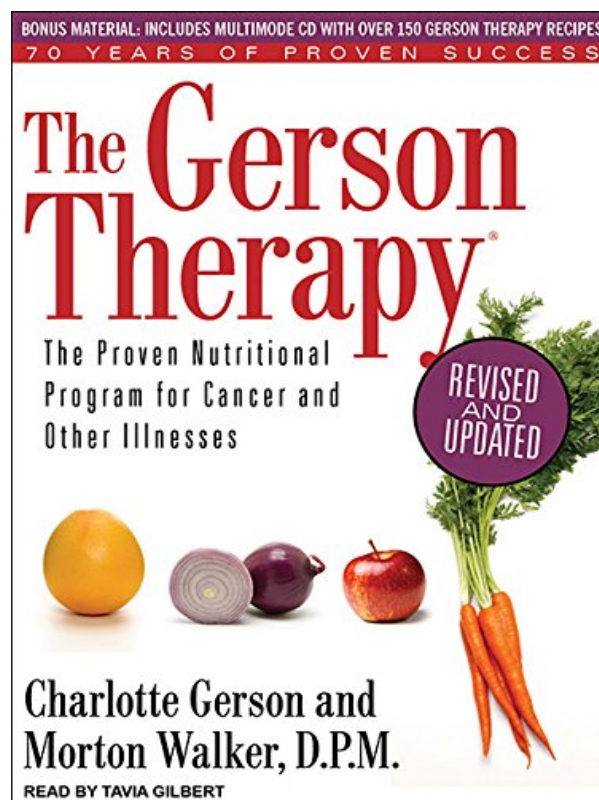


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About the Author

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Cancer. Hepatitis. Migraines. Arthritis. Heart disease. Emphysema. For years, the medical establishment has called these chronic or life-threatening diseases incurable. But now, the Gerson Therapy offers hope for those seeking relief from hundreds of different diseases. One of the first alternative cancer therapies, the Gerson Therapy has successfully treated thousands of patients for over sixty years. Now, alternative medicine therapist Charlotte Gerson and medical journalist Morton Walker reveal even more on the powerful healing effects of organic fruits and vegetables. Not only can juicing reverse the effects of many degenerative illnesses-it can save lives. The Gerson Therapy shows you: -How to beat cancer by changing your body chemistry -Special juicing techniques for maximum healing power -How to conquer allergies, obesity, high blood pressure, AIDS, lupus, and other diseases -Which supplements will strengthen your immune system -How to prepare delicious, super-healthy foods using Gerson-approved recipes This unique resource will help and inspire everyone who has ever said, "I want to get well. Just show me how." The Gerson Therapy details a powerful, time-tested healing option that has worked for others-and can work for you.

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Most helpful customer reviews

677 of 689 people found the following review helpful.

This book is so valuable!!

By NuevoMexico

The Gerson Therapy saved my life.

I was diagnosed with SLE (Lupus), and there was nothing that the M.D.'s could offer me, except Prednisone...which was urged upon me.

Through the fortunate advice of a friend, I read the Gerson book...and to make a very long story short, I decided to do the program.

Let me just say here, in rebuttal to the first reviewer of this book, that NOWHERE in this book does it suggest that one should JUST do coffee enemas. Quite the contrary. If one is doing coffee enemas, it is essential that one ALSO be drinking the juices.

In fact, if one is serious about getting well, it is absolutely essential that one do the program to the letter- not just some elements.

I stayed on the Gerson program for two and one half years. Hard? Yes.

But I came out of it healed.

I went into the program so very sick, hair falling out, skin sores, terrible joint pain, failing kidneys.

That was more than fifteen years ago, now, with no recurrence. And I never did take the Prednisone.

I did the Therapy at home, with the Gerson book as my guide. (The Gerson staff, in terms of support and more information, were my telephone angels.)

So, while my experience was not with cancer, I most certainly will recommend this book to those who suffer from auto-immune disorders, and also to those who simply are interested in knowing how better to preserve and restore health.

857 of 880 people found the following review helpful.

Read this book on Chronic Disease first

By William Brazier

A Highly Recommended First Book On The Use And Application Of Alternative Medicine/Natural Healing for Chronic Conditions.

This is the book that I would first recommend for anyone wanting to understand the use of alternative medicine for the healing of any chronic condition including cancer I would also highly recommend this book to anyone contemplating the use of conventional medicine as well because of the excellent material on the disease process and the potential for using this or some other alternative therapy in a complimentary or combination process of natural and conventional healing. The issue in addressing healing of chronic diseases is for the person with the disease and their family to be sufficiently informed of the causes and all possible treatment possibilities so that they can make informed and responsible decisions about their total treatment. Other therapies and approaches could be evaluated as to how well they addressed all of the healing concepts detailed in this book.

"The Gerson Therapy" is a welcome and highly recommended addition to the multitude of books that address healing of chronic conditions including cancer by using natural or alternative means. The specific approach is healing by a combination of high quality nutrition and total body detoxification. The Therapy is a total program and does require significant life style changes at least for the detailed therapy. Actually, lifetime lifestyle changes will be required to remain healthy, but these are easily done once one has gone

through the detailed therapy.

This book accomplishes several needed functions. The Gerson Therapy is brought up to date, (the therapy is over 60 years old), with the latest information including program modifications for people who have had chemotherapy, for people who are in an extremely weakened state, and a modified program for non cancer chronic conditions. The information is provided in a highly readable and understandable format. The book details the background, theory, and enough specific cases to establish credibility without being overbearing. In fact most of the case studies are used to detail understanding of the therapy. The book does not sugar coat the difficulty of healing using natural therapy and states that the Gerson Therapy may be the most difficult to follow of the many that are available. All of the information required to do the therapy either on one's own or in conjunction with a qualified clinic or practitioner is provided in easily accessible section. (There is some redundancy in some of the specific sections but this redundancy eliminates the need to search for needed information for people who are following the therapy). The number of recipes is expanded from previous books, and this is a welcome addition for anyone who has followed the therapy. The mental aspects of natural healing are now addressed and are given a separate section in the book. Finally, many tricks and techniques needed to make the therapy more workable are included. The bottom line is that the book is both informative and is useable as a day to day guide for anyone deciding to do the therapy.

I feel qualified to make these statements about this book because three years ago I was diagnosed with cancer and after much research and discussions with conventional and alternative practitioners, I chose to first start with the Gerson Therapy. The results have been wonderful with the cancer having gone in remission after about 18 months and numerous other problems have responded to the therapy as well. I have not had to revert to my back up plan of conventional medicine. Yes the therapy can be difficult to follow particularly because it is highly restrictive on food, requires time to make fresh vegetable juices several times every day, and requires time to do the detoxification procedures. And yes, the diet has different taste due to the salt and fat restrictions, but one quickly get use to the different taste. However, to be healed without permanent side effects is well worth the effort and the required life style changes. While I had excellent support materials available, this book is still a significant improvement to the available literature. I found nothing in this book that I had a problem with and with the improvements that have been made, the book deserves the five star rating

The process of natural healing is not easy, requires attention to detail, and continued study to avoid setbacks through the process. This new book on the Gerson Therapy will provide information that can assist the decision process and will provide up to date information on the therapy's application.

417 of 439 people found the following review helpful.

Outstanding Resource !

By D. Etheredge

Much like the previous poster, I also suffered a degenerative disease. I did the research for a cure while healing from some conventional radiation therapy. I began the Gerson Therapy (GT) as indicated in this book in part, started feeling stronger and got into it full tilt. I must admit, Dr. Max Gerson MD, the author's father, hit the nail on the head in terms of a curative therapy. His is some heirloom information and techniques that have survived because they work.

If you need to buy a book on how to get well from degenerative disease, this is the first choice. Get started now. Begin now. Disease as simple as arthritis, and as tough as cancer respond to this therapy. I know from personal experience also. The program is nutritional and detoxification with minimum supplements. The book informs as to what and why and when to use what. They do not sell vitamins, or expensive publications, just straight forward truth.

I also, particularly for Multiple Myeloma or Plasmacytoma patients, but cancer patients generally, highly recommend the book, 'Living Proof', by Michael Gearin-Tosh, published 2002. It is a wonderful narrative of how to approach cancer treatment written by a man diagnosed MM but who did Gerson Therapy and lives. Do it, get well, and write your own review ! I'll be checking back from time to time. God Bless.

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