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The GERSON THERAPY

MAX GERSON, M.D., PIONEER RESEARCHER SPEAKS . . .

"In a normal body all is alive, especially the basic substances built by the minerals, they have ionized or activated potassium and minerals of the potassium group with positive electrical potentials.

"In a sick body — mainly in cancer — potassium is inactive — sodium and minerals of the sodium group are ionized with negative potentials. On this basis all other abnormal processes develop as consequences. For healing purposes the body must be detoxified — activated with ionized minerals, natural food so the essential organs can function again.

PRESIDENT'S AND VICE-PRESIDENT'S MESSAGE

The treatment of diseases, particularly degenerative diseases, has probably been limited more by one factor than any other — the failure of medical science to consider nutrition not only from the standpoint of prevention, but in the treatment of disease in general.

To those who say this is over-simplification and unscientific, the work and therapy of Max Gerson, M.D., stands like a bulwark against the too-easy cop-out of shooting drugs and popping pills, or, worse yet, resorting to the knife.

"Food is man's best medicine" was written centuries before Max Gerson was born, but had yet to be re-discovered by this great physician and humanitarian after he too was brain-washed by years of orthodox medical training. Those of us who were fortunate to know him and absorb some of his great wisdom remember how he used to tell it.

"In 1928 in Bielefeld, Germany, I was treating tuberculosis, arthritis and some other diseases with my diet therapy. One day a woman called me to her home, then told me she had been operated on for cancer of the bile duct which could not be removed. She was terminal, already jaundiced, and had a high fever.

"I told her 'Sorry, I can do nothing for you. I don't know how to treat cancer'.

"She said 'No, doctor, I have seen your results with diet on tuberculosis and arthritis. Here is a paper. Will you write down a treatment for me?' She had me read aloud from a 1200 page book on folk medicine edited by three teachers and a physician. I read a chapter called '*The Healing of Cancer*'. From Hippocrates 550 years before Christ it included his ideas on detoxifying and his special soup we still use. I read and read.

"Finally I said, 'Look, because of my tuberculosis treatment, physicians oppose me. Therefore I'd like not to treat you'.

"Still she persisted, 'I'll give you in writing that you are not responsible for the outcome and that I insisted you do so'. With that signed statement, I thought, let's try. I wrote down a treatment almost like I used for tuberculosis.

"I tried and the patient was cured! In six months she was up and around in good condition. Then she sent me a relative with inoperable stomach cancer—also cured. Then another stomach cancer—also against my will and also cured. Still I didn't know just how or why. But with these results in my head and heart and hands, I could no longer separate myself from the cancer problem.

"Although there were later failures, over the years—often by watching external cancers grow or recede as I varied my treatment—I gradually found a nutrition and detoxification regime that is usually successful with cancer.

"Since the body is more degenerated in cancer than in other chronic diseases, these other chronic diseases also usually respond well to a similar regime or to a less intensive regime.

In treating thousands of people with virtually every known chronic disease, Dr. Gerson gave little thought to specific treatment. He gave much thought to the intensity of the regime and the patients ability to detoxify. NUTRITION and DETOXYFY are the key words to Dr. Gerson's great success and accomplishments.

Max Gerson's book "*A Cancer Therapy — Results of Fifty Cases*" is the work that lives after him, a comprehensive guidebook for physicians and those seeking self-help. More than that, it is a scientific testament to inspire the new breed of doctor that must come forward if the practice of medicine is to vindicate itself, and again inspire confidence instead of skepticism; if non-toxic therapies are to be taught in the medical schools of the future; if suffering humanity is to learn the lesson of prevention, which is still better than any pound of cure—even the blessed cure bequeathed to the world by a great man, humble enough to seek with an open mind, and wise enough to change when convinced. The second edition includes *Restoring the Healing Mechanism in Other Chronic Diseases*, a less intensive Gerson therapy for them, and Dr. Gerson's lecture to laymen on how he developed his therapy. It is a good introduction to the therapy.

"Had it not been for that patient years ago", Dr. Gerson told his students, "I might still be practicing the treatment of disease, instead of the restoration of health, which is the natural process; it is Nature who teaches us TOTALITY— who teaches us not to lose our way in classifying man's diseases and treating isolated parts of the integrated whole".

Betty Lee Morales, President — Norman Fritz, Vice-President

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HEALTH IS WEALTH

EACH ONE TEACH ONE

THE GERSON THERAPY

By Charlotte Gerson Straus,
Daughter and Clinical
Associate of Max Gerson, M.D.



CHARLOTTE STRAUS is Dr. Max Gerson's daughter and clinic associate. She was born in Germany and had her early schooling there and left in 1933. She lived and attended many schools in Europe before arriving in New York in 1936 with her family. She finished high school in New York and attended Smith College. She was always interested in her father's work and helped as a practical nurse in his nursing homes in New York. She occasionally made rounds with him, attended his lectures and was raised on his strict ideas of nutrition.

(Presented before CCS Second Annual Cancer Convention, Ambassador Hotel, Los Angeles, California, 1974)

I welcome you and thank you for being here. I feel that on this platform I always enjoy talking more than anywhere else because usually the speakers that precede me do about half of my work. For instance, Dr. Livingston went into her very interesting work, which I will be able to tie into my father's therapy. Also, Betty Lee Morales's lecture gave a very basic orientation in this direction. I always get an inspiration from these speakers. This includes all the speakers who are so devoted and so enthusiastic and have accomplished such a wonderful job all of these years.

I will now go back to the development of the Gerson Treatment.

My father had a genetic background of severe migraines. When he was a young doctor, just out of medical school, he was very ill with migraines, which he usually had three days a week. He had such terrible eye sensitivity and nausea that he had to lie in a dark room and was absolutely unable to function. This was so severe that he was actually despairing of living. He consulted professors and teachers, who had been the authorities to try to get relief. They all told him, "Well, you know from the books that there is nothing that we can do against migraines. When you are 45 or 55 you'll feel better."

So at this point he felt that he would have to help himself. He started to study and read on nutrition, but there was relatively little available. He thought that the first thing babies get and the first thing they can all digest is milk, and then he thought if he were to take nothing but milk, this might help him because surely the body was able to digest milk. He tried that for a little while and he was just as sick as ever and milk didn't do anything for him. Then he thought about that again and he realized that in nature there aren't any adult animals that live on milk. Milk is a food designed for babies, which have a fast growth and a completely different type of metabolism. In nature our immediate ancestors, the monkeys in the jungles do not live on milk. They live on fruits and nuts, greens and vegetables, but mainly fruits and nuts. So he thought this would be a good thing to start with and he put himself on apples. He found that within a very short time he was free of migraines.

He then used apples as a basis for adding other foods. He lived on apples in all forms and then on other fruit. The minute he added something to this basic apple diet that disturbed his system he would have severe migraines again. He lived on this same diet all his life.

He soon started practice as a doctor. His shingle read "Dr. Max Gerson, Internal and Nerve Diseases." He had been a student under Professor Ottfried Foerster, the top neurosurgeon in Germany at the time. This was his specialty.

One day a man came to him complaining of migraines and Dr. Gerson told him very simply, "The books say there is nothing one can do." But he did tell the man what he did. "These foods I eat, these foods I don't eat. Why don't you try it?" The man did and reported shortly that when he stuck to this type of diet he was fine. If he ate the forbidden foods he did not do well and the migraines recurred.

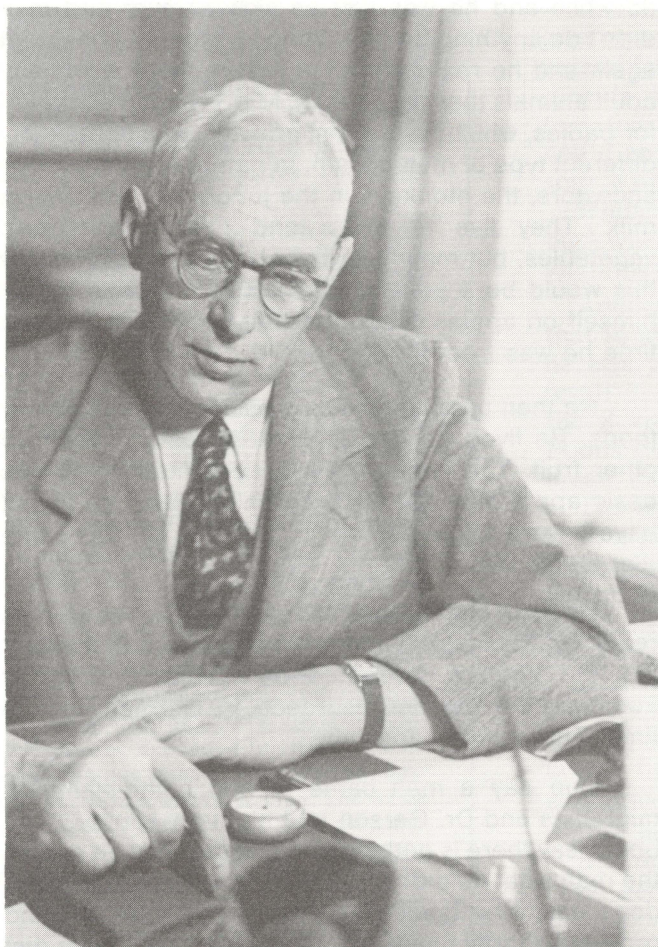
One day a patient came in for migraines and my father gave him the same migraine treatment that he was using on himself. The patient reported a few weeks later and he said, "You know what, doctor, my migraines cleared up, but on top of that I cleared up my Lupus." Now Lupus is skin tuberculosis. So my father said, "No, that's impossible, Lupus is incurable and it must have been something else."

"No," said the patient. "It's not. I have these various lab reports and slides to prove this was Lupus."

Father said, "Let me see."

And he observed that these were incontestable lab reports and the man had Lupus and he said, "Well, let me see the lesions." No one had ever seen Lupus healing and he looked at a Lupus lesion healing. He was flabbergasted. The next thought he had was, well, perhaps there was a connection between this migraine and the Lupus. He thought the man might have responded because of an allergy which was cleared up.

Then he asked him, "Do you know other people who have Lupus? It is a relatively rare disease. I would like to see it on people who have no migraines to see whether this diet really works."



DR. MAX GERSON

You see my father still thought like a specialist. A specific treatment for a specific disease.

The patient replied, "Oh, yes, in the hospital where I spent many months with Lupus there were a lot of patients on my floor with Lupus. I will send you some."

My father said, "I will treat them free. I would like to experiment and see what happens."

To make a long story short, the other patients without migraines also recovered from Lupus.

Now, what do you think happened next?

Father was sued by the medical community for his license. His shingle said internal and nerve diseases and this was a skin disease. He had no right to treat Lupus. This was in Germany, but the judge was not quite the same as some of the judges and courts we are running into here in this day and age.

The judge asked the doctors, "Well, do you cure Lupus?"

And the doctors answered, "Well, no, it's incurable."

And the judge retorted, "Well, then, why don't you let this doctor do it?" And then he dismissed the case.

From Lupus Dr. Gerson figured the body is obviously developing the ability with the right nutrition to kill off the very specific tuberculosis germ and to restore itself to health. Then he went on to other forms of tuberculosis and lo and behold they also responded.

In 1928, the wife of Albert Schweitzer, who had contracted lung tuberculosis and was in very serious condition, came to my father. She recovered completely on his migraine diet.

Now, at this point, my father no longer called it a migraine diet. He also removed his shingle and became a general practitioner.

It did not take very long before he realized that patients who were recovering from all forms of tuberculosis, meningitis, etc., often had other complications including arteriosclerosis, arthritis or other diseases. These all cleared up with the same treatment, too.

He realized that in this approach the basis of the treatment was to see the body as a total organism. When you restore it's ability to heal, it will heal itself. And it will not heal selectively. It will not heal skin tuberculosis without healing migraines. It will not heal arteriosclerosis without healing heart trouble. When you have the body healing, it will heal whatever is ailing it.

You cannot heal cancer selectively without also healing whatever else is wrong with the person. There are many cases in Dr. Gerson's book, *A Cancer Therapy — Results of Fifty Cases*, with the complication of heart trouble and arthritis that were also cleared up when the cancer was controlled.

What is chronic disease? The beginning of all chronic disease in the body is the loss of potassium from the cells. Potassium is lost because of our nutrition. Our poorly grown, artificially fertilized, sprayed foods are low in potassium. The sodium content usually goes up in plants that are artificially fertilized. This fact was published in 1927 in an agriculture publication in Germany: potatoes from fields artificially fertilized had lost their normal potassium content. The sodium content went up with the water content. The potatoes grew nice and big, but this was an edematous potato. Like your body, when your body loses potassium, sodium penetrates the cells and holds the water and your body gets edematous. The water in the cells ties the sodium. If the sodium isn't tied it's toxic.

Now, in order to reverse this situation, it's become quite clear to you from the talk such as Betty Lee Morales presented that the organic, natural and unprocessed foods are the ones that produce health. But why? Remember what foods go through during processing. First of all they are usually grown on a large corporate farm. They are artificially fertilized and sprayed. They are beautiful, but empty of potassium. They add lots of sugar so that it tastes good and salt so that the flavor is there. The result is a denatured food that is processed, sodium is added, potassium is lowered, and enzymes are killed by processing.

Now on this do you expect to keep your bodies healthy? You are punishing yourselves. You are punishing your system. Just like you can't put sugar water in your car motor and expect it to produce energy. You know that if you don't give your machines the right fuel they won't work. But your bodies, you don't hesitate for a minute to give denatured, damaged, and changed fuel.

Now let's go back once more to what we heard. Dr. Livingston showed you the organism, which she feels causes cancer and that it is very closely allied to tuberculosis. I have just told you that with the right nutrition to restore the body's healing ability you can get the body to kill the tuberculosis germ. And you don't have to think very much further to realize that the body can also kill cancer.

Now I am not going to get into the basic causes of cancer — whether it is caused by germs, viruses, genetic changes, burns or by various other chemicals. It really doesn't make any difference whatsoever. My father has shown that by taking the cancer patient, he could heal by reversing his body chemistry, which is severely disturbed; by getting the body rid of the excess sodium; by putting a lot of potassium-rich foods plus potassium supplements into the system; by reactivating the digestive system and the body's ability to generate enzymes; and to detoxify itself by establishing the healing mechanism that exists in all our systems, which we suppress. The body heals itself!

The body will first of all remove the layer of encapsulation or the seal by which the tumor protects itself. If you heard Dr. Nieper you understand that there is a layer around the tumor masses, which protects itself against the body's defenses. Dr. Gerson believed this to be largely a layer of sodium edematous cells. If you attack the sodium excess and remove the edema, you can easily destroy the tumor by forcing in potassium and Lugol Solution (iodine), which he gave.

However, before you can do anything at all with these severely toxic patients you have to detoxify them. This is the beginning, the middle and the end of the story. You can't do anything until you remove the accumulated toxicity in the body. For instance, I have seen where autogenous vaccine injections had no reaction in the very severely damaged cancer patient. In the advanced cancer patient, which had no more immune reaction this is the big problem. They are so ill the body will no longer react. That's why the immunologists say, "Well in some people it works and in some people it doesn't work." The severely ill toxic cases do not react.



CHARLOTTE GERSON STRAUS

I have seen a case like this who had been inoculated with vaccine, but was so severely toxic that nothing happened. After approximately four weeks of thorough detoxification with juices and enemas, which my father used for this purpose, suddenly there was a reaction to the vaccine and the body was working again. The immune reactions now took place.

When you know that the immune reactions take place you know that the body is now also attacking the tumor as shown by research work done by immunologists. Dr. Good, an immunologist and head of research at Sloan Kettering, has shown that in order to attack any tumor in the body, a normal healthy system is needed to mobilize certain lymphocytes to attack a sick cell; a cell which they recognize as not normal. Now, all of us might have these sick cells

floating around. If we are in reasonably good health, we have these defense mechanisms. We have an immune response in our body and we send the lymphocytes right out to kill and eliminate the foreign and diseased tissue.

However, we cannot do this if our bodies are so toxic and damaged because the immune system no longer works. Also the enzyme system no longer works because for the enzymes to work they need a high potassium level. When there is too much sodium in the body, large numbers of enzymes are inhibited. I have an excerpt here from a book called *Enzymes* by Dixon and Webb. It shows the various enzymes the body needs to produce. In almost all cases the activating ion needed is potassium. The inhibiting ion? I will give you a guess. It is sodium. So if you have too much sodium in your body you inhibit the enzymes. You inhibit the body's ability to fight. In other words, your first line of defense is a high level of potassium. You obtain potassium in your natural foods, which are unprocessed, unsalted, unfrozen, unbottled, unsmoked, unpickled, etc. You must have natural foods, which support life and are not antagonistic to your body's requirements.

On this kind of detoxification diet it soon became clear to my father that he could handle severe kidney degenerations. One time he had a patient who was going blind. Her retina was detaching and she had doctored around from one eye doctor to another. Naturally, they were all specialists. The eye doctors tried all kinds of treatments and nothing helped so they were going to operate. She was continually worsening and she was going blind. When she came to my father he examined her whole body. He found her kidneys severely damaged and infected. He restored her kidneys and the retina grew back and her eye sight became quite normal!

I am telling you, in other words, that severely damaged kidneys can be restored. We could empty the waiting lists on the kidney machines. There is no need for doctors to go through agonizing decisions. This patient goes on and this one we just don't have room for. He is going to have to die. He does not have to die! Kidneys that are degenerated can be restored. Transplanted kidneys would be unnecessary.

Now transplanting organs is another great big nonsense. It does not take into consideration the body as a whole. When you transplant an organ you are putting it into the very environment that produced a sick person and made that organ degenerate in the first place. Now you can go on and give these transplant patients immune suppressive agents so that they will not reject a transplant. You further increase the damage to the liver and the whole body. People with transplants are in poor health and usually do not survive. Why not just restore the body and get the damaged organ working again? It can be done and it is not too difficult.

We can restore sick hearts also. My father had a patient who had six heart attacks in eight days thirty-five years ago and he is alive and well today. He is 78 and fine. He did not need a new heart. He needed his heart restored.

When it comes to multiple sclerosis some of the studies in this area point to the possibility that M.S. is caused by lead, viral or some other damage. As far as we have seen it doesn't matter because you can rid the body of the damage caused by the toxicity. You can rebuild the body's ability to heal itself and you can rebuild the damaged nerve sheath and you can get rid of M.S. or whatever other chronic disease you want to name.

I have seen a severe case of Rheumatoid Arthritis in a girl 24 years old clear up. She had this disease for about three years and she was just about paralyzed in all her limbs. They were all swollen and painful. After three days on a modified Gerson Diet you could see the structures in her skin and in her bones again. About three weeks later, all the deformities in her joints all over her body disappeared. After four weeks she went back to work. There was no more evidence of arthritis after four weeks.

I hope that I have left you with a very clear understanding that by healing the body you can heal cancer and almost any other chronic disease and it doesn't matter what the cause. I am not going to argue whether it's caused by a virus, trophoblast, gene, radiation burns or chemicals. It doesn't really matter.

Remove the toxicity from your body and rebuild the body with the fresh juices from the raw organic foods as my father outlined in his book. When the tumors or toxic masses are removed with this constant detoxification then one can rebuild the organs. The liver is an organ that regenerates itself and after about 16 to 24 months the liver is renewed and most of the time can maintain health even with so-called "normal" foods.

Those of you who have read the book called *Death Be Not Proud* about Johnny Gunther will remember Mrs. Sealy mentioned in it. Mrs. Sealy was running the clinic for my father. She had a severe case of pancreas tumor, which is deadly. She was completely restored by the Gerson Diet. I accidentally ran across her flying to Florida one day, about 15 years after she had recovered. She had a cigarette in one hand and a cocktail in the other and she was fine and didn't seem to care. Well, this can happen, the body's organs, if they are really restorable, and not too severely damaged by radiation, chemotherapy or the cancer, can often be restored fully and completely so that the body then will handle its own detoxification and will handle its own health even if you hurt it by going back to bad nutrition. In many cases, of course, this is not possible.

Some of these cases were so far advanced that they are brought in just days from death and the liver is not fully restorable. The patients could live a normal life within a certain set of limitations. They could not eat junk foods, but they could eat organic meat and other organic foods and were not nearly as limited as the book showed at the beginning for the early treatment and rebuilding of the body.

We can handle a complete restoration of the body through the power of the healing mechanism, which must function at all times. Detoxification has to be complete at all times, which means either the body has to be able to handle its own or you have to help it. Detoxification includes the full digestion of foods. The very basic mechanism of health in the body is the digestive system. It must not only provide you with everything your cells need, but it must be able to reduce everything to its end product and **eliminate** the waste products. If your system is not able to do that, then it needs help or you have to avoid certain foods that your system is not able to break down, utilize and eliminate fully. Either one. If you do not do it, toxicity will start to build up.

You can think of it in the way a sink stops up. If your sink doesn't drain well and you have a lot of water in there and you keep pouring water in your level will keep going up and up, instead of draining down slowly, and finally it will overflow. This overflow is the chronic disease. The toxicity in the body is caused by improperly eliminated toxic material that you can build up yourself.

Our American diet, unfortunately, is extremely high in proteins. If your pancreas is not able to digest the proteins that you feed it and cannot break them down to the end products, utilize what is useable and eliminate what is toxic or should be eliminated, then you are in trouble.

Albert Schweitzer had severe diabetes when he came to my father. A diabetic is usually told that he can eat nothing but proteins. Dr. Schweitzer had been to the top specialists on diabetes and he was eating proteins and he felt terrible. A sick pancreas, which is producing diabetes, when it is overloaded with proteins, absolutely cannot handle this situation. As you know, very often this leads right on into cancer. Diabetes can be a precondition to cancer, because the pancreas is sick and then you further proceed to overload it with proteins. It doesn't work. Now would you believe, however, that on this treatment you can give carrot and apple juice with all the sugar it contains? You can even give a baked potato a day to a diabetic. My father gave lots of juices such as the green juices and others, vegetables and salads, and within 10 days he could reduce the insulin dosage to half of what he had been using and within four weeks no more insulin was needed. Even with all the fruit sugars he was eating, as you very well know, Dr. Schweitzer lived until he was 92. He not only lived, but he was active and working.

When he came to my father at the age of 75, he said, "The way I am going, I have no more energy. I am weary and I am tired of living and I don't want to do anything more."

But with the pancreas restored, he was able to live an active life again.

I want to leave you with this thought and that is that chronic diseases are curable. Cancer is only one chronic disease. It is not a specific disease. All chronic diseases are deficiency diseases and they can be healed by the proper approach. And if I get any questions now, such as, "well, is this therapy good for such and such type of cancer, leukemia or for melanoma or is it good for Lupus Erythematosus or for any other chronic condition," I haven't made myself clear yet.

Starvation Treatment for Tumors

A researcher hopes he has found a way to fight cancer by selective malnutrition.

A CANCER that can't grow is a cancer that won't kill. That is the basis for a new approach to fighting cancer now being explored by Dr. Albert B. Lorincz, professor of obstetrics and gynecology at the University of Chicago. Cancers that remain small are generally harmless and cause almost no discomfort. It is when a cancer grows and invades vital organs, displacing essential tissues, that it threatens life. Dr. Lorincz' strategy is to starve cancer cells into submission by withholding a protein element that is essential to their development.

A preliminary report in the *Nebraska State Medical Journal* (December, 1965) by Dr. Lorincz, along with Robert E. Kuttner, Ph.D., described this new concept in managing malignant disease. The theory is basically this: Any cell population undergoing rapid division and growth requires an enormous supply of protein to keep going. In fact, the demand for protein by malignant tumors is 1.3 to 11 times the level necessary for normal tissues. The doctors reasoned that the protein available to the malignant cells would be curtailed

enough to hamper growth if an essential amino acid were lacking in the diet. The next problem faced by Dr. Lorincz: choose the right amino acid and devise a diet in which its appearance would be limited, yet nutritious enough to sustain the cancer patient.

Preliminary animal experiments by other researchers had shown that diets deficient in phenylalanine and lysine (both are amino acids) would inhibit the growth of liver cancer and breast cancer in mice. Further investigation disclosed that a low phenyl-

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Gerson's Cancer Therapy

Reprinted from HERALD OF HEALTH Oct. 1958

If one possessed recognizable symptoms of cancer, one might endeavor to get in touch with Dr. Max Gerson, New York. Lacking the financial wherewithal to see him personally, one might do the next best thing — buy his book and start reading in dead earnest.

That book might be called Dr. Gerson's legacy to mankind. It is the result of 52 years in the practice of medicine — 30 in the field of degenerative disease.

To a layman such as myself, it makes sense because it views the problem in the "concept of totality" — placing emphasis on the deteriorated metabolism as a whole, with the liver as central organ.

Dr. Gerson's cases — 90 per cent of them — were terminal when he took over. Percentage of cures is high enough to lend authenticity to his findings, to make it important that medicine look with unjaundiced eye into the Gerson theory — one which, incidentally — is held by others, not only in medicine, but in biochemistry.

Not exactly what one might call "easy reading," this book is not for the lazy. It is written in the hope doctors will use it — Dr. Gerson has no secrets — and it is written so anyone with access to a dictionary can glean enough information to put the knowledge to work in the fight to regain health.

Dr. Gerson is not only a physician, he is a scientist — one might say primarily a scientist. He has not permitted his mind to remain in a straight-jacket and to use only those therapeutic formulae described in the medical student's textbooks. He is keenly aware that his profession, generally, treats symptoms rather than causes. "We were trained thus," he explains.

In his precious volume, "A Cancer Therapy," this German-born man of medicine regards symptoms "as indicators of the metabolism, including its deepest and highest form of life activators (the activation of minerals, the electricity in the cells, reactivation of oxidizing enzymes for maintenance of oxidation").

Dr. Gerson is one of the rare men of science who has refused to be influenced by the mental block that "cancer is incurable." He is aware that this very thought, promulgated by some otherwise brilliant men, has been a deterrent to progress in finding a cure — and even more important, to preventing cancer.

"The history of medicine reveals that reformers who bring new ideas into the general thinking and practice of physicians have a difficult time," he observes. "Few physicians like to change their medical approaches. The majority practice what they have learned and apply treatments of the textbooks more or less automatically ... The history of science, art, and technique shows that each new idea has been fought bitterly; most reformers did not live to see the realization of their ideas ... I was in a more favorable position. Ninety to 95 per cent of my patients were far advanced (terminal) cases without any risk to take; either recognized treatments had failed or they were inoperable from the beginning. It takes some time to acquire enough experience to see progress, results or failures."

Besides presenting convincing evidence that degenerative

disease is directly linked with faulty metabolism, the book is important to cancer sufferers (those with the will to live) because it describes how to help the body regain curative powers; a sensible dietary regimen is presented, a nutritional program that can be followed by the average family to maintain health and build the best possible bodily strength for defense purposes.

The growing importance to humans of organically-grown fruit and vegetables is stressed by Dr. Gerson, "for protection against degenerative diseases, prevention of cancer, and in treatment of cancer."

"It is high time we change our agriculture and food preservation methods," he repeats.

And so that no one will be misled into believing his treatment is effortless, he makes it plain that treatment in the hospital as well as at home, "requires somebody's help all day long, particularly in advanced cases where a life is at stake and the patient is very weak.

"The family has to give up some of its social life and do this humanitarian work with deep devotion ..."

The Fundamental Idea

Expressed in his own words, the fundamental idea of his treatment is: "A normal body has the capacity to keep all its cells functioning properly. It prevents any abnormal transformation and growth. Therefore, the natural task of a cancer therapy is to bring the body back to that normal physiology, or as near it as possible. The next task is to keep the physiology of the metabolism in that natural equilibrium."

The "ideal task" of cancer therapy, he continues, is to "restore the function of the oxidizing systems in the entire organism." This involves:

1. Detoxication of the whole body.
2. Providing essential contents of the potassium group.
3. Adding oxidizing enzymes continuously as long as they are not reactivated and built in the body (in the form of green leaf juice and fresh calf's liver juice). This creates a near-normal condition of the oxidizing system in the body, to which malignant cells with the fermentation system cannot adapt.

Crux of Theory

"In a normal body," he affirms, "all is alive, especially the basic substances built by the minerals, they have ionized or activated potassium and minerals of the potassium group with positive electrical potentials.

"In a sick body — mainly in cancer — potassium is inactive — sodium and minerals of the sodium group are ionized with negative potentials. On this basis all other abnormal processes develop as consequences. For healing purposes the body must be detoxified — activated with ionized minerals, natural food so the essential organs can function again.

"The general approach to treatment of patients with degenerative diseases," he continues, "should have as its purpose overcoming the biochemical abnormalities more or less responsible for development of the disease.

"Laboratory findings reveal that in chronic diseases, sodium and calcium, both negatively charged, invade the weaker, positively-charged organs; accordingly, K (the potassium group) is lost from these organs, opening the door to further negative metabolic transformations. *Here the disease starts, but not the symptoms.*"

Potassium and sodium play an important role in the cancer problem, this expert believes. These two minerals are leaders of the two electrically opposite groups. They are closely connected with the development and maintenance of the

human body, as well as with the origin and progress of the disease, he believes.

Minerals must be in the tissues where they belong, Dr. Gerson is convinced, "since they are the carriers of the electric potentials in the cells; and there they enable the hormones, vitamins and enzymes to function properly."

Cancer and Soil

Relationship of cancer to soil is described in these positive phrases by the eminent doctor: "Observations for centuries have shown that people who live according to natural methods in which plants, animals and human beings are only fragments of the eternal cycle of Nature, do not get cancer. People who accept methods of modern nutrition on an increasing scale become involved in degenerative diseases, including cancer, in a relatively short time.

"In later medical history, the best-known cancer-free people are the Hunzas who live on the slopes of the Himalaya mountains, and who use only food grown in their own country and fertilized with natural manure ...

"The damage modern civilization brings into our lives begins with the soil, where artificial fertilization leads to displacement of mineral contents and changes in the flora of microbes combined with the exodus of earthworms. Consequently, frequent erosion of arable land takes place. These changes bring about, at the beginning, an irritation of the plants; later they cause their degeneration. Spraying with poisonous substances (insecticides) increases the poisons in the soil, and these poisons are transferred to plants and fruits.

The protein content of vegetables and fruits grown through use of chemical fertilizers has dropped during the last two decades, Dr. Gerson points out. Corn has dropped in protein content from 9.5 to 8.5 per cent in 10 years. Artificial fertilizer and DDT spraying has reduced the potassium content while increasing the sodium content.

"When rats feed from organically grown soil they have perfectly healthy organs through many generations," the physician continues. "Other groups of rats, living on ordinary food in the United States and Britain, developed within one generation all the degenerative diseases and pathology known in human beings."

"We must conclude ... that the soil and all that grows in it is not something distant from us, but must be regarded as our external metabolism, which produces the basic substances for our internal metabolism.

"In the near future, hospitals and cancer clinics and clinics for chronic degenerative diseases will be more or less forced to use fruits and vegetables grown by organic gardening methods, or we physicians will see that our results and therapeutic successes of treatments will be fewer and fewer. The poisoned soil will not only help to increase degenerative diseases, but it also will reduce the body's healing power when brought under special conditions, where it previously functioned favorably."

Can We Immunize?

Can human beings be immunized against cancer? Dr. Gerson says "no", adding, "no active or passive immunization is thinkable in a body where cancer is growing by itself as a part of its own organism. The type of cancer (mostly virus tumors) against which immunization succeeded do not exist at all in human beings."

The nature of the disease's development virtually precludes early detection, Dr. Gerson maintains: "The public appeal for prevention and the attempt at early detection seem to be practically unachievable."

And he further holds it is important that the physician inform the patient either right at the beginning, or

immediately after the first noticeable improvement of the seriousness of the disease.

"Patients must learn what they have to do for restoration of their vital organs. The treatment is difficult and drawn out, and proper understanding is necessary for patients to adjust to it and carry it out."

After restoration, experience has shown that the patient must maintain potassium and iodine in the body. When the potassium content goes 1.5 to 2 mg. below the minimum and remains there for some time, patients must be warned to take up part of the medication and diet again to prevent a recurrence, he admonishes.

His treatment must fulfill two fundamental components, he says: "The first component is detoxication of the whole body which has to be carried out over a long period of time, until all tumors are absorbed and the body's essential organs are so far restored they can take over this important 'cleaning function' by themselves. If that is not effected to the necessary degree, the entire body becomes victim of a continuously increasing poisoning with dire consequences (coma hepaticum).

"Secondly, the entire intestinal tract must be restored simultaneously. With restoration of the intestinal tract, the most important secretory functions will be repaired, as well as its circulation and motility regulated by the visceral nervous system. *Thus we can activate .. defense, immunity and healing power in the body.* Immunity does not mean here that the body is protected against a special bacterium as in an infectious disease, it means that no abnormal cell can grow or develop in the body with normal metabolism. For that purpose, the degree of restoration of the liver plays a decisive role."

Importance of Liver

Indeed, Dr. Gerson's observations have led him to the conclusion that unless the liver can be restored, cancer cannot be controlled.

Recalling that Frerichs in 1861 was the first physician to call attention to the combination of cancer and the liver or gallbladder system, Dr. Gerson continues: "The problem of the liver was, and still is, partly misunderstood and partly neglected. The metabolism and its concentration in the liver should be put in the foreground, not the cancer as a symptom. There the outcome of the cancer is determined as the clinical favorable results, failures and autopsies clearly indicate. *There, the sentence will be passed — whether the tumors can be killed, dissolved, absorbed, eliminated, and finally, whether the body can be restored ...*

"Functions of the liver cells are so vitally important for the body that they could be compared with activity of chlorophyll in plants. The liver is regarded so unique biologically that it has been called the 'balance wheel of life.' "

Weighing seven to 10 pounds, the liver is the largest single organ in the body, and is surpassed by none in the multiplicity and importance of its various physiologic activities, Dr. Gerson records.

"It has a functional capacity far in excess of ordinary needs," he writes, "and before the functional reserves are used up, it is very difficult to detect a deterioration of liver function ... It is impossible to test a liver by a single function, even by several, to find the degree of hepatic deterioration. *That is the reason (it. ours) initial development of cancer remains hidden for such a long time ...*

Going another step, Dr. Gerson observes that "the scientifically accepted method is that these symptoms alone will be treated locally wherever they appear. That is what we physicians learn and how we are trained in university clinics.

All research work adheres mostly to these local symptoms.

"This, in my opinion, is the reason decisive progress in cancer treatment has been impeded, especially in the last 50 years, during which modern medicine made remarkable progress in many other fields."

In a chapter on radiation, Gerson concludes with the statement: "My experiences show that the majority of patients who had 40 to 80 deep X-ray treatments and, in addition, 16 to 40 cobalt treatments could not recover at all. Some improved after a much longer period, and others only partially."

Life ... Cancer ... at a Glance

Dr. Gerson presents "an approximate picture" about a conception of normal life and the deviation into cancer:

LIFE

1. Maintenance of normal metabolism, its regulations and productions for hormones, enzymes, etc., absorption and elimination power.
2. Maintaining prevalence of the potassium group in vital organs, and Na-group mainly outside in the fluids and some tissues.
3. Keeping the positive electrical potentials of cells high as the basis for energy and function, simultaneously as a defense against invasion of the Na-group and the formation of edema.
4. Maintenance of circulation, tension, tonus, storage capacity, reserves.
5. Reactivation power of vital substances, especially enzymes.
6. Defense and healing power.

CANCER

1. Slow intoxication and alteration of the whole body, especially the liver.
2. Invasion of the Na-group, loss of K-group, followed by tissue edema.
3. Lower electrical potentials in vital organs, more edema, accumulation of poisons, loss of tension, tonus, reduced reactivation and oxidation power, dedifferentiation of some cells.
4. Cancer starts — general poisoning increases, vital functions and energies decrease — cancer increases.
5. Further destruction of the metabolism and liver parenchym — cancer rules — is acting, spreading.
6. Loss of last defense — hepatic coma — death.

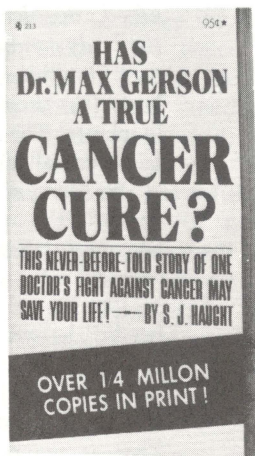
Here is the astounding story of Dr. Max Gerson, a famous M.D. who by absolute record (testimony given under oath) has cured people of cancer.

The author, an experienced New York newspaper reporter, set out to do an "expose" on Dr. Gerson, cancer specialist.

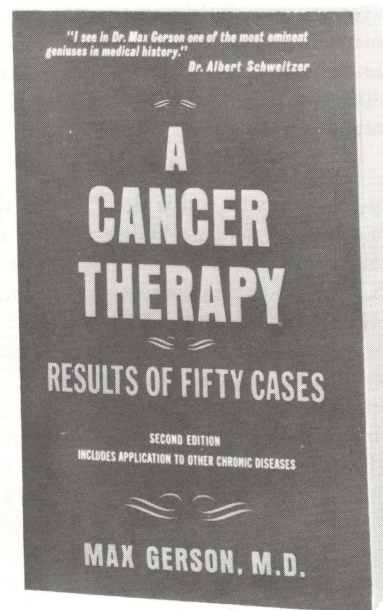
Instead, as the result of his investigations, he became an enthusiastic crusader for Dr. Gerson and wrote this book to open up his theories and therapy to public scrutiny.

In this carefully documented volume you will read the amazing stories of verified cancer cases treated by Dr. Gerson and, in their own words, the prayerful thanks of patients who were able to return to active, useful lives.

WORLD RENOWNED DR. ALBERT SCHWEITZER says: "I agree with you that Dr. Gerson's cancer therapy had great merits and know with which difficulties Dr. Gerson had to struggle. I would be grateful to you if you try to tell the people of America about Dr. Gerson's methods and about the results he obtained with his therapy . . . I wish you the best in your difficult task."



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a CANCER therapy

MAX GERSON, M.D.

My theory is not presented to give a general scientific explanation of the cancer problem, nor to compare it with the many existing theories and explanations. It is supposed to be a guide which helps physicians to apply the treatment properly. The theory was derived from clinical observations during which was recorded what was most characteristic of the disease and what seemed to be most decisive in the course of the treatment. In short, it is this: What is essential is not the growth itself or the visible symptoms; it is the damage of the whole metabolism, including the loss of defense, immunity and healing power. It cannot be explained with nor recognized by one or another cause alone.

In my opinion, cancer is not a problem of deficiencies in hormones, vitamins and enzymes. It is not a problem of allergies or infections with a virus or any other known or unknown micro-organism. It is not a poisoning through some special intermedial metabolic substance or any other substance coming from an outside, so-called carcinogenic substance. All these can be partial causative agents in man, contributing elements, called secondary infections, etc. Cancer is not a single cellular problem; it is an accumulation of numerous damaging factors combined in deteriorating the whole metabolism, after the liver has been progressively impaired in its functions. Therefore, one has to separate two basic components in cancer: a general one and a local one. The general component is mostly a very slow, progressing, imperceptible symptom caused by poisoning of the liver and simultaneously an impairment of the whole intestinal tract, later producing appearances of vitally important consequences all over the body. The process in the pre-stage of cancer has not been proven clinically. That may be very difficult, even impossible, as liver damage is most probably a predisposition of many other degenerative diseases. In cancer, one or the other liver function may be predominantly more damaged or combined with some other disturbance in another organ. However, we should keep an eye on the liver as the first experiments of Yamagiva and Itchikawa demonstrated that cancer developed, after the liver, the kidneys and lymph glands showed pathological changes. In the poisoning of the liver, clinical symptoms are not noticeable for a long period of time, even for many years.

"The liver is the largest single organ in the body and is surpassed by none in the multiplicity and importance of its various physiologic activities. Accordingly, the state of the liver and level of its functional efficiency are of great significance to the general bodily economy both in health and in disease."²⁶ The liver weighs seven to ten pounds and has a functional capacity far in excess of ordinary needs. Before the functional reserves are used up, it is very difficult to detect a deterioration of liver function. The liver is a dynamic, active organ, and has manifold functions. Most of these are intimately associated and correlated with the activities of the other organs. It is impossible to test a liver by a single function, even by several, to find the degree of hepatic deterioration. That is the reason why the initial development of cancer remains hidden for such a long time; this interval may be

²⁶ W. A. D. Anderson, *Pathology*, 1948, p. 861.

Dr. Gerson Talks about Cancer

THE LONG-AWAITED book on cancer therapy by Max Gerson, M.D. is at last available. We think this book is a milestone in the history of health in this country. We think it may very well revolutionize the thinking of our medical men and research scientists on the subject of cancer—the disease which will, according to the latest figures, touch the lives and health of one American in every three.

In July, 1946, a Senate Subcommittee under the chairmanship of Claude Pepper witnessed a demonstration of cancer patients whose health had been restored by Dr. Gerson's therapy. This was the first time that a physician ever appeared before a Senate committee in this capacity. The content of his speech before the committee and the questions and answers that ensued are contained in the Congressional Record.

In the new book, *A Cancer Therapy*, Dr. Gerson tells the whole story of his cancer treatment and the thinking which led him to every aspect of it. Says he, "Seeking an explanation for the negative attitude of the majority of physicians toward the idea of an effective cancer treatment, I have come to several conclusions. First, we are all trained to believe that cancer is an incurable disease. Secondly, several previous attempts to introduce a new cancer treatment, including theories and promises, have failed. The great fallacy lies in the manner in which dietary tests are proposed and made, that is, by the use of one special substance at a time; observing its effect on the body, followed by another substance, and so forth. . . .

"From the beginning (my) fundamental idea was and still is the following: A normal body has the capacity to keep all cells functioning properly. It prevents any abnormal transformation and growth. Therefore, the natural test of a cancer therapy is to bring the body back to that normal physiology, or as near to it as is possible. The next task is to keep the physiology of the metabolism in that natural equilibrium."

Most interesting to PREVENTION readers will be the chapters on degenerative diseases and their relation to cancer. Dr. Gerson believes, as we do, that totality is the important thing

where health is concerned. The healthy body is the result of a healthful environment so far as food, air, water and so forth are concerned. Cancer should not be treated; the patient should be treated.

Dr. Gerson relates, in this monumental book, the full story of his own thinking on cancer and other forms of ill health. He takes up all aspects of the problem—vitamins, minerals, enzymes, the place of salt in the diet, the harmful results of insecticides and chemicals in foods, hair dye, the relation of soil to health, the functioning of the glands, especially the thyroid gland, in relation to health.

In addition, he describes in detail the actual Gerson treatment for cancer. Indeed the detail is so accurate that physicians can easily use Dr. Gerson's book for treating cancer patients without further information.

The daily diet is given along with other parts of the rest of the treatment. Although Dr. Gerson's objective is to re-establish normal functioning in his patients' bodies, it must be remembered that many of his patients come to him in a state near to dying, so heroic measures must be taken, in addition to diet, to conquer the disease. This explains some of the treatment, (very frequent enemas and laxatives for instance) which may seem to PREVENTION readers to be contrary to our ideas.

Perhaps the most helpful parts of the book are those sections which tell of patients' reactions to the famous Gerson diet, which is mostly freshly pressed fruit and vegetable juices along with raw liver juice, oatmeal and fresh vegetables, salads, special soups, potatoes and bread.

No salt is permitted either in food preparation or at the table. Explicit directions are given for the preparation of all food and PREVENTION readers will not be surprised to note that all the following are forbidden: aluminum utensils, plastic bags, canned and bottled foods, hair dyes, fluorine in toothpastes, refined foods, soft drinks. Menus are suggested.

Dr. Gerson indicates that diet alone cannot cure cancer. Medication also is necessary. One page of the book indicates the medication to be prescribed by the doctor. This includes a B vitamin, a potassium preparation, thyroid gland preparation, etc.

Finally *A Cancer Therapy* presents case histories of fifty Gerson patients chosen from the many hundreds in

called the "pre-cancerous or pre-symptomatic period." If a person gets nervous, feels weaker, has less energy and loses weight during that time, no physician can make a specific diagnosis as a cancer test does not exist and there is no early specific symptom complex. Physician and patient have to wait until a tumor is far enough developed in one or another area of the body to show local symptoms or signs which can no longer be overlooked clinically. This is when we use all modern equipment such as X-ray examinations, bronchoscopy, cystoscopy, and Papanicolaou tests at every spot where we can reach the different organs. Such symptoms can be caused by smaller or larger destructions with secretions or bleedings from the lungs, stomach, intestinal tract, kidneys, bladder, uterus and other organs or metastatic glands. There may be a great variety of special signs from the brain, spinal cord, bones and other symptoms. Finally, in some cases, a diagnosis can be established only with the help of exploratory operations.

The scientifically accepted method is that these symptoms alone will be treated *locally* wherever they appear. That is what we physicians learn and how we are trained in university clinics. All research work adheres mostly to these local symptoms. This is, in my opinion, the reason why decisive progress in cancer treatment has been impeded, especially in the last 50 years, during which modern medicine made remarkable progress in many other fields.

The local component is caused, in my opinion, by abnormal cells, immature cells, formerly damaged cells, transitional cells when they fall back or are forced to fall back into a type of embryonic life, because they are no longer supported sufficiently by the activated (ionized) minerals of the potassium group and a sufficient amount of reactivated oxidizing enzymes simultaneously united with the normal regulations of hormones, vitamins and the impulse of a normal functioning visceral nervous system. Finally the functions of subcutaneous, reticular lymph cell tissue and reticulo-endothelial system are diminished in function and defense power.

As mentioned above, the general component is important, and it will be treated. It comprises mainly the deterioration of the essential organs of the digestive tract, chiefly the liver. There, the damage is done by a permanent daily poisoning brought about by our modern civilization. This starts with the soil which is denaturalized by artificial fertilizers and depletion, thus gradually reducing the top soil. In addition, the soil is poisoned by sprays with DDT and other poisons. As a consequence, our nutrition is damaged by a decrease in the important K-group content of fruit and vegetables grown on such poisoned soil. Furthermore, the food substances are damaged as they are refined, bottled, bleached, powdered, frozen, smoked, salted, canned, and colored with artificial coloring. Carrots are sold in cellophane bags after having been treated for better preservation. Other foods contain damaging preservatives; finally, cattle and chickens are fed or injected with stilbestrol to accumulate more weight and be quickly "ready for market."

If we approach the cancer problem from a more practical viewpoint—the clinical side—based on the concept of totality, we learn two things: firstly, we have to live near nature,²⁷ according to our natural development. Secondly, science cannot help us to solve the deep, underlying cause of cancer.²⁸

"The most basic property of the heart is that it is a muscle, and the chief property of muscle is that we do not understand it. The more we know about it, the less we understand and it looks as if we would soon know everything and understand nothing." The situation is similar in most other biological processes and

²⁷ See G. W. Beadle, *Science*, Jan. 4, 1957, Vol. 125, No. 3236.

²⁸ See Albert Szent-Gyorgyi, "Bioenergetics," *Science*, Nov. 2, 1956, Vol. 124, No. 3227.

pathological conditions, such as the degenerative diseases (cancer). This suggests that some very basic information is missing. The story of myosin may illustrate this point. It seems as if we know too little about the "life promoting substances" *Lebensstoffe*—as W. Kollath has called them,²⁹ recognizing their enormous importance.

Albert Schweitzer recognized the greatness of the "awe for life" or the need to have the deepest respect for everything that is alive (*"Die Ehrfurcht vorm Leben"*). The living being, whether large or small, plant or animal, is in every respect perfectly created or developed, in all its functions and in all its parts, best in its totality.

Everybody respects and needs science, research, and laboratory work, but their conclusions should not be overestimated. Particularly, the direction of therapeutic action should always be based on the idea of the body as an entity, which has to be supported and restored in its silent perfection.

It is unnecessary to understand the whole life in its minute biological particles and effect—but it is necessary that, for the problem of therapy, the entire sick human organism be attacked in its totality, especially in degenerative diseases. It would be a great mistake to apply the therapy only as far as we understand the corresponding biological reactions or as far as they can be proven in animal experiments. In particular, in degenerative diseases and in cancer, we should not apply a symptomatic treatment or only one that we can fully understand; we need a treatment that will comprise the whole body as far as we know or can imagine it.

A few cancer experts start to explore every new method of investigation, then cling to the old scientific research studies. Alexander Haddow, reporting on findings at the Royal Cancer Hospital in London, finally concluded, after being unable to find any promising solution, "As in every other field, cancer research is not only dependent upon a long-range strategy—in this case centered upon patient investigation of the carcinogenic mechanism—but is also affected by chance, the accidental observation, or the unanticipated simplifying principle. Which is likely to be more decisive, it is impossible to tell, yet each is complementary to the other, and both are essential in the advancement of our knowledge of the cancer cell.

Here, as elsewhere in the book the assumption is expressed that cancer is one of the degenerative diseases. This is difficult to prove and it is even more difficult to find out why one organism develops this degenerative disease and the other organism develops one or several different types of a so-called degeneration at the same time. In cancer patients, frequently, a combination of several degenerative diseases is observed. I found cancer frequently combined with chronic osteo-arthritis, high or low blood pressure, chronic sinus trouble, or other chronic infections although seldom with arteriosclerosis, except in older people, or associated with coronary disorders, diabetes and rarely with tuberculosis, asthma, skin diseases, gout, etc.

I think that the origin of the cancerous disease is more probable where, such as in the liver, one of the finest developed functions, the reactivation of the oxidizing enzymes, is impaired.³⁴

This may be the reason why individuals who have inherited a weaker liver-intestinal system get cancer in earlier years, of a more acute or malignant type, with severe allergic reactions, more edema, less tendency to protect the surrounding tissue by a lymphocytic wall or build scar formations there later, with and without calcifications.

his file. Complete details are given in technical language just as they are given in medical literature. There are x-ray reports and pictures. Biopsy reports are given, along with the diagnosis of whatever doctor or doctors attended the patient before he came to Dr. Gerson.

There can be no doubt in the mind of any reader of this book that these patients of Dr. Gerson's were cured of cancer. If this book is important for those who have cancer (and we think it is), it is doubly important for those who want to prevent cancer. Dr. Gerson's ideas on the wholesomeness of unprocessed food, organically grown food and an environment untainted with poisons and insecticides are bound to impress even the most skeptical, with the urgent need to revise our living so that cancer can at last be stamped out. In addition to the diet for cancer treatment, Dr. Gerson outlines what a healthful diet for life must consist of.

What can you do about the book? First of all, buy it. Read it, lend it to your relatives and friends to read. If you can, get a copy to donate to your local library. Perhaps most important of all, get a copy for your doctor. It seems to us that the finest possible outcome of the publication of this book would be, first, a congressional investigation of all therapies which will help to cure cancer which would, we are certain, show that the only answer lies in treating the whole patient, not the disease. This in turn would be bound to throw the spotlight on all the many things in our environment that cause cancer. Perhaps by this means, we can force our lawmakers to prohibit the sale of chemicals, insecticides, dyes and industrial substances that are known to cause cancer.

Secondly, we think it would be a wonderful thing if American doctors as a whole—the sincere, devoted ones—would take up Dr. Gerson's treatment in large numbers and would finally arouse such enthusiasm for it that the American Medical Association could no longer ignore either the Gerson treatment or all the aspects of cancer-causation which he presents so brilliantly in this book.



²⁹ See Kollath's *Die Ordnung Unserer Nahrung*. Hippokrates-Verlag 1952, pp. 15-18.

³⁴ See Rudolf Schoenheimer, *The Dynamic State of Body Constituents*, Harvard University Press, 1942.

ORGANICALLY-GROWN FOODS, A PREVENTIVE OF CANCER

By
J. I. Rodale,
Editor of PREVENTION

In the February, 1961, issue of the *American Journal of Proctology*, an extraordinary piece of research has been reported, which could revolutionize and simplify the whole concept of cancer. But before I comment on it, I should like to reproduce the entire article.

ANTI-MALIGNANCY FACTORS APPARENTLY PRESENT IN ORGANICALLY- GROWN FOODS

By Donald C. Collins, M.D., F.I.A.P.
Hollywood, California

THIS CLINICAL NOTE is written with considerable hesitancy, and yet on five different occasions during the past thirty-six years of practice, I have seen a marvelous phenomenon occur.

Five patients have been observed with extensive malignancies, proven by biopsies, of either the gastrointestinal tract, or blood (leukemias), or sarcomas. Strangely, these five individuals all died many years later from diseases unrelated to these former malignant processes. It was shown in all five instances, following most thorough and painstaking autopsies, performed by highly competent pathologists, that no discernible pathologic evidence could be found then that such patients had ever previously had the various malignant diseases, proven by adequate biopsies to have been present in the past.

The only constant factor in the lives of these five persons was the fact that they all ate home raised, organically grown foods that were free from various chemical preservatives and insect repellent sprays. Unfortunately, here in Los Angeles we have learned to our dismay that smog apparently destroys these beneficial factors in or-

The experimental causation of cancer, first accomplished by Yamagiva and Itchikawa, through rubbing tar substance on the ears of rabbits for about nine months, is of importance insofar as they found that before the cancer started to appear, the liver was damaged and showed pathological changes, together with the kidneys, spleen and the lymphatic apparatus. The long period was required to poison the liver, before the damaged cells could perform the "mutation" into cancer.

Another experiment proved that cancer is not a contagious disease. Later, we learned to transplant cancer under special conditions in animals. Leo Loeb was the first who succeeded in inoculating rat sarcoma of the thyroid gland to several generations of rats.²⁵

The question whether human beings can be immunized against cancer has to be answered negatively. There is no active nor passive immunization thinkable in a body where cancer is growing by itself as a part of its own organism. The type of cancer (mostly virus tumors) against which immunization succeeded do not exist at all in human beings.²⁶

The first physician who tried to transplant cancer was most probably Dr. J. L. Alibert, a famous surgeon in Paris at the time of Napoleon. On October 17, 1808, Dr. Alibert performed an extraordinary operation at the Hospital of St. Louis in Paris. He took cancerous material from a female breast tumor, broke it into small particles and finally made an emulsion which he injected into himself and three of his students. A severe feverish inflammation appeared and lasted a few days; there was no other reaction. A few days later, Dr. Alibert repeated the same experiment on himself and a colleague—again no other results.

We know that Napoleon, whose father died of cancer of the stomach, was very much interested in the cancer problem and assumed that he would die of the same disease, which he did. He discussed the subject very often with his physician Dr. Lucien Corvisart.

In recent years, Dr. E. Weiss of Chicago tried to inject a small amount of watery extract obtained from human cancerous tissue into cancer patients, once a week for six consecutive weeks. The result was an increase in appetite and a slight gain in weight for a short time only.

From these first experiments and from numerous later ones, we learned how difficult it is to make cancer transplantations effective in the same type of animal and how much more difficult it is to transplant it into other types.

The question whether the *healthy* body has the power to prevent its "taking" (incorporation) was neglected for a long time, in the following respect: in general we know that the healthy body has the power to defend itself against invasion by foreign bodies or living bacteria, cocci, viruses, etc. by a defense reaction, or to destroy them after they have entered the body, by an inflammatory reaction as a means of healing.

I repeat—a defense or healing reaction occurs in the *healthy* body when cancer tissue or extracts of cancer tissues are injected. However, the reaction was different in cancer patients. There, all different types of experiments had only a minimum or temporary effect, as the cancerous body had lost its defense and healing power.

Several outstanding authors, such as August Bier, Pirquet, and von Bergmann, thought the malignancies could be included in the problem of the inflammation, since the cancer body could no longer bring about a normal inflammatory healing reaction. In the beginning, Rudolf Virchow thought that the chronic inflammation was also a process of degeneration, while today the inflammatory process is recognized as a mesenchymal reaction, which

²⁵ J.M. Research 28:15. 1901.

²⁶ See K. H. Bauer, *Das Krebsproblem*, 1949, pp. 438-441

may turn out to the advantage or disadvantage of the body.

G. von Bergmann, head of the Medical University Clinic in Berlin and President of the Berlin Medical Association, was the first to examine at his clinic the functional chemical changes in cancerous tissue and cancer-bearing bodies in their reactions, but he did not dare to use these findings for therapeutical experiments. He explained in his book that there are differences in the various types of inflammatory metabolism which were studied in details at his hospital.³⁷ The cells in an inflammatory exudate have aerobic glycolysis even greater than the normal blood leukocytes, while the leukocytes in leukemia have only an anaerobic metabolism.³⁸

Because of the importance of these findings for the new approach to the cancer problem, i.e., regarding it as a disturbance of the total metabolism and its essential functions, I should like to quote a passage from Dr. von Bergmann's book:

"Even if a systematic therapeutic use of this idea is impossible at this time, a cancer metabolism starts where the body is no longer able to produce a healing inflammation. It is possible to show distinctly antithesis of the two metabolisms in their reactions. Experiments are made by Ruth Lohmann under supervision of Dr. Kempner which prove that slices of tissue, taken from malignant rat tumors or human cancer tissues, are killed fast in an inflammation exudate simply because the specific metabolism of the cancer cell cannot be maintained in those surroundings. The exact values for sugar, bicarbonate and the acid-degree measured by the pH figure show that no cancer cell can live there any longer. (See Table II, No. 1)

TABLE II—Metabolism of sarcoma tissue after different periods of time in serum and inflammation fluid under aerobic conditions

I	In serum		In inflammation fluid	
	QO ₂	QH ³⁸	QO ₂	QH ³⁸
0 hours	10.8	23.4	11.2	21.8
6 hours	10.2	21.8	6.9	13.3
10 hours	9.7	18.9	2.8	2.9
14 hours	9.6	17.5	0	0
2				
0 hours	11.3	17.6	12.0	21.1
12 hours	8.8	16.6	0	0

³⁷ G. von Bergmann, *Funktionelle Pathologie*, pp. 173-174.

³⁸ See Peschel "Stoffwechsel leukemischer Leukocyten," *Klin. Wo.*, 1930, No. 23, and Ruth Lohmann "Krebsstoffwechsel," *Klin. Wo.*, No. 39.

"Table 2 clearly shows the quick elimination of the cancer cells in inflammation fluid after a few hours, while they were perfectly able to live in serum. It means that where the inflammation metabolism begins, the cancer metabolism stops and the cancer cells have to die in the area of such a favorable inflammation metabolism with high oxidation power."

Fehleisen (1823), Coley (1892-1919) and others could not enforce a sufficient inflammatory reaction by inoculating infections or infectious material in cancer patients which would produce enough high fever for healing reaction. Drs. Alibert, Weiss, Durovic, (Krebiozen) and others did partially succeed in their long endeavors to produce a sufficient defense reaction in the body by inoculating cancerous tissue or extracts from cancer tissues, infectious materials, etc.

Thus, we begin to recognize the disease of cancer as a pathological degenerative variation of the total metabolism, similar to variations of other degenerative diseases.

The therapeutical endeavors concentrate on three essential items:

- (1) A far-reaching and maintained detoxication.
- (2) A Restoration of the whole enteral metabolism, including the liver, as far as possible.
- (3) The restoration of the whole parenteral metabolism necessary for inflammatory reactions and healing power.

The treatment is effective only as long as the liver with the metabolism is restorable.

"A MEDICAL GENIUS WHO WALKED AMONG US."

DR. ALBERT SCHWEITZER

Dr. Albert Schweitzer, renowned physician and humanitarian wrote as follows about Dr. Gerson, "I see in him one of the most eminent medical geniuses in the history of medicine. Many of his basic ideas have been adopted without having his name connected with them. Yet he has achieved more than seemed possible under adverse conditions. He leaves a legacy which commands attention and which will assure him his due place. Those whom he cured will now attest to the truth of his ideas."

Reprinted from HEALTH SAVER 1958

Continued from Page 5

Starvation Treatment for Tumors

alanine diet permits mice to maintain the weight, hemoglobin level and plasma proteins essential to life, while inhibiting tumor growth. In human adult females the minimum phenylalanine requirement is estimated between 420 and 620 milligrams a day. With another amino acid, tyrosine, present in sufficient amounts the phenylalanine requirement goes down to between 120 and 220 milligrams a day. A formula combining the proper amounts of tyrosine and phenylalanine was chosen as the experimental medication.

Selective Cell Starvation

Dr. Lorincz' treatment is essentially

a process of selective cell starvation. He reasons that the cells that need phenylalanine the most (the rapidly dividing cancer cells) will suffer most from not having it. Experimental patients were put on a strict diet with limited supplements of certain fruits, vegetables, cereals, fats and carbohydrates, all aimed at keeping phenylalanine down so that the total amount of this amino acid remained much lower than ordinary. Patients ate this way for four weeks, followed by three to five weeks of unrestricted food intake. Then the low phenylalanine diet began again for another 28-day period. During this time periodic blood samples and tissue specimens were obtained for analysis.

As is usual with such experimental procedures, only patients who were considered beyond the help of ortho-

dox medical treatment were placed on the diet. It was gratifying to find that after weeks or months some of the cancer regressed and many of the patients were relieved of pain. Some of the patients were able to resume their normal activities.

One of the most striking cases concerns a woman who had been bedridden for a year, and in spite of all other treatments was so thoroughly riddled with cancer that her doctor called her "more cancer than person." She was kept alive only by repeated blood transfusions. After three months on the diet, and with no other treatments, she was up and walking. In time she was able to take on her regular activities as a housewife and mother.

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Starvation Treatment for Tumors

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ganically grown foodstuffs. Possibly, such optimum foods possess unidentified antibiotic factors that are antagonistic to malignant growths in some humans. Some recent evidence attributes such beneficial actions to certain antibiotics studied so far.

This brief clinical note is written with the hope that it may prove of possible benefit to other Coloproctologists dealing with apparently hopeless malignant disease in their own patients. Surely, this recommended adjuvant therapy is innocuous and might prove life-prolonging or even arresting the further progress of malignant disease. This is certainly worth trying and remembering for possible future use.

This article appeared in February, 1961, and its contents should have been blared forth in the press. Yet not a word about it has been published in newspapers, magazines, or medical journals, other than where the original article was published. *Time* and *Newsweek*, which regularly comb medical journals for news on the medical front, failed to pick up this item. Perhaps this is due to the fact that orthodox medicine and the U. S. Government, as an official at-

titude, have characterized followers of the organic method as crackpots, cultists and food faddists.

The orthodox cancer-cure structure is such an elaborate setup with its billion dollar plant of hospitals, fancy treatment, x-ray machines, and other equipment, physicians, research men, technicians, etc., that it won't readily accept such a simple medicine — organically grown food, as a substitute. They will not stand by and see their impressive cancer edifice, with its millions of cancer fund income, collapse. They would lose face.

In the meantime, hundreds of thousands of people all over the world are dying and suffering from this dreadful disease, and no one bats an eyelash. In this respect I must recall the amazing words of Dr. A. I. Lansing, the outgoing president of the Gerontological Society, who said on November 8, 1958, that finding a cure for cancer and heart disease would be a major financial disaster which would bankrupt the social security system and the big insurance companies. Is this why Dr. Collins' cancer cure results were not publicized?

We had a similar experience when there was published in November, 1949, the results of a feeding experi-

ment with mice, sponsored by the Soil and Health Foundation of which I am president. The experiment was performed by Dr. Ehrenfried Pfeiffer at his Spring Valley, New York, laboratory. The results clearly showed that mice fed organically grown food suffered far less from cancer. Copies of the bulletin were sent to hundreds of medical journals and to the press, but none of them took any notice of it.

A doctor once said that cancer is Nature's revenge on man for living artificially. Eating organically grown food is living naturally. Eating chemically grown food full of chemical additives is living artificially and carries with it the possibility of getting cancer.

Anyone who has the smallest plot of soil should grow the vegetables for his family without using chemical fertilizers or poison sprays. Only composts and organic fertilizers and certain kinds of powdered rock should be used. It is not only insurance towards good health, but furnishes better-tasting food. And it is amazing how much food can be grown in a small plot. Besides, you will see creation before your very own eyes.

Reprinted from PREVENTION 11/1961

Dr. Max Gerson Reports on Cancer

The method outlined by Max Gerson, M.D., of New York City, for treatment of cancer sounds relatively simple. And the Physician states the most gratifying results have been obtained in 50 per cent of the cancer patients who have been treated at his clinic. Many of these persons were reported to have been in advanced stages of the disease.

Regimen

Dr. Gerson's treatment is based on complete detoxification, or cleansing of the body, and the use of proper foods which are procured from the best sources possible. Tools for this process include a soup known as Hippocrates' soup, coffee enemas, a total absence of salt and fats from the diet, and the use of enzymes, vitamins and minerals in the food.

The Hippocrates' soup is made by combining parsley, leek, celery and celery root, tomatoes and potatoes, and simmering for two hours.

Two components

"Two components are to be considered when dealing with cancer," the physician said. "One is the general, or whole body; the other is a local one or symptoms. What must be treated is the general which includes the digestive tract and the liver. The trouble begins in the

liver. When we are able to bring the digestive tract and the liver into order the local symptoms disappear."

Specifically, Dr. Gerson blames changes that take place in the balance of the sodium ratio in the liver for the inception of cancer. These changes affect the metabolism of fats and proteins, poisonous substances develop and trouble begins.

Sodium-Potassium balance

Restoration of the function of the liver by normalizing the sodium-potassium balance is one of the first steps in Dr. Gerson's treatment. The saltless diet and potassium medication do this. Then raw calves' liver and raw fruit and vegetable juices are given. Calves' liver he values greatly because of its oxidizing enzymes. But it has a high cholesterol content, so the juice only is used and this in combination with carrot juice. His patients are given from two to three glassfuls a day.

Coffee enemas

The digestive tract takes a great deal of punishment in cancer, Dr. Gerson said. The stomach juices are not functioning, and so one of his first steps in healing is to eliminate all waste and poisonous matter from the system. He finds coffee enemas extremely beneficial. The coffee enema is made by boiling three heaping

tablespoonfuls of ground (not powdered) coffee in one quart of water for three minutes, then simmering 10 to 20 minutes. The enema is given at bodily temperature. In addition to its cleansing properties he discovered that it also acts as a sedative.

At the beginning of their treatment Dr. Gerson immediately takes from his patients all drug sedation . . . "How can you," he asks, "detoxify the body when you are giving it poisons in the form of sedatives?" He said that some of his patients take the coffee enemas every two hours day and night instead of every four, as he prescribed, and that after a few days they have almost no pain at all.

One patient, according to him, had cancer of the cervix. "She couldn't lie down and she couldn't sit up. She walked the floor night and day. But after four days and nights of coffee enemas she was able to sleep. After seven or eight days she asked to omit the night enemas. "I told her, 'all right. For one night you can sleep seven hours.'" . . . Usually, he said, when the night enemas are omitted the patient is worse in the morning.

In some cases and in order to get faster results he gives castor oil by mouth the first two weeks. "And," he adds, "in two weeks you won't recognize the patients, the tumors go down so fast."

Detoxification

The high point of the treatment comes when the potassium and the oxidizing enzymes go into the cancer mass. "And that," Dr. Gerson said, "is where we kill the cancer cells. We take away the condition of fermentation under which they can live. But now we have a mass of dead cells which must be eliminated."

Here again he emphasized the tremendous importance of detoxification, for it is in this way that the dead cells are thrown off.

The liver important

Dr. Gerson's strong conviction is that cancer does not require specific treatment; since it is a deficiency disease — just as tuberculosis, arthritis, diabetes, etc., are deficiency diseases. Thorough detoxification of the body as a whole is the fundamental step in the restoration process. Reparation of the functions of the liver also are vital, for this organ performs such an important part.

"It must be brought back to normal because it plays a large part in the elimination of toxins by preparing them so that they can go into the bile duct; it also helps prepare stomach juices for normal action. And it aids in oxidation of enzymes. Helping in this is the visceral nervous system.

After sodium is eliminated from the body, potassium is given the patient. Dr. Gerson said that 300 experiments

were necessary before he found the right potassium solution . . . Iodine also is given to increase the oxidation power.

Another facet of the treatment is liver injections. Some patients, he finds, need a great deal of additional liver to increase their red blood cells. He also adds vitamin B-12.

Stresses organic foods

Dr. Gerson is emphatic that the raw fruits and vegetables of which his patients use a great deal, be organically grown, so that no poisonous spray is on them and that no artificial fertilizer has been used. He does not believe that vegetable juices in large quantities cause alkalinity. Some of his patients, he said, drink as many as 16 glassfuls a day.

He is just as particular in the preparation of cooked vegetables. No water must be added; they must be simmered in their own juices in a pot that is not aluminum ware — stainless steel being preferred. The lid must be heavy and fit tightly enough that steam does not escape.

Blames poor diet

Cancer, according to Dr. Gerson, is increasing with terrifying rapidity. There is more leukemia in the United States than in any other country in the world. Thirty to 50 years ago, he continued, cancer was a disease of old age, comparatively rare, manifested when the liver was worn out. But today the figure is appalling.

Blame for this staggering increase is laid by Dr. Gerson directly to the vast amount of processed foods consumed. "Foods are bottled, canned, colored, powdered and treated with acid; and we are eating, not normal wholesome food but a mass of dead, poisoned food. You get very sick people. The body can't be detoxified when we eat poison with our food. Modern industry set out to save steps in the kitchen but the consequences are terrible."

Impressive case

Dr. Gerson closed his talk with the case-history of a Los Angeles child. He was asked to treat the child for leukemia. Said he, "The little boy had been given blood transfusions; had lost eight pounds in one week; could keep nothing, not even liquid, on his stomach. I started treatments. Within two weeks he was up and around. Now he rides his bicycle every day. His blood count is normal . . . His mother keeps him on a diet of organically grown food and sees that he has liver and carrot juice."

Preventive means

How to prevent cancer? Dr. Gerson suggests eating raw foods as much as possible, organically grown if available, and the taking of potassium and iodine. The latter will help to restore the potassium and iodine content. He believes if these are in balance it will be much more difficult for cancer cells to develop in the body.

The Neglected Approach to Cancer

Why has there never been an investigation of the clinical reports of successful nutritional treatments?

IN 1954 doctors advised Joe Panebianco, stricken with lung cancer, to take his long-desired trip to Florida because it appeared that he might have only days to live. In 1958, Joe was happily managing his bicycle shop in New Jersey.

Extensive skin cancer forced doctors to remove the nose of a New York clergyman in 1949. Five months later, the mucous membranes improved so much that a plastic nose could be built. In 1954, the patient had reported no further relapses and was still working.

These are only two of many people, who, doomed to pain and death, have found renewed comfort and life. They were lucky enough to have heard of Max Gerson, M.D., a German-born doctor who discovered a dietary treatment for a type of skin tuberculosis in 1929. Arriving in America in 1936, he brought with him another dietary "cure" — this time for cancer. His clinic in Nanuet, New York, claimed considerable success in curing, without surgery or radiation, cancers of the skin, esophagus, liver, bone, lung, breast, stomach and brain in terminal cases given up by doctors.

The clinic was in operation until 1958, the year before Dr. Gerson died of pneumonia.

The Liver Is Vital

It was Dr. Gerson's theory that cancer results from faulty metabolism, aggravated by long-term exposure to the irritating agents of civilization — pesticides, chemical fertilizers, and pollution of water and air. He believed the way to restore proper body chemistry is by enabling the most vital organ — the liver — to rid the system of accumulated poisons resulting from the inability of a damaged digestive tract to cope with these irritants in the body. The medication and diet for promoting such liver function relies upon the juices of many kinds of fruits and vegetables, iodine solutions, vitamins, and liver extracts, all of which restore proper enzyme perform-

ance and metabolic function. As many as 6 enemas a day are called for to prevent the re-absorption of toxic elements through the intestinal walls. Foods rich in potassium, needed for muscular and kidney function, must saturate the cells in order to drive out sodium, the surplus of which hampers recovery of organs.

The treatment prohibits bottled, canned, frozen, refined, preserved, and flavored foods in addition to coffee, sugar, chocolate, alcohol, salt, tobacco, hair dyes, aluminum utensils, pressure cookers, fluorides, mouthwash, plastic bags, fats, berry fruit, mushrooms, nuts, pickles, and water (since stomach capacity is needed for the great quantity of juices). Animal protein is omitted for the first six weeks. Oatmeal, apples, potatoes, and fresh greens are highly recommended.

DR. GERSON believed that the chemical and artificial treatment of the soil deprives us of greatly needed natural elements. For this reason, the dietary treatment consists of organic foods to fortify the liver, which in turn is believed better able to combat the unnatural condition of cancerous cells. In his book *A Cancer Therapy: Results of Fifty Cases* (1958) Dr. Gerson wrote: "For the benefit of coming generations, I think it is high time we change our agriculture and food preservation methods. . . . The coming years will make it more and more imperative that organically grown fruits and vegetables will be, and must be, used for protection against degenerative diseases, the prevention of cancer, and more so in the treatment of cancer."

The writings of Dr. Gerson always emphasized that this drastic treatment was designed specifically for cancerous conditions, and was by no means to be used as preventive therapy by a healthy person. He also warned that his method could not guarantee complete recovery for every case. Dr. Gerson believed that a patient cannot treat himself at home alone, since medication and diet must be adapted to individual needs. In addition, another person must be available to administer enemas and to provide a constant supply of nourishment from a busy kitchen. Yet, even the expectation of some physical discomfort and exertion did not discourage a large number of patients from besieging the already filled-to-capacity clinic.

BEFORE Dr. Gerson came to this

country, his reputation was highly esteemed by such honored men as the late Dr. Albert Schweitzer. American medicine preferred to ignore the evidence of cured cases presented in Senate hearings and illustrated literature. Although the clinic claimed to have cured patients of cancer, the extent of such claims remains unconfirmed because no one was willing to investigate. Today, the Foundation for Cancer Treatment, Inc., established by a number of grateful patients to continue the publication of his teachings, has dropped out of existence for sheer lack of interest.

It is disheartening to learn that few doctors today will even attempt to treat cancer patients with the relatively safe Gerson method. Instead, the higher-costing conventional surgery, radiation or approved drugs are used exclusively even when it may be known that such treatments have come too late. The situation might change, however, if doctors were persuaded to read *A Cancer Therapy*, which describes the favorable results from treating 50 different types of cancer by the Gerson method. The details of the technique are so thoroughly explained that a qualified doctor could administer the treatment.

Others on Same Track

Although the abundant literature about and by Dr. Gerson has made him quite well known, he was not the only one to consider cancer the result of improper nutrition and metabolism. The late Dr. John Davidson of Winnipeg, Manitoba, also believed that cancer is a nutritional deficiency disease. His treatment, reported able to halt the spread of human cancer, was similar to Dr. Gerson's, but rare beef, a preparation from chick embryos, and massive doses of vitamins from cod liver oil, brewer's yeast, and wheat germ oil are included.

Another interesting observation was reported in the *Journal of Proctology* (Feb., 1961). Dr. Donald C. Collins mentions 5 people who were diagnosed as cancer cases, but were cured by eating organically grown foods. He stated: "The only constant factor in the lives of these 5 persons was the fact that they all ate home-raised, organically grown foods that were free from chemical preservatives and insect repellent sprays." (See page 12)

YES, despite many evidences of amazing successes with nutritional

therapy for cancer, the conservative medical world often regards the sponsors of such treatments as "quacks." Even more scorned are the patients who find their own nutritional cure for "incurable" cancer. Only recently, we interviewed a gentleman living near Philadelphia, Pa., who told us how he recovered from the effects of cancer after being told he had one week to live.

Mr. B. reported that his hips and spine were so affected by cancer of the prostate gland that he was paralyzed in his lower limbs. In July of 1962, his testicles were removed in what was later admitted as having been an unnecessary operation. He was told that the catheter inserted to assist in urination would be needed for as long as he lived. Yet, when we met Mr. B. in August of 1966, he was a rosy-cheeked, robust man of 73 who walked without a cane.

How could such a dramatic recovery be possible? Although he did not use the Gerson method, Mr. B. says that he followed some health recommendations of PREVENTION, to which he subscribes regularly. By increasing his usual supplements of natural vitamins and minerals on his own (A, B, C, D, and E, pumpkin seeds, wheat germ, garlic capsules, rutin tablets, desiccated liver, and bone meal), Mr. B. apparently eliminated the need for both a catheter and a funeral. Interesting to note was the addition of kelp tablets, rich in iodine, also mentioned by Dr. Gerson as an important factor for promoting proper enzyme reactions in oxidation and metabolism.

Mr. B. attributes his present health to the natural vitamins, which, in his opinion, maintained his normal weight during the critical period, helped him regain the use of his legs, and caused

the cancer tissue to recede. What angers him even now, however, is the past and prevailing attitude of his doctors toward the vitamins. Even after he recovered, they were still skeptical that nutrition made him well.

With a great number of cancer cases being publicized as cures, it is still impossible to determine whether patients would have been helped with or without these treatments, such as Dr. Gerson's. It is difficult to say whether his method was wholly or partly responsible for improvements. Now, more than ever, exists a most urgent need to evaluate the Gerson diet as well as other techniques reported successful under certain conditions. Yet, the medical profession persists in refusing to endorse or even show an interest in controlled studies.

Reprinted from PREVENTION, 1966

THE GERSON DIET

Weapon Against **CANCER?**

Translated from Hamburger Abendblatt 1952.

BY DR. E. WILDHAGEN

"In a body with a healthy metabolism no cancer can live". This was the nucleus of the report that the cancer research scientist, Dr. Gerson, submitted yesterday to a group of scientists and physicians in Berchtesgaden. As the Hamburger Abendblatt already reported last Saturday, Dr. Gerson, who recently returned from the United States to Germany on a visit, has obtained notable successes with the diet bearing his name, combatting cancer.

Dr. Gerson now spoke before so-called "Ganzheimedizinern", who interpret every sickness as the result of a disturbance of the entire organism, and who are at present in conference in the interest of the combined works program of the associations ("Aertekammern") of West-Germany physicians, concerning new results obtained in cancer research. The talk by Dr. Gerson, which was followed by a very animated discussion, was the highlight of the conference.

Result: Dr. Gerson's diet means new hope for cancer sufferers. Dr. Gerson, who will be 71 years old today, reported about a number of hopeless cases. These concerned poor unfortunates, whom the best physicians in the United States could not help any further. These sick people had been sent home to die. First of all,

it required particular kind of courage to take up their treatment.

Returned to Life: There was, for example a woman who had undergone seven operations and who was many times subjected to x-ray and radium rays. At the end she weighed but 88 pounds and was deathly tired, when she was told that she had cancer metastasis in the lungs and at the left chest. This was in April of this year. Since then she has returned to life. Nothing to speak of has remained of the cancer nodules.

There is John Heeter of Akron, Ohio, who already had the dreaded metastasis, the implantations of cancer. The operating surgeon counted 50 nodules on the surface of the liver, the largest one the size of a fist. Today he is all right, he has gained weight and he feels well. Another patient has cancer of the esophagus. The esophagus had become so narrow that he could swallow water only if administered in a teaspoon. Today, after eleven weeks, he can eat vegetables and bread. Other cases, 20 in all out of 40, which Dr. Gerson had in mind, were reported on, these cases having been supplied with all the clinical x-ray and microscopic data supplied by American experts and hospitals.

Nearly 200 sufferers have so far been treated with surprisingly quick and far reaching results.

The Growth Of The Cells: Dr. Gerson bases his theory that the rapid growth of babies in uterus is due to a negative electric charge of the growing cells. Half a year after birth this rapid growth stops. Then the cells become predominantly positive charged and the normal, slow growth begins.

With cancer we observe a similar rapid growth, the same as with the human fetus also with a negative charge. This is based on specific mineral elements. Above all, iodine and sodium-natrium with chlorine forms cooking salt and sodium is the leading mineral of the negative group. Of the opposite effect are the other elements like potassium, phosphorus, magnesium, manganese, copper, gold and iron in order to maintain in the body the positive electrical potentials.

The therapy starts with the elimination of the sodium, chloride and water from the cancerous tumors, as well as out of the body organs. Then the body can attack the cancer cells with the potassium-iodine blow, the help of the oxidizing

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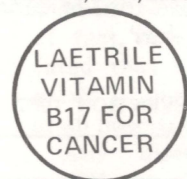
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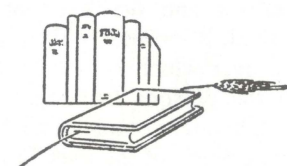
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Continued from page 17

enzymes, etc. Therefore, the body must be altered completely in its metabolism. This is done by a radical change in the nourishment. During the first six weeks no animal proteins, therefore, neither meat nor eggs, or milk or cheese. Cooking salt is forbidden. Fat has to be completely avoided. Also mushrooms are not allowed. Notwithstanding this, the menu is many-sided. Ten glasses of juices daily: orange juice, carrot and apple juice and vegetable juice enriched with potassium. In addition much fruit, above all, apples, carrots, celery and vegetable greens. Berry fruit is not desirable, therefore, no strawberries, currants, and raspberries. Oatmeal, whole rye bread, potatoes complete the saltless nourishment.

In order to get the intestine working and to maintain it working, enemas with camomile tea and caffeine drops and occasionally also strong black coffee enemas are administered. According to these fundamentals a special diet is prescribed for each patient. Alcohol, nicotine and other pleasurable poisons and sharp condiments, outside of herbs, are forbidden, also bleached sugar.

Nearly Dangerously Quick: With many of the patients the success was so surprisingly rapid, that the absorption of the cancer tumor resulted in danger because the body was inundated by the poisons of the cancerous tissues, therefore, important supplemental factors were necessary: liver extract injections and the juice of raw calf's liver, which is indispensable in order to relieve the liver which is overburdened in removing the poisons from the body. Some medication later completes the treatment. The restoration of the liver function is the principal task of the therapy. Of great importance is the preparation of the meals. Only natural foods — best if from naturally fertilized soil — are used.

After Dr. Gerson's report the discussion started. We took advantage of the intermission to ask the opinion of some well known scientists. Professor Kollath, one of the early advocates of natural living, said, "There is undoubtedly something very good in this, with further development here and there. Everything should be done to get Dr. Gerson to stay here in Germany." Professor Zabel, the chairman of the meeting, stressed that a thorough examination should follow, to be effected rapidly and intensively. No positive statement could be made at the moment, as the results were much too impressive.

Reprinted from HEALTH SAVER, 1963

Continued from Page 13

Starvation Treatment for Tumors

Condition: Grave and Unresponsive

In the *Nebraska Journal* Lorincz describes a 52-year-old woman suffering from Hodgkin's Disease (cancer of the lymph glands) since January, 1958. She was "extensively and exhaustively treated by radiation and drugs." As the disease got worse, more radical treatments, including nitrogen mustard gas, were administered periodically over the next five years. Still the disease worsened until December, 1962 when anemia became so acute that regular blood transfusions were begun. Over the next three years the patient fought fever, nausea, lack of appetite and progressive weight loss. Therapy of all types continued, along with drugs for pain.

When the phenylalanine diet was started in December, 1962, "the patient's condition was grave and unresponsive to all forms of conventional therapy." She was now in her seventh year of battling the disease. Her condition gradually improved and continued to do so with the phenylalanine restriction. For the first time in five years she showed a gain in weight and was also able to walk outside of her home. The blood condition improved for the first time without a transfusion. "Her general feeling of well-being amazed all who knew her, and her attending physician reported a definite decrease in the bulk of the enlarged diseased pelvic nodes."

The results are encouraging but Dr. Lorincz firmly states that the treatment is not a cure for cancer. For one thing, the cancer remains under control only so long as the diet is in force. Patients who go off the diet for an appreciable period, even after a good initial result, see a return of the same symptoms as before, and doctors agree that there is a renewal of dangerous growth.

What the diet does offer to seriously ill cancer patients is the hope of shrinking cancers diagnosed as inoperable, to a size that permits their removal by surgery. This result was achieved in one patient judged to be beyond surgery. After five months on the diet, his cancer receded to a point where surgery proved possible and successful.

Patients on the diet complain that it is tasteless and monotonous. Nobody denies this, but efforts are being made to improve it both in flavor and texture. As the diet stands now it is barely palatable, admittedly difficult to prepare and expensive. Patients must stay with it strictly for the first four weeks, so they are hospitalized in the beginning to make sure.

Over the years there have been numerous cancer treatments based on diet, but none of them has been accepted by orthodox medicine in the United States. Physicians freely admit that the cancer operations they undertake are sometimes hopeless, and the drugs they employ have side-effects that are seriously dangerous, yet they shy away from trying diet as a treatment for cancer.

Dr. Lorincz frankly admits that his diet is still experimental, neither perfected nor completely proved. He wants more trial and more experimentation. Cancer patients and their families will be anxiously waiting to see if he gets any support. Will a promising treatment, free from side-effects and apparently successful, at least in some cases, attract the attention of enough cancer researchers to find out for sure if phenylalanine restriction is the chance for life cancer victims are praying for? ■

Reprinted from PREVENTION, 1967

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Cancer Control through Amino Acids

Malignant tumors starve and deteriorate faster than normal tissue, with the right dietary control.

WE HAVE FORMERLY had occasion to report that there seems to be developing a highly promising new branch of medical science that is learning how to fight disease by manipulation of the quantities of amino acids in the body. It is a science that so far is too young for anyone to attempt to guess how far it may go and how important it may ultimately become. But even in its infancy, it holds out hope of accomplishing what no other field of medicine has yet been able to do—it may well succeed in conquering cancer.

As cancer has been studied in laboratories all around the world, it was discovered many years ago that the fast growing malignant cell grows in what is fundamentally the same way as any other living cell — by extracting amino acids from the bloodstream and assembling them into the particular combination that forms the growth pattern of the cell involved. It has been known for at least fifteen years that analysis of the living cancer cell from any type of tumor whatsoever will always show it to have an abnormally high accumulation of free amino acids. Roberts and Simonsen reported in 1960 that the amino acid levels of malignant tumors were invariably significantly higher than those of surrounding normal tissue.

New Attack on Cancer

At the University of Nebraska two research scientists, Albert Lorincz, M.D. and Robert Kuttner, Ph.D., began to explore this fact of whose meaning no one was sure. From their exploration they were able to develop a new concept of the management of malignant disease on which they made a preliminary report in the *Nebraska State Medical Journal* (December, 1965). The journal is a relatively obscure one, and in spite of the enormous importance of the Lorincz-Kuttner report it remained largely unknown for two years.

Here is the Lorincz-Kuttner concept, as they themselves stated it:

"Considering that proteins cannot be manufactured if an essential amino

acid is lacking in the diet, a limiting essential amino acid attack was proposed with the governing idea being to inhibit protein synthesis in order to slow malignant growth. A diet lacking a single essential amino acid would not display any secondary toxic effects on the various biochemical systems. Whereas the body or a malignant tumor could metabolize, de-toxify, excrete or otherwise develop immunity to an introduced chemical agent, there is no possibility of adaptation to a total or near total deficiency."

The above theoretical statement provides the groundwork for the entire Lorincz-Kuttner approach to the attempt to control cancer. Chemical therapy is criticized as being highly destructive to healthy tissue as well as to cancerous with the possibility always existing that the body will learn how to resist the action of the particular chemical. But if the malignant tissue is deprived of one or more of the basic ingredients that it uses to reproduce itself, then certainly the reproduction cannot go on. The real question was whether it was possible to deprive malignant tissue of a basic building block — an essential amino acid — without doing equally great damage to the healthy tissue of the body.

It was not an easy question to solve. It involved many experiments with laboratory animals, depriving them of one amino acid at a time while trying to maintain an otherwise normal diet. And even after seemingly significant results were obtained with animals, it could not be known whether the same results would occur in the same way with human beings.

PKU Diet Seized On

Fortunately for the progress of this study, it was learned in other research that a certain rare disease of infants characterized by mental retardation and early death was caused by a metabolic inability of these infants to use the essential amino acid, phenylalanine. Efforts to control the disease by eliminating or sharply reducing the dietary intake of phenylalanine proved more

successful than anyone had expected. The infants survived, grew and developed normal intelligence in a state of health which, while not perfect, was still fairly satisfactory and certainly far better than that produced by the waste products of phenylalanine not properly metabolized. It was thus demonstrated that not only laboratory animals but human beings as well could get along fairly well with so little phenylalanine in the diet (120 to 220 milligrams per day) that it amounted to practically nothing.

In order to limit the intake of phenylalanine or any other amino acid, it is of course necessary to strictly control the diet. Nor can such control be carried on forever. With regard to amino acids, the word "essential" means what it says and if the absence of the essentials is carried on too long, the person will die. In the case of phenylalanine however, it has been found that the amino acid tyrosine¹ can to some extent substitute for it, so that a phenylalanine-free diet can be carried on for some length of time. What Lorincz and Kuttner did was to experiment with patients by giving them a low phenylalanine diet for 28 days, after which they were permitted to eat normally for from 3 to 5 weeks and then were returned to another 28 days of low phenylalanine.

Tumors Shrunken

At the time of their preliminary report in 1965, Lorincz and Kuttner had only three cases on which to report. As is generally the case in cancer, the experimental new technique was tried only on people who had been diagnosed as terminal, which is to say incurable and close to death. In such cases there is no need to fear that the untried and experimental technique will accidentally damage in the effort to help. The worst damage has already been done.

In two of the three cases, life was sustained beyond all medical expectations and it could be noted that the tumors had actually decreased in size and the areas affected had improved in condition. In the third case, the patient showed response to the therapy but died of a recurring urinary tract infection.

In no case was the cancer actually cured. Lorincz and Kuttner felt, however, that they had gained reason to believe they could keep cancer under control, in some cases reducing the size of the tumor and in all cases in-

hibiting new growth of it, by starving the cancerous tumors for phenylalanine and thus interfering with reproduction of the malignant cells.

"If there is to be a successful biochemical therapeutic attack on malignancies," they stated, "it appears logical that this attack should focus on the inhibition of malignant cell growth by inhibiting protein synthesis. With out new protein there cannot be new protoplasm for cell division. It is also obvious that proteins cannot be manufactured if an essential amino acid is lacking in the diet.

"The commercial availability of a low phenylalanine diet, ordinarily used in the treatment of phenylketonuria, enabled the clinical evaluation of a restricted phenylalanine intake in adult humans with malignant disease. The initial results of the case of metastatic vulvar malignant melanoma, severe chronic Hodgkin's Disease, and advanced pelvic squamous carcinoma were so much better than was antici-

pated that these cases are reported. Experimental work on the amino acid patterns of various human malignancies and on the effect that certain steroid hormones have on the amino acid patterns of hormone-responsive tissue encourage furthering knowledge of the specific amino acid requirements of tumors and other rapidly growing tissues for protein synthesis."

After reporting on this work, Dr. Lorincz received an appointment as professor of obstetrics and gynecology (his specialty) at the Medical School of the University of Chicago, where he came in contact with a far larger and more varied hospital practice. By June, 1967 he was able to report to a research forum at the AMA annual convention that the low-phenylalanine treatment had brought about objective remission in 20 cancer cases. By this time he had clarified his own thoughts and knowledge and was able to explain that while this special diet, controlling the amino acid intake, is not

a cure for cancer, it is sufficiently palliative and can bring about enough remission to shrink tumors to a size that makes it possible to remove them by surgery or treat them with chemotherapy and irradiation and thus hope to cure the cancer that otherwise would have been hopeless.

The work of Lorincz and Kuttner seems to us one of the most hopeful approaches that has yet been attempted toward the enormous and growing problem of malignant disease. As yet we have found no reason to doubt that amino acid control will continue to give good results in controlling the development of cancer. There could hardly be a better or more significant demonstration of the enormous medical future that lies in wait for our growing knowledge of the simple acids that are combined into all the known forms of protein. ■

Reprinted from PREVENTION, Dec. 1967

Cancer - -

REFLECTED SYMPTOM OF ABNORMAL METABOLISM

by Max Gerson, M.D.

New York City

This article has been prepared by Max Gerson, M.D., at the request of The Foundation For Cancer Treatment

In my article, "No Cancer In Normal Metabolism," it is explained that cancer is not a problem of allergies, nor of a virus and other unknown infections; it is not one of some special intermedial metabolic or carcinogenic substances, but it is caused by an accumulation of numerous poisons and malnutrition factors. Our modern nutrition of denatured, processed, dead foods is gradually deteriorating the whole metabolism (that means: the biological procedures in the whole intestinal tract and body, from intake to output of our nutrition).

Damaged liver

It is generally known that, in cancer patients, the chronically damaged liver is a common factor. In cancer, the sick liver does not function sufficiently to help the therapeutical endeavor in two essential points: first, to purify the blood; and second, to reactivate the oxidizing enzymes. I found that these are the two most important parts of the liver

function, necessary for the treatment of the cancer patient. The lecture in Los Angeles showed how these two vital parts of liver function can be revitalized and maintained active by the so-called combined dietary regime, treating the whole body — contrary to the accepted orthodox cancer treatment which concentrates on the local symptoms only.

All explanations and theoretical conclusions are derived from clinically favorable results, mostly on patients after the orthodox treatment had failed or such types which were inoperable from the beginning.

Nutrition and soil

Our nutrition starts with the soil. Man will be forever dependent on the iron laws of nature because the soil produces all his nutrition, as our body is adapted through millions of generations to this natural food. When man disturbs the biological balance there, dire consequences fall on him. Here are two ex-

amples: (1) Some Midwestern States show ugly deserts where rich and abundant crops of cotton grew a 100 years ago. Man replanted it — continuously — without giving anything back till the topsoil became thinner and the crops poorer. Finally the robbed soil degenerated into a dust bowl. (2) Rice is the main food staple of Asiatic peoples. When civilization came and polished it to look white and prettier, important minerals and vitamins were removed and thus a disease was caused, called Beri-beri.

In addition to damage to the soil, the food is refined, canned, bottled, powdered, frozen, color added, poisoned by sprays, etc., until finally it becomes a mass of dead, unnatural, partly poisoned substances. A body fed in such a way loses the harmony and cooperation of the cells, finally its natural defense, immunity and healing power.

Comprehensive survey

That is the reason why our surgeons observe what the statistics show: "A comprehensive survey of cancer statistics reveals an increase in incidence, morbidity and mortality in spite of improved X-ray techniques, increasingly extensive operative procedures, and education regarding early detection. It appears that the problem of the so-called hopeless case will remain large for some time to come. . . ." This is quoted from the *Journal of the American Medical Association*, Vol. 162, No. 8 of October 20,

1956 out of an article by Dr. Bateman.

Where there is no civilization there is no cancer (the Hunzas, Ethiopian people, etc.) Where civilization starts to change the nutrition, cancer develops (see the report of Albert Schweitzer, *Briefe aus Lambarene*, October 1954, page 18-19.

Conviction

It is my conviction that no cancer can develop in a body with normal metabolism. This is the basic fact for the cancer therapy where the liver plays the essential part. The liver is affected to the highest degree by the artificial, chemical food transformation, as it is the filter for the entire digestive apparatus. It is a storage place and, besides, it transforms the components of our foodstuffs. It composes the ingredients for the hormones, activates and reactivates the vitamins and enzymes (there are about 600 different enzymes), thus regulating and protecting the most *vital* process of our life. In addition to these functions, the liver is the most important organ for our detoxication.

But it is a peculiarity of the damaged liver not to cause any specific pain and symptoms for a long time, sometimes not even for years. And, when the symptoms appear, they are generally unspecific and noncharacteristic for a beginning cancer.

Treating symptoms

Treating diagnosis is only possible when the localized symptoms, namely the cancer growths, appear. Orthodox medicine is treating these symptoms only. This is apparent by the ever-increasing percentage of recurrences after the growths are cut out. The real, underlying, cause is neglected. No wonder that many leading surgeons at the end of their career come to the conclusion that surgery is not the answer to this problem. The same conviction was claimed by the radium and X-ray authorities, who even sent a warning from the International Congress in Rome to the American Medical Association that every X-ray treatment shortens the life of the patient. (See *New York Times*, June 13, 1956 . . . "to reduce use of X-rays to the lowest limit consistent with medical necessity.")

In more than 25 years of cancer work, I found that the basis of all treatments for chronic diseases—including cancer—is an extensive detoxication of the whole body, with the help of the liver. There is little doubt that hepatic insufficiency

is a "concomitant phenomenon with cancer," and many evidences have been described that tumor-bearing patients have changes in the enzymatic pattern and components of the liver and the blood, as well as other changes. I, however, do not regard the changes in the liver as concomitant but as *underlying cause*.

My cancer treatment is able to restore the necessary enzymes—especially the oxidizing enzymes—so badly deteriorated and reduced in cancer patients. This is the final aim in cancer, but to a lesser degree also in other degenerative diseases. Every endeavor to apply the oxidizing enzymes directly failed—and had to fail—because these enzymes could not function under the deranged and altered conditions present in the cells of the cancer body.

Great power

It is important to know that these enzymes travel together with positively-charged minerals of the potassium group but cannot easily penetrate the malignancies, which are highly negatively-charged and therefore have a great power to reject all substances that may change or destroy them. The other specific medications to refill the deficiencies—such as hormones, vitamins, minerals, alone or in combination—failed also. And I even observed that the cancer patients were damaged with some hormones as the malignancies started to regrow. The same happened with most of the vitamins, except vitamin C, niacin and B-12.

After these explanations, the theory may now be outlined as follows: cancer cannot develop in a normal body but only in a poisoned one where the damaged liver is no longer capable to detoxify the body and to reactivate the oxidizing enzymes.

Abnormal cells

Some abnormal cells—previously damaged in various ways and not functioning properly, or embryonic cells, or immature remnant cells—can only be kept subdued and harmless as long as potassium, iodine and oxidizing enzymes are functioning sufficiently. Without this, and some other normal conditions, these cells are forced to go over to fermentation from normal oxidation, in order to save their existence. The surrounding tissue and the whole body have no longer the power to suppress such abnormal, quick-growing malignancies.

Therapy's task

Therapy has the task to detoxify the

body and to restore the metabolism and function of the liver as quickly and intensively as possible; time is an important factor in fast-growing malignancies. To reactivate the liver—which is damaged partly by poisons and partly by cancer metastases, and to start it functioning again—castor oil by mouth and by enema is administered, or milk of magnesia by mouth, besides frequent coffee enemas which, in far-advanced cases, are given every four hours, day and night, for the first two to three weeks. The absorbed caffeine from the coffee enema travels through the portal veins directly to the liver, and there opens the bile ducts, stimulates the bile flow, which contains the toxins and poisons, and eliminates them.

Diet outlined

The liver cells are continually aided by liver injections, plus vitamin B-12, and by freshly prepared juices, bringing into the system important minerals in the right composition with active vitamins and living enzymes of daily doses of: 5 glasses of apple and carrot juice; 4 glasses of green leaf juice; 2 to 3 glasses of calf's liver juice; and 1 glass of orange juice.

With additional potassium doses, oxidizing enzymes and greater iodine supply, the blood regains the normal capacity to kill the pathological cancer cells and absorb them.

The diet should consist, if possible, of organically-grown fruits and vegetables and is, from the beginning, saltless to the highest degree, excluding sodium-rich substances, preferring potassium-rich foodstuffs. It intends to support about 75% of the food as living substance and 25% is cooked in a natural way.

In general, the basis for therapy in degenerative, chronic diseases—including cancer—is to restore the healing power in a natural way. The practice of the treatment, the medication and the various reactions cannot be explained here. But I repeat: all are for the purpose of re-establishing the conditions under which the oxidizing enzymes can function again.

Natural balance

The treatment tries to reinstate the natural, normal, biological balance of the body as far as this is possible in the sometimes far damaged various organs. A restored metabolism helps simul-

taneously to build up the natural defense, immunity, and healing power of the body.

The improvement of the metabolism and the liver condition reflects itself immediately — often in days — in visible

disappearance of cancers growing on the surface; and this is the best proof of the correctness of this treatment — even in far-advanced, given-up cases. It is deceiving, however, to regard the disappearance of symptoms as a cure. To

remove the underlying cause and accomplish the cure of cancer means the re-establishment of the whole metabolism, especially of the liver.

Reprinted from LET'S LIVE, 1957

"CLIPS" OF INTEREST

If you read an article that you feel would be of interest to our readers . . . please send it to us for a future issue.

To those who contribute these news reports — Thank You!

Diet Used for Inducing Resistance to Cancer

Doctor Limits Protein in Feeding Animals, Says World Task Force to Continue Study

ATLANTIC CITY, N.J. (AP)—One of the world's noted immunologists reported Wednesday he had been able to induce resistance to certain forms of cancer in animals by chronic but limited protein deprivation in the diet.

The work, he said, raises questions about the role of diet in human cancer.

Dr. Robert A. Good, chairman of the pathology department of the University of Minnesota, said the World Health Organization had set up a task force to study the relationship between the diets in various countries and the individual's natural defense mechanisms against disease.

"I'm certain," Good said, "we are going to enter into a period when we are going to look at certain components of the diet in relation to malignancy."

Resistance Fostered

Good, in a report to the clinical congress of the American College of Surgeons and in a news conference, said he and his associates had been able to foster resistance to certain breast and blood cancers in rats and mice "by just reducing the amount of protein in the diet."

Too great a protein reduction, however, can pro-

duce a susceptibility to cancer in the experimental animals, Good said.

The limited protein deprivation, Good explained, inhibits the production in the body of a substance that interferes with the body's normal defense mechanisms against cancer and other diseases.

The substance is called "blocking antibody" and Good said it could be compared to a blocking back in football—the blocking antibody enabling the ball carrier, which is carrying cancer, to get around the defensive players and score, killing human cells.

Cells Destroyed First

In this analogy, the defensive players are the body's "killer lymphocytes", or white blood cells, which are able to get at the invading cancer cells and destroy them first because the amount of blocking antibody has been reduced by the protein deprivation.

High levels of blocking antibody have been found in the blood of people with cancer, Good said, but are absent in normal people without cancer.

Good said his laboratory was expanding its investigation into the role of diet and was beginning to look at the role of total calories, various vitamins, minerals and an amino acid. Amino acids are the basic building blocks of protein.

To take a worldwide

GET YOUR ENZYMES IN RAW FOODS

By KAY HALLMAN
(Gazette Staff Writer)

FULLERTON, CALIF. [ENS] — Enzymes are important though little understood entities, though you would not live long without them.

Some enzymes are part of the digestive system, others are found in the endocrine system and every cell in your body contains an enzyme.

Further, it has been known since the last century that there are enzymes in every cell of every living plant, from green leaves down to fungus, yeast, molds and bacterium. These enzymes, definite chemical compounds, are part of the living cell and when the plant dies — or is overcooked — the enzyme dies.

Enzymes are sometimes referred to as "ferments," because, as they die they cause food to become hot, to ferment, decay and spoil. That is why food processors cook, heat, pasteurize or add chemicals to food products — in order to kill the enzymes and preserve foods from spoilage.

Each of your digestive glands and every hormone gland secretes a different and very specific enzyme, and each for a different purpose. At the same time, in order for the body to get the 800 different kinds of enzymes required for health, you must eat large quantities of raw enzymes from plants, whose molecules can be rearranged into hormones and digestive enzymes for your body's use.

Vegetable, fruit, cereal, nut and seed foods are the best source of plant enzymes. Since heat kills the enzymes that aid in

digestion, it is recommended that you eat your raw salad BEFORE you drink your hot soup at dinner.

CATALYSTS

Enzymes are catalysts. That is, they activate the chemical reactions that take place in your body but are unchanged themselves by that process. And most important, unless you get a sufficient amount of enzymes in your body, you will be letting yourself in for all kinds of degenerative diseases.

Enzymes are found in raw meat — but they are killed by cooking that meat. That is why some people refer to cooked meat as "dead" food. They are also found in yeasts, molds, fungi and bacteria. Industry has turned this knowledge to a profit, as in the case of the citrus flavoring for orange or lemon drinks. That citrus flavor does not come from oranges or lemons but rather from a synthetic citric acid secreted by a mold, *aspergillus niger*, growing on molasses after the crystalline sugar has been "purified" out of the syrup.

What it all comes down to is that enzymes are very important and you get these enzymes through consuming RAW foods. That doesn't mean you cannot eat cooked foods. It simply means that raw foods are the most important part of your diet, with some nutritionists even going so far as to say that 60 percent or more of your diet should be made up of UNCOOKED foods.

Reprinted from

The Health Gazette — March, 1973

as no surprise that exercise is important to the maintenance of normal bowel function. Hospitalized patients are frequently constipated due to this lack of exercise. A daily walk or bicycling or work in the yard will help you to have normal bowel movements, and do wonders for your heart and muscles and sense of well-being, too.

If you're in good enough condition, you can also benefit from calisthenics.

Since the abdominal muscles are brought into play during the act of passing stool, weakness of the abdomen may lead to constipation. You can strengthen your abdominal muscles by the following exercises. If they are going to require great effort, however, better not. Don't risk a sprain or rupture. For those who aren't entirely flabby, however:

1. Lie on your back, hands across your chest, and raise to a sitting position without lifting your heels. (It may be necessary to hook your feet under the edge of the bed, or have someone support your legs while you are doing these "sit-ups.")
2. Lie on your back, hands across your chest, and raise both legs without bending your knees. Again, it may be necessary to have someone support your shoulders while you are doing these "leg-ups."

Do these exercises once or twice daily. If you have difficulty performing them at first, work up slowly to the point at which you can do ten of each at one session. Incidentally, these are the same exercises that women have used for centuries to restore the abdominal muscles to their natural size and strength following pregnancy, so don't be surprised if your waistline shrinks.

Encouragement

All these things are nothing more than nature's way of providing normal bowel function. When you have been taking laxatives regularly, however, it takes courage to drop them, just as it's hard to stop smoking or break any other bad habit. If you require help during the first few weeks, give yourself an enema. Use a pint of warm water containing a level teaspoon of table salt. Hold the enema bag about two feet above the toilet seat and let the water flow in gently. This should allow you to have a bowel movement, and is better than the use of a laxative.

And then, if you pay attention to developing normal bowel habits, get plenty of fluids, eat sensibly, exercise daily and avoid laxatives you need never be constipated again.

It's worth doing.

Reprinted from
Prevention, August 1972

state (broken down by body processes). The unsaturated fats, such as olive oil, safflower oil, peanut oil, corn oil, etc. should be excellent for this purpose. A few tablespoons per day would give the body valuable unsaturated fatty acids whether the constipation condition were relieved or not. Salads are another excellent way to make use of these valuable oils for alleviating problems of this type. The fibrous greens as well as the oil act to promote evacuation.

Dietetics Simplified tells us that wheat germ and brewer's yeast may be taken to attempt to increase in muscular tone and bowel activity. We are reminded by this that one of the most beneficial properties of yogurt and whey is their ability to increase useful intestinal bacteria vital in processing foods through the stomach and intestines on their way to the alimentary canal.

Your regular diet, if it is free from processed foods and high on proteins and fresh fruits in proper balance and fortified with food supplements, will prevent a recurrence of constipation. Try these natural remedies and prove to yourself that laxatives are unnecessary.

Reprinted from
Prevention, December 1958

Editor's Note: Try eating one (1) large size raw (organically grown) carrot cut up into sticks every day. There are many good mechanical cutters on the market.

**HEALTH IS WEALTH
EACH ONE TEACH ONE**

SUGGESTED READING ON NUTRITION & DETOXIFICATION

Airola, Paavo, N.D., **Cancer — The Total Approach**

Brandt, Johanna, **The Grape Cure**

Detoxification Diet

Donsbach, Kurt, D.C., **Passport to Good Health**

Ermer, Walter, **A Program for Prevention, Detection and**

Reversal of Pre-Cancerous Conditions

Fere, Maud, M.D., **Does Diet Cure Cancer**

Health Research, **Is Cancer Curable? (A collection of reprints)**

Jensen, Bernard, D.C., **Blending Magic**

Seeds & Sprouts for Life / Vital Foods for Total Health

You Can Master Disease

Kelley, William, D.D.S., **One Answer to Cancer**

Cancer Control Journal/ **3 Interviews with Dr. Kelley**

Kirschner, H.E., M.D., **Vital Foods / Live Food Juices**

Nature's Seven Doctors / Nature's Healing Grasses

Larson, Gena, **Fundamentals in Foods**

Lust, John, **Drink Your Troubles Away**

National Health Federation, **What's in the Hoxsey Treatment**

Natural Food Associates, **Food and Cancer**

Nittler, Alan, M.D., **A New Breed of Doctor**

Nolfi, Kristine, M.D., **My Experience With Living Food**

The Raw Food Treatment of Cancer & Other Diseases

Tilden, J.H., M.D., **Toxemia Explained**

Waerland, Ebba, **Disease of Civilization**

Rebuilding Health

Walker, N.W., **Diet and Salad Suggestions**

Raw Vegetable Juices

Warburg, Otto, Ph.D., **Cause & Prevention of Cancer**

Welch, Richard, M.D., **New Hope for Cancer Victims**

Wigmore, Ann, Ph.D., **Be Your Own Doctor**

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