

A Report on Nutrition Studies

by Charlotte Gerson

Over the 50 years since Dr. Gerson practiced nutritional healing with his Therapy, many studies have been made of various aspects of Nutrition. Many of the ideas and practices Dr. Gerson used and described have been proved 'scientifically'. During his years of practice, much of the research was not available to prove his ideas. He could only judge by "the results at the sickbed", as he expressed it. However, *nothing* he said has ever been disproved.

In the lectures described below, given by Professor Dr. T. Colin Campbell, a large area of the Gerson Therapy has been subjected to lengthy and thorough 'scientific' study and found correct. That area is Dr. Gerson's contention that, in order to prevent and especially to heal, one must restrict, even for some time totally cut out, all sources of animal proteins. With the decades-long stress on the supposed requirement of proteins, it is very difficult to convince the public of this fact, Dr. Campbell reinforces the absolute need for this restriction.

Dr. T. Colin Campbell

Professor of Nutrition and Health: Cornell University
Director of China/Oxford Cornell Health Project

Report on two lectures by Dr. Campbell, taped at the Health and Healing Crusade in Lodi, California, June 22, 2001. Original tapes available from: Modern Manna Ministries; 517 So. Central Ave., Lodi, CA 95240; Ph. (209) 334-3868

Dr. T. Colin Campbell is a member of 'the establishment'. However, in his 40- plus years of nutritional research, as he states, his interpretation of the orthodox teachings, based on the evidence he uncovered, is now different from what it was at the beginning. He has assembled an impressive volume of research facts for the basis of his scientific conclusions.

His one major conclusion is: Vegetarian is best.

Dr. Campbell was raised on a dairy farm. Naturally, as he was growing up, the family ate a lot of dairy and meat foods. When he studied at the Cornell graduate school, it was stressed that in studies researchers should "be specific", give details, show what each nutrient does. Study Vitamin C, for example, see what it does; what do other single nutrients do and/or what specific foods should be recommended. One other theme was: emphasize protein intake. There was always the concern about protein. In the late 50's and early 60's, new protein substances, powders, were sent to poor countries. The people were also encouraged to raise more cows and drink more milk.

Dr. Campbell and his team were sent to study nutrition in the Philippines: the idea was to develop a way of self-help for the starving children, and it was assumed that they needed protein. They were supposed to find a good source. Then some surprising facts came up: the advisors were told that kids who consumed the most proteins got the most liver cancer. Other studies, some done by two physicians in India, also showed in rats that 30 experimental animals fed a 20% protein diet all developed liver cancer. Those that were fed a 5% protein diet got none. It seemed unbelievable. Further, liver tumors grew faster in those animals that received a 20% protein diet. When switched to a 5% protein diet, the tumors in the sick animals shrank. It became very clear: appropriate nutrients control growth. Less protein → less cancer.

Dr. Campbell went into the development of cancer cells: at first, to develop cancer, the cell needs transformation. But that doesn't cause cancer. It's how we nourish those cells, he states, is what counts. The right nutrients control the cancer.

In the studies he quotes, the proteins used were mainly casein, which is the protein in milk. Milk casein is 87% protein. Dr. Campbell insists: Casein is the most relevant and significant carcinogen known! Aside from that, other animal proteins in general cause cancer to grow. Tested plant proteins did not cause tumor growth.

The problem goes further: Dr. Campbell's studies also indicate that animal proteins will elevate blood cholesterol, even when they are defatted! Rabbits, fed proteins, developed arteriosclerotic lesions. Protein also raises the risk of diabetes in children, even skim milk increased prostate cancer in all studies. The effect was consistent, and included also breast cancer.

One other basic statement Dr. Campbell made: "Animal based foods have no nutrient that is not better in plant based foods. Avoid animal foods, including fats, skim milk, low fat cheese." All studies clearly showed that when animal fats (and animal proteins) were up, heart disease was up. In certain areas of China where no milk is consumed by adults, heart disease and breast cancer are *unknown*.

Dr. Campbell also stresses that nutrition is not an individual nutrient, nor the sum of certain nutrients. That idea, he feels, causes people to take pills. He then quotes one study that was made with Beta Carotene. It came to the attention of several researchers that carrot juice was supposed to be beneficial for health by strengthening the immune system. Since it is required that a 'scientific study' be done in a double blind manner, a study was designed with beta carotene in capsules. It was not possible to use carrot juice, since the subjects would have known whether or not they were getting carrots or carrot juice. So they were given capsules, some containing beta carotene, the others placebos. To the researchers' great astonishment, they found after a period of some 8-10 years those people who had received the beta carotene capsules had an increased rate of lung cancer over those who received the placebo! The problem, Dr. Campbell explains, is that the substances in pill and/or pharmaceutical form do not work! Did they even do harm? That question was not explored. Only the right live vegetarian food is effective. The evidence, he states, is overwhelming.

The China Study: In the second tape, (titled "The China Study") Dr. Campbell again attacks the firmly implanted teaching that "the single most important nutrient is protein", and "proteins are of prime importance". It goes further, namely that the degree of civilization is equated with the consumption of animal proteins. The primitive people live mostly on plant based diets. [They are also free of the diseases of 'civilization'. Ed.] It must be understood that a vegetarian diet amply supplies the protein needs of a human body. Dr. Campbell challenges the notion of the importance of animal proteins. The China Study was enormously extensive and covered some 80 million people. The researchers studied diet in relation to disease. They measured as many things as possible. One was the mortality from many different diseases, including cancer, heart disease and diabetes. They also studied the general dietary habits and lifestyles. In certain provinces, there was disease; in others there was none. In one study, Taiwan was also included along with a range of proteins.

Where animal fats were included, there was breast cancer. Every single study (covering hundreds of thousands of subjects) proved this point. They also studied the possibility of a causative influence of genes. These hardly affected the outcomes, only perhaps to the extent of 2-3%. Diet made the difference.

It was, in Dr. Campbell's words, "a monumental study". They also compared cancer in rural areas of the U.S. vs. similar areas in China. In the US, chronic disease comprised up to 65%, vs. China's 14%. In China, the fiber intake is three times higher than in the US, with the consumption of cholesterol ten times higher in the US. The blood cholesterol levels in Chinese subjects averaged about 127 and heart disease is virtually unknown in those areas. (In the USA, cholesterol levels are considered 'normal' up to 200.) There is also virtually no obesity, even though people consume up to 30% more calories. Obese vegans are rare. Again, Dr. Campbell stresses: Animal foods cause problems, and that also applies to lean animal food.

Dr. Campbell cites that we (in the US) push kids with animal proteins to develop early. Girls' menstruation now starts at an average age of 11 while in rural China it starts at an average age of 17. Early puberty, with its increased hormone levels, promotes breast cancer.

Anti-oxidants are of extreme importance and are 'the staff of plants'. There are none in animal products, and those in pharmaceutical form are not as effective. The finding was that the higher the anti-oxidants found in the blood, the lower the incidence of cancer and heart disease. Again, Dr. Campbell states: "Anti-oxidants only come from plants."

Dr. Campbell concludes with his assessment of various doctors who have used vegetarian treatments for heart disease and cancer. He quotes the work of McDougall, Gerson, and Esselson, along with the impressive Melanoma Study of long-term surviving Gerson patients – on the vegetarian Gerson Therapy. He even goes back to the literature of the ancients. They insisted that their top athletes live on a vegan diet (without milk or egg proteins).

Dr. Campbell returns to the possible problem of fats causing breast cancer. He refers to a study done in that respect, namely the famous (or infamous) "Nurses' Health Study". It turned out that nurses who ate a fat-free diet had more breast cancer than those who ate an average high-fat diet. This result pleased the attackers of the fat/cancer connection greatly. But what really happened? Those nurses who ate a diet reduced in fats were hungrier and increased their animal protein intake, specifically non-fat dairy products. This study, although 'orthodox medicine' took it as proof that fats have no effect on the occurrence of breast cancer, further proves Dr. Campbell's conclusion that animal protein is *the* carcinogen, also when defatted.

Dr. Campbell's ultimate conclusion is "Don't look at a single nutrient but at the totality." This was Dr. Gerson's thesis many years earlier. Further, Campbell states, "The higher the plant-based nutrients in the diet, the lower the incidence of chronic diseases."

While all this provides wonderful and extremely important evidence supporting many basics of the Gerson Therapy, Dr. Campbell's 40 years of research have not come up with the cure of advanced cancers and all chronic diseases that Dr. Gerson achieved before Campbell even started his work.