

The Gerson Diet for Cancer

The renowned cancer researcher explains / New hope for patients

From Dr. E. Wildhagen, our research associate stationed in Berchtesgaden

"Cancer cannot survive in a body with a healthy metabolism." That was the gist of the report that cancer researcher Dr. Gerson presented yesterday to a group of scholars and doctors in Berchtesgaden. As the Hamburger Abendblatt already reported last Saturday, Dr. Gerson, who recently returned to Germany from a visit to the United States, has achieved considerable success in fighting cancer with the diet named after him.

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Dr. Gerson then spoke to so-called "holistic practitioners," who view every illness as the result of a disturbance in the entire organism and are currently meeting on behalf of the Working Group of West German Medical Associations to discuss new findings in cancer research. Dr. Gerson's lecture, which was followed by a lively discussion, was the highlight of the conference. The result: Dr. Gerson's diet offers new hope for cancer patients.

Dr. Gerson, who turns 71 today, reported on several hopeless cases. These were poor people whom even the best doctors in America had been unable to help. The patients had been sent home to die. It took a great deal of courage at first to take on their treatment.

Back to Life

For example, there was a woman who underwent seven surgeries and received dozens of radiation treatments with X-rays and radium. By the end, she weighed only 87 pounds and was exhausted when she was told she had cancerous lesions in her lungs and on her chest. That was in April of this year. Since then, she has returned to a normal life. Nothing significant remains of the cancerous lesions.

Take John Heester from Akron, Ohio, who had already developed the dreaded metastases,

—the spread of the cancer. The surgeon found 50 nodules on the surface of his liver, the largest of which was as big as a fist. He's doing well now. He's gained weight and feels healthy.

Yet another person has esophageal cancer. His esophagus had become so narrow that he could only swallow water by the teaspoonful. Now, after eleven weeks, he can eat vegetables and bread.

Additional cases—a total of 20 out of the 40 that Dr. Gerson had planned—were described along with all the clinical, radiological, and microscopic records provided by American specialists and hospitals. Nearly 200 patients have been treated so far, with surprising and largely rapid results.

The Growth Cells

Dr. Gerson bases his theory on the idea that rapid human growth is due to a negative electrical charge in the growth cells. Six months after birth, this rapid growth has subsided. At that point, the cells are predominantly positively charged, and normal, slow growth begins.

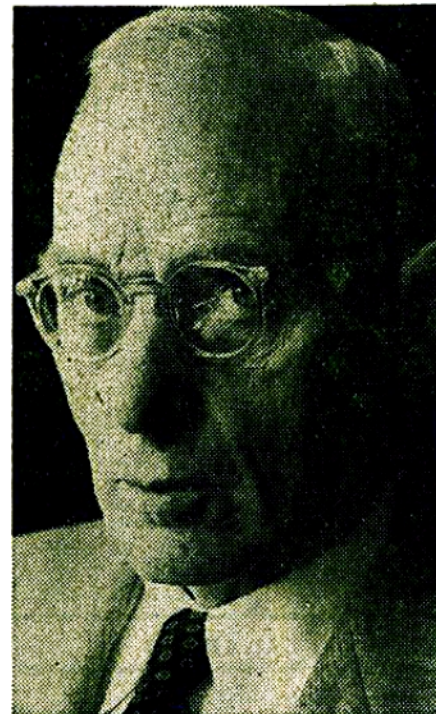
In cancer, we observe growth that is similarly rapid to that of a developing human, and it also carries a negative electrical charge. This is due to certain elements. Iodine and sodium—sodium combines with chlorine to

form table salt—are at the top of the list.

Other elements—such as potassium, phosphorus, magnesium, manganese, copper, gold, and iron—work in the same way to maintain the body's positive electrical charge.

The treatment begins by drawing sodium chloride and water out of the cancerous tumors and out of the body's tissues as well. Then the body can deal with the cancer cells.

The body's entire metabolism must therefore be reset. This is achieved through a radical change in diet. During the first six weeks, no animal protein is allowed—no meat, eggs, milk, or cheese. Table salt is frowned upon. Fat is completely avoided. Mushrooms are also not allowed.



Dr. Gerson

Still, the recipe list is versatile. Ten glasses of vegetable juice daily—carrot juice, orange juice, and apple juice—enriched with potassium, plenty of fruit, especially apples, carrots, celery, and herbs. Berries are not recommended. So no strawberries, currants, or raspberries. Oatmeal, whole-grain bread. Potatoes round out the diet.

To stimulate and maintain bowel function, specially formulated enemas—chamomile tea with caffeine—and, occasionally, strong black coffee are administered. Each patient is prescribed a specific diet based on these principles. Alcohol, nicotine, other stimulants, and hot spices (except herbs) are prohibited. White sugar is also prohibited.

Almost dangerously fast

In some patients, the results are so surprisingly rapid that the dissolution of the cancerous tumor initially became almost dangerous, as the body was flooded with toxic breakdown products. Liver extract and the juice of raw veal liver are therefore important supplements; they are essential for relieving the strain on the liver, which is under extreme stress due to the body's detoxification process. New medications round out the treatment. Restoring liver function is one of the main goals of treatment. The preparation of meals is important. Only natural foods—preferably from naturally fertilized soil—are used.

Following Dr. Gerson's report, the discussion began. We used the break to ask several renowned scientists for their opinions. Professor Kollath, one of the pioneers of a natural lifestyle, said: "There is definitely a good foundation to the whole thing. Perhaps some adjustments could be made here and there. We should do everything we can to keep Dr. Gerson here in Germany."

Professor Zabel, the conference chair, emphasized that a review must be conducted as quickly and thoroughly as possible. He noted that it was actually impossible to comment at the moment, as the results were simply too impressive.