

Jonathan Hernandez

Ms. Swiner

English IV

October 31, 2013

### The Gerson Therapy for Cancer Patients

When a person hears the word “cancer,” one of the first things they think about is “how long before I die?” With the Gerson Therapy for cancer patients that question changes to: “how many years before I heal from cancer?” With this therapy there is hope for people with cancer. The best part is that there are no side effects and, when the therapy is finished, the person will be healthier and will feel much better than before the cancer was discovered.

The Gerson Therapy is an all natural vegan treatment that reactivates the body’s amazing ability to heal itself through an organic vegetarian diet, natural juices, coffee enemas and supplements (Gerson Institute; HEAL YOURSELF). The Gerson Therapy treats cancer from a different perspective than conventional therapies. It starts by detoxifying the body, regenerating the organs, and not ‘feeding’ the cancer (The Gerson Therapy- Overview and Patient Testimonials Vol. 1; The Gerson Therapy- The Gerson Therapy at Home Vol. 2). This continues until the body has no more cancer and is able to fight cancer and any other disease by itself.

Dr. Max Gerson said that:

A normal body has the capacity to keep all cells functioning properly. It prevents any abnormal transformation and growth. Therefore, the natural task of a cancer

therapy is to bring the body back to that normal physiology, or as near to it as is possible. The next task is to keep the physiology of the metabolism in that natural equilibrium (Gerson, M. 6).

Therefore the Gerson Therapy with its alternative approach reactivates the body's ability to fight by itself. The therapy is a guide that helps the person choose what types of food will help fight cancer and which ones do not. Unlike chemotherapy that kills the cancer and an extensive amount of the body's healthy cells, this therapy gives the person the right tools to fight the cancer. And the best part is that there are no damaging side effects (Gerson Institute). The only moment the person feels discomfort is when the body is healing, which happens periodically, between one to three days at a time, until the person is healed.

On the other hand, stress is an important factor to develop cancer. Stress, according to the Longman dictionary, is: "force of weight caused by pressure" (Longman Dictionary 1339). With the amount of stress- physical and emotional- there is in the world today, the body is not able to fight back. Consequently the immune system, as a result of the stress, starts to decrease, thus enabling cancer to take control over the body (Know Your Options- Heavy Metal Toxicity The Hidden Killer; HEAL YOURSELF; Balch and Stengler 123). The physical stress that people are putting on the body today is through the food, which has pesticides, preservatives, artificial ingredients, etc (Giller and Matthews xvii). Also, another way people are putting stress on their bodies is through electromagnetic radiation when being exposed to cell phones, computers, electrical towers, microwaves, etc., and, on top of this, the everyday emotional stress. The emotional stress comes from many different sources such as family, work, illnesses, finances, study, etc.

Therefore, it is always important to remember that:

Cancer is a chronic, degenerative disease, where almost all essential organs are involved in the more advanced cases: The entire metabolism with the intestinal tract and its adnexa, the liver and pancreas, the circulatory apparatus (the cellular exchange supporter), the kidneys and bile system (as main elimination organs), the reticulo-endothelial and lymphatic system (as defense apparatus), the central nervous system for most metabolic and motoric purposes (Gerson, M. 11).

For that reason, it is important to have a holistic approach to cancer and fight against it by healing the body as a whole. As a result, juices, food, supplements, enemas, rest, and the will to live are the pillars and foundation of the Gerson Therapy (Gerson Therapy Handbook i; Gerson, C. and Bishop 175; Gerson, M. 187; The Beautiful Truth). The juices and food give the body essential nutrients needed for cleansing, healing, and giving the body energy to keep fighting the cancer (Gerson, M. 7; The Gerson Therapy- The Gerson Therapy at Home Vol. 2; Wait 13). Gerson patients drink between twelve to thirteen juices daily, depending on what the doctor prescribes. The juices are given to the patient every hour and the juices have to be given to the patient as fresh as possible. The juices cannot be made in a centrifuge machine because the way the machine works changes the juices components down to the atomic level reducing the power of the enzymes needed for healing dramatically (Gerson ,C. and Bishop 134; Gerson, M. 217). To prevent this from happening the juices have to be made on a Norwalk press (Walker 65; Gerson, C. and Bishop 134). This is one of the few machines in the world that do not change the composition of the juices (Gerson Institute). The Gerson patient eats three meals a day and any fruit that the therapy allows. The therapy requires that the patient always eat oat meal for breakfast; for lunch and dinner, one potato per meal, a bowl of Hippocrates soup, and raw and cooked salads. The food does not have to be boring and sad; there are many wonderful and

delicious recipes. All a person needs is a little imagination and patience; the combinations are endless (Lindsay-Hildenbrand 3; The Gerson Therapy- Gerson Therapy Food Preparation Vol. 3).

In addition, the supplements make up for deficiencies that the body of a cancer patient needs (Gerson, C. and Bishop 175). A few of the supplements a Gerson patient takes during the day are niacin, pancreatin, and acidol pepsin. “Niacin (common name for nicotinic acid, or vitamin B3) assists in the digestion of protein and helps to open capillary circulation” (Gerson, C. and Bishop 177). Pancreatin helps in the digestion and elimination of tumor tissue. And acidol pepsin facilitates tumor digestion and iron absorption.

In addition, the prescription of coffee enemas is a necessary element for a cancer patient. The definition of the word enema, according to Longman dictionary, is: “the putting of a liquid (such as medicine) into the bowels through their lower opening (the rectum)” (Longman Dictionary 430). To most people “the coffee enema is the most surprising and apparently bizarre element of the Gerson Therapy” (Gerson, C. and Bishop 161). The coffee enema is a very important part of the Gerson Therapy; without it, the therapy would not work. When a patient is on the full Gerson Therapy, the combined result of the food, juices and supplements trigger the immune system to attack and kill cancerous tissue, besides working to cleanse accumulated toxins from the body (Gerson, C. and Bishop 161). This great clearing-out can overburden the liver- one of the main organs that helps detoxify the body- making it harder to detoxify, and as a consequence, because of the high levels of toxicity in the blood, the liver can go into a comatose state, which will severely damage or even kill the patient (Gerson, C. and Bishop 161; Buttar 23). To avoid these dangerous situations, the coffee enemas help the body to be detoxified and heal properly (Gerson, C. and Bishop 161; Gerson, M. 190; Straus 180).

Even though rest might seem unimportant, it is also a very important part of the therapy. This is because the energy gained by it will be used to fight the cancer, and if the patient uses the energy in something else, the body will not be able to fight the cancer (Know Your Options- CANCER). At the beginning of the therapy it will be very easy to rest because the patient may feel weak and tired. But after the first few weeks or months on the therapy it will be harder to rest because the patient might feel energetic and strong, and even better than before he/she had cancer. But in this time the patient needs to rest. And, besides, if it were not for this therapy, many of the cancer patients would have been resting six feet under ground for a very long time.

The Gerson therapy is probably the best therapy out there to treat and heal cancer. Anyone with cancer has more chances of surviving it with this therapy than not, but if they do not have the will to live they might not get better. For this reason, it is very important to always keep the patient uplifted and as happy as possible with jokes, funny videos, games, etc (Gerson, C. and Bishop 265).

Another important aspect of the therapy is the healing reactions (Gerson, C. and Bishop 187). These reaction flare-ups that the body generates is because it feels there is a foreign body and/or substance in it. When a person gets started with the therapy, the body will start “seeing” the cancer. As a consequence, the body will react against it, and, as a result, the body will have a healing reaction. Healing reactions may vary from person to person. A few of the symptoms may be a fever, pain on or around tumor tissue, and swelling of the body especially around the tumor. These symptoms help to kill cancer even faster, especially the fever and the swelling. The fever helps to “toast” cancerous tissue, and the swelling around the tumor helps by making the cancer “starve.” Accompanied by the healing reaction, the patient may feel nauseated and weak; there are also mood swings- when the patient may feel very happy, sad, and/or hysterical. These are

just a few of the symptoms that patients have when there is a healing reaction. Some people might get a few of these symptoms or they might get every single one of them at the same time (Gerson, M. 201;Gerson, C. and Bishop 188).

Healing reactions last between one to three days, most of the healing reactions start very late at night or very early in the morning. When a patient has a healing reaction and wakes up at night, the first thing to do is to have a coffee enema; coffee helps to control the pain and also “clean” the liver. And if the pain is too high the patient should take a triad- niacin, aspirin, and vitamin C- which helps to lower the pain. Depending on where the cancer is in the body, the patient should put a castor oil pack- it is a cloth with castor oil wrapped with bandages and on top warm bags of water- which helps to reduce the pain, too (Gerson Therapy Handbook 21). After this is done patients experience less pain and most of the time they sleep for a few hours or until the effects of the triad have passed- which is every four hours. Even though healing reactions are very uncomfortable, they are always welcome knowing the patient is responding to the therapy and healing.

The Gerson Therapy is like a very precious, beautiful diamond; like all diamonds, they require a lot of work to be found and finally be carved. One of the resemblances the Gerson Therapy has with a diamond is that it is labor intensive. Because everything has to be given to the patient as fresh as possible, there has to be a care giver with the patient at all times including at night – at least in the same house, because of the healing reactions the patient might have. The therapy recommends that a patient should have two care givers. This is because the therapy never stops, the Gerson Therapy for cancer patients is a 24/7 job. The two care givers can take turns helping the patient in order not to get too tired (Gerson, C. and Bishop 216).

In addition, this therapy is very beautiful, like a diamond, is a ray of hope in the middle of a battle where there seems to be no hope. This therapy not only cures the cancer the patient may have, but any other preexisting diseases he/she might have had in the past such as skin tuberculosis, diabetes, high blood pressure, etc. After a cancer patient finishes the therapy, he/she will feel much better than before the cancer was discovered. Their minds will be much more alert, and the patients will have energy like never before. There is hope for the hopeless fighting cancer and any other degenerative disease through the Gerson Therapy.

## Works Cited

- Balch, James F., M.D., and Mark Stengler, N.D. *Prescription for Natural Cures: A Self-care Guide for Treating Health Problems with Natural Remedies, including Diet and Nutrition, Nutritional Supplements, Bodywork, and More*. Hoboken, NJ: John Wiley & Sons, 2004. Print.
- The Beautiful Truth*. Dir. Steve Kroschel. Perf. Garrett. Gerson, 2009. DVD.
- Buttar, Rashid A., Dr. *The 9 Steps to Keep the Doctor Away: Simple Actions to Shift Your Body and Mind to Optimum Health for Greater Longevity*. Lake Tahoe, NV: GMEC, 2010. Print.
- Gerson, Charlotte, and Beata Bishop. *Healing the Gerson Way: Defeating Cancer and Other Chronic Diseases*. Carmel, CA: Totality, 2009. Print.
- "Gerson Institute." *Gerson Institute RSS*. N.p., 16 Sept. 2011. Web. 5 Dec. 2013.  
<<http://gerson.org/gerpress/the-gerson-therapy/>>.
- Gerson, Max. *A Cancer Therapy: Results of Fifty Cases ; And, the Cure of Advanced Cancer by Diet Therapy : A Summary of 30 Years of Clinical Experimentation*. San Diego, CA: Gerson Institute, 2002. Print.
- The Gerson Therapy- Gerson Therapy Food Preparation Vol. 3*. Perf. Charlotte Gerson. Gerson, 2004. DVD.
- Gerson Therapy Handbook: Practical Guidance, Resources, and Recipes for following the Gerson Therapy*. Bonita, CA: Gerson Institute, 1999. Print.
- The Gerson Therapy- Overview and Patient Testimonials Vol. 1*. Perf. Charlotte Gerson. Gerson, 2004. DVD.



- The Gerson Therapy- The Gerson Therapy at Home Vol. 2.* Perf. Charlotte Gerson. Gerson, 2004. DVD.
- Giller, Robert M., MD., and Kathy Matthews. *Natural Prescriptions: Dr Giller's Natural Treatments & Vitamin Therapies for over 100 Common Ailments.* New York: Carol Southern, 1994. Print.
- HEAL YOURSELF, HEAL THE WORLD.* Perf. Howard Straus. Gerson, 2013. DVD.
- Know Your Options- CANCER, The Untold Truth.* Perf. Rashid A. Buttar. The Medical Series, 2006. DVD.
- Know Your Options- Heavy Metal Toxicity The Hiden Killer.* Perf. Rashid A. Buttar. The Medical Series, 2006. DVD.
- Lindsay-Hildenbrand, Christeene. *Gerson Therapy Recipes: With Detailed Cooking Instructions.* San Diego, CA: Gerson Institute, 1991. Print.
- Longman Dictionary of English Language and Culture.* Harlow: Longman, 1998. Print.
- Straus, Howard, and Barbara Marinacci. *Dr. Max Gerson: Healing the Hopeless.* Carmel, CA: Totality, 2009. Print.
- Wait, Marianne. *Food Cures: Breakthrough Nutritional Prescriptions for Everything from Colds to Cancer.* Pleasantville, NY: Reader's Digest, 2007. Print.
- Walker, Norman W., Dr., D.Sc., Ph.D. *Pure & Simple Natural Weight Control.* Phoenix, AZ: O'Sullivan Woodside, 1981. Print.