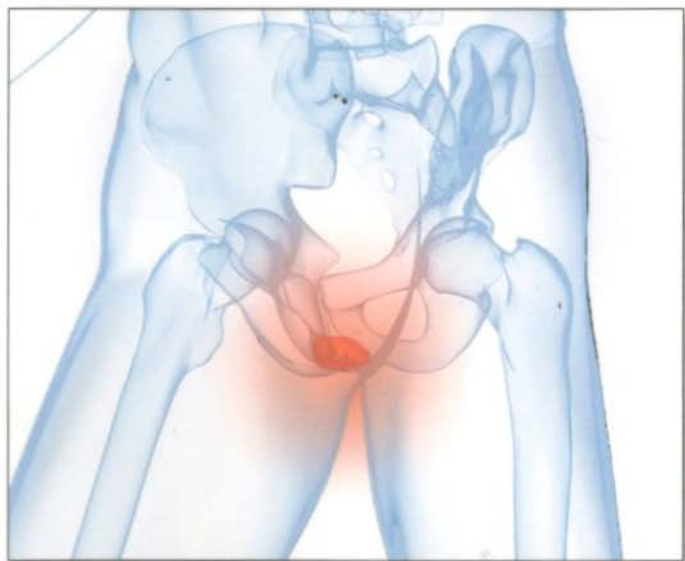


# Healing Prostate & Testicular Cancer

THE GERSON WAY

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



A QUICK OVERVIEW OF...

- PROSTATE CANCER, TESTICULAR CANCER AND THE GERSON THERAPY
- DR. MAX GERSON'S VIEWS ON NUTRITIONAL HEALING
- CASE HISTORIES OF RECOVERED PATIENTS

CHARLOTTE GERSON

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- Healing Prostate & Testicular Cancer the Gerson Way

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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<sup>®</sup>, 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<sup>®</sup> 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 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.

Two thousand years ago, ancient Chinese medical textbooks stated that “an immoderate diet increases the risk of 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., RD, C.N.S.)

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

Now the cancer ‘authorities’ admit that some 50-55% of

women's cancers and some 45-50% of men's cancers are 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 a contributory cause of cancer. In other words, orthodox medicine admits that cancer has various causes.

Prostate cancer is subject to various orthodox treatments, with hormone blockers (the drug flutamide is an oral anti-androgen), removal of the prostate, orchiectomy (removal of the testicles), all performed to eliminate androgens that supposedly stimulate the prostate malignancy to spread; radiation is used, too. In most cases, the cancer spreads to the bones, and the only help regular medical treatment can offer to alleviate pain is radiation. It does not produce healing!

Prostate cancer is incredibly common now. It rarely occurs before age 60; however, the incidence rises rapidly after age 66. By age 68, it is said that about 40% of men have prostate cancer; by age 74, it is over 50%; by age 76, it reaches some 80%. And according to the latest information, no matter what causes a man's death after age 79, an autopsy will reveal some degree of prostate cancer in 100% of men! There is a little bit of consolation: the glandular cancers, including prostate cancer, are more aggressive in the younger patient. After age 75, it progresses slowly, and a man can survive in relative comfort for 5-10 years without treatment.

Many factors other than nutrition and smoking depress the body's defenses and contribute to the onset of a malignancy. Above all, there is toxicity in the air, water, soil, processed foods, over-the-counter, prescription and medical drugs, household chemicals, industrial and occupational by-products, and more. Another important contributing factor is the use of deodorants and/or antiperspirants. Some of these contain toxic chemicals. Even if they do not, they clog the pores of the underarm lymph glands and prevent the body from releasing toxins accumulated in 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

## Introduction

load. The body then uses an auxiliary system: perspiration, to help detoxify.

It can be assumed that the toxic excretion in perspiration is smelly. Naturally, people have been taught to use a deodorant, a cream or a stick, to banish the odor. 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, is directly related to the vastly increased use of underarm deodorants by men. It is admittedly difficult in our 'civilized industrial society' to avoid all toxins. Cancer, particularly the glandular type which affects the prostate, can take months or even years to appear. But once it has manifested, it is imperative to eliminate all toxins as an essential part of healing.

After toxicity, the second major factor in all malignancies is deficiency. Our depleted and artificially fertilized soil does not produce food rich in natural nutrients. The already deficient food is further depleted, refined, and treated in processing methods 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 its ability to handle stress and/or accidents or injuries. Dr. Gerson emphasized that a normal healthy body has a strong ability to heal infections, colds, flu's or injuries. This natural ability, when lost through harmful lifestyles, has to be restored if the body is to be enabled to heal. With the proper nutrients and the elimination of toxins, this can be done! In other words, with intensive detoxification and the flooding of the system with fresh, living, organic nutrients, the body recovers.

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. Many of those who were young enough at that time are still alive and well into their high 70's and 80's. We give below a number of more recent case histories of patients, almost all of whom were in a 'terminal'

condition when first seen, with recurrent tumors after various orthodox treatments; yet all of them survived for at least five years after starting the Gerson Therapy.

Prostate cancer is relatively easy to diagnose. First, a blood test is done to examine the level of the PSA (Prostate Specific Antigen), which should normally be below 4. An elevated PSA will draw attention to the likely presence of a prostate malignancy, and the doctor will perform further tests, including sometimes a simple finger examination via the rectum, and finally a needle biopsy. If a blood test also shows an elevated Acid Phosphatase, this would indicate that bone metastases are already present. The Gerson Therapy has had good results also with patients in whom the disease had already spread to the bones, the lymph nodes, the intestines, or the bladder.

One important facet of healing prostate cancer should be remembered: in many cases, while the PSA usually drops at first, it rises somewhat during the first weeks or months of the treatment. This frightens the patient, but is in fact quite normal and expected. It seems to me that the PSA as an "antigen," stimulates the production of healing antibodies. Whatever the process, the PSA falls again and becomes (and remains!) normal as the patient heals.

This booklet, along with a number of recovered prostate cancer patients, also presents the stories of three patients who have recovered from testicular cancer.



## 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. Furthermore, additional research now proves that the higher the animal protein consumption, the higher the incidence of 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, such as one in *The Journal of the American Dietetic Association* noted by Nathan Pritikin, John Robbins, and various US Government agencies, 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 vegetable 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, published by the Academic Press, Inc., New York 1964, pp. 422-423. In this study 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) is an 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. Added 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 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, never heat or cook with flax seed oil. Use this oil raw in salad dressing or on baked potatoes once they are cool enough to eat.

The book *Healing the Gerson Way* lists many additional 'forbidden' items, such as white flour, sugar, alcohol, cigarettes, canned, frozen and pickled foods; cosmetics and underarm deodorants, household chemicals, sprays, pesticides and many more toxic and otherwise damaging materials. Also, all food and materials used for juices must be organically grown, free of poisons.

Water must be cleared of fluorides (only possible with distilling) and other additives. If no fluoride is present, reverse osmosis will adequately clear the water. All water used for the patient, including that used in coffee enemas, must be clear of additives.

We return 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. 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.) 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 starting the Gerson Therapy.

Enemas are prepared as follows: Use a quart of 'clean' (distilled or filtered, see above) water; add three rounded tablespoonfuls of organic ground coffee (NOT de-caffeinated), boil briskly for three minutes, then 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 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 solid meals consisting of salad, soup, potatoes and vegetables, and fruit (raw or stewed) for dessert.

Dr. Gerson became aware that patients were 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 Dr. Gerson's 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 "Acidoll." Liver medication, Vitamin B3 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 prostate and testicular cancer. It is important to note that some (especially the case of Art McGarry)

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.

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### **Edmund Braun** — Testicular Cancer

Edmund was 30 years old, married with two young children, when in July 1955 he had a cancerous testicle removed, along with extensive cancerous lymph nodes along a fourteen-inch surgical cut line. The operation was done at St. Mary's Hospital of Racine, Wisconsin, by Dr. Russell Kurten, and was followed by a total of 88 deep X-ray treatments over six months. Ed described the effects of the radiation as "having a fried torso and a body riddled with metastatic cancerous tumors in both lungs and on the penis." This latter tumor also interfered to some extent with his urinating.

All along Edmund believed, and still does, that the cancer probably started during World War II, when he was stationed at Los Alamos, site of the first atomic bomb test. The enlisted men were sent in without protective clothing to check everything at the test site soon after the bomb had been detonated, and of course the area was highly radioactive. Tragically, many of the soldiers who had been similarly exposed at that site also developed testicular cancer.

In March 1956 Ed reported again to the hospital. This time, barely eight months after his operation and drastic radiation treatment, a tumor was found in his lung, and he was prepared for surgery to remove the affected lung. He was already "prepped," in the operating room, when at the last moment they wheeled him back out. It turned out that far from having just one tumor, he had tumors in both lungs, hence surgery was impossible. His doctors told him that further treatment was not advisable, but that pain could be relieved for the remaining few months of his life. He was sent home to die just one week before his wife was giving birth to their third child.

In April 1956, against the advice of his local physicians, Ed traveled to Dr. Gerson's clinic in Nanuet, New York. His doctors had even warned him that he should 'carefully guard his wallet,' suggesting that Gerson was charging heavily for his treatment. In fact, Ed found the charges very modest.

Within a few weeks of starting the Gerson Therapy, Ed's urination became normal. After five weeks some of the tumors began to decrease in size, and in six weeks one lung already showed clear. Over the next year or so all his tumors disappeared, but it took longer for the radiation burns to heal. Ed recalls how during the radiation 'flare-ups' he returned for another visit with Dr. Gerson in Nanuet. Eventually the burns also healed.

Ed was 'cured' by 1959, when Dr. Gerson passed away. That presented him with a new problem: he didn't know how to come off the Therapy and stop it completely. To make things worse, he realized that his doctors had no understanding of his life-saving treatment, since they had objected even to his going to see Dr. Gerson. So, amazingly, he stayed on the full Gerson Therapy for eight years!

We received word in August, 2004 that Eddie Braun had died peacefully, aged 80, some 49 years after he had been sent home to die.

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**Art McGarry** — Prostate Cancer, Hypertension,  
Spastic Bowel and Herniated Discs

Twenty-one years ago, in April 1981, Art was 52 years old when he presented to the physicians of the Gerson Hospital in Mexico, with a biopsy-proven adenocarcinoma of the prostate. He had a 17-year history of spastic bowel, hypoglycemia, and an allergy to penicillin. He also gave an account of an accident that resulted in painful herniated discs in the lower spine and neck pain, for which he was given Darvon, Robaxin, Talwin, Emperin and Emperin with Codeine.

In the late 1970s he had a classic history of renal colic, with right flank pain radiating to the groin, associated with recurrent gross hematuria (blood in the urine) and constant urge to void.

His urologist in Santa Barbara felt that he must have passed a stone from the lower ureter through the bladder, but the patient denies this.

In April 1980 the patient experienced disturbing prostate pain, with interrupted flow of urine. In early 1981 he suffered from intermittent severe prostatic pain, for which Percodan was prescribed. He admitted to dysuria (painful, difficult urination), nocturia (urination during the night), and increased frequency and urgency of urination which had become more and more pronounced over a one month period. His Santa Barbara urologist was convinced that he had passed numerous calculi (stones), but the patient again denied this. At that time he had lost fifty pounds, his weight having dropped to 150 lbs. (height 5'9") from 205 lbs. His prostate, on palpation, was firm and indurated (hardened), raising the slight suspicion of a malignancy.

The patient was referred for biopsy on April 2, 1981; the result confirmed an adenocarcinoma of the prostate, Gleason\* Grade 2. His doctor prescribed tetracycline for several weeks and suggested surgery and a typical management for prostate cancer, but Art refused.

Instead, he arrived at the Gerson Therapy Center in Mexico on April 17, 1981. He was anxious, easily fatigued, and reported relentless severe pain. Since a biopsy two weeks earlier he had received no intervening management. The treatment was started immediately, with excellent compliance and good response. After only 48 hours of treatment with the Gerson diet therapy, the patient reported relief from his pain. His Percodan was discontinued. Within two weeks his urine was free from occult blood.

At present, the patient is healthy and busily employed, with no signs of disease.

This is how Art describes his experience:

"I've never had any symptoms of hypertension, spastic bowel or herniated discs since I went on the therapy. Prior to starting on the Gerson Therapy in 1981, it had been blood and pain for two

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\*The Gleason Rating System is the measure of prostate cancer by stage and grade. The scale goes from 1-10, 10 being the most advanced.

years, followed by severe pain. But once I started on the therapy, the pain never came back, to this day. The bloody urine was cleared up almost immediately — gone by the second urinalysis. The Gerson doctor examined me after two weeks of treatment and found that the nodule had softened.

I feel great now. I was suddenly popular with a number of ladies. In fact, shortly after my wife left, I discovered that the machinery was intact and functioning, and I felt like I was fifty-five going on sixteen. I'm sure glad I never had that surgery."

There is an amusing sequel to Art's remarkable recovery. At the height of his pain, caused among other things by his herniated discs, he was practically unable to walk, with his thigh muscles severely atrophied. As a result he was put on full disability pay. On regaining his health, as shown by his X-rays, [his discs restored] it was assumed that the benefits would end. However, the relevant authority declared that such healing was 'impossible' and continued to pay.

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### **Bill Johnson** — Prostate Cancer

At age 64, Bill was in a high-pressure job. In late December 1994, he had his annual physical, after which his regular doctor told him he had better see a urologist. This physician did the usual examinations, consisting of PSA (prostate-specific antigen) test, ultrasound, and a needle biopsy. The verdict was Prostate Cancer, Gleason 6-7, with PSA 13. This was in January 1995. The specialist told Bill to go to the hospital in three days' time for prostate surgery. Bill innocently asked about the cost. The doctor said he didn't really know, nobody ever asked, insurance pays. But the operation turned out to cost \$20,000.

Bill decided to investigate further. He had asked the doctor if there were any alternatives, and the doctor said, "No, none." However, Bill's brother-in-law was familiar with the Gerson Therapy. His wife had been found to be riddled with internal cancer and was given a month to live. Yet, with as much of the Gerson Therapy as she was able to do, she survived for two years.

So Bill decided to do the Gerson Therapy on his own, as much



as he could possibly manage while also working full time. After three months on the Gerson treatment, he was given beam radiation for 40 days, receiving a total of 7,000 rads. Surprisingly, he suffered no harmful side effects at all from the radiation — which is extremely uncommon. He attributes this to the Gerson Therapy, which he continued to follow before, during and after the radiation. For the rest of the time, he underwent no other treatments whatsoever. And while working full time during the first months, he was also involved in a very stressful court case.

Finally, after many months, Bill retired in April 1996.

Bill was also involved with a group of men, “Us Too,” all of whom had been diagnosed with prostate cancer. Among them there were also several doctors. One, an oncologist at the University of Virginia, had a PSA of 20 and had submitted to all kinds of treatments, besides having some lymph nodes removed. “He was scared to death,” says Bill. Now, some time later, the doctor has set up his own alternative dietary approach. Bill feels that the doctors know that there is something wrong with the “system,” but won’t talk to the patients about it. They do talk, though, among the people in the “Us Too” group.

After retiring, Bill did the Gerson Therapy more strictly, and while his PSA had gone up a little after the first few weeks (as it often does on the Gerson Therapy,) his last test, done in July 2001, showed a PSA of 0.00. All his other test results are fine, with a slightly lower than normal red blood count and hemoglobin. Now aged 70, he says that he is as healthy as an 18-year old, and adds, “I am awesome. Six years ago I was a sick puppy. My doctor is so impressed.”

During his earlier years, Bill suffered numerous accidents. In one of them a heavy object fell on his chest and left him with serious scar tissue. This flared up (and scared him seriously) during one of his healing reactions, then disappeared completely. In the course of another accident, he obtained a severe leg injury that left him for a long time with a 3/4 inch scar. That scar is now reduced to 1/4 inch. “This Therapy is just eating up all the bad scars,” says Bill. For a long time he also suffered from severe arthritis in his arms, legs, and knees and couldn’t raise up his leg,

because it would cramp. All those long-standing difficulties are gone, too.

For a long time Bill also had two disintegrating disks in his spine, which caused him much pain and made walking and bending difficult. "It's all gone!" says Bill. "When I started this treatment, I was a physical mess." In fact, he has lost some of his height, which he ascribes to the damaged disks. He was originally just under 6 feet; is now about 5' 9-1/2".

Bill is very fortunate: he has a supportive wife, Carol, who was very much involved with his treatment. In fact, without a supportive spouse the Gerson Therapy is almost impossible to carry out. Carol is also eating organic foods and feels that this helps to maintain her health. She is planning to stay well, too.

Bill says, "I am enjoying my retirement to the hilt." He is very active, doing church work, 'Meals on Wheels,' and charity work. He reports that he's just painted his bedroom.

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### **Roger Middleton** — Prostate Cancer

In 1994, after tests and a biopsy at Toronto General Hospital, Canada, Roger was told that he had an early stage prostate cancer, described by the specialist as a "medium grower." This meant that he had time to decide what to do. The oncologist recommended surgery. However, Roger believed that everybody had an intuitive sense, a quiet "voice within" that told him or her what to do in critical moments. Over the years he had also realized that that quiet voice always seemed wiser than the so-called experts.

Roger was most anxious to make the right decision, especially because his wife had passed away less than four years earlier, and he had his daughter to raise. He also had a business to run, fortunately from his home. Faced with the need to decide which way to go to try and regain his health, Roger felt his inner voice was telling him to search for alternative treatments. He devoured a book by Richard Walter, called *Options*, which described many theories of healing. The one therapy that deeply appealed to him, because its theoretical structure was based on simple observation, was that of Dr. Gerson.

This therapy had stood the test of time and was supported by a huge collection of patients' experiences. Roger felt that he could do no better than embark on a therapy that was deeply in harmony with Nature's laws.

At the same time he wished that Dr. Gerson had found a therapy that was easier to do and demanded less work. Luckily he discovered that Charlotte Gerson was due to give a lecture in Toronto, and he grasped the opportunity to hear her. Her talk helped him to learn quickly how to do the therapy well. By then he had made some mistakes. For instance, he used a centrifugal juicer for two months, during which time his need for enemas had dropped from three a day to one every two days. Roger thought he was making progress; the opposite was true.

Then he obtained a K & K grinder and press and reverted to 3-4 enemas a day. So Dr. Gerson was proved right again: centrifugal juicers don't work.

Roger's acute phase of healing was over after about one year. By two and a half years his PSA level was down to 3.04 and there was no more sign of any cancer. However, he did not feel that his liver and body were fully healed yet. He has stayed on an organic vegetarian diet, eating fish every two months or so, and he drinks one to three glasses of juice a day.

This is how Roger sums up his experience of healing on the Gerson Therapy: "While releasing all the physical toxins, the mental and emotional toxins trapped in the body must also be released. I've learned to take charge and not be dependent on the advice of others; but I learned also to ask for and accept help."

Last contact: 2000.

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### **Rex W. Clement** — Testicular Cancer

At the end of April 1995, Rex — then aged 36 — arrived in Lafayette, Tennessee, with his wife and three children. For about a month they lived in a motel while looking for a home to rent. During that time Rex noticed a painful growth on his right testicle. Doctors treated it with a round of antibiotics that failed

to produce a cure, so he was referred to a urologist who stated that the growth was most likely a malignant tumor, and urged the removal of the testicle.

The Clements sought a second opinion from a urologist at Vanderbilt University, who suggested the same course of treatment. Within 24 hours Rex was in surgery at Vanderbilt Medical Center to have his affected testicle removed. A biopsy done at the time confirmed that the growth was indeed malignant, namely an embryonal cell carcinoma. Worse news followed less than a week later, when a CT scan revealed that the cancer had spread into Rex's lymph system. At that point their oncologist informed the Clements that Rex would require an intensive program of chemotherapy.

The couple found out that while chemotherapy has a high success rate with testicular cancer, it also causes long-term side effects. These can include damage to the internal organs, permanent numbness in the extremities, as well as sterility. Yet the orthodox physicians warned that unless Rex agreed to undergo chemotherapy, he would not survive.

To quote the words of Rex's wife, "We hit our knees big-time." As they were praying for guidance, one of their friends lent them half a dozen books and several videotapes on alternative cancer therapies, including the Gerson Therapy. The basic philosophy of the Gerson treatment appealed to them most, so they started on a modified version of the Therapy at home. In time new scans revealed tumor reduction; however, later (in November 1995) the tumors regrew. That was when Rex and his wife came to the Gerson Therapy hospital in Mexico to embark on the strict Therapy, and do it correctly, under the Gerson doctors' guidance.

Their dedication and hard work paid off, as shown by the following data: in January 1996, a CT scan showed tumor shrinkage. In April 1996, another CT scan showed total remission, as did a fresh scan in August 1996. In January 1997, all was still clear.

Rex stayed on the intensive Gerson Therapy for the full two years. Last contact, in June 2002, confirmed that Rex remains well and active.

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### **Paul Scelsi** — Prostate Cancer

Paul Scelsi was diagnosed with prostate cancer in 1991, aged 69. He had several needle biopsies, three of which showed positive malignant cells, while three others were negative. His PSA (prostate-specific antigen, a marker for prostate cancer) stood at 6 — not very much elevated, but above normal.

Paul started the Gerson Therapy at the Mexican Gerson Hospital in 1991. It is interesting to note that at first his PSA rose, reaching 14 at the end of three months. Needless to say, this kind of development alarms the patient. A probable explanation is that, since an antigen is involved, the body at first increases its defenses and raises the antigen to help reduce the malignancy. After 18 months on the Gerson Therapy, Paul's PSA went down to 0.3, very much within the normal range.

Incidentally, it turned out that many years before Paul had spent some time in the South Pacific and had contracted infectious jaundice (hepatitis). Later examinations revealed some "indentation" in his liver, damage that had not been overcome through the years.

Paul is now perfectly well, according to his annual total check-ups. The prostate is normal and his present PSA is 2.

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### **Blaine R. Porter** — Prostate Cancer

Blaine is a former professor of psychology, in retirement since 1987. In May 1994, aged 72 and prior to a projected move, he decided to have a routine physical check-up. Some five years earlier, in 1989, he had already been given a TURP (trans-urethral resection of the prostate) to relieve extremely frequent night urination. At that time a biopsy was done and proved negative.

In 1994, Blaine's PSA (Prostate-Specific Antigen) was low (2.8), but the doctor found that his prostate was enlarged and hard on one side. He did a biopsy in his office in Salt Lake City. This time, the biopsy was positive at 4 plus 4 on the Gleason scale. At that point, the doctor suggested surgery, but felt that Blaine could wait for a month. Blaine wanted a second opinion. His son urged him

to have "the best surgeon possible" and put him in touch with a prominent oncologist who suggested either radiation or surgery.

Blaine talked on the phone with a prominent surgeon who lived near his son, and was told by him that there were good surgeons where he (Blaine) lived, and had one call him. An appointment was made with the latter, and the lab test from the biopsy was taken, just to be sure that no mistake had been made. After an examination, this doctor recommended immediate surgery. Blaine asked him what he thought about trying the Gerson Therapy for two or three months to see if it helped, and, if not, then have the surgery. The surgeon said, "I have never heard of it, I don't know what it is, but whatever it is, it is a lie."

After serious consideration of the several options available and with much prayer, Blaine decided on the Gerson Therapy. He arrived at the Mexican Gerson hospital in early June 1994. At the time, he was the only patient there who had not had prior orthodox medical treatments.

Blaine stayed rigidly on the Therapy for over a year, and has been on a modified program since. He lost 45 pounds at the beginning, and, as happens with most prostate cancer patients, his PSA went up to some extent. In January 1995, he traveled to Germany to be treated by a German doctor who had shown some promising results with an alternative cancer treatment. He stayed in Germany for 4 weeks, had blood removed from his vein and combined with some holistic elements and irradiated with ultra-violet light, put through an electrolysis process for 15 minutes, then injected into the muscle. He stayed on the Gerson Therapy throughout, and states that he didn't feel much difference after the four weeks of his stay and treatment. Then, six months later, he returned to Germany for more of the same treatment. This time, he felt a big difference, had much more energy and started to gain back some of his weight.

At present Blaine is on a relaxed diet, still eats low fat, low salt and low sugar foods, mostly organic. He doesn't drink any more juices (although he really feels he should and plans to start on them again), and does not do any coffee enemas. But he has at least two good bowel movements daily. He feels good and his

friends tell him that he looks years younger than his age.

Blaine has his PSA checked regularly. When he started on the Gerson Therapy, it varied from 2.3 to 4.1. About 4 years later, it was 5.1, and in one more year it rose to 11.0. Because of this rise, his urologist suggested radiation seed implants, but after exploring this possibility, Blaine decided against it. At that same time, a friend told him about PC Spes, a Chinese herbal product (from Botanical Labs, in Berea, California). He tried it and in five weeks his PSA dropped from 11 to 2.8; in four more weeks, it was down to 0.7, and another four weeks later it dropped to 0.1. He has continued on this product and his PSA has remained below 1.0 for over two years.

His very supportive wife, who also ate the Gerson food in order not to tempt him with other things, also benefited from this treatment.

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### **Earl Taylor** — Prostate Cancer

Earl Taylor of Cairo, Illinois, is no longer alive, but his story is so dramatic and touching that it is well worth hearing and thinking about.

In 1966, when Earl was 69 years old, he was told by his doctors to 'put his affairs in order,' as he was dying of prostate cancer. The cancer had spread extensively into his bones and he also had a large mass in his groin. The hormone treatments he had received were no longer effective; the doctors told him outright that there was nothing more they could do for him.

Earl had dropped out of school after the sixth grade and had received no further education. He had spent all his life working in a junkyard, sorting various types of metals.

When his doctors gave him his 'death sentence,' he recalled reading something about Dr. Gerson and the Gerson Therapy in *Prevention Magazine*, which sounded promising. So he contacted Dr. Gerson's oldest daughter, Johanna Oberlander (now deceased) in New York, and asked for her help and guidance. She did the best she could, which was to send him Dr. Gerson's book, *A*

*Cancer Therapy: Results of 50 Cases.* Earl began to read it, but after a short while he called Mrs. Oberlander back and told her that he couldn't understand the book, it was way beyond him. Upon this she suggested that he just follow the treatment outlined on page 235 of the book and forget about the rest.

At a later stage Earl said that doing the therapy at home was the hardest thing he ever did in all his life. His wife had passed away years earlier and he was all alone. One day, as he was leaning over the arm of a chair, one of his ribs broke, having been weakened by bone metastases from the prostate cancer. He was in severe pain and felt tempted just to stay in bed, but he knew that if he didn't help himself, he would die. So with a huge effort he got up every day, ground and pressed the vegetables for his hourly juices, and carried out the rest of the therapy. Shortly afterwards he was free from pain. After a month the doctor could no longer feel the large mass that had been growing in his groin. Earl soon felt well and enjoyed much greater energy — and carried on with the Therapy.

Then one day he received a call from a friend, the chiropractor Dr. Gwinn Dunbar, who lived in Kentucky. He told Earl that he was dying of lung cancer spread through both lungs — and asked if he could come and help him. Earl promptly traveled to Dr. Dunbar's home and helped him to set up the Gerson Therapy.

Something incredible happened: both 'terminal' patients recovered! Fifteen years later, in 1981, both were alive and well, Earl by then aged 84. Dr. Dunbar was a good deal younger and lived for many more years (eventually we heard from his son that he had passed away).

In October 1981, when the Gerson Institute celebrated the 100th anniversary of Dr. Gerson's birth, Earl was invited, along with some fifty other cured 'incurables,' to come and testify about his recovery. He had never been in a plane and at age 84 was rather shaken by the new experience, but joined in the celebration and told the amazed audience the story of his recovery.

Earl died in his late 80s. What makes his story of lasting value is that it shows how a simple uneducated man, sent home to die by his doctors, was able, without any outside help, to heal himself



and his terminally ill friend, by simply following Dr. Gerson's directions. What he possessed was quiet heroism of the highest order.

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**Bill Brazier** — Prostate Cancer

In late May 1998, at the age of 59, Bill had his routine physical in order to renew his private pilot's license. The doctor discovered a small lump on his prostate. The PSA was negative; however, a needle biopsy proved positive: Gleason 3, with a tumor measuring 3/4 inch. The biopsy was performed at the University of Michigan Hospital.

His next meetings were with an oncologist and a surgeon. They gave him 10 years to live. However, some ten years earlier his father, at an advanced age, had suffered from prostate cancer and three years after radiation developed stomach cancer. He died 9 months after undergoing surgery and radiation. Bill did not feel that he wanted to go that way.

Some years earlier, from 1987 to 1990, Bill had lived in Japan. On his return his liver was enlarged and hardened, and on examination his liver enzymes were found to be high. However, he was not given a definite diagnosis, even though he had a liver biopsy. He also suffered from allergies and was given shots.

Going further back, when Bill was in his early twenties, he had worked with epoxy resins and solvents, including methyl-ethyl ketones as well as other dangerous carcinogenic chemicals.

Faced with the need to decide what course of action he would take to overcome his prostate cancer, he read a great deal. One of the books he read was *Third Opinion*, by John M. Fink. He also worked on reducing his stress and engaged in Tai Chi and Chi Gong. He talked to the people at the Gerson Institute and to others. With all the information he gathered it became clear to him that the Gerson Therapy was the most arduous. However, especially in view of his liver problem, Bill felt that it was the best one and the likeliest to succeed.

In early August 1998, he arrived at the Mexican Gerson Clinic

and, with very strong support from his wife, embarked on the Therapy. Back home, he even continued to work full time until the beginning of the following January (1999) at his job at the Ford Motor Company, staying on the strict treatment even while working. Back in Michigan, a Gerson-trained physician, Dr. Sharon Oliver, looks after him.

Bill is now very well. His Mexican Gerson doctor, Dr. Melendez, told him that he need no longer call her, since "all's well." Bill is now doing some consulting work, does a great deal of reading on natural healing therapies, and is thinking of going into that work more intensively in the future. He stays very close to the Gerson Therapy; still drinks juices and does two coffee enemas daily. He says that he "doesn't feel good" when he only does one. He eats a little fish and occasionally some organic calves' liver. Additional therapies he has used include some chelation, homeopathy, and a course of 714X. At present he has a tiny 1/2 mm hard tumor left, which is most likely calcified scar tissue. He feels "in tune with his body as he never did before."

When he first started on the Gerson Therapy, he lost quite a bit of weight, a third of which he has regained — perhaps even a little more than he would like. His wife, who is extremely supportive and uses mostly Gerson food, also went back to her weight of her High School years, looks youthful and terrific. (It is highly satisfying when the whole family profits from the Gerson experience.) When Bill added Tai Chi to his daily routine, he felt that it helped to run "energy through his whole body." He also tries to do some Chi Gong daily.

Bill's comments: "My approach was to give the Gerson Therapy a dedicated trial for six months and then re-evaluate the situation. At six months, shrinkage of the tumor had started while I added some extras. I have been dedicated to the details of the program relating to the diet, juices, coffee breaks and environmental concerns. Minor alterations were made only on a limited basis to adjust to conditions; but afterwards I went back to the program.

"I mention this because I have talked to too many patients who are looking to modify the program before even starting. I am not sure that the added things helped, but they did not hurt anything

except my pocketbook. I have no regrets on anything that I have done.”

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**Bill Dejka** — Prostate Cancer

Bill was diagnosed with prostate cancer in 1984 and immediately had surgery to remove his prostate. His doctor assured him at that time that they had gotten all the cancer out. But in 1988, cancerous tumors were found in his lymph nodes, rectum, and bladder — the cancer had metastasized. The doctors he then saw (he went through four!) suggested he take an experimental hormone treatment; he began the treatment but decided not to complete it and thought that there had to be a better way.

After doing some research on his own, visiting the library and reading anything he could find about alternative therapies, he came across Dr. Max Gerson's book, *A Cancer Therapy: Results of 50 Cases*. After careful consideration, in 1988 he went to the Gerson Clinic in Tijuana and embarked on the Therapy. He stayed on it for two years, and even worked full time after leaving the Clinic.

By 1990, all of Bill's tumors had disappeared. But his PSA (prostate-specific antigen count, used to detect cancer in the prostate), went up after leaving the therapy for a while. In 1993, he returned to a modified Therapy, drinking six glasses of fresh juices and administering two coffee enemas a day, plus adding liver shots.

To this day, he religiously follows the Therapy, lives a very active life, and practices meditation to help alleviate stress and keep himself on the right track for his health. When asked if he had any personal advice to give to others, he suggested, “Regardless of what treatment you may be using, get on the Gerson Therapy immediately in order to get the body functioning properly again.”

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**Jeff Soduski** — Testicular Cancer

When Jeff was diagnosed with testicular cancer in 1984, he didn't want to undergo the 'cut, burn and poison' type of treatments.

Neither did he agree to have a biopsy for positive proof of his disease: he was worried about the possible spreading of cancer cells that is likely when a malignancy is cut into. However, he had very high levels of HCG (Human Chorionic Gonadotropin), a glandular cancer indicator. The normal level is near zero for males; in females it only rises during pregnancy.

Beside this indicator, Jeff also had a tumor on one testicle that was larger than the testicle itself. In his search for alternatives, at first he tried Dr Burzinski's treatment for a very short time, but switched almost immediately to the Gerson Therapy, doing the treatment at home, on his own.

After just one month on the Gerson Therapy his HCG levels dropped sharply and continued to do so during the next five to six months. By about eight months on the full Therapy, his HCG level was close to normal.

Jeff also drank a lot of Aloe Vera juice from Barbados. Apparently together with the Gerson Therapy, this caused him heavy healing reactions after about two months.

A sonogram done ten years later, in 1994, was negative.

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### **Ralph Armstrong** — Prostate Cancer

Ralph was a development engineer at the Ford Motor Company in Detroit, Michigan, now retired. He was born in 1937. In 1994, at age 56, he went to his doctor for a regular check-up. The doctor noted that he had an elevated PSA (Prostate Specific Antigen) and sent him to a urologist. The usual tests were done, including a biopsy, which confirmed a malignancy.

Next, Ralph saw three or four different doctors. One recommended surgery, some offered radiation. Ralph decided to take radiation since he was told that he'd never have another problem. He feels that the later diagnosis of myelodysplasia was due to the radiation damage.

Two years later, in 1996, Ralph had another check-up. This time his regular physician, Dr. Lawrence Dell, noticed that his white count was elevated, and diagnosed myelodysplasia

(defective blood cell formation). A Doctor Eisenberg, a blood specialist, saw him for this problem. He decided that a 'wait and see' treatment was best at this point, since there were no symptoms. He also did a bone marrow biopsy.

In 1998, it was found that Ralph's PSA was rising. It was up to about 6. Since he had previously been assured that radiation would permanently take care of his elevated PSA, and since he assumed that the myelodysplasia had been caused by the radiation, Ralph was turned against the establishment and orthodox medicine. He looked for other options.

He was then recommended to see Dr. Oliver, a Gerson trained practitioner, and learned about the Gerson Therapy. He traveled to Mexico and attended the Gerson licensed hospital in September 2000. At this time, his PSA was between 14 and 20. After he started the Therapy, it rose up to 30. (This is common in prostate cancer patients at the start of the Gerson Therapy.) Ralph also noticed a problem with urination and assumed [we feel correctly] that both these findings were due to a healing inflammation, caused by the Gerson Therapy.

At about one year and nine months into the Gerson Therapy, his PSA was still at about 30. His Gerson doctor recommended radiation; Ralph refused. His local urologist and Dr. Oliver recommended Lupron, a hormone blocker widely used in orthodox prostate cancer treatment. After one shot, Ralph had no side effects; but his PSA dropped down to 1.2. Dr. Jean, his Gerson doctor, said it was probably due to the effect of the Gerson Therapy. One month later, after the second Lupron shot, again Ralph had no side effects. However, another month later, after the third shot, in March 2002, he says "everything broke loose." He would wake up with his eyes full of thick mucus; his nose was clogged and when he tried to clear it, he had bleeding. Fluid drained from his left ear; his fingers were swollen, and for two days, he was not able to get out of bed. He refused further Lupron treatments. His PSA was at 0.6.

To overcome the 'side effects' of the third Lupron shot, Ralph increased his juices back to 10 per day, took three daily coffee enemas, and the castor oil treatment two or three times a week. In

six weeks, all the symptoms were gone; the eye and nose mucus and the ear draining stopped, however the hot flushes took another three weeks to clear.

Ralph had another check, and his PSA was elevated again around 14. Dr. Jean assumed that on stopping the Lupron, this would normally happen. Ralph again intensified the juicing and coffee enemas. In August 2002, he told us he feels good all the time and has lots of energy. He reports that his friends say, "You are getting younger. Your skin looks smooth and nice — what are you doing?"

He had great support from his wife, Vivien, his daughter, Kimberly and his son, Sean as well as Dr. Sharon Oliver. He is also grateful to Sharon Murnane of the Gerson Institute for her helpful suggestions and encouragement.

Last contact: August 2002.

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### **George H.** — Prostate Cancer

George H. arrived at the Gerson Hospital in Mexico in March 1998, suffering from metastasized prostate cancer which had invaded his bladder and from there had grown into his ureters, blocking them. As a result he was virtually unable to urinate and faced the threat of kidney failure.

In this emergency a stent was placed into his bladder, allowing the urine to flow. At the time of starting the Gerson Therapy his PSA stood at 900.

About one year later his PSA had dramatically dropped to 115.

The exciting news (and the reason for presenting this case) was that during the second week in February 1999, after a heavy snowfall in the area where he lived, he went skiing. He was 80 years old at the time.

George H. was lost to follow-up. But what is certain is that the Gerson Therapy did give him great relief, plus the chance to enjoy skiing at a high age!

## 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**



### **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:***

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## 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!**



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