

HEALTH



Blueprint for Successful Living reports on a recent seminar in Dublin given by Charlotte Gerson, (right) daughter of the great Dr. Max Gerson (above) whose pioneering work in cancer treatment is now gaining much recognition



Jennifer Duffy SRN RN, seminar organiser

The Gerson approach

It's a medical fact that smoking, poor nutrition and alcohol abuse are major contributors to cancer, with an estimated two-thirds of all cancer deaths linked to 'lifestyle' factors. In the fight against cancer, a holistic approach that incorporates nutrition, exercise, relaxation, positive thinking and healing, alongside life-enhancing conventional treatments could offer a new way forward. Over the years, many doctors, healers and holistic practitioners have pioneered research into different approaches to cancer treatment, often against violent criticism from the medical establishment. One such pioneer was Dr. Max Gerson, who died in 1959. Gerson was never accepted by the mainstream medical community in America where he spent the latter part of his life, although his therapy and approach are now attracting greater interest.

Dr. Max Gerson MD was born in Germany in 1881. He

attended the Universities of Breslau, Wuerzburg, Berlin and Freiburg, and was director of a special department of tuberculosis at the Munich University Hospital. While a medical student, Gerson suffered from severe migraine headaches. Though he had been told that the migraine was untreatable, Gerson found that by adopting a special diet he could control them. After further experimentation, he found dieting therapy to be effective also in the treatment of tuberculosis and eventually cancer. In 1933 Gerson moved to the United States where he continued his research until his death. He became a life-long friend of Albert Schweitzer's by curing his wife of lung tuberculosis. Schweitzer's own adult onset diabetes responded to Gerson's dietary treatment. Schweitzer said of him: "I see in him one of the most eminent geniuses in the history of medicine. Those whom he cured will now

attest to the truth of his ideas." Since his death, his daughter Charlotte has taken up the torch and continues her father's work.

Charlotte Gerson

Charlotte is President of the Gerson Institute and has served as an adviser at the Gerson Hospital in Mexico for the past 15 years. Now over 70, she was cured by her father 58 years ago of bone tuberculosis. In May 1994 Charlotte Gerson conducted a one-day seminar in Dublin. She was accompanied by four ex-patients from England who gave detailed accounts of their illness, and success using the Gerson therapy. The seminar was organised by Jennifer Duffy SRN RN, a nurse from County Galway who on hearing of the Gerson treatment visited the Clinic in Mexico staying for three months to investigate it for herself. She is now interested in setting up a similar facility in Ireland.

The Basic Concepts

Dr. Gerson believed that cancer is a result of damage to the immune system caused by inadequate nutrition and accumulated toxins. The therapy has three purposes:

- 1 To rehabilitate the digestive system, especially the liver
- 2 To stimulate the elimination of tissue toxins
- 3 To restore the body's entire metabolism to normal function

The therapy stimulates the body's own healing mechanism, the immune system, by providing optimum nutrition and intensive detoxification. Primarily a dietary treatment consisting of freshly prepared juices of organic fruits and vegetables, together with a basic vegetarian diet, it also includes some non-toxic medications. This nutritional programme is followed for a period of not less than two years. Charlotte pointed out

that the therapy must be used in its complete form for real results to be obtained. The regime is rigorous and time consuming - fruit and vegetable juices to be taken every hour between 8.00 am and 6 pm with coffee enemas every four hours. The coffee enemas are an essential part of the treatment as they help the liver to deal with the toxic material. For cancer patients with low energy levels, outside help would be needed to maintain the programme. For detailed information on the actual programme, enquiries should be directed to:

Gerson Institute, PO Box 430, Bonita, California USA. Telephone (519) 267-1150.

Success Rates

According to the Gerson Institute their success rate is between 30%-40% with terminal cancer patients, and if the therapy is applied at the earlier stages of cancer they claim a 90% success rate. While the therapy is not a miracle cure or panacea, their

Cancer; The Facts

- In Ireland, an estimated 13,000 people are diagnosed annually as having some form of cancer.
- This year 850,000 Europeans will die from this chronic disease.
- It is estimated that by the year 2000, cancer mortality in Europe will increase by 15% - 30%.
- Over the last 50 years, despite the enormous amount spent on cancer research, a chemical drug-based cure for cancer has proved elusive.

approach - and the clinical evidence and success stories - are certainly worthy of scientific investigation. To date no such studies have been undertaken by a mainstream medical or scientific organisation, though there is an open invitation to any such body to do so at any time.

Brendan Clifford.

Audio Tapes

Many people were unaware of Charlotte Gerson's seminar or unable to attend on the day. The entire seminar was recorded and a set of tapes is available at a cost of £10 including p&p from: Tony McGarry, 66 Lakelands Avenue, Stillorgan, Co. Dublin. Tel (01) 288 4256, 6-7pm.

Former 'Gerson Treatment' Cancer Patients

Of the four people who gave their personal account of the seminar, three - Janet Pottinger, Joan Spencer and Delphine Lettau have been alive and well for five years since diagnosis, which according to standard medical criteria means they are cured. The fourth, John Hagger, has done two years on the full therapy and is now gradually changing to a less strict regime. Though not officially cured, John says that he has 'never felt better in his life' - no mean feat for someone who two years ago had been given the gloomy diagnosis of having months rather than years to live.

Below are brief case histories of two of the patients.

Joan Spencer 71

In 1983 Joan had a mole removed from her right arm. Four years later she developed an enlarged lymph node in her armpit and the lymph glands in that area were surgically removed. She was initially offered no diagnosis, but after questioning her doctor she was told she had one to three months to live. Having inquired whether radiation or chemotherapy were of any use, she was told they were not and was then offered these treatments anyway. She undertook to

treat herself at home in London with the aid of a nurse experienced in the Gerson Therapy doing the full treatment for 18 months, followed by 6 months of a less intensive regime. She remains healthy today.

Delphine Lettau 43

Delphine was diagnosed with high grade malignant lymphoma in January 1986. Surgeons removed a tumour from the top of her right leg just below the groin. She was then offered either chemotherapy or the opportunity to participate in an experimental treatment involving bone



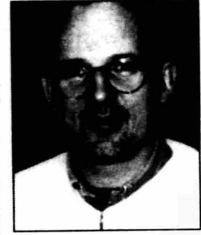
Joan Spencer

marrow transplant. Having declined either option, she investigated the possibility of using other methods.



Delphine Lettau

Delphine travelled to the Gerson clinic in March 1986 and subsequently followed the full intensive therapy



John Hagger

for three and a half years. She now shows no evidence of the disease.