

## DR. MAYER'S ACCOUNT OF MY DIET

After carefully studying Dr. Edgar Mayer's report, I would like to make the following observations:

Dr. Mayer recommends and uses a diet low in sodium chloride, protein and carbohydrates, rich in fats and vitamins. He recommends 50 g protein per kilo of body weight. [3.5 kilos?] In the article about clinical tuberculosis he recommends an egg with mustard sauce. These things are contrary to my diet therapy. My diet is very high in carbohydrates and low in fats. The nutrition given by Dr. Mayer – cream, cheese, milk, biscuits, cocoa, rice and almonds – is, from my standpoint, impossible in tuberculosis and is forbidden to my patients.

In Goldberg's **Clinical Tuberculosis**, p.C.72, Dr. Mayer allows coffee and roast beef, both of which I strictly forbade. Although Dr. Mayer reports some success with his treatment, I hold that his diet instructions are very different from mine, and that I strongly object to their being referred to as the Gerson Diet. My program and forbidden foods have not been confirmed, as Dr. Mayer says, but they are based on precise scientific observations, in part also on clinical experience.

For example, he writes in **Clinical Tuberculosis**, p. C. 69, that my diet contains nuts, milk, puddings, white cheese, spices, alcohol, coffee. Not only are these foods "unnecessary" to my tuberculosis therapy, but they are also forbidden.

The explanation for Dr. Mayer's error is that he does not distinguish between my diet for tuberculosis and diets I use for other diseases, for he refers in his false description to my article in the **Munich Medical Weekly** (München Medizinischen Wochenschrift), 1930, "Fundamental instructions for the Gerson Diet."

However, an exact description of the method is contained in my book, **Diättherapie der Lungentuberkulose**, Deuticke, Leipzig, 1934. The article from which he draws refers to migraine, chronic arthritis and certain other chronic illnesses, but nowhere to lung tuberculosis, although lupus is mentioned.

In no way have I recommended the special diet for tuberculosis as Dr. Mayer states. Such errors about my various diets for special purposes are due to the fact that I did not state in every case for which disease each diet should be applied. At any rate, I prefer to explain some of Dr. Mayer's errors in that way.

My tuberculosis diet has been changed in the course of time through observation and experience. Even recently I have been able to make improvements.

But it is important that nothing in his article indicates that at Saranac Lake he tested my tuberculosis diet in a "somewhat changed form, as we had arranged" and to which purpose he took a trained diet nurse from Germany, employing her there. Apparently the diet he used was the Sauerbruch-Herrmannsdorfer diet, which is quite different from mine and with which I do not agree.

In Germany it has been conceded that the Sauerbruch-Herrmannsdorfer diet does not have as favorable results as my own diet. Baer – A. Herrmannsdorfer & H. Kausch. **Müncher**

**medizinischen Wochenschrift**, 1929. 1-2. Prof. Kurschmann, Director of the Tuberculosis Hospital in Hannover writes (p. 98 in my book): “The x-rays that Gerson demonstrated in Darmstadt considerable surpassed the publications of Sauerbruch and Herrmannsdorfer.”

In about 600 treated tuberculosis cases I lost 42 patients. Probably 28 of these deaths could have been avoided if the present improved treatment had been applied. P. 573/590.

- Dr. Max Gerson