

# FAQs – General Information

Posted by [The Gerson Institute](#) on Wednesday, August 24, 2011 · [Leave a Comment](#)

Here, we've compiled questions and answers to some of our most frequently asked questions. After the jump, find out which conditions the Gerson Therapy does and does not treat, whether the therapy can be done alongside conventional treatments, and more!

## **What conditions does the Gerson Therapy show good success?**

While there is an exception to every situation and every case is different due to how advanced it is before starting the therapy and whether there has been chemotherapy pre-treatment, the Gerson Therapy has had repeatedly good results with the following diseases: melanoma, lymphoma, breast cancer, ovarian cancer, rheumatoid arthritis and systemic lupus erythematosus (SLE). We are continuing to do more research into our patient base over the past 10 years to obtain more current information.

## **What conditions do not respond well to the Gerson Therapy?**

There are certain types of cancer that do not respond well or do not respond at all. **These include acute leukemia, pancreatic cancer after treatment with chemotherapy, and brain cancers other than an early stage astrocytoma.** We have little or no experience with uncommon conditions of a congenital or genetic origin and would not expect the Therapy to reverse these conditions although overall health may be enhanced. **Parkinson's disease**, especially after the use of dopamine drugs, does not respond well to the therapy. Neither does **ALS (Lou Gehrig's Disease)**.

## **The Gerson Therapy should not be administered to organ or stem cell transplant recipients or people on kidney dialysis**

For more information about conditions that do not respond well to the Gerson Therapy, please read:

- [Contraindications and Cautions for the Gerson Therapy](#)

## **Can the Gerson Therapy treat rare or uncommon genetic conditions?**

Unfortunately, we have had little or no experience at the Gerson clinic with rare conditions or those of a genetic or congenital origin. These conditions present unique challenges and it is unlikely that there would be reversal or complete recovery from utilizing the Gerson Therapy. Our experience is with the more common cancers and certain chronic degenerative conditions. However, since the Gerson Therapy is a whole-body therapy designed to improve overall health through an organic nutrient dense diet, fresh juices and detoxification, utilizing some principles of the therapy has the potential to improve your overall health and enhance quality of life (see [Gerson Guidelines for General Nutrition](#) for information about adapting principles of the Gerson Therapy into daily life).

### **How long will I have to be on the therapy?**

Though Dr. Gerson specifies about 18 months in [A Cancer Therapy: Results of 50 Cases](#), with today's more toxic environment we are finding patients need to be on the therapy for at least two or three years, and in some cases as long as five years. Non-malignant diseases such as arthritis and lupus fall on the shorter end of that scale, while advanced cases of cancer fall closer to the three-to-five year range.

### **When will I see a noticeable improvement from the therapy?**

The time it takes to see results on the therapy varies greatly from patient to patient. In cases of melanoma and lymphomas we have seen cases of fast tumor reduction. Bone cancers and bony metastases take the longest to heal. Multiple sclerosis (MS) takes at least several months to respond, and the symptoms often appear worse before they improve. This is not to say that when patients see improvement they are ready to discontinue the treatment. It is of utmost importance that patients continue the full therapy according to their doctor's instructions for the full length of time, not just until symptoms improve.

### **Does insurance cover the costs of the treatment?**

The [Gerson clinics](#) do not accept insurance plans on assignment. Patients need to inquire with their carrier if they can receive reimbursement. Unfortunately, most HMOs and Medicare/Medicaid do not cover any part of treatment at the Gerson clinics.

### **Can radiation therapy be done concurrently with the Gerson Therapy?**

Radiation therapy is often effective for relief of bone pain or to shrink a tumor to facilitate surgical removal. While it does have some negative

effects, radiation, used judiciously, can be an appropriate intervention while on the Gerson Therapy.

### **Can I do the Gerson Therapy and chemotherapy at the same time?**

There isn't a simple yes or no answer to this question, because it wholly depends on the needs of the individual patient. The decision of whether or not it would be appropriate to combine the Gerson Therapy and chemotherapy is a complex one, and should only be made on a case-by-case basis, under the supervision of a qualified Gerson doctor.

For more information on the Gerson Therapy and chemotherapy, please read:

- [Chemotherapy and the Gerson Therapy \(PDF\)](#)

### **I am not sick myself, but I am interested in the principles of the Gerson Therapy for preventative health. Can I still follow the Gerson Therapy if I am not ill?**

It is important to note that the Gerson Therapy was specifically developed as a treatment for cancer and other chronic degenerative diseases. Following the full Gerson Therapy is not necessary or advisable for someone who is simply seeking to enhance their overall health. Dr. Gerson created a very strict treatment after doing extensive research on those who were chronically ill. However, the diet would be too limited for someone using it strictly to promote optimal health. If someone has no chronic illness they may be able to use foods that are prohibited like coconut, avocado and olive oil without issues.

Individuals who are generally healthy and are not attempting to treat a chronic health condition do not need to follow the very restricted diet, but they can incorporate many of the nutritional principles of the therapy into their daily diet and lifestyle. Components of the Gerson Therapy, when used judiciously, could be beneficial to anyone, sick or well. For example, juicing, eating an entirely organic diet, and using detoxification methods such as coffee enemas can certainly be used to maintain a healthy lifestyle. Based on Dr. Gerson's recommendations in Chapter III of [A Cancer Therapy: Results of 50 Cases](#), we have compiled our guidelines for general nutrition, which you can read at the link below. These guidelines are less stringent, and allow for approximately 25% more healthy foods to be incorporated into the diet. A naturopathic doctor could help tailor the diet to suit your individual constitution.

- [General Health Maintenance Guidelines \(PDF\)](#)

**Can the Gerson Therapy be applied for reproductive health?**

We are often contacted by women asking about the Gerson Therapy in relation to women's reproductive health. The information [here](#) and in the PDF below address common concerns with respect to the Gerson Therapy and birth control, infertility and pregnancy. These answers are based on the experience and opinions of the seasoned Certified Gerson Practitioners who have practiced the Gerson Therapy for many years, but we encourage all patients to work directly with their primary physician for specific advice.

- [Gerson Therapy & Women's Reproductive Health \(PDF\)](#)