

Rejuvenating With The Gerson Therapy

Health Action, Oct/92

When I first saw Charlotte Gerson, I was pleased. As the long time spokesperson for The Gerson Therapy, she was spry, bursting with energy, and obviously full of enthusiasm for the rejuvenating benefits of the Gerson natural foods diet and treatment. Here was a woman who 'walked her talk,' surprising us with the extent of energy she still had after speaking for two long days. Beneath the twinkling of her seventy year old eyes, however, roars a tiger of a woman.

It doesn't take much to notice that you had better pay attention to every word that Charlotte Gerson says. If she says that you don't use any kind of oil other than flax seed oil, she means it. "There are NO substitutes, do you get it?" she emphasized at the HANS co-sponsored lecture on June 21, 1992 in Burnaby. And you get the distinct feeling that if you slipped somehow, and used some other kind of oil in your food, she would just know, somehow.

The Gerson Therapy is on very strict therapy, with no room for nonsense. It involves fresh raw juices prepared hourly from organically grown fruits and vegetables, three full vegetarian meals; freshly prepared from organically grown fruits and vegetables; individual medications, and coffee enemas to induce the liver to release accumulated toxins plays an important role in the therapy. If you are going to use the Gerson Therapy, it must be followed EXACTLY, with no variation.

Pancreas Cancer Cured

Obviously, it appears to work, and Nanaimo BC's, Patricia Ainsley, came forward to talk about her experience. In 1985, she went to the hospital with pneumonia. After being treated and returned to her home, she began to lose a lot of weight. Then came the pain, vomiting of blood, and in January, 1986, after a needle biopsy, she was told she had cancer in the pancreas, spleen and gall bladder [same as Michael Landon's].

The doctor said, "I'm sorry, you won't live till your next birthday [10 days away]." He wouldn't give her chemotherapy because he said she was dying anyhow, with such a short time left, and what was the use? That is what her doctor said, and that is what she believed...until her husband convinced her that they were going to The Gerson Hospital, immediately. Why not? Did she have anything to lose?

Ten days after starting the therapy at The Gerson Hospital, Patricia had stopped throwing up blood, had no pain, and felt "I don't know what's happening, but something sure is." In two weeks she came home to Nanaimo, followed the Gerson program faithfully, and six months later went back for a CAT scan. The doctor said that the masses of cancer were gone but there was still a little cancer in the bile ducts. He also commented "I don't know what you're doing, and I DON'T want to know what you're doing, but keep it up." Seven months later, he gave her a nice Christmas present by telling her that all the traces of cancer were gone! That was six years ago!

Patricia followed The Gerson Therapy intensively for two years, and although she follows the basic program today, she is not as strict with herself as she was in the beginning. Now she's well and

she feels she can relax a little while she enjoys the benefits of being a grandmother. If you want to ask Patricia about her experience, call the HANS office for her number.

Breast Cancer

Another fan of the Gerson therapy is retired newspaper editor Jean Clark. Jean, looking very bright and radiant, came up from the audience to talk about her experience with breast cancer. In May, 1990, Jean had a breast lumpectomy and some of her cancerous lymph glands removed. In May, 1991, the cancer was still there.

Shortly after, her sister took her to CHIPSA, Mexico's Gerson Hospital, and she has been following program faithfully ever since. She can feel her skin coming alive and her body feeling better and better as the days progress. What struck Jean as very noteworthy was in relation to her past job as newspaper editor of a small northern newspaper. During this job, prior to 1982, she worked extensively with printing and photographic chemicals. Ten years later, having been away from the chemicals of newsprint production for over a decade and having followed the Gerson Therapy for less than a year, Jean could smell the chemicals on her hands while she had been detoxifying on the program.

According to Charlotte Gerson, the Gerson Therapy works for many, but it doesn't work for all, especially if a patient has been on a heavy chemotherapy program. Charlotte does not discourage anyone from wanting to try the program, but it is best to check with The Gerson Hospital first before booking a flight to San Diego.

They can be reached at Patient Services: (877) 424-4772 or Information Services: (800) 759-2966

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