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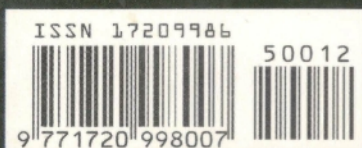
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English translation

l'Intelligenza
dell'Universo

- Omaggio a Wilhelm Reich:
chi ha ancora paura dell'orgone?

- Quel niente di un neutrino!

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- L'arte e la quantistica ■
- Universi paralleli. Quanti? ■
- Il caso Benveniste e la memoria dell'acqua ■
- Il dott. Hamer e la psiche ■
- Inflazione economica e inflazione cosmica ■

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BL Coffee

ecological and environmental reevaluation, his extraordinary insights take on the tone of a prophetic revelation and a moral judgment, hinting at new horizons for modern oncology research.

The nutritional therapy of Dr. Max Gerson for the healing and prevention of cancer and other "incurable" diseases is a basic approach to the problem of chronic diseases.

Gerson notes that "by restoring the healing mechanism of the body," that is, by correcting the disturbances of basal metabolism that allow the development of chronic diseases, all the systems of the body can be restored to proper functioning.

The course of diseases chronic diseases, including cancer, can thus be reversed. He argues that in cancer it is decisive the change in the pathological

general, and not symptomatic.

In other words, cancer is a non-specific disease, and consequently, therapy is also non-specific. It is used with patients of all ages, with every type of cancer, and can be modified for the treatment of chronic nonmalignant diseases.

Dr. Gerson demonstrated the soundness of his thesis by treating a great many cases of cancer with an organic diet and a rigorous detoxification that was able to rebalance the metabolism body, altered by environmental factors and wrong dietary habits.

Never more so than today, in a climate of heightened awareness

Detoxification:

Why coffee enemas?

Now that modern research has confirmed most of Dr. Gerson's findings on the therapeutic and preventive benefits of vegetables and fruits, no one can deny the link between nutrition and cancer.

All that remains to be debunked are the prejudices against another fundamental of its therapy: the detoxification of the diseased organism through coffee enemas.

Still the most controversial aspect, ridiculed, least understood and most revolutionary aspect of the complex food therapy of Dr. Max Gerson remains this very treatment. Especially with their strongly puritanical Anglo-Saxon societies, the method

Max Gerson

"There is no cancer in a healthy metabolism." stated Dr. Max Gerson (1881-1959), pioneer of therapeutic nutrition in the treatment of cancer and other degenerative diseases; champion of organic farming and defined by one of his cured patients, Nobel laureate Dr. Albert Schweitzer, "one of the greatest geniuses

in medical history." Dr. Gerson died in 1959, but his ideas - about prevention if not yet on the treatment of cancer - are now in the public domain, but without his name being connected.

essed enemas !

Not far back in time is the memory of the family doctor who after diligently auscultating the patient's body would leave, prescribing an enema, some castor oil and a few simple dietary rules. Nothing else. At this rate, however, what would have become of the thriving pharmaceutical industry? Yet even in the thousand-year-old colossus of Vedic wisdom, enemas, of various kinds, are a true physiological blessing.

is regularly convicted, but even in Italy, ignorance or bad faith have recently led orthodox oncologists to a position of mockery about about an effective treatment and completely non harmful (see the paper by Giuliano Dego, "The professor, the prince and the 'coffee grounds'" www.scienzaeconoscenza.it 23 March 2005).

Oddly enough, given the presence of the entry "Coffee enemas" as a medical procedure in the Handbook Merck (American bible of

standard procedures of medicine) beginning in 1898 and ending in 1977, when it was removed according to the editor "for reasons of of space" .

Recall that in Iran tea enemas have been used for 1,000 years to lower fever.

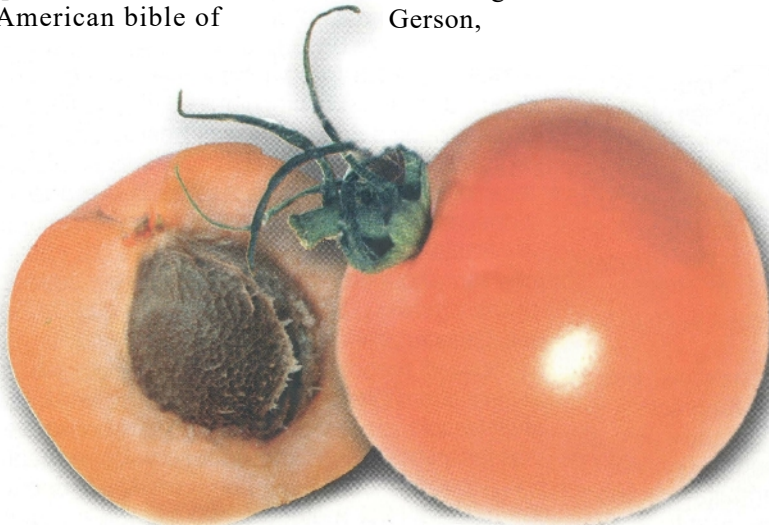
Dr. Gerson has found extraordinary success in devising this method.

In patients with tumors especially in an advanced state such as those who normally turn to unconventional therapy, the entire digestive system, according to Gerson,

is poisoned. "Detoxify" he said, "is an easy word, but it is extremely difficult to do. When patients are terminal they can barely manage to eat. They don't produce juices gastric acid, the liver does not function, the pancreas does not function, nothing is active. Where to start?" (and I continue by quoting from a lecture by Dr. Max Gerson in Escondido, California in 1956) . "The first important step is detoxification.

We used to give different kinds of enemas. In my experience the most effective is the coffee one." .

Although Gerson used the caffeine enema primarily for the elimination of toxic waste coming mainly from the tumor in necrosis, we now know that these enemas helped in the absorption of vitamin A, which requires the action of bile salts (Simone 1983). Thus the enemas ridiculed by the Enemies of Gerson allowed his patients to use the enormous



quantities of vitamin A provided by the large number of juices of carrots and vegetables present in his therapy (which Seifter estimated at about 100,000 international units). Vitamin A, it is known, plays a vital role in the immunity.

In 1984, oncology surgeon Dr. Peter Lechner of Austria together with his colleagues, who were investigating the Gerson method, found that the coffee has a specific purpose: To lower the level of toxins in the serum. His report states: "Coffee enemas have an effect on the colon observable through the endoscope." In

1981 Wattenberg and his experimental tors demonstrated that the palmitic acid in coffee increases the activity of the enzyme glutathione S-transferase (GST) and other cohibitors far above normal. It is this group of enzymes that is mainly responsible for the conjugation of free radicals, which the gallbladder then releases.

In 1990, Peter Lechner himself published the positive results of a clinical trial with Gerson therapy. In this paper he also talked about the benefits

of the increase of GST in the intestine:

- 1) GST binds bilirubin and its glucuronides so that they can be eliminated by liver cells. (Racido glucuronic acid is a derivative from glucose, present in human urine and capable of exerting detoxifying action).
- 2) GST blocks and detoxifies carcinogens whose activation requires oxidation or reduction. It's catalytic function produces a protective effect against many carcinogenic chemicals.
- 3) GST forms a co-valent with virtually all free radicals. This is a pre-condition of their elimination from the body.

The physiological benefits

Used in conjunction with diet and juices the coffee enema is a unique therapeutic agent. The intake by mouth of coffee in no way produces the same effect as the administration rectally. On the contrary, the drinking coffee practically ensures the reabsorption of bile toxicity. Other classified agents bile flow stimulants,

agents that also increase the liver's production of bile, in no way detoxify through the enzymatic systems of that organ. Nor do they help the passage of bile from the intestines. Gerson found that enemas with caffeine greatly reduced pain, particularly favorable in his regimen, which avoids the use of anesthetics or opiates, which would weigh on the liver when its limited capacity must be used for immune functions and the elimination of toxins.

Quoting Dr. Max Gerson, "The patients claimed that they felt were experiencing benefit ... I realized that in order to detoxify the body, I could not administer as sedatives drugs and toxins. We had to put aside the drugs, and this was a very difficult problem. One patient told me that he had to take a granule of codeine every two hours and in addition he was taking morphine injections. How do I take these things away? I told him that the best sedative is an enema coffee every four hours.

After a very short time he had to agree with me. Some patients

Testimonials

Letter from Dr. Béla Horvath, oncologist dermatologist, Budapest

Regarding the important article by Giuliano Dego on the negative comments of Umberto Veronesi up to the speech of Prince Charles (II professor, the prince and the 'coffee grounds' published on the website of Science and Knowledge March 23, 2005)

I would like to add that the comments of the oncologist Italian are part of the interminable war of position between conventional and alternative. The only ones who suffer are the patients. To solve this situation the only way is through medicine complementary or, in the words of Prince, of "integrated health care." Only then, in effect, do patients receive the right and complex set of treatments they need.

Nowadays in conventional hospitals, with their their mass production, such an approach is impossible: For this reason and because of the real patients' need for complex treatments - treating the whole person - natural medicine continues to attract followers.

The range of natural cures is vast, and one characteristic

of them all is the impossibility of testing them with placebo controls, or with the randomized trials of conventional medicine. Does this mean that they are useless or just that our approach is oversimplified and inadequate? Gerson Therapy is one such method. The essence of this metabolic therapy is the consumption of large quantities of organic foods prepared according to instructions, and reduced to fresh juices; enemas and supplements that act on metabolism. This long and intensive therapy, requires the participation active participation of the patient until recovery and greatly contrasts the image of patients smoking, with IVs hanging from a stand, while walking around hospital corridors. Gerson Therapy promotes the regeneration and reactivation of natural healing mechanisms. In our urbanized and poisoned world, this therapy should be a normal and standardized part of the treatment of all degenerative diseases with the support of physicians or oncologists well versed in conventional and complementary methods. These professionals would give advice

who were in severe pain they were not taking an enema every four hours, but every two! But no medications. Patients who are absorbing large tumors set the alarm clock during night for an enema otherwise they get poisoned by the absorption of these masses. If I give them just two or three enemas they go into coma hepaticum and die of poisoning. Even more enemas are not sufficient. I give them castor oil by mouth and by enema every alternate days. After two weeks you would no longer recognize these patients. Some arrived on stretchers and are now walking. Appetite returns, they gain weight, and the tumors regress." Gerson hypothesized the actions and observed the clinical effects of enemas coffee.

In the years that followed his death, other researchers have added additional observations. Introducing one liter of boiled coffee into the colon realizes the following physiological benefits:

- 1) It dilutes portal blood and, consequently, bile.
- 2) Theophylline and theobromine,

important constituents of coffee, dilate blood vessels and counteract inflammation of the intestines.

- 3) Palmitates in coffee increase glutathione S-transferase, responsible for the elimination of many free radicals from the serum.
- 4) The enema liquid itself stimulates the nervous system visceral, increases peristalsis and the transit of bile - toxic but diluted - from the duodenum to the exit of the rectum.
- 5) Since the stimulating enema must be held up to fifteen minutes, and since all the blood passes through the liver almost every 3 minutes, the coffee enema represents a form of dialysis of blood through the wall of the intestine.

With very rare exceptions, the patients would come to Gerson in a desperate condition after all orthodox methods had failed and they had been judged incurable. In almost all cases the pains were relieved rapidly or have disappeared, without administration of analgesics. One physician

noted that even if this had been the only benefit, Gerson therapy would have to become mandatory in all hospitals.

Book reports and reading recommendations

Giuliano Dego, Dr. Max, Rizzoli (Distributed by Macrolibrarsi: www.macrolibrarsi.it). www.giulianodego.com
Charlotte Gerson and Morton Walker, The Gerson Therapy, Macro Editions.

Author

MARGARET STRAUS is the granddaughter of Dr. Max Gerson. Born in New York City, since 1967 she has lived in Europe, first in London and now between Milan and Lake Como. In the early 1970s she wrote an article about the work of her grandfather for Here's Health, a popular British magazine for natural cures. The article aroused enormous interest and since then Ms. Straus has been writing articles, lectures and gives seminars on her grandfather's work throughout all of England.

correct to patients about when to use medications, in case of emergency, and when to instead use Gerson Therapy. Unfortunately, doctors unprepared in this sense, push their patients into the arms of therapists who are inexperienced. Conventional physicians should include natural therapies such as that of Gerson. Instead of this ongoing war, I believe that the world needs doctors and oncologists inspired by the laws of Hippocrates rather than being harnessed by the profit machine, and licensed in both branches of medicine-including the Gerson Therapy - so that they can use them according to situations. In addition, there is a great need for medical evidence or, as Prince Charles says, medical research. I am part of a group of six physicians and oncologists, Hungarians who took the first step in this direction by forming the Gerson Association of Hungarian physicians. Our commitment is to unify the practice of Gerson Therapy, the documentation of results and the collection of

medical evidence. In 2004 I spent a week at the Gerson in Mexico. I studied medical records and the effects of the therapy on patients and I was absolutely astounded at the subjective and objective improvements (gain weight, elimination of pain and edema, etc.).

I have seen this in patients with cancers in stages very advanced and in many other nonmalignant Diseases. We are determined to use this therapy in Hungary and we are trying to open a Center Where Gerson Therapy and other non-invasive yet very effective methodologies will be used.

Two final remarks:

- 1) One of the leading causes of death on our planet is the uncontrolled consumption of drugs, a source of good business for pharmaceutical companies.
- 2) In response to Prof. Veronesi declaring that antibiotics have solved the problem of tuberculosis: despite several available antibiotics t.b.c. is still a serious problem.