Gerson Therapy
Introduction Packet
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Who We Are

The Gerson Institute is a non-profit organization located in San Diego, California, dedicated to providing education and training in Dr. Max Gerson’s Gerson Therapy, an alternative and non-toxic treatment for cancer and other chronic degenerative diseases.

Dr. Max Gerson’s daughter, Charlotte Gerson, founded the Gerson Institute in 1977, to spread awareness of the Gerson Therapy and make it available to people across the world.

The Gerson Institute is the true source of information on the original, proven Gerson Therapy.

What We Do

- License treatment facilities and medical professionals to utilize the true Gerson Therapy
- Train doctors to practice the Gerson Therapy using telemedicine
- Provide free resources to current and prospective patients, including information pamphlets, videos and recovered patient networks
- Host Gerson Therapy trainings for patients and practitioners
- Develop and produce Gerson Therapy educational material - including documents, instructional videos, and reference manuals
This packet will introduce the main components of the Gerson Therapy for those who are deciding what treatment option(s) to pursue, and may also be useful to those who are introducing the Gerson Therapy to loved ones as a possible option.

We hope this guide will be helpful as you embark on your journey to wellness. We wish you all the best in health, hope, healing and happiness.

Gerson Institute Education Department

“THE IDEAL TASK OF CANCER THERAPY IS TO RESTORE THE FUNCTION OF OXIDIZING SYSTEMS IN THE ENTIRE ORGANISM”
- DR. MAX GERSON
The Gerson Therapy is an all-encompassing and non-specific natural treatment that activates the body’s extraordinary ability to heal itself by addressing the underlying causes of disease – nutritional deficiency and toxicity – through four main components:

**The Gerson Diet**
- All organic
- Mostly plant-based
- Restrictive of salt, protein, fats/oils
- Includes both raw and cooked foods
- Doubles oxygenation, countering oxygen deficiency

**Detoxification – Coffee Enema**
- Regenerates the liver
- Enhance elimination of waste
- Reactivates immune system defenses
- Up to 5 times per day for most intense cancer protocol
- Restores balance of minerals, enzyme and hormone systems

**Gerson Juices**
- Increased, easily-digestible nutrient intake
- Raw, freshly prepared and organic
- 8 oz. each hour provides constant supply of enzymes, nutrients and oxygenation
- Only 3 types: carrot, carrot with apple, and specific Gerson green juice

**Supplements**
- Assist specific functions including digestion, metabolism and potassium levels
- Each serves to push a specific process
- i.e. Thyroid and potassium stimulate metabolism
- i.e. Pancreatic enzymes aid digestion
“LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD.”
- HIPPOCRATES
Can I Commit?

There are many variables and factors involved in developing the right treatment plan for chronic and serious diseases such as cancer, including consideration of medical status, financial resources, support at home, and commitment level. Consider the following as you explore how the Gerson Therapy can help you.

**Medical Aspects**
- Stage and extent of the disease
- For a cancer diagnosis: tumor size and location (whether the tumor is impinging on other organs or vessels; if it could cause a dangerous obstruction)
- Age, pre-existing conditions, overall condition

**Practical Aspects**
- Willing to comply with the lengthy and strict therapy protocol
- Gerson Therapy is a full-time job requiring plenty of support at home
- Discipline and determination to fully commit to the Gerson Therapy for two or more years

**Financial Aspects**
- Many will need to consider whether they can continue working while undergoing the Gerson Therapy
- While there are creative ways to offset costs, the food and supplements can be costly; insurance companies typically do not cover alternative treatments.

TIP: Read on for more information on how to determine if the Gerson Therapy is right for you.
“MAN IN HIS CHARACTER AND DISPOSITION REACTS TO HIS FOOD LIKE THE SOIL TO FERTILIZER” - DR. MAX GERSON

“THE CANCER PROBLEM WILL NOT BE SOLVED BY SPECIALISTS, RATHER BY A PRACTITIONER. THIS MEANS BY A PHYSICIAN WHO CONSTANTLY OBSERVES THE WHOLE BODY AND TRIES TO HELP THE ENTIRE SYSTEM” - DR. MAX GERSON
Can I Be Treated?

After gathering the information from a complete diagnostic work-up, your doctor, (a Gerson clinic doctor, a certified Gerson practitioner, or your own physician) will have the information needed to help you make a more realistic decision about whether the Gerson Therapy is the best starting point for you. In certain cases, patients may need surgical or other conventional intervention before starting, or while doing, the Gerson Therapy.

4 ways to find out:

1. Contraindications

Our Contraindications and Cautions page contains information on:

- The conditions that cannot be treated using the Gerson Therapy
- Conditions that are difficult to treat using the Gerson Therapy, and
- Conditions that may require significant modifications to the Gerson Therapy protocol.

Review this page and identify whether you or your loved one falls into one or more categories.

2. Clinic Application Review

Submit an application to a licensed Gerson clinic for an individual case evaluation:

- **Tijuana, Mexico** - the Gerson clinic doctors will:
  - Review current lab work and medical reports to determine eligibility based on their experience and expertise
  - Education Specialists from the Gerson Institute act as liaisons between patients and the clinic doctors

- **Budapest, Hungary** - the Gerson clinic doctors will:
  - Review current lab work and medical reports to determine eligibility based on their experience and expertise
continued...

3. Certified Gerson Practitioner

Contact a certified Gerson practitioner for an individual case evaluation. Certified Gerson practitioners will:

• Evaluate lab work and medical reports to determine eligibility based on their experience and expertise.
• Discuss whether the Gerson Therapy can act as the primary, stand-alone treatment, or whether a combination of conventional treatments is needed.

Certified Gerson practitioners are:

• Qualified medical professionals
• Fully trained by the Gerson Institute

4. Your Own Physician

Particularly for non-malignant, chronic, degenerative diseases and auto-immune conditions, working with a qualified Naturopathic doctor or Integrative Physician is a viable option that can include underlying principals of the Gerson Therapy with other healing modalities.

For these types of conditions, strict adherence with the rigid Gerson Therapy protocol may not be necessary.

TIP:
Visit us at gerson.org for up-to-date listings and instructions
Will it Work?

Successful recovery is on a case-by-case basis. It is not possible to predict with one hundred percent accuracy if using the Gerson Therapy will reverse your condition. To increase your chances of recovery, we recommend attending a licensed Gerson clinic or working with a certified Gerson practitioner who will create a personalized protocol, provide case management and help you monitor your progress carefully.

The bottom line is to determine which approach will provide you with the best chance of recovery and increase your quality of life.

Next Step

Visit our website at gerson.org for more information about how we can help you through our programs, services and educational resources.
Is the Gerson Therapy Right for Me?

We understand that when a person receives a serious diagnosis such as cancer, it can be very shocking and disorienting, and it isn’t easy to weigh all the pros and cons of all the available treatment options. We also understand that many people do not wish to follow conventional medicine approaches and seek alternatives. One such alternative treatment is the Gerson Therapy, which has healed many hundreds of people from Dr. Gerson’s time through the present. The Gerson Therapy is an all-encompassing nutritional metabolic therapy that focuses on replenishing and detoxifying the body and restoring the immune system rather than targeting a specific disease or set of symptoms; however, this is a nutritional therapy and it does take time. There are many variables and factors involved in determining whether a person has the potential to recover from chronic and serious diseases such as cancer using a nutritional, metabolic therapy. These factors can include:

- age
- family history
- occupational or environmental exposures
- previous dietary and lifestyle habits
- inherited traits or genetic weak links
- pre-existing conditions

In addition, there are also many factors that can influence a cancer prognosis such as:

- the type and stage of the cancer
- how much time has elapsed since the initial diagnosis and whether it is a recurrence
- if the patient has been treated with chemotherapy, radiation or surgery

These are all factors that will affect the prognosis. In the past 50 years, the population has been exposed to more toxins, prescription drugs and poor quality food, water and air than ever before. We now find that many people are initially diagnosed at a more advanced stage of disease. Many often have multiple additional health issues complicating their cancer diagnosis. Some cancers are now more aggressive and progress more quickly. For all these reasons, and more, determining whether or not the Gerson Therapy is the most optimal stand-alone primary treatment approach for you requires serious consideration and investigation. It is also important that anyone considering using the Gerson Therapy read the section on our website on eligibility and contraindications to undergoing the therapy.

Another very important factor to consider is whether one is willing to comply with the rigid and strict therapy protocol. People must seriously consider whether they have the discipline and determination to fully commit to the Gerson Therapy for two plus years. This will necessitate taking time off from work in order to do the therapy properly and get enough rest.

We always recommend that you have a complete workup by your primary doctor or oncologist, including a biopsy to determine the histopathology. The biopsy will indicate the cell type and how aggressive or fast growing the tumor is. A CT scan or MRI or other imaging will determine the tumor size and location, whether the tumor is impinging on other organs or vessels or if it could cause a dangerous obstruction. It
should also be determined whether the cancer has spread or metastasized to other parts of the body. General blood work will give an idea of what is happening metabolically and whether there are other factors to consider, such as anemia, blood sugar imbalances or poor kidney, liver or cardiovascular function.

After gathering the information from a complete diagnostic work-up, your doctor (either a Gerson clinic doctor, a Gerson practitioner, or your own physician) will have the information needed to help you make a more realistic decision about whether the Gerson Therapy is the best starting point for you.

In certain cases, patients may need a surgical intervention or other conventional therapies before or after starting the Gerson Therapy.

Ultimately, it isn't possible to predict with 100% accuracy who will be able to reverse their condition using the Gerson Therapy. What the Gerson Therapy can truly offer anyone is a better quality of life, even in cases where full recovery is not possible. Successful recovery is on a case-by-case basis and it is extremely important that you work with a physician or qualified Gerson practitioner to help you monitor your progress carefully so that any adjustments or changes in treatment approach can be made in a timely manner.

The bottom line is to determine, after having evaluated all the diagnostic information, which approach will provide you with the best chance of recovery, or extend the quality and length of life.
How Long Does the Gerson Therapy Take?

The duration of the Gerson Therapy cannot be identified with any definite time frame. It can vary for each person and is typically determined on a case by case basis.

Dr. Gerson said it took 18 months to 2 years for someone who was responding well with no signs of cancer left before they could safely go to a maintenance level of the Gerson Therapy. He said it takes that amount of time to totally restore all organs and to capture all unripe cancer cells that may be hiding in the lymph or other tissues. However, that was back in the 1950s. Today, we know that it takes longer- at least 2-3 years. However, this 18-24 month time frame is for people who are responding and whose cancer is regressing and/or who show no signs of disease progression.

On the other hand, if someone who is on the therapy shows signs of disease progression (such as tumor growth, metastatic spread, weakness and unfavorable blood work) then a person should be evaluated by their doctor. If a patient is doing everything possible to correctly implement the Gerson Therapy but their disease is still progressing, it may not be advisable to continue the Gerson Therapy even if they have not yet completed two years on the therapy. It may be advisable to seek other medical options.

The amount of time it takes for a patient to begin to respond to the therapy can vary for each person, depending upon their diagnosis and overall health condition. However, it is reasonable to give it at least 3-6 months before assessing their status, unless someone is rapidly declining. Two to three years is not an absolute deadline. It is only a guidepost or approximation of how much time it could take to heal on the Gerson Therapy when there is a favorable response.

Sometimes a patient is not certain what is happening inside their body, and without further diagnostic imaging, they do not have a clear picture of their status. While it is not desirable to get tests such as x-rays, CT scans, PET scans and MRIs too frequently, it may be very important for some people at a particular junction to know whether they are making progress, or if they need to alter their Gerson Therapy protocol, seek another form of treatment or add something in addition to the Gerson Therapy. It is reasonable to consider diagnostic imaging for certain cases within 6 months of previous testing. Each case needs to be evaluated based on its unique circumstances.
What is the Success Rate for the Gerson Therapy?

Currently, the documentation we have of the effectiveness of the Gerson Therapy consists of individual case studies, the most notable of which are in Dr. Gerson’s original work *A Cancer Therapy: Results of 50 Cases*. Other information comes from the experience of the Gerson doctors at the clinics, reports from people who have gone to the clinic and others who have done the therapy at home. We are able to share the overall experience of the Gerson clinic doctors with certain medical conditions, but we do not have official success rates to report at this time.

Studies.

There have been several studies on the Gerson Therapy. One such study is from the Alternative Therapies journal, called “Five-Year Survival Rates of Melanoma Patients Treated by Diet Therapy After the Manner of Gerson: A Retrospective Review,” which you can find [here](#). This study compares the five-year survival rates of melanoma patients treated with conventional therapies versus melanoma patients treated with the Gerson Therapy. Another such study comes from the University of Manchester’s School of Nursing, Midwifery and Social Work, called “Surviving Against All Odds: Analysis of 6 Case Studies of Patients With Cancer Who Followed the Gerson Therapy,” which tracked the treatments of six cancer patients following the Gerson Therapy. You can read the study [here](#).

In January 2007, the Gerson Institute started a Patient Follow-Up Program to find out the results of patients who go to the Gerson clinic in Mexico. We will be able to share that information with the public over the next few years. Approximately 120 people are treated at the Gerson clinic in Mexico every year, with a wide variety of different conditions. The most frequent diagnoses of patients who come to the clinic are breast cancer, melanoma, colon cancer, lung cancer and prostate cancer. The clinic treats many patients with advanced stage III and stage IV cancer. We have a number of testimonials from people, particularly in these categories, as well as other less common cancers and illnesses, who have used the Gerson Therapy to reverse their condition.

Challenges.

There are some unique challenges to conducting comprehensive research studies on the Gerson Therapy. Many people decide to do the therapy on their own by using the books and other educational materials for instruction, without direct oversight from the Gerson Institute or the Gerson clinics. It’s an intensive therapy with a rigorous and demanding schedule, which largely depends on the patient’s own ability to follow it strictly. There is a great potential for human error.

It is quite unlike an allopathic treatment like chemotherapy, in which a patient goes to the hospital, receives a round of treatment, and then goes home until their next round of treatment. Those who do start the therapy at one of the two Gerson clinics continue doing it at home on their own, for two years minimum. It is a complicated treatment, and it is quite challenging for the staff at the Gerson Institute in
San Diego to accurately track a patient’s compliance with the full protocol, when they are following it from home.

Another point to consider is that it would be virtually impossible to conduct a double-blind or randomized study on the Gerson Therapy, due to the nature of the treatment. There is no “placebo” that you could give a patient in place of 13 juices, coffee enemas, or the strict diet the way that you can with a pill or an injection. It’s truly a full-time job on the part of the patient—there’s simply no way could you “trick” a Gerson patient into taking a false treatment, because it is mostly self-administered, and the patients rely heavily on the Gerson books for schedules, instructions and guidance.

Additionally, many Gerson patients start the therapy after conventional cancer treatment has failed, so it is difficult to figure out how the other treatments, e.g. chemotherapy, impact their outcomes (whether positively or negatively). Some patients have multiple health conditions that need to be addressed; it is not uncommon for us to encounter cancer patients who also suffer from other conditions such as diabetes, arthritis or autoimmune disorders.

**Considerations.**

To help you in your decision making process in treatment selection, we suggest you study the long term survival rates along with the toxic side effects of conventional therapies and weigh this against your desire to give the body the best chance to heal by providing optimum nutrition and accelerated detoxification. This therapy addresses the underlying causes of illness and not just amelioration or elimination of its symptoms.

The Gerson Therapy has helped many people either recover or improve their quality and length of life. Cancer and other chronic degenerative diseases are almost always caused by toxicity and nutritional deficiency, so the Gerson Therapy works to eliminate illness at its root, by detoxifying and nutritionally replenishing the body.

The Gerson Institute maintains a list of Networkers, recovered former Gerson patients who volunteer to speak to prospective patients about their experience. If you would like to contact a Networker, contact the Gerson Institute at info@gerson.org for a referral. The ultimate success of the Gerson Therapy depends upon how advanced one’s condition is and level of health at time of diagnosis or start of treatment, how strict the therapy is followed (which is very labor intensive and often expensive), the level of help and support at home, and if they’ve had pre-treatment with conventional methods.