

\$3.95



Healing Breast Cancer

The Gerson Way

by Charlotte Gerson

Acknowledgements

The author gratefully acknowledges the tireless and dedicated assistance of both Beata Bishop for her able editing of the materials, and Howard Straus for the mechanical work involved in turning words into published material. Without their help, the production of these booklets would have been far more difficult and time-consuming.

But the real heroes, and the people without whom these booklets would be impossible are the patients and companions who did the day-to-day kitchen work associated with healing these diseases. We are deeply indebted to them for permission to use their inspiring stories.

These booklets were prepared under the auspices of the Cancer Research Wellness Network, with generous grants from Mrs. Faye Joseph, Sting and Mrs. Trudie Styler.

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Preface

This booklet, one of a series, lays no claim to being a scientific document. What it aims to do is to present, through a number of factual case histories, a novel approach to cancer and other chronic degenerative diseases that is totally different from the present-day philosophy and practice of orthodox medicine.

This approach, the Gerson Therapy®, has been practiced successfully for over sixty years, often achieving healing in so-called incurable cases where all else had failed. Yet until very recently it existed in relative obscurity. It is only now, when the limitations of modern high-technology medicine have become painfully obvious, that the potential of a truly holistic, scientifically sound medical modality is attracting growing interest.

What the Gerson Therapy lacks at present is the kind of large-scale research material, yielding a significant amount of statistics, without which its claims will not be accepted by the medical and/or academic Establishment. The reasons for this lack are simple. After Dr Gerson's death in 1959 the therapy was not practiced anywhere, right until 1977 when it was reactivated by Charlotte Gerson and several physicians in a newly established clinic in Mexico. In those early days the only aim was to help as many desperate patients as possible. Although naturally precise records were kept, embarking on a systematic research program was not feasible.

Years later, with the therapy running smoothly and attracting growing interest, another obstacle to research has become evident. Patients arrive from all parts of the world to a Gerson® facility in Mexico and after a few weeks return home, where they are supposed to remain on the therapy for a minimum of two years. In order to compile the results of the treatment in a statistically meaningful form, it would be necessary to follow up individual patients scattered all over the globe, monitor their progress, assess their success or failure, and obtain full medical documentation of each case.

The non-profit Gerson Institute has never had the funds or the manpower to carry out this expensive operation. Clearly, this puts it at a disadvantage from the orthodox medical point of view, which puts a high value on statistics and on randomized double blind clinical trials. The latter are suitable for testing a single new drug or treatment modality, but not a complex, many-faceted system of healing whose every component interacts with all the others. Until this basic difference is recognized by the critics of the therapy, it will be impossible to engage in a meaningful dialogue.

Hence the present series of booklets contains no statistics. What it offers instead is a number of authentic case histories, chosen from a large amount of clinical material. They tell the full, factual human stories of individuals confronted with life-threatening disease and overcoming it on an unorthodox therapy. Their stories may be dismissed by the strictly scientifically-minded as anecdotal evidence, but unless the lessons of such individual experiences are properly evaluated, there can be no hope of true progress in modern medicine's fight against today's killer diseases. Yet progress is badly needed, since some other sets of statistics, those of cancer mortality and of the rising tide of new cases, show no sign of improvement. It is time for conventional medicine to search for new paths of healing, and that is what the Gerson therapy has to offer.

Introduction

In his last book, the classic volume on the Gerson Therapy, Dr. Gerson gives his understanding of the origins of cancer:

“In my opinion, cancer is not a problem of deficiencies of hormones, vitamins and enzymes. It is not a problem of allergies or infections, viral or others; it is not a poisoning through some metabolic or external substance (carcinogen), nor caused by a genetic factor. It is an accumulation of numerous damaging factors, in combination causing the deterioration of the entire metabolism when the liver has been progressively impaired.”

In other words, it is a mistake to search for “THE cause of cancer.” There is no one single cause. With metabolic healing by the Gerson Therapy, it has been our experience that even presumably genetic cancers can be cured. The genes may well predispose the person to weakness of the liver and/or the immune system. But the damage is reversible!

When persons learn about metabolic, nutritional healing and the Gerson Therapy, they often inquire as to other patients who had the same problem or diagnosis as the one from which they are suffering, and ask whether the Gerson Therapy has proved effective in such cases. In order to reassure such patients, we have prepared the present booklet containing many reports of recoveries in such specific cases.

In breast cancer, different types of cells can be involved; different tissues can be affected, patients may or may not suffer from spreading (metastases) to bones or other organs. Most seriously, they may have been pre-treated with chemotherapy, a highly toxic therapy that further damages the liver, the immune system, the kidneys and other organs. We include numerous cases of all types of breast cancers, with or without metastases, some even with recurrences after chemotherapy. In almost all cases, biopsies were performed on the patients, proving their original diagnosis.

Two thousand years ago, ancient Chinese medical textbooks observed that “an immoderate diet increases the risk for esophageal cancer.” In the 1950s, the American Medical Association and American Cancer Society denounced Dr. Max Gerson for using nutrition as part of a comprehensive treatment for cancer. Then, in the 1980s, the American Cancer Society issued dietary guidelines for reducing the risk of developing cancer, a diet remarkably similar to the Gerson diet. (From *Nature's Impact* Oct./Nov. 1998, p. 47, by Patrick Quillan, Ph.D., R.D., C.N.S.)

In 1982, the Congressionally appointed panel of experts, the National Academy of Sciences, issued their book, *Diet, Nutrition, and Cancer*. They state, “Spread the good news that cancer is not as inevitable as death and taxes.”

Today, cancer ‘authorities’ admit that some 50-55% of women’s cancers is caused by faulty nutrition. And while the *Journal of the American Medical Association* in the 1930’s advertised cigarettes (“20,679 Physicians say ‘Luckies’ are less irritating”), they now point not only to smoking but even to second- hand smoke as contributing to causing cancer.

However, doctors have not stopped causing cancer, especially the female cancers, including breast cancer. They even admit that HRT (Hormone Replacement Therapy) contributes to causing female sex organ cancers. Their excuse is that HRT relieves symptoms of menopause, slows osteoporosis and prevents heart disease. That is not necessarily true; but aside from that, prevention with healing nutrition and the Gerson Therapy is safe and much more effective!

Many other factors depress the body's defenses and contribute to the onset of a malignancy. Above all, toxicity in the air, water, soil, processed foods, over-the-counter, prescription and "recreational" drugs, household chemicals, industrial and occupational toxins, and more. Another important contributing factor, especially to breast cancer, is the use of deodorants and/or antiperspirants. Some of these contain toxic chemicals. Even those which do not, clog the pores of the underarm lymph glands and prevent the body from releasing toxic accumulations into the lymphatic system.

When the body is overwhelmed with toxins from the air, water, drugs, and foods, often the main detoxifying systems (the liver, kidneys and lungs) can no longer excrete the load. The body then uses an auxiliary system: perspiration, to help detoxify. It can be assumed that this toxic excretion in perspiration is smelly. Naturally, people have been educated to use a deodorant, a cream, or stick, to help. However, blocking these lymph glands sends the toxins back into the lymph system of the breast and underarm.

It is even likely that male breast cancer, which is increasing considerably due to the vastly increased use of deodorants, is directly related to the use of the latter... It is admittedly difficult in our 'civilized, industrial society' to avoid all those harmful factors. For cancer, particularly the glandular cancer that affects the breast, can take months or years to appear. But once it has started, it is imperative to eliminate all toxins as part of healing.

The second major factor in all malignancies is deficiency. Our depleted and artificially fertilized soil does not produce food rich in natural nutrients. Food is further depleted, refined, and treated in processing such as jarring, canning, freezing and preparing for dispensing as 'fast foods.'

All the above factors produce a severely deficient and toxic body that loses its natural immunity, hormone balance, enzyme activity and ability to also handle stress and/or accidents or injuries. Dr. Gerson emphasized that a normal, healthy body has a strong ability to heal (i.e. infections, colds, flu's or injuries). This natural ability, when lost through dangerous lifestyles, has to be restored if the body is to be helped to heal. With the proper nutrients and elimination of toxins, this can be done. In other words, with intensive detoxification and flooding the organism with fresh, living, organic nutrients, the body recovers.

To prove this point, Dr Gerson published his book *A Cancer Therapy: Results of 50 Cases* in 1958. Many of those who were young enough at that time are still alive and well into their high 70's and 80's. We present below a number of more recent case histories, almost all of whom were in 'terminal' condition when first seen, with recurrent tumors after some 'orthodox' treatments. All survived at least five years after starting the Gerson Therapy.

Over the course of sixty years, the Gerson Therapy has amply demonstrated its enormous potential and power to heal, curing many patients classified as ‘incurable’ in terms of conventional medicine. A very small sample of these cures has been chosen for inclusion in this series of pamphlets. However, it would be a mistake to assume that this Therapy is a cure-all that works in every case.

This is not so. Unfortunately there are many factors that can prevent healing. The most common one is that patients come to the Therapy far too late: in terminal condition, most often having vainly tried to recover on conventional treatments, especially on highly toxic chemotherapy, which destroys the patients’ remaining, already badly damaged immune system. Once the organism has declined beyond a certain point, there is no way to restore it.

Even in less grave cases, the Therapy’s success depends on how exactly and consistently it is carried out, over a suitably long period of time. Admittedly, this is a difficult, expensive process, needing much help and support from the patient’s care givers. Any variation or omission can endanger the good outcome; so can the patient’s unwillingness to work wholeheartedly and in a positive frame of mind for his or her recovery.

In the present climate, where people have been conditioned to expect “a pill for every ill,” and not take responsibility for their own health, the Gerson Therapy may seem to be a difficult path to follow. But when it comes to saving one’s life and building a healthy future, the effort is certainly worth while. The success stories of recovered patients presented on these pages amply demonstrate that point.

The Nutritional Healing Therapy of Max Gerson, M.D.

In order to help the body, with the liver as its major healing organ, to restore and heal, a number of life-style factors have to be radically changed. The first thing is the elimination of all animal proteins. This is a 'shocker' for most people who are trained and imbued with the idea that proteins (in their minds, animal-proteins) have to be part of their diet to promote normal health and tissue repair. More and more evidence is accumulating that the human body is not designed for and doesn't thrive on animal proteins. Our teeth, stomach acid level, long intestinal tract and more are all features of vegetarian animals. Further, more research now proves that the higher animal protein consumption, the higher chronic disease and cancer incidence. Dr. T. Colin Campbell, a professor in the division of Nutritional Sciences at Cornell University, and senior advisor to the American Institute for Cancer Research, said that there is:

"... a strong correlation between dietary protein intake and cancer of the breast, prostate, pancreas and colon. (as quoted in Lang, S., "Diet and Disease," Food Monitor, May/June 1983; p. 24.)

Dr. Campbell recently (June '01) quoted additional research showing a clear relationship between cancer incidence and protein consumption in all cancers. He also showed graphs pointing to the fact that those patients who stopped all animal protein consumption had arrested their cancers or even occasionally caused them to be reduced.

Then comes the inevitable question, "But where will I get my proteins?" There are now many studies noted by Nathan Pritikin, John Robbins, and various US Government agencies, such as The Journal of the American Dietetic Association that clearly state that "A diet adequate to cover hunger, satisfied with natural foods, is more than adequate in proteins." I often simply ask the questioner to consider, "Where does the cow get her proteins?" and the answer is, of course, from grass. The Gerson Therapy is more than adequate in vegetarian proteins, so much so that it is capable of restoring and rebuilding organ systems, bones, and tissues ravaged by cancer.

The next problem of an average diet is the sodium (salt) intake. Dr. Gerson was aware from the start of his experimenting with diet changes that salt caused some of the worst damage to the metabolism. He found it hard to prove, except by what he considered the most important thing of all, the results at the sickbed. When patients came to his clinic, generally given up by their doctors and in terminal condition, he was able to reverse the disease. He found that one lady who didn't respond to his therapy at all, was only using salt to brush her teeth. (Presently, baking soda [sodium!] is recommended by doctors and dentists!). On discontinuing this practice, she showed good healing. It was only after Dr. Gerson's death in 1959 that researchers were able to study the damage caused by salt.

Two scientists, Malcolm Dixon and Edwin C. Webb published their study in a book called *Enzymes*. Published by the Academic Press, Inc. New York 1964, 2nd Edition, pp. 422-423. In this table they show that as the body manufactures enzymes for all its needs, it uses potassium as its ‘Activating Ion,’ while in almost all cases, sodium (salt) was the enzyme inhibitor. “Poisons” are also defined as enzyme inhibitors. But Dr. Gerson did not have the facilities to do research of this type and went by the results he obtained. Salt in every form had to be totally banned from the patients’ diet. This presents a problem with appetite at the start of the treatment. However, in about a week or two, the patient’s taste buds become accustomed to the natural flavor of foods, spiced with fresh garlic, onion, celery and tomatoes instead of salt. Appetite returns.

The third damaging food item that has to be completely eliminated is fat. There is only one exception: straight, organic Flax Seed Oil (without any additions). **ALL** other fats and oils promote and stimulate tumor growth. They have been tried. Also, don’t heat or cook with flax seed oil. Use this oil raw as in salad dressing or on baked potatoes once they are cool enough to eat.

The book *The Gerson Therapy* lists many additional ‘forbidden’ items, such as white flour, sugar, alcohol, cigarettes, canned, frozen and pickled foods; cosmetics and underarm deodorants, household chemicals, sprays, pesticides and many more toxic and otherwise damaging materials. Also, all food and materials used for juices must be organically grown, free of poisons. Water must be cleared of fluorides (only possible with distilling) and other additives. If no fluoride is present, reverse osmosis will adequately clear the water. All water used for the patient, including that used in coffee enemas, must be clear of additives.

Returning to the original premise of all chronic disease and, of course, cancer patients. The problem is two-fold: Toxicity and Deficiency. Both must be addressed. Above all, we are dealing to some extent with preventing further toxins from entering the body. We not only have to be concerned with that situation; but we also have to detoxify the body of years of accumulated poisons and problems. That is accomplished with the coffee enemas.

A correct diet that doesn’t burden the body with difficult-to-digest and toxic materials (animal proteins and fats; drugs, alcohol, etc., etc.) combined with the hourly freshly pressed juices, cause the cells and tissues to release these toxins — into the blood stream. The blood stream is filtered through the liver; it passes through the liver approximately once every three minutes. But there would be a huge overload on the liver if we didn’t help it to eliminate this toxic burden. That is done via the coffee enemas. These have been shown to open bile ducts and allow the liver to clear itself not only of old accumulations but also of the tumor tissue that the body’s immune system attacks and destroys. It is an on-going process for many months. The patient may be surprised that it takes five such coffee enemas daily (once every four hours starting at 6 AM) to keep the liver clear. This procedure also overcomes pain in almost all cases, usually within the first two to three days of the Treatment.

The enemas are prepared as follows: Use a quart of ‘clean’ (distilled or filtered, see above) water; add three rounded tablespoonfuls of organic ground coffee (NOT decaffeinated), bring to a boil and let simmer about 18 minutes. Let cool, strain, replace water that has evaporated to make up a full quart at body temperature; place into enema bucket or bag. Lie comfortably on a padded place or cot (or use your bed properly protected by a rubber or plastic sheet and towel) on your right side with your knees slightly drawn up. The bucket or bag should not be much more than about 18 inches above your body so the flow is gentle. If possible, hold the coffee for no more than 12 minutes. If cramping or serious urgency is present, let it out when necessary. In time, 12 minutes will be quite easy.

Nutrition: In order to restore the depleted body systems, we have to use a form of ‘hyper-alimentation’; however, **DON’T** use canned or processed products. **USE** only fresh, organic foods and juices. Thirteen 8-ounce glasses of freshly prepared juices are needed, one every hour starting at 7 or 8 AM. The correct kind of juicer (NOT a centrifugal type) is needed to get proper mineral extraction. One glass of orange juice, also freshly pressed, is given at breakfast; the other juices are five glasses of a mix of carrots and apples; three glasses of carrot juice only, four glasses of juice made from salad greens with one apple added per glass. This is NOT a juice fast. Three regular vegetarian, salt- and fat-free meals are given. All foods and juices are freshly prepared from organic fruit and vegetables. Juices are better digested with some solid meals, also cooked soup, potatoes and vegetables, and fruit (raw or stewed) for dessert.

Dr. Gerson became aware that patients are severely deficient in potassium, one of the most essential minerals. Potassium is amply present in all fruit, a little less so in vegetables. However, since the deficiency is so great, a potassium supplement of his own composition, is used. Also as part of the patient’s medication, certain digestive enzymes are given, including pancreatic enzymes and a combination of stomach acid and pepsin, called “Acidolls.” Liver medication, Vitamin B-3 and other items are also needed and given.

All foods, enema preparation, healing reactions, medication, and changes in the treatment required for patients pretreated with chemotherapy drugs is described in great detail in the newly updated book, *The Gerson Therapy: Curing Cancer and Other Chronic Diseases*. (available from Charlotte Gerson, 355 Greenwood Place, Bonita, CA 91902. Cost: \$17.00 (plus \$3.50 shipping) . California residents, add 7.5% sales tax.)

Most important of all: The Recovered Patients. These are reports by the patients of their experiences before the treatment and their overcoming of breast cancer. It is important to note that some (especially the first case described) suffered from multiple problems that were all cleared. The Gerson Nutritional Treatment is not specific for cancer, certainly not for just one form of cancer. When the treatment activates the body’s “Healing Mechanism” (as Dr. Gerson called it) it is impossible to selectively clear just one disease. Everything heals.

Recovered Patients

Alexandra Lennox – Breast Cancer, Addiction, Stroke

Alexandra's story is particularly important, because it illustrates one of the Gerson Therapy's great potentials: to cure the patient and help the family as well to improve and maintain their health.

In 1984, Alexandra was diagnosed with invasive, intraductal carcinoma after a lumpectomy. The margins in her breast were not 'clean' — meaning that the lumpectomy had not removed all the cancer tissue which was present. The surgeon suggested that her lymph nodes needed to be examined and this procedure would have to be followed by removal of her breast. A close friend was able to secure for her an appointment with the Head of Oncology at Stanford University. After the examination, the oncologist stated that "This is a typical two-to-ten year illness. But I don't think that you'll be alive in two years. Get your affairs in order and have the best time you can. And don't worry; we have powerful medications for you when your pain begins." There were complications. Prior to her diagnosis, she was suffering from severe depression, chronic low blood sugar, anger after her divorce from an alcoholic husband after 17 years of marriage, and three teenagers who were on alcohol and drugs.

There was tremendous stress.

After the examination at Stanford, her daughter drove her home. Then Alexandra made an appointment with a radiation oncologist. At his office, she was shocked to see all the sick, bandaged people, looking severely ill and in wheelchairs. She couldn't stand it and walked out. She was crying as she drove home. Close to home, she noted that some of the lawns were of a lively green, while others looked brown and sick. It struck her that if the right food could do this to grass, why should the body not respond in the same way, too?. She figured that with the right nutrition she could at least keep going for, say, another five years or until a cure for cancer were found. Then she heard a clear voice which said to her, "You can feed and nourish your mind and body and become well!" At that point, she sped past her house and to a health food store. She noted a lot of books on dieting for weight loss; but the owner directed her to three books on nutrition and cancer.

One book was that of Edie Mae Hunsberger, and how she healed herself of cancer. The second book was on macrobiotics. The third book was Gerson's A Cancer Therapy.

The owner again cautiously approached her and said she should use the Gerson book. "It is the hardest therapy, but the best." She took the books home and started to read. Edie Mae's story didn't satisfy her, since Alexandra felt that it was not truly a healing treatment. In the macrobiotic book she found a lot of emphasis on Oriental philosophy which seemed foreign and removed from her. The Gerson book frightened her at first, but she realized that here was a total healing philosophy. She called the Gerson Institute and in four more days was at the Mexican Gerson Therapy Hospital; "La Gloria" at that time.

She came alone and was on her own. She had no support and a great deal of negativity from her family, who were horrified about her going for 'alternative' therapies and not following the doctor's advice. She struggled for quite a while. After three months, a new lump appeared, which had to be removed surgically. She continued to believe in the Gerson Therapy and fought on. She also added psychological counseling with Simonton and from Louise Hay. After two years, she looked really 'fabulous'; but it was only after some four years that she felt really well.

Her older son had dropped out of High School in his Junior year because of alcoholism. By age 24, he was an 'end stage' alcoholic. At that point, Alexandra brought him to the Mexican Gerson Hospital for treatment. In just three days he had no more cravings for cigarettes or alcohol. He spent a total of ten days at the Gerson Therapy hospital and left, gentle and relaxed.

In December 1993, Alexandra's father, aged 87, suffered a heart attack. After the ambulance delivered him to the Emergency Room, he got a stroke. He was in the hospital three weeks, was given a pacemaker and lots of drugs. Then his wife was told to take him to a nursing home. At this time, Alexandra urged her mother to take him home instead, and headed right out there. She was shocked at the sight of her father: sitting in a wheelchair, head drooping to one side, drooling. But she worked with him day and night, cautiously put him on the Gerson Therapy, gave him some juices at first, while he was still taking all the prescribed drugs, then slowly increased the intensity. In three months he was out of the wheelchair. In August 94 (eight months after the heart attack and stroke) he walked into the Department of Motor Vehicles office and applied for (and got!) a driver's license. He remained well, celebrated his 90th birthday in August 1996, and passed away a few years later.

Alberta Frye – Breast Cancer

In September of 1985, Alberta Frye discovered a lump in her breast. She was examined, and subsequently had a lumpectomy and biopsy, followed by radiation and chemotherapy at the Virginia Mason Hospital in Seattle. In 1989, she was examined and found to have cancer in her throat. She had another surgery followed again by radiation. Only four or five months later, the cancer had spread to such an extent that she was told to have more radiation and surgery. However, she had suffered so much with the dryness following radiation that she hesitated to take more. She asked the doctor how much the radiation could extend her life. The doctor told her that she would have less than a year, and perhaps only two to three months without it to live. She decided that the disadvantages outweighed the potential gain, and she did not want any more radiation.

At about that time, in November of 1990, a girlfriend talked to her about the Gerson Therapy. She went to the Gerson Hospital in Mexico before the end of the year. At first,

she was skeptical about the Gerson Therapy. “I did the best I could but followed the Therapy only about 60%,” she says, partly also because she felt that she was causing her husband a lot of heartache. But, pretty soon, “I realized that I was not getting worse but was getting better. Then I went on the Therapy 100% for about six months, then back to 50-60% from then on.” She was told that she didn’t have any more cancer.

Seven years ago she felt that she was “so much better.” The dry throat (radiation damage) was cleared, and in early 1997 she was able to say, “I feel the Gerson Therapy worked! I could tell that my body was getting better every day.” She did not feel like retiring at age 64; she and her husband enjoyed working. They have a small business.

When she went back to her original doctor and told him she was doing the Gerson Therapy, he simply walked out of the office. She felt “He, like many doctors, doesn’t want to know!” Meantime, she sent between five and eight people to the Gerson Therapy and they are just about all doing well. Of her circle of acquaintances, four men developed prostate cancer. She tried to send them to the Gerson Hospital in Mexico; one man did the Therapy and recovered; the others took orthodox treatments and died. Alberta had told them, “Try it, it works. What have you got to lose but your life? I thank my Lord for showing me the Gerson Therapy was the way to go.”

Betty Stenzel – Breast Cancer

In April 1990, Betty had a routine mammogram in which a suspicious mass was noted in her right breast. On June 1 1990, she went to the North Bay Medical Center in Fairfield, Ca, for a biopsy. This was performed by Dr. Kevin McGeever, M.D., recommended by her primary care doctor, Dr. Robert C.Parker, M.D., of Vacaville, CA. A 1.2 cm lesion was removed. Diagnosis: infiltrating carcinoma of the breast, with tumor extending to margin.

Betty was given two basic recommendations for conventional treatment by Drs. Parker and McGeever:

1. Total mastectomy with axillary dissection. If a positive axillary node was found, requirement for chemotherapy.
2. Lumpectomy followed by radiation therapy.

When Betty asked Dr. McGeever, “Suppose I reject the plan for having chemotherapy?” he replied, “Then you’ll have to find yourself another doctor.”

On July 3 1990, Betty obtained a second opinion at a well-known Breast Clinic in San Francisco, from Dr. Mark Rounsaville, radiation oncologist. The hospital acquired the original sample of tissue removed in the biopsy of June 1 and performed their own pathology test. Their conventional treatment recommendation was only radiation, and

they showed considerable concern that other, more drastic recommendations were even suggested.

Through mutual friends Betty was able to contact Bill and Burdeen Nelson, of Danville, CA, who testified of their experience with the Gerson Therapy.

Betty rejected conventional treatment and on August 1, 1990, entered the Gerson Therapy Center for twelve days. On returning home, she stayed on the full intensive therapy for two years, then switched to a less intensive nutritional maintenance program, including one coffee enema a day, which she continues to take.

Follow-up mammograms were done July 1, 1991; September 28, 1992; July 30, 1993 at the same Diagnostic Center. Results: "No microcalcification or mass present."

In April 1994, she had a physical exam, during which the breast and underarm glands were examined by Dr. John Chuck, at the Kaiser Permanente Medical Center, Fairfield, CA. No mass or swelling was detected.

In April 1996, Dr. John Chuck ordered a routine mammogram, to be made with surgeon Dr. Javier Saenz, at the Kaiser Hospital in Fairfield, CA.

On April 30, 1996, Betty saw Dr. Saenz for a pre-op appointment. He physically examined her left breast and was unable to detect a nodule. An appointment for surgical biopsy was scheduled for the following day. She entered the Kaiser Hospital in Vallejo, CA, at 9:30 a.m. on May 1, 1996 and reported to radiology, where they proceeded to insert a "Jhook" into her left breast to enable the surgeon to locate the tumor. She went into surgery around 1:15 p.m.

On May 3, 1996 Dr. Saenz called to advise the tumor was positive and was the same type found in Betty's right breast that had been removed five years and 11-months before. This time a 2.0 cm. lesion was removed.

Last news, February 2002:

Betty is alive and very well. In order to deal with the recurrence, she did have a double mastectomy in 1996. All through the period following the surgery, she stayed on the Gerson Therapy, somewhat modified, and is still continuing with it to the present.

Janet Pottinger – Breast cancer

In 1987 Janet Pottinger was diagnosed with an in-situ intraductal carcinoma of the right breast. At that time she had a successful career that often required her to attend

business luncheons and dinners. In 1984, she had traveled to China on a holiday and had received several vaccinations, with boosters in 1985. Following these, she felt less and less well, but had no specific symptoms. (For further discussion of the problem of vaccinations, see Confessions of a Medical Heretic, by Robert Mendelsohn, M. D.)

After seeing a homeopath in 1987 for several symptoms, Janet decided to have a complete checkup. It didn't register at the time that the nurse was spending a lot of time during the checkup on Janet's breast screening, nor did the need for a second mammogram alarm her, "because the first one was unclear, which might have been a problem with the machine."

Two weeks later her general practitioner suggested that she see a specialist, but Janet was just too tired to think of any serious problem. She consulted a surgeon who never mentioned the word "cancer," but said that "something" had shown on the mammogram, and Janet needed surgery urgently. He said he had no idea "how long it had been there" [emphasis ours]. Janet and her husband drove home "in dejected, stunned silence and then, at home, hugged and cried a lot." A few days later she had a lumpectomy at the Cromwell Hospital in London. She specifically forbade the surgeon to remove anything but the lump — ("We were still not using the word 'cancer,'" she said), no mastectomy, no lymph node dissection. She went home the day after the operation, "shaken, scared but relieved."

"What I'd dreaded most about the operation was having the anesthesia and being completely in the hands of other people, at their mercy." Early one morning, soon after the operation, the surgeon called to say that the tissue was malignant but that he had "got it all out!" Janet continues, "The beautiful summer day suddenly looked brighter and sunnier and the sky was bluer. My husband and I went on a gentle stroll in the park. But by the evening of the same day the surgeon urgently called to see me again. By 9:30 PM we were in his office. He told us that in his experience there was a 50/50 chance for my tumor to recur, and that a mastectomy would keep it from coming back. If it did recur, there was again a 50/50 chance that it would be more invasive."

Janet seriously started to phone around and talk to friends about options. Among others, she found Beata Bishop, who listened and suggested that they meet. From Beata, Janet learned about Gerson, but still sought other medical opinions. A radiologist recommended, "Radiation tomorrow morning." Another surgeon insisted, "More surgery." She did neither. Two years later, and six months after a business upset, in August 1989, her cancer was back again in the same place. At the end of that month Janet came to the Gerson Healing Center in Mexico, after arranging her household to return home to the full Gerson Therapy

"One afternoon in January 1990 I woke up from a sleep, and as I woke, I knew I had no more cancer. It was gone, I was sure." In April a homeopath confirmed that there was no more cancer. In January 1991 Janet had another mammogram from her surgeon. He couldn't bring himself to admit that she was clear; instead, he shouted at his nurse for

supposedly doing something wrong with the files. Finally Janet asked, “Does the mammogram show the scar tissue from the ‘87 operation?”

“No, there’s no scar tissue.”

“Is there a tumor?”

“No, nothing.”

The surgeon didn’t charge for that consultation.

“I just stayed close to the therapy after 18 months with juices and daily enemas, organic food and decreasing medication. Now, in the summer of 1996, I am alive and well, very active and still staying close to the Therapy. I do eat out occasionally, fish sometimes, but am mostly vegetarian.”

Janet made another observation, not unusual among recovered patients. “I’m glad I had cancer. It caused me to evaluate my life and what I was doing with it. Beata Bishop was a kind and generous source of information and encouragement. I received so much help and support from many people, friends I didn’t know I had. I met some wonderful people, had a lot of fun and have been able to contribute something to others. My husband and I have a deeper appreciation of each other through the Gerson experience. I know I couldn’t have succeeded without his love and support.”

Jean Clark – Breast Cancer

In May 1990, when Jean went for her annual check-up, the doctor discovered lumps in her left breast. A mammogram was taken and the doctor said he was 99% sure it showed malignancy, but in order to confirm his opinion, a biopsy had to be taken. The biopsy (performed at Burnaby General Hospital) came back positive, so surgery was recommended, involving a lumpectomy along with lymph node dissection. Four out of 12 nodes were positive.

Jean was referred to a cancer clinic where she was prescribed Tamoxifen and scheduled for radiation. She refused both, choosing to do nothing at all until the end of 1991. At that time she realized she was in deep trouble; she knew she was dying. She had no energy, no strength and was a wreck.”I did not recognize myself in the mirror. That person looking back at me was dying.”

On December 30, 1991, a kettle of boiling water fell on her foot and took all the skin off.

The doctor at Burnaby General was talking skin grafts. “I was sitting on the gurney and saying to myself, God, I cannot handle skin grafts and cancer at the same time. He answered my prayer.” Jean’s sister Lila, who is a volunteer at the Health Action Network in Vancouver, was familiar with an alternative cancer treatment called the Gerson Therapy and told Jean about it.

On January 2 1992, she entered the Mexican Gerson hospital, confined to a wheelchair. The doctors there treated her severe burns and infections with natural tree bark powder and some antibiotics. She was amazed that on the Gerson Therapy the ‘triad’ (one aspirin, one 50 mg niacin and one 500 mg tablet of Vitamin C) took her pain away. [It would be hard for any allopathic physician to believe that one aspirin with some vitamins would be sufficient to relieve burn and cancer pain!] The burns healed very rapidly and today not even a scar is visible on her foot.

Seven days after she arrived at the Gerson hospital, she was able to walk. However, it took some six months before she had enough strength to do the full Therapy on her own. In the meantime, her sister faithfully helped her many hours a day, every day, to keep up the juices.

It was interesting that after three months on the Therapy her family could see her getting better, while it took Jean six months to see the improvement and change!

Jean stayed on the Therapy and after about two years she reduced the juices to three a day, but stayed on all organic and vegetarian foods. Last year she got remarried. Her new life included “eating out a fair bit,” and by December 1997 she found that she had some swollen glands again. A biopsy at Burnaby General proved cancer. Jean “hit the Gerson Therapy again,” and it took about four months for the lymph nodes to come down again. In her own words, “Now they are very, very tiny, but not gone.” [They may be calcified or have turned into scar tissue.]

Today, the whole family eats vegetarian food. Jean’s brother-in-law was staying at Jean’s house “and his health improved tremendously. When he leaves and goes on other food, he doesn’t feel good.”

Cora Cayton – Breast cancer

In September 1991 Cora, aged 51, found a lump in her breast. Shocked and worried, she went to the North Kansas City (MO) Hospital, where her physician did a lumpectomy. The tissue was found to be malignant, but when the doctor suggested a mastectomy, followed by radiation and chemotherapy, Cora and her husband Mike refused. Mike had studied alternative medicine and disagreed with the “slash, burn and poison” approach to cancer.

Over the next two years Cora attempted to stop the disease with a 14-day fast, mega Vitamin C therapy and vegetarianism – but she was getting worse. Finally they discovered the Gerson therapy, but were not able to pursue it at home. A year later Cora was very ill, with her entire breast having turned into tumor tissue. Mike sent her to the Gerson hospital in Mexico in July 1995, fearing that it might be too late to save her.

At the Gerson doctors' suggestion Cora underwent some mild radiation, followed by a mastectomy. After the surgery Cora got slowly better, with her white blood count and energy level gradually improving. Back home, she was able to continue the therapy unaided, holding her own. Concurrently Mike got information from the Gerson Institute about the problems caused by dead teeth, filling of root canals and the resulting cavitations. Cora had six of those. The family dentist refused to remove them, so the Caytons went to a knowledgeable dentist in Nebraska, who removed the root canal filled teeth, two at a time. Cora's energy increased dramatically with each extraction.

She stayed on the therapy for two years, but remained a vegetarian and did daily coffee enemas. Even so, a year later she began to have depressions. Mike suspected a parasite problem, and started Cora on Hulda Clark's suggested parasite treatment. This seems to keep the depression under control.

Cora is now living a normal life; she has even taken a job, besides looking after her home. However, Mike developed serious kidney problems. When he discovered that damaged, root canal filled teeth might cause the trouble, he went back to the dentist in Nebraska and had them removed. His kidneys are now functioning normally and he feels great.

Their daughter, plagued by anxiety attacks and repeated miscarriages, also had two root canal filled teeth removed by the dentist in Nebraska, who found that the bone surrounding them was rotting. When the bone healed, the young woman conceived and now has three healthy children.

Mike is very grateful for the help his whole family obtained through the Gerson Therapy and the proper treatment of dead teeth. He says there is only one thing with this approach: "Nobody listens to you when you tell them."

Kathie Bartholomew – Breast Cancer, Asthma and Stomach Ulcers

Kathy's story illustrates an important point: patients are able to do the Therapy at home, even if they are not able to get started at the Gerson Therapy hospital.

Kathy was suffering from breast redness and swelling in the nipple area in 1988, at age 70. Her doctor at Modesto took tissue for a biopsy, and her tumor was confirmed to be malignant. The doctor also stated that “he didn’t get it all,” therefore he urgently wanted her to have a mastectomy, but she refused. Kathie went for a second opinion to Stanford. Her condition was confirmed and she was advised to undergo the standard treatments: surgery followed by chemotherapy and/or radiation. Again, she refused.

Kathie had operated a health food store – yet she needed some urging. She knew of the Gerson Therapy, but she didn’t do it until her nephew, a chiropractor, said, “You know what to do.” This young man had suffered from asthma since early childhood and had spent about 50% of his time in hospital, undergoing various treatments. However, at age 16 or 17, during the summer, he helped at Kathie’s store. Drinking the juices and eating raw foods he cured his asthma and never had another attack.

Without any “conventional treatments,” Kathie did the Gerson Therapy, with nothing but raw foods and six enemas a day, for eight months. Then she added some cooked (organic vegetarian) foods. After 1½ years the cancer was gone, but she still had some scar tissue which she elected to have removed. A biopsy showed that the tissue was clear of any malignancy. Proof of healing by such re-examinations is particularly valuable.

The Tumor Board noted in her medical records that this patient was “Cured by diet.” This statement raised great doubts in the insurance company.

Kathie is now, 13 years later, a healthy 83-year-old with good energy. She still takes some juices, but eats a little meat.

An important “side effect of the Gerson Therapy” also occurred. Her husband, who had been an Air Force major when they were first married, suffered from stomach ulcers for five years. Often the pain was so severe that, according to Kathie, “he crawled the floor at night.” He, too, started taking two quarts of raw vegetable juices along with two coffee enemas a day. In 23 days, the ulcers disappeared and for several years he has never had another stomachache, says Kathie. A rider on his insurance policy stated that it would pay for any recurring ulcers; however, the occasion never arose.

M. C. – Breast Cancer

In 1980 M.C. found a lump in her breast. She went to her family physician, who gave her the usual reply, “It’s probably nothing.” However, she was referred to an oncologist, who did a lumpectomy. This showed a malignancy, a rare sarcoma called ‘phalloides.’

While she was still in the hospital, the doctor came to her room, accompanied by colleagues, and suggested ‘treatments’ including further surgery, radiation and chemotherapy.

M.C. refused all the suggested protocols. In a health food store she found a book by Jaquie Davison, *Cancer Winner* (presently not easily available.) It is Jaquie’s account of how she recovered from advanced melanoma with the Gerson Therapy. M.C. says, “To do this treatment felt right,” and she came to the Gerson Therapy hospital in Mexico (La Gloria at that time). After about 18 months, the lump regrew, but she did not lose confidence. She had it removed again and stayed on the Therapy. The cancer never came back.

Now, 22 years later, at 77, she still makes juice every day. Her hearing is excellent, she has high energy and is in good health. She says, “If I feel a little chilled, or I have a cold coming on, I just up the juices, up the enemas – and it’s gone.”

She adds, “My family has been very supportive of my decisions. I have four grandchildren who love fresh carrot juice and have tried the green juice. When my daughter, who is a nurse, and I went to the Gerson hospital, she was very impressed with my progress. She saw my energy increase and the life returning to my eyes. I knew this was right for me; spiritual guidance was also my daily inspiration. Thank God for the Gerson Therapy.”

Paula Bambic – Breast cancer

In October 1991, before her period, Paula Bambic felt a lump in her breast. A mammogram showed a shadow. Her doctor urged a needle biopsy, which confirmed a fast growing malignancy. Her doctor suggested surgery, followed by radiation and chemotherapy. Paula refused. He then suggested that she should at least have a lumpectomy. Paula had it done on an outpatient basis, in the course of which about a quarter of her breast was removed. Following this procedure, her surgeon told her that he found her entire breast full of cancer and that she should have a complete mastectomy. Paula knew about the Gerson Therapy; besides, her minister at church the next Sunday urged her “to look into the Gerson Therapy.”

In December 1991 Paula came to the Gerson Therapy hospital in Mexico. Nine months later she was cancer free, all her tests looked good, her cancer markers were normal. She now reports that she “feels wonderful” and stays close to the therapy. Her weight is steady, her appetite and sleep are normal, she travels extensively, gives much of her time to work as a full volunteer at church, besides enjoying and spending much time with her three-year-old grandson. She says that recovering from cancer was “an incredibly wonderful experience in all ways.” At a little over twelve years since the start of her treatment, we can claim a cure of her breast cancer. Last contact: March 2004.

Sandi Stewart – Another Successful Recovery

At just 33 years of age, Sandi noticed pressure in her head and started to suffer from severe headaches and vision problems. At the time, she had just gone through a divorce and was left to care for her four children. In order to earn a little extra and to be able to afford an eye examination, she did some office cleaning for the ophthalmologist. The likely diagnosis was a brain tumor but Sandi did not have surgery and therefore no biopsy.

She was unwilling (and unable) to submit to X-rays and surgery but found out about nutritional healing and came to the Gerson Hospital in Mexico — some 17 or 18 years ago.

Already at age 13, she had been diagnosed with Hashimoto's disease and rheumatoid arthritis (both so-called auto-immune diseases.)

Sandi stayed on the Therapy strictly for some time and never really went off it. She is still eating all the right foods and two of her kids are, too. The other two objected — but when they had health problems, they came back to the Therapy.

Sandi had a large benign uterine tumor last year (leiomyoma) which was removed with her uterus. Her 'auto-immune' diseases are in remission. She is not totally well, however, and the reason may well be that she is unable to obtain organic vegetables in her area. The commercial foods are not keeping her well, and she is also complaining of colon spasms.

I believe that a little basic care will overcome her problems entirely.

Shirley Tice – Breast cancer

In July 1986 Shirley noticed a reddish secretion coming from her right breast. Her regular gynecologist, Dr. Jacquelyn Walker, arranged for her to have a mammogram, which showed a suspicious lump. Next, she was referred to surgeon Dr. Joann Scheer for a biopsy at St. Luke's Hospital in Pasadena, CA. Several lumps were found, with the largest one located deep within the breast. Shortly after Shirley returned home, Dr. Scheer rang her to say that she had breast cancer, and that she had scheduled Shirley for a complete mastectomy in two days.

Shirley told Dr. Scheer that she did not want surgery. She felt that there must be a better way to handle her problem. In the last ten years two women she had worked with had

died of breast cancer, or – Shirley felt – of the orthodox treatment they had received, and their wasting away after chemotherapy had touched her deeply.

John, a friend of hers, had read Dr. Gerson's book, *A Cancer Therapy: Results of 50 Cases*, which he found convincing. At his urging she rang Charlotte Gerson and arranged to visit the Gerson Hospital in Mexico. Talking with the patients, Shirley was surprised to see that although many of them suffered from advanced cases of cancer, none were experiencing pain or using pain medication; moreover, all of them claimed to have improved since coming to the Hospital.

Back home Shirley arranged to have a second opinion from an oncologist at Huntington Hospital in South Pasadena, CA. The sight of very ill patients in the waiting room, some in wheelchairs, disturbed her greatly. When the oncologist declared that a total mastectomy was the only way for Shirley, she politely refused, and arranged to go to the Gerson Hospital instead.

After two weeks at the Hospital – “The most wonderful peaceful two weeks of my life,” says Shirley – she set up the intensive therapy at home and stayed on it for a year. Although her house burnt to the ground and she lost her job, she felt very healthy and managed to stay on top of things. Her next mammogram was clear. When she took it to Drs. Scheer and Walker to compare it with the original mammogram, they claimed to have mislaid it. Dr. Scheer even wanted to perform a mastectomy on Shirley, as she put it, “to make sure that the cancer was gone.” Needless to say, Shirley refused the offer.

Today, sixteen years after her original diagnosis, Shirley is very well, full of energy, enjoying her family. She continues to eat vegetarian food, drinks juices and has at least one coffee enema a day. She adds, “I am in better health than I have ever been in my life. I have more energy today than I did fifteen years ago. I am able to enjoy life and am not on any medication. I am probably the healthiest member of my family.”

Last contact: Shirley is active and well, October 2004.

Mary Hennessey – Breast cancer with liver metastases

Mary was born in England in 1947 and lives in London. In 1991, aged 44, she found a tiny lump in her right breast and went to King's College Hospital in London, where a needle biopsy and a mammogram were done. She never knew the outcome because, as she was told, “They lost the results.” A year later, in November 1992, she returned to the same hospital for another needle biopsy and mammogram. This time the tissue showed positive for malignancy, Mary, who at the time was studying toward her qualification as a lawyer, was devastated, assuming that she was dying.

At Christmas a lumpectomy was performed, with the removal of six lymph nodes. These proved clear and she was told that her cancer was of the “least aggressive” grade. Nevertheless, after the lumpectomy she was given a full course of radiation that lasted until Easter. She states, “It knocked me out. I was too exhausted to go for walks.” However, she recovered.

Three years later, in June 1995, Mary had a mammogram done of her left breast, which showed a tumor. The surgeon tried to excise it, but as he was unable to obtain clear margins, he urged her to have a mastectomy. This was carried out in February 1996, without the removal of any lymph nodes.

Another two years later Mary developed “weird symptoms,” such as migraines, floating lights in her eyes, and pain under her right arm where she also found lumps. She returned to the hospital and was given pain medication, with the assurance that her symptoms were normal after surgery, and that she was fine. But the symptoms persisted, so Mary returned to the hospital and saw a different registrar who booked her for an ultrasound test of her right axilla – and discovered a recurrence. Additional tests, including a bone and liver scan, showed tumors in both lobes of her liver. She had been urged to have another mastectomy; however, when the results of the liver scan arrived, the surgeon agreed that this would be useless. At present Mary believes that she saw three tumors at the time. Her doctor gave her six months to live, but referred her to a medical oncologist on his team. This doctor tried hard to “sell her on chemotherapy,” while admitting that it wouldn’t cure her. On further questioning he thought it might prolong her life by three months. Understandably, Mary refused chemotherapy.

She changed hospitals and went to the Royal Marsden, where she was offered Tamoxifen, which she accepted. Mary also attended a Gerson training day in late December 1997 and started on the Gerson Therapy at home in January 1998. She never had chemotherapy.

The swelling in her breast that was present before she embarked on the Gerson treatment vanished immediately, she now reports, and adds that each year on the therapy one liver tumor disappeared. At the time of her last scan in September 2001 none were found.

In March 2002 Mary reports to be well, and has been working as a solicitor (lawyer) three days a week for the past year.

ADDITIONAL READING:

***A Cancer Therapy: Results of 50 Cases* - Max Gerson, M.D.**

This is Dr. Gerson's landmark book, the work of a true medical genius. In it, Gerson details the therapy, its history and development through 1958. Case histories, X-rays, photographs. \$19.95

***The Gerson Therapy: Healing Cancer and Other Degenerative Diseases* - Charlotte Gerson and Dr. Morton Walker.**

The first new Gerson Therapy book in over 40 years. Gerson and Walker give illustrative case histories from Charlotte Gerson's 30 years of clinical experience, recipes, scientific evidence, guides to medication, treatments for most cancers and specific treatment information for many other chronic diseases from diabetes to MS. A must-have. \$17.00

***Dr. Max Gerson, Healing the Hopeless* - Howard Straus.**

The first definitive biography of Dr. Max Gerson from his early years in Germany, through his stunning medical discoveries, flight from Nazism and battles with the American medical establishment. Thoroughly documented, over 20 photographs. \$19.95

***A Time to Heal* - Beata Bishop.**

Beata Bishop, a novelist and writer for the BBC, received a diagnosis of malignant late stage melanoma — normally a death sentence. When she met Charlotte Gerson's daughter in London, she settled on the Gerson Therapy. This is the moving story of her complete recovery, over 20 years ago. Bishop is alive and well today. \$12.95

***The Gerson Miracle* (DVD) - Stephen Kroschel.**

This award-winning documentary about the Gerson Therapy is a powerful statement of the Therapy's effectiveness. Cured patients, why we are ill, how we can recover. 91 minutes, color. A "must have!" DVD: \$24.95

***Dying to Have Known* (DVD) – A Documentary Film by Stephen Kroschel**

Filmmaker Stephen Kroschel presents convincing evidence of a long-suppressed cure for cancer and chronic disease in a powerful and visually stunning film. From Europe and the United States to Japan, he interviews doctors, patients, proponents and detractors, all leading up to an astonishing conclusion. Running time: 80 minutes. DVD: \$24.95

All books and videos can be ordered from: Charlotte Gerson 355 Greenwood Place, Bonita, CA 91902 (619) 656 2504 or charlotte@charlottegerson.com Other related books, audio and video tapes available from The Gerson Institute, 1572 Second Ave., San Diego, CA 92101 Tel.: (888) 4-GERSON • www.gerson.org



Max Gerson, MD (1881 - 1959)

Max Gerson, the originator of the holistic nutritional therapy now known as The Gerson Therapy, was born in Wongrowitz, Posen, Germany (now Poland) in 1881.

Throughout his German university and medical education, he suffered terribly from migraine headaches, which neither he nor any of his professors could alleviate.

Assigning himself the project of curing his own debilitating headaches, Gerson eventually discovered that by varying his diet, he could prevent the problem.

When he discovered that his “migraine diet” would also cure cases of tuberculosis, his otherwise fine medical career became highly controversial.

Gerson persevered, however, always searching for the underlying cause of disease. When a patient with cancer came to him for treatment, he was able to cure her with his therapy, contrary to his own expectations.

Gerson’s blossoming career was interrupted in 1933 when he and his family had to flee Nazi Germany. They fled to the United States, and settled in New York City, where, intrigued by his early successes, Gerson took up the problem of cancer, achieving a reputation among patients, if not among his jealous colleagues, of being able to cure many of the most advanced degenerative cases.

Shortly before his death in 1959, Gerson wrote his towering book, *A Cancer Therapy: Results of 50 Cases*, detailing his 30 years of clinical experience and research with the disease.

In the more than 60 years that have elapsed since Gerson dedicated his life to solving the problem of cancer, tens of thousands of grateful patients have successfully used his therapy to either cure or prevent degenerative diseases of all types. His book, translated into five languages, has sold nearly half a million copies worldwide, and has been the basis on which a dozen clinics in the United States and Mexico have been founded. The most advanced cancer research is only now catching up with principles Gerson so clearly articulated over half a century ago.

This booklet contains an introduction to, and synopsis of Dr. Gerson’s treatment, plus real patient histories, some in the patients’ own inspiring words, about their experiences and successes with the Gerson Therapy.