

Guidelines For General Nutrition From The Gerson Perspective

In his book, *A Cancer Therapy – Result of 50 Cases – A Summary of thirty years of clinical experimentation*, Dr. Max Gerson outlined a comprehensive protocol for treatment of seriously ill patients, which includes a very specific program of diet, juicing, supplementation and coffee enemas. In Chapter 3 of this book, he also offers nutritional guidance for people who want to maintain a good level of health and this is summarized below.

All food should be **fresh and organically grown**. Seventy-five percent of the diet should include the following:

Vegetables

All vegetables freshly prepared or stewed in their own juices (*see note on cooking method) Especially recommended are: carrots, peas, tomatoes, Swiss chard, spinach, string beans, Brussels sprouts, artichokes, beets, cauliflower, red cabbage and broccoli.

Salads of green leaves mixed with tomatoes, fruits and other vegetables. Carrots, cauliflower and celery can be finely grated.

Fresh garden herbs such as onions, parsley, chives, and celery should be used freely.

Fruit

Include all kinds of fresh fruit, including fruit salad, mashed bananas, raw grated apples and applesauce. Some can be dried, but not frozen. Berries are ok for healthy people. Also include freshly prepared fruit juices such as orange, grapefruit, grape, etc.

Other

Potatoes are best when baked or boiled in their jackets and seldom fried.

Bread may contain whole rye or whole wheat flour or mixed, and as little refined as possible.

Oatmeal can be used freely. **Brown sugar, honey, maple sugar and maple candy are optional

**Milk and milk products which are not greatly salted or spiced, such as buttermilk, yogurt or butter are acceptable. Cream and ice cream should be reduced to a minimum or restricted to holidays.

The remaining 25 % of the dietary regime which allows for personal choice may consist of meat, fish, eggs, nuts, **candies or cakes.

Reduce alcohol to a minimum. Avoid nicotine, salt, bicarbonate of soda, smoked fish and sharp condiments such as pepper and ginger. Coffee and caffeinated teas should be replaced with herbal teas.

The topics of juicing and coffee enemas were not included in Chapter 3, but the Gerson Institute does feel they can be beneficial to a health enhancement program.

Juicing

Most health authorities today advocate the benefits of fresh juicing, especially organic vegetables. In this regard, incorporating freshly made juices daily or weekly is considered health enhancing. You may use the Gerson juice recipes as well as other juice recipes that you feel are beneficial to you.

Coffee Enemas

Due to increased environmental exposures, most people are absorbing more toxins today than 50-60 years ago. Coffee enemas can help the liver process this extra burden and clean the blood. If one is juicing daily, a few coffee enemas a week to one daily is generally acceptable. For daily coffee enemas, there is a guideline of 3 juices for one coffee enema.

Gerson Supplements

There is no recommendation for use of the Gerson supplements for people following these general guidelines for health enhancement. It is recommended to use one's own judgment or consult with an alternative physician or nutritionist for your specific needs.

*COOKING METHOD: vegetables by cooking slowly for one and one-half to two hours without water. To prevent burning, place on a flame diffuser and add a couple of tablespoons of soup stock or add onions, leeks and tomatoes for the liquid they provide. Wash and scrub vegetables thoroughly, but do not peel or scrape them. Saucepan covers must be heavy or close fitting to prevent steam from escaping. Cooked vegetables may be kept over one night and reheated slowly.

**Much has been learned over the past 50 years about optimal nutrition and biochemical individuality. For more specific recommendations, particularly for the 25% non-Gerson foods, it is recommended you consult with a reputable alternative practitioner in regard to your individual requirements or sensitivities. Many people do not tolerate milk, milk products, wheat or gluten. Cakes and cookies and other sweeteners are not currently recommended.