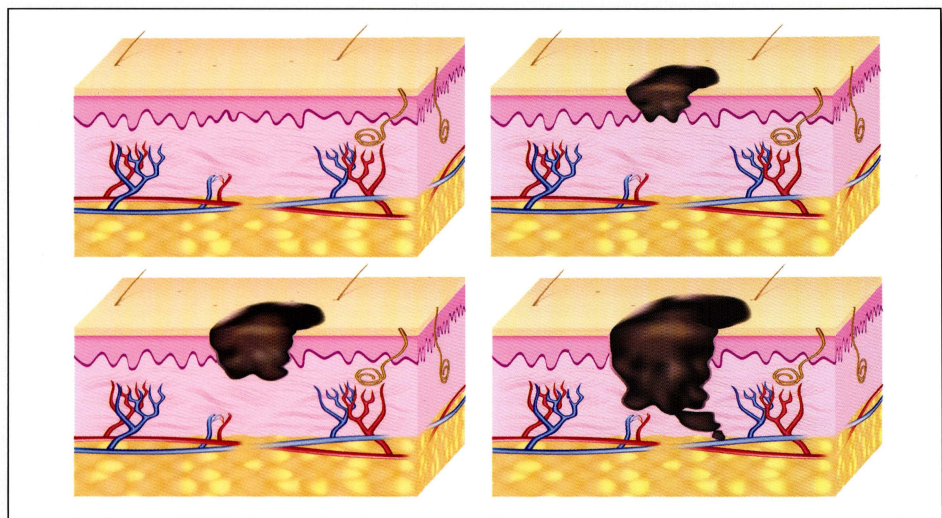


# Healing Melanoma

THE GERSON WAY

AN ALL-NATURAL SOLUTION FOR CANCER AND CHRONIC  
DISEASE ... **THAT REALLY WORKS!**



A QUICK OVERVIEW OF ...

- MELANOMA AND THE GERSON THERAPY
- DR. MAX GERSON'S VIEWS ON NUTRITIONAL HEALING
- CASE HISTORIES OF RECOVERED PATIENTS

CHARLOTTE GERSON

## **Booklets by Charlotte Gerson:**

- Healing “Auto-Immune” Diseases the Gerson Way
- Healing Brain & Kidney Cancer the Gerson Way
- Healing Breast Cancer the Gerson Way
- Healing Colon, Liver & Pancreatic Cancer the Gerson Way
- Healing Lung Cancer & Respiratory Diseases the Gerson Way
- Healing Lymphoma the Gerson Way
- Healing Melanoma the Gerson Way
- Healing Ovarian & Female Organ Cancer the Gerson Way
- Healing Prostate & Testicular Cancer the Gerson Way

\$4.95 each, plus \$1.25 postage and handling

CA residents add 8.5% sales tax.

## **Gerson Health Media**

316 Mid Valley Center #230, Carmel, CA 93923

(831) 625-3565 | info@gersonmedia.com | www.gersonmedia.com

## **The Gerson Institute**

P.O. Box 161358, San Diego, CA 92176

(619) 685-5353 | Fax: (619) 685-5363

Toll Free in US (888) 4-GERSON (4437766)

info@gerson.org | www.gerson.org

---

## **Acknowledgements**

The author gratefully acknowledges the tireless and dedicated assistance of both Beata Bishop for her able editing of the materials, and Howard Straus for the mechanical work involved in turning words into published material. Without their help, the production of these booklets would have been far more difficult and time-consuming. But the real heroes, and the people without whom these booklets would be impossible are the patients and companions who did the day-to-day kitchen work associated with healing these diseases. We are deeply indebted to them for permission to use their inspiring stories. These booklets were prepared under the auspices of the Cancer Research Wellness Network, with generous grants from Mrs. Faye Joseph, Sting and Mrs. Trudie Styler.

Permission to use the Gerson® and Gerson Therapy® marks has been granted by the Gerson Institute.

© Copyright 2012 all right reserved. No part of this booklet may be reproduced, physically or electronically, without written permission of The Gerson Institute and/or Gerson Health Media.

ISBN: 978-1-937920-06-7

## 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.

Melanoma is cancer of the ‘melanin’ tissue, the layer below the skin that is stimulated by sunshine to proliferate and create a ‘tan.’ This tan is the body’s protection against future, possibly excessive sun radiation. In ‘people of color,’ the melanin tissue under the skin has changed permanently to a darker shade, since they have lived for countless generations in hot climates with considerable exposure. The ‘white’ population originates in northern areas, with moderate climates and less powerful sunshine. There people’s bodies profited from the available sunlight, needed to assimilate Vitamin D, and therefore their skin did NOT develop protective melanin coloring.

Melanin tissue is only found in two places in the human body: under the skin as well as in the choroid (the dark brown vascular coat of the eye between the sclera and the retina to the optic

nerve) of the eye. Thus, primary melanoma can only show up on the skin (it can occur under a toe-nail) or in the eye, called 'ocular melanoma.' See the case of Lura Greenwold, below.

Since the mid-twentieth century mass travel has allowed people to move around a great deal, and 'white' people have migrated into areas of considerable sun exposure. An over-stimulation of the melanin tissue can produce melanoma, the cancer of the melanin tissue. However, sunlight is NOT the only cause of melanoma. For many centuries farmers, cowboys, sailors and others have spent their working lives in the sun and did not become ill with melanoma. As in all cancers, the body has adequate defenses that do not allow uncontrolled proliferation, i.e. malignancy. Also, we have seen "blacks," (African-Americans) who developed melanoma in moderate climates, without exposure to strong sunlight. It has to be understood that melanoma, as all other cancers, presents a break-down of the body systems, due to deficiency and toxicity. We can assume that this is a fact, because with the Gerson Therapy, which detoxifies and replenishes the body systems, melanoma is totally reversible even in advanced stages!

Once melanoma is diagnosed, there is only one fairly effective method offered by orthodox medicine: surgery. If, after surgery with a deep excision of the tumor and hoped for removal of all affected tissue, (so-called 'clean margins') the disease does not recur for five years, it can be assumed that the patient is 'cured.' However, we have seen melanoma recur in one patient after five years and four months! If and when it recurs, orthodox medicine is virtually helpless. Radiation is worse than useless; it tends to stimulate proliferation of melanin tissue and further growth. There is no chemotherapy agent that has shown effectiveness in stopping, let alone reversing, melanoma. In recent years, Interferon has been administered to melanoma patients, often for as long as one year. This is relatively mildly toxic and, as far as we have seen, not effective. Vaccines are not very effective, either, since vaccination requires a responsive immune system. This is something cancer patients do not possess!

It is interesting to note that melanoma is among the fastest spreading and most aggressive cancers. It used to be quite rare

but, especially in certain areas of the world, such as Australia, it has become very common. Is it due to holes in the ozone layer and therefore stronger sun radiation? Perhaps this contributes to the problem. However, since even in Australia Gerson patients have recovered from melanoma, the holes in the ozone layer alone cannot be blamed.

It is possible that since almost no melanoma patients are pre-treated with chemotherapy, the Gerson Therapy has produced unusually excellent results. According to an important study, published in *Alternative Therapies in Health and Medicine*, Vol. 1, #1:

“Of 14 Gerson patients at stages I and II, 100% survived for 5 years, compared with 79% treated by other means. Of 17 patients with stage IIIA (regionally metastasized) disease, 82% were alive at 5 years, while other specialized clinics reported 39%. Of 18 Gerson patients with state IVA, 39% were alive at 5 years, while the same specialized clinic reported only 6% alive.”

In the limited space available here, we are unable to publish the records of all recovered melanoma patients treated by the Gerson Therapy and achieving long term cure after they were in stages 3 & 4, definitely considered “hopeless.” Their disease was spreading into various areas of the body. Of the three cases of “terminal” melanoma published by Dr. Gerson in his book, *A Cancer Therapy: Results of 50 Cases*, two are still alive after more than 45 years; the third one passed away after many years of normal good health, sometime after he had been admitted to an old-age residence and contracted an infection.

We can also safely assume that the most aggressive, most rapidly growing cancers respond fastest and best to the Gerson Therapy. These include melanoma, particularly fast growing lymphoma and aggressive ovarian cancers. On the other hand, we have also had some evidence that patients suffering from these cancers are severely toxic and their healing reactions can be quite heavy and last longer than usual. In two melanoma cases, the healing reactions produced a longish period of nausea. These two patients became discouraged and stopped the Gerson Therapy, with tragic results.

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, Dr Gerson published his book *A Cancer Therapy: 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 describe 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 of whom survived at least five years after starting the Gerson Therapy.

Over the course of over 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 precisely 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 Therapy 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 caused some of the worst damage to 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*, 2nd Edition, The Academic Press, Inc. New York 1964, 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. Dr. Gerson did not have the facilities to do research of this type, but relied instead on the results he obtained. Sodium 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 must be completely eliminated is fat. There is only one exception: pure, organic Flax Seed Oil (without any additives). 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 identifies 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.

Returning 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 table-spoonfuls 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 with your knees slightly drawn up. 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 melanoma. It is important to note that some (especially the first case described) suffered from multiple problems that were all cleared. The Gerson Therapy 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.

---

### **Beata Bishop** — Melanoma

Beata lives in London. She is a writer, psychotherapist and former broadcaster with the British Broadcasting Corporation. In November 1979, she discovered a growing brown/black spot on her right shin. A dermatologist urged her to see a surgeon, who performed a biopsy, which showed that the spot was melanoma (Clark's level 4).

The surgeon performed a wide excision, removing a large area of Beata's right leg either side of the shinbone, and covering the huge wound with a skin graft taken from her left thigh. In her book, *A Time to Heal*, by now published in seven languages, she describes the pain and misery of slowly recovering after the major surgery. Her only consolation was the surgeon's assurance that her troubles were over and she could resume her normal life.

Nonetheless, just one year later the surgeon discovered a swollen lymph node in her groin. This was a recurring melanoma, Stage IV, and deadly. He suggested a block excision of the right groin and various tests to find out if the cancer had spread elsewhere, too. Without surgery, he said that her life expectancy would be between six weeks and six months.

Beata refused further operations. She reasoned that since the first surgery only mutilated her leg but didn't cure the cancer, a second one wouldn't cure it, either. She began to explore alternative therapies, and at a friend's suggestion contacted Charlotte Gerson's daughter, Peggy Straus, who at the time lived in London. What she learned from Peggy convinced her that the Gerson Therapy held her only hope of recovery. On January 20, 1981 she arrived at the Gerson Hospital in Tijuana and stayed there for two months. During that time her incipient diabetes disappeared, never to return; so did the osteoarthritis in her right hand. She was also able to stop smoking without any withdrawal symptoms.

She returned to London in March 1981, remained on the

intensive therapy for 18 months, followed by a phasing out period of six months. Her health was excellent throughout. But after a while she began to take calcium tablets, as she thought to protect herself from osteoporosis, having forgotten Dr. Gerson's clear warning against doing that. To her horror, the lymph node in her groin, which had never disappeared, began to grow.

In a panic, she returned to Mexico, with CT scan pictures showing that the tumor was completely encapsulated and could be easily removed. This was done. At the Gerson doctors' insistence she also had her teeth checked and discovered that she had four abscessed roots, pouring toxins into her system. The teeth were removed, the abscesses cleared, her problems were finally over.

Instead of dying in June 1981 if she had no further surgery as her surgeon predicted, Beata is well, very active, working hard and enjoying life, twenty-one years after embarking on the Gerson Therapy. She continues on the Gerson diet, drinks a daily litre of juice and takes a half strength coffee enema every other day.

Last contact: April 2012.

---

### **Lura Greenwold** — Ocular Melanoma

Lura underwent a biopsy at the Health Sciences Center of Portland, OR in 1982. The diagnosis showed that she had melanoma of the eye. As Lura was pregnant at the time, she did not receive either chemotherapy or radiation. However, she had a total of seven operations. At first the doctors removed the original tumors around the eyeball. Then more tumor tissue would appear, covering the entire socket area. This tissue was removed piece by piece during the ensuing surgeries. Every time it seemed as though the melanoma was spreading further. At the time, her doctors stated that she would not live five months – but over a year later she was still alive. Still, the doctors said that her case was hopeless and there was nothing they could do.

When Lura found out about the Gerson Therapy and came to the Mexican Gerson hospital in 1985, she had a one-year old baby and the melanoma was spreading. She was blind in the affected eye.



This is now some 17 years ago. Lura is doing fine, and her eye has regained 20/20 vision (according to her mother's report in 1998).

---

### **Debbie Dole** — Terminal Melanoma

Deborah Dole's story started in early February 1978, when she was 24. She had a rash on her abdomen and consulted a dermatologist, Dr. McGinley, at Kaiser in San Francisco for a diagnosis. He noted on her right arm a black mole with a purple spot, which looked suspect to him. He biopsied it on February 15th. A few days later the pathologist reported that the mole was positive for melanoma, determined to be at Stage IV. Debbie underwent surgery on February 28th, and at that time the surgeon told her that he thought he had got it all.

Meanwhile Debbie had no new symptoms, except that the skin rash didn't go away for a year. She did have counseling for anger with the Shanti system. In July she noticed a swelling the size of a golf ball in her right armpit. She went back to Kaiser and her doctors proposed a liver scan and surgery on the tumor, with an overall hopeless prognosis. Prior to her visit at Kaiser, Debbie had read Jaquie Davison's book, *Cancer Winner*, describing her recovery from widespread terminal melanoma on the Gerson Therapy. That book had convinced Debbie that, if she ever had a recurrence, she would go the Gerson way. She called the Gerson Institute, went to the Mexican Gerson Hospital in August '78, and started the treatment.

She was very frightened and thought she was facing death. However, after six weeks she had a full-blown healing reaction with fever, nausea, redness (inflammation) and much else. After that the "golf ball" disappeared! She stayed on the full Therapy for about 14 months and then slowly got into "a more average diet," including going out for meals. She valued sociability, and the Gerson Therapy had forced her into isolation. Also, her friends tried to discourage her, with comments like "If this therapy were any good, everybody would use it." Only her husband and mother continued to support and encourage her.

In the experience of Gerson doctors, alcohol and street drugs are often involved in cases of melanoma among young people under 30. As early as in her sophomore and junior years in High School, Debbie had used marijuana along with alcohol, often two to three times a week.

As Debbie's Gerson Therapy months were ending, her husband became ill and was hospitalized for over a year. She visited him two or three times a week, while also taking care of kids where she lived during that time. In late '89, when her mother died and her father disappeared, Debbie faced severe emotional problems. She frequently went out to dinner with a friend and had "good wine" every night. In '92 a dear friend of hers died in a plane accident; at the same time she developed serious gynecological problems. These lasted until '96, when she had abdominal surgery. She has been well since.

Around Christmas 2000, she went for a regular gynecological check-up. The doctor felt a lump in her breast and urged her to do a mammogram. The results looked suspicious, with lumps in both breasts. He assured her that 90% of such lumps are benign, yet by late January 2001 the surgeon urged Debbie to have them removed.

However, Lent began and Debbie fasted, abandoned all indulgences, returned close to the Gerson Therapy, and "felt good, clearer, and rid of a lot of anger." The lumps didn't change; they didn't grow larger and harder, nor smaller and softer. But now, aged 47, Debbie says that she feels the best she has for eight years. Her recovery from terminal melanoma totals 23 years.

---

### **Robyn Martinez Thompson** — Melanoma

In 1977, during her first pregnancy, Robyn Martinez Thompson developed a growth on her right cheek. It was surgically removed, and when the biopsy proved it to be melanoma, she underwent a wide excision. The surgeon told her that the melanoma was Stage IV, but at the time she didn't understand what that meant. She had no further treatment, and delivered a healthy baby.

Nine months later she became pregnant again and complained

to her doctor that the area of the earlier deep excision felt “active” and was bothering her. But she was told that it was only “scar tissue,” and nothing further was done, since this was also late in her pregnancy.

Twelve months later she was pregnant for the third time. Now she experienced pain in the area of the surgical excision. After a biopsy she was told that the melanoma had spread to her lymph nodes, she had less than two months to live, and her unborn baby would also die. Her oncologist explained that he had to do some tests, but these would seriously damage the baby. In fact the tests showed the spreading melanoma, and Robyn also had to have an abortion, since her doctors told her that her unborn baby was severely damaged.

Shortly afterwards Robyn developed a new melanoma on the site of the earlier surgery, and was told that she would have to undergo a facial dissection. But just before this surgery was scheduled, a friend called and told her about her own recovery from breast cancer on the Gerson Therapy, and her visit to the Gerson Hospital in Mexico.

Upon this Robyn told her doctor that she didn't want the proposed surgery; he replied that she was committing suicide. But in 1982 she did go to the Mexican hospital to start the Gerson Therapy there, and continued with it at home. About a year and a half into the treatment she felt great, but found some nodules. The doctor declared that these were still malignant and insisted on carrying out facial surgery. She refused. Later it turned out that her lymph nodes were not malignant.

At that point she was presented to a group of 60 doctors, including her original oncologist. He couldn't believe what he was seeing, and said that she had looked “quite ill” when he last saw her.

Robyn never looked back. She remained well, was able to raise her children, and lead a normal life. When last contacted, in February 2002, she reported that she was alive, well and very active, with a full time job and six grandchildren!

---

## **Julie Hepner** — Melanoma

We are always delighted to discover a recovered patient who was not in our files. We also know that our readers enjoy the stories of these people and, perhaps, learn from them.

This report concerns Julie Hepner, who has just turned 36. Her childhood and adolescence were rather uneventful from a health standpoint: she had never even been in a hospital until her first problem with melanoma. But there was cancer in her family: a little cousin, aged 5, had died of leukemia. His mother died some years later of breast cancer. Julie's father had cancer, but died of a heart attack before his cancer became life threatening. Julie's sister was diagnosed with cervical cancer during a pregnancy. Her physician suggested that nothing be done, since sometimes such cervical cancers disappear spontaneously during or immediately after the pregnancy. In fact, that is what happened. Julie's sister recovered, and had no further problems with cancer.

When she was growing up, Julie spent a good deal of time at the beach and had several severe sunburns. She attributes her later melanoma, in part, to this sun exposure. In 1988, at age 22, Julie discovered a black mole on her right shoulder. Her sister urged her to have it examined immediately. It was surgically removed and biopsied: it was melanoma. The surgeon thought that he "had got it all," and no further treatments were suggested. In June 1990, a lump appeared on her neck. Just two months earlier, Julie's dentist had performed a root canal procedure. Her doctor assumed that lump was caused by an infection that had traveled to a lymph node on the side of her neck. He treated Julie with antibiotics. After two weeks of treatment, the lump did not disappear, so a needle biopsy was done which showed 'negative' (It is easy for a needle biopsy to miss malignant tissue; therefore needle biopsies, when they show 'negative' are not reliable.).

When the lump was surgically removed, it proved to be a recurrence of melanoma. The surgeon now suggested a radical neck dissection. This procedure is very disfiguring, and at age 24, Julie did not agree to it. A second surgeon felt that it was not needed, it would be enough to have the tumor removed.

After this surgery an MRI (Magnetic Resonance Imaging)

showed another tumor in the brain. So, just two weeks after the neck surgery in June 1990, Julie had brain surgery.

Again, the surgeon felt that he had “got it all.” Julie made a rapid recovery but at this point started on an alternative treatment. After one month of this Greek treatment, a new tumor at the base of her brain was no longer noticeable. The surgeon claimed that it had been a “mistake,” and that there had been no tumor. Julie, very angry, demanded, “Then why did you want to do a total resection and open my brain?”

One year later, in September of 1991, Julie had severe pain in her ovary and was told it was a cyst. It was removed, and again it proved to be melanoma. On December 31, 1991, she noticed a blob of flesh on her tonsil.

It was removed: melanoma again. In February 1992, she had severe pains in her abdomen and was vomiting all her food. It was a total blockage and, again, she had surgery. About 1-1/2 feet of her colon were removed. This blockage, too, proved to be melanoma. In all, Julie had seven surgeries. Right after the colon surgery, she started the Gerson Therapy. Her mother quit her job to help prepare the food and juices. A new tumor started to shrink and became softer.

For help with the Therapy and ongoing guidance, Julie consulted a Gerson Doctor several times on an out-patient basis.

Then the family moved. There was new carpeting and fresh paint in their new home, and the tumor grew again and pressed on her thyroid. This tumor was also removed in August 1993.

Julie stayed on the strict Gerson Therapy, and still remains on a less intensive Therapy. She says that she feels “great” now, has good energy and no more recurrences. She still takes some six glasses of carrot juice daily, and eats all organic food.

This story illustrates several points :

1. If absolutely necessary, patients can do the Gerson Therapy at home. If at all possible, such patients should have consultations with a Gerson doctor.
2. Root canals can produce recurrence of cancer.

3. New carpeting and fresh paint can cause serious new problems.

Last news: Julie is well in February 2002 and is working.

---

### **Miriam Vernon** — Recurrent Melanoma

Miriam lives in Australia with her husband, having brought up a family of three sons. Already in the late Eighties her health was not good: her vision was deteriorating, she was losing her hair, had blisters in her mouth and knew that she was toxic. In early 1991 she was examined at Nambour General Hospital by a specialist surgeon, Dr. Allan Smith, who told her that she had secondary melanoma and had a maximum of 5-1/2 years to live, provided she agreed to have a block dissection of the lymph glands in her left groin. (The primary melanoma, a skin lesion on her left upper leg, had been diagnosed two years earlier, in September 1989.)

Shocked by the prognosis, Miriam felt that she had to be responsible for her sick body, and not put herself into the hands of others to treat her as they thought fit. Nor did she want to be cut open whenever another tumor appeared. She and her husband had heard about the Gerson Therapy, and felt that it could cleanse and nourish her body. The following day they got hold of a Champion juicer and bought a lot of organic produce. She also informed Dr. Smith that instead of undergoing surgery she had decided on an alternative route.

A week later Miriam received Dr. Gerson's book, *A Cancer Therapy: Results of 50 Cases*, and all the necessary medications. She started on the intensive therapy on February 28, 1991, and stayed on it for two years. She was lucky enough to find a sympathetic doctor who monitored her through the therapy, and was thrilled with her progress. Equally fortunately, when she visited her specialist after 11 months on the Gerson Therapy, he was impressed with her state of health and asked many questions about the Gerson protocol. When she next saw him, three months before coming off the Therapy, he examined her and wrote a report for the Gerson Institute. A full CT scan showed Miriam to

be clear of cancer.

However, in 1995, after a stressful year, Miriam developed a tumor in her abdomen. She was very sick and felt she was wasting away. In April 1995, a small section of her intestine was surgically removed, after which she went back on the full therapy for 18 months. CT scans made in November 1997 showed her to be clear once again.

She remains well, drinks five juices a day, eats mostly raw vegetables and fruits and has a daily enema. During her long healing journey only once did she feel like giving up, but realized, as she put it, that “There is no turning back and there are no exits on the Gerson highway.”

---

### **George Taylor** — Melanoma

Back in 1980, George had a tumor removed from his chest. It was diagnosed as Stage IV malignant melanoma. In 1989, another tumor was removed; this one was located on his lower back, and again he was told it was Stage IV melanoma. In both cases the report stated that ‘they got it all.’ However, in December ‘92, he found a lump in his left armpit. His oncologist told him he was 99.9% certain that it was metastasized melanoma, now having spread to a lymph gland. He added that George had less than three months to live.

George received no treatment, and before starting on any conventional therapies, he reviewed information on the Gerson Therapy, which he remembered from one of Charlotte Gerson’s lectures. He called a former melanoma patient, by then recovered for some 11 years, and decided to go to the Gerson Hospital in Mexico. By this time, the lump in his armpit had grown to the size of a large lemon.

George’s Gerson doctor told him that if the therapy were successful, it would lead to one of two possible results: either it would kill the tumor and absorb and excrete the dead tissue, or the tumor would become encapsulated and could be removed by surgery. By the time George left the hospital in Mexico, the tumor had shrunk to the size of a golf ball.

After the second year on the Therapy, the tumor was still there and still about the same size, but it was very hard. In December 1994, the family assumed that the tumor was now encapsulated and it was time to have it removed. At that time George was 70 years old. The doctors treating him were convinced that a wide excision would be required and one of them referred to the nutritional Gerson Therapy as “something out of the Twilight Zone.” But after the operation the Chief Surgeon visited with George and said that there had been a number of surgeons present and that, between them, they had performed hundreds of lumpectomies. Yet none of them had ever seen a tumor that looked like the one they had just removed from George. It was encased in 1/4” to 3/8” scar tissue and a wide excision was not required, since the surgical margins were ‘clean.’ The tissue was reported by pathology to be “consistent with the diagnosis of malignant melanoma.” The chief surgeon also stated that George was very lucky, because the survival rate for this type of cancer was less than 1%.

George is now 78 and seems to be in extremely good health. He is active, jogs and does light weight training. He continues to adhere to a modified Gerson Therapy.

Last contact: February 2002.

---

### **Carl W. King** — Melanoma

Carl’s first indication of a problem came in the Spring of 1976, when he noticed that a mole on the inside of his right leg had changed color and texture. He brought this to the attention of his dermatologist who dismissed it as not requiring further consideration at that time.

In the Fall of 1978, Carl finally insisted that his dermatologist do a biopsy of the suspect mole. The report showed it to be malignant melanoma. All surrounding tissue was subsequently removed by a second surgery. Carl says that he was given little information about the severity of his disease, or on the odds of its recurrence.

In the Summer of 1980, he found a hard swollen lymph node in



his right groin, the size of a large marble. He was offered surgery to strip out all his lymph nodes, furthermore a bone marrow transplant that had “showed promise” of yielding positive results. Carl discovered that these “positive results” meant a survival of approximately eight months. He refused the offered protocol.

Meanwhile he had done a good deal of research and had found alternative, nutritional treatments, specifically the Gerson Therapy, which he eventually chose. He started the Therapy in July 1980 at a Mexican Gerson hospital; continued the treatment at home for 6 months, then returned to Mexico for an additional 14 months of Gerson Therapy. Carl found that the tumor grew for the first few months to the size of a small tennis ball – then stopped. At that time he wanted to have the tumor removed. The biopsy, which followed this surgery, showed an encapsulated tumor containing mostly dead tissue. At the end of 20 months, Carl felt that he was cancer free.

Now, 20 years later, Carl continues to ‘live by the Gerson principles’ and remains well and active. Last news: February 2002.

---

### **Kay Alina** — Melanoma

Kay was an alcoholic until October 1984. In order to ‘assist’ her recovery, her doctor gave her anti-depressants. She immediately developed *grand mal* seizures and told her doctor that she thought she was allergic to these drugs. The doctor didn’t believe her nor did he test her, but simply added an anti-seizure drug (Dilantin) to her medication. She took those drugs for some four years, until another physician allowed for the possibility of an allergy and took her off the anti-depressants. The seizures stopped and never returned. She was also taken off Dilantin.

The years of improper drugs plus her prior alcoholism all added to the deterioration of her body that precedes the onset of malignancy.

In 1989, she developed many moles all over her body, especially on her back. By December 1990, she had some moles removed and biopsied. The dermatologist found one mole to be malignant

melanoma. He did a deeper 'wide' excision, but was unable to obtain "clean margins." Another surgeon was asked to excise additional tissue to clear any remaining tumor tissue and a large part of the skin on her back was removed. This surgeon then stated that he encountered 'clean edges.'

In January of 1991, a bone scan showed "hot spots" (malignancies) in her bones.

A relative gave her Dr. Gerson's book, *A Cancer Therapy: Results of 50 Cases*, and she started the Gerson Therapy at home. 30 days later, an MRI showed clean. By the time we met her, she still had many moles. Some of those are being removed and biopsied – and show benign.

In 1995, she is reporting in good condition.

---

### **Ross Mansergh** — Melanoma

In June 1988 Ross Mansergh, aged 39, had a dark freckle removed from his right shin. Diagnosis: malignant melanoma. He was urgently recalled for surgery, and a wide excision was made around the site, measuring 8"x 4". This was covered with a skin graft taken from his left thigh. The wounds took a long time to heal, but Ross was told that the surgery had arrested the cancer and he could go back to his normal life.

He did so, but in February 1992 a hard, bean-sized node appeared in his groin. He was recalled to the hospital, where the surgeon wanted to operate at once. He managed to delay this for a week, mainly because his wife was anxious to find out if there was anything other than surgery that could be done. They came across Beata Bishop's book, *A Time to Heal*, telling the story of her identical experience with metastasized melanoma and her recovery on the Gerson Therapy. Although both Ross and his wife felt that following the therapy might make surgery unnecessary, he chose to have a block excision of the lymph glands in his groin, which left him with a 9" stitched gouge — and a poor prognosis.

With the lymph flow arrested and pressurizing, Ross had to have his groin aspirated on alternate days, to an amount of 250

cc. He realized that this was not the way forward, and as soon as he could arrange it, he traveled from his home in England to the Gerson Hospital in Mexico. He was wheelchaired off the plane and thought his groin would explode. But at the hospital no aspiration was done: the Gerson team told him to wait and see. Indeed, after three days on the intensive therapy the edemic pressure was gone. Ross didn't need his groin aspirated ever again.

After two years on the Gerson Therapy Ross regained his normal weight of 160 lbs., and felt healthy enough to look at life again. He claims to have learnt a lot about himself, and also how quickly the body reacts to intensive correct nutrition on the Gerson Therapy.

Ross remains healthy and well and leads an active life. Last contact: May 2001.

---

### **Sue Jessup** — Melanoma, Migraine Headaches

Sue's story illustrates that even the most severe advanced cases of melanoma in the liver can be cured on the Gerson Therapy. It also shows that if young people (she was 35 at her first occurrence) develop cancer, particularly melanoma and lymphoma, it is safe to assume that they have had other health problems which caused them to take doctor-prescribed medicines. Sue's experience fits this picture completely.

Some 15 years before her melanoma was first diagnosed, Sue had suffered from severe ocular migraine headaches – the kind that leaves you blind for a little while. At those times her doctor prescribed Florinal and codeine. She took those drugs for 15 years. Also, between 1982 and 1988, Sue believed that she was suffering from stomach ulcers and took the drug Zantac. She also had other digestive problems, see-sawing between constipation and colitis. Later, when she was taking coffee enemas, her doctor told her that she would never again be able to eliminate normally. As it turned out, Sue had never had stomach ulcers.

In September 1982, Sue noticed that a mole was growing on a spot on her left ankle where she had previously had a wart frozen off. The size of the mole doubled in three weeks. When she saw

Dr. Norman James at the Holy Family Hospital in Spokane, WA, he immediately did a wide excision (4" across and 2" deep), and covered the wound with a skin graft. Just four months earlier, she had undergone a hysterectomy for endometriosis. On finding that the mole on her ankle was melanoma, the surgeon suggested stripping out the glands in her groin. Sue refused. Years later she learned that stripping lymph nodes weakens the body's immune defenses.

Four years later, in 1986, she noticed an enlarged lymph node in her groin. This, too, was removed by the same surgeon at the same hospital in Spokane. Another six months later a CAT scan showed melanoma spreading to the liver.

By April 1987 she was too weak and ill to travel to the Gerson Hospital in Mexico, and started the Gerson Therapy at home. At first she needed help to walk to the bathroom. Six months later she was able to make some of her juices herself. Another two months later she was going up and down stairs to do her laundry in the basement. After one year on the Gerson Therapy she felt fairly normal.

Fifteen years after embarking on the Gerson program, Sue is well and active.

Last contact: February 2002.

---

### **Norman Piersma** — Melanoma

In October of 1990, at age 64, Norman discovered a bleeding mole on his back. He consulted skin cancer specialist Richard Ferderspiel on October 23, 1990. Norman is a veterinarian and is aware of cutting into a possibly malignant tumor. So he pleaded with the specialist to excise a small area with the 5mm mole in the center, rather than to cut into the lesion. Dr. Ferderspiel objected because he would not be 'following the book,' besides he was sure it was not melanoma.

However, it was melanoma. On October 30, at the Berrien General Hospital in Michigan, a huge area of skin was removed. On April 7, 1991, in the course of a routine examination, an

enlarged lymph node was discovered. This was removed two days later by Dr. Robert Schindler and cut in two, exposing the black melanoma tissue. The oncologist, Raymond Lord of the Borgess Medical Center of Kalamazoo, MI, looked at Norman and said, "I've treated several cases like yours (metastatic melanoma) and lost them all." He gave Norman a life expectancy of six months and proposed an experimental treatment that might extend this to as much as nine months. At almost the same time, Norman received word that a fellow missionary who had suffered from melanoma and submitted to all the conventional treatments, died five months later. With this in mind, and after additional research, Norman felt that prospects in Mexico at the Gerson clinic looked much brighter.

He and his wife Donna arrived on May 7, 1991. Another tumor had appeared at that time but completely disappeared in six weeks. Three years later, Norman wrote that that he was 'in perfect health,' regularly competing in the Senior Games, and vowed never to return to modern medicine.

However, two months after this, in 1994. After extensive travels overseas and a serious car accident, Norman had a recurrence. Another lymph node was removed and proved to be positive for melanoma. In 1997, he wrote, "I quickly got back on the Gerson program and am doing great." Last news: 2002.

---

### **Tom Powers, Jr. — Melanoma**

At age 42 in 1982, Tom considered himself a healthy man, eating organic foods, avoiding junk and living in an unpolluted area in upstate New York. But in March 1982 he noticed a small mole on his right temple that hadn't been there before. His doctor insisted on having the mole removed and biopsied at once, so Tom arranged to have the surgery done on April 22, at St. Francis Hospital, in Lancaster, PA.

Eight days later the lab report came back, with the alarming bottom line of "Malignant Melanoma." Tom knew about that form of cancer: three friends of his had died from the disease, including one whom he had helped nurse during the final stage of

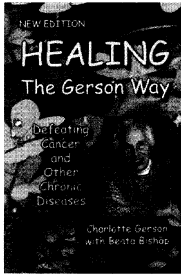
his illness. He was still pondering whether to agree to further surgery, as suggested by the specialist, when the symptoms of the disease changed. Within a few days the melanoma returned to the site of the operation, then dark brown growths appeared on his chest and left arm. He consulted four different doctors, who agreed that neither surgery, nor radiation or chemotherapy offered hope for a cure; his situation was seen as terminal.

Searching for alternatives, Tom's family came across the Gerson Therapy which, they gathered, was highly successful in treating even metastasized melanoma. So Tom decided to try that path, and on May 14, 1982 he embarked on the Gerson Therapy. It worked. Already by July 1 all visible tumors were gone. He had no further surgery, no chemotherapy or radiation. He remained on the Gerson Therapy for twenty months, and has had no recurrence of the cancer in the nineteen years since.

Tom has the following suggestions for making life on the Gerson program run smoothly. First, if you're going to do it, completely give yourself to it. Secondly, don't break the diet, not even on "special days." Thirdly, homeopathic remedies and chiropractic adjustments can be useful adjuncts to the therapy. Next, avoid all unnecessary arguments, debates and hassles, and people who lack faith in the effectiveness of the Gerson Therapy. And finally, "One day at a time" and "Let go, let God" are useful guides to achieve serenity.

Last contact: January 2002.

## Additional Reading

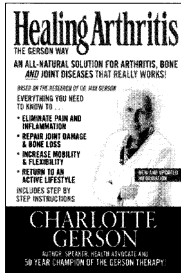


### Healing the Gerson Way: Defeating Cancer and Other Chronic Diseases

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**

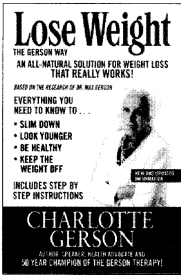


### Healing Arthritis the Gerson Way

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

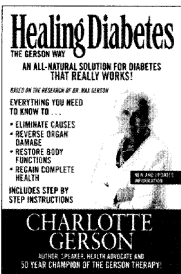
**\$19.95**



## 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**



## Healing Diabetes the Gerson Way

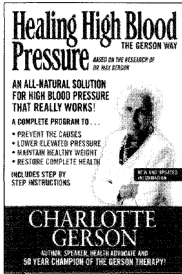
Healing Diabetes the Gerson Way provides a powerful program to reverse type 2 diabetes and return you to complete health. Healing Diabetes is an easy-to-follow, how-to guide for using the Gerson Therapy to overcome type 2 diabetes. The simple step-by-step instructions cover everything you need to know and guide you through each part of the program.

Here is some of what's included ...

- The latest in scientific research on the causes of type 2 diabetes
- Foods and equipment necessary to implement the Gerson Therapy
- 90 pages of Gerson-approved recipes for healthy foods and juices
- Complete instructions for performing the natural detoxification process
- Hints and tips to make the Therapy easier

**\$19.95**





## Healing High Blood Pressure the Gerson Way

Based on the work of Dr. Max Gerson, the Gerson Therapy for high blood pressure will help you to open clogged arteries, lower elevated blood pressure, lose weight, reduce stress and return to complete health. It is commonly known that poor dietary and lifestyle choices lead to increased blood pressure. It also known high blood pressure can be eliminated by making the right choices and that is what this program is all about. Gerson Therapy is an all-natural method of reversing high blood pressure that eliminates its causes and restores your body's natural defenses so it will repair damage already done. Easy to follow instructions guide you through every part of the program.

Here is some of what's included ...

- How the Gerson Therapy works to rebuild the immune system
- What foods and equipment are necessary for the Gerson Therapy
- Techniques and recipes for preparing healthy foods and juices
- Complete instructions for performing the natural detoxification process
- What to expect when doing The Therapy

**\$19.95**

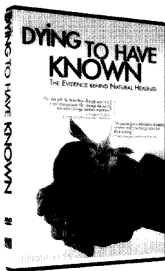
## Gerson Movies



### The Beautiful Truth

Follow Garrett on a cross-country trip to investigate the Gerson Therapy. He meets with cancer survivors who tell stories of triumph and healing by following the Gerson Therapy. Garrett interviews scientists, doctors and researchers, who reveal it is in the best interest of the medical industry to dismiss the notion of alternative and natural cures.

**\$19.95**



### Dying To Have Known

Filmmaker Steve Kroschel presents patients, scientists, surgeons and nutritionists who discuss the Gerson Therapy's efficacy in reversing cancer and degenerative diseases and show scientific proof to back up their claims. Interviews include a Japanese medical professor who cured himself of liver cancer, a lymphoma patient diagnosed as terminal over 50 years ago, and more.

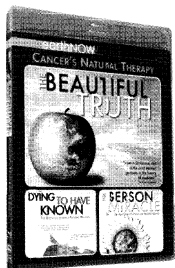
**\$19.95**



### The Gerson Miracle

This film introduces Dr. Max Gerson who developed a remedy for cancer and most chronic diseases over 80 years ago. The Gerson Therapy employs a diet and detoxification regimen to rebuild the immune system and restore the body's ability to heal itself. Former patients talk about their recoveries and Dr. Gerson's daughter, Charlotte discusses the medical and pharmaceutical industries and why they fear an all-natural therapy that allows people to take control of their own health.

**\$19.95**



## **The Gerson Movie Collection on Blu-ray**

All three Gerson movies on one Blu-ray disc.

- The Beautiful Truth
- Dying to Have Known
- The Gerson Miracle

**\$24.95**

### ***Books and DVDs available from:***

#### **Gerson Health Media**

316 Mid Valley Center #230, Carmel, CA 93923

(831) 625-3565

info@gersonmedia.com | www.gersonmedia.com

#### **The Gerson Institute**

P.O. Box 161358, San Diego, CA 92176

(619) 685-5353 | Fax: (619) 685-5363

Toll Free in US (888) 4-GERSON (4437766)

info@gerson.org | www.gerson.org

Permission to use the Gerson® and Gerson Therapy® marks has been granted by The Gerson Institute. Contact the Gerson Institute to find out more about merchandise, services and educational programs concerning the Gerson Therapy.



## Max Gerson, MD

(1881-1959)

Created in the 1920s by Dr. Max Gerson, the Gerson Therapy is the most effective all-natural solution ever created for restoring and maintaining good health.

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](http://www.gersonmedia.com)

**The Life You Save May Be Your Own!**



### Gerson Health Media

316 Mid Valley Center #230, Carmel, CA 93923

(831) 625-3565

[info@gersonmedia.com](mailto:info@gersonmedia.com) | [www.gersonmedia.com](http://www.gersonmedia.com)

ISBN 978-1937920067

50495



9 781937 920067

**\$4.95**