



The Gerson Guide to the Holidays

17 festive recipes and tips for those
following the Gerson Therapy



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A Publication of the Gerson Institute
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Healthy Holidays:

A Celebration... and a Challenge!

The holidays are a wonderful time of year. Getting together with family and friends is a joyous occasion, and food often takes center stage. If you are planning a meal for a large group it can be difficult to please everyone. If you are attending a large dinner and have special dietary needs it can sometimes be uncomfortable to explain why, exactly, you won't be eating turkey. It can be seen as an insult to the cook - and during the time of the year when we are supposed show our gratitude, no less! Often, many of us who try to follow clean diets around the holidays end up eating things we know we shouldn't, or get stuck eating crudités, side dishes, plain baked potatoes or only the food that we brought with us. It's an annual challenge that almost every healthy eater encounters.

For someone following the Gerson Therapy, however, the holidays come with new challenges. There are often many opportunities to stray from the strict diet, and many patients find that they are encouraged to indulge. Well-meaning but ill-informed loved ones will say things like, "treat yourself! You've earned it after all that healthy eating!" or "come on, it's the holidays!" or "just a few bites won't hurt!"

Well, for a Gerson patient, it might. The Gerson Therapy requires consistency in order to effect healing; an interruption from the strict regime can interrupt the healing process and disturb the delicate balance you've worked so hard to attain. However, the Gerson diet can be confusing to those who aren't familiar with it, so your loved ones may not understand the importance of sticking to it so consistently.

It's natural to have a craving for all the holiday comfort foods you've enjoyed over the years, especially since many families have long-standing traditions based around certain dishes. However, it can lead some patients to fall into a negative attitude by focusing only on all the foods they can't eat. With that in mind, we've created this short holiday-themed e-book which focuses more on what someone following the Gerson Therapy CAN eat.

If you are following the Gerson Therapy or caring for someone who is, this e-book may help give you some guidelines for planning a healthy holiday meal. If you are a friend or family member of a Gerson patient, preparing a few of these recipes for them to enjoy is a wonderful way to show your support at a time of year where they need it more than ever. Or if you just want to bring a healthy alternative to a holiday potluck or party, this e-book can help you with that as well.

Whether you're celebrating Thanksgiving, Christmas, Hannukah or the upcoming New Year, make it a celebration of health and healing!



So enjoy, and happy holidays from all of us at the Gerson Institute!



Tips for Menu Planning

Think of a few foods that remind you of fall, winter and the holiday season. What comes to mind—other than turkey, of course—are hearty, savory, warm dishes, fill-you-up foods that stick to the ribs and leave you sated and stuffed at the end of the day. Soups and casseroles are both hearty and seasonally-appropriate. With that in mind, here are a few tips on creating a Gerson-friendly holiday menu (and keeping your non-Gerson guests happy too!).

‘Tis the Season (for Seasonal Produce)

Seasonal veggies like pumpkin, squash, collard greens and Brussels sprouts are the stars of many holiday dishes. Pick a few favorite seasonal veggies and plan your menu to highlight them.

Adapting Old Favorites

Try Gerson-izing a former favorite dish. For example, one popular Thanksgiving dish is a sweet potato casserole with marshmallows on top. But take away the marshmallows, salt and butter, then substitute white sugar for a bit of honey or maple syrup, you have a perfectly healthy plant-based dish. Sometimes, you just need to strip away a few unhealthy accoutrements.

Have an idea for a Gerson version of a dish, but need a little refresher on the dietary guidelines? For guidance, see:

- [Foods for the Gerson Diet](#)
- [Cooking for the Gerson Therapy](#)

Presentation

The visual aspect of a meal can greatly enhance its appeal. A well-presented plate can actually “trick” your brain into thinking it tastes better than a plain, homely-looking meal—even if it’s the exact same food! You don’t have to do anything elaborate, either. Just a few small spruces and touches can make simple foods look fancy.

- ❖ Serve your dishes on a beautiful platter or bowl.
- ❖ Add a few sprigs of parsley, rosemary or thyme to the top or side of the platter as a garnish.
- ❖ Garnish with shaved carrot curls or curls of citrus zest on the plate (for show, not to eat!).
- ❖ Smooth or swirl the top of your mashed potatoes or dips with a spatula or the back of a spoon for a more elegant—and less lumpy—look.
- ❖ Drink your juices out of a champagne, wine or martini glass.
- ❖ Top a casserole dish with salt-free rye bread crumbs.
- ❖ Use foods and ingredients in a variety of colors: purple cabbage, leafy greens, red tomatoes, orange squash, yellow lemons, fuchsia beets, etc.



- ❖ Arrange veggies lined up by color, or fanned out in circles
- ❖ Create pretty table arrangements with flowers, artistically arranged fruits and seasonal veggies, squash and pumpkins. Acorns, colorful leaves and pinecones make nice seasonal additions as well.
- ❖ Potted organic herbs make a nice centerpiece, and you can keep the plants to use in the future (or give them as a gift to your host)

If you have the time or inclination, you can even get a little more creative. Arrange bell pepper sticks in a fan shape to mimic a turkey's tail, or arrange raw broccoli and cherry tomatoes in a pyramid shape to look like a Christmas tree!

Pinterest.com is a great resource for finding cool, creative food presentation ideas. We've included a few pictures of centerpieces and arrangements from our own events to give you ideas.





Avoiding Food Fights

Satisfying everyone at the table during the holidays can be tough, even if you aren't trying to eat healthy! Your first instinct may be to ban all non-Gerson foods from your holiday celebration, so as to avoid temptation. If you keep your celebration low-key and your family is very supportive, you might be able to make this work. And certainly, that is the ideal situation for a Gerson patient.

But, let's face it: most people aren't so saintly, especially on holidays centered on culinary indulgence. It's probably not realistic to expect a large group with diverse tastes to agree to adhere to your strict diet. This is especially true if you attend a large family celebration with aunts, in-laws, nephews, siblings, parents and cousins from all branches of the family tree.

Your extended family might not share your values concerning the food they eat, and stubbornly insist on chowing down on all their old holiday favorites. At a large family gathering, trying to bend everyone else to your dietary preferences or restrictions and attempting to control every morsel that makes it to the table may make other guests grumpy and resentful towards you.

You'll probably need to strike a compromise between your own needs and the wishes of others. If you're hosting a dinner in your own home, perhaps you can have it potluck-style, where you make only Gerson foods, but allow others to bring and eat what they want. If you are attending a celebration in someone else's home, prepare dishes that you can eat, and bring enough to share, so your family has more healthy options at the table.

You may not enjoy being surrounded by foods you cannot eat, or watching your loved ones consume junk food, but you'll have to accept that you cannot control the actions or choices of others. Trust your own willpower and discipline, bring nutritious dishes to enjoy and share, and choose to honor your body and health by not indulging in foods that do not promote healing.




On Temptation

It's incredibly difficult to be surrounded by the decadent aroma of meat dishes and pastries when you cannot indulge, and it may be a hard test of your discipline and resolve. If you feel your willpower starting to break when the desserts come out, you might take the opportunity to briefly excuse yourself from the table to start helping with the clean-up in the kitchen, or use this as an opportunity to take your next scheduled juice or "coffee break."

You may also find it helpful to have some positive affirmations, mantras or visualizations handy to call upon during difficult moments. Remind yourself frequently of why you are choosing to abstain from the unhealthy offerings in front of you, and why you choose to eat clean, wholesome foods.

- ❖ I am thankful for the foods that give me life
- ❖ I am proud of my discipline and dedication to healing
- ❖ Temptation is temporary
- ❖ I am restoring my health with every bite
- ❖ Healing is hard work, but it is worth it
- ❖ My food is my medicine
- ❖ I choose to eat foods that help me on my road to wellness
- ❖ WWDGS? (What Would Dr. Gerson Say?)

A close-up, high-angle shot of a large pile of apples. The apples are mostly red with some yellow and green tints, indicating they are ripe. They are packed closely together, filling the entire frame. The lighting is bright, highlighting the smooth texture of the apple skins.

**“Our bodies are our
gardens – our wills are
our gardeners.”
-William Shakespeare**

Choose Not to Booze

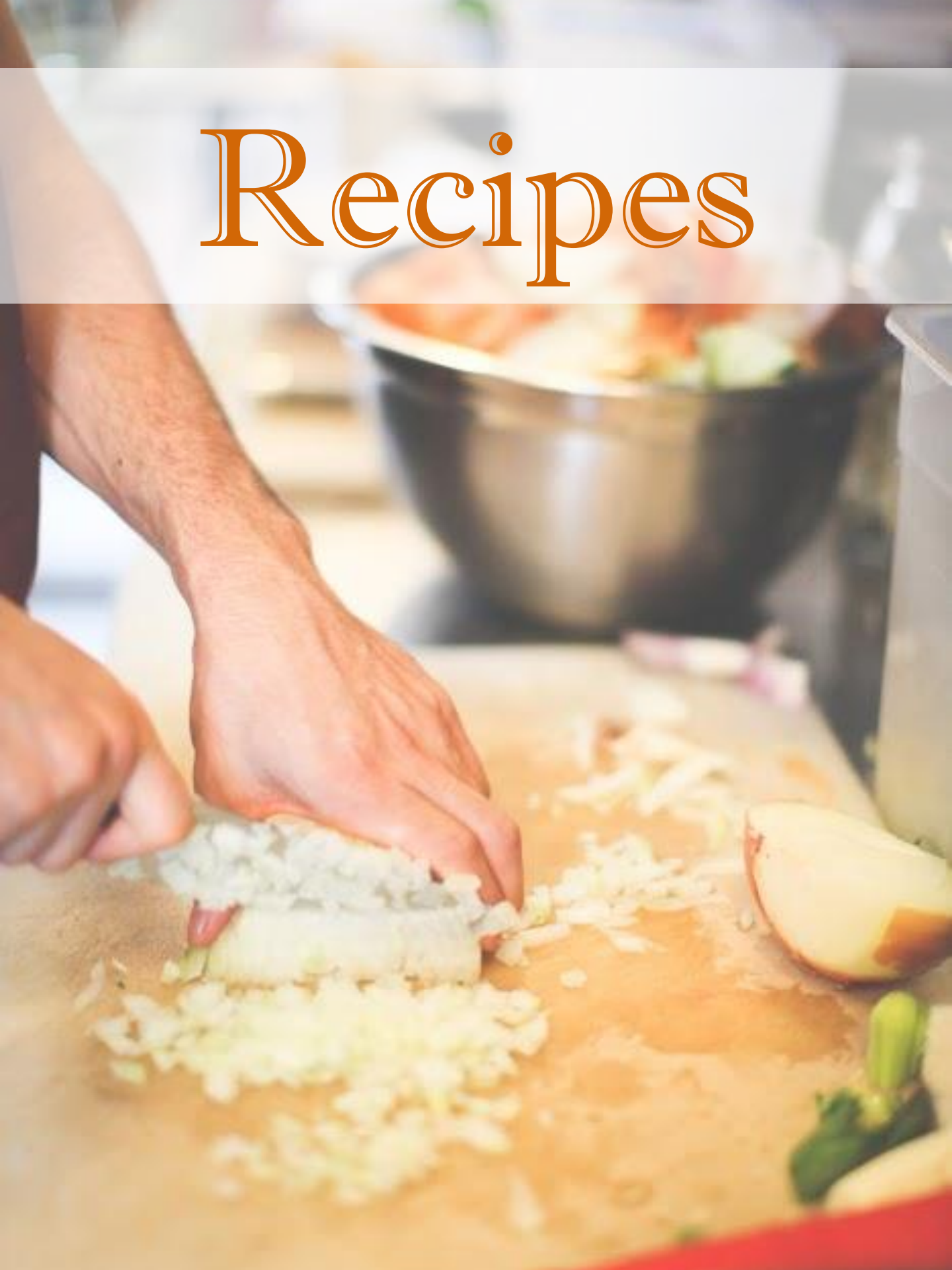
For many families—though certainly not all!—the holidays can be a rather boozy affair, with libations flowing freely. However, as we know, alcohol is harmful to the liver, and a Gerson patient wants to keep their primary detox organ in tip-top shape, so alcohol is strictly prohibited. This can be a hard transition if you're newly sober after years of being accustomed to using alcohol as a social lubricant. You may feel a little awkward at first.

Sometimes it helps just having a drink in hand, even if it's non-alcoholic, to sip on while you chat. You can drink your juices in a champagne, wine or martini glass, to make it feel more fancy and celebratory—and so you have something to toast with! You can also bring big a thermos of peppermint or chamomile tea, and drink it out of a festive mug or teacup whenever you want something to sip on.



Family time is fun, but it also can be stressful—which is one of the primary reasons people often feel driven to drink over the holidays. If you feel stressed or anxious, step outside and do a few calming breathing exercises. Even if you were just a casual social drinker, you might try looking up tips on sobriety on websites devoted to helping alcohol and drug addictions.

Recipes





Citrus Dill Vinaigrette Dressing

Ingredients:

- ½ cup orange juice
- ½ cup lemon juice
- ½ cup grapefruit juice
- 1 day-old baked potato, peeled and quartered (optional, for a thicker dressing)
- 1 tablespoon dill leaves
- ¼ cup flax oil
- ¼ cup apple cider vinegar
- 2 tablespoons honey or other approved sweetener
- 2 green onions

Yield: 2 cups

Directions:

- Put the juices into the blender first.
- Add all other ingredients and puree until well-blended.



Spinach Artichoke Dressing/Dip

Ingredients:

- 1 cup cooked artichoke hearts/stems
- 1/2 cup cooked spinach
- 1 small, cold, baked potato, peeled
- 1/2 - 1 cup water
- 1/4 cup flax oil
- 1/4 cup lemon juice
- 1/4 cup apple cider vinegar

Yield: 4 cups

Directions:

Puree all ingredients in a blender until a smooth consistency is reached.



Plum Beet Sauce

Use this as a replacement for cranberry sauce!

Ingredients:


- 2 ripe red or purple plums, pits removed
- ½ cup fresh lemon juice
- 1-2 tablespoons organic sucanat or honey
- A sliver of cooked beet (for color)

Serving Size: 4

Directions:

- Place all ingredients in a blender and blend until smooth. For a richer flavor the sauce may be cooked down by simmering on low heat for about 30 minutes, stirring occasionally.

Variation: For a chunky texture, use a food processor, or add a bit of chopped plum to the sauce after you've blended it.

A close-up photograph of a pair of hands holding several ripe, red tomatoes. The tomatoes are still attached to their green stems and are being held in a cupped position. The background is a soft, out-of-focus green, suggesting grass or foliage. The lighting is bright, highlighting the texture of the tomatoes and the skin of the hands.

**“Let food by thy
medicine and
medicine be thy
food”**

-Hippocrates



Lentil Veggie Loaf

Ingredients:

- 2 cups cooked lentils, red or green
- ¼ cup fresh parsley
- 1 ½ cup eggplant, diced
- 1 yellow onion, finely diced
- ¾ cup beets, grated with food processor
- ¾ cups carrots, grated with food processor
- 1 cup celery, finely diced
- 3 cloves garlic, minced
- 1 ½ cups cooked brown rice
- Pinch of thyme, chopped
- Pinch of rubbed sage, chopped
- Pinch of tarragon, chopped
- 1 teaspoon lemon juice

Serving Size: 3-4

Directions:

- Blend $\frac{3}{4}$ of lentils, parsley, and eggplant together with submersion blender or in food processor.
- Mix with remaining ingredients, form into loaf shape, and put into baking dish.
- Bake covered low at 300-325 degrees Fahrenheit for approximately 45 minutes.
- Uncover and baste with Golden Sauce or Tomato Sauce.
- Bake another 30 minutes.
- Serve with extra sauce.

Variations:

- Yams or parsnips may be substituted for eggplant.
- Use a red onion instead of yellow.
- Add one small diced bell pepper.
- Substitute 1 cup of oats for the rice.





Golden Sauce

Ingredients:

- 1 small sweet potato or yam, baked, then chopped
- 2-3 carrots, coarsely chopped
- 1 small onion, diced
- ½ cup soup stock
- ½ cup tangerine or orange juice
- Pinch of thyme
- Pinch of rosemary
- 2 teaspoon parsley

Serving Size: 2-3 cups

Directions:

- Combine all ingredients in a pot on the stove and cook on a very low simmer until tender, roughly 30 minutes.
- Put through food mill or blender, adding more juice to achieve desired consistency. Add more parsley if desired and serve.



Stuffed Squash

Ingredients:

- 2-3 acorn squash, cut in half, seeds removed
- ½ cup onion, diced
- ½ cup celery, diced
- ½ cup carrot, diced
- 1 ½ cup cooked brown rice
- ¼ cup raisins (or chopped prunes), soaked and drained
- 1 tablespoon fresh parsley, minced
- ½ teaspoon rubbed sage
- ½ teaspoon thyme
- 3-4 cloves garlic, minced

Serves: 3-4

Directions:

- Combine ingredients and fill squash halves.
- Cover and bake at 300-325 degrees F for 1 ½ hours, or until squash is tender.

Variations:

- This recipe would be delicious with the Golden Sauce (see Sauces and Dips).
- Any sauce without flax in it could be added afterwards, or even put on top the rice mixture during the last 20 minutes of baking.
- Other squashes, such as the delicata, kabocha or pumpkin, could also be filled and baked in a similar manner.
- Try any number of veggies instead of a rice filling as well.
- Quinoa may also take the place of the rice.



Chard Rolls

Ingredients:

- 1 onion, diced
- 2m carrots, diced
- ¼ head broccoli, stem removed, cut into tiny florets
- ¼ head cauliflower, cleaned and cut into tiny florets
- 2 small zucchini, diced
- 1 ear of corn with kernels cut off
- 2 cups brown rice, cooked (1 cup uncooked yields 2 cups cooked), kept warm
- 3 cloves garlic
- 2 vine tomatoes, rough chopped
- 4 leaves of green chard

Serving Size: 4

Directions:

- Place the onion on the bottom of a small pot. Put all veggies besides the tomato, chard, and garlic in pot. Begin to cook uncovered on medium heat until the onions begin to steam. Cover and continue to cook until lid becomes hot to the touch.
- Lower the stove to low and continue to cook for 45 minutes.
- While the veggies are cooking, place tomatoes and garlic in a small pot and cook on a low simmer for 30 minutes. After the tomatoes have cooked down, blend and then return to pot to keep warm.
- Bring a small saucepan filled with a few inches of water to a boil, then turn off the heat. Place the chard leaves in the hot water just long enough that they become soft and pliable. With the leaves flat, trim the top and bottom of the center stem. Remove any stem past the leaf as well.
- Take a quarter cup of the rice and a quarter of the veggie mixture and place in the center of each chard leaf. The sauce can be either placed on the mixture now, kept to dip in after the rolls are made, or even poured atop the rolls.
- Roll the leaves up in a similar manner to a burrito or wrap.



**“Stay close to nature
and her eternal laws
will protect you.”**

-Max Gerson



Baked Sweet Potato Bites

Ingredients:

- 2 sweet potatoes
- Pinch of allspice (optional)

Serving Size: 2

Directions:

- Peel the sweet potatoes and cut them into cubes
- Put about ¼ inch of water in the bottom of a baking dish. Place potato cubes in dish.
- Bake in oven 1 hour at 350 degrees F.

Variation: You can sprinkle a pinch of allspice over the potatoes after they are finished baking.



Brussels Sprouts with Onions and Garlic

Ingredients:

- ½ lb brussels sprouts, ends trimmed, sprouts halved (or quartered)
- 1 yellow onion, diced or cut into strips
- 3 cloves garlic, minced

Serving Size: 3-4

Directions:

- Place the onions and garlic in the bottom of a pan, and top with the brussels sprouts.
- Cook uncovered on medium heat until the onions begin to sizzle and steam.
- Cover the pot, turn the stove down to very low and let cook for about 45-60 minutes.



Green Beans with Onions and Garlic

Ingredients:

- 1 lb. green beans, vine ends removed
- 1 large yellow onion, diced
- 3 cloves of garlic, thinly sliced or minced

Serving Size: 3-4

Directions:

- Place onions in the bottom of a small pot, then top with the garlic and green beans. Cook uncovered on medium heat until the onions begin to sizzle and steam.
- Cover the pot, turn the stove down to very low and let cook for about an hour.



Corn on the Cob

Ingredients:

- An ear of corn per person, husk removed

Serving Size: 1 ear per person

Directions:

- Boil filtered water, enough to cover the corn completely.
- Place corn in the boiling water, let cook for approximately 7 minutes.

Variation: Brush on a little bit of flax oil (once the corn has cooled off) as a substitute for butter.



**“As a garden can be improved
with the right fertilizer, so
can man be helped with
the right food.**

**In the hand of the physician
nutrition can be the highest
and best remedy.”**

-Dr. Max Gerson



Potato Leek Soup

Ingredients:

- 1 medium-large Yukon gold potato, rough chopped
- 1 leek, top inch and roots removed, the rest rough chopped
- 1 yellow onion, rough chopped
- 1-2 stalks celery, rough chopped
- 3 cloves garlic, left whole
- 1 quart distilled water

Directions:

- Place all ingredients in a stainless steel pot.
- Add the water so that the mixture is just slightly covered. Bring mixture to a boil, then bring down to a very low simmer. Allow to cook on low for about an hour.
- Add ingredients to a blender or food mill, and puree until desired consistency is reached.

Variation: Add parsley or a small amount of Gerson-approved herbs for additional flavor.



Garlic Herbed Mashed Potatoes

Ingredients:

- Pinch of fresh thyme, chopped
- Pinch of fresh parsley, chopped
- 3-4 garlic cloves, minced
- ¼ cup of water or Hippocrates soup stock
- 2 bay leaves
- 3 large potatoes, cubed
- ½ cup yogurt, non-fat, organic (optional, when allowed)

Serving Size: 3-4

Directions:

- In a cooking pot, add water or soup stock, bay leaves, and potatoes. Bring potatoes to boil.
- Once boiling, turn down to simmer.
- Cook covered until potatoes are soft, approximately 40 minutes.
- Remove excess water and bay leaves from potatoes and keep aside. Add yogurt (if desired) and add the herbs and garlic.
- Mash! For a chunkier blend, mash using a potato masher. For a creamier texture, put the potatoes through a food mill.

Tip: Pour a bit of Hippocrates Soup on top of your mashed potatoes as a healthy alternative to gravy!





Zesty Lemon-Garlic Potato Dip

Ingredients:

- 1 day-old baked potato, peeled and roughly chopped (the texture is better when you use cold potatoes baked the day before)
- 1 tbsp flax oil
- 3 tbsp apple cider vinegar
- Juice of 1 lemon
- 2 cloves garlic

Serving Size: 1-2

Directions:

- Place all ingredients in a food processor and pulse until smooth. Be careful not to leave on for too long or the consistency will become gummy.
- Serve atop salad, as a side dish, or as a dip for veggie sticks.



Apple-Sweet Potato Mountain

Ingredients:

- 1 sweet potato, peeled
- 1 apple, peeled and cut into small pieces
- 1 tablespoon raisins
- ½ cup bread crumbs
- ½ cup orange juice
- 1 teaspoon approved sweetener

Serving Size: 1-2

Directions:

- Gently simmer the sweet potato in a pot of water for 30 minutes. Add apples during last 15 minutes.
- Drain, then blend with a food processor sweet potato, apples, and all other remaining ingredients.
- Pour mixture in a baking dish, then bake for 30 minutes at 300 degrees F.



Baked Apples

Ingredients:

- 2 medium fuji apples, cored and chopped into bite size pieces
- 1 tbsp raisins (optional)
- 6 tsp filtered water
- 2 tsp brown sugar or other permitted sweetener
- Juice of ½ lemon

Serving Size: 2

Directions:

- Toss all ingredients together. Place in a baking dish, cover, and bake in the oven at 300 degrees F for 45 minutes.



Raw Banana Ice Cream

Ingredients:

- 2 ripe peeled bananas, frozen overnight

Serving Size: 4

Directions:

- If using a Norwalk: freeze peeled bananas whole. Run the bananas through the grinder using the #4 grid. Serve immediately.
- If using a food processor: chop bananas into bite-sized pieces before freezing. Blend until all the banana chunks smooth out - you should have a creamy texture. Serve immediately.

Variation: Add another favorite Gerson-approved fruit



Have a happy, healthy
holiday season!

With love from the staff of the
Gerson Institute