

## Tra gioco, avventura e integrazione



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Note sull'attività estrattiva in provincia di Livorno - La terapia Gerson (Recensione) - Il Gregoriano musica dell'anima (Cultura) - Un cerchio di conoscenza e di comunicazione (Esperienze di viaggio) - Norvegia 2007 (Viaggi) - Due passi con uno psicotico (Esperienze di vita) - Inferno d'autore - Psicofarmaci = droghe? (Approfondimenti) - La mia anima (Racconto) - Verso un dolce lavoro (Progetti) - Balemare. Intervista al biologo marino Carlo Trombetti (Progetti) - Finalmente una casa famiglia all'Elba - Sicurezza in mare





BY MAURO PAPALE

# Gerson therapy, a natural method for the treatment of cancer

Gerson therapy is a nutritional therapy that Dr. Max Gerson studied, in the early 1900s, for the healing of cancer and other "incurable" diseases. The protocol of the therapy, developed empirically, contains, in pharmacologically active doses, beneficial nutrients for the cancer patient.

Since 1922, when Dr. Gerson began to apply this therapy, thousands of patients have been saved.

Gerson observed that, by correcting disturbances in basal metabolism, which allow the development of diseases chronic diseases, all of the body's systems can be restored to proper functioning.

The course of some chronic diseases, including cancer, can be reversed. Dr. Gerson argues that, in cancer, it is decisive the change of the general pathological picture and not the local one.

The proposed therapy can be modified for the treatment of some chronic diseases nonmalignant.

Dr. Gerson found that, in the 1920s, when people began to fertilize the soil with chemicals, the potassium in vegetables and fruits decreased. The processes of food preservation further alter the natural mineral balance. In fact, significant amounts of sodium

are added to preserve and flavor. As a result, the body's potassium reserve which, at the same time is forced to eliminate significant excesses of sodium. Dr. Gerson explains that this variation in mineral metabolism is followed by changes in the PH of the cells which, in turn, affect the formation and on the reactivation of hormones, of vitamins and, most importantly, of the various oxidizing enzymes. At this point he assumes that the "abnormal" weaker ones, existing in any organism, are the first to be affected and, in their struggle to survive, they change their metabolism, transforming it from oxidative to fermentative. They survive by destroying the surrounding tissue with their toxic metabolic products, eventually killing the body that harbors them.

In order to help the body acquire the minerals and vitamins it needs, in an easily digestible form, they are administered to patients in considerable quantities of fruit juices and fresh organic vegetables.

They are also given fruits and vegetables, raw or cooked, and organic green salads. The first phase of the therapy is detoxification. This is accomplished by administering



patients a special soup, prepared fresh with specific vegetables and herbs, that Hippocrates used to give to cancer patients. This soup is used to stimulate the elimination of toxic substances through the kidneys. A large number of enemas of coffee, also organic, since the caffeine has the effect of opening the bile ducts releasing large amounts of toxic material.

For the first six weeks all animal proteins are eliminated, to allow the pancreas, whose ability to break down proteins is already reduced, to attempt to suppress and digest the cancerous tissue.

The juices also stimulate the liver and kidneys to eliminate accumulated toxins. Supportive liver therapy in the form of organic and inorganic, considerable amounts of a combination of three salts of potassium in a 10 percent solution

(acetate, gluconate and phosphate of potassium), pancreatic enzymes and vitamin B3.

The treatment excludes all processed foods, canned, salted, pickled, bottled, frozen, refined. Also excluded are stimulants of any kind and toxic substances, such as dyes for the hair and medicines. Also banned are fats and fluoride and, temporarily, cheese is also banned, eggs, fish, meat, milk and cream.

The percentage of cures, among the patients of Dr. Gerson, almost exclusively sick with terminal cancers, and, however, all with metastases, was more than 40%.

In 1946 Dr. Gerson was invited to illustrate his therapy before the Senate of the United States. It made available one hundred million dollars for cancer research. Unfortunately, the bill, S. 1875 was defeated by 4 votes out of a total of 96 voters by the medical lobby supporters of the surgical and radiological methods, and the press was prevented from meeting Gerson.

This event was followed by fifty years of fierce boycott, due to professional envy, academic rivalries and, not least, the law of profit.

In the 1990s, due to grassroots pressure, the Gerson therapy was validated and removed from the list of "cures unproven" published by the Association

American for Cancer.

It is important to point out that Gerson therapy offers better outcomes for patients who have not undergone treatment chemotherapy, introduced shortly before Gerson's death.

This treatment indeed creates damage irreversible damage to the immune system on whose integrity is based on the success of this natural therapy. Recently, however, it has been developed a special protocol for patients weakened by previous therapies that has enabled their recovery in a good number of them.

On September 15 1990, the journal "Lancet" published the results of an investigation carried out in a Gersonian hospital by oncologists from the University of London. The conclusion was "It was documented the unequivocal regression of tumors."

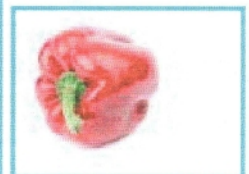
Also in the 1990s, more than 30 years after Gerson's death, two other studies were carried out serious about his method.

The first study was published by the surgeon of oncology Peter Lechner of the district hospital in Graz, Austria. It reports the results of a trial, which lasted six years, of the Gerson

therapy on 60 patients operated on of a wide range of cancers, several of them with metastasis to the liver. Some of the patients who underwent the Gerson therapy, albeit watered down by the Lechner study and, moreover, in conjunction with orthodox methods (which is diametrically contrary to the canons non-toxicity of the therapy in question), are healed. All the others, however, have lived longer and better and with fewer side effects of the conventional treatments of the control group.

The second study consists of an analysis comparison between the Gerson therapy and the conventional one in two groups suffering from

melanoma, one of the deadliest types of cancer. This study was published in September 1995 in the American medical journal "Alternative Therapies in Health and Medicine," vol. 1, no. IV, with diagnoses confirmed by the Institute of Pathology of the American Armed Forces. 100% of melanoma patients, stages I and II, treated with Gerson therapy, have reached the goal of five-year survival, compared with 79% of the control. For stages IIIA and IIIB, with local metastases, the Gerson reached 70% at the 5-year mark and the other only 41%. In the group of the most



stage IVA patients, with distant metastases, the goal of five years has been reached by 39 percent of Gerson patients and by only 6% of the others. Among the patients cured by Gerson therapy include Mrs. Beata Bishop, psychologist

and set designer for the BBC. Bishop, in the book "A Time to Heal" (Penguin) recounts her her experience as a sick person Healed with this natural method. She was to die in 1980 from a metastasized melanoma. Today more than twenty-five

years later, she travels the world teaching relaxation techniques to people suffering from cancer and therapeutic-psychological to doctors at risk of burn-out.

## READ MORE

Further explanation of the treatment can be found in the volume "The Therapy Gerson" (20 euros, 475 pp.) written by Charlotte Gerson, Daughter of the famous doctor And published by Macro Editions. This book is an update and an expansion of the volume that Gerson published in 1958, a year before he died, entitled "A Cancer Therapy, Results of 50 Cases." (A Cancer Therapy, Results of 50 cases).

For more information, one can contact the Gerson

Institute (1572 Second Avenue, San Diego, CA 92101, [www.gerson.org](http://www.gerson.org)), founded by Charlotte Gerson. This institute disseminates books, audio articles and video tapes on the therapy. It also organizes seminars for the public and courses for physicians.

To physicians and naturopaths Europeans who know English and who would like to take one of these courses, the institute provides addresses and details. The Gerson Institute also books Places at the hospital near San Diego where the method is practiced.

Margaret Straus, granddaughter of Dr. Max Gerson, writes articles, lectures and gives seminars on her grandfather's work. She is also available for interviews, mostly by telephone with patients. Her e-mail for initial contact is [margaret.straus@fastwebnet.it](mailto:margaret.straus@fastwebnet.it).

The life of Dr. Gerson is told, in the form of a very compelling detective story, in the Dr. Max, written by Professor Giuliano Dego, husband of Margaret Straus.

Mauro PAPALE's articles are also published on the website [www.livornotop.com](http://www.livornotop.com)

### Friday St. Irene

It is never too late  
To give you a smile,  
To be friends,  
To do a dance for you,  
to be a mother,  
to be a woman,  
to pray to Jesus,  
to remember  
how I was len  
in my thoughts.

Carla Leonardini  
(30-3-2007)

#### "The Photos"

The photos turn yellow,  
like the leaves of Autumn.

Fulvia Iacoponi

### "The kiss."

*The kiss is contagious  
one pulls the other,  
like cherries  
when they are ripe.*

Fulvia Iacoponi

It is a night without moon or stars  
The one that no longer suffers  
Who the wacky day has left  
Slow 'til tonight, silent  
the torment

### "Thoughts"

Love tenderizes the heart,  
as too much water does to the flower.

My life  
is to love  
The serene companionship.

Inner peace  
is achieved by using  
so much" love" .

The house opens and closes  
Like the petal of a flower.

Fulvia Iacoponi