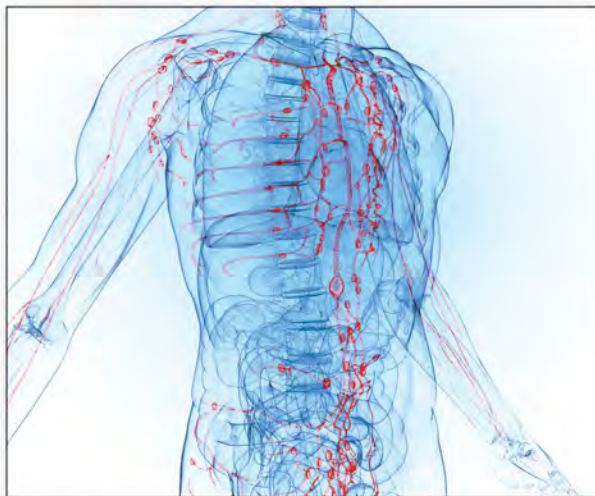


Healing Lymphoma

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DISEASE ... **THAT REALLY WORKS!**



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Preface

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

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

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

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

The non-profit Gerson Institute has never had the funds or the manpower to carry out this expensive operation. Clearly, this puts it at a disadvantage from the orthodox medical point of view, which puts a high value on statistics and on randomized double

blind clinical trials. The latter are suitable for testing a single new drug or treatment modality, but not a complex, many-faceted system of healing whose every component interacts with all the others. Until this basic difference is recognized by the critics of the therapy, it will be impossible to engage in a meaningful dialogue.

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

Introduction

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

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

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

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

Lymphoma is described as a malignancy developing in a group of the lymphoid tissues (lymph nodes). The first symptoms are usually swollen lymph nodes, often around the neck and underarm. Symptoms also include low-level fevers, night sweats, as well as loss of weight. Eventually, there is also invasion of tissues other than lymph nodes.

Taber's Cyclopedic Medical Dictionary states: “Patients who have received immunosuppressive agents have a more than 100 times greater chance of developing non-Hodgkin's lymphoma [than the average population]. These (non-Hodgkin's lymphomas) include low grade, intermediate grade, high grade and ‘miscellaneous’ types.”

“Hodgkin's Disease also involves the lymph system but usually

begins in lymph nodes of the neck and upper chest. It differs only slightly from non-Hodgkin's by the presence of certain cells (Giant Polypoid Reed-Sternberg cells in biopsied tissue)."

From the point of view of the Gerson Therapy, it makes little difference whether or not the patient has been diagnosed with "Hodgkin's" or "Non-Hodgkin's" lymphoma. Not only is the treatment the same [since the underlying cause is the same], but the response is the same: generally excellent.

The description correctly specifies the damage to the immune system, through the use of immunosuppressive drugs, as markedly increasing the incidence of lymphomas. But the damage to the immune system is much more extensive than that caused by drugs: as in all malignancies, there is general toxicity and breakdown of the body's defenses.

Lymphomas are commonly seen in young people, between 25 and 35 years of age. In lymphomas our experience has been that the patient has been exposed to unusually long-term and heavy toxicity. This can be through environmental and/or through professional involvement. There are certain occupations that deal with high levels of toxins: carpentry; using building materials, art work, dispensing of gasoline, and/or mechanics' work using solvents; painting, and even professional housecleaning. It goes without saying that spraying of pesticides is at the top of the list.

The Gerson Therapy with its intensive detoxifying activities is especially effective in reaching such toxic patients and reversing the disease. Surprisingly, even those who have additionally been poisoned with chemotherapy drugs, when they suffered recurrences after chemo treatments, respond very well with long-term recoveries.

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

p. 47, by Patrick Quillan, Ph.D., R.D., C.N.S.)

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

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

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

Many other factors depress the body's defenses and contribute to the onset of a malignancy. Above all, toxicity in the air, water, soil, processed foods, over-the-counter, prescription and "recreational" drugs, household chemicals, industrial and occupational toxins, and more. Another important contributing factor, especially to breast cancer, is the use of deodorants and/or antiperspirants. Some of these contain toxic chemicals. Even those that do not, clog the pores of the underarm lymph glands and prevent the body from releasing toxic accumulations into the lymphatic system. When the body is overwhelmed with toxins from the air, water, drugs, and foods, often the main detoxifying systems (the liver, kidneys and lungs) can no longer excrete the load. The body then uses an auxiliary system: perspiration, to help detoxify. It can be assumed that this toxic excretion in perspiration is smelly. Naturally, people have been educated to use a deodorant, a cream, or stick, to help. However, blocking these lymph glands sends the toxins back into the lymph system of the breast and underarm. It is even likely that male breast cancer, which is increasing

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

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

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

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

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

This is not so. Unfortunately there are many factors that can

prevent healing. The most common one is that patients come to the Therapy far too late: in terminal condition, most often having vainly tried to recover on conventional treatments, especially on highly toxic chemotherapy, which destroys the patients' remaining, already badly damaged immune system. Once the organism has declined beyond a certain point, there is no way to restore it.

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

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

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

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

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

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

Then comes the inevitable question, “But where will I get my proteins?” There are now many studies noted by Nathan Pritikin, John Robbins, and various US Government agencies, such as *The Journal of the American Dietetic Association* that clearly state that “A diet adequate to cover hunger, satisfied with natural foods, is more than adequate in proteins.” I often simply ask the questioner to consider, “Where does the cow get her proteins?” and the answer is, of course, from grass.

The Gerson Nutritional Treatment is more than adequate in vegetarian proteins, so much so that it is capable of restoring and rebuilding organ systems, bones, and tissues ravaged by cancer.

The next problem of an average diet is the sodium (salt) intake.

Dr. Gerson was aware from the start of his experimenting with diet changes that salt was one of the main offenders of the metabolism. He found it hard to prove, except by what he considered the most important thing of all, the results at the sickbed. When patients came to his clinic, generally given up by their doctors and in terminal condition, he was able to reverse the disease. He found that one lady who didn't respond to his therapy at all, was only using salt to brush her teeth. (Presently, baking soda [sodium!] is recommended by doctors and dentists!). On discontinuing this practice, she showed good healing. It was only after Dr. Gerson's death in 1959 that researchers were able to study the damage caused by salt. Two scientists, Malcolm Dixon and Edwin C. Webb published their study in a book called *Enzymes*. Published by the Academic Press, Inc. New York 1964, 2nd Edition, pp. 422-423. In this table they show that as the body manufactures enzymes for all its needs, it uses potassium as its 'Activating Ion,' while in almost all cases, sodium (salt) was the enzyme inhibitor. "Poisons" are also defined as enzyme inhibitors. But Dr. Gerson did not have the facilities to do research of this type and went by the results he obtained. Salt in every form had to be totally banned from the patients' diet. This presents a problem with appetite at the start of the treatment. However, in about a week or two, the patient's taste buds become accustomed to the natural flavor of foods, spiced with fresh garlic, onion, celery and tomatoes instead of salt. Appetite returns.

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

The Gerson Therapy book lists many additional 'forbidden' items, such as white flour, sugar, alcohol, cigarettes, canned, frozen and pickled foods; cosmetics and underarm deodorants, household chemicals, sprays, pesticides and many more toxic and otherwise damaging materials. Also, all food and materials used for juices must be organically grown, free of poisons. Water must be cleared of fluorides (only possible with distilling) and other

additives. If no fluoride is present, reverse osmosis will adequately clear the water. All water used for the patient, including that used in coffee enemas, must be clear of additives.

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

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

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

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

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

All foods, enema preparation, healing reactions, medication, and changes in the treatment required for patients pre-treated with chemotherapy drugs is described in great detail in the newly updated book, *Healing the Gerson Way: Defeating Cancer and Other Chronic Diseases*. (Available from Gerson Health Media, 316 Mid Valley Center #230, Carmel, CA 93923. Cost: \$29.95, plus \$4.00 shipping. California residents, add 8.5% sales tax.)

Most important of all: The Recovered Patients. These are reports by the patients of their experiences before the treatment and their overcoming of lymphoma. It is important to note that some (especially the first case described) suffered from multiple problems that were all cleared. The Gerson Nutritional Treatment is not specific for cancer, certainly not for just one form of cancer. When the treatment activates the body's "Healing Mechanism"

(as Dr. Gerson called it) it is impossible to selectively clear just one disease. Everything heals.

Dr. Allison Sinclair — Lymphoma

Born in 1944, psychotherapist Allison was 35 years old when she first noted a firm, ill-defined mass on her neck, next to the left lobe of the thyroid. She reported to the Medical Arts Hospital of Dallas on September 12, 1979. A biopsy was performed by Dr. M.J. Waldron of the Dallas Pathology Associates. The report read: nodular lymphoma, poorly differentiated. These findings were reviewed and confirmed by Dr. M.A. Luna of M.D. Anderson Hospital, and Dr. Wm. Sheehan of the University of Texas Health Sciences Center of Dallas.

In January 1980, Allison was found to have a mass on her surgical scar that was clearly a tumor. Other nodes were found in the left cervical area, and chemotherapy was offered.

Allison refused. By March 11, 1980, tumor growth was noted, and she was urged to have chemotherapy, which she once again declined. Still, her tumors were growing. By April 4, Dr. Merrick Reese of the Sammons Cancer Center at Baylor University Medical Center, who had been following her case, observed another increase of the mass. It measured 4 x 4 cm, and other nodes were also involved.

Allison was a pack-a-day smoker; and suffered from the lymphoma patient's typical night sweats. She also had a family history of cancer, including two uncles suffering from lymphoma. After realizing that she hadn't taken care of her body, she began to research various diets, found information on the Gerson Therapy and decided to give it a try.

She arrived at the Gerson Therapy hospital in Mexico on April 28, 1980, and left on May 12. Her body responded immediately with the usual healing reactions, including severe gastro-intestinal symptoms. At the same time, her local edema was receding and her large tumor began to regress during her stay at the Gerson Hospital.

Eventually all her tumors disappeared and she recovered completely. She said: "The Gerson Therapy was exactly what made sense to me, and what I needed to do, as well as to take care of stress."

Her last report was dated 1992.

Becky Lasch — Lymphoma

Becky Lasch, from Buffalo, in her mid-thirties, writes her own dramatic story. We reprint it below in its entirety:

"Three and one-half years ago, I was dying. I had been struggling for 18 years following poisoning by pesticides. Progressively my body wore down. Now, turned-aggressive lymphoma was killing me. And I couldn't add more toxic material, called chemotherapy, to my already toxic body.

"A dear friend placed a bag of Gerson literature on my sickbed, and I began to read and read. My Mom picked up my friend's Norwalk juicer, a bag of organic carrots, etc., and we began "The Healing Adventure" at home. My body cried out with the very first juice, "I LOVE this food! I feel HORRIBLE!" (I did not have the means to come to the Gerson Hospital, but it would have been a far better way to begin.)

"The first juices activated long-gone immune responses. In the first three days, the tumor on the side of my thigh turned to mush and disappeared. And the stationary, poisoned lymph began to move. Because the lymphoma was systemic and the toxic load in my body had destroyed so much, I have had a continual series of difficult reactions as different parts and organs of the body took their turn at "turning on" to cleanse and rebuild. Buckets and buckets of the old putrid matter passed from the intestines. Lumps were coughed up from the lungs. Old black material was expelled from the uterus. Rock hard lymph glands softened and shrank. My body had undergone structural changes, had turned on morbid organs, and, at one point, had to regrow a fingertip I had accidentally cut off.

"After 3-1/2 years on the Therapy, I still have a way to go due

to the high toxic load still being eliminated. The Therapy is demanding; at times I felt I was running a marathon. But we can't cave in. Whether we can see through the dark cloud or not, there is so much to live for. I know that the desire to live was stimulated by my loving family and God above. My girls are now 10 and 12. They and my hard working husband and mother were a tremendous source of strength and encouragement. Where would I be without them?

"I am continually awed that Dr. Max Gerson could discover an immune-stimulating, total-body therapy and have the courage and ability to explain it. I am deeply thankful for Charlotte Gerson's patient perseverance and clear words.

"I give God the glory. And how I look forward to seeing my children grow and to some day seeing my grandchildren!"

Becky continues her recovery and is close to being completely well at this time. Last news February 2002.

Bill Schickel — Retroperitoneal Lymphoma
Case #18, *A Cancer Therapy*

William Schickel, now 85 years old, at age 32 was a struggling artist with three small children, the youngest a baby, and a 22-year-old wife. He had been diagnosed with inoperable, wide-spread retroperitoneal lymphoma. Radiation was not an option, and he was sent home with perhaps two months to live. Bill's wife, Mary, found an article in a magazine on organic gardening in which she read that Dr. Gerson was curing cancer by diet. Following a pilgrimage to the shrine of the Blessed Philippine Duschene, their decision was made: they would go to see Dr. Gerson in New York City.

They arrived in the spring of 1950 from their home in Loveland, Ohio. After numerous tests Dr. Gerson felt that Bill had perhaps a 30% chance of recovery on his nutritional therapy.

Bill was surprised that, in spite of the quiet elegance of a Park Avenue office, Dr. Gerson's fees were "very modest." Gerson also told Bill that he would not cure him but that his reactivated

defenses, his body, would work to heal him.

Struggling physically and financially to follow this demanding treatment, but with nothing to lose, Bill reports that he felt better within a few weeks. He received no other treatment.

Bill writes that in 1983 he looked back on “33 years, eight children, twelve grandchildren, and a wonderful productive life.” In September 1996 (46 years after his prognosis of ‘two months’), Bill and his wife Mary beamed from the cover of *St. Anthony’s Messenger*, inside of which was the inspiring story of Bill’s activities. He is a famous artist, designs and builds churches, creates church art and stained glass windows, assisted by his sons and daughter Martha in his art studio. Bill won national honors for his interior design and artwork for the new St. Mary’s Church in St. Clairsville, Ohio. Some years ago, he also had an art show in San Diego. Now 85, Bill works full time with his family in his studio: When Charlotte Gerson spoke to him to ask permission to publish this story, she could hear the energy and enthusiasm in his strong voice. His story is copyrighted and he expects to publish it sometime in the future.

We are grateful to Dr. Gerson for having given this creative, prolific and talented artist the chance to live a long, healthy and productive life, and make his significant contribution to the world.

We last had contact with Bill in 1999 when he was interviewed about his contacts with Dr. Gerson.

Chuck Kohlhase — Lymphoma and many other problems

Chuck Kohlhase was at the original Mexican Gerson Hospital as much as 22 years ago. He had an incredible, long history of various illnesses: In his teens he had undulant and rheumatic fevers. At 17 he developed bulbar (the most severe) polio, which left him with weakness in his left side. In his early thirties he had several heart attacks from heart damage caused by the rheumatic fever.

By age 46, before he came to the Gerson Hospital, Chuck had been ‘delirious’ for 2-1/2 years, unable to recognize his own children. He tried the Kelly and a few other alternative therapies,

with some improvement, but no healing. When he arrived at La Gloria, he weighed 115 pounds, had lymphoma, including a tumor behind his left eye, which caused him to lose vision occasionally. He also had a partial paralysis of his right leg and arm, as if he had suffered a stroke.

As a child, Chuck had suffered a number of fractures due to falls from a horse, with three bones in his right hand, his left ankle, and, later, three ribs and the left hip being broken. These areas reacted almost immediately at the start of the Gerson Therapy: severe sharp pains, and in a few days his rigid knuckle was moveable. He also had a sharp pointy pain behind his eye (he says it felt as though somebody had fired a bullet from his lower skull through the side of his nose near the eye, and he thought he had been killed); and his leg and other injuries flared up and healed within three days. He struggled for some time, stayed on the full intensive therapy for three years, is now on a modified therapy. He still is virtually vegetarian (after 15 years) and weighs a normal 175 pounds.

When Chuck first arrived at the Gerson hospital in Mexico in 1980, he took along his mother who embarked on the Gerson Therapy together with her son. Aged 67 at the time, she had a grapefruit size tumor in her lung. 90 days after starting the Therapy, she had a new X-ray taken, which showed her lung clear. Happily, she is alive and well, aged 89. Chuck’s father, who also went on the Gerson Therapy at the time, found that within six months his hearing improved from 30% to 60%. He enjoyed good health until he died two years ago, aged 84.

Chuck looks fit and young for his 66 years. He recalls with a chuckle that I had originally estimated his age as 70ish (when he was 46). He also states that, in the recent past, for some three years he was under extreme stress, due to being involved in litigation. He says that the Gerson Therapy helped him to handle the stress without any serious effects. Not only is Chuck very well and active: his wife and four children also follow the Gerson lifestyle and enjoy excellent health: none of them even wear glasses!

Last contact: July, 2004.

Delphine Lettau — Unusually aggressive lymphoma

Delphine's history illustrates how young people (she was in her early thirties) can go downhill, their defenses weakening, to the ultimate breakdown: cancer.

She started with pneumonia at three years of age; then had appendicitis and surgery for removal of the appendix at age four. During her teens she had some minor problems, and in her early twenties started developing cystitis (bladder infection). Since this is a rather stubborn infection, she was treated with wide spectrum antibiotics.

The infection was finally overcome — but then Delphine developed candidiasis. (This is also to be expected, because antibiotics kill bacteria in the colon and thus eliminate the organisms competing for nutrients with yeast: result, candida. Yeast is not affected by antibiotics and can flourish when it has no competition. So, Delphine was given drugs to combat the candida. When that problem was overcome, she again suffered with cystitis. More antibiotics — more candida, more drugs, more cystitis.

This cycle continued for a number of years, leaving Delphine very depressed, more or less constantly ill and on drugs. When her depression became severe, the doctors had drugs to deal with that problem. But antidepressants are very damaging. It is therefore not at all surprising that after years of treatment with numerous and powerful drugs, she developed an unusually aggressive form of lymphoma. She was told that there was not really any effective treatment available for her problem. The possibility of a bone marrow transplant was offered — but she refused and came instead to the Mexican Gerson Therapy hospital in 1986. There she noted some immediate response: an improvement of her skin problems, which encouraged her. She faithfully followed the Therapy for some three years or more upon her return home.

Delphine has received no treatment other than the Gerson Therapy.

C.S. — Recovered from two different cancers

Some seven years ago, in 1995, C.S. was troubled with a vague ache in the groin area. The doctor assumed that she had a hernia. Surgery was suggested, but she sought a second opinion; hernia surgery was again suggested. Finally C.S. went to a recommended doctor who upon examining her found a small swollen gland which he believed was a lymphoma. A biopsy was done at that time by Dr Blair in Kingston, NY and it was discovered that she had "large cell non-Hodgkin's Lymphoma." She was sent to a colleague for a full examination and this physician, Dr Feldman, also in Kingston, found a small lump in the upper right quadrant of her breast. After removal and biopsy this lump was found to be adenocarcinoma. When the surgeon performed a lumpectomy, he was unable to obtain clear margins. In other words, cancerous tissue remained in the breast.

At that time, the entire oncology and support staff met to discuss prognosis and suggest the best treatment. Their recommendation was for a radical mastectomy, followed by six weeks of chemotherapy, then a "long chain radiation" series to radiate her right side lymph system.

The patient, who is an artist, asked for and received slides of her tumor cells. She printed these images and made casts of her breast to be creatively involved with the cancers. She advised her doctor that she would postpone following his recommendations, and began intensive research into alternative therapies and studied materials by Gerson. Coincidentally, she happened to be in line at a village market where a woman reported on a patient who was helped by the Gerson Therapy. After viewing Gerson videotapes she decided to go to the Mexican Gerson Hospital. As a struggling artist, she lacked funds, however, she was able to borrow money and went to the Hospital.

In December 2000, she stated that she had been "clear" for many months. Her original oncologist continues to analyze her blood work, noting the absence of cancer markers since her therapy at the Gerson clinic. The lump in her groin is gone and her breast is normal. She leads a busy and unusually productive artist's life. She has better energy and her digestion, which had

always been poor, is now normal and she no longer suffers from indigestion.

She did not involve her family or her friends. She took care of herself with the help of a boyfriend. "Detoxing and rebuilding was a profound spiritual experience," she says.

Charles Heimbach — Malignant Lymphoma, Lymphocytic, Diffuse, Poorly Differentiated

In 1978 this 58-year-old white male presented at Swedish American Hospital with a large lymph node in the left axilla that pathologically measured 5.5 cm. This was biopsied and found to be poorly differentiated lymphocytic lymphoma. He was also found to have lymph nodes in his groins and subsequently had biopsies of those, which were also found to contain poorly differentiated Lymphocytic Lymphoma.

The patient had a liver and spleen scan that was within normal limits and a chemistry profile that was also within normal limits. He then underwent a staging laparotomy during which his spleen was removed, his liver biopsied, and several groups of lymph in the abdomen were biopsied. The liver and spleen were found to be normal. However, some of the lymph nodes in the peri-aortic region and in the iliac region were positive, making him a stage III. Because the patient was asymptomatic he was not treated.

The patient did well until 1980 when he developed a groin lymph node on the right side that bothered him. This was biopsied and found to be diffuse poorly differentiated lymphocytic lymphoma. Once again it was decided not to treat him.

In May of 1983 the patient presented with back pain and edema of the lower right leg. Clinical examination revealed pitting edema of the leg and enlarged inguinal and femoral lymph nodes. He underwent an IVP that revealed a nonfunctioning hydronephrotic right kidney. A CAT scan revealed diffuse lymphadenopathy in the peri-aortic region and in the pelvis with marked involvement of the right pelvis. The patient was referred for palliative radiation therapy.

From The Patient's Point Of View:

CHARLES HEIMBACH: "When I was fifty, in 1978, I found a lump underneath my left armpit. It was January when the doctor suggested it might have to come out. A month later it was larger, and it was removed. At the same time, in the hospital, a lump was found in my left groin and that was also removed. Both lumps were biopsied and found to be Lymphoma. Because of the two lumps, the surgeons did an exploratory laparotomy. Many nodes were removed for inspection. Fortunately nothing was found in my abdomen. I electively allowed them to removed my spleen. I wish I hadn't done that. It was quite an operation, four and a half hours in their operating room. I was hospitalized for three weeks and recuperated well. I returned to same lifestyle I had followed before the disease was discovered. My doctor requested office visits once a month, then every two months, then every three months. The only thing that occurred during the next two years was that I started to hear other people talk about diet. Two years and three months after the operation I found a lump in my right groin.

My second occurrence, when I ended up in the hospital with a lump in my right groin, I was in in the morning and out in the afternoon. The lump was removed in outpatient surgery. It was malignant and of considerable size. If it had not been for my otherwise good health, the doctors said they would have recommended chemotherapy. That made me start thinking and start looking and start going out aggressively to look for other possibilities.

Up until that time I had no reason to suspect that cancer might be affected by diet. Some friends of mine knew a nutritionist who introduced me to the Kelley program and went on that completely. When I go into these things I go into them full bore. The Kelley program does have the coffee enemas and emphasis on good food, but there's a lot of supplementation. I think I was taking 360 supplements a day, desiccated liver tablets in large quantities, some vitamins, some minerals, some organ concentrates. It was tablet supplementation and eating good foods. I was allowed to counter the blandness of the food with some mineral salt or sea salt on the advice of the nutritionist.

Three years later, staying on the Kelley therapy, my right leg started swelling because of what I thought was just a collection of fluid, edema. And I fought that off by elevating my leg and watching fluid and salt intake. At first this worked, but later the swelling would not go down.

X-rays revealed massive involvement in the lower right quadrant of my abdomen. That was found to be the cause of the fluid slowing to and from the leg, causing swelling of the leg. It was also found later to have shut off my right kidney. There were also found to be several lymph glands swollen along my spine, It was concluded that this was all cancer, in all the areas.

It was all inoperable and I was refusing chemotherapy. So that left radiation treatment. My leg was swollen, my kidney was shut down, and things were headed downhill. By that time I had read the Gerson book a couple of times I had great confidence in it. I had stayed with the Kelley program because it was convenient. There were no juices to make and only one coffee enema per day — no problem at all. I opted to accept the radiation, which reduced the swelling in my lower right quadrant in 20 treatments, which totaled less than Gerson's limit.

Even though I had received the radiation, I had large nodes in my armpits. My doctors said that sooner or later the options for radiation would disappear and that I would have to go to operating on those that were operable, and then go to chemotherapy.

I had determined that once the radiation was over I was going full bore into the Gerson diet. I started with everything I could. It took 60-90 days to find out where they made the juicer and where organic foods were available and the rest of the organization that was necessary. Along about that time I called a physician, it took me a long time to get around to him, who agreed to monitor me on the Gerson Therapy and to make prescriptions available. It was in June that I got started organizing, but I was not on the Gerson Therapy properly until September.

It was not long after I got going full bore that the lymph nodes started to go down. It was 30-45 days later that I noticed a rapid decrease in size in the nodes in my armpit. They decreased in diameter by half, which means their volume decreased by 80

percent.

In January three years ago I went out to the Gerson clinic just to be certain that I was doing everything correctly, and to find better recipes, and to improve in any way I could. I found that I was doing everything correctly. But it was well worth it. I totally enjoyed my visit.

I stuck right with the diet. When I had questions I called right away. I have it all behind me now, except that I maintain a very good diet.

Clinical notes sent to the Gerson Institute by Mr. Heimbach's physician indicate that he is now in complete remission.

Denis S. — Lymphoma

Denis (not his real name) is presently (February 2002) 64 years old. In 1986, when he was 46, he had some severe abdominal pain. In '87, he was given a medical leave of six weeks for 'stress, sleeplessness and lack of appetite.' He visited various physicians but they were all unable to find anything wrong; all his tests showed normal. They finally sent him to a psychiatrist (in 1988) whom he saw for one year. This doctor gave him some pills and told him to 'quit complaining about stomach aches.'

Eventually he went to see an acupuncturist who was also a medical doctor. She told Denis that he was "real sick," yet nothing showed in an upper and lower G.I. (gastro-intestinal X-ray check), nor in any blood test. The acupuncturist then sent him for an ultrasound. That is when an 8-cm tumor showed up in his spleen. A CAT scan also came up with the same finding.

In October '89, Denis had surgery at the Palm Drive Hospital in Sebastopol (California), to remove his spleen. The surgeon reported that he had found cancer all over Denis's intestines and throughout his abdomen, and considered his condition hopeless. When the biopsy was done, it showed a mixed large and small cell lymphoma. Denis went for a second opinion to Stanford where the diagnosis was confirmed.

In January '90 he went to Texas to try the Burzinsky treatment,

stayed there a couple of weeks and then continued the treatment as directed by Dr. Burzinsky for another four months at home. He had no results, but he was no worse. He quit that treatment and did nothing for one year!

During that time, a new tumor grew. Sometime later, in late '92, Denis started the Gerson Therapy. By that time his weight had dropped from 145 to 110 pounds. He did the Therapy mostly at home, with some support from other Gerson patients. One year later, the tumor on his small intestine had actually grown to 4-1/2 cm; but three months later it shrank to 2 cm.

By August 2001 he still had a 1-1/2 cm lymph node, which remains there, is firm but has been the same size now for about a year. The radiologist said he didn't know any more what it might be.

Denis has recovered his previous weight of about 140 lbs. and feels fine. Meantime he also helped another lymphoma patient to recover. She is in remission for "many years" (over five years).

Sharon Lamar — Non-Hodgkin's Lymphoma

Sharon was born in 1943. She was 47 when she was diagnosed with non-Hodgkin's lymphoma — several swollen lymph nodes were biopsied.

In the summer of 1992, she arrived at the Mexican Gerson Therapy hospital for treatment. By that time, she had swollen lymph nodes on her neck, under her arm, and a huge tumor in her abdomen. She was told that it was wrapped around her ventral aorta and that for that reason surgery was impossible, radiation not likely to be effective. She turned down the offer of chemotherapy.

On her arrival, she had extensive edema in her legs, ankles, feet, as well as in her abdomen (around the large tumor), her hips and even her buttocks. She spent the first five days at the hospital with very frequent trips to the bathroom to urinate; but she was not 'tapped' (fluid withdrawn artificially). At the end of those five days, she had lost 28 pounds and her feet, legs, hips and buttocks were normal. Of course the swelling around the tumor in the

abdomen was still there.

In February 1993, she had a re-examination by her doctor in Wenatchee, Washington. He reported that none of her tumors could be felt; that she was feeling 'very well,' and that her edema is 'resolved' (has disappeared) but that she had 'marked carotenemia' ... (an entirely harmless discoloration of the skin due to the consumption of large amounts of carrots.) He added, "Dramatic response of the lymphoma with alternative medical approaches. This approach, however, is achieved with considerable work on behalf of the patient ... She remains adamant, however, that she wants no conventional medical treatment."

Sharon testified about her recovery at a convention in Seattle in 1998. Last report: March 2002. She is very well and active in her husband's business. She had no treatment other than the Gerson Therapy.

Evelyn Wingate — Hodgkin's Lymphoma

On August 7th, 1995, we received a short (but exciting) note from Evelyn Wingate. It read:

"I was in Nanuet, New York (Dr. Gerson's clinic) in 1956. I had some lymph nodes removed [after the birth of a baby] — was diagnosed with Hodgkins Disease (Lymphoma). I came to the clinic after the glands were removed, [with new glands growing; see below] spent two weeks there and remained on the Therapy strictly on Dr. Gerson's instructions.

"I had two children since and have just retired from a bank where I was the loan manager for 15 years. I am now 70 years of age, feeling great. Praise God!"

The following information is taken from Dr. Gerson's records of Evelyn Wingate.

"First seen Jan. 31, 1956; aged 31. In July 1955, she reported to the Women's Hospital in Cleveland, OH where she delivered a baby on Jan. 4, 1956. But she had "cervical glands of neck, and a hard, movable mass was palpable in the right side of neck, measuring about 4 cm. Dr. S. Hayashi performed the operation.

Biopsy: lymph nodes show changes of Hodgkins disease.” After the operation, on Jan. 6, 1956, right side of neck showed severe swelling. She received seven X-ray treatments. By Jan. 31st, a new swelling appeared in the scar. She complained of severe tiredness. Started Gerson Therapy at that time.

“February 5th: mass at right neck reduced, softer.

“February 11th: Tumor mass greatly reduced, feels much better, putting on weight and is stronger.

“Feb. 19th: Husband got homesick and left Dr. Gerson’s clinic in Nanuet with his wife, Evelyn, for their home in Chesterland, Ohio.”

There is further correspondence with Dr. Gerson until his passing in March 1959.

Gray Robinson — Non-Hodgkin’s Lymphoma

The following story of a patient’s recovery is told virtually verbatim by his wife, Janet.

“In October 1995, being examined for a kidney stone, my husband Gray, aged 38, was diagnosed with early stage Non-Hodgkin’s Lymphoma. No treatment was indicated, but we were informed that the prognosis was not good and chemotherapy would suppress the lymphocyte count only for a while.

“Although I was a nursing tutor, I was not familiar with oncology, nor was I aware of alternative or complementary therapies. The course of our lives was changed by the arrival of the book, *A Time to Heal*, by Beata Bishop, sent by a friend. I became convinced, after further information from the British Gerson Support Group, that the Gerson Therapy might offer Gray more hope and certainly would not do him any harm!

“As finances were tight, Gray continued to work as a pastor, but he could follow the Therapy, as we live next door to the church and he works from home. We were pleased with the initial response and two flare-ups in the first three to four months. But although we followed the Therapy meticulously, he continued to

deteriorate over the first 18 months. He produced no further flare-ups, but continued to have mild fevers and night sweats, indicative of lymphoma. I would now advise cancer patients to take the first three to six months off work, because the body needs all the energy it receives through the juices and food to heal itself.

“We had some good holiday breaks, during which he seemed to improve with rest. It became obvious, though, during the last few months of 1997, that his condition was deteriorating, as monitored by blood counts and increasing size of the spleen. His NHS [National Health Service] consultant was keen to start chemotherapy; we were reluctant to accept but unsure what to do.

“At this point we were able to visit the Gerson Hospital in Mexico, where Gray showed rapid improvement within two weeks. Unfortunately on our return home he developed septicemia from a leg abscess, and a flare-up of the lymphoma, and needed two periods of hospitalization. He was treated with I.V. antibiotics and lost about 20 lbs. The flare-up of the lymphoma necessitated crisis intervention with tablet form chemotherapy. Also, the spleen had grown to weigh seven pounds. and had to be removed. Contrary to expectations he did not need intensive care, was home on the eighth day, and returned to work three months later. Throughout I managed to keep him on the Gerson Therapy and took many juices, all his food and enemas into the hospital every day!

“In all, we continued on the full Gerson Therapy for 4 years, until Gray’s condition had completely stabilized and the blood picture and lymph glands were reduced to normal. This process was assisted by a further low dose, 12-month course of tablet chemotherapy (Chlorambucil). Gray experienced no harmful side effects, only a slow beneficial one, as he followed the Gerson Therapy simultaneously. For the past year (the fifth) he has reduced the juices to between 6-8 per day with two coffee breaks, but we continue to eat the Gerson way as a family 90% of the time, as it is good for all of us.

“According to the last scans, there is no sign of disease in his body and the blood picture has been completely normal for 18 months. Gray continues to work full time and has regained all his

weight and has wonderful color and energy. An added bonus has been that the kidney stone is no longer visible on the X-ray — we presume it has dissolved and disappeared. “

Diagnosis made at the Royal Surrey County & St Luke's Hospitals, Guildford, Surrey, England, on December 12th 1995:

Stage IV Low Grade Non-Hodgkin's Lymphoma.

Jim Forehand — Lymphoma

Jim was 56 when one day he had ‘a real bad pain’ in the lower right side of his abdomen. He naturally assumed that it was appendicitis and consulted his doctor.

During surgery at the Humana Hospital, the surgeon removed a grapefruit sized tumor, along with 18” of Jim’s small intestine, gall bladder and spleen. The diagnosis was lymphoma. His doctor urged him to take chemotherapy, but he didn’t want to do that and looked for alternatives. He found the Gerson book, *A Cancer Therapy: Results of 50 Cases*, and decided that this was what he wanted to do.

A former employee of his noticed one day that Jim had a juicer and asked him what he was doing. When he found out that Jim was doing the Gerson Therapy, the former employee said that he, too, was doing that. That was the beginning of the “Gerson Support Group” in El Lago, Texas, that Jim was leading. It turned out that several other people who also joined the group and were doing the Gerson Therapy. showed Jim that he was making some mistakes. “They straightened me out,” Jim reported.

At the end of about three years, in 1996 or so, Jim states that he felt so good, he started to ease off the strict Gerson Therapy. He continued to eat vegetarian but was no longer juicing. He said that presently, just before his 67th birthday, he feels “wonderful” and is still working full time at the NASA space center as a rocket scientist.

Jim also told about another patient who was on the Gerson Therapy and in the Support Group: Jim Elk. This man had suffered from Lymphoma for two years, and, under a doctor’s

care, had worsened. His lymph nodes had grown to the size of softballs and he became paralyzed from the pressure on his spinal cord. His arthritis was also getting worse. At this point his doctor told Jim Elk that he was going to die. However, two friends talked to him about the Gerson program. He didn’t believe in it but tried it anyway. At first he seemed to get worse, but he persisted. Then he began to improve and, 27 months later, stood up in front of the Gerson Group and danced a jig! He also swung his left arm around. That arm had been so badly affected by arthritis that Jim could not move it. He was in such good shape that he became ‘everyone’s hero’ in the group. Jim had Lymphoma in 1989 and started the Gerson Therapy at the Mexican Gerson hospital in 1992.

Then Jim Elk’s story took a tragic turn: in 1999, in good health and very active, he was mowing a large lawn with an automatic lawn mower — which ran over him! He landed in the hospital where he died shortly afterwards from his injuries.

Jim Forehand made one more important statement: “Everyone who stayed on the Gerson program stayed alive. Those who dropped off, died in a year or two.”

Dr. John Albracht — Retroperitoneal Lymphoma

This 59 year old doctor of chiropractic medicine was first treated for mixed cell lymphoma in 1963. Surgery was performed by Charles Y. Mayo, Jr. On laparotomy, Dr. Mayo discovered a large, inoperable, irregular retroperitoneal tumor pushing up through the mesentery of the small bowel. Dr. Albracht subsequently submitted to 20 fractions of cobalt radiotherapy. Exposure was 3,900 roentgens each to the front and the back of the abdomen, a total of 7,800 roentgens. The mass shrank rapidly, and Dr. Albracht remained in remission for 24 years. On December 1, 1986 he presented to High Plains Baptist Hospital with severe gastrointestinal bleeding, profuse sweating, weakness, gas, belching, indigestion, epigastric fullness, diarrhea, abnormally rapid heartbeat, hemoglobin of 8, and hematocrit of 26.

On December 5, 1986, a small bowel resection with end-to-end

anastomosis was performed by Dr. Gregorio Matos. An extensive lymphoma involved one third of the small bowel and extended to the mesothelium, involving the second portion of the small intestine, down to the proximal ileum. A tumor the size of a cantaloupe was removed with seven feet of small bowel. The laboratory finding was malignant lymphoma, diffuse, mixed small and large cell type, sclerosing (mesentery). Dr. Albracht was evaluated for chemotherapy by Dr. Karim Nawaz, and plans were made for systemic treatment with Cytosan, Adriamycin, Vincristine, Bleomycin and Prednisone. He tolerated two treatments, on January 11 and February 3, 1987, and voluntarily discontinued after his weight dropped from 185 to 130 pounds.

He was admitted with residual abdominal disease to the Gerson Therapy Center of Mexico on February 17, 1987. His treatment was uneventful. He remained in follow-up with Dr. Matos and Dr. Nawaz, and was seen for radiotherapy evaluation by Dr. Joseph Arko on July 17, 1987. He was found on examination to still have some palpable residual disease, a 4 by 7 cm mass just to the right of the umbilicus, although both Dr. Matos and Dr. Nawaz reported that the mass was getting smaller. Dr. Arko felt that the previous treatment (1963) was extensive enough to rule out further radiotherapy, because all relevant tissues were near total maximum radiotherapy tolerance. Dr. Arko noted that the patient appeared younger than his stated age.

By the close of 1987, with Dr. Albracht following the Gerson diet therapy for cancer, the mass was no longer detectable.

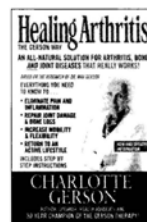
On his 70th birthday, in February 2002, Dr. Albracht reported that he is very well, still active in his office two days a week.

Additional Reading



Healing the Gerson Way: Defeating Cancer and Other Chronic Diseases by Charlotte Gerson and Beata Bishop

The best, most readable and useful Gerson Therapy book there is. Gerson and Bishop explain the rationale, science and method behind the Gerson Therapy, including 90 pages of recipes, guides to medication, case histories for cancer and many chronic illnesses. A must-have. **\$29.95**

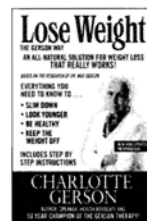


Healing Arthritis the Gerson Way

Healing Arthritis is a complete how-to guide to for repairing and reversing arthritic conditions using the well-known Gerson Therapy. Charlotte Gerson includes the latest medical research on arthritis and the most common forms of the disease. Case histories of patients who have healed themselves of various arthritis, bone and joint diseases will inspire and motivate you. Easy to follow,

instructions guide readers through the program ...

- How the Gerson Therapy helps to rebuild the immune system so that it stops and prevents arthritic conditions
- What equipment and foods are necessary for the Gerson Therapy
- Recipes and cooking techniques for preparing healthy foods and juices
- How to perform natural detoxification
- What patients can expect when doing the Therapy **\$19.95**



Lose Weight the Gerson Way

Lose weight easily, naturally and permanently using the proven and internationally known Gerson Therapy. In today's technologically advanced "better living through chemistry" world, you are constantly absorbing hazardous chemicals from the air, water, food and environment. Combining this toxic load with a diet of nutritionally deficient, genetically modified, pesticide laden, pre-packaged foods high in sugar, salt, fat, preservatives, artificial flavors, dyes, and sweeteners, you are being programmed to give in to cravings and eat more food than you need. The standard scientific model of too many calories taken in and too few calories burned off is not the only factor in weight gain. In fact, recent research shows the chemicals and toxins you absorb interfere with the body's metabolism to favor retention, no matter how much you diet and exercise. Fortunately, now that you know the cause of the problem, you can solve it using the Gerson Therapy, an all-natural, nutrition building and detoxification program that will empower you to lose weight and keep it off for good! **\$19.95**



Max Gerson, MD

(1881-1959)

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Dr. Gerson's research led to a simple conclusion that cancer and most chronic diseases take hold in your body because of a compromised immune system that is damaged by...

Nutritional Deficiency Toxicity

Nutritional Deficiency – Results from eating nutritionally depleted, genetically engineered, pesticide-laden, salted, sugared, pre-made, pre-packaged, heat & eat, industrial foods, loaded with preservatives, dyes, artificial flavors and sweeteners that are devoid of the real nutrition your body needs.

Toxicity – Occurs from the “Better Living Through Chemistry” philosophy in our modern world, that justifies the dumping of hazardous chemicals, poisons and drugs into our air, food, water and environment.

After a lifetime of eating industrial foods and absorbing chemical toxins, your body's defenses become severely weakened and disease easily takes hold.

The Gerson Therapy is a powerful and proven program that reverses nutritional deficiency and toxicity by ...

- Flooding your body with the critical vitamins, minerals, nutrients and enzymes contained in fresh organic fruits and vegetables
- Cleansing your body with a powerful natural process that flushes toxins from the liver

As your immune system is rebuilt to full strength, it begins fighting your disease, repairing your body and restoring you to complete health.

For those who may doubt the power of nutrition and detoxification in restoring health, we ask that you temporarily set aside your disbelief, just for a moment (you can always go back and get it later), and let us show you the whole story, available on our website at www.gersonmedia.com

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