

*Story*

# NATURE'S PATH

*Health through Rational Living*

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- GERSON'S THEORY On CANCER
- FRYING PAN Menace
- NATURAL HEALING OF TONSILITIS
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Editor's Note: Where any condition has progressed to a serious stage, or if uncertainty exists as to seriousness, it is best not to delay timely competent professional services of a physician.

**NEXT MONTH**

SUPER-ACIDITY AND HOW TO CONQUER

BY DR. CHARLES McFERRIN

RAW JUICE THERAPY (PART I)

HOW TO OVERCOME SHINGLES

A NEW-AGE OF HEALTH FOR WOMEN

EFFICIENCY OR DEFICIENCY FOODS?

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# Nature's Path

*Health through Rational Living*

Dr. Benedict Lust  
Founder, 1896

America's Pioneer Health Magazine — Devoted to Gaining And Maintaining Superb Health And Power Of Body And Mind

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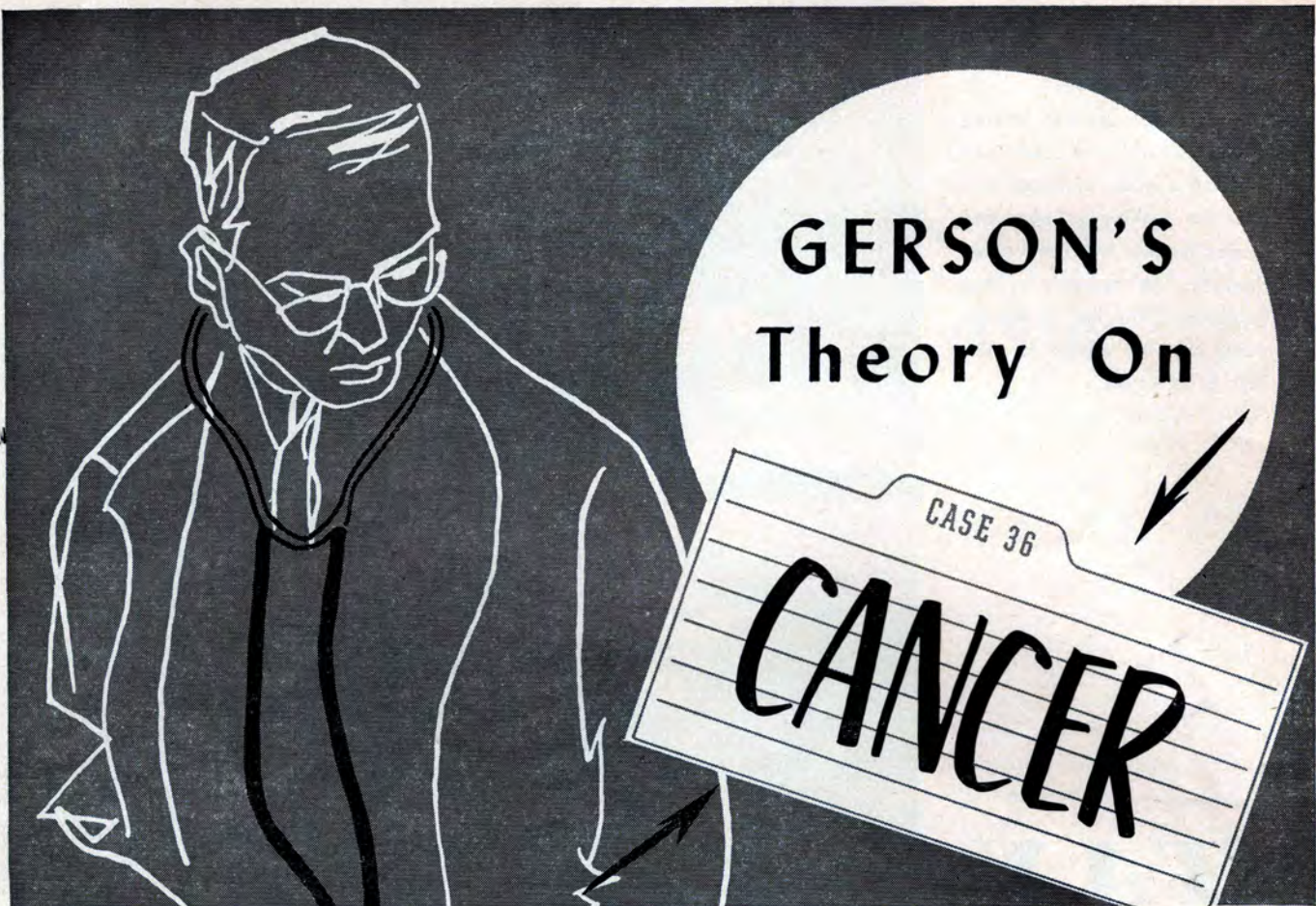
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**DISCOURAGING RESULTS IN ORTHODOX CANCER RESEARCH, DR. GERSON CONCLUDES, STEM FROM A RELUCTANCE TO ACCEPT THE COINCIDENCE OF CANCER WITH A GENERALLY DEGENERATED STATE OF HEALTH AND BODY-CELL CHEMISTRY**

**By MAX GERSON, M.D.**

TRANSLATED FROM GERMAN

**T**HE FOLLOWING article will show in a brief outline that the mystery of cancer is not a problem of enzymes, vitamins and hormones; it is not a problem of allergies or of virus and unknown infections; it is not that of some special metabolic or cancer-causing substances. It is not a cellular problem, but it is an accumulation of numerous factors combined in the whole metabolism.

It has been shown in experiments and proved again and again that repeated tarring of the skin first produces benign warts, so-called papillomas; renewed tarring stimulates the epithelial cells to form new warts, but even six months later,

when tarring is stopped, formation of new warts stops simultaneously, and all the old changed cells are subordinated again into the biological order of a body functioning in harmony. The final change into cancer cells is something quite different, and *something entirely new*. It means wild growth of cells, loosened and independent from the biological order of the body and the higher centers of the nervous system. I believe that the cell alone is *not* the decisive factor in the final change but rather that the whole metabolism with the vital organs essential for it, disintegrates. They have lost their resistance and healing-power, partially at first, totally later on, and with it there comes the gradual loss of the power of coordination in the metabolism. Yamagiwa (1915) and Itschikawa (1918-21) described how, after eight months or more of tarring, changes occurred in the liver, kidneys, spleen and glands in the experimental animals. It has

escaped notice that the local irritation and skin reaction do not produce the final change into cancer. The pathological changes in the liver, kidneys, etc. occurring after over six months of tarring, present a general disease. Only with this fundamental condition does the metabolism allow or evoke cancer development.

Therefore, my theory about cancer development is, in short, this: Not one *specific* factor, but several conditions are necessary: a *local* process, consisting of chronically damaged or not fully mature cells, or those which cannot adapt themselves to changed conditions as normal cells do. There, the symptom proper comes into existence. But, in addition to the local process, a *general* factor has to be present, which is clinically not evident, and has been taken too little into consideration. This factor is decisive as to whether or not malignancy develops. My therapy is (Continued on page 18)



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the result of one thing and one things only, proper food, food rich in minerals and vitamins, food that has not been devitalized by refining processes. Instead of white flour, use wholewheat flour, instead of white rice, use brown rice. Instead of a diet high in caloric foods such as starches and sugars, substitute one rich in fruits and raw and cooked vegetables. Keep the protein intake low, less eggs, meat and fish. We are all guilty at one time or another of overindulgence of proteins, even those of us who watch the calories in order to keep slim. The liver cannot function properly if an overabundance of carbohydrates and protein are eaten daily. Constant excessive urea in the urine means the liver excretory function must be reduced in amount, otherwise complicated disorders such as high blood pressure, autointoxication, acidosis, various skin afflictions to mention

just a few of the disorders and ailments that may arise in the body. We know that urea is one of the causes of odor in the perspiration. Compared to these other diseases, body odor is actually a small price to pay for our overindulgences in food.

Remember, it is normal to perspire, but it is not normal for that perspiration to be strongly odorous. If you are a victim of body odor, instead of rushing to the drugstore for a new chemical preparation, rush to the vegetable store and purchase a goodly supply of fruits and vegetables. Start on a cleansing diet of fresh fruit juices for a few days and then juicy fruits and vegetables.

You should visit your dentist twice a year. A timely filling will save many a tooth and you the embarrassment of bad breath.

— THE END —

**GERSON ON CANCER**

(Continued from page 6)

almost entirely directed against the pathology of the general factor, which means, the restoration of proper functioning of the metabolism, essentially the liver, as we will see later.

An exception of this theory is found in the virus infections. These are able to produce almost immediate cancer formation without a latent period. Moreover, their increase is parallel to the multiplication of the tumor cells. Finally, the infection produces specific antibodies after operative or radiological healing and immunity which is almost always absent in cancer. This type of infection with its cancer-like tissue changes, does not follow the general rules of cancer development. Volkmann (1875) and many authors after him observed and described correctly the dormant period

between the first outbreak of skin damages and the later transformation into cancer. Nevertheless, they did not recognize the final change into cancer as a consequence of a general pathology developed during that interval. Consequently their therapy remained a symptomatic one directed against the local process.

The influence of estrogenic hormones on the metabolism was one of the first attempts in the search for a rather general therapy to heal cancer. The estrogens and androgens have one property in common: they stimulate alone or in some combination growth of immature tissue or tissues in regression as in menopause or in old age. These are such tissues where more sodium is accumulated. Thus we can understand their stimulating influence on cancer cells with



more sodium content. Later it was tried to eliminate or inactivate the sex organs and moreover, the opposite hormones were applied, but only with little or temporary success. I gradually came to the basic conclusion: In a body with a normal metabolism, cancer *cannot* develop. The normalization of the deranged metabolism is therefore the essential aim of my therapy, or at least, to bring it as near to normal as possible. In malignancies, we do not deal with simple specific deficiencies or a general allergy, therefore, it is not enough to replace missing vitamins, hormones, or minerals, or to omit as many allergenes as possible.

The forced relapse of abnormal cells into the embryonal state with a sodium majority is biologically not so extraordinary. Severe inflammations are capable, according to Schade to return some tissues to the embryonal metabolism, especially connective tissue and capillaries and thus produce a quick growing tissue, yet all within the limits of expediency. Contrary to cancer cells, these formerly normal cells return to normal after having fulfilled their special purpose—cancer cells never do, as all experiments have shown. Once cancer cell, cancer cell forever. Consequently, there must have been something abnormal in these cells before the change occurred. This conception takes on more clinical significance through the observation that the most malignant cancer types, such as melanosarcoma, lymphosarcoma, chorionepithelioma, pregnancy cancer, respond faster and most strikingly to the therapy.

The less malignant ones react slower, while the benign tumors, such as lipomata, fibromes, prostatahypertrophy, osteomas, etc. react only very slowly. These, after a long period, are changed into scar tissue with or without calcification. One may conclude that cell tissue which leans to a more radical change, collapses rapidly, even in the unbelievable time of a few days.

Almost all the authors find cancer tissue to have a negative electric-

al charge. Accordingly, it belongs to a lower kind of tissue with less differentiation, similar to that in the more primitive animals and in embryos. Theoretically, according to Rudolf Keller's doctrine, the cells should be richer in sodium, chloride and water, poorer in potassium and the potassium group minerals. Strangely enough, most of the biologists, with the exception of Moravsek, could not confirm this theory, but the practice did where the patient made involuntary experiments.

Two of the latest experiences may be mentioned here: An older patient with a large, inoperable cancer of the stomach and follicle Lymphosarcoma of both tonsils had a remarkable success on both malignancies after six weeks of my treatment. On her return home she was given one half pound of salted pot cheese daily for about three weeks. Both malignancies started regrowing.

An older lady operated on stomach cancer August 1945 which regrew September 1946, was treated since September 1946. The first time it regrew July 1952 when she ate salted bread for some time. Cured again. She complained about too much gas. I prescribed protein hydrolysate (predigested casein). It helped but a new tumor on the liver appeared within four weeks. In the meantime the chemical examination revealed that the daily doses of three teaspoons contained five grams sodium chloride. Strict treatment again applied.

Similar experiences were made with sodium containing tooth powders, salted bread, crackers, whole wheat matzos, pumpnickel, honey cakes, and other salted cheese than pot cheese, etc.

We know that in the fetus, sodium content of the important tissues decreases and potassium increases with maturity, so that, by about six months after birth, the potassium is predominant in the essential organs. In the consideration of cancer development, we return to a common law in nature, namely that an increased *sodium* and iodine content

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in the cells leads to fast growth with less differentiation. Thus we find these two components of the sodium group increased particularly in the smallest living beings, bacteria, bacilli, parasites. Vice versa, we find that more *potassium* and more minerals of the potassium group lead to increased differentiation and slower growth, seen in higher animals and man. The muscle fibres which are rich in potassium are best protected against cancer development and its spread through the body.

From clinical pathology, we learn that cancer develops primarily where sodium, chloride and water are reabsorbed, in the lower end of ducts, tubes or tubuli. We note this in excreting ducts of the breasts, the ears, lower jawbone, tongue and pancreas. Here we find over 60% of cancer development—in the bile duct system of the liver but rarely do we find the malignancy developing in the small intestines, where no sodium is reabsorbed. More frequently do cancers develop in the colon, but very often the cancer grows in the sigmoid and rectum, where most of the sodium is reabsorbed, as also in the excreting ducts of sebaceous and perspiratory glands. For the kidneys we may draw similar conclusions but know that tissues of older people incline easier to cancer, most probably because of the higher content of sodium and a lessening of the liver function.

Return of a finished cancer cell to normal tissue has never been found, except in very rare conditions in test tube of cancer cultures. To arrive at a therapy, the logical path would seem to be through the metabolism, cutting off directly the biological conditions for survival of the cancer cells. My therapy, built up with this purpose, has several points of principal importance:

1. Within the cancer tissue and its metastases:

The elimination of sodium and sodium-group minerals (edema) particularly, sodium, chloride and water, thus withdrawing the conditions for its high electrical negative po-

tentials which represent its high defense and great power to attract negatively charged substances and compositions. At the same time they maintain in that way the conditions for the activity of the negatively charged fermentation enzyme systems. In order to tear off its vital sodium group substances the body needs beside the saltless, potassium rich diet relatively great doses of thyroid, and of a composition of organic potassium minerals. It must be assumed that as an immediate result, a great amount of the cancer cells collapses and becomes absorbed or else it could not be explained how tumors decrease in a few days. In my opinion this is the best spot of the vulnerability of the cancer cells. Along with the edema, the body excretes toxins, many of them acting like enzymes, some of them as hydrolytic enzymes or kynesases, classified as proteolytic enzymes.

2. The surrounding tissue:

To begin with, this is also freed of edema and toxins. These cells, which were only damaged reabsorb the electrically positive potassium compounds (and those of the potassium group) and can be restored, contrary to the reaction of the malignant cells, which, as we have seen above, collapse. The formerly damaged cells thus resume their functions, along with the positively charged oxidation enzymes, the important pH content and the positive electrical charge necessary for the function of essential organs. Beside the enzymes, vitamins have to be refilled, as they frequently act as co-enzymes, as well as the necessary hormones to hinder or activate the function or growth of cells with the help of the pituitary gland or the adrenal system. Finally, the visceral nervous system becomes normal again, regulating many of the cell functions (circulation, secretion, metabolic succession, etc.). Thus, finally, equilibrium and harmony can be restored.

3. The restoration of the liver:

Enough functioning liver tissue must remain to maintain the meta-



bolic order in its main line. The more or less depleted liver must be restored during the day, so as to be able to give up constantly the necessary material to the blood. During the day, the patient receives nearly every hour abundant fresh vegetable and fruit juice and fresh calves liver juice, containing abundant vitamins, enzymes, auxones, minerals, etc. (The liver juice contains: fat 0.16%, protein 1.20%, cholesterol 0.3%, etc.). To summarize: The aim of a therapy in the metabolism with cancer is to eliminate the Sodium, Chloride and Water in order that the cancer cells lose the environment necessary for their life (fermentation), and, on the other hand, to restore in the vital organs the functioning with the help of the oxidation enzymes. These enzymes have to be given in the form of juices, freshly prepared by a machine for some time from the start of the therapy. They represent a powerful, biological intervention, which penetrates into all parts of the metabolism. These therapeutical efforts center around the liver, since a large part of the metabolism is based in the liver, and the oxidation enzymes are reactivated there. Clinical experience shows again and again in advanced cases that the liver sacrifices the last reserves for the body's defense and maintenance.

#### 4. The detoxication:

About 90% of all cases coming under my care are so-called generalized cancer or final cases, on which the commonly used methods have been applied in vain. For these cases, the detoxification of the body at the beginning of the therapy plays the main role. These critically ill patients need enemas day and night, at first, every three to four hours, later less frequently. Narcotics are no longer given. To relieve pain, the patients receive coffee irrigations, and, at first, a mixture of Aspirin 1/3 gram, Niacin 50 milligram, and Vitamin C 100 milligram, three to four times daily. The most careful attention is paid to uphold the elimination of accumulated toxins, as

well as coming continuously into the circulation from the absorption of the collapsed tumors or metastases. If this point is neglected, the patient dies of "hepatic coma." Some autopsies have shown that the enlarged liver, overloaded with cancer metastases, has become incapable of the task of elimination. This is also true of patients whose livers have a shrunken diffuse cancer cirrhosis. In other cases, an enlarged, toxically severely damaged liver with several palpable nodes and jaundice, could still perform the healing process. Nevertheless, some of these patients die after an interval of eight to sixteen months, not of cancer, but of liver cirrhosis with ascites, jaundice without cancer, etc. These brief explanations concerning the importance of the liver and the excretion of the toxins is all for which we have space here.

**SUMMARY** — Cancer is not a local process but both a local and a general disease, based on several changes in the metabolism. The local symptom arises if cells, previously abnormal, produce chromosomal mutations because they are forced through a pathological metabolism to use different enzyme systems and to live more fermentatively.

It is the goal of my therapy to return the metabolism to normal to the farthest possible extent, mainly through diet with added medication. The therapy shows positive results in about 50% of so-called generalized, regrowing or final cases.

By way of this therapy, we perform through the metabolism two tasks at one time—cut off conditions necessary to the life of the cancer cell, and return to normal the biological functions of the damaged formerly normal cells with higher adapting power. The end result is to return the body to its physiological functions as they existed before the development of malignancies. In this state of normal metabolism, abnormal cells are suppressed and harmless again.

— THE END —

## Here's a Pleasant Way to REDUCE Without Starving Yourself



As everybody knows, excess weight is often nothing more than lazy calories stored up in the body. Superfluous fatty tissue is not only disfiguring, makes us look older, but imposes an extra strain on the heart, lungs, kidneys, and other vital organs.

Every normal, intelligent man or woman would like to shed these aging, ugly useless pounds of fat but the strain of rigid dieting is just plain discouraging.

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know that increasing protein intake literally burns up useless, often harmful calories stored up in fatty midriffs and elsewhere. That is why they often recommend high protein diets—plenty of rich (and costly) steak for example. The high amino acid content of the steak helps burn up unnecessary calories.

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