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*The Gerson Way*

by Charlotte Gerson

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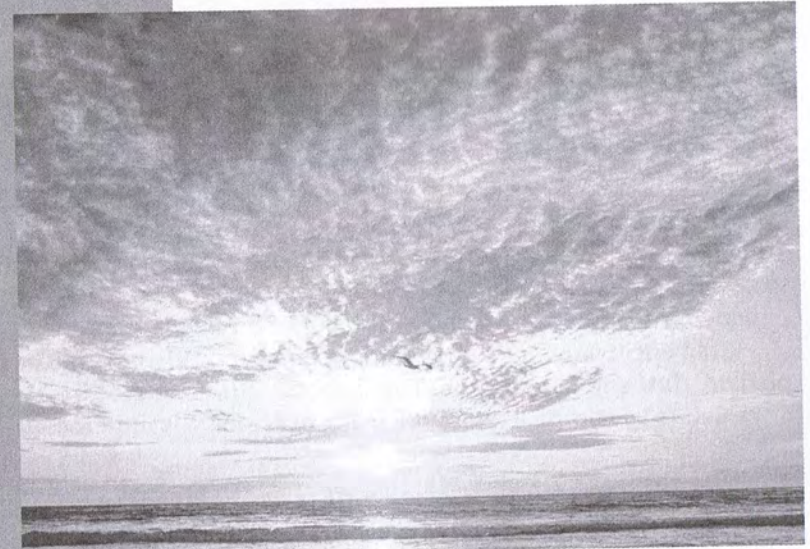
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But the real heroes, and the people without whom these booklets would be impossible are the patients and companions who did the day-to-day kitchen work associated with healing these diseases. We are deeply indebted to them for permission to use their inspiring stories.

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## PREFACE

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

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

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

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

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



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

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

## INTRODUCTION

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

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

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

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

In colon cancer, different types of cells can be involved; different tissues can be affected, patients may or may not suffer from spreading (metastases) to the liver, bones, or other organs. Most seriously, they may have been pre-treated with chemotherapy, a highly toxic therapy that further damages the liver, the immune system, the kidneys and other organs. We include a number of cases, with or without metastases, some even with recurrences after chemotherapy. In almost all cases, biopsies were performed on the patients, proving their original diagnosis.

In the hearings before a U.S. Senate Committee on "Nutrition and Human Needs", in 1978, the Senators heard testimony, among other things, regarding the over use of meats. Research with large population samples (up to 20,000 people) already at that time had shown that vegetarians had



only about 10% of the colon cancer of that found in meat eaters. As it turns out, the human digestive tract is that of a vegetarian animal. Meat eating produces toxic breakdown products, which travel too long in the human digestive system. One of the major functions of the large intestine is to reabsorb vitamins, enzymes and fluids expanded during the process of digestion. These important materials are sent back to the liver for re-processing. However, if toxic and putrefying materials travel through the intestines, these putrefying products are also reabsorbed into the blood stream, and from there are sent back to the liver. That process is the reason why a large percentage (some 80 plus percent) of colon cancers produce liver metastases.

Meat products not only produce putrefaction. These toxic substances interfere with friendly bacteria that produce vitamins. It is important to note that meat-eating animals have a much shorter intestinal tract so that damaging substances are more quickly eliminated. Furthermore, meat-eating animals eat *raw* meat, more easily digested than animal proteins (including milk products and eggs) that are heat damaged. (See *Pottenger's Cats; A Study in Nutrition*; by Francis M. Pottenger, Jr., M.D.; the Price-Pottenger Nutrition Foundation, Inc.)

Two thousand years ago, ancient Chinese medical textbooks observed that "an immoderate diet increases the risk for esophageal cancer." In the 1950s, the American Medical Association and American Cancer Society denounced Dr. Max Gerson for using nutrition as part of a comprehensive treatment for cancer. Then, in the 1980s, the American Cancer Society issued dietary guidelines for reducing the risk of developing cancer, a diet remarkably similar to the Gerson diet. (From *Nature's Impact* Oct./Nov. 1998, p. 47, by Patrick Quillan, Ph.D., R.D., C.N.S.)

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

Now the cancer 'authorities' admit that some 50-55% of cancer is caused by faulty nutrition. And while the Journal of the American Medical Association in the 1930's advertised cig-

arettes ["20,679 Physicians say 'Luckies' are less irritating"] they now point not only to smoking but even to second-hand smoke as contributing to causing cancer.

Many other factors depress the body's defenses and contribute to the onset of a malignancy. Above all, toxicity in the air, water, soil, processed foods, over-the-counter, prescription and "recreational" drugs, household chemicals, industrial and occupational toxins, and more. Another important contributing factor, especially in colon cancer, is the consumption of large amounts of meat. When the body is overwhelmed with toxins from the air, water, drugs, and foods, often the main detoxifying systems (the liver, kidneys and lungs) can no longer excrete the load. The body then uses an auxiliary system: perspiration, to help detoxify. It can be assumed that this toxic excretion in perspiration is smelly. Naturally, people have been educated to use a deodorant, a cream, or stick, to help. However, blocking these lymph glands sends the toxins back into the lymph system of the breast and underarm. It is even likely that male breast cancer, which is increasing considerably, due to the vastly increased use of deodorants, is directly related to the use of the latter. It is, admittedly, difficult in our 'civilized, industrial society' to avoid all those harmful factors.

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

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



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

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

This is not so. Unfortunately there are many factors that can prevent healing. The most common one is that patients come to the Therapy far too late: in terminal condition, most often having vainly tried to recover on conventional treatments, especially on highly toxic chemotherapy which destroys the patients' remaining, already badly damaged immune system. Once the organism has declined beyond a certain point, there is no way to restore it.

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

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

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

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

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

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

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



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

The next problem of an average diet is the sodium (salt) intake. Dr. Gerson was aware from the start of his experimenting with diet changes that salt was one of the main offenders of the metabolism. He found it hard to prove, except by what he considered the most important thing of all, the results at the sickbed. When patients came to his clinic, generally given up by their doctors and in terminal condition, he was able to reverse the disease. He found that one lady who didn't respond to his therapy at all, was only using salt to brush her teeth. (Presently, baking soda [sodium!] is recommended by doctors and dentists!). On discontinuing this practice, she showed good healing. It was only after Dr. Gerson's death in 1959 that researchers were able to study the damage caused by salt. Two scientists, Malcolm Dixon and Edwin C. Webb published their study in a book called *Enzymes*. Published by the Academic Press, Inc. New York 1964, 2nd Edition, p. 422/23. 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 on-going process for many months. The patient may be surprised that it takes five such coffee enemas daily (once every four hours starting at 6 AM) to keep the liver clear. This procedure also



overcomes pain in almost all cases, usually within the first two to three days of the Treatment.

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

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

Dr. Gerson became aware that patients are severely deficient in potassium, one of the most essential minerals. Potassium is amply present in all fruit, a little less so in vegetables. However, since the deficiency is so great, a potassium supplement of his own composition, is used. Also as part of the

patient's medication, certain digestive enzymes are given, including pancreatic enzymes and a combination of stomach acid and pepsin, called "Acidolls". Liver medication, Vitamin B-3 and other items are also needed and given.

All foods, enema preparation, healing reactions, medication, and changes in the treatment required for patients pre-treated with chemotherapy drugs is described in great detail in the newly updated book, *The Gerson Therapy - Curing Cancer and Other Chronic Diseases*. (available from Charlotte Gerson, 355 Greenwood Place, Bonita, CA 91902. Cost: \$17.00 (plus \$3.50 shipping) . California residents, add 7.5% 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.



The following letter, dated August 31 1998, was received from Gerson patient Nicola Williams, who lives in Wales. It is included here in its entirety, because it expresses beautifully the positive spirit and enthusiasm of a young woman, born in 1975, who had the courage to take responsibility for her survival and healing against heavy odds. This is what she wrote:

"Dear Charlotte,

"I felt it is now about time I set aside all good intentions, put pen to paper and express to you how much hope and comfort the results of your family's hard work and research have brought into my life.

"Last year, in April 1997, at the ripe old age of twenty-two, I was diagnosed with carcinoma of the colon with metastases on my spine and stomach, etc. Unfortunately, 'conditioning' permitted me to opt for conventional treatment (chemo), and although some progress was made, my prognosis did not look very bright.

"In March of this year my specialist offered me my only 'so-called' chance of a longer life: an operation to remove part of my colon and stomach. Alarm bells rang in my head immediately and although my knowledge of medical procedures was limited, I knew I had to abandon that barbaric practice of treating disease with deadly drugs. I realized I was participating in destroying my own body.

"So, at the end of March, I found myself in limbo and totally independent of treatment as I embarked on a search for a real source of light and hope.

"A friend handed me a wonderful gift of 'Light' two weeks later in the form of Beata Bishop's book, "*A Time to Heal*". From the moment I turned the first page, I was transfixed – suddenly everything made sense! I questioned lots of issues, especially the reasons why I had not been offered this remarkable therapy at the time of my diagnosis.

"Without wasting further time, I met with Dr. Charles Innes in London, weaned myself off morphine and started the Gerson Therapy immediately.

"Fourteen weeks and lots of flare-ups later, I am on the

'tweaked for chemo patients' regime and feel fully confident about my future. As I read and research more about the Gerson therapy, my conviction of its validity increases.

"As well as physically taken charge of my life, I appreciate fully the importance of one's emotional side and the connection between one's physical and emotional being. I have phone consultations at present with Beata Bishop – who is absolutely wonderful in all aspects of the word.

"I continue to be constantly amazed and disappointed with the attitude of my friends, family and medical practitioners when they learn that I am fully committed to the Gerson Therapy. Many perceive me as being 'mad'; and that's fine with me. I'd rather be mad and alive than sane and dead. If I'm crazy for taking full advantage of a therapy that offers me life, then yes, I am totally guilty.

"I have just concluded "*Doctor Max*" by Giuliano Dego. I found it to be a frank and well researched and very well written novel. You must feel very proud of your father. Dr. Max was a remarkable man. I am continually amazed by his strength of character and the way in which he passionately fought against ignorance, prejudice and conspiracy to offer people like myself the chance to live.

"I am determined to get well more than ever now because I have to testify about the Gerson Therapy. I know I have a long road ahead ... it won't be easy but life is a great motivator. One day, everyone will have to accept the Gerson Therapy in its entirety. What a day that will be! As a member of a younger generation, I may eventually witness progress, however small or limited it may be. I look forward to being cancer-free.

"There are many people like myself, Charlotte, behind you and supporting you 100%. If there is anything I can do, please don't hesitate to contact me. Lots of love from Wales and positive thoughts. All my love to you fellow Gerson persons.

Nicola"

Nicola chose to pursue the therapy at home, with family support, instead of going to Mexico. From May 1998 to March 2000 she stayed on the intensive therapy with its usual ups



and downs, healing crises, emotional storms and gradual improvement. At some stage she met and fell in love with Jon and they got married in April 1999, halfway through her "Gerson journey". She has stayed with the main principles of the therapy but is concentrating on her new life with Jon, turning full face towards the future.

Last contact: March 2002. Nicola is doing missionary work in Korea.

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### **Joergen G. van Zsidy, M.D. - Liver cancer**

Dr. van Zsidy was born in 1933 and raised in Holland. During the terrible upheaval of World War II, when Holland was under German occupation, he suffered hunger and disease throughout his childhood and, weakened by deprivation, contracted tuberculosis. Also, as the result of an injury, his leg became severely infected and was in danger of having to be amputated; fortunately this could be avoided. Van Zsidy studied medicine, qualified as a doctor with an M.D. degree and practiced psychiatry in Europe.

Eventually, he emigrated to Montreal, Canada, and chose to teach at university level rather than undertake further study and exams in order to obtain a Canadian M.D. degree. He married and started a family.

Tragedy struck when both his wife and his 11-year-old son died of cancer. In 1988, van Zsidy noticed that he was often extremely tired, lacked energy and had developed itchy spots all over his body. Moreover, he was depressed, and his chronic mild constipation had become so severe that at times he didn't move his bowels for four or five days. He also suffered from nausea and particularly severe headaches and tried to control his symptoms by taking aspirin and other medication. He consulted a medical practitioner who said to him, "Perhaps you should see a psychiatrist." All tests for hepatitis A, B and C proved negative. Eventually, in 1990, about 1½

years from the time he started to feel tired and depressed, he started to lose weight.

One morning, he was unable to get up. He was weak, vomited, and had swollen lymph glands. Hospital tests yielded no results, and no diagnosis could be made, even though he had been seen in seven different hospitals. By the time he had lost some 50 pounds, weighing only 125 lbs., his brother became alarmed and read every available book on the subject, searching for a solution. The only advice he found suggested a high protein diet. So van Zsidy started to eat a great deal of protein foods—eggs, milk, and so on. The only result was that his condition worsened even more. Finally he consulted an internist who took a scan and found three lymph nodes positive for cancer. The right lobe of his liver had several tumors; the left lobe showed one measuring 2 cm. x 3 cm. His feet were swollen, his abdomen was full of fluid (ascites), his liver was greatly enlarged, and even just looking at food made him nauseous. At this point, his doctors searched for possible treatments but it was clear that chemotherapy would not work and because of Van Zsidy's childhood bout with tuberculosis, he could not be given prednisone. By now, two years after the onset of his symptoms, he weighed only 98 lbs. He went into the hospital on January 8th, 1992. By early March, he was clearly dying.

As a last throw, he tried to follow the Wigmore and the Livingston alternative treatments, but they brought little improvement. Then he found Dr. Gerson's classic, *A Cancer Therapy - Results of 50 Cases* and decided to embark on the Gerson program. As he was too ill to travel to Mexico, he had to do so at home. Now, at last, he had found the right answer to his many grave problems. Within a short time he began to gain weight and his energy was returning.

After eight months, his arthritic knees healed sufficiently to allow him to take up jogging. And after two years on the Gerson Therapy, he was able to state that he "felt better than [he] had ever, ever felt before."

Dr. van Zsidy remains well and active.



*Ella Augenti* - Colon Cancer, Grave's Disease,  
Hypoglycemia; Glaucoma, Concussion

Ella was born in 1916. When interviewed, in late 2000, she was 84 years old. It is almost incredible; however she did, in the course of her lifetime, suffer from all the above ailments.

In 1928 when she was only 12 years old, her mother was diagnosed with tuberculosis. She found Dr. Gerson in New York, did the Gerson Therapy, recovered, and lived 12 years in good health. Due to an auto accident, she had very severe injuries, bleeding the doctors were unable to stop. She died shortly thereafter.

When she was 30 years old, Ella found herself in an extremely stressful marriage She developed Grave's Disease (Exophthalmic goiter) and returned to Dr. Gerson in New York, followed his advice, and reported "I got well quickly while dieting with my mother". The disease never recurred.

Later she suffered from hypoglycemia but didn't know where to find the Gerson Therapy. She went to doctors who put her on a high protein diet. This caused her severe dizziness – so she stopped. She told that "By the greatest good luck, my niece had gotten a health food store and had received notice that Charlotte Gerson was going to lecture in Asbury Park (New Jersey). I was so thankful to find her; and went back on the [Gerson] diet and got rid of that problem."

It was at age 71, in 1987, that Ella noted rectal bleeding. Since she seriously distrusted doctors, she assumed that it was caused by hemorrhoids. Eventually, due to some problems of elimination, she did consult a doctor who found "a very large tumor". The medical report of the surgery at Pascack Valley Hospital in New Jersey, by Dr. F. Candido, confirmed adenocarcinoma of the rectum, with extensive small and large bowel adhesions.

She refused orthodox treatments and at the end of 1987 went to Mexico for the Gerson Therapy. She said, "I knew where to go when I got cancer." She got a good response. After some time, she found it very cumbersome to pick up and carry her distilled water home. Instead, she opted for home delivery of her water. At that time, she worsened but only discovered later that the 'delivered' water was not dis-

*Ella Augenti*

tilled and contained salt. In 1988, since her tumor was growing, she had to have it removed. At about the same time, Ella was diagnosed with glaucoma. With the Gerson Therapy, and back on distilled water, she completely cleared the cancer as well as the glaucoma. She felt that the niacin, especially, helped to open the ducts in her eyes to reduce the pressure.

Most recent news: August, 2001. At that time, she said that she needed no medication and has no further problems, no recurrence of her colon cancer. "I feel just fine, and when people talk to me on the phone, they can't believe I am 84; because, they say, my voice sounds so energetic."

Last year, she slipped and fell on the ice, had a severe blow on the back of her head that caused a concussion. She landed in the hospital for four days but couldn't wait to get home to do the proper Gerson Therapy. Soon her doctors were amazed at her excellent recovery – at age 83. Ella had no more headaches or any other problems due to the fall.

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*Patricia Ainey* - Pancreatic Cancer

In January 1986, Patricia was sent by her doctor from her residence in Nanaimo (BC, Canada) to Victoria for a CAT scan. The results were verified by a needle biopsy. The medical specialist said to her, "Go home and get your life in order; the cancer is so bad it is inoperable." She was also told that the malignancy had spread to her liver, gallbladder and spleen. By then she had lost more than 45 pounds and was vomiting blood.

Naturally, the medical verdict distressed Patricia greatly. After much anguish and weeping she decided to make the best of the few months left to her with her family.

Patricia was skeptical when she first heard about a nutritional treatment claiming to heal cancer, called the Gerson Therapy, and thought it had to be a scam. But then she and her husband read about a Victoria man who had apparently



recovered from pancreatic cancer on this therapy (see George Birney) and wondered whether she should give it a try. Finally on March 7 1986, she arrived at the Mexican Gerson clinic.

Already after ten days she began to feel considerably better than she had in months. By December of that year, her doctor told her that "he thought Patricia had the cancer licked." He went on to say what many other physicians have told their patients who had recovered on the Gerson Therapy: "I don't know what you are doing, *I don't want to know*, just keep doing it." In February 1990 her family physician wrote a letter in which he stated the following: "Patricia was diagnosed as having a malignancy of her pancreas. She received treatment of her disease outside of Canada, and I am pleased to say that as of the present time she has no evidence of recurrence of the disease, and what evidence of malignancy was present in 1985 has now gone."

Although she has enjoyed excellent health for many years, Patricia still drinks the freshly made organic fruit and vegetable juices that are a mainstay of the Gerson Therapy, and has the occasional coffee enema, to ensure her continued well-being. She leads an active life and enjoys the company of her grandchildren, sixteen years after being told that her life was over. Last contact: a Christmas card received in 2001.

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### ***Professor Yoshihiko Hoshino, M.D.***

*Colon Cancer with Liver Metastases*

It is always a pleasant surprise when an unknown person from some remote part of the world gets in touch with Charlotte Gerson, to report on his or her recovery from some serious life-threatening condition on the Gerson Therapy, solely with the help of Dr. Gerson's classic book, *A Cancer Therapy - Results of Fifty Cases*.

One such occasion was on December 30, 1997, when a let-

ter arrived from Professor Hoshino, M.D., who teaches at the Fukushima Medical College in Fukushima, Northern Japan. By then Dr Gerson's book had appeared in a Japanese translation, which explains how Professor Hoshino had found out about the Gerson Therapy.

According to his letter, in 1992 Professor Hoshino was diagnosed with colon cancer, which had spread to his liver; he recovered from both by using the Gerson Therapy and other immune therapy. He added, "Now I am writing a book introducing the Gerson Therapy to Japan. This will be the first book about the Therapy written by a medical doctor in Japan."

In the fall of 1998, his book was published. In it the Professor described not only his own recovery on the Gerson Therapy, but also how, while curing himself, he also treated some twelve cancer patients. The latter belonged to various age groups and suffered from a variety of cancers, including a child with a brain tumor. All those patients made a full recovery. Our only regret is that, owing to the obvious language difficulty, we are unable to read this pioneering work.

Answering to a query from the Gerson Institute, Professor Yoshihiko sent a message on October 28 2001, in which he confirmed that he had never had any chemotherapy, having refused it as an option. Instead, he wrote, "I treated my disease by operation for the colon cancer, and with the Gerson Therapy and urine therapy for the liver cancer."

### ***Al Schafer*** - Colon Cancer

Al's story started when his first wife died – in his own words, "from treatments she got for breast cancer. We were looking for other treatment options and found laetrile, but it didn't slow her cancer. It did give her some pain relief, but she died. I continued to search for other options and came across the



Gerson book."

Al states that he has been a "Gerson Person" for some 20 years, even before he was diagnosed with colon cancer in 1978, aged 53. At the time he was connected to the Florida chapter of the International Association of Cancer Victors and Friends (IACVF), searching for non-toxic approaches to the treatment of cancer.

Two and a half years after his wife died, Al was found to have colon cancer. During the Christmas vacation of 1977, he went to the Bahamas and took the test developed by Lawrence Burton. Burton said that Al had "an old tumor that was breaking up". Then Al sent a urine specimen to Dr Navarro in the Philippines, and was also tested by the BioSciences Lab of Van Nuys, CA, for the Human Chorionic Gonadotropic hormone (HCG), which is only found in pregnant women and cancer patients. All these tests were positive for malignancy.

At the end of May 1978, Al went to the Livingston Clinic in San Diego, CA, for additional diagnostic tests. "I was disgusted with the conventional treatments that my wife had received, and with orthodox medicine's invasive treatments," he explains. By then his CEA (Chorionic Embryonic Antigen) showed +74 (it should be below 5), positive for cancer. He had been losing weight and came down to 115 lbs.

In June 1978, Al arrived at the Gerson Therapy Hospital in Mexico. At first he lost a little bit more weight, but responded quickly to the treatment, and three weeks later, before he left the Hospital, he had started to regain his lost weight. Over time, on the Gerson Therapy he went up to 147 lbs. After two weeks' sick leave, followed by four weeks of part-time work, he returned to full-time work at Pratt & Whitney Aircraft Co. Even so, he was able to manage the full intensive Therapy single-handed.

Today (in 2002), 24 years later, Al, aged 76, is alive and well. He has stayed on a reduced Gerson program, eating organic vegetarian food and drinking 1-2 glasses of carrot and apple juice and at least 1 green juice a day. Occasionally he

detoxifies with coffee enemas, especially if he eats something he shouldn't. In his own words, "I am now very healthy with lots of energy. Using the Gerson Therapy has provided me with good health all these years. Recently I was interviewed for 30 minutes on a television show in Seattle."

In 1986 Al retired from his job and got involved with TV programs and various health and cancer support groups and church activities. He is glad to see that there is now more outreach and support for Gerson patients than in the past, so that they do not feel isolated and entirely on their own while working hard to regain their health.

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### **Rosamond Ray [Barnheizer]** - Colorectal cancer

In 1953, Rosamond found blood in her stool. She also suffered pain and weakness. The Head of Rectal Surgery at Stanford University Medical School did a biopsy and discovered a malignant polyp, 13 cm up from her rectum. It was described as a highly malignant type of mucoid adenocarcinoma. He stated that without surgery, she had less than 10% chance of survival. She refused.

Instead, Rosamond attended the New York clinic of Dr. Gerson in October of 1953 and started the Gerson Therapy there. She recovered completely. She was married in 1955 and never had any more migraines after she started the treatment.

In 1981, at the San Diego convention celebrating the 100<sup>th</sup> anniversary of Dr. Gerson's birth, she testified regarding her health. She not only was very well but also reported that since her recovery on the Gerson Therapy, she never again suffered the migraines she used to have, nor did she have any colds or flu.

She remains alive and well to age 77, 37 years later in 1990.



## *Lawrence Kirk* - Pancreatic cancer

In 1994, toward the end of August, Lawrence's wife remarked that he didn't look well. He had a blood test done, which produced normal results. Suffering from digestive problems, he underwent a "G-I Series" (gastro-intestinal tests). These didn't show anything specific, so his doctor gave him some drug to reduce his acid. Far from helping, the drug caused him severe abdominal pain. Before taking it, Lawrence only experienced discomfort after some specific activity or movement. After taking it, he could no longer straighten out at night or lie on his back.

In late October he returned to his General Practitioner. On November 2, a CT Scan was performed and showed a 5cm mass on Lawrence's pancreas, along with two swollen lymph nodes and "fatty infiltration to his liver". His weight had dropped by 50 pounds to 123 pounds.

Because of his pancreatic involvement, the doctor told Lawrence that neither surgery nor chemotherapy would work for him. Some two weeks later, an oncologist whom the patient consulted, contacted a Center in Colorado Springs where nutritional treatments were used. On November 9, Lawrence obtained the Gerson book, which convinced him that he should go the 'alternative' way.

Still, to get a second opinion, Lawrence consulted an oncologist at a Texas medical center. This doctor wanted to do the CT scan over again and did a needle biopsy of the pancreatic mass. The result turned out to be 'inconclusive'. At this stage Lawrence called the Gerson Institute and went to the Mexican Gerson Hospital on December 2, 1994.

He spent 18 days at the Gerson hospital. His pain stopped immediately and he was able to discontinue taking the medication. His migraine headaches ceased, too, never to return.

Lawrence stayed on the strict Gerson Therapy for 20 months, then cut back from 13 juices to 10. His CT scan at 20 months showed his condition to be "clean, no nodes, no fatty infiltration". In time he reduced the juices to 8, then to 6, and

## *Lawrence Kirk*

finally settled on 4 juices a day.

In January 2000, Lawrence injured his back while moving a piano. At about the same time, his original doctor died of lymphoma that had spread to his colon and liver. Another year later, in January 2001, at his mother's funeral he again injured his back, this time moving a refrigerator. Both times he ruptured a disk, which eventually healed.

Lawrence feels well, is still working part time.

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## *Bob Harrison* – Colon Cancer

This is a particularly interesting story since it involves two generations of the same family, a mother and her son, both of whom recovered from life-threatening diseases on the Gerson Therapy.

The first contact occurred in 1981 at a convention in San Diego, held at the 100<sup>th</sup> anniversary of Dr. Gerson's birth. At that celebration, Mrs. Irene Harrison, 91 years old at the time and barely five feet tall, strode up to the podium proud and erect, and told how, around the age of 50, she had been very ill. So serious was her kidney disease that her family was given a hopeless prognosis. She, however, traveled to New York from her home in Pennsylvania and consulted Dr. Gerson. With the help of his treatment, she recovered completely.

The second contact came in February 1997 when her son, Bob Harrison, got in touch with Charlotte Gerson by telephone and told his own story: He had been diagnosed with colon cancer that required radical surgery. After the operation, the surgeon told him that he had removed a very large tumor which, for several months, had completely blocked the lower portion of his colon. His body had developed a fistula



(an abnormal tube-like passage) allowing fecal matter to pass from a point in the small intestines to a spot below the blockage in the colon. This allowed the evacuation of feces, but in the process a six-inch portion of his small intestine became infected and had to be removed.

Although the surgeon stated that all evidence of cancer had been eliminated, he added that Bob had only one year to live. The oncologist, more charitably, gave him a 50% chance of surviving for two years, stating that if he submitted to chemotherapy, his chances would increase by 30%. Bob refused the offer.

Instead, he followed the Gerson Therapy the way he understood it: he cut out all salt, fat, caffeine, refined sugar and alcohol, and switched to therapeutic nutrition. After six months, he was much better, except for cholesterol problems. He added flax seed oil to his daily food which consisted of organic vegetables, salads and fruit; he did not eat nuts or seeds.

Six years later he was able to report that he was well. When Charlotte Gerson asked him about his mother, whom she had met sixteen years earlier at the Convention, aged 91 at the time, Bob said, "Oh, she's just celebrated her 107<sup>th</sup> birthday! She's rather weak and needs a companion – but her mind is as clear as a bell."

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### *John Huey* - Colon Cancer

Presently, 75 years old, John was diagnosed in 1979 in Johnstown, Pennsylvania at the Conemaugh Hospital. The biopsy done on his colon tumor tissue showed that he had a malignancy.

At first, he refused all offered treatments and did noth-

ing. Eventually, he went to the Mexican Gerson Clinic and subsequently continued the Gerson Therapy at home for 18 months. John is one of a very few patients who returned to the Gerson clinic for a re-examination at the end of his treatment. At that time nothing was found. He was well and has had no further problems since.

John tries to live on food he raises himself and eats only organic food. He is busy working his own 40 acres of land and takes care of himself; eats no meat, and no salt. In order to be able to use the foods he raises, he built himself a root cellar and stores vegetables, such as cabbage, beets, etc. for the winter.

His wife, Mary, was toxic, too. She did the enemas and became really well. She now runs a clinic doing colonics. John states that other family members also got good responses on the "right food."

Last news: February 2001.

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### *George Birnie* – Pancreatic Cancer

George was born in 1919. At the age of 64, a CAT scan done in Victoria, British Columbia, showed tumors in the body and neck of his pancreas. His physician told him that it was 100% certain that George was suffering from pancreatic cancer. He was told that conventional treatments were hopeless.

Prior to his diagnosis of pancreatic cancer, George had already suffered three heart attacks. He also had osteo-arthritis and his hands showed the lumps and somewhat deformed fingers.

He arrived at the Mexican Gerson Hospital in February 1983 and started the Gerson Therapy. He immediately began to feel better and hope returned. His attitude is best demon-



strated in a small incident: another patient in a neighboring room at the hospital complained about the taste of the liver juices. (These were still being used at the hospital at that time.) George's succinct response was, "Beats dying!"

George continued the treatment at home in Victoria. Later CAT scans showed that his pancreas was clear and that he had recovered.

Some nine years later, in good active health, he divided his time between playing golf in Victoria during the summer and spending the winters in Hawaii. He remained well and active until 2001 when he passed away at age 82.

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### **Kent Gardner** – Cancer of the esophagus and larynx

Kent Gardner sent us a "first-person" account of his experience:

My name is Kent Gardner. I was born on December 24, 1953 in White Plains, New York. As a taxidermist, since 1967, I knew all about lions, tigers and bears. I knew much more about animals than about the human body, including my own. I felt I didn't need to know. I rarely ever had a cold or flu or any of the diseases that plague mankind.

I did not smoke, had an occasional drink, drugs were not for me. I knew nothing about nutrition. I would eat two to four apples a year, two to four oranges, never a salad. I thought salads were rabbit food. If I ate some whole wheat bread, I thought I was on a health kick. Looking back, I ate purely junk food, convenience foods, as I blazed through each day.

For ten years, while building my business, I worked 10 to 16 hours a day, seven days a week. Still, we were two years backlogged with eight full time workers. My environment was a text-book toxic scenario. As a taxidermist I knew, anything that is labeled a preservative, has to kill what it preserves, including, as I learned, the taxidermist. In small

amounts you kill molds, bacteria, fungus, souring. Larger doses are FATAL. I worked with them all. Even salt, that is killing Americans, was just one of the milder preservatives I used daily. Formaldehyde, lacquer thinner, fiberglass, urethane foams, paints, all sorts of chemicals are all part of the trade.

Over the years, I could feel something happening in my throat. At first I just had to clear it now and then. Much later, I started having to clear it often enough that many people commented that I sounded like a smoker. Later I found swallowing was becoming a problem. If I breathed heavy I could hear a new sound coming from my neck and larynx area. I knew, something wasn't right, but didn't really want to know what was wrong. For the first time in my life, at the age of 37, I sought out the doctors for an answer. After a series of tests, the next step was a scheduled surgery, slit my neck open almost from ear to ear, remove as much as they could, then chemo and/or radiation treatments. After the initial shock of hearing this, and not knowing otherwise at that time, I was ready to go with the flow.

Thank God, I received the fact sheets on the survival rates of patients with my particular cancer. According to the National Cancer Institute, cancer of the esophagus and larynx is among the deadliest. It has less than a eight percent five year survival rate, after conventional surgery, chemo and radiation. It said nothing of a five-year cure rate or a ten-year cure rate. I was furious and canceled all further conventional methods. Because of the location of the tumor, and the procedures necessary to remove it and do a biopsy, I never received a biopsy report.

In view of the odds, I knew I wasn't going to do what the doctors had offered me.

Less than 30 days later, a friend, Patty, told me about a book, "The Gerson Therapy". I bought the book, read it twice in less than 20 days, and decided I had nothing to lose. I was dying. The coffee enemas were a mental hurdle I had to overcome, but once I experienced one, I could feel the difference, and understood their importance.

The journey began, and in two and a half days. In two



and a half weeks, I experienced all kinds of reactions in my body that I'll never forget.

After about one and a half months, the swelling was way down, and whatever this tumor was, it was now dead. Reducing in size weekly, it was rotting in my throat. Frankly, it was Hell! This thing now produced a constant, horrible smell and taste, unlike anything I had ever experienced, even after 24 years as a taxidermist!

After about two and a half months, as I locked my car and walked into a local Home Depot, this tumor, fluttered for about two seconds, then broke loose and I swallowed it! I got into the store, broke a into profuse sweat, panicked, started losing consciousness and fell to my knees.

Later I realized the tumor had fallen into my stomach, and digestive juices hit it, producing a severe poisoning. I should have tried to throw it up, but ego, and not being able to think clearly, didn't allow me to throw up publicly. To this day I don't know nor remember how I recouped enough strength to make it back to my car and drive home, a 20-minute ride. The next five days I was totally bedridden, took three enemas a day with my wife's help, doing all that was necessary. The toxic poison effects were manifold.

On the sixth day I was able to walk around. I have been walking on water ever since. Thank you Max and Charlotte Gerson.



## ADDITIONAL READING

*A Cancer Therapy: Results of 50 Cases* Max Gerson, M.D.

This is Dr. Gerson's landmark book, the work of a true medical genius. In it, Gerson details the therapy, its history and development through 1958. Case histories, x-rays, photographs. \$19.95

*The Gerson Therapy: Healing Cancer and Other Degenerative Diseases*

Charlotte Gerson and Dr. Morton Walker

The first new Gerson Therapy book in over 40 years. Gerson and Walker give illustrative case histories from Charlotte Gerson's 30 years of clinical experience, recipes, scientific evidence, guides to medication, treatments for most cancers and many other chronic diseases from diabetes to MS. A must-have. \$17.00

*Dr. Max Gerson, Healing the Hopeless* Howard Straus

The first definitive biography of Dr. Max Gerson from his early years in Germany, through his stunning medical discoveries, flight from Nazism and battles with the American medical establishment. Thoroughly documented, over 20 photographs. \$19.95

*A Time to Heal* Beata Bishop

Beata Bishop, a novelist and writer for the BBC, received a diagnosis of malignant late stage melanoma — normally a death sentence. When she met Charlotte Gerson's daughter in London, she settled on the Gerson Therapy. This is the moving story of her complete recovery, over 20 years ago. Bishop is alive and well today. \$7.95

*Doctor Max* Giuliano Dego

A fictional treatment of the events surrounding Dr. Gerson's life, training, and struggles against the politics of modern medicine, covering many of the most significant events of the 20th century. \$12.00

*All books can be ordered from:*

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Other related books, audio and video tapes available from  
The Gerson Institute, 1572 Second Ave., San Diego, CA 92101  
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