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- CASE HISTORIES OF RECOVERED PATIENTS

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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

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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 work on the Gerson Therapy, Dr. Gerson states 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 about other patients who were diagnosed with the same problem 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.

Ovarian cancer is generally rather aggressive, more so in younger women. And, according to the tenets of orthodox medicine, it has to be “treated aggressively.” If this were to bring long-term recoveries, it would be welcome. However, surgery, radiation and large doses of chemotherapy produce at best only temporary results. When the tumors recur, orthodox medicine is helpless. The more recent, and among the most toxic types of chemotherapy, Taxol, and the somewhat modified, Taxotere, also only produce temporary, if any, positive results, but have extremely toxic side effects.

A famous case in point is that of the beloved comedienne Gilda Radner. In 1985, while filming *Movers and Shakers*, she suffered from chronic fatigue and bouts of illness. Her doctors dismissed it as “flu” or overwork. In 1986, she collapsed and was diagnosed

with advanced ovarian cancer. She went through nearly three years of chemotherapy, surgery and 30 radiation treatments. At one time she appeared on the cover of a national magazine, widely touted as being “in remission.” Nevertheless, as almost all ovarian cancer patients, she died. She was 42. It was May of 1989.

As in all cancers, the problem is the breakdown of the body’s systems and its normal defenses, including the immune system, the hormone system, the digestive tract and the vital organs (the liver, pancreas, heart, lungs, kidneys and spleen). As a result of this general breakdown, the organism is unable to absorb nutrients and adequately dispose of its natural wastes. At the same time it accumulates toxins from the air, water, soil, food, and environmental chemical sources, as well as from alcohol, smoking, and all drugs, whether medically prescribed, over-the-counter or “recreational.” (Medical drugs suppress symptoms, but all are eventually liver-toxic. There are no exceptions.)

In order to truly heal the body, Dr Gerson found that two major actions were needed: to detoxify the body, and to flood it with the best natural nutrients. In other words, healing can only occur if the basic causes of the disease are reversed. Obviously, the ingestion and absorption of all toxins must also be avoided — a tall order in our toxic, polluted modern world. In several female cancers (ovarian, breast) the patient is tested for hormone levels, since orthodox medicine claims that certain cancers are ‘hormone dependent.’ In other words, if the patient has a high hormone level, this is supposed to stimulate more tumor growth. Interestingly, Dr. Gerson found that by detoxifying the liver (with coffee enemas), it is quite easy to help the liver to normalize the hormone levels, so that all hormone depressant drugs could be eliminated. All those drugs are carcinogenic and liver-toxic; therefore it is important to wean the patient off them.

It is not surprising that the basic causes are the same in all malignancies. Still, the primary affected area where the malignancy arises can be anywhere in the multitude of body tissues or organs! That is where other factors come into the picture: genetic weakness, long term irritation, recurrent infections, drug, alcohol and cigarette use, severe trauma, toxins (carcinogens), in soil, food, water and air. Even so, except in the most severe advanced

cases, the malignancies are reversible.

To prove this claim, Dr Gerson — having exactly described the theory and practice of the therapy in his classic book, *A Cancer Therapy: Results of 50 Cases* — presented the thoroughly documented case histories of fifty recovered patients. All but two were in a terminal condition, having been sent home to die. All survived at least five years. Some who were young at the time when the book was published in 1958 are still alive and active nearly half a century later. In order to reassure current patients that people are still recovering from terminal cancers, (ovarian cancer in the present case), we are including in this booklet the stories of many recovered patients, cured of terminal disease and remaining well.

The Nutritional Healing Program 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 gives 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 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. 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 ovarian cancer. 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.

Leslie Tell — Ovarian Cancer

When Leslie was just 40, in March 1985, and because she was suffering from extreme fatigue, an ultrasound examination was performed. It showed a large abdominal mass. She had exploratory surgery, which resulted in a total hysterectomy, removal of her fallopian tubes, her omentum (the covering of the abdominal organs) plus the removal of all tumors larger than 1 cm in size. One of her ovarian tumors had split its capsule and seeded her entire abdominal cavity with metastases. They had spread to the peritoneal wall, the spleen, the diaphragm, the lower cecum (the start of the large intestine), the appendix, the rear pelvic wall, and the bladder wall. The small amount of fluid also present was filled with adenocarcinoma (malignant) cells. Her liver seemed clear. After the removal of all the tumors larger than 1 cm, a large number of smaller ones remained in the various abdominal organs.

Leslie called "her cancer" *Gilda Radner's cancer*. Some months into Leslie's Therapy, Life magazine carried a large article with Gilda on the cover, saying, "she has beaten cancer." This was 17 months into her [chemo] treatment. Leslie said, "I was pulling for her." However, when Gilda died, Leslie was very frightened since, "after all, she had the same disease as me. It's scary when somebody dies."

Leslie had a little seven-year old girl and wanted very much to live. After much mental agonizing, she decided to reject chemotherapy, which had little promise of recovery, and chose to do the Gerson Therapy. In the beginning she had very violent healing reactions, with pain all over her body.

On the fifth day of the Gerson Therapy, Leslie had a very high fever. "I just ached. I've never felt so terrible; it was like the worst case of flu that you can even imagine. Every joint, every part of my body was just aching. I also had killer headaches. I could hardly move. I was taking so many coffee enemas, one after

another, just to give myself a little relief. Then, the next day, I started getting nausea. I took the green drink as a retention enema and drank copious amounts of peppermint tea and a little oatmeal gruel and some watermelon juice.” Leslie goes on to report: “What was so phenomenal was that the onset of the healing reaction was just like throwing a light switch, it was that sudden. I felt fine one minute and deathly ill the next. And when it ended, it was just as sudden. I was taking a ‘coffee break’ and was still feeling just lousy. I got up and knew — it was over!”

Leslie reports that over a period of two years she had dozens of these reactions, never as strong again, nor ever with that high a fever again. After three years on the Gerson Therapy, Leslie’s energy was high and she felt wonderful.

Leslie also consulted Dr. Nieper in Germany. He performed a CAT scan every time she visited for a follow up, in November of 1985, in June of 1987 and in June of 1989. Nothing positive was found at those times.

At this writing, in 2002, more than 17 years after her devastating diagnosis, and without chemotherapy, Leslie remains well and active and has good energy.

Diagnosis made at Orlando General Hospital, Inc., Orlando, Florida, on March 7 1985:

Bilateral primary papillary serous cystadenocarcinoma. Figo classification Stage III.

Sandra Whitwell — Ovarian Cancer

As a teenager, Sandra missed school at least one day a month, because her periods were so painful. At the age of 23, she had cysts the size of a grapefruit on her ovaries, ready to rupture. Emergency surgery removed the cysts. Because she had no children, no hysterectomy was done.

At age 29, Sandra developed endometriosis. Her tubes were scraped, but again a hysterectomy was not performed. Aged 37, Sandra had become an avid runner, running four to five miles a day. On a Wednesday she had run four miles, had absolutely no

pain and no idea that anything was wrong with her. However, she awoke on Thursday morning with her stomach swollen, especially on the left side. She could not move, she was in such pain. Her doctor rushed her to the hospital and did emergency surgery. This time she was given a complete hysterectomy. She still had not birthed any children, but adoption has proven to be a blessed option. Two days after surgery, the lab results came back showing she had ‘clear cell carcinoma of the ovaries.’

She was sent to Vanderbilt to see Dr. Jones, the oncologist, and chemotherapy was recommended. A friend living in Alaska sent Sandra information about the Gerson Therapy. Her mother had nursed a lot of people who had taken chemotherapy, and they decided it would be better to do nothing rather than chemo. They checked out macrobiotics and other options, but the Gerson Therapy made the most sense. Bombard the body with nutrients and it will recover and fight the cancer itself. Sandra decided to go to the Gerson Therapy clinic in Mexico, stayed 10 days, and her Mother and Dad literally devoted two years of their lives to her recovery — and the raising of her son.

Today Sandra feels better than she did when she was a teenager. She’d had lumps in her breast and one on her left leg. They’ve disappeared. When she first started the detoxification, she smelled of perms. She had always permed her hair, but now it is straight and healthy and her body no longer exudes that terrible smell. She also had terrible sinus problems and would vomit for days with migraine headaches, which no longer exist. She is presently helping a friend with ovarian cancer to do the Gerson Therapy, and is learning how hard her parents worked and are still working, as they are also helping. To Sandra the Gerson Therapy makes very much sense and has become a wonderful way of life for her. She adds, “It is hard socially, but I am a great conversation piece!”

Two years ago, Sandra had a terrible experience. After having a root canal done, she developed pain in the root canal tooth, pain in her neck, shoulders, knees and hips. Even her head seemed to be flipping and she became so nervous that her hands would shake. She kept telling the dentist that the tooth caused all this. She got laughs and plenty of explanations as to why this could not

be so. She even developed a knot on her nose and left eyelid. After a visit to the dentist who did the root canal and four visits to her regular dentist, Sandra finally got the tooth pulled. Immediately her heart stopped flipping and the pain disappeared. She is still working on the cysts on her nose and eyelid. They have decreased greatly and are no longer obvious — but they are still there.

Mary Hildebrand — Ovarian Cancer

Mary Hildebrand had some intestinal discomfort for years, with “irritable bowel syndrome” causing alternating bouts of cramping and diarrhea as well as constipation. She also felt that she “wasn’t digesting well.”

In late summer of 1985, she was just returning from a European trip with camping and relaxation and actually felt well when she noticed some lumps in her lower pelvic area. She didn’t suspect any serious problem and assumed these had something to do with her occasional bowel problems. However, the lumps “didn’t go away,” so Mary consulted a gynecologist. This doctor sent her for an ultrasound examination, which showed an orange-size mass on one ovary, while the other one had a mass the size of a grapefruit. Because of her age, (she was only 32), the doctor was “almost certain that this was not cancer, just some benign masses.” Surgery was scheduled for September 25th, 1985. When Mary woke up after surgery to remove the masses, she found that she had been given a total hysterectomy. Further examination also revealed that she had some spreading to the periaortic lymph nodes, with the official diagnosis of “Grade I papillary serous carcinoma with spreading to the lymph node”

Obviously, with her ovaries removed, Mary was thrown into immediate menopause. This is serious at such a young age, and she suffered from the typical symptoms. While she was still recovering at the hospital from her surgery, a friend brought her Dr. Gerson’s book, *A Cancer Therapy: Results of 50 Cases*. Her regular doctors had suggested one year of chemotherapy, but Mary just felt it wasn’t right for her. Her doctors were appalled by the idea of alternative therapies. One doctor whom she consulted for a check-up didn’t want to talk to her at all and demanded that

she get out of his office! However, in spite of the vocal objections of her doctors, family and friends, she decided to go to the Mexican Gerson Hospital, where she arrived toward the middle of October 1985. She had originally planned to stay for two weeks; but actually stayed for three months. At about that time, some friends started to visit her in Mexico. When they saw how well Mary looked, they became less negative. Subsequently, she found a pleasant place down the coast of the Baja California peninsula, where she stayed for another six to seven months, with some hired help. Her husband picked up organic food and liver (liver juice was still being used at that time) and she now states that “she never missed one juice” during that time of close to one year on the full Gerson Therapy.

Meantime, her menopause symptoms were almost cleared on the Therapy. When she returned home, she went on a somewhat modified therapy, working with a Dr. B. for another three months, and then stayed on about three to five juices, weaned herself off enemas, worked with Carl Simonton, using bio-feedback and visualization. Mary also made personal and career changes. At the end of 1986, she was divorced and also went back to school to be a health therapist, becoming seriously involved with psycho-neuro-immunology. She is feeling very well (in mid-2001) and is taking very low dose HRT (Premarin and Provera).

Mary had an MRI in June of 1987. All masses were completely gone by that time.

Diagnosis made at Stanford University Hospital, Stanford, California, on October 11, 1985:

Ovaries, left and right, oophorectomy and hysterectomy — Grade I serous papillary carcinoma Lymph nodes, periaortic, biopsies – metastatic Grade I papillary serous carcinoma.

Barbara Conklin — Ovarian Cancer

Barbara was born in 1942 in Cincinnati, Ohio. Aged 7, she had polio that left her with scoliosis (abnormal curvature of the spine), and the need for a leg brace and crutches to enable her to walk. Later she went to college and graduated with a Master’s degree in

psychiatric social work. She married "a wonderful husband" who has always been supportive in whatever she wanted to do.

In 1983, suffering from allergies, she and her husband moved to Florida, and started following an organic vegetarian diet. She had been reading avidly about alternative medicine for 15 years.

In October 1995, she felt lumps in her abdominal area. Her gynecologist had an ultrasound done which showed two tumors, while a CA 125 test produced a score of 398 (a normal score is below 31). Barbara chose to have a complete hysterectomy, which was biopsied. The diagnosis was a very fast growing ovarian cancer, Stage II.

After surgery, her cancer score dropped to 85; after three weeks on the Gerson Therapy, it went down to 31. Since then the CA 125 has fluctuated from as low as 6 to 16. In January 1998, with the reduction of the intensive Therapy, the CA 125 was 11.

Following her operation, the surgeon advised Barbara to have chemotherapy. She refused. He told her that the prognosis for recovery from ovarian cancer after surgery and chemotherapy was 20%. Without chemotherapy it was approximately 2%. Since her odds for survival were very poor, Barbara contacted Charlotte Gerson and opted to go to the Gerson Hospital in Mexico. Since her prognosis was bad, she wanted to determine her own treatment and destiny.

She started the Gerson Therapy on November 15, 1995 at the Gerson Hospital and stayed there till December 5th, then returned home where she religiously followed the full program for two years. After that she switched to a modified program of three to four juices daily and a coffee enema every other day.

After seven months on the full Therapy finances became a problem. Barbara returned to full-time work as a psychiatric social worker at the Veterans Administration Hospital, but had to hire a helper to make juices to take to work and make the enema coffee. She had to move closer to work in order to go home at lunch break for juices, a meal and an enema. This has proved workable but not easy, and expensive.

She had frequent follow-ups with the Gerson doctor. Her

co-workers, physicians, nurses and other staff at the Veterans Hospital where she worked all showed support and much curiosity about her progress. One local physician told her that she should have been dead in six months. Barbara replied, "I would have been if I had done chemo or radiation."

She adds, "I feel strongly that to follow the Gerson program religiously, a person must be determined and convinced that the program can cure cancer and that one must persevere in spite of all the obstacles. I am very sad that the American medical establishment is against non-chemical treatments that work, especially since what they have to recommend obviously fails."

Diagnosis made at the Bayfront Medical Center, St.Petersburg, Florida, on October 17 1995: Bilateral ovarian cancer.

Debbi Wagner — Ovarian Cancer

In January 1995, Debbi went to the San Antonio Community Hospital in Upland County for a routine vaginal hysterectomy with rectocele repair. During surgery they found multiple nodules on the upper vaginal cuff. A subsequent exploratory laparotomy disclosed cancer on the ovaries, bowel, omentum and pelvic gutter. A more extensive hysterectomy had to be carried out through the stomach, removing the ovaries and omentum, and scraping the bowel and pelvic gutter as much as possible. Three nodules on the small bowel and right pelvic gutter, measuring less than 1.0 cm in size, were left; so were seedlings on the vaginal wall.

Debbi's condition turned out to be Stage III papillary serous ovarian carcinoma with extensive omental involvement, studding of the bowel and right gutter, as well as involvement of both ovaries. The doctors wanted her to have chemotherapy (Taxol and Cisplatin). Debbi felt scared and visited the UCLA Medical Center for a second opinion. Contrary to her hopes, the original diagnosis was confirmed, so she arranged with a doctor near her home to start chemotherapy.

Her prognosis was not good: the experts said she probably had six to nine months to live. Upon this her father and uncle pushed her into considering the Gerson Therapy instead of chemotherapy.

Debbi read Dr. Gerson's book, *A Cancer Therapy: Results of 50 Cases*, watched the Gerson videos, did some research into chemotherapy and some other treatments. She asked UCLA and her oncologist for names of patients who were alive five years after undergoing chemotherapy for ovarian cancer. They didn't give her any. However, the Gerson Institute and the Cancer Control Society in Los Angeles supplied her with patients' names and phone numbers. She 'phoned these individuals, who had all had the same stage of ovarian cancer as she had, or even higher. They were alive 9, 10, 14 and 17 years after their original diagnosis with no recurrences, having used the Gerson Therapy — and feeling great.

The Gerson Therapy really made sense. Debbi canceled her chemo the day before she was to start it and decided to go to Mexico to start the Gerson Therapy. Her family and friends fully supported her decision.

Two years after that nightmarish diagnosis, Debbi had no sign of any recurrence, and all her tests showed clear. Way back in February 1995, two weeks after her original surgery, an MRI found a cyst on her left kidney, and gallstones. All that has vanished. Her adult onset diabetes is also controlled. She does not have to take any hormones to control the body changes due to the removal of her ovaries, and is free from the panic attacks that used to trouble her since childhood.

Debbi recalls three women acquaintances of hers who had ovarian cancer and were treated with chemotherapy. None of them lived even for nine months. She is the only survivor. She is deeply grateful to Dr. Gerson and to her own family and friends for having helped her through her ordeal and adds, "I am much healthier and more active than I have ever been." Debbi appeared in *The Gerson Miracle* in 2004.

Diagnosis from the San Antonio Community Hospital, Upland, CA, January 26 1995:

Well-differentiated papillary carcinoma with extension to serosal surface of left ovary. Metastatic papillary adenocarcinoma of uterus. Metastatic papillary adenocarcinoma of right ovary.

Aurora Lamb — Ovarian Cancer

In 1978, in Hilo, Hawaii, during one of her regular check-ups, Aurora at age 29 had a Pap smear. Her doctor asked her if she had any problems. She said that she was sore on one side. The doctor further examined her and told her that it was probably a cyst. He scheduled surgery to remove it.

In the course of the operation, the surgeon found a mass extending to both ovaries. He did a total hysterectomy, of course removing both ovaries. At that time, tissue was also turned over for a biopsy.

When Aurora woke up, the doctor told her that she had ovarian cancer, Stage III. Even the doctor was shocked to find such an advanced disease at that early age. He did suggest the usual treatments: chemotherapy and radiation. Meantime, a friend of Aurora's who had read the book by Jaquie Davison, *Cancer Winner*, lent it to Aurora. Jaquie's book tells the story of her recovery from widespread, terminal melanoma by the Gerson Therapy. Aurora then obtained Dr. Gerson's *A Cancer Therapy: Results of 50 Cases*, and was further interested. She and her husband decided at that point to visit the Cancer Control Society's convention, which took place over the Fourth of July weekend in Los Angeles. During the convention, they heard many speakers but found that the Gerson Therapy made the most sense. Aurora and her husband were really impressed and she then spent one week at the Mexican Gerson hospital to learn the details of the Therapy.

While Aurora's husband and her own family were supporting her decision, there was some fairly heavy opposition from her husband's brother, an MD. It is interesting that, eventually, her brother-in-law was swayed in the direction of the Gerson Therapy, and even used some of its principles for himself.

Meantime, Aurora did the Gerson Therapy strictly for two years, then continued with a less strict approach, "on and off," as she said. In time they adopted a daughter who is now (Feb. '02) 16 years old. Aurora runs her own business, also does crafts, travels and enjoys life. She still does enemas occasionally and drinks some juices, and remains "very well." She feels that the

right mindset is most important. She will also be glad to talk to other prospective patients.

Madelyn Handlong — Uterine Cancer

Madelyn was 62 years old when in the course of a regular annual checkup and Pap smear the doctor noted that she was bleeding from the uterus. Madelyn thought that, surprisingly, she was still having a period. But the doctor performed a D & C and discovered that, in fact, Madelyn was suffering from uterine cancer — malignant cells were found in the scraped tissue.

That surprised her, too, since she had been careful to eat “healthfully” since 1957. At that time she was suffering from bursitis. The movements of her shoulder were so restricted that she was unable to comb her hair or swim. She read an article in *Prevention*, which suggested Brewers’ Yeast as a remedy for bursitis. Madelyn tried it and found that after about three weeks of taking some tablespoonfuls of Brewers’ Yeast her sleep had improved and her arm was moving much better. She had also changed her diet.

With the diagnosis of a malignancy in the uterus, her doctors wanted to do a hysterectomy, followed by radiation. Madelyn spent a few days at the hospital, but, in her own words, she “couldn’t stand it.” She refused the suggested treatments. Her husband had a copy of Dr. Gerson’s book, *A Cancer Therapy*, which he had bought second-hand and had also lent it out. Madelyn decided to give the Gerson Therapy a try, and in 1985 went to the Gerson Hospital in Mexico for a month.

Meantime her daughter helped her to get the Gerson Therapy household established at home — she even found a second-hand Norwalk juicer — while Madelyn “just loved the Therapy, it was my kind of thing.” Her uterine bleeding had stopped after the D & C.

Madelyn’s condition improved greatly and after about six months she went down from 13 juices to about seven a day. She continues to be very well, now in her mid-seventies, is active and working hard in her family’s plant nursery business.

Lynn von Schneidau — Endometriosis

At the age of 22, Lynn developed endometriosis, a disease that causes bleeding tumors in various parts of the body. In her case the tumors settled in her left ovary and on her sciatic nerve, causing her excruciating pain for several days every month. For a year she tried to deal with the pain unaided, then began seeing doctors and was diagnosed with endometriosis.

The first doctors she visited said they could prescribe Danocrine, or else Lynn could get pregnant, which was not an option for her at the time. The alternative, Danocrine, turned out to be a male hormone which would make the patient gain weight, grow facial hair and develop a deeper voice. What Lynn was not told was that the drug could also damage her liver and kidneys and make her brain swell. She only took the drug for a short time — the ill effects made her stop fast. Eight other drugs were prescribed, but her pain was getting worse. A diagnostic laparoscopy, to confirm the diagnosis of endometriosis and allow the surgeon to cauterize any visible tumors, was also followed by worsening pain.

Eventually Lynn discontinued all drugs and went as an inpatient to Scripps Hospital in La Jolla, CA. There the doctors prescribed psychiatric treatment and a second “diagnostic” surgery, during which they would cauterize any obvious tumors, remove Lynn’s appendix (because they felt it had no purpose), cut the nerves in her back to ease the pain on her sciatic nerve, and, with or without her consent, perform a full hysterectomy.

Hearing about this plan, Lynn decided to try instead the Gerson Therapy, which her mother knew about, and shortly afterwards, in March 1986, arrived at the Gerson Hospital in Mexico. Within two weeks on the full therapy, she had no more endometrial pain. She stayed on the intensive therapy for three months with the help of her family, then followed the modified version for one year. Three years later she got married and had three healthy babies in five years. She remains healthy, continues to eat organic foods and drinks three juices per day.

Busy though she is with three small children, Lynn has started studying at the John Bastyr University in Seattle, WA, to become a

naturopathic physician. This is what she has to say about her life-saving experience:

“My life completely changed as a result of the Gerson Therapy. My views of eating healthfully and taking responsibility for one’s own health are the result of Gerson’s philosophy. I hope to be able to give other people what I was given.”

Echo Maillet — Cervical Cancer,
Degenerative Malignant Bone Disease

My family history: baby brother died of a blood clot, nineteen year old brother died of a malignant brain tumor, father died at the age of 50 of bone cancer, mother died at 51 years (after radiation treatments for cancer of the uterus) of sclerosis of the liver from alcoholism, two uncles had bowel cancer, and on the list goes. Growing up having spent more time visiting loved ones in a hospital than seeing them at home was not my idea of a good childhood.

Due to our upbringing I grew up looking like the Michelin Tire man and struggled with my weight for years, and I also had extremely difficult menstrual cycles. In my early 20s I was diagnosed with anal fistulas, hemorrhoids, bleeding bowels, and diverticulitis. At that time doctors wanted to remove part of my bowels. I decided to take a look at my lifestyle and made some dietary changes. Since my family history of illness was strongly imprinted on my heart, I did not want to be another statistic — there had to be a better way! After attending some seminars, reading and researching some alternative therapies, I became a Lacto-Ovo-Vegetarian. This change certainly had an impact on my health, however it did not offer me a cure. I functioned for several years after that still having some bowel discomforts, difficult menstrual cycles and was still overweight.

In my mid-thirties, after my son was born, I was diagnosed with cervical cancer (stage 4). I was scheduled for surgery 10 days after I was diagnosed. I promptly went home and discontinued all animal products (milk, cheese, eggs) and went on a very clean diet of only fresh fruit, vegetables and a small amount of cooked

grains for the next 10 days. On the pre-op tests my stage of cancer had dropped from 4 to 1. It was then evident to me more than ever how our lifestyle and eating habits directly affect our health. I canceled the surgery and continued my research into alternative health. We became Vegan, although we still ate a lot of cooked foods, meat analogs, seasonings, salt and oils. But we were careful not to eat any animal products!

Even with my new healthy lifestyle, my health continued to fail. I started to have extreme back problems. My son was delivered via a Cesarean section with long labor and a uterine infection. It was a difficult delivery done under spinal freezing that had been attempted four times by an internist that missed. This left a lot of damage and scar tissue in that area. So as the pain increased to the point where I was not able to function in the daily home duties and physical therapists, chiropractors and medical specialists could not relieve it, I was diagnosed with Degenerative Bone Disease. It had appeared that the cancer had spread from the cervix to the weakened spine.

At this point I had little function of my arms, they were very weak and I was in constant pain all over with shooting pains to the lower spine causing me to literally fall to the floor. There were three large abdominal tumors (it was never determined if they were benign or malignant), which had distended my abdomen enough to make people ask if I was pregnant. I was resistant to take further tests outside of X-rays, blood work or physical examination. I did not want to travel down the well-worn path of orthodox medicine that had very little hope to offer in my hour of need.

So, back to the books I went. It was at this time that I started to apply the Gerson Therapy. I was familiar with the book by Dr. Max Gerson, *A Cancer Therapy: Results of 50 Cases*, and had read and shared it with others years before, however I did not take it seriously at that time for application in my own life, until now. I did not have access to the Gerson Primer, so I gleaned what I could from the book. It was difficult for me to obtain the Lugol’s solution, thyroid pills, etc., therefore I went on a totally raw diet, eating only live, fresh organic food. I juiced on a regular basis and took coffee enemas. Within two weeks the constant pain had

gone, though I still had some shooting pains, but they were subsiding. This already made my life more pleasant. Unfortunately that gave me fits of heroics and I would also do some physical tasks beyond my state of health. This soon made me see my place and restrain myself until the body could truly heal. Realizing that bones take up to a year to heal I took it quite easy, using the *Gerson Healing Newsletter* 15(1), 2000, a rebounder for gentle exercise, hot and cold hydrotherapy to assist the elimination of toxins in my system and to aid the healing. Along with the intense nutritional program and the detoxifying, I had a loving supportive family to guide and encourage me, this only added to round the whole thing off — how could I not get well?

So here I am over two years later — cancer free and all of my previous medical problems gone: arthritis, PMS, obesity, liver spots, tumors, migraines, depression, allergies, cancer, degenerative bone disease, chronic pain, even the “C-Section” scar — all gone! Remember that I had *no surgery, drugs or medical interventions!* Health or lack of it is generally our own doing. My condition was in obvious need of some intervention, however what was not so obvious was that my family was also in need of help. They never showed the severity of symptoms that I had, but rather often had the flu, colds, headaches and general fatigue and so-called yearly health problems that are considered to be “normal” today. We have since found out the truth. We have not had a cold, flu or so much as a snuffle in this home for years, even though we are exposed to people all the time as we conduct seminars, etc.

This has been a blessing for all members of the family — there are no more health problems for any of us.

Elizabeth Littlefield — Cervical and Uterine Cancer

Born in 1921, Elizabeth has a complex medical history. In 1967, aged 38, she was diagnosed with Stage 4 cancer of the cervix at Yale – New Haven (CT) Hospital. The cancer had already invaded the bladder wall. Prior to surgery she received 4500 rads of cobalt radiation, which shrank the tumor by 70%. During the long and complicated operation her uterus was found to be cancerous, too, and was removed, together with both ovaries, cervix and urinary

bladder. Elizabeth withstood the surgery well and was able to return to work.

In the early Seventies she found out about the Gerson Therapy, and in 1977 went for a week to recently-opened Gerson Hospital in Mexico. She stayed on the Therapy for 18 months and experienced a significant improvement in her general health, together with a sense of rejuvenation. She remained on the modified Gerson Therapy “on and off” ever since, and returned for ten days to the Mexican Gerson Hospital for a “refresher” in 1987.

Her next serious problem arose in 1988, when she needed surgery for a fistula in the lower bowel, caused by the extensive radiation she had received in 1967. This was carried out at the White Memorial Hospital in Los Angeles, by Dr. Zerme. However, the radiation had also damaged the lymph nodes in Elizabeth’s left groin, causing severe edema in her left leg. She has been able to control it to some extent, but it has not gone away completely.

In 1995, Elizabeth had a thorough check-up at Saddleback Radiology, Laguna Hills, CA, and was found to be free of metastatic malignant disease, being generally in good health. Now aged over 80, in a recent letter to Charlotte Gerson she wrote, “I know I will pass away one of these days, but I’ll be d - - d if I die of cancer!”

Sonya Travis — Endometriosis, Cervical Cancer

Already as a young woman Sonya suffered from female problems; her menstruation was always difficult, with heavy bleeding that often contained large clots.

In due course she was diagnosed with endometriosis and had a number of D & C’s (scraping of the uterus) to remove endometrial plaque. Finally, over 35 years ago, she underwent an operation in which the surgeon removed one ovary and part of the other.

Despite this intervention, her extremely heavy and painful periods with large blood clots persisted. A Pap smear in 1979 showed cancer of the cervix; she was also found to have “atypical” cells in her blood. At that point she was scheduled to have a

total hysterectomy. She also had “lumps” in her breast and under her arm, but these were not further investigated or biopsied. But in view of the “atypical” cells in her blood, these may well have been malignant.

Sonya declined the hysterectomy — she “did not want to follow that route.” Instead, she investigated some alternative methods and started by changing her diet and fasting. Many years earlier she had heard a talk given by Charlotte Gerson. At that time she decided that if anybody in her family ever had cancer, she would do the Gerson Therapy. So she went to the Gerson Hospital (at that time La Gloria) in Mexico.

In the course of her Gerson treatment Sonya was surprised when she experienced some severe healing reactions in her stomach area, with eating difficulties, nausea and vomiting. Then she remembered that some time before an iridologist (an expert studying the iris for signs of good or ill health) had told her that she had a good deal of scar tissue in her stomach and duodenum, possibly caused by earlier ulcers.

Sonya stayed on the Therapy for two years. She stresses that “never once did a bite of food enter my mouth that I should not have eaten.”

Unfortunately Sonya’s records were destroyed in a fire that severely damaged a section of the Mexican Hospital. Nevertheless, she remembers vividly the essentials of her long-term recovery from life-threatening disease on the Gerson Therapy.

She has remained in good shape, has great energy, and leads an extremely busy life, looking after her aged parents, her in-laws and grandchildren.

Elisabeth Curry — Cervical Cancer

Elisabeth was born in March 1953. Aged 29, in 1982, she was in the last year of studying to qualify as a chiropractor when she visited her mother at Christmas; it was there that she woke up one morning in pain and bleeding, and suddenly had the thought flashing through her mind: “I have cancer.”

Her intuitive sensing turned out to be correct. The result of a Pap smear showed ‘Class 5,’ the designation for malignancy at the time. Further medical tests in Los Angeles included a colposcopy (a vaginal examination of cervical tissues to pinpoint areas for a biopsy), and Elisabeth underwent a cone biopsy on February 24, 1983. The report stated “Stage 1 A,” malignant. This implied that the cancer had not invaded surrounding tissues, lymph nodes or blood vessels. Even so, her doctor said that a total hysterectomy had to be carried out, along with the removal of lymph nodes; however, he thought he could possibly save her ovaries.

Elisabeth refused the operation, since she was still hoping to have children; upon this her doctor predicted that she would be dead in two years’ time.

Meanwhile, for the past year and a half she had also been suffering from debilitating migraines, which kept occurring more and more frequently. On top of it all she was also plagued with severe fatigue.

Despite all this, she wanted to complete her last term of chiropractic training, but she also realized that her illness had to be dealt with. Having refused what orthodox medicine had to offer, she gathered information on various alternative systems of cancer treatment and health care, and found that the approach of the Gerson Therapy appealed to her most. Accordingly, in March 1983 she arrived at the Gerson hospital in Mexico, and although she only stayed for six days, she moved on for several months to the “Gerson Halfway House” in San Diego, where the correct food and fresh juices were available for Gerson patients. She had no other treatment of any kind.

Then she became pregnant. Her obstetrician suggested a termination, but he decided to re-examine her at the four months’ point, to reconsider the options. To his surprise he found a lesion that looked more like scar tissue, and he saw no reason why Elisabeth should not complete her pregnancy. Her son was born exactly one year to the date when she was told about her biopsy result.

As a happy side effect of the Gerson Therapy, after embarking on it Elisabeth never suffered another migraine. She gave birth to

a second baby, and also trained as a nurse practitioner, a profession in which she is now active, being very busy – and very well.

Last contact: March 2002. Elisabeth tells us, “Both my pregnancies went well, and the kids are now 18 and 15, bright and healthy. Neither has ever required antibiotics (nor have they had vaccines). I’ve had a couple of dozen Pap smears since 1983, and they’ve all been perfect.”

Kidney Cancer

Josefine Petith — Kidney Cancer

In 1983, while traveling, Josefine aged 51, was unable to urinate. She was taken to the emergency clinic in Konstanz where her urine was drained. The attending physician did an X-ray as well as an ultra-sound. These tests showed a tumor on her left kidney, blocking her urethra. Immediate surgery was suggested.

Josefine had the operation at the Universitaets Klinik in Frankfurt, Germany, in August 1983. The biopsy showed the kidney malignancy and her left kidney was removed. Following the surgery, she suffered from severe weakness. She reports that she was unable to hold a cup of coffee in her hand. Her recovery was slow but complete.

Twelve years later, in 1995, while at her winter residence in Stuart, Florida, Josefine suffered from abdominal pain. On examination, the doctors found a tumor blocking her bile duct causing her to be jaundiced. On further check, it was discovered that she had 16 tumors throughout her abdomen and liver. Her doctor gave a desperate prognosis, told her husband that she had at most 6 months to live. The surgeon tried to remove some tumors but these were so extensive that removal was impossible. All he could do was to install a by-pass so that her bile could drain thus also relieving her of the jaundice.

For several years before this occurrence, Josefine as well as her husband were not only vegetarians, but ate mainly raw food.

When they received the desperate prognosis, they decided to try the Gerson Therapy and arrived at the Mexican Gerson Clinic during the winter of 1995. She was bedfast when she arrived, but started to feel better after a little more than a week. After she left the hospital, she continued the strict Gerson Therapy at home. Two years later, the same doctor who had told her that she had at most 6 months of life, re-examined her. He was truly happy, hugged her and congratulated her for her regained health. Even her liver was healed.

Josefine and her husband continued to eat mostly vegetarian foods. However, the propaganda of the supposed benefits of soy caused them to include considerable amounts of soy in their diet. Aside from that, Josefine also took some pastries, meat, and other foods not on the Gerson Therapy. She remained in good health for some 4 years. Then, in November of 2001, while vacationing on Tenerife, she noticed that ‘her skirt was getting very tight.’ She didn’t believe that she could have gained weight so rapidly, and, on her return home to Germany, had a medical examination. The doctor in Bad Homburg discovered that she had many new tumors in her abdomen, a pancreas malignancy, as well as a ‘large’ mass in her liver and an enlarged ‘tumorous’ right kidney (her remaining one). In January 2002, she came back to Mexico for a return to the Gerson Therapy. Her latest report is that she is getting better again.

Sister Mary Moranda — Left Kidney Sarcoma Case No. 38 in *A Cancer Therapy*

Sister Moranda was born in 1903. In February 1945, she was operated on at the Sacred Heart Hospital, Allentown, PA, where a very large tumor weighing 23 lbs. was removed from her abdomen, with her kidney enclosed. The biopsy revealed that the category of the huge tumor was “a small, round and spindle cell kidney sarcoma.” The surgeon felt that a recurrence was likely and decided that the patient should be given deep X-ray therapy.

Sister Moranda received 18 deep X-ray treatments in July and August 1946, then again 42 treatments the following year between June and August 1947. The side effects included vomiting,

dizziness, secondary anemia, weakness and weight loss. She suffered from severe stomach upsets and bad constipation. Eventually she decided that she could no longer tolerate the hospital treatments.

In October 1947, when she first arrived at Dr. Gerson's office, she had a distended abdomen, a badly swollen left leg which she could hardly move or bend, and a large tumor mass in her left lower abdomen, just below the old operation scar. During the first two months of the treatment she was very weak and tired, but started to improve in the next three weeks. From then on she improved steadily. After one year on the Gerson Therapy, by September 1948, she was much stronger and no tumor could be felt. Also, her leg was back to normal size and motility. But, as Dr. Gerson noted, "It took her more than 1-1/2 years to recover from fear and anxiety."

In June 1954 she reported that she had been checked by doctors in Wedron, IL, and had been found free of cancer.

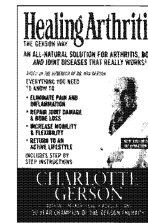
Sister Moranda lived to age 85, was well and active, teaching at the convent where she resided. In 1988, we received news of her death.

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)

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...

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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.

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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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