

Juice & Juicer Guide

Juices for the Gerson Therapy

Introduction

Juices on the Gerson Therapy are a critical aspect of the Gerson Therapy providing most of the vitamins, minerals, enzymes, phytochemicals and other nutrients essential to healing along with adequate fluid intake.

We are often asked why patients cannot simply eat the foods instead of making them into juices, as there is no fiber content to the juice, and invariably some nutrition is lost in the juicing process.

Why Can't I Just Eat Solid Food?

First of all, the typical Gerson Therapy patient will ingest thirteen 8 ounce glasses – about 104 ounces of juice daily! This tremendous influx of liquid provides the nutritional equivalent of almost seventeen pounds of food a day. The consumption of that quantity of food on a daily basis would be impossible.

Secondly, patients suffering from degenerative diseases almost always have difficulty properly digesting and absorbing food. This can be a result of toxicity, malfunction of the digestive system, a decrease in stomach acid production, or a variety of other causes. This digestive weakness is the same reason that many patients have difficulty digesting and absorbing vitamin and mineral supplements in pill or capsule form.

Dr. Gerson's clinical experimentation showed that fresh juice from raw foods provided the easiest and most effective way of providing high quality nutrition and most importantly, produce the best clinical results.

Why Do the Juices Always Have to be Fresh?

What makes the difference in healing response between the fresh juice and the hours-old juice? One possibility is that some of the enzymes present in the fresh juice are absorbed directly in the mucous membranes in the mouth and esophagus, before reaching the stomach. This theory is born out by the observation that patients fed through a nasogastric or stomach tube do not respond favorably to the Gerson Therapy. Another possibility, from the esoteric medical literature (dealing with human and plant energies) is that there is a form of plant "vital force" present in the juices when freshly made, and that this "vital force" affects the patient, and promotes healing at the energetic, or psychic, level rather than at the cellular/biochemical level. We have little evidence to support either assumption, but we don't want to rule out any possibility that gives us greater understanding. In addition to the nutritional supplementation, the juices also serve, by virtue of their high liquid content, to help in flushing the kidneys. However the process occurs, it is important to recognize that the healing that comes as a result of the intake of fresh juices is consistent, and has been validated. That along with the long – term positive outcomes that we regularly observe, is, in our opinion, enough reason to follow Gerson's original directives in this regard.

Frequently Asked Questions

Q. Can I add another fruit/vegetable into the juice?

A. No, every ingredient is there for a specific purpose.

Q. What type of juices are included in the Gerson Therapy?

A. They are four: green, carrot, carrot/apple, and orange (or grapefruit) juices.

Q. What if I can't find one of the ingredients?

A. Don't substitute. Find as many ingredients as possible and make the juice without the missing ingredients. Incorporate the missing ingredients once they become available.

Q. Can I store the juices?

A. Green juice may not be stored; it must be taken right away. Carrot/apple juice is best taken right away, but may be stored if necessary up to 72 hours. It is best to store the juice in small 8 oz. mason jars, filled up to the top so there is no room for oxygen, and placed in a cooler. A small container is better than a thermos or a larger jar, as each time a larger container is opened, more air gets in and further oxidizes the juice. A smaller container is best because it is not opened multiple times.

Q. Are the juices the same for diabetic people?

A. No. The juices must be modified for those with diabetes. Please contact the Gerson Institute by phone or email for the modifications.

Q. If I'm a healthy person, can I have other juices?

A. If you are following the Gerson therapy, there is a reason for everything and things shouldn't be changed. But if you are healthy, it is your own personal decision to add other juices. Use the Food Reference Guide document, available in the Gerson Therapy books.

Q. Can I drink water in addition to, or instead of juices?

A. No, it will dilute the nutrients in the juices. There is already distilled, organic water in the juices that has been extracted from the fruit and vegetables. In some circumstances, herbal teas such as peppermint or chamomile tea are alright to drink.

Q. What do I do if I cannot find organic ingredients?

A. Under no circumstances are non-organic ingredients to be substituted for organic ingredients. Patients who have done this have quickly found it to be detrimental to their recovery. Root vegetables especially, concentrate whatever is in the soil. For example, the herbicide Roundup is one of the most toxic substances you can put in your body. Concentrating a chemical like Roundup with a press type juicer and drinking it is extremely harmful. Make the juices without the missing organic ingredients until they become available again.

Q. What about adding raw spinach?

A. Raw spinach is not part of the Gerson Therapy. It has oxalic acid in its raw form which inhibits the absorption of some necessary nutrients.

Q. Can I substitute with different apples if the Granny Smith (green) is not available?

A. Do not substitute red or yellow apples (example = Delicious). The preferred substitute would be a tart apple (example = Fuji). Return to the Granny Smith variety once they become available.

References:

- *Healing the Gerson Way*, Chapter 12 “Preparing Food and Juices – The Basic rules” p. 153
- *The Gerson Therapy*, Chapter 9 “Thirteen Glasses” p. 111
- <http://gerson.org/gerpress/juicing-tip-what-to-do-when-granny-smith-apples-are-out-of-season/>

Juicers for the Gerson Therapy

Dr. Gerson believed the method of juice extraction decidedly affects the concentration of the juice's nutrients. This has been demonstrated through the analysis of juices produced by testing four types of juice extractors. The clinical results experienced by patients using each type of juicer provided further support for Gerson's recommendations: to use a two-step machine with a grinder and a hydraulic press.

Comparative Juicer Evaluation

The following is an evaluation of the various types of juice extractors

1. Grinder-Hydraulic Press Combination

This type of juicer has two separate components: a grinder to grind the vegetable into a fine, moist pulp and a hydraulic press to extract the juice from the pulp by squeezing it under high pressure. Dr. Gerson felt strongly that this type of juicer was the only acceptable choice for cancer patients. He recommended mixing the pulp of different vegetables together thoroughly before pressing them in order to enhance the extraction of certain nutrients. This, of course, is only possible with a juicer that separates the grinding and pressing functions. Although limited, research in this area indicates that juice produced with a grinder-press combination can be as much as 50 times higher in certain essential nutrients.

Also, the juice itself is much fuller and richer tasting than that produced by other types of juicers, and is free of pulp. Generally, a grinder-press type of juicer will produce 25 to 50% more juice than other juicers from the same amount of raw produce, and even more when extracting from leafy vegetables.

The Norwalk juicer is a large, heavy, grinder-press juicer, usually of all-steel and/or stainless steel construction. Although it is also generally more expensive than other types of juicers, we have had the most success and experience with this particular juicer. The next-best alternative is to buy the Champion juicer, but only use it as a grinder, and buy a separate hydraulic press.

The Pure Juicer is the newest two-step juicer on par with the Norwalk, and is comparable in price, functionality, and other features. Many patients have been using the Pure Juicer with great reviews, but because it has only been on the market since 2016, our experience is currently short-term.

For healthy people (non-cancer patients) following the Gerson diet, it is not strictly necessary to buy a heavy-duty juicer like the Norwalk or Pure Juicer. There are several other options which would be acceptable (see question #3).

2. Masticating Juicers

Masticating juicers grind vegetables and extract their juices in one step. These juicers are generally not as heavy-duty as the grinder-press models. They produce a fairly good quality of juice, although it is high in vegetable pulp and separates more readily than the juice produced from two-step machines. A study we've seen indicates that juice produced from masticating juicers is richer in nutrients than juice from centrifugal juicers (which are not recommended for any type of condition), but not as rich as that from grinder-press juicers.

Some reports indicate that masticating juicers can produce a very high heat inside the grinding chamber that may damage the juice enzymes. Some patients have successfully combined a

masticating juicer and a separate hydraulic press to produce a juice much closer in quality to the grinder/press combination but at much lower cost. Manufacturers of masticating juicers include Champion and Green Power. Gerson patients can use the Champion as a grinder *only* in conjunction with a press. The Champion or Green Power, without the press, can be used for non-malignant conditions, but *cannot* be used for Gerson cancer patients.

3. Centrifugal Juicers

These are by far the most common and generally the least expensive juice extractors. Unfortunately for a patient suffering from a degenerative disease, they are also the least desirable. The centrifugal force throws the pulp against a basket screen through which the juice is strained, while the pulp remains. There are several problems with this method: first, this juicer does not grind produce (particularly greens) as finely as other extractors. Second, centrifugal force is less effective in extracting juice than the pressing action of other juicers. Without the pressing action, many minerals and phytochemicals remain in the pulp, so the juice rendered is less rich in healing nutrients than juice from grinder/press or masticating juicers.

Dr. Gerson describes another problem with centrifugal juicers: “When the grinding wheel rotates against a resistance with insufficient access of air, positive electricity is produced and induces negative electricity on the surrounding wall. The exchange of positive and negative (ions) kills the oxidizing enzymes and renders the juice deficient”. He goes on to say that in his many years of clinical experience, patients who used centrifugal juicers did not have success with the therapy. We have some indications that the enzyme deficiency problem may be present only in centrifugal juicers with a vertical wall basket (such as the original Acme Juicerator available in Dr. Gerson’s lifetime) and not with the angled wall juicer baskets such as those found in newer centrifugal juicers (Juiceman, Braun, Hamilton-Beach and others). Even if this is the case, however, we must still contend with the overall lack of nutrients and reduced quantity of juice when compared with the quality of the juices produced by other types of juicers.

4. Blender/Liquefiers

These, such as Vita-Mix, are not really juicers at all. They grind the produce into a fine pulp but they don’t extract its juice. Since there is no reduction of bulk with a liquefier, to derive the nutrients equivalent to those in 104 ounces of juice, a patient would have to ingest an alarming quantity of produce: six pounds of carrots, eight pounds of apples, and four heads of lettuce every day, in addition to three regular meals.

5. Wheatgrass Juicers

Wheatgrass juicers are small specialized machines designed specifically to extract the chlorophyll-rich juice of wheatgrass. We generally do not use wheatgrass on the Gerson Therapy, as most patients find it to be extremely harsh on the stomach and because the desirable components in wheatgrass are also found in the Gerson green juice.

6. Citrus Juicers

Citrus juicers are reamer-type juicers made of glass, plastic or porcelain used to juice oranges and grapefruit. Do not use any juice press into which the orange is inserted with the skin (if the skin is also pressed out, it will emit harmful fatty acids and aromatic substances contained in its surface). Do not use aluminum juicers.

A Note about Juicers

Finally, any juicer is better than no juicer at all. Even a centrifugal juicer will provide more nutrients than could be consumed in the equivalent quantity of produce. For many patients however, the choice of an appropriate juicer can be a life-or-death matter. We have observed a number of cases in which patients rigorously followed the Gerson Therapy, but with a centrifugal juicer they did not see either reduction in tumor masses or healing reactions even after many weeks. When these patients switched to grinder-press juicers, healing reactions occurred rapidly, and several patients saw dramatic improvement in their condition. While these observations were not part of a controlled study, they clearly point to the quality of juicer as a major factor in a patient's progress.

In conclusion, based on decades of Gerson Therapy experience, the two-step Norwalk juicer provides the greatest benefits for people undergoing the complete Gerson Therapy. The Champion juicer combined with a press are priced lower than the Norwalk and does the same job, but with more effort.

The Champion alone or Green Power/Star/Omega juicers (twin gear) can be used for non-malignant conditions. Centrifugal juicers are not acceptable for any condition.

Note: *Many Gerson patients drink freshly squeezed orange juice with breakfast. They may use a separate citrus juicer for this purpose.*

Frequently Asked Questions

Q. What types of juicers are required for the Gerson Therapy?

A. The Gerson Therapy requires a two-step machine, with a grinder and a hydraulic press. This type of juicer has two separate components, a grinder to grind the vegetable into a fine, moist, pulp and a hydraulic press to extract the juice of the vegetable from the pulp by squeezing it under high pressure. Research in this area, although limited, indicates that juice produced by the grinder/press can be as much 50 times higher in certain essential nutrients, and will produce 25 to 50% more than other juicers from the same amount of raw produce.

We strongly recommend using the Norwalk juicer, which is the most effective grind and press machine on the market, and the one we have had the most success with. The price of the Norwalk juicer is approximately \$2,400 new, and used Norwalk juicers (though hard to find) cost less.

The next-best alternative is to buy the Champion juicer, but only use it as a grinder, and buy a separate hydraulic press. This option usually costs around \$600 for both machines—less if you find a used Champion. For healthy people (non-cancer patients) following the Gerson diet, it is not strictly necessary to buy a heavy-duty juicer like the Norwalk. There are several other options which would be acceptable (see question #5).

Q. Why don't you recommend any other juicers?

A. We have not tested other juicers, and do not have enough experience with other juicers to be able to recommend them. We can only recommend juicers that we have worked with, and that have been proven to be effective for the therapy. While it is certainly possible that there are other effective juicers on the market, we cannot recommend juicers that we have not tried.

We do have anecdotal evidence that indicates that other juicers are not as effective. Some patients who have tried the therapy using other juicers did not see an improvement in their condition, but when they switched to a grind and press juicer, they began seeing rapid improvements.

Q. Will any other juicer work?

A. We can only recommend juicers that we have worked with, and that have been proven to be effective for the therapy. While it is certainly possible that there are other effective juicers on the market, we cannot recommend juicers that we have not tried.

Q. Why is the Norwalk better than the Champion and other juicers?

A. See the Hallelujah Acres juicer comparison study [here](#).

The Norwalk, being a two-step juicer, is less time-consuming to use than a juicer with a separate press. When making 13 juices per day, this is an important factor to take into consideration.

Q. If I'm healthy, can I use a different type of juicer?

A. Yes. A healthy person may use a number of different juicers. Recommended juicers for healthy patients include the Omega, Champion, Green Power, and Green Star juicers. However, healthy individuals may use any juicer of their choosing.

Q. Where can I buy the juicers you recommend?

A. Check the Gerson [Supplies](#) section of our website. It provides links and phone numbers for the companies that sell the recommended juicers.

The Gerson Institute offers a **Juicer Loaner Program** to individuals who have a strong commitment to doing the Gerson Therapy at home, but do not yet have the resources to purchase a juicer. Learn more about this program [here](#).

References

Healing Newsletters

1. NL Vol. 20 # 5 Sep/Oct/2006 pg. 6, Buying Norwalks on eBay: Gerson patients beware! By Richard.
2. Boger, Norwalk Juicers.
3. NL Vol. 10 # 6 pg. 9, Juicer Sources. Norwalk, K & K Grinder and Press and Champion.
4. NL Vol. 10 # 4 pg. 6, Book ACT pg. 240.
5. NL Vol. 18 # 3 May/June/03 pg. 10.

Books

1. *Healing the Gerson Way*, pages 134-136, 247
2. *Gerson Therapy Handbook*, pages 80-81
3. *A Cancer Therapy: Results of 50 Cases*: pages 216-217, 240
4. *The Little Juicing Book*: pages 14-20, 27, 30, 32-33, 36, 38, 45

Websites

- Comparison of juicers from Hallelujah Acres: <http://www.hacres.com/pdf/documents/other-juice-extractor-comparison-2007.pdf>
- Norwalk Juicer video overview by Gisela Sommer: <http://www.youtube.com/watch?v=4yz2U8fIYfk>



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