



Gerson+Therapy

The Gerson therapy combines vigorous detoxification with nutrition aimed at restoring the body's natural immunity and healing power.

Believing cancer to be a systemic rather than a localized disease, Gerson therapy emphasizes rebalancing of the cancer patient's entire physiology. The therapy reverses the conditions necessary to sustain the growth of malignant cells.

To rebuild the patient's healing mechanism, a twofold attack is mounted:

- 1) A detoxification program helps the body eliminate toxins and waste materials that interfere with healing and metabolism;**
- 2) A low-fat, salt-free diet floods the body's cells with easily assimilated nutrients that strengthen the natural immune defenses.**

The following is covered:

Treatment Procedure

Drug Information
Medical Protocol
Additional Therapy
Supportive Services

Precautions
Scheduling
Prescriptions and Tests

Travel and Lodging
Billing Procedures

Contact Information

The Treatment Procedure

Dr. Gerson based his regimen on the theory that toxins and electrolyte imbalances in the cells cause cancer and help to maintain the continued existence of tumors. To detoxify the body and restore electrolyte balance, patients are placed on a strict vegetarian diet, with regular servings of freshly prepared fruit and vegetable juices.

Gar Hildenbrand, executive director of the Gerson Research Organization, points out that he and other contemporary proponents of the Gerson Therapy do not identify strongly with Gerson's explanations, which were based on the scientific understandings available in the 1950s. At this point they rely more on the observed effectiveness of the treatments and less on theoretical explanations.

Each day patients consume approximately twenty pounds of fresh, organically grown produce, most of which is processed into thirteen freshly prepared juices that must be consumed at hourly intervals throughout the day. Supermarket produce is considered to be too toxic and nutritionally deficient to be used. Gerson's dietary regime is designed to restore electrolyte balance on a cellular level. As the Gerson diet causes the sodium level in the body to drop and potassium levels to increase, the water content of the cells is lowered and the cells can begin to repair themselves.

Advanced cancer is a type of injury that can produce the tissue damage syndrome, causing cellular edema, an increase in total body water, and a decrease in cellular energy production. Researchers working on a National Cancer Institute grant found that "gross weight changes in patients with advanced cancer may be minimal, even when large amounts of body fat are being lost. Under these conditions it has been shown that there may be a great gain of total body water even though there may be no detectable edema." The Gerson program works to reverse the cellular edema that develops in the tissues surrounding tumors and help those cells to return to normal.

The Coffee Enema. The most controversial element of the Gerson Therapy is the regular use of coffee enemas. The Gerson therapy excludes drinking coffee, but, in fact, uses caffeine in another way. Gerson discovered that the use of coffee enemas could substantially accelerate the detoxification process. In the early phase of therapy, coffee enemas are administered approximately every four hours to help relieve pain, nausea, and other symptoms accompanying detoxification. Although this treatment is controversial, there is an explanation for its possible effectiveness, since the rectal administration of caffeine has a very different effect than when it is consumed orally.

Other chemicals in coffee, including caffeine, theobromine, and theophylline, cause blood vessels and bile ducts to dilate, increasing the elimination of toxic bile. Additionally, some of the water absorbed through the intestinal wall goes directly to the liver, diluting the bile and increasing the bile flow.

Drug Information

In addition, patients receive a potassium solution, added to juices ten times daily. Edema, or fluid retention, caused by an excess of sodium, reportedly disappears with great frequency when patients ingest high amounts of potassium in juices. Restoring potassium levels to normal in the major organs of severely ill patients can take a year or two.

Supportive Services

If needed, you shall have access to social and pastoral services. Also our trained staff can answer your questions regarding your comfort. Ask your nurse for assistance and we will address your needs.

The Gerson Hospital encourages patients to have a support person who can help in the administration of the therapy.

Medical Protocol

The diet, the core of the therapy, includes organically grown fresh fruits and vegetables and thirteen glasses of freshly squeezed juices daily, taken at hourly intervals. The emphasis on fresh fruits and vegetables means the patient receives high levels of vitamin C, beta-carotene, and other antioxidants that scavenge free radicals. Patients also receive supplements such as thyroid extract, potassium iodide, liver extract, pancreatic enzyme, and niacin. No meat is allowed. Animal protein is omitted for the first six to twelve weeks, then kept to a minimum. The diet is largely fat-free but includes some yogurt, pot cheese, cottage cheese, and churned buttermilk as well as linseed oil, a rich source of omega-3 fatty acids. Research shows that these fatty acids kill human cancer cells in tissue cultures without destroying normal cells in the same culture.

Additional Therapy

The key detoxification method is the coffee enema, which patients are taught to self-administer several times daily. Through his work with cancer patients, Gerson came to the conclusion that many patients on a radical detoxification program died not of the cancer itself, but rather from the liver's inability to absorb the toxic breakdown products of the rapidly dissolving tumor mass. Coffee enemas, long a part of more orthodox medicine, seemed to him a logical component of a detoxification program. Caffeine taken rectally is believed to stimulate the action of the liver, increase bile flow, and open the bile ducts so that the liver can excrete the toxic products of tumor breakdown more easily.

Although coffee enemas may sound bizarre, and are distasteful to some, many cancer patients taking them report increased energy, improved appetite, relief from nausea, and a marked decrease in pain. Coffee enemas have been used by a number of other metabolic and immunotherapeutic practitioners,

It is very important for you to maintain contact with your other physicians. Our nutrition group will primarily deal with your illness. If you have other medical problems, they should be handled by the appropriate specialist. If you are in need of other medical specialties, we will be happy to give you a referral. If you need any data communicated to your other physicians please provide us with their name, addresses, telephone and fax numbers.

Precautions

Toxicity and Side Effects

Two aspects of the Gerson Therapy have been noted as possible causes of adverse effects: the use of raw calves liver juice and the administration of coffee enemas. Initially raw calves liver juice was a part of the Gerson Therapy. However, in October 1989, this part of the therapy was discontinued due to the difficulty in obtaining raw calf's liver without bacterial contamination. Patients now take desiccated liver tablets.

Where the coffee enemas are concerned, the caution seems to be unwarranted. Although the literature refers to the possible creation of serious fluid and electrolyte imbalances, no such cases have been reported for patients undergoing the Gerson Therapy.

The Gerson Therapy is time consuming, requiring the juicing of fresh fruits and vegetables every hour and the regular administration of coffee enemas. It is also restrictive, requiring an organic, vegetarian diet.

Prescriptions and Tests

Dr. Gerson maintained that cancer alters the body's normal sodium to potassium balance, already disturbed by the modern over salted diet. Liver, brain, and muscle cells normally have much higher levels of potassium than of sodium, but in cancer patients, observed Gerson, the ratio is reversed.

The Gerson therapy aims to remove as much sodium from the cancer patient's body as possible, replacing it with potassium. The diet stresses foods rich in potassium and low in sodium.

Thus regular blood testing, fluid samples and urine analysis are prepared and taken daily, if not weekly.

Scheduling

As previously mentioned, the Gerson therapy treatments are always given consistently and for a minimum 21 consecutive days.

Your physician will prescribe a cycle of treatments specifically for you. They can be given every two weeks, three weeks or at other intervals. As you improve, the treatment will be given at longer and longer intervals. We will provide you with a treatment schedule for a few months. It is very important that you let us know as far in advance as possible if you have any preferences. We will attempt to adjust the schedule to your preference while following the doctor's recommendations.

In an emergency situation or if your appointment conflicts with other important appointments, call us as soon as possible and we will make an attempt to reschedule.

If you cannot keep an appointment, call us at your earliest convenience. Our telephones are connected 24-hour Patient Service voicemail (877-424-4772).

Transportation, Lodging and Directions

When traveling to CHIPSA, we advise that you use the hospital's shuttle service for transport into Mexico from San Diego to the CHIPSA facilities. Please contact Patient Services at 877-424-4772 and request for our CHIPSA Shuttle Service. We provide a "courtesy shuttle" for your visit with all who visit us.

There are several hotels in the area that provides a discount for CHIPSA Hospital patient and we will be happy to provide access. Our hospital also provides lodging for a token fee if room is available. The CHIPSA Medical Center provides co-companion room rate for a patient's friend or visting spouse. Remember to let us know if or when you make a hotel for a relative if you intend to bring along a friend. We will be happy to assist you in finding a lodging nearby or make a reservation at a local hotel.

We are comitted to assisting your medical treatment at CHIPSA Hospital by arranging transportation needs from the San Diego community area to our hospital facilities.

- Please attempt to arrange to arrive on a weekday, if possible.
- Book your flight to the San Diego's Lindbergh International Airport (call for assistance)
- Upon your arrival, proceed to the Traveler Aid Desk near your baggage claim area.
- A driver will meet you with a CHIPSA sign at the Lindbergh Airport's Traveler Aid Desk.
- Let us know if a wheel chair, oxygen or other special care circumstances are needed.

Billing Procedure

After the Gerson therapy treatments, you will receive several charges, yet one bill.

A comprehensive bill from CHIPSA will also cover the charges for the actual treatments and laboratory tests, diagnostics, and all extra required proceedures. A charge for the physician fees will come from the CHIPSA Hospital as seperate line item.

It is important that prior to your first treatment, you speak with the Patient Service representative in the CHIPSA office located inside the entrance to the hospital in Baja California, Mexico to understand your costs and to sign-off on our HIPAA privacy policy.

CHIPSA will evaluate your medical (insurance) coverage and assist you in obtaining pre-treatment approvals if any are possible. However, it may be necessary for you to pay for entire treatment before the protocols begin. If pre-approval is required, please call your insurance company prior to each treatment to make sure approval has been obtained for both hospital and physician billing.

The staff in the CHIPSA office will be able to answer most of your questions. They will also be able to help you with any questions you may have about the actual bill.

Remember to bring issues to Patient Services whenever you have questions. Feel free to call us concerning the costs. We will do our best to address a payment solution.

Contact Information

Feel free to call Patient Services at our main office number: **(877) 424-4772**

The Gerson Immunonutrition Department is open 24 X 7 from 7:30 until 4 PM.

We will always be closed on holidays and every weekend.

Our phones are connected to voicemail that will answerphones if we are not available. Please leave us a message and we will get back to you as soon as we can.

CHIPSA

Gerson Medical Center

670 Colonia Jardines del Sol
Playas Tijuana, Mexico, C.P. 22700

CHIPSA US-Mail

PO Box 1850, Chula Vista, CA 91912

patientservices@chipsa.com

infoservices@chipsa.com

admissions@chipsa.com

<http://www.chipsa.com/ecp.html>

Gerson Unit:

CHIPSA Direct: **011-52 (664) 680-2902**

CHIPSA FAX: **011-52 (664) 680-2908**

Patient Services: **(877) 424-4772**

Information Services: (800) 759-2966

Dr. Lopez, MD, Medical Director

Gar Hildenbrand, EPD, Epidemiologist

FOR ANY LOCAL EMERGENCY CONTACT YOUR PHYSICIAN,
GO TO YOUR LOCAL EMERGENCY ROOM OR CALL 911.

If you need to contact us in an emergency, call the main hospital number at (877) 424-4772 and ask for the Patient Services. Explain to the representative that you have an emergency and ask to have the Resident on-call paged or called.

Patient Checklist

Medical Records: (If not available, do not delay arrival. CHIPSA will send for records)

- Pathology reports
- Current lab test results
- Surgical summary
- Discharge summaries
- Any radiology reports and the films (X-ray, CT, MRI) if possible.

Acceptable Mail Addresses for correspondence, official documents or medical records:

CHIPSA / Gerson Hospital
670 Colonia Jardines Del Sol
Playas Tijuana, Baja California
Mexico C.P. 22700

CHIPSA Patient Services
627 H Street, Suite A90
Chula Vista, California
USA 91910

CHIPSA USPO Box
PO Box 1850
Chula Vista, California
USA 91912

Supplies of your current prescription medications and medical supplies. Some medications (e.g.: pain killers, especially morphine and Demerol) and supplies (e.g.: colostomy fittings) are not internationally standard. Colostomy patients, please bring colostomy sleeves for irrigation. Please, also bring any of the following for you stay:

- Cassette or CD recorder, fresh tapes, CD & batteries.
- Blank notebooks, pens and pencils.
- Envelopes and US postage stamps (if you wish)
- Clock radio or travel alarm.
- Personal articles (toilet/grooming).
- Pajamas, robe, slippers, and informal clothing for the cool evenings

Verification of identity, such as a driver-license or birth certificate document **MAY BE** required for U.S. and Canadian citizens upon entry into Mexico and re-entry into the U.S. However, identity papers are usually **NOT** required to enter Mexico, CHIPSA recommends that ID preparations should be considered however, to avoid confusion.

Medical file folder provided by CHIPSA (discuss all forms that shall be apart of arrival)

- Admission sheet-medical consent (HIPAA protocol)
- Patient health history
- Medical liability release form
- Quality of life questionnaire



CHIPSA

CENTRO HOSPITALARIO INTERNACIONAL PACIFICO, SA

Gerson Medical Center

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