Gerson Daily Juicing Schedule

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Alice Mickelson
Getting started is often filled with both hope and despair. As you, we were excited about all the possibilities, however as we started on the journey, we often felt a bit overwhelmed.

Included in this article, is a **daily juicing and activity schedule** we used to track our progress.

We created this schedule to allow us to print off copies, and then on a daily basis, be able to track how we were doing on our journey of health and vitality.

We would often fall behind and not know what to do next. This schedule allowed us to move to the time of the day and keep going. I did not worry or become stressed about what I had missed. The important thing was to take the next step forward.

Otherwise, all too often, despair and the temptation to give up would overwhelm me.

Hope and despair is an ever present vicious thought pattern. Juicing and coffee enemas, etc. does work. But will it work for me?

“Treating cancer alternatively is a lot of work and I hate the diet and the coffee enemas.” This is a common feeling expressed by many, including myself in the beginning. Now I can honestly say that I look forward to the juicing and detoxification as I feel so great when I am on the schedule.

Questions that you will ask many times are:

- How do I know it will work for me?
- I am different.
- I have pain.
- I will need to change my lifestyle?
- Is it worth it?
- What should I expect?

*The decision is yours. The decision was mine. That is the best and worse position to be in.*

*It is best because I am in control of my decisions and the outcome of my decision.*

*It is the worst because I can’t blame anyone else for how I feel and what I need to do. I am responsible.*

*Often it seemed that it would be easier if someone told me what I had to do and they became responsible for the decisions that they were making in my behalf.*

*However in the end I knew that I had the responsibility for my own decisions and the results of those decisions.*
A number of people have remarked, within the first two weeks of the Gerson treatment of juicing and detoxing, that they cannot “stand” the diet and wish to discontinue it.

They based their opinion on the following occurrences:

- Nausea
- Headaches
- In some cases vomiting
- Spasms in the intestines
- More gas accumulation than usual
- No appetite
- Inability to drink the juices
- Difficulties with coffee enemas.

All of the above are symptoms of what Dr. Gerson call “the reaction period”.

These reactions appear with the present treatment after three to six days, and in more difficult cases after eight to ten days.

It is at this point I found my hope and beliefs dwindling and falling into a heap of despair. There had to be an easier way.

How did I know if this protocol would work for me? Everything felt and tasted awful. Is this worth the fight? If this is what I am facing – I am quitting.

This is where family or supporters come in and make or break the fight in many families.

Thankfully my husband and other supporters kept encouraging me to move forward and keep fighting. They understood the importance of stimulating and strengthening my immune system while at the same time detoxifying my body.

It is at this point that my family and friends saved my life. They came alongside of me and encouraged me to continue. They pushed, prodded, encouraged, loved, and prayed.

I know of many families where this is the point that it is easy for family members to allow and encourage the loved one to quit, and to go another route that seems easier.

These “flare ups” recur almost every ten to fourteen days, and later once a month.

Dr. Gerson found that there was no connection with menstruation in women. However, in some cases, there is a return of the menstruation which had already ceased for years. The return occurred after three to four months of the treatment, with intense spastic pain on both sides of the lower abdomen.

The tendency is to run to the doctor to discover the cause. The doctor’s tendency is to blame it on the juicing and the coffee
enemas. They want to get you started on hormonal medications.

What a shock when I was suddenly faced with menstruation at the age of 55-60 years of age. However, I can easily say that all "hot flashes" and other symptoms of menopause ceased.

My body was becoming healthy and able to function properly.

Eventually I again stopped menstruating, and with my hormones again working correctly it gave me more energy as well as physical and emotional health.

As far as the regular “reaction periods” are concerned, Gerson observed that some individuals may vomit some bile with an offensive odor.

Dr. Gerson found this common in his patients. This bile, flowing out of the common duct, causes some spasms in the duodenum or the upper small intestines, and flows over into the stomach, producing

- Nausea
- Bad breath
- Coated tongue
- Reluctance to food
- Reluctance to juices.

At such times individuals need large quantities of peppermint tea, served with some brown sugar and a bit of lemon.

They may drink one to two quarts of this peppermint tea a day. Some individuals consume as much as four quarts in 24 hours.

These masses of peppermint tea wash out the accumulation of bile from their stomach and duodenum. The peppermint tea assists in relieving the individual of stomach spasms and permits them to resume the intake of juices and administration of coffee enemas.

The juices may be mixed with gruel (thin oatmeal). Individuals often refused to eat cooked food, but will eat raw grated apples, mashed bananas, applesauce, etc. Such a “flare up” may last from one to three days.

After a “flare up,” individuals often feel greatly relieved,

- normal circulation resumes,
- the yellowish color with an occasional tinge of jaundice, which sometimes is noticed on the sclera of the eyes at these periods, disappears, and
- individuals are able to eat and drink again.

With the present treatment, and with more frequent enemas, the “flare up” period for the most part is reduced to 24 hours, and in rare cases, to two days.

The first “flare up” is the most violent one and is usually accompanied by

- severe headaches
- weakness of the entire body
- bad mood, and
- feeling of depression

The individual often wants to remain in bed.

This is when many want to quit and throw in the towel feeling like it isn’t working, and that they feel sicker and weaker.

The family often agrees, and it takes great self-discipline and belief to get past this time period.

As one decides it is time to return to the traditional medicine, or another alternative method, it is often suggested to back off or quit the Gerson protocol.

Indeed this is often the time of serious decision making for many people.

Dr. Gerson found that subsequent “flare ups” became less violent and had a shorter duration. “Flare ups” can be made more bearable by more coffee enemas.

Some individuals increase the number of their coffee enemas by themselves, some taking as many as eight to ten or twelve in 24 hours.

There is a feeling of great relief after each coffee enema. Dr. Gerson discovered that some of the individuals

- suffer outbreaks of perspiration and
- had offensive odor during these periods.

These symptoms persist a little longer than other symptoms. The aromatic acids eliminated during these reactions are so intense they may form chemical compounds with the paint of the walls and ceilings of the bathroom and bedroom. These compounds cannot be removed by soap and water or other cleaning methods. The room often has to be repainted.

At the beginning of the treatment individuals assume that these are allergic reactions and refer to them as such in their reports to physicians.

Some claim that they never could stand orange juice; others say they could never take even a small piece of apple, and still others claim they could never stand tomatoes or peaches, prior to the treatment.

Dr. Gerson discovered that laboratory analysis shows a trace of albumin and a greater amount of sodium in the urine during the reaction periods. He found that the blood count showed;

- a relatively higher number of leukocytes, (up to 12,000 – 18,000) and an increase in lymphocytes if the lymphocyte count was abnormally low before, or
- a light decrease in the lymphocytes if the lymphocyte count was abnormally high before.
The detoxification during the reaction periods gives the individuals a great psychological relief. Generally, after a few days, the person will loose their fears and depressions, and demand to get out of bed.

Their feelings of well being is supported by conversation with other individuals who report similar favorable effects after these “flare ups.”

_I was doing the Gerson protocol in my home. It was during this time that I relied on the reading of the Gerson books and other similar books to understand that these “flare ups” are normal and expected._

_I also subscribed to a newsletter of individuals that were following the Gerson Protocol._

_I listened to “How God Heals” tapes, healing music and positive thinking._

Dr. Gerson found that clinically, these “flare ups” are favorable reactions and should be regarded as part of the healing process.

_I had to choose who I was going to believe and trust._

_I chose to trust God and his creation of my body. I understood the ability of my body to restore itself if I gave it plenty of juices and helped my body rid itself of toxins._

**Diet**

The medication of Dr. Gerson’s Therapy utilizes vegetarian foods, including raw fruit, well-cooked vegetables, salads, a special soup, oatmeal, and vegetable juices. They are the hyperalimenting medications, which have proven to be profoundly effective nutritionally, easily absorbed also by a sick body, extremely complex molecularly, and exquisite materials chemically.

Ingesting them in quantity invariably restores health to an unhealthy body and prevents ill health for a well-functioning one.

Gerson Therapy is an intensive treatment based on nutrition. It is designed to

- restore and reactivate all the body systems,
- particularly strengthens one’s:
  - immune system
  - enzyme system
  - hormone system
  - Along with correcting the functioning of all essential organs.

It brings the body into homeostasis. In chronic degenerative diseases most of the organ systems become damaged and function poorly to the point of shutting down. It is concluded that the body’s innate healing mechanism eventual becomes inactive so that a debilitated body loses its ability to fight the attacking disease and heal.
Successful treatment for chronic illnesses requires full-bodied nutrition, specifically; a person must eat organic vegetarian foods, all freshly prepared.

Also mandatory is the drinking of thirteen glasses of raw vegetable juices for their enzymatic effects. All foods must be free of added salt and fats, with one specific exception: flax seed oil (high in linoleic and linolenic acids).

Thus the damaged organ systems are flooded with living nutrients, easily absorbed and able to enter the deficient tissues. Required foods are high in potassium, which Dr. Gerson found to be lacking in longtime ill persons.

When active minerals and enzymes are restored to the tissues, these nutrients release the excess sodium and toxins that have accumulated during the course of years of faulty nutrition.

It becomes imperative then to help the body (the liver in particular) to filter out released toxins and get rid of them. In order to achieve such a release and bring about detoxification, Dr. Gerson discovered that caffeine given rectally definitely assists the liver and its bile ducts to release their accumulated poisons into the intestinal tract for elimination.

Ozone given by rectal insufflations is also very valuable since it increases blood oxygenation, energy, and the ability of organ systems to function at higher levels. Also recommended is an ozone generator machine which provides individuals with better oxygenation and overcomes antigenic odors.

The basic philosophy of the Gerson therapy --- Hypernutrition from whole foods and Detoxification – is universal for advantageous body functioning. Such universality includes elimination of all toxic materials – natural and synthetic—derived from any source of:

- additives
- perfumes
- cosmetics
- flavorings
- dyes
- herbicides
- fluoride
- chloride
- metallic poisons
- pesticide residues
- cleaning agents
- as much of other environmental pollutants as possible.

Along with the basic nutrition and detoxification, certain food supplements are also used to overcome deficiencies of vitamins, minerals, hormones, enzymes, and other physiological items. The limited number of Gerson Therapy nutritional supplements includes:

- potassium compound
- digestive enzymes
- thyroid hormone
• iodine (Lugol’s solution)  
• Vitamin B3 – niacin  
• Vitamin B12 (cobalamin)  
• Injectable crude liver extract and/or liver powder or tablets

See the website Resources for attaining these supplements. These “medications” are adjusted to each person’s needs. It is important to work with a Gerson qualified doctor in determining the quantity of supplements needed on a daily basis.

We have stated a number of times that for the Gerson diet to be successful you must consume:

• Vegetarian foods  
• Raw fruit  
• Vegetable juices

Collectively consuming such foods bring about Hyperalimentation. And we’ve emphasized that such organically grown, freshly prepared natural foods are profoundly effective, extremely complex, chemically exquisite substances that heal better than anything ever invented by the mind of man.

Now please accept Dr. Gerson’s warning. “Tamper with such nourishment at your own risk. Our advice is to avoid synthetic substances, including prescribed drugs, whenever you can do so”.

**Macronutrient Hyperalimentation**, the practice of selecting only food substances produced in nature under ideal conditions to feel the body optimal nourishment, is the method employed in the Gerson Therapy. It works to heal ill health in the body and restore it to homeostasis.

As described again, the biological basis for the Gerson therapy is predicated on:

• sodium restriction  
• potassium supplementation  
• protein limitation  
• calorie reduction through avoidance of fat  
• dialysis of the bloodstream for reduction of electrophiles  
• macronutrition Hyperalimentation  
• salt and water management  
• accelerated metabolism.

The following schedule reflects normal diet and dosages for the initial weeks of treatment.

As suggested by the following note, it is essential that the diet and dosages be regularly adjusted by a physician trained in the Gerson Therapy.

If you are choosing to follow the schedule at home, you are encouraged to attain the Gerson Therapy Handbook that will explain in more detail the purpose of the different supplements and procedures.

The Gerson Therapy Handbook is invaluable in explaining the different blood tests needed and how to read the results.
You are beginning a journey of health and vitality. There is a great deal of satisfaction and feeling of being in control of your health as you begin to take steps in revitalizing and restoring your health.

**Natural alternative treatments do not cure diseases, like cancer, but THEY CAN HELP THE BODY RESTORE ITSELF.**

Enjoy the journey, for it is in the journey that we find life, health and vitality.
## Gerson Daily Juicing Schedule

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**TOTALS**

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