

Article from *Prevention Magazine*, August, 1955

A physician who is curing cancer,
even in advanced stages,
uses mainly diet to work his miracles.

The Gerson Treatment for CANCER

ONE out of four! That is this year's prediction for cancer incidence by the American Cancer Society. One out of every four Americans will get cancer. The last report was "one out of every five." Will it be "one out of every three" five years from now? And in the next decade "one out of every two?"

Max Gerson, M.D. of New York City, believes that cancer can be prevented and cured. His life is living testimony to that belief, for Dr. Gerson cures cancer by diet. This is a dangerous, heretical thing to say in present-day America, but from the evidence that we have studied there seems to be no doubt that Dr. Gerson cures cancer. Advanced cases. So-called "terminal" cases. What about early cases—patients who have malignant growths but who have not had surgery, X-ray or radium treatments? We are told that these cancers disappear under Doctor Gerson's treatment just about as easily and as speedily as a bad case sniffles might. At the pleasant convalescent home in Nanuet, New York, where Dr. Gerson's patients stay, we talked to a slim, lovely young woman, Charlotte Luchterhand of 5918 Schubert Street, Chicago, Ill. She told us her story. Breast cancer in 1945 and an operation to remove the breast at that time. In 1950 there was a recurrence. In 1952 she developed cancer of the spine. No doctor of all the specialists she visited could give her any hope. As she dragged her painful way from state to state she was met with no

comment but a look of horror and the words “We can do nothing for you.” She came to Dr. Gerson in 1952. In five weeks she went home, to carry out the rest of the cure at home. She was back at the clinic for a check-up when we talked to her. She was well. Her spine, which had been de-calcified, was now “strong enough to move a piano” in Dr. Gerson’s words.

Harry Bess of 2460 Kensington Avenue, Philadelphia, Pa., spoke to us next. With a diagnosis of enlarged heart, strangulated hernia and anemia, he had the first of a series of eight operations performed. The discovery of cancer in his stomach necessitated another operation in which most of his stomach was removed. The remaining part was still cancerous. Five years later cancer of the urine bladder was treated with X-ray. He was operated on again and again for prostate trouble. Stones appeared in his kidney. A consultation was called among several specialists in Philadelphia to decide whether or not the kidney should be removed.

The doctors and Mr. Bess’ family finally agreed that doing anything about the kidney would mean just needless suffering for him. He was going to die anyway in six weeks or so—why make his last days on earth miserable? A member of Harry Bess’ family told him in secret what the doctors had said. He decided he wanted to live. He wrote to every place he could think of. They answered one and all that they could do nothing for him. Finally he came to see Dr. Gerson. Dr. Gerson told him that if his liver had any life left in it, there was a chance—just the merest chance. His liver was enormously large and hard as a board. But Dr. Gerson agreed to try. In three weeks Harry Bess showed considerable improvement. Dr. Gerson has been treating him for seven months. His cancer is gone. His kidney stones have disappeared. Harry Bess—a man whose body had been riddled and honeycombed with malignant cells—asked us especially to use his name in this article. He wants the chance to tell people what has happened to him. When we told him that he might be avalanched with mail from PREVENTION readers, he said he wanted to be. Somehow he would manage to answer it all.

Talking to people like this makes you feel humble, awed and thankful. Talking to Dr. Gerson and his staff about his treatment is a revelation. For the treatment is living proof of our belief that the most important single factor in good health is the right food grown in the right soil. And disease occurs in bodies that have not had this kind of food. Not in a matter of days or weeks, but after years of nutritional abuse.

What the Treatment Involves

The Gerson treatment for cancer is mainly dietary. No X-ray, no surgery, no radium, are used. The diet is low in animal protein, high in vegetables and fruits. In Dr. Gerson’s own words, “the liver is

the center of the restoration process in those patients who improve strikingly. If the liver is too destroyed, then the treatment cannot be effective.... It is generally known that in cancer, especially in advanced cases, all the various metabolic systems are impaired." Vitamins, minerals, enzymes, proteins, fats, carbohydrates-the body can handle none of these properly when cancer is present.

"Diet and medication serve the purpose of restoring potassium and the minerals of the potassium group to the tissues until they are completely saturated and, conversely, of reconveying sodium and its group out of the cells and into the circulatory fluids, the connective tissues and other tissues where they belong. The retentive surplus of sodium must be eliminated. It is only on this basis that further recovery of the organs can take place," says Dr. Gerson in one of his articles.

The diet regulations forbid any stimulants such as alcohol, coffee, tobacco, refined foods such as white flour and white sugar and anything made from them, canned or frozen foods or foods processed in any other way. No fats or oils, no salt substitute-finally, no hair dyeing-relapses have occurred after hair-dyeing. Pressure cookers must not be used or any aluminum cooking utensils. Later in the treatment proteins are gradually added. Very high potassium content of the diet is obtained by taking potassium salts in the juices of fruits and vegetables which are naturally high in potassium. The cancer patient must drink many glasses of these juices every day. Thyroid tablets and iodine, vitamin B and liver are given.

The patient who is well on the road to recovery can go home and follow the diet at home. True, it is a difficult diet to follow, from the practical point of view. The vegetables and fruits must be raw, as fresh as possible and freshly juiced. No departure from, the prescribed diet is permitted. Is it too much trouble for a cancer patient to follow the diet at home?

Some patients have found that it is. But think a moment. We are talking of a diet that cures cancer. Could anything be too much trouble for that? We are living in a land and a time where housewives spend uncounted hours of time rolling and cutting out cookies, baking pies, decorating cakes with colored icing, making fancy sandwiches, cutting curls into radishes, stuffing celery and so forth. *Is it possible that following a diet to cure cancer could be too much trouble?*

Meeting Dr. Gerson helps you to understand how the long patient years of research, disappointment and courage in the face of disappointment temper a man and make him strong.

Dr. Gerson's presence is electric. He speaks rapidly, warmly, brilliantly. His many European years as an honored member of the medical profession there qualify him to speak in words so technical that no layman could understand them. Instead, he waves his arm around the room and says, "Here are my patients. Ask them. Get their stories. Talk to them."

We did. And we came away convinced that Dr. Gerson is curing cancer in a way little short of miraculous. We were reassured as well that those of us who want to prevent cancer are on the right track. It is interesting to note that other degenerative diseases succumb to the diet treatment, just as cancer does. Mr. Bess found his inoperable kidney stones disappeared on the Gerson diet. Long-standing cases of arthritis, heart disease and so forth are cured along with the cancer.

Preventing Cancer with a Sensible Diet

We asked about prevention of cancer, since prevention is our field. Dr. Gerson believes that a sensible, healthful diet will prevent cancer. Children should be breast-fed if possible. Everyone should eat all food in as near the natural state as possible. Eat raw foods and shun processed and refined foods. Use no salt, no white flour or white sugar, no aluminum cookware. Avoid highly spiced foods and, of course, narcotics and stimulants. Is this such a hard diet to follow? Many thousands of PREVENTION readers are eating like this every day and have for years. Is it worth the extra trouble to be able to reassure yourself that you will not be one of the “one in four”?

If some member of your family or circle of friends has cancer, and you are impressed with our story of the Gerson treatment, what should you do? Your first impulse, of course, will be to go to Dr. Gerson at once. So far as we know, he has never rejected a cancer patient. But at present he has more patients than he can handle, even working “28 hours a day” as a member of his staff told us he does. He earnestly wants other doctors to learn the Gerson treatment and use it.

If a cancer patient’s local doctor can be persuaded to write to Dr. Gerson and learn about the treatment, the patient can, of course, be treated at home and need not go to New York. And the more doctors who learn of the Gerson method and use it, the more lives can be saved.

Whether or not someone near you has cancer, the finest thing a PREVENTION reader can do to help along this good cause is to write to the American Medical Association, to the American Cancer Society, to your local congressman, to the magazines you read, to your newspaper telling them all about the Gerson treatment and asking *why*, WHY is this treatment not being used widely across the land! *Why* is it not taught in medical schools and *why* is it not investigated by the American Cancer Society and the American Medical Association?

There are three booklets available from Dr. Gerson’s pen about the Gerson treatment for cancer. These are:

No Cancer in Normal Metabolism

Cancer, a Problem of Metabolism

Cancer Research (An excerpt from Dr. Gerson's testimony before a Senate Committee investigating cancer cures in 1946). Send for the booklets to The Gerson Foundation for Cancer Treatment, Inc., 815 Park Avenue, New York, N. Y. (This is also Dr. Gerson's address.)