

# Diet, cancer, and the Gerson Therapy<sup>1</sup>

If you're a regular reader, you're probably well aware of the link between the foods you eat and your risk of cancer.

But for those of you who may be just joining us, suffice to say that virtually everything you put into (or onto) your body can either help or hinder your natural healing mechanisms, and thereby influence your risk of cancer.



This is not an "alternative" view at all. Rather, even the conservative American Cancer Society states that one-third of cancer deaths are linked to poor diet, physical inactivity, and carrying excess weight.

Once you understand this, it is not a stretch to embrace the teachings of the Gerson Therapy, which has helped thousands of people recover from so-called incurable diseases, including cancer.

## What is The Gerson Therapy?

The Gerson Therapy, developed by Dr. Max Gerson in the 1920s, is focused on the concept that you have the power to heal yourself, and it uses non-toxic methods, including organic foods, juicing, detoxification and supplements, to activate this healing potential. As stated by [the non-profit Gerson Institute](#):

*"The Gerson Therapy is a powerful, natural treatment that boosts your body's own immune system to heal cancer, arthritis, heart disease, allergies, and many other degenerative diseases. One aspect of the Gerson Therapy that sets it apart from most other treatment methods is its all-encompassing nature. An abundance of nutrients from thirteen fresh, organic juices are consumed every day, providing your body with a superdose of enzymes, minerals and nutrients. These substances then break down diseased tissue in the body, while enemas aid in eliminating the lifelong buildup of toxins from the liver. With its whole-body approach to healing, the Gerson Therapy naturally reactivates your body's magnificent ability to heal itself - with no damaging side-effects."*

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<sup>1</sup> Article taken from <http://www.mercola.com/>

The Gerson Research Organization maintains a collection of [reports documenting the research behind the Gerson Therapy](#) as well as the role of diet on cancer, and you can hear anecdotes from patients who have improved using the therapy in the video above, as well as [read case studies here](#).

Many of the success stories include people whose conventional doctors gave no hope for recovery, who were able to overcome their disease against all odds using not toxic cancer drugs but natural fruits and vegetables. The system is not a miracle cure for everyone, and even the Gerson Institute states that "No treatment works for everyone, every time" ... but most conventional physicians offer only ONE route for cancer treatment -- drugs, radiation and surgery -- while ignoring or discounting alternative options such as this.

## The Problem with Conventional Cancer Treatment

Unfortunately, the leading cancer treatments in the United States are [notoriously toxic](#) and come with [devastating, including lethal, side effects](#). Conventional medicine is so desperate to give the illusion of fighting the good fight that many of these drugs are used despite the fact that they're not really doing much to prolong or improve the quality of life of those diagnosed with cancer.

The best-selling (and extremely expensive) [cancer drug Avastin](#), for example, was recently phased out as a treatment for metastatic breast cancer after studies concluded its benefits were outweighed by its dangerous side effects. Treating a disease that is in large part *caused* by toxins *with* toxins seems ignorant at best.

Cancer is, by and large, [mostly a man-made disease](#), the tragic result of humans veering too far off course and avoiding health-sustaining diets and activities, while embracing a highly unnatural sedentary, stress-filled lifestyle with exposure to excess chemicals around every corner. Among the primary culprits fueling our cancer epidemic are:

<a href="#">Pesticide-</a> and other <a href="#">chemical exposures</a>	<a href="#">Processed and artificial foods</a> (plus the <a href="#">chemicals in the packaging</a> )	<a href="#">Wireless technologies</a> , <a href="#">dirty electricity</a> , and <a href="#">medical diagnostic radiation exposure</a>
<a href="#">Pharmaceutical drugs</a>	Obesity, <a href="#">stress</a> , and insomnia.	<a href="#">Lack of sunshine exposure</a> and <a href="#">use of sunscreens</a>

I strongly believe that cancer rates are escalating because modern medicine is in no way, shape or form addressing these underlying causes of most cancers. Instead, most of the research is directed toward expensive drugs that target late stages of the disease and greatly pad the drug companies' wallets -- but simply do not prevent or "cure" cancer.

If ever there was an area in which an ounce of prevention is worth a pound of cure it is cancer. I strongly believe that if you are able to work your way up to [the advanced health plan](#), you will virtually eliminate the risk of most cancers.

This is what sets the Gerson Therapy apart from conventional cancer treatments as well. Even though there are some aspects of this program that conflict with my own views, such as the [consumption of fruits and fruit juices](#), there is no doubt that it is far less toxic than most conventional treatments. And, unlike chemotherapy and cancer drugs, it is seeking to address the underlying systemic causes of cancer and activate your body's ability to heal itself.

## Why Haven't You Heard of the Gerson Therapy?

Some of you may have heard of the Gerson Therapy, but the vast majority have not. In fact, most alternative cancer treatments are belittled, discredited or completely ignored by the mainstream press and public health agencies. Why?

Most public health organizations are bought and paid for by the very same companies whose products contribute to cancer ... or are heavily financed by the cancer drug industry. This includes even generally well respected organizations like the [American Cancer Society](#).

In the report titled [American Cancer Society —More Interested In Accumulating Wealth Than Saving Lives](#), Dr. Samuel S. Epstein, chairman of the Cancer Prevention Coalition, plainly lays to bare the many conflicts of interest that hamper the effectiveness of this organization.

For example, the ACS has close financial ties to both makers of mammography equipment and cancer drugs. But that's just for starters. Other conflicts of interest include ties to, and financial support from, the pesticide-, petrochemical-, biotech-, cosmetics-, and junk food industries—again the very industries whose products are the primary *contributors* to cancer!

Once you realize that these conflicts of interest are there, it becomes quite easy to understand why the ACS never addresses the environmental components of cancer, and why information about avoidable toxic exposures are so conspicuously absent from their National Breast Cancer Awareness campaigns.

*"This is no accident," Dr. Epstein writes. "Zeneca Pharmaceuticals--a spin-off of Imperial Chemical Industries is one of the world's largest manufacturers of chlorinated and other industrial chemicals, including those incriminated as causes of breast cancer. Zeneca has also been the sole multimillion-dollar funder of the National Breast Cancer Awareness Month since its inception in 1984, besides the sole manufacturer of Tamoxifen, the world's top-selling anticancer and breast cancer "prevention" drug, with \$400 million in annual sales. Furthermore, Zeneca recently assumed direct management of 11 cancer centers in U.S. hospitals. Zeneca owns a 50 percent stake in these centers known collectively as Salick Health Care."*

It's no small irony that the cancer drug [Tamoxifen has been found to cause cancer](#) and increase risk of death, while several top-notch preventive strategies and many safe and effective cancer treatments are ignored.

The ACS, along with the National Cancer Institute, virtually exclusively focus on cancer research and the diagnosis and chemical treatment of cancer. Preventive strategies, such as avoiding chemical exposures, and potential cures, such as the Gerson Therapy, [Dr. Nick Gonzalez's nutritional approach](#) or [medical marijuana](#), receive virtually no consideration at all.

## My Top 12 Tips for Cancer Prevention

Cancer is devastating far too many families and taking many away before their time. It's time to fight back and take control of your health by following the cancer-preventive lifestyle changes below.

- ☑ **Avoid Fructose and Sugar.** It's quite clear that if you want to avoid cancer, or are currently undergoing cancer treatment, you absolutely **MUST** avoid all forms of sugar -- [especially fructose](#) -- and this is largely due to its relation to insulin resistance. According to Lewis Cantley, director of the Cancer Center at Beth Israel Deaconess Medical Center at Harvard Medical School, as much as 80 percent of all cancers are "driven by either mutations or environmental factors that work to enhance or mimic the effect of insulin on the incipient tumor cells," [Gary Taubes reports](#). Some cancer centers, such as the Cancer Centers of America, have fully embraced this knowledge and place their patients on strict low-sugar, low-grain diets. But conventional medicine in general has been woefully lax when it comes to highlighting the health dangers of this additive. As a standard recommendation, I strongly advise keeping your TOTAL fructose consumption below 25 grams per day [including fruits](#). But for most people it would also be wise to limit your fructose from fruit to 15 grams or less, as you're virtually guaranteed to consume "hidden" sources of fructose if you drink beverages other than water and eat processed food.
- ☑ **Optimize Vitamin D.** There's overwhelming evidence pointing to the fact that [vitamin D deficiency plays a crucial role in cancer development](#). Researchers within this field have estimated that about [30 percent of cancer deaths](#) -- which amounts to 2 million worldwide and 200,000 in the United States -- could be prevented each year simply by optimizing the vitamin D levels in the general population. On a personal level, you can [decrease your risk of cancer by MORE THAN HALF](#) simply by optimizing your vitamin D levels with sun exposure. And if you are being treated for cancer it is likely that higher blood levels—probably around 80-90 ng/ml—would be beneficial. If the notion that sun exposure actually prevents cancer is still new to you, I highly recommend you watch my [one-hour vitamin D lecture](#) to clear up any confusion. It's important to understand that the risk of skin cancer from the sun comes *only* from excessive exposure.
- ☑ **Exercise.** If you are like most people, when you think of reducing your risk of cancer, exercise doesn't immediately come to mind. However, there is some fairly compelling evidence that exercise can [slash your risk of cancer](#). One of the primary ways exercise lowers your risk for cancer is by reducing elevated insulin levels, which creates a low sugar environment that discourages the growth and spread of cancer cells. For example, physically active adults experience about half the incidence of colon cancer as their sedentary counterparts, and women who exercise regularly may reduce their breast cancer risk by 20 to 30 percent compared to those who are inactive.

It's important to include a large variety of techniques in your exercise routine, such as strength training, aerobics, core-building activities, and stretching. Most important of all, however, is to make sure you include high-intensity, burst-type exercise, such as [Peak 8](#). These exercises activate your super-fast twitch muscle fibers, which can increase your body's natural production of human growth hormone. For detailed instructions, [please see this previous article](#).

- ✔ Get appropriate amounts of [high quality animal-based omega-3 fats](#).
- ✔ [Eat according to your nutritional type](#). The potent anti-cancer effects of this principle are very much underappreciated. When we treat cancer patients in our clinic this is one of the most powerful anti-cancer strategies we have.
- ✔ Have a tool to permanently erase the neurological short-circuiting that can activate cancer genes. Even the CDC states that 85 percent of disease is caused by emotions. It is likely that this factor may be more important than all the other physical ones listed here, so make sure this is addressed. My particular favorite tool for this purpose, as you may know, is the [Emotional Freedom Technique](#).
- ✔ Only 25 percent of people eat enough vegetables, so by all means eat as many vegetables as you are comfortable with. Ideally, they should be fresh and organic. [Cruciferous vegetables in particular have been identified as having potent anti-cancer properties](#). Remember that carb nutritional types may need up to 300 percent more vegetables than protein nutritional types.
- ✔ [Maintain an ideal body weight](#).
- ✔ Get appropriate amounts of [high-quality sleep](#).
- ✔ Reduce your exposure to environmental toxins like pesticides, household chemical cleaners, synthetic air fresheners and air pollution.
- ✔ Reduce your use of cell phones and other wireless technologies, and [implement as many safety strategies as possible](#) if/when you cannot avoid their use.
- ✔ Boil, poach or steam your foods, rather than frying or charbroiling them. Better yet [eat as many of your foods raw](#) as you can.

## Looking for Alternative Cancer Treatment?

Only you can determine what type of treatment to seek if you are struggling with cancer; if alternative treatments make sense to you, please be sure to listen to [my interview with Dr. Nick Gonzalez](#), a physician focused on alternative cancer treatment using a three-pronged nutritional approach similar to the Gerson Therapy. You can also view the highly popular [video of Dr. Burzynski and article](#) that we ran three weeks ago, which now has half a million views.

*Why Does Successful Drug Treatment of GERD Increase Cancer?*

A recent study found that medically treated patients with mild or absent GERD symptoms have significantly higher odds of a form of cancer, esophageal adenocarcinoma, than medically treated patients who still suffer from severe GERD symptoms.

Testing of more than 750 patients with GERD revealed adenocarcinogenesis in 122. The researchers found that severe GERD symptoms correlated with decreased odds of adenocarcinogenesis.

According to the study, as reported by Green Med Info:

*“Patients taking proton pump inhibitors were 61.3 percent and 81.5 percent more likely to have adenocarcinogenesis if they reported no severe typical or atypical GERD symptoms, respectively, compared with patients taking proton pump inhibitors, who reported that all symptoms were severe.”*

## **Dr. Mercola's Comments:**

If you have heartburn, acid reflux, gastroesophageal reflux disease (GERD), peptic ulcer disease or any acid-related condition, chances are very high that you've been offered a prescription for a proton pump inhibitor (PPI) like Prilosec. The generic version of Prilosec is the sixth most-prescribed drug in the United States, and as a whole, this class of drugs is severely overprescribed and misused.



This is concerning for a number of reasons, which I'll discuss below, but first it's important to be aware of a new study that revealed a potential cancer link in a rather roundabout way.

### **PPIs May Mask Cancer Risk**

New research published in the [Archives of Surgery](#) found that people with GERD who are treated with PPIs have an increased risk of a form of cancer called esophageal adenocarcinoma, and the extent of their risk appears to be related to whether or not they experience symptoms. The study's intent was not to uncover this finding -- rather it was to provide more information on the relationship between the severity of GERD symptoms and cancer risk.

But what they revealed was that patients with mild or absent GERD symptoms actually have a much higher risk of esophageal adenocarcinoma than patients with severe symptoms, and all of these patients were being medically treated with proton pump inhibitors.

The consequence of this is that people with few or no GERD symptoms are more likely to forgo a screening procedure for Barrett's esophagus, a condition in which the lining of your esophagus is damaged by stomach acid and which can increase your risk of cancer.

The "gold-standard" treatment for GERD is clearly not doing anything to mediate this cancer risk, and, in fact, might be covering up a serious underlying problem by relieving symptoms while damage is still occurring. People who suffer from GERD for long periods are those most likely to develop Barrett's esophagus and its related complications ... and PPIs may therefore contribute to this risk by covering up symptoms without treating or healing the underlying problem. PPIs can even make your GERD worse, which I'll explain below.

As principal investigator Blair A. Jobe, M.D., professor and director of esophageal research and esophageal diagnostics and therapeutic endoscopy, Department of Cardiothoracic Surgery, Pitt School of Medicine, told [Science Daily](#):

*"We are learning that the chronic and long-term use of PPIs may not be entirely without consequences and may lead to more insidious problems such as calcium malabsorption or cause one to be asymptomatic in the face of continued esophageal injury from GERD."*

## Is the Standard Medical Treatment for GERD Making You Worse?

Typically, acid reflux is believed to be caused by excessive stomach acid production. So the "gold-standard" treatment is to prescribe a proton pump inhibitor, which works by VERY effectively block your stomach's ability to produce acid. Problem solved, right? Wrong. This tactic misses the boat entirely, because acid reflux is NOT caused by too much acid in your stomach, it's more typically caused by too little, as well as the acid flowing, inappropriately, out of your stomach and into your esophagus. GERD is commonly related to hiatal hernia -- a condition in which the acid inappropriately comes out of your stomach, which is where it's designed to be confined to.

After food passes through your esophagus into your stomach, a muscular valve called the lower esophageal sphincter (LES) closes, preventing food or acid from moving back up. Gastroesophageal reflux occurs when the LES relaxes inappropriately, allowing acid from your stomach to flow (reflux) backward into your esophagus.

In the early '80s, Dr. Barry Marshall, an Australian physician, discovered that bacteria called helicobacter pylori (initially called campylobacter) causes a chronic low-level inflammation of your stomach lining, which is largely responsible for producing many of the symptoms of acid reflux.

One of the explanations for why suppressing stomach acid is so ineffective—and there are over 16,000 articles in the medical literature attesting to this—is because when you decrease the amount of acid in your stomach, you suppress your body's ability to kill the helicobacter bacteria! So suppressing stomach acid production tends to just worsen and perpetuate the condition.

## Why You Must Get Informed Before Taking PPIs

Let me provide you with a simple yet powerful analogy. If the "check engine" light comes on in your car, and all your mechanic does is remove the light bulb from your dashboard, what would you think? You would probably realize that your car is still unfixed, as the mechanic only removed the warning mechanism for a potentially far more serious problem. Well this type of approach is precisely what is happening with standard heartburn treatment with PPIs. If you're taking a PPI drug to treat your heartburn you're doing two things, but neither of them is actually beneficial to your health:

- You're treating a symptom only; you're not addressing the underlying cause,
- By doing so, you're exposing yourself to additional, and potentially more dangerous, health problems, courtesy of the drug itself,

As the study above showed, just because PPIs may cover up your symptoms, damage may still be occurring. Further, PPI drugs carry serious side effects, including:

- Pneumonia,
- Bone loss,
- [Hip fractures](#),
- Infection with *Clostridium difficile*, a harmful intestinal bacteria,
- An increase in your risk of food poisoning, as reducing acid in your stomach diminishes your primary defense mechanism for food-borne infections,

What you also should know is that these drugs actually CAUSE the very type of symptoms they're intended to prevent if you stop taking them. In one study, more than [40 percent of healthy volunteers experienced heartburn](#), acid regurgitation and dyspepsia (pain and fullness in your abdomen) in the weeks after stopping PPIs; these were symptoms they did NOT have before!

It appears the drugs lead to "rebound acid hypersecretion," which is an increase in gastric acid secretion above pre-treatment levels within two weeks of stopping the drugs. Essentially, because PPIs slam the brakes on the acid-producing pumps in your stomach, when you stop taking them that built-up acid can be unleashed with a vengeance.

This is why, in fact, you should not stop taking proton pump inhibitors cold turkey. You have to wean yourself off them gradually or else you might experience a severe rebound of your symptoms. Ideally, you'll want to get a lower dose than you're on now, and then gradually decrease your dose.

Once you get down to the lowest dose of the PPI, you can start substituting with an over-the-counter H2 blocker like Tagamet, Cimetidine, Zantac, or Ranitidine. Then gradually wean off the H2 blocker over the next several weeks. While you wean yourself off these drugs (if you're already on one), start implementing a lifestyle modification program that can eliminate this condition once and for all.

# Natural Options to Eliminate Heartburn

Ultimately, the answer to heartburn and acid indigestion is to *restore* your natural gastric balance and function. So one of the first things you'll want to do is to make sure you're [consuming enough good bacteria](#), while minimizing your intake of fructose and other sugars and grains, which can push your gut flora in the wrong direction. This will help balance your bowel flora, which can help eliminate helicobacter bacteria naturally. It will also aid in proper digestion and assimilation of your food. Ideally, you'll want to get your beneficial bacteria from traditionally fermented foods, such as:

- Natto,
- Fermented vegetables, like Kimchee and unpasteurized sauerkraut,
- [Kefir, fermented from RAW milk](#),
- Yoghurt made from raw milk,

Some health food stores might have the authentically fermented healthy foods but most likely you will have to make them yourself or purchase them from healthy organizations like [Weston Price Chapters](#) that hook communities up to [sources of these types of traditional foods](#). If you are unable to find access to these traditionally fermented foods then it makes perfect sense to use a high-quality probiotic. The next strategies to implement to get your heartburn under control include:

- **Eliminate food triggers** -- Food allergies can be a problem, so you'll want to completely eliminate items such as caffeine, alcohol, and all nicotine products.
- **Increase your body's natural production of stomach acid** -- One of the simplest strategies to encourage your body to make sufficient amounts of hydrochloric acid (stomach acid) is to consume enough of the raw material. One of the most basic food items that many people neglect is a high-quality sea salt (unprocessed salt), such as Himalayan salt. Not only will it provide you with the chloride your body needs to make hydrochloric acid, it also contains over 80 trace minerals your body needs to perform optimally, biochemically. Sauerkraut or cabbage juice are also some of the strongest stimulants for your body to produce acid. Having a few teaspoons of cabbage juice before eating, or better yet, fermented cabbage juice from sauerkraut, will do wonders to improve your digestion as it can be made with high levels of Himalayan salt and the bacteria in the sauerkraut will help to heal your gut.
- **Take a hydrochloric acid supplement** -- Another option is to take a betaine hydrochloric supplement, which is available in health food stores without prescription. You'll want to take as many as you need to get the slightest burning sensation and then decrease by one capsule. This will help your body to better digest your food, and will also help kill the helicobacter and normalize your symptoms.
- **Modify your diet** -- Eating large amounts of processed foods and sugar/fructose is a surefire way to exacerbate acid reflux as it will upset the bacterial balance in your stomach and intestine. Instead, you'll want to eat a lot of vegetables, and high-quality biodynamic [organic](#) and preferably [locally grown foods](#).

- **Optimize your vitamin D levels** -- As I've mentioned many times in the past, vitamin D is essential, and it's essential for this condition as well because there's likely an infectious component causing the problem. Once [your vitamin D levels](#) are optimized, you're also going to optimize your production of 200 antimicrobial peptides that will help your body eradicate *any* infections that shouldn't be there. As I've discussed in many previous articles, you can increase your vitamin D levels through [appropriate amounts of sun exposure](#), or through the use of a [safe tanning bed](#). If neither of those are available, you can take an oral vitamin D3 supplement.
- **Implement an exercise routine** -- Exercise is yet another way to improve your body's immune system, which is imperative to fight off all kinds of infections.

Finally, remember that there is virtually always a better, safer option than PPIs for GERD and similar problems. For instance, the [antioxidant astaxanthin](#) was found to reduce symptoms of acid reflux in patients when compared to a placebo, particularly in those with pronounced helicobacter pylori infection (best results were obtained at a daily dose of 40mg).

Ginger has also been found to have a gastroprotective effect by [suppressing helicobacter pylori](#), and a dietary supplement containing melatonin, l-tryptophan, vitamin B6, folic acid, vitamin B12, methionine and betaine was found to be [superior to Prilosec in the treatment of GERD](#), promoting regression of GERD symptoms with no significant side effects.

Even [water has been found to be more effective](#) than acid-inhibiting drugs, so while I realize that GERD can have painful symptoms that you want relieved *now*, you may want to consider the long-term consequences of PPIs, and the safer and more effective strategies and alternatives, before resorting to them as your form of treatment.