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Max Gerson

Max Gerson was a German physician who developed the Gerson Therapy (an alternative dietary therapy), which he claimed could cure cancer and most chronic degenerative disease⁴



Born 1881 Germany
Died 1959 New York City

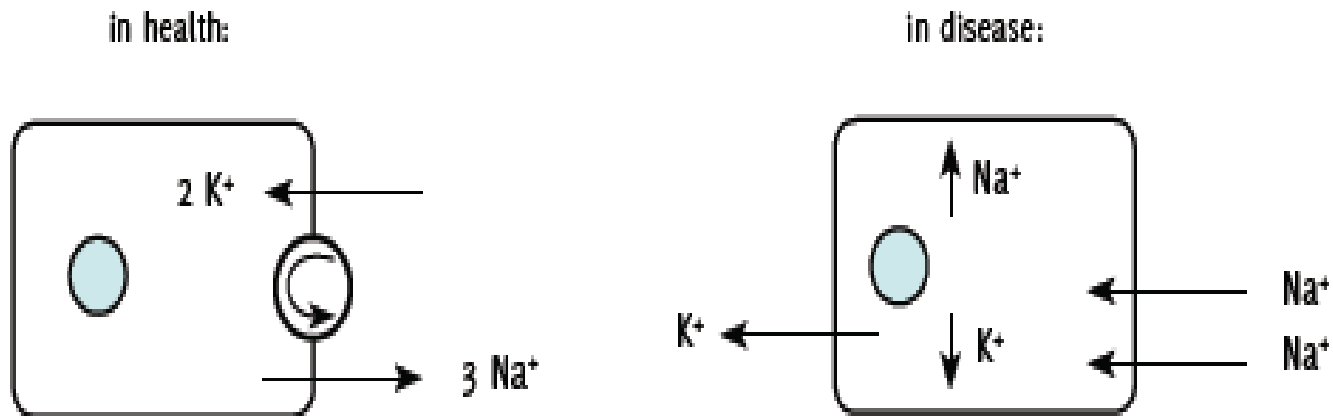
Dr. GERSON HAS PUBLISHED FIFTY
MEDICAL PAPERS AND THREE BOOKS



CHARLOTTE GERSON

1. Healthy & 2. Diseased cells¹

Figure 2.2 Exchange of sodium (Na^+) and potassium (K^+) in health and disease



Gerson Therapy^{1,2}

With its whole-body approach to healing, the Gerson Therapy naturally reactivates your body's magnificent ability to heal itself – with no damaging side effects ¹. This powerful, natural treatment that boosts the body's own immune system to heal cancer, arthritis, heart disease, allergies, and many other degenerate diseases ¹. Dr Max Gerson developed the Gerson Therapy in the 1930s, initially as a treatment for his own debilitating migraines, and eventually as a treatment for degenerative diseases such as skin tuberculosis, diabetes and, most famously, cancer ².

Gerson Therapy^{1,2}

The Gerson diet is entirely organic and vegetarian. The diet is naturally high in vitamins, minerals, enzymes, micronutrients, and extremely low in sodium, fats, and proteins³. The following is a typical daily diet for a Gerson patient on the full therapy regimen¹:

Thirteen glasses of fresh, raw carrot/apple, orange and green-leaf juices prepared hourly from fresh, organic fruits and vegetables.

Gerson Therapy

Three full vegetarian meals, freshly prepared from organically grown fruits, vegetables and whole grains. A typical meal will include salad, cooked vegetables, baked potatoes, Hippocrates soup and juice.

Fresh fruit are available at all hours for snacking, in addition to the regular diet.

Coffee enemas

Gerson supplements

Gerson Green juice ^{1,2,5}

1 small wedge of red cabbage

¼ green capsicum

1 leaf endive

1 leave chard/silver beet

2 spring watercress

Large handful of green or red leaf lettuce/cos

1 medium green apple

Norwalk juicer



Figure 2 Juicer. 2015

Carrot and liver juice

Before 1940 (before agricultural chemical fertilizers and pesticides, Gerson introduced raw organic cows liver juice together with carrot ¹. But after fertilisers were introduced it was very hard to find organic liver and there was a risk of getting viruses from animals^{1,2}. Gerson's diet from the beginning was a diet with small amounts of animal protein to aid the healing powers of the body ¹.

Coffee enemas^{1,2,5}

How do you take it? –*'Black – without cream and sugar!'* Charlotte Gerson

Ha Ha Ha

What does it do?

From the patient's point of view the coffee enema provides relief from depression, confusion, general nervous tension, many allergy related symptoms, and relief from severe pain (90% of cases)¹.

From Gerson's point, it eliminate toxins from the liver, speeds up the healing process and protects the patient's liver from toxicity ¹.

Supplements 1,2,5

Thyroid supplement – increases metabolism

Niacin (activated form B3) – for ATP production?

Pancreatic (digestive enzymes)

CoQ10 (if not raw liver juice) – for ATP production

B12 (injections) – as digestion is compromised

Flaxseed oil (omega3) – transports oxygen, detoxified fat soluble toxins, and vitamin A carrier

Potassium compound solution is equal mixture of potassium acetate and potassium gluconate salts – raises cellular potassium levels, restores normal cell metabolism and reduces oedema.

Lugol's – supports thyroid hormone syntheses

The Maintenance Plan^{1,2}

For patients who have made good recovery within 2-3 years on Gerson therapy:

It is important to keep the body healthy and follow these guidelines:

Eat only organics whenever possible

High potassium diet/low sodium

Do not eat fried food

Choose low fat foods – use flaxseed oil

Cook food at low temperature

Limit protein intake to fish 2-3 times weekly

Eat organic rice and legumes 3-4 times/weekly

The Maintenance Plan¹

Take 3-4 juices daily (orange, green, 2 carrot and apple)

Continue with potassium compound solution

Take a coffee enema if you feel toxic

Thyroid medication if basal temperature still has onsets

If a patient has had chemotherapy they need to follow this diet very closely for the rest of their life.

Patients will feel stronger and may develop a love for this kind of food, as their body will start to feel good. They will develop more self-awareness.

Clay & Castor oil packs^{4,5}

Indigenous populations around the world have used clay for centuries to clean dysentery¹.

The clay packs are typically used for inflammation characterized by tumor swelling, redness and heat around the affected area, but not on open wounds. The toxins are drawn out from the skin into the clay. Clay packs can be kept in place for 2-3 hours. Each pack should only be used once and then discarded. They are also very effective on brain tumour/ metastases^{1,2,3}

Clay & Castor oil packs^{4,5}

The castor oil pack increases circulation to an area and stimulates the lymphatic system^{1,5} to carry off toxins aiding in detoxification. It is excellent for organ pain, especially of the liver, pancreas and kidneys and helps to relieve muscle/bone pain¹.

A word of caution^{1,5,6}

Do not start the Gerson Therapy if any of the following conditions apply or without referring to Charlotte Gerson's book '[Healing the Gerson Way](#)', or without the supervision of a Gerson doctor

Chemotherapy

Diabetes

Brain metastases

Severe kidney damage and/or if the patient has ever been on dialysis

Foreign bodies such as pacemakers, breast implants, steel plates or screws

Gerson Hospital in Mexico



Figure 3. Personal collection.

Reference

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