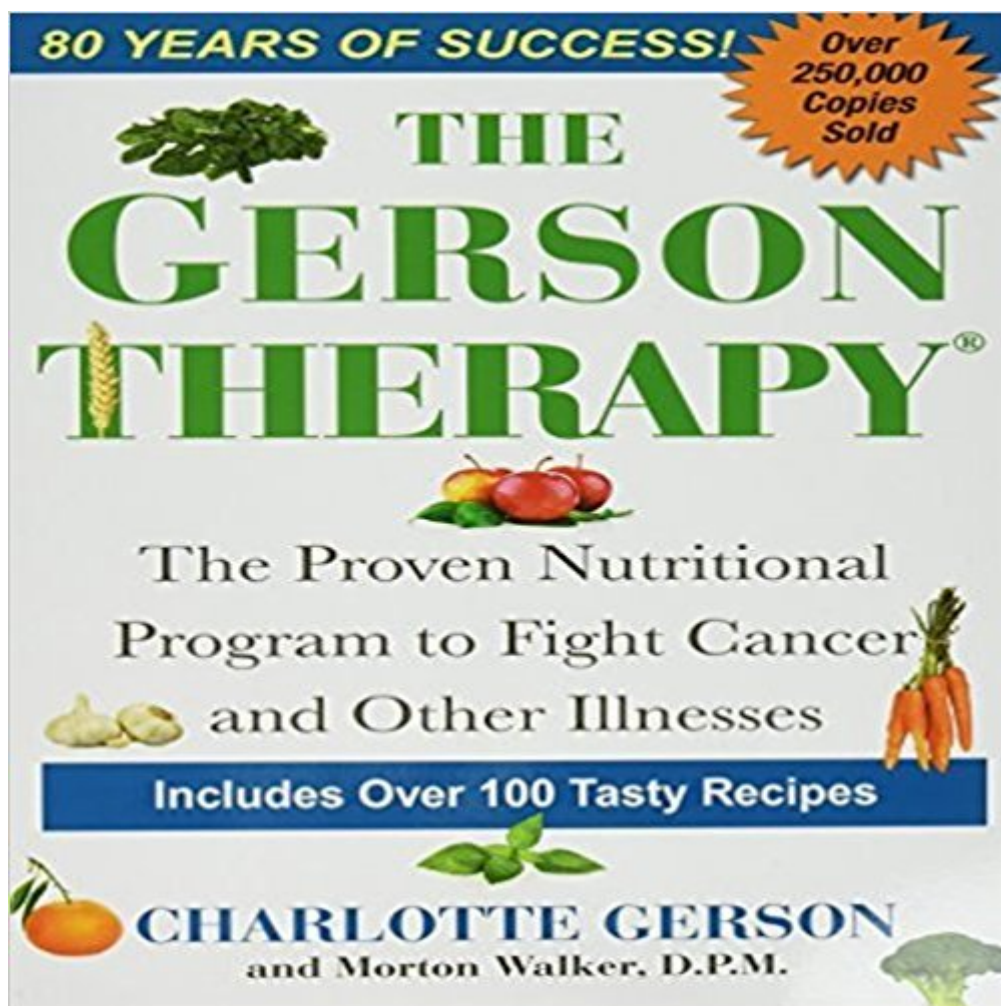




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# The Gerson Therapy: The Proven Nutritional Program For Cancer And Other Illnesses



## Synopsis

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. Juice your way to wellness. One of the first alternative cancer therapies, The Gerson Therapy has successfully treated thousands of patients for over 60 years. Now, in this authoritative revised and updated edition, 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 combat allergies, obesity, high blood pressure, AIDS, lupus, and other diseases This unique resource will help and inspire anyone who has ever said, "I want to get well. Just show me how." The Gerson Therapy offers a powerful, time-tested healing option that has worked for others - and can work for you!

## Book Information

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## Customer Reviews

Charlotte Gerson, the daughter of Max Gerson, founded the Gerson Institute in 1977. Under her father's tutelage, Charlotte learned about the remarkable nutritional therapy that has saved the health of thousands, including Nobel Peace Prize winner Dr. Albert Schweitzer, a lifelong

advocate of the Gerson Therapy®. Charlotte has supervised the training of medical staff at the Gerson Institute and at hospitals licensed to teach the Gerson Institute method. She has lectured on the benefits of nutritional therapy at several hundred health organizations worldwide, including the Cancer Control Society, the National Health Federation, and the International Association of Cancer Victors and Friends. A staunch practitioner of holistic medicine, Charlotte Gerson has devoted her life to the Gerson Therapy's message of health and healing. Dr. Morton Walker, D.P.M., achieved widespread respect as a medical journalist with 74 bestselling health books to his credit and 23 journalism awards for his work. In 1992, he received the Humanitarian Award from the American Cancer Control Society, which named him "the world's leading medical journalist specializing in holistic medicine."

We watched the Gerson documentary on juicing for cancer one night in April 2013 when my husband was literally dying before my eyes from colon cancer and 3 1/2 rounds of chemo. He refused to do anymore chemo from that night on. I scrambled to buy a juicer and this book the very next day. We followed most of the directions in this book and my husband is now cancer free!

I believe in this program whole heartily, I suggest that you watch the documentary before you read the book. This is an amazing program, what god intended to heal us. This book helps you cure your illness by treating the root cause and not the symptoms. The root cause of almost all illnesses is either a nutrient deficiency or from toxins in your environment. I have recommended this book to people in my family who have cancer and they have had full recoveries. I use this book as a preventative guide. Since reading this I have installed a shower water filter, I got a good drinking water filter, I eat a lot more raw organic fruits and vegetables, I take pure nascent iodine everyday and I stopped using antibiotic everything. This book is a proven guide to save your life. I thank the Gerson's for their wonderful contribution! I would recommend this book to anyone sick or healthy you can benefit from the knowledge in this book. Don't let the medical industry strip you of your money and your health without ever curing you all they want is to put you on medications that you are never meant to get off of, so you can pay them all your money for the rest of your life. This book is the cure that you have been looking for.

Although this book deals primarily with cancer reversal therapy, I've adapted and utilized the base philosophy to lose weight and improve my overall health. I drink a quart of fresh juice and two super smoothies each day, and I've lost over 25 pounds in the first 6 weeks, In addition to my weight loss

success, my skin is no longer dry and itchy, my energy level has increased dramatically, my mood has improved significantly, my urine flow is stronger, and I'm having two to three bowel movements each day. My overall health picture has improved from a level of 5, when I started, to a level of 8 today. That's significant for me because next March I'll turn 65 years old. My doctor is amazed at the progress I've made in six weeks. I reduced my A1C from 6.6 to 5.7, and my blood pressure is down to 110/60. As a result, he reduced my blood pressure and diabetes medications by half during my visit last week. At this rate, I could be off of all my medications by this time next year. Another aspect of the Gerson Therapy is the concept of coffee enemas. It sounded somewhat weird to me too initially, but once I decided to try one I became a believer; now I take one about every two weeks. Once I developed a procedure that was simple and easy for me to perform, the process became very relaxing, and now I feel better after each enema. Don't knock it until you try it. I really like this book and I'd recommend it to anyone who needs a health makeover.

I was diagnosed with chronic illnesses and was told that cancer will inevitably spread, and as a young person, dealing with all of this has been of the most challenging things for me to handle in life. I have seen specialist after specialist in many countries and tried everything...pharmaceutical solutions only worsened my pain and sped up the deterioration of my body over the years. I happened to come across one of Charlotte's lectures one day and that's when I discovered the Gerson Therapy. Charlotte's work has given me hope - and for the first time - I have started to experience actual healing from the inside out. This therapy is tough - but there is no magic pill or shot that is going to fix everything. This book is an invaluable tool packed detailed instructions not only on healing from illness, but also on preventing illness by adopting a lifestyle that rids our exposure to toxic chemicals, detoxifies the body from toxins that have accumulated up until now, and provides the body with a variety of rich nutrients from fresh fruit and vegetable juices and meals. This book provides a lot of the rich explanation you might not find in Dr. Max Gerson's book, "A Cancer Therapy: Results of Fifty Cases." I have watched every one of Charlotte's lectures I could get my hands on and I plan to finish reading every one of the Gerson books from cover to cover. I can't praise Charlotte Gerson and Dr. Max Gerson enough for their extraordinary life's work and determined effort towards helping people around the world heal from chronic illness when conventional medicine has given up. Charlotte Gerson is my heroine.

Great book. I've been researching and interested in what the Gerson therapy is all about for awhile. I fortunately, am healthy and do not suffer from any life threatening diseases. I started to come

across the Gerson Therapy when I was just learning about what we eat and how our food is produced in this country. Let me tell you...it is disgusting what we put in our body. As I learned how to eat healthier I also stumbled across the power to heal our bodies and cells through what we eat. I truly believe the Gerson therapy works. I juice (not in the extreme form of Gerson therapy) for health and notice after only two weeks better overall health, skin and body appearance. I strongly recommend the book for the recipes, prevention of diseases, educating yourself about the power of food, and if you need help with a disease you are struggling with...but you don't have to be at the point of the latter to benefit from it

Kind of a dry read but points and principles are laid out.

Simple science! Anyone can benefit from this publication as it is an eye-opener and a testament to those who are sincerely dedicated to informing the public with regard to healing the body w/o the side effects of pharmaceuticals, chemotherapy, and radiation.

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