerson achieved a 50% success rate with terminally-ill cancer patients, nowadays we are more nutritionally deficient and carrying a heavier toxic burden, and people tend to come to the therapy when all else has failed. Invariably patients are carrying an additional burden from chemotherapy. The ultimate aim of the therapy is to raise the inherent healing potential so that the patient's own immune system is combatting the cancer. This is achieved through intense detoxification and nutritional replenishment. So the therapy is going to work best for those who are not so nutritionally deficient, have little toxic load, who do not have other illnesses, who have not been on long-term drug medication for other conditions and who do not carry the toxic burden of large tumour masses or extensive metastases. In addition, the patient's digestive system needs to be able to accommodate the large amount of food and the 13 juices daily.

You will also need to bear in mind that the therapy as it is practised today is Dr. Gerson's original therapy, which preceded the therapy that Dr. Gerson perfected subsequently, and the one with which he achieved his outstanding results. Although he did get significant results prior to 1949 using the therapy as it is practised today, after 1949 he added 750g of raw calves liver daily, juiced. He maintained that he was not obtaining his previous success rate due to deeper contamination of the food chain and deeper nutritional deficiencies as a consequence of agricultural practices. He added the raw liver to supply the sick liver with living enzymes and nutrients to reactivate its detoxification potential. Although various supplements have been added to the program, such as CoQ10 and liver capsules, the results are not as impressive as the ones that Dr. Gerson achieved. The raw liver juice was discontinued in the early 1980s due to an increasing concern regarding the cross contamination by camphylobacter that can easily occur at abattoirs.

Therefore it is vitally important to monitor your progress to make sure you are heading in the right direction and be prepared to take further steps should you need to adjust your program. As a foundation treatment, there is no other therapy that can detoxify the cells as thoroughly as this program while simultaneously reinstating optimal nutrition to the cell, thereby increasing the healing potential.

If you are using the therapy for a chronic degenerative condition, then you will likely see significant results. Although the therapy is administered at home, it is best to be supervised by a qualified Gerson practitioner if you have either cancer or a chronic condition.

HOW LONG WILL IT TAKE?

The therapy is an intensive program which needs to be maintained for a minimum period of 2 years in cancer patients, sometimes longer. The therapy will not work if it is interrupted and its chances of success will be diminished each time you re-start the program. Dr. Gerson warns that in his experience, although tumours would resolve within a comparatively short time-frame (around 6 months, but nowadays this is much longer) if the patient halted the program before the body had chance to rebuild its defences, the cancer would come back. For this reason he maintained the therapy for 18 months, whereas nowadays we maintain it for much longer.

WHAT IF I CAN'T MANAGE ALL THE FOOD AND JUICES?

As Gerson patients are required to take around 3kg of apples and 5-6kg of vegetables daily, this quantity can become taxing for the digestive system. Although most of the vegetables are juiced, a substantial

amount will still need to be taken in the diet. Providing you do not have digestive problems, your appetite should gradually be able to accommodate all the food, and indeed, you may even start to feel hungry and ready for the next meal. It is very important that the diet does not take second place to the juicing. The diet must be top priority, and increase the juices as you can manage. Solid food slows the passage of juices through the digestive tract allowing the body the time to obtain all their goodness. Juicing without eating may result in diarrhoea to little nutritional advantage. It is a diet therapy, not just a juice therapy nor a supplement therapy - so the diet and juicing are the foundation of treatment. If you can't manage the diet and all the juicing, then you may be unable to do the therapy.

HOW IMPORTANT IS IT THAT I FOLLOW THE EXACT RECIPES FOR THE JUICES?

It is very important that you do not start adding vegetables that are not part of the juice recipes. We do not use beetroot as the juices are already high in sugar (particularly the apple and carrot) but we do use some beet tops (high in betaine and very good for the liver) in the green juices. We may not use large quantities of the dark green leaves from spinach, and certainly never old and large leaves, as these are high in oxalic acid and sodium; however, a few young leaves may be permitted. Similarly we do not juice celery as this is high in sodium, but we may eat celery as part of the Hippocrates soup or in salads. If you can't get all the ingredients for the green juice, then leave them out. However, you should be able to get green or red lettuce (not iceberg), red cabbage, green capsicum and a few dark green leaves. Do not be tempted to mix the apple, carrot and green juice together - keep them separate and in this way you can be sure that you are getting sufficient greens in the juices.

COULD A LOW DIETARY SODIUM BE A PROBLEM FOR ME?

There is sufficient natural sodium in the diet to meet your needs. If your sodium levels do fall then there will be other factors at stake and you will likely be under the supervision of your doctor.

COULD THE HIGH POTASSIUM BE A PROBLEM FOR ME?

Oral dosing of potassium with the specific salts that are used on the therapy (potassium monophosphate, acetate and gluconate) do not pose a risk. Your practitioner will monitor serum blood potassium levels and if they rise then it will be due to other factors, in which case your practitioner may reduce the potassium dose.

HOW IMPORTANT IS IT THAT I HAVE ORGANIC FOODS?

Organic produce is absolutely essential. Many of the agricultural chemicals are proven to be carcinogenic and when juicing many vegetables and fruits you will be simply getting a concentrate of chemicals in your juice. Washing cannot remove the all the chemicals that a plant has received since its planting.

I AM ALLERGIC TO GLUTEN, WHAT WOULD YOU SUGGEST?

The program contains oats and rye bread, both of which contain gluten. Sometimes people are only intolerant of gluten in wheat and rye, but can tolerate oats. So make sure which foods you cannot tolerate. Brown rice is allowed on the program, but only once weekly. Your practitioner may suggest another grain for you, but it will depend on the individual case.

I AM ALLERGIC TO DAIRY, WHAT WOULD YOU SUGGEST?

Again, if you are allergic to dairy you will need to remove it from the diet. The risk of becoming protein-deficient does exist and therefore you may be recommended to take bee pollen in its place. Bee pollen will deliver around 6g of protein/30g of pollen which will be sufficient to replace the dairy. Please start with a small dose to make sure that you tolerate it. People with allergies to bee stings may also be allergic to the bee pollen.

CAN I FOLLOW THE PROGRAM WITHOUT DOING THE COFFEE ENEMAS?

It could be very dangerous to follow the program without doing the enemas as the toxic build-up from the intensive program could worsen your condition. This is why the enemas were added to the program in the first instance. There is a continuous stream of toxins entering the circulation from those discharged by the cells, and those produced by the tumours themselves as a by-product of their metabolism. Dr. Gerson found that healing could not occur if the circulation remained poisoned, and that the liver, which he found to be compromised in the cancer patient, could not detoxify adequately without the help of the coffee enema.

DO I NEED TO HAVE ALL THE MEDICATIONS RECOMMENDED FOR THE PROGRAM, OR CAN I SUBSTITUTE?

Unfortunately, substitution can be difficult if you are not clear about the products recommended. For example, the niacin recommended is different from vitamin B3 sold as nicotinamide and slow release niacin. We actually want the strong flushing effect that niacin gives. Other supplements may have additives that we don't want or contain calcium, which is a mineral to avoid as much as sodium on the Gerson Therapy. Digestive enzymes also vary and you may end up not taking below the therapeutic dose recommended. Each supplement has an important role in the therapy, whether it is to stimulate detoxification or support the immune system, so if you are going to all the trouble and effort of doing the juices, the enemas and the diet - it makes sense not to skip the medications.

I HAVE HEARD THAT MAINTAINING ALKALINITY INHIBITS CANCER. CAN I TAKE PRODUCTS THAT INCREASE THE ALKALINITY, SUCH AS ALKALINE WATER AND BICARBONATE?

The program is already very alkaline-forming due to the high content of potassium salts naturally occurring in the juices and the additional ones added to the juices in the form of the potassium compound solution (potassium acetate, monophosphate and gluconate). This combination is more than sufficient to buffer the lactic acid produced as a by-product of the tumour's metabolism. However, we must be mindful not to create an alkaline burden on the body as this may be as taxing to the system as being too acidic. This specific blend of potassium salts with the juices will not pose an alkaline burden as the chemical nature of vegetable juices, which contain naturally-occurring potassium salts and acids, act in an amphoteric way, meaning that they can balance the system's pH and therefore minimize any wide shifts - whether too acid or too alkaline. The effects of adding other alkaline agents, such as potassium bicarbonate or potassium citrate, are not clear other than bicarbonate is the main extracellular alkaline buffer, whereas the mix of salts used by Dr. Gerson favour intracellular buffering, which then has a knock-on effect on extracellular pH. This specific potassium salt mix also promotes an increase in cellular energy. It may have been the combined effects of these salts that gave Dr. Gerson the results he was looking for. So my advice is to be assured that the program with the specific medications as laid out will provide the most congenial environment for healing to occur.

CAN I ADD MORE SUPPLEMENTS TO THE PROGRAM?

We try to ensure that our food contains all that we need. This means growing food on quality soils, which we can never be sure of when we don't grow our own. Sometimes practitioners do recommend supplements but you would need to be mindful whether you do need that nutrient and whether it can be used by the body to good effect. Dr. Gerson has this to say about the value of getting all the nutrients in our food:

“Using organically grown foods brings both the discovered and undiscovered ones [nutrients] together in the proper quantity, mixture and composition” (Dr. Gerson).

New Insights into the Gerson Therapy®

by Kathryn Alexander

Dr. Gerson said that malignancy was merely the cell's adaptation to local conditions or "adjustments to the preceding pathologies." He maintained, and went on to prove, that if you were able to restore conditions to normal then the body would heal itself, no matter the disease.

All too often, instead of asking ourselves "what do I need to do to change conditions and bring the body to a point where it can heal itself" we rely on products to fight our disease.

Dr. Gerson's reputation lay in his unparalleled 50% cure rate of terminally-ill cancer patients. His genius was much more than devising a simple detoxification and dietary therapy; it was his capacity to understand how the body heals that enabled him to develop a framework for healing that gave measurable outcomes and could be scientifically tested.

His entire therapeutic endeavour was to bring the body to a point where it could digest its own tumours and then stay well. In order to achieve this he adopted a four-pronged approach:

- to restore the entire metabolism (oxidative metabolism and energy production);
- to initiate and support the healing inflammation (referred to as parenteral digestion of tumours);
- to eliminate tumour tissue and its toxic by-products; and
- to restore structure and function to maintain cure.

RESTORING THE METABOLISM

Dr. Gerson found that sick tissues lose their power to retain potassium, and instead take up sodium, water and toxins, dropping cells into a fermentative state where they can no longer use oxygen. So one of the core principles was to re-instate intracellular potassium in order to restore oxidation. On his high potassium (vegetables and fruits) low sodium program, he saw the rapid shrinkage of oedemas that surrounded and protected tumours, followed by the shrinkage of the tumour itself and the fast recovery of the patient. He measured losses of up to 8g of sodium a day via the urine in the initial stages of the therapy, and then at periodic intervals during flare-ups. Six years and 300 experiments later he formulated his unique blend of potassium salts (potassium acetate, gluconate and mono-phosphate) and applied this to the therapy. He found that this facilitated cellular

uptake of potassium and improved recovery rates. In order to maintain this steady state, protein had to be restricted. Dr. Gerson found that small increases in certain dietary proteins (but not the raw liver, juiced) had the effect of bringing the detoxification of sodium and toxins to a stand-still. The acidity that protein generates as a by-product of its own metabolism was sufficient to inhibit the restoration of the entire metabolism. With this discovery he recommended that his patients maintain protein-restriction (but not protein-deficiency) for the duration of the therapy.

The Gerson Therapy™ is a very high potassium, alkaline-forming program. Such programs are clinically proven to check cancer growth and to counteract lactic acid, the by-product of tumour metabolism which also acts as a growth stimulant to the tumours themselves. However, we do need to make a distinction between alkalinity and alkaline-forming. For example, one may take an alkaline salt, such as a bicarbonate, which will create an alkaline shift in the extracellular fluids but does not leave an alkaline ash within the cell. However, when we take the vegetable and apple juices, which would give an acid-reaction when tested with litmus paper, once these acids are metabolized within the cell they actually leave an alkaline ash: potassium hydroxide. The combination of the potassium and the hydroxide is just what we need: the potassium, as a chief enzyme activator stimulates the uptake of oxygen and the production of energy, restoring the energy potential of the cell, and the hydroxide will mop up any acidity.

It was not until shortly after Dr. Gerson's death in 1959 that his theory and his clinical observations were scientifically proven using the then new technology, magnetic resonance imaging (MRI). Two scientists were able to observe the electronic state of a sick cell when it was bombarded with potassium. They found that sick cells were indeed deficient in potassium and high in sodium, but by instating a potassium-rich environment, the cell would take up potassium and eject sodium which, in turn, would start the oxidative cycle and the production of energy. When we view cell metabolism in this light, it makes more sense to change the underlying conditions that favour the uptake of oxygen rather than applying oxygen within a resistant environment. When we support the natural healing capacity by providing the right conditions, then treatment becomes more effective.

THE HEALING INFLAMMATION

Dr. Gerson observed that he didn't see cure unless the patient could be brought to a natural healing inflammation. This is a spontaneous, unprovoked fever not induced through infection or vaccination. The fever was self-limiting, lasting maybe up to three days, and following this there was a further remission of the cancer. These healing inflammations could be observed frequently during the healing process until the patient was fully recovered. He found that complete restriction of protein during the initial six weeks of therapy while supplementing with high levels of thyroid hormone, iodine (Lugol's solution) and potassium salts, accelerated the detoxification and remineralisation of the cells and the patient would then naturally come to a healing crisis. We now understand more about the nature of cancer and why the healing fever is so important for cure.

Cancer cells are generally resistant to destruction when they are in their dormant or resting phase where they can remain for a long time. It is only when they enter mitosis (cell division) that they become vulnerable to destruction. This is why both chemotherapy and radiotherapy are given over a prolonged period, to try and destroy all the cancer cells as and when they enter their mitotic phase. However, cancer cells can be stimulated to enter mitosis when the body temperature is raised to fever temperature, and many treatment centres in Europe will induce hyperthermia to synchronize the mitotic cycle so bringing greater numbers of cancer cells to division simultaneously. This means that lower doses of chemotherapy can be applied to greater effectiveness. (We must remember that merely inducing hyperthermia without applying a treatment to destroy the cancer may just make the cancer grow more rapidly.)

In light of this it becomes obvious that a spontaneous fever and an enabled immune system would in fact, lead to cure. In addition, Dr. Gerson used pancreatic enzymes which are now scientifically proven both to help unmask the cancer cell by digesting its fibrin coat exposing it to the immune system and to increase the immune system's capacity to attack. Tumour cells evade destruction by shedding their surface antigens which are then picked up by immune cells to form immune complexes which actually immobilize the immune system. Systemic enzymes can degrade the complexes freeing the immune system for action. Nowadays we use a combination of animal and plant enzymes due to their synergistic capacity in combatting cancer. You can appreciate the advantage to the body in assisting the immune system rather than simply stimulating an already over-taxed immune system.

DETOXIFICATION

When Dr. Gerson initially took on cancer patients, he found to his concern that they were deteriorating faster on the dietary program than they were from the disease itself. He understood that the cancer patient's liver could not keep pace with the amount of toxins that were being eliminated by the cells and from tumour toxins themselves. His research led him to administer the coffee enema, since experiments on rats had shown that rectal administration of caffeine caused the bile ducts in the liver to dilate resulting in a flushing of the toxic bile. As soon as coffee enemas were instated patients could withstand the strong program and they started to recover. There is a very important lesson to be learned for anyone with cancer interested in embarking on a detoxification program: it is possible that if the rate of removal of toxins from the cells is not matched by the rate of elimination by the liver, then one may deteriorate on such a program.

It was not until the 1980s when a clinical study was undertaken at an outpatient oncology department in Graz, Austria, that the benefit of coffee enemas was scientifically and clinically proven. Thirty-eight matched pairs were chosen, the control group having conventional therapy (chemotherapy etc.) and the test group undergoing a diet protocol (with many similarities to the Gerson Therapy™) with the inclusion of coffee enemas alongside conventional treatment. The results were outstanding. Not only did all the patients using the diet and enemas live longer, but they had fewer adverse health events and not one had to stop the chemotherapy due to adverse reactions. The coffee enema was found to protect the liver against the toxic fall-out from the drugs and tumour toxins. The study went further to explore the reasons for this and discovered that several chemicals in the coffee stimulated the glutathione-S-transferase system, the most important system for scavenging free radicals in the liver and for toxin removal.

RESTORATION

Although patients healed from their cancers relatively quickly in Dr. Gerson's day, he found that if they stopped the program before the body had adequate time to rebuild, then the cancer would return. In Dr. Gerson's time the therapy took about 18 months to complete, nowadays this can be 2-3 years. It is a big commitment but patients often still use this program as their foundation treatment. I have seen many healings on this program, particularly when patients come before they are too weakened or advanced. It is a remarkable and humbling experience to see how the body can heal itself when you provide the right conditions.