

Cancer!

What Are My Options?



Hope And Despair – When Does It End?

Well let's think about it.
You don't "catch" cancer.
Your body "develops" cancer.

Overview of 60 years of Proven Success
of Alternative Options

Dr. Max Gerson, United States and Mexico
Dr. Johanna Budwig, Germany, Europe
Reducing Emotional and Mental Stress
Importance of Sleep, Rest, and Relaxation

www.treating-cancer-alternatively.com

Alice Mickelson

So Why Do You Get Cancer?

Introduction

[Outline](#) or [Table of Contents](#)

So why do you get sick? Is it germs? Is it bacteria? Is it viruses? Is it genetics? Well let's think about it.

You don't *catch* cancer. Your body *develops* cancer.

You don't *catch* diabetes. Your body *develops* diabetes.

You don't *catch* obesity. Your body becomes fat and obese.

You don't *catch* heartburn or acid reflux as it is called today. It's *developed*.

You don't *catch* headaches, you don't *catch* fibromyalgia, you don't *catch* back pain, you don't *catch* arthritis, you don't *catch* PMS, and you don't *catch* impotence.

These are all "medical conditions" that are developed in the body. You don't *catch* them. It is not a germ. It is not a virus. It is not bacteria.

Drugs are not the answer. You don't have a headache because you have an aspirin deficiency. The question is why do human beings have so much illness?

The majority of illness is in fact self-inflicted.

You have to realize that being sick is not normal and it is not the natural state of the body. Your body is not supposed to get sick. Think about this startling fact.

There are only two reasons why a person becomes ill:

1. They "catch" something. This means your body picked up a "germ," generally a virus or bacteria.
2. You "develop" an illness or disease. This means there is some imbalance in the body, something is not working right, and an illness or disease develops. Common diseases in this category include heart disease, cancer, diabetes, acid reflux, arthritis, etc.

Remember, in our search for the ultimate cause of an illness, or the ultimate cure for all illnesses, we must always ask the question "What caused that?" With this in mind, let's start with "catching something."

The reasons you get sick are:

1. You catch something and your body cannot fight it off, therefore you succumb to the "germs."
2. Your body develops something in the genetically weak areas

In both of the above cases the causes are the same.

1. Your immune system is weak
2. Toxins are attacking your body.

So Why Do You Get Cancer?

Introduction

If we keep asking the question, "What caused that?" we can then conclude that all illness comes from one or a combination of four things.

1. You have too many toxins in your body
2. You have nutritional deficiencies
3. You are exposed and negatively affected by electromagnetic chaos
4. You have trapped mental and emotional stress

These are the only four reasons why your immune system could be weak or why genetically weak areas in the body can break down.

Jack LaLane said, "If man made it, you should not eat it".

The challenge: Did you know that nearly all fruits and vegetables have been genetically modified by man to become more disease resistant?

See www.treating-cancer-alternatively.com for more information.

Cancer can be reversed by understanding the causes and then taking the necessary steps to assist our bodies in natural healing. Our bodies are created to heal as we provide the necessary catalysts in food products, air, water, and mental and emotional health.

The purpose of this "So Why Do You Get Cancer" e-book is to discuss and understand:

The causes of cancer and other debilitating diseases are:

1. the toxicity problem,
2. the nutritional deficiency problem, and
3. the mind's emotional/mental/spiritual problem:
 - Electro Magnetism – energy
 - Stress and trauma
 - Lack of sleep and rest

How we can assist our body in healing, with the help of:

1. Dr. Johanna Budwig
2. Dr. Gerson
3. Reducing Stress and trauma
4. Getting plenty of sleep and rest

It is best to work on all these areas at the same time. It can seem a bit overwhelming. However as you begin to understand your body and take control of helping your body to heal you will discover 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.

So Why Do You Get Cancer?

Outline

Section 1: Overview

Section 2: Cancer Causes

Section 3: Overview of Alternative Treatment includes:

**Dr. Johanna Budwig, Germany
Dr. Gerson, United States and Mexico
Reducing Emotional and Mental Stress
Sleep, Rest, and relaxation**

The next 4 sections (4-7) of the e-book will discuss in detail each of the alternative treatments.

You may desire to read each section or skip to the section that will most meet your immediate needs.

Section 4: Dr. Johanna Budwig in-depth research and recipes for Cottage Cheese and Flaxseed Diet

Section 5: Dr. Gerson in-depth research and other protocols

Section 6: Stress reducers

Section 7: Sleep, Rest, and relaxation

Section 8: We each are in control of our health. Take this opportunity to take action and live every day to the fullest.

Section 9: Resources for Services and Products

So Why Do You Get Cancer?

Table of Contents

The items in the Table of Contents are all **clickable** for navigation purposes

Section 3: Overview of Alternative Treatments	6
Wow! What am I doing to my body?	7
Water	8
Air	8
Diet	8
Detoxification	9
Overview of Dr. Johanna Budwig, Germany	10
Overview of Dr. Max Gerson, United States and Mexico	12
Conclusion by Dr. Max Gerson	16
Reducing Emotional and Mental Stress	17
Sleep, Rest, and relaxation	18
Section 4: Dr. Johanna Budwig	20
Two-Nutrient Cancer Breakthrough.....	22
Who is Dr. Johanna Budwig?	24
Fats-Good and Bad	25
Proven Benefits Still Pouring In.....	26
Following are some Testimonials	27
Dr. Budwig's Basic recipes.....	28
QUARK.....	28
LINOMEL™	29
Basic Recipe	29
Section 5: Healing Your Body with the Gerson Therapy.....	30
The Underlying Nutritional Concept of Dr. Max Gerson	31
Synopsis of the Gerson Therapy Nutrition Program	32
The Detoxification Component	33
How cancer is developed in our Body.....	34
Juicers	37
The Gerson Diet	37
Gerson Therapy Medications/Supplements.....	38
Gerson Therapy Detoxification	38
Health Problems Successfully Treated by the Gerson Therapy.....	39
Coffee Enemas	41
Fever can help to destroy tumor	42
Juicing to Enhance the Enemas	42
The Biological Basis for Coffee Enemas	44
Coffee Enema Recipe.....	45
Step 1. Materials for coffee enema recipe.....	45
Step 2. Preparation of coffee enema to detoxify the liver.....	45
Step 3. Preparing to take the coffee enema to detoxify the liver.....	46
Step 4. Taking the coffee enema	46
Step 5. Finishing up.....	47
Hints regarding coffee enemas:	47
Hydro Therapy	48
The Theory Behind Hydrotherapy.....	48
Hydrotherapy Treatments aid in repair of diseased tissues.....	49
The treatments are non-toxic and safe.	49

So Why Do You Get Cancer?

Table of Contents

How it works	49
Do not use chlorinated water for these hydrotherapy treatments. See water.	49
Preparing for and Undergoing Hydrotherapy	49
IMPORTANT POINTS TO BE OBSERVED	51
Infrared Sauna	52
The Far Infrared sauna.....	52
The Hot Solution for Body Pollution	53
LIGHT SAUNA THERAPY	54
During a Sauna Session.....	54
Laetrile	56
Cancer Therapy: Results of Fifty Cases Handbook.....	61
Section 9: Resources for Services and Products	62
Treating Cancer Alternatively web site	62
Gerson Institute	62
Budwig diet.....	62
Supplements.....	62
Organic Farming.....	63
Natural Plant Nutrients	64
Air Purifier	65
Water Purifier – eSpring	67
There are many reasons to choose an eSpring Water Purifier.	67
No other Water Purifier compares to the eSpring Water Purifier.	68
Other Resources	68

So Why Do You Get Cancer?

Section 3: Overview of Alternative Treatment

Section 3: Overview of Alternative Treatments

What are some of the best home treatments, options, alternatives, and holistic products and services that fight not only cancer, but also many other debilitating diseases?

As we looked at our personal financial portfolio, I realized that we needed economical and effective home treatments.

Of course we were going to invest money, however we wanted our money to be invested in what would be used at home to heal, not running from one alternative, or holistic, or medical doctor to another trying the next promise and paying for all the consulting fees that seemed to have limited return.

Every family knows a family member, relative or friend that has died from cancer, or is living in pain and misery of cancer or the side affects of cancer treatments (i.e. Chemotherapy, radiation, and other drugs). There are home treatments that will reduce pain and suffering and may reverse cancer and other debilitating disease.

Health and vitality is what we are all looking for. Because of my race against cancer without surgery, chemotherapy, or radiation I spent time searching the web and other sources. I was looking for the best alternatives.

What was I to do?

How could I incorporate home treatments into our home and family life?

I had one chance; after all, I was given 6 months to 2.5 years of life. I had no time to waste and I had to make the right decisions.

I opted for the best, and the most natural, and organic treatment. It has paid off; 7 years later I am healthier, with more vitality and energy, than I have had for twenty years.

The Doctors gave me anywhere from 6 months to 2.5 years. I give God praise for helping me to make the right decisions as people shared the best products and services with me. I desperately needed to get back to the basics, the root of good health.

Have you ever asked what am I do? Where am I to turn? Who do I trust? Everybody wants my money. They promise, and promise more.

Again and again I kept searching for the root, the origin of home treatments that have been successful and can be accomplished in the confines of our homes. As we learn the different cancer treatments in our home, it is important to integrate the home treatments for our families. It is easier to prevent cancer and other debilitating diseases than to reverse and cure them.

So Why Do You Get Cancer?

Section 3: Overview of Alternative Treatment

Furthermore home treatments for cancer is all about changing the water we drink, the air we breathe, the food we eat, and learning to detoxify our bodies as needed. We all need to do this to prevent diseases.

As a family we have not had colds, flues, viruses, or any other need for medication or hospitalization since we have incorporated these home treatments into our everyday lives.

It is worth the effort. Cancer was only one of many of our challenges in fighting diseases.

When we compare the cost of home treatments to the cost of medical treatments – there is no comparison.

We need to protect not only the individual with the cancer, but the family of every household. We need to look and see what we are doing that causes cancer, and to try to stop the growth of cancer cells and tumors before they overtake the body.

Have we overlooked the most simple and holistic solutions to our health challenges?

Studies have been done again and again showing that 70-80% of all health issues are caused by feelings of fear, insecurity, loneliness, rejection, abandonment, anger, bitterness, or unforgiveness.

How do you heal these emotions? That is what I had to learn. I am excited to share these answers with you.

This journey began to turn my health and life around. Love, joy and peace now radiate from me instead of all that anger.

I had to figure out how to move from the God of the church that is out there somewhere to a personal, living God that really wanted to walk with me and talk we me.

Who would give me abundant life? Who would heal me from the inside out? What an amazing journey. I look forward to sharing it with you because I desire you to have love, joy, and peace in your life.

Next, I looked at the total me, my environment, the food I was eating, and what I was doing to my body.

Wow! What am I doing to my body?

I looked at the relationship between my behavior, the environment, and food habits. I reviewed studies, used common sense, and studied many documented reports.

It is my goal to save you many hours and energy. Continue reading and reach down into your very being and you will know truth. We do know the truth!

We have been blinded by the many pleasures of fast food, junk food, and the sugar and fat of our delicacies.

So Why Do You Get Cancer?

Section 3: Overview of Alternative Treatment

We enjoy our food and show love by serving up more sugar and unhealthy fat to our loved ones.

We try and try, but can't stop our poor eating habits and the poor eating habits of the ones we love.

McDonald's is a quick treat time for the kids. Starbucks is a great stress reducer for adults. Sugar and Salt is a silent killer. Yet we over consume both sugar and salt in our diets.

We listen to the admonitions of doctors, and thus take more and more medications to solve our health challenges.

We have turned our backs on home treatments, alternatives, and holistic approaches to all diseases including cancer.

Water – 60% of our body mass. Have you been reading the devastating health hazards of our water?

Are you aware that numerous products and medicines have been created that may improve our quality of life, but that these compounds and their breakdown products make their way into the environment?

Concern has been raised that toxicity and carcinogenicity has a disruption of our metabolic systems.

Our water and air is a necessity of our life. What is happening? How can we protect ourselves, our families, our loved ones?

Many people drink tap water that is chlorinated and treated for safety of bacteria and viruses. What are the affects of all those chemicals that we are ingesting?

My body needs the organic minerals in the water. How can I choose wisely as to the water purification

system that will help my body fight the bacteria, etc? See water system [comparisons](#) and more information.

Air – We cannot live longer than 3-5 minutes without air. Yet what are we breathing into our bodies. Pollution is everywhere. In the country and on our lawns we are continually spraying chemicals and other contaminants.

We have so well insulated our homes to conserve energy both in the winter and summer that there is more air pollution inside our homes than outside.

Indoor air pollution is more dangerous than outdoor air pollution.

What can we do? How do we take responsibility for the air we breathe? Click for more information and resources about our [air](#).

Diet - The foods and [juices](#) consumed on the [Gerson diet](#) constitute its primary prescription for healing and can easily be done as home treatments. This is compared to a drug in allopathic, or standard medical, treatments for cancer.

Significant deviation from the diet can be as serious for a Gerson individual as missing an insulin shot can be for a diabetic, or as missing a chemotherapy or

So Why Do You Get Cancer?

Section 3: Overview of Alternative Treatment

radiation appointment can be for an individual with cancer undergoing an allopathic treatment.

An individual will not fail to heal simply because he misses one glass of juice a couple of times in a month.

An individual will not fail if she must make use of commercial produce occasionally, when organic produce is unavailable.

An individual, will however, reduce his chances of success if he cuts too many corners.

How many corners can he cut? There is no good answer to that question, because every person, every diagnosis, responds differently to home treatments.

Detoxification - Detoxification may reverse cancer. There are many studies and research that attests to cancer being cured by detoxification.

No doctor can cure you. No medicine can cure you.

If you are serious about healing, then brace yourself for a crash course in curing whatever ails you.

Do you desire to take responsibility for your health and get rid of life-sapping symptoms?

You are able to give your body the healing options that will put your body back where it was when you were healthier.

Home treatments, the options for treating cancer and other diseases, are at your fingertips. These are alternatives and holistic.

Following will be an overview of the two doctors, one in the US/Mexico and the other Germany/Europe who both recognized each others work and discovered how to "cure cancer" in the early and mid 1900's.

They both recognized the healing power of fresh organic foods in combination with rest, sleep, relaxation, reducing stress and healing emotions.

I have discovered that I needed to incorporate information from all four sections to have the most successful healing journey.

But you can possibly cure you, with home treatments options. These home treatments work whether you have cancer or any other disease.

So Why Do You Get Cancer?

Section 3: Overview of Alternative Treatment

Overview of Dr. Johanna Budwig, Germany

Amazingly, Dr. Budwig found that after only three short months on her flaxseed oil-quark combination, cancer individuals began to improve.

Tumors shrunk in size, the individuals' strength returned, and further blood analysis showed that the infamous greenish-yellow substance did indeed go away.

Phosphatide and lipoprotein levels returned to normal, and red blood cell amounts were once again at healthy amounts.

She was even able to help the patients whose doctors had told them to "go home and die." Clearly, Dr. Budwig had hit on something big in the world of cancer research!

In fact, after over 10 years of clinical research, Dr. Budwig's combination of 2 tablespoons of organic flaxseed oil combined with one quarter cup of cottage cheese has been used successfully in Europe to treat a variety

of diseases in addition to cancer, including:

- arteriosclerosis,
- eczema,
- stomach and intestinal disorders,
- arthritis, and
- strokes.

She believed that by 2000, the world medical field would put behind them the archaic methods and treatments of chemo and radiation.

The Flaxseed (Linseed) oil diet was originally proposed by Dr. Johanna Budwig, a German biochemist and expert on fats and oils, in 1951 and recently re-examined by Dr. Dan C. Roehm M.D. FACP (Oncologist and former cardiologist) in 1990.

Budwig claims that the diet is both a preventative and a curative. She says the absence of linol-acids in the average western diet is responsible for the production of oxydase, which induces cancer growth and is the cause of many other chronic disorders.

Dr. Roehm claims: "this diet is far and away the most successful anti-cancer diet in the world".

To understand how this diet is put together, you practically have to have PhD in Biochemistry and Quantum Physics. This would enable a person to see how much accomplished skill it took to put this diet together. It is amazing.

The cottage cheese/flaxseed oil combination vehicle is easy to assimilate, and to get someone who is almost on their death-bed going again.

A retention enema of 250 ml (8.5 oz) of oil is another route to get this precious life-furthering, ELECTRON-RICH oil into the body. It can also be applied to the skin for transdermal absorption.

So Why Do You Get Cancer?

Section 3: Overview of Alternative Treatment

It was very interesting to discover the first few times I did the retention enema of the oil, my body immediately absorbed the oil.

After a few days, I released more and more of the oil. Then found that by doing a retention enema of the oil every week and then more spread out allowed my body to absorb the oil needed. My body was starved for the healing flaxseed oil.

In 1967, Dr Budwig broadcast the following sentence during an interview over the South German Radio Network, describing her incoming patients with failed operations and x-ray therapy:

"This has never been contradicted, but this knowledge has been a long time reaching this side of the ocean, hasn't it?"

"Even in these cases it is possible to restore health in a few months at most, I would truly say 90% of the time".

So Why Do You Get Cancer?

Section 3: Overview of Alternative Treatment

Overview of Dr. Max Gerson, United States and Mexico

Dr. Max Gerson studied and believed that **"Cancer, is a problem of metabolism"**.

Following are excerpts by Max Gerson, M.D. Translated from "Krebskrankheit, ein Problem des Stoffwechsels" Medizinische Klinik No. 26, June 25, 1954, Munich, Germany.

The purpose of Dr. Gerson's article is to show, in broad outline, that:

- cancer is not a problem of vitamins, hormones and enzymes,
- that it is not a problem of allergies,
- nor a variety of intermedial substances of metabolism or carcinogenic substances.
- It is not a question of some unknown virus infection and
- most certainly not a purely local cell problem,
- but an accumulation of numerous factors which proved damaging to the body and its metabolism over a long period of time.

Its cure is a basic process, embracing all the above factors and many others besides, by means of which total metabolism can be more or less re-established over a period of time.

It is generally known that in cancer, especially in advanced cases, all the various metabolic systems are impaired:

- the exchange of minerals,
- the symbiosis of intestinal bacteria,
- the reactivation of enzymes of oxidation, and
- the circulation of vitamins, the breaking down of fats, proteins and to some extent carbohydrates.

All this becomes increasingly clear if we also examine serum and tissues. As evidence of the effectiveness of the metabolic therapy, Dr. Gerson shared a number of results as presented here, most of them advanced or hopeless cases.

First the dietary problem shall be briefly described in its development and application to cancer.

J. Maisin, in his statistical summary in the preface says:

"I am fully convinced that profound dietary influences in cancer are to be looked upon as a causative factor ..."

Modern experimental studies on the effect of dietary restrictions have been carried out particularly by Albert Tannenbaum et al., and Larsen & Heston. Of Tannenbaum's conclusions the following are valuable:

"as yet no tumor has been found that does not respond to a restricted diet" and: "inhibition involved both a decrease in the total number of tumors and a delay in the average time of appearance."

So Why Do You Get Cancer?

Section 3: Overview of Alternative Treatment

Freund and Kaminer in 1937/38 presented practical suggestions for a special diet to be given to inoperable patients: avoidance of all animal fats and substitution of oil; in cancer patients restriction of carbohydrates, in sarcoma patients restriction of peptones; and frequent enemas.

Dr. Gerson studied and experimented with many other dietary attempts in the treatment of cancer, most of them carried out by laymen or physicians using natural remedies, the following are worth mentioning:

- the old Irish yeast cure and the most recent use in Switzerland of chlorophyll or spinach juice.
- have observed no basic results from the much-lauded grape cure.
- As the best preventive diet against cancer we may mention the Hunsa's diet of food grown by organic gardening processes.
- These people remain healthy to an advanced age and cancer is unknown among them.

The fundamentals of Dr. Max Gerson's cancer diet are briefly:

Forbidden items:

- nicotine (tobacco)
- salt
- sharp condiments, (only fresh or dried herbs are permitted)
- tea
- coffee
- cocoa
- chocolate
- alcohol
- white sugar
- white flour
- candy
- ice cream
- cream
- cake
- nuts
- mushrooms
- soybeans and soy products
- cucumbers and pumpkins
- pineapples
- all berries (except red currants)
- water to drink
- Nothing canned, bottled, sulphured, frozen, smoked, salted or bleached
- No fat
- no oil
- no salt substitutes
- no bicarbonate of soda — either in food, toothpaste or mouthwash
- no hair-dyeing (relapses have occurred after hair-dyeing)

So Why Do You Get Cancer?

Section 3: Overview of Alternative Treatment

Temporarily forbidden (during the first months, especially at the beginning of the treatment):

- meat
- fish
- eggs
- butter
- cheese
- milk

Cooking utensils:

- May not use pressure cookers, saucepans or other utensils of aluminum
- Stainless steel, glass, enamel, earthenware, cast iron and pewter may be used
- Two machines are needed for the preparation of juices: a.) a grinder, b.) a press
- Machines which grind and press the food in one process are not to be used

This eliminates the customary juicers, juice mixers, centrifuges and electrical grinders and mixers which kill most of the oxidizing enzymes.

A selected number of fruits and vegetables with the highest possible Potassium/Sodium (K/Na) quotient are given.

Vegetables are cooked in their own juices without additional water.

Foods should be eaten raw as much as possible, especially a mixture of grated apples and carrots, which are rich in enzymes in their natural combinations.

The latter are necessary for the binding and inactivation of oxygen in the intestines. If it is not inactivated, dysbacteria follows, that is the development of the bacteria of putrefaction and fermentation.

As many fruit and vegetable juices as possible, always freshly prepared in order to preserve enzymes and vitamins is encouraged. It is important to drink the juices every hour throughout the day.

The juices constitute a ratio of:

- carrot
- carrot and apple, and
- vegetable juices of specific mixture of:
 - apples
 - cabbage
 - pepper, and
 - greens

So Why Do You Get Cancer?

Section 3: Overview of Alternative Treatment

All these juices are particularly rich in oxidizing enzymes, vitamins, hormones and important mineral combinations which the diseased organs cannot themselves manufacture for a long time.

The large amount of liquid is of no importance because the detoxification process soon restores the circulatory mechanism and sufficiently regulates elimination. The importance of enemas is mentioned in section 5, and also on the website.

Oatmeal without milk but with brown sugar and fruit is given for breakfast.

Potatoes are given baked, mashed, or as salad, but without mayonnaise. Lemon or vinegar dressings are recommended.

The Hippocrates soup is given once or twice daily and frequent servings of leafy salads and fruit salads or a combination of the two.

After six weeks the following additions: yogurt or skimmed milk — one glass daily; pot cheese without salt or cream — one quarter or one half pound daily.

The result is a diet rich in potassium and the minerals of the K-group, low in sodium and its group and rich in active vitamins, enzymes and hormones in their natural forms.

At first the diet does not include animal protein, later small amounts are added, but fat and oil are kept at a minimum for a long time until recovery is complete.

These restrictions are necessary, primarily, more to rid the damaged digestive tract of toxins, than to burden the diseased organs as little as possible.

It also prepares the way for digestion of the tumor and its metastases, and later maintains the break-down of tumor remnants, adhesions and scar masses.

The digestive enzymes, pepsin, trypsin, lipase, etc. are needed for the digestion of cancer masses, and should not be used up in the ordinary digestive processes. Under the guidance of Dr. Gerson or another trained Gerson doctor, medication or supplication for the first 2 weeks may include:

10% Potassium compound	10x4 teaspoons in juice
Lugols solution, half strength	6x3 drops in juice
Thyroid (Armour)	5x1 grain (1 grain – 1/16 gram)
Niacin	6x50 mg.
Crude Liver Extract, Lilly No. 352	3 cc. Plus 1 cc. Vit. B-12 (30 microgr.)
injections daily (1 cc. Equals 10 units)	

After two weeks the following changes of supplementation may take place under the guidance of a trained Gerson Doctor:

10% Potassium compound	10x2 teaspoons in juice
Lugols solution, half strength	5x2 drops in juice
Thyroid (Armour)	5x0.5 grain (1 grain – 1/16 gram)

So Why Do You Get Cancer?

Section 3: Overview of Alternative Treatment

Niacin	6x50 mg. (unchanged)
Crude Liver Extract, Lilly No. 352 injections daily (1 cc. Equals 10 units)	3 cc. Plus 1 cc. Vit. B-12 (30 microgr.) (unchanged)

Diet and supplementation medication serve the purpose of restoring potassium and the minerals of the K-group to the tissues.

When the tissues are completely saturated they will:

- re-conveying sodium and its group out of the cells and into the
 - circulatory fluids,
 - the connective tissues and
 - other tissues where they naturally belong.

- The retentive surplus of sodium must be eliminated. It is only on this basis that further recovery of the organs can take place.

In another study, Dr. Gerson indicated that cancer develops particularly in the various organs in which sodium is physiologically reabsorbed, that is to say, stored up, as for example, in the excretory ducts of the mammary gland, in the ducts of the pancreas, etc.

It also develops more frequently later in life when the potassium-content of the cells is gradually lost and sodium is added, thus increasing the susceptibility of the cells to cancer.

On the other hand, tissues with higher potassium-content, such as the muscles, are more protected from the debilitating effects of cancer.

Oxidation can once more predominantly function in all organs and fermentation is held back.

Oxidizing enzymes, vitamins and hormones are again restored to full function and come into proper circulation.

Along with the metabolism, the healing mechanism is restored. This mechanism can be activated for the cure of cancer, only if the restorative and eliminative organs for toxins and waste, especially the liver and kidneys, still function adequately.

Conclusion by Dr. Max Gerson

Human beings have brought upon themselves the disease of cancer by their ungoverned self-indulgence, their urge for luxurious living, and increasing evils of our civilization.

Thus cancer will be continuous and ever increasing threat to humanity. Only a few will submit for a sufficiently long time to moderation and restrictions, and the more natural nutritive regime of the diet therapy.

Few people will turn to it as a preventative measure. When they are ill and have no other choice, they will submit to a more natural system of living.

So Why Do You Get Cancer?

Section 3: Overview of Alternative Treatment

The choice belongs to each of us. Will we choose to eat healthy and in turn enjoy a long and productive life of health and vitality?

For more information you may choose to turn to section 5 of the ebook, or check out the website, or purchase the **BOOK FROM 1959** Gerson Max, ***A Cancer Therapy, Results of Fifty Cases.***

Reducing Emotional and Mental Stress

While emotions are a vital part of our life experience the magnitude of both the positive and negative effects of emotions on our health and well being are not adequately addressed in the scope of healthcare today.

This is especially true when looking at the effects of emotions on physical health and disease. Since emotions are an important element in the cause of disease and dysfunction, an effective emotional process is essential in order to achieve the best possible results from any therapeutic intervention.

Emotions play a central role in our lives, providing the basis for many of our responses to events as well as enriching the depth and breadth of our experience.

Whether the emotion is desire, excitement, fear, curiosity, aloneness or creativity, emotions stimulate our reactions and provide the motivation for many of our activities.

Emotions affect more than just our mental and emotional states; they affect our physical bodies as well. Our bodies respond to joy and sadness, fear and courage, worry and certainty, security and insecurity.

When we are healthy, our emotions flow through us without obstruction. However, when there is dysfunction, there is a blockage of their flow. Whether the blockage involves a limitation in the flow of a positive emotion or a fixation on a negative emotion, any blockage creates impaired function.

As a result, emotional blockage and fixation is one basis for physical problems and health issues. This is especially true with cancer individuals.

Emotions contribute beneficially in creative and expansive ways when in their healthy state. At the same time emotions contribute to causing disease and impairment in their blocked or dysfunctional state.

There is a normal and natural flow of emotions through every aspect of our experience when we are in a healthy state. In its broadest sense, healing is about the flow and release of our emotions.

It is about having our experience with attachment. In order to maintain and evolve our health, we want to experience emotional flow through every aspect of our experience.

So Why Do You Get Cancer?

Section 3: Overview of Alternative Treatment

Therefore, when disease or dysfunction is present, we want to initiate the emotional flow through our experience to resolve every fixation and blockage. This is equally true whether the disease or dysfunction exists on a physical, emotional, or mental level of our experience.

There are many different aspects of our experience and we require a way to address each of those aspects. We need a means to resolve our:

- thoughts,
- emotions,
- personalities,
- physical bodies,
- physical movement and coordination,
- communication,
- intention,
- intuition,
- instincts and other aspects of our experience.

In this context, we require an emotional healing process because that is the only way to evolve our emotions and allow them to be healed. Our bodies are often healed as our emotions are healed.

Emotions intensify the workings of the immune system. Unresolved emotions lower the effectiveness of the immune system.

We cannot think our way around our emotions. We cannot ignore our emotions or wish them away. We must feel our emotions and flow through them in order to heal them.

There are five steps involved in an effective emotional healing process.

The five steps are as follows:

1. Become aware that an issue exists
2. Focus on the emotion of the issue
3. Separate from the trigger and refocus on the emotion
4. Relax through the emotion, and
5. Let go of the emotion or feeling.

While we do not have to take all these steps consciously, they are the steps that we must go through to achieve healing. While some may seem obvious, it is important to acknowledge them so that we have clarity about what we are doing and so that we can teach others for whom they are not obvious.

*Sleep, **Rest, and relaxation***

Stress is a silent killer. Few really understand how destructive it is. Stress invades every system of the body, causing tissue break down by gradually overcoming our powers of resistance. Some say that stress is caused by life events, usually problems

So Why Do You Get Cancer?

Section 3: Overview of Alternative Treatment

with family, work or finances. "These may be the most obvious stress forces, but they are only the tip of the iceberg".

Our own "self destructive behavior" is the real enemy. Dietary chemicals and poisons, our communication style, our own negative personality traits and the way that we manage our daily lives are much more important forces that produce stress. We cannot change the past, but we do have control over the future by dealing with stress today. Conquer stress, do not endure it!

The next sections of the e-book will discuss in detail each of the alternative treatments.

Section 4

Dr. Johanna Budwig's Cottage Cheese and flaxseed diet. I have included some of her research and recipes.

Section 5

Dr. Max Gerson and his world wide therapy program that reverses cancer with fresh pressed juices, supplements and other diet regime. During this section discussion will be given to adjuvant treatments, including coffee enemas, hydrotherapy, infrared saunas, and laetrile.

Section 6

More information on reducing emotional and mental stress

Section 7

More information on increasing sleep, rest and relaxation.

You may desire to read each section or skip to the section that will most meet your immediate needs.

So Why Do You Get Cancer?

Section 4: Dr. Johanna Budwig

Section 4: Dr. Johanna Budwig

A top European cancer research scientist, Dr Johanna Budwig, has discovered a totally natural formula that protects against the development of cancer.

After three decades of research, Dr. Budwig, a six time nominee for the Nobel Award, found that the blood of seriously ill cancer patients was always, without exception, deficient in certain important essential ingredients.

These ingredients included substances called phosphatides and lipoproteins.

The blood of a healthy person always contains sufficient quantities of these essential ingredients. However, without these natural ingredients cancer cells grow wild and are out of control.

Blood analysis showed a strange greenish-yellow substance in place of the healthy red oxygen carrying hemoglobin. This explained why cancer patients weaken and become anemic. This startling discovery of the blood analysis led Dr. Budwig to test her theory.

She found that when these natural ingredients were replaced over approximately a three month period, tumors gradually receded. The strange greenish elements in the blood were replaced with healthy red blood cells as the **phosphatides and lipoproteins** almost miraculously reappeared. Weakness and anemia disappeared and life energy was restored.

Symptoms of cancer, **liver dysfunction** and **diabetes** were completely alleviated.

Dr. Budwig then discovered an all natural way for people to replace those essential ingredients their bodies so desperately needed in their daily diet.

By simply eating a combination of just two natural and delicious foods not only can cancer be prevented, but in case after case it was actually cured.

After more than 10 years of solid clinical application, Dr. Budwig's natural formula has proven successful where many orthodox remedies have failed.

Dr. Budwig's formula has been used therapeutically in Europe for prevention of:

- Cancer
- Arteriosclerosis,
- Strokes,
- Cardiac Infarction,
- Heartbeat (irregular),
- Liver (fatty degeneration),
- Lungs (reduces bronchial spasms),

These two natural foods, organic flax seed oil & cottage cheese, must be eaten together to be effective, since one triggers the properties of the other to be released.

So Why Do You Get Cancer? Section 4: Dr. Johanna Budwig

- Intestines (regulates activity),
- Stomach Ulcers (normalizes gastric juices),
- Prostate (hypertopic),
- Arthritis (exerts a favorable influence),
- Eczema (assists all skin diseases),
- Old age (improves many common afflictions),
- Brain (strengthens activity),
- Immune Deficiency Syndromes (multiple sclerosis, autoimmune illnesses)

Thousands have flocked to hear Dr. Budwig lecture all over Europe.

The many people Dr. Budwig's formula has helped testify to the benefits of her remarkable discovery.

Following are two of her books;

**"Flax Oil as a True Aid Against Arthritis, Heart Infarction, cancer and Other Diseases" (Book now available in English), and
"The Oil Protein Diet Cookbook" by Dr. Johanna Budwig**

If you jump on the web you will find a multitude of variations to Dr. Johanna Budwig's information.

I felt I had to get it right the first time. So I invested in going back to the original information. I have listed two of her books on in the resources page of [treating-cancer-alternatively](http://www.treating-cancer-alternatively.com). I have also included some of her recipes on the website.

Dr. Budwig's cures are well documented and have stood the tests of opposition from the conventional medical establishment.

Although there are many excellent doctors and nutritionists who are following in her footsteps, I am especially fond of Dr. Budwig's approach to things. She is not only a brilliant scientist and researcher, but also a high minded idealist who approaches the subject also from a philosophical and spiritual point of view.

Unfortunately, only two of her books, that I know of, have been published in English.

Following is a quote from one of her books:

"I often take very sick cancer patients away from hospital where they are said to have only a few days left to live, or perhaps only a few hours. This is mostly accompanied by very good results.

The very first thing which these patients and their families tell me is that, in the hospital, it was said that they could no longer urinate or produce bowel movements.

They suffered from dry coughing without being able to bring up any mucous. Everything was blocked.

It greatly encourages them when suddenly, in all these symptoms, the surface-active fats, with their wealth of electrons, start

So Why Do You Get Cancer? Section 4: Dr. Johanna Budwig

reactivating the vital functions and the patient immediately begins to feel better.

It is very interesting to ask how this sudden change is possible. It has to do with the reaction patterns, with the character of electrons.

I will return to these electrons later. In the last two years, I have come to be very fond of them. A friend of my work in Paris, wrote to me how wonderful it is that you have discovered the original birthplace of the electrons in seed oils to be the sun. That's how these connections are made!"

Two-Nutrient Cancer Breakthrough...

Decades ago, European research scientist **Dr. Johanna Budwig**, a six-time **Nobel Award nominee**, discovered a totally natural formula.

It not only protects against the development of cancer, but fights existing cancer as well.

People all over the world who were diagnosed with incurable cancer and sent home to die have greatly benefited from this research and went on to lead normal lives-- thanks to this amazing formula.

THE BUDWIG FLAX OIL DIET

The **Flaxseed (Linseed) oil diet** was originally proposed by Dr. Johanna Budwig, a German biochemist and expert on fats and oils, in 1951 and recently re-examined by **Dr. Dan C. Roehm M.D. FACP (Oncologist and former cardiologist)** in 1990.

Dr. Roehm claims: "this diet is far and away the most successful anti-cancer diet in the world".

Budwig claims that the diet is both a **preventative** and a **curative**.

*She says the absence of **linol-acids** [in the average western diet] is responsible for the production of **oxydase**, which induces cancer growth and is the cause of many other chronic disorders.*

*The beneficial **oxydase ferments** are destroyed by heating or boiling oils in foods, and by **nitrites** used for preserving meat, etc*

*The theory is: the use of oxygen in the organism can be stimulated by protein compounds of **sulphuric** content, which make oils water-soluble and which is present in cheese, nuts, onion and leek vegetables*

So Why Do You Get Cancer?

Section 4: Dr. Johanna Budwig

such as leek, chive, onion and garlic, but especially cottage cheese.

Ferments of cell respiration closely connected with the highly unsaturated fatty acids, are also needed for proper **oxidation**.

It is essential to use only unrefined, cold-pressed oils with high linolic acid content, such as linseed, sunflower, soya, poppy seed, walnut, and corn oils.

Such oil should be consumed together with foods containing the right proteins otherwise the oils will have the OPPOSITE EFFECT, causing more harm than good.

The best combination is cottage cheese and linseed oil or flaxseed oil. The linseed or flaxseed may be freshly ground.

Carbohydrates containing natural sugar, such as dates, figs, pears, apples and grapes, are also included in the diet. Honey is also beneficial.

Most of the synthetic vitamin A preparations are bad because they contain oxidation products, but much **carotene** as **provitamin A** (from carrot) is consumed. **Vitamin B** from buttermilk, yogurt, and natural yeast is beneficial.

A person requires daily about 4 oz. of organic cottage cheese mixed well with 1.5 oz. of linseed (flaxseed) oil and 1 oz. of milk. A blender or egg beater works fine. The mixture can be sweetened with honey or otherwise flavored naturally. Fresh fruits can be added.

Every morning, 2 spoonfuls of freshly ground linseed oil should be taken in luke-warm buttermilk or yogurt.

The diet is indicated for all kinds of chronic diseases, especially heart ailments (**coronary thrombosis**), **gall disorders, diabetes, arthritis, and malignancies.**

It improves failing hearing and sight. It is the ideal nutrient for children and infants.

Dr. Roehm in his studies states that "*What she (Dr. Johanna Budwig) has demonstrated to my initial disbelief but lately, to my complete satisfaction in my practice is:*

The cancer cell is weak and vulnerable; the precise biochemical breakdown point was identified by her in 1951 and is specifically correctable, in vitro (test-tube) as well as in vivo (real)... "(Roehm, "Townsend Letter for Doctors", July 1990)

CANCER IS EASILY CURABLE, the treatment is dietary/lifestyle, and the response is immediate.

After 30 years of study, Dr. Budwig observed that the blood of seriously ill cancer patients was deficient in certain nutrients.

It was the lack of these nutrients that allowed cancer cells to grow out of control.

Flaxseed and linseed oil is the same – flaxseed is the American name – linseed is the German name.

So Why Do You Get Cancer?

Section 4: Dr. Johanna Budwig

By simply eating a combination of two natural and delicious foods not only can cancer be prevented – but, in case after case, it was actually healed!

"Symptoms of cancer, liver dysfunction, and diabetes were completely alleviated." Remarkably, what Dr. Budwig discovered was a totally natural way for eradicating cancer.

However, when she went to publish these results so that everyone could benefit -- she was blocked by drug manufacturers who stood to lose a lot of money.

Since natural substances cannot be patented, drug companies won't make money by marketing them. For decades now her methods have proved effective -- yet she is denied publication -- blocked by the giants who don't want you to read her words.

Flax Seeds may also be used. Seeds need only be cracked in a food blender, or they may be ground in a coffee grinder. One needs three times the amount of seed to get the oil equivalent.

Seeds are high in calories, so one may gain weight. The seeds are also high in soluble fiber, so blending with liquid tends to produce ever-hardening "jellies".

Fresh-cracked seed sprinkled on muesli & eaten promptly tastes great.

"The **red blood cells** in the lungs give up **carbon dioxide** and take on **oxygen**. They are then transported to the cell site via the blood vessels, where, they release their oxygen into the plasma.

"The released oxygen is "attracted" to the cells by the "resonance" of the **pi-electron** oxidation-enhancing fatty acids".

Otherwise, oxygen cannot work its way into the cell. "Electron rich fatty acids" play the decisive role in "**respiratory enzymes**, which are the basis of cell oxidation...".

Dr. Budwig was very emphatic about "Don't eat anything hydrogenated (like margarine, or fried foods) as it defeats oxygenation. Avoid products that say "hydrogenated".

She emphasized that "We should eat essential **polyunsaturated fatty acids** to enhance **oxygenation**. They can be found naturally in **Carotene, Saffron, and Flaxseed oil.**"

Who is Dr. Johanna Budwig?

Dr. Johanna Budwig is known and highly respected around the world as Germany's premier biochemist.

In addition, Dr. Budwig holds a Ph.D. in Natural Science, has undergone medical training, and was schooled in **pharmaceutical science, physics**, botany and biology. In all courses, this brilliant scientist excelled.

She is best known for her extensive research on the properties and benefits of flaxseed oil combined with **sulphurated proteins (yogurt, cottage cheese, etc.)** in the diet.

So Why Do You Get Cancer?

Section 4: Dr. Johanna Budwig

Over the years Dr. Budwig has published a number of books on the subject, including "Cancer--A Fat Problem," "The Death of the Tumor," and "True Health Against Arteriosclerosis, Heart Infarction & Cancer."

Dr. Budwig has assisted many seriously ill individuals, even those given up as terminal by orthodox medical practitioners, to regain their health through a simple regimen of nutrition.

The basis of Dr. Budwig's program is the use of flaxseed oil blended with low-fat cottage cheese.

In the mid 1950's, Dr. Budwig began her long and meticulous research on the importance of essential fatty acids (linoleic and linolenic) in the diet. Her subsequent discoveries and announcements sparked mixed reactions.

While the general public was eager for this astounding information, German manufacturers of commercial dietary fats (margarine, hard shortening, vegetable oils) went to extremes to prevent her from publishing her findings.

Fortunately, while Dr. Budwig's vital announcements were initially met with resistance backed by those with financial stakes in the commercial fats industry, her persistence paid off.

Today, Dr. Johanna Budwig is world renowned for her important discoveries on the benefits of flaxseed oil. Her fame preceded her as she lectured all over Europe.

Fats-Good and Bad

Dr. Johanna preached against the use of what she calls "pseudo" fats.

These harmful fats go by a number of names, including "**hydrogenated**," "**partially hydrogenated**" and even "**polyunsaturated**."

In order to extend the shelf life of their products, manufacturers use chemical processes that render their food products harmful to the body.

The chemical processing of fats destroys the vital electron cloud within the fat. Once the electrons have been removed, these fats can no longer bind with oxygen, and they actually become a harmful substance deposited within the body. The heart, for instance, rejects these fats, and they end up as inorganic fatty deposits on the heart muscle itself.

Chemically processed fats are not water-soluble when bound to protein. They end up blocking circulation, damage heart action, inhibit cell renewal and impede the free flow of blood and **lymph fluids**.

The bio-electrical action in these areas slows down and may become completely paralyzed. The entire organism shows a measurable loss of electrical energy which is replenished only by adding active lipids to the diet.

So Why Do You Get Cancer?

Section 4: Dr. Johanna Budwig

These nutritional fats are truly vital for man and beast alike.

Science has proven that fats play an important role in the functioning of the entire body.

Fats (lipids) are vital;

- for all growth processing,
- renewal of cells,
- brain and nerve functions,
- even for the sensory organs (eyes and ears), and
- for the body's adjustment to heat, cold and quick temperature changes.

Our energy resources are based on lipid metabolism. To function efficiently, cells require true polyunsaturated, live electron-rich lipids, present in abundance in **raw flaxseed oil**.

Lipids are only water-soluble and free-flowing when bound to protein; thus the importance of protein-rich cottage cheese.

True polyunsaturated fats greedily absorb proteins and oxygen and pump them through the system.

When high quality, electron-rich fats are combined with proteins, the electrons are protected until the body requires energy. This energy source is then fully and immediately available to the body on demand, as nature intended.

Proven Benefits Still Pouring In

Since Dr. Johanna Budwig's findings on the benefits of flaxseed oil have been widely publicized, scientists around the world have eagerly jumped on the bandwagon.

Studies conducted using flaxseed oil on numerous disorders has been pouring in from all over the world, showing impressive results.

These results include:

- anti-tumor activity,
- increased metabolism,
- greatly boosted immune system,
- reduced cholesterol levels,
- normalized blood pressure levels and
- inhibition of cancer cell growth.

Books, research reports, articles and testimonials abound, all touting the healthy benefits achieved by supplementing the diet with organic, raw, cold-pressed flaxseed oil with low-fat cottage cheese.

Dr. Budwig's research was based on using the ratio of 2 tablespoons flaxseed oil mixed with one-quarter cup of low fat cottage cheese.

Backed with all this extensive research, the indisputable fact is: Supplementing your diet

So Why Do You Get Cancer? Section 4: Dr. Johanna Budwig

daily with flaxseed oil combined with **sulphurated proteins** could very well be the most important thing you do for yourself every day.

Following are some Testimonials of individuals following Dr. Johanna Budwig's protocol:

Dr. Ernst

Seventeen years ago Dr. Ernst had developed cancer for which he had major surgery requiring removal of his stomach. Two years later he had a recurrence of the cancer and was offered chemotherapy as the only available remedy. There was little hope for survival as virtually all individuals with recurrence of this type of cancer rarely last a year. Dr. Ernst knew that chemotherapy was not only ineffective for his type of cancer but completely destructive of the quality of life, so he refused.

He turned to Dr. Budwig and her formula for help. He religiously followed Dr. Budwig's formula and fifteen years later has not had any recurrence of cancer. As a matter of fact he seemed to me to be in perfect health and is tireless for a man in his late seventies.

Maria W.

Maria W. tells her story in her own words: "I was told by the most expert of doctors that I would have to be operated on to cut out the cancerous tumor that was causing a swelling under my eye. They explained that the size of the tumor was much greater inside and that there was very serious bone involvement. The malignancy was too far advanced to respond to radiation treatment. The doctors planned to remove considerable facial tissue and bone. I was afraid for my life, but being a young woman, couldn't bear the thought of such disfigurement.

When I heard about Dr. Budwig's natural formula, I was skeptical but desperate for help. After four months on this regimen, the swelling under my left eye completely disappeared. The doctors at the University hospital gave me many exhausting tests. One told me, 'If I didn't have your previous x-rays and medical history in front of me, I wouldn't believe that you ever had cancer. There is hardly any indication of a tumor remaining.' I never thought using Dr. Budwig's formula would be so successful. My whole family and I are very grateful."

Sandy A.

An examination of Sandy A. revealed arachnoidal bleeding due to an inoperable brain tumor. The doctors informed Sandy that he was beyond medical help. At his expressed wish, Sandy was discharged from the hospital and sent home to die in peace. A friend brought Dr. Budwig's formula to Sandy's attention.

Sandy writes. "Since I went on the Budwig regimen, the paralysis of my eyes, arms, and legs has receded daily. After only a short period of time, I was able to urinate normally. My health improved so rapidly that I was soon able to return to my work part-time.

So Why Do You Get Cancer? Section 4: Dr. Johanna Budwig

Shortly after that, I was again examined at the Research Center and my reflexes were completely normal. The Budwig diet saved my life!

Ten years later, I was given a thorough examination at the Center as a follow-up. My incredible recovery has been written up in many medical journals and I have become what they call a 'textbook case,' and all because of Dr. Johanna Budwig's simple diet."

Timmy G.

Seven years ago Timmy G. was diagnosed as having Hodgkins disease. The child was operated on and underwent 24 radiation treatments, plus additional experimental therapies that the experts hoped would be of some small help. When Timmy failed to respond favorably to these heroic measures, he was discharged as incurable, and given six months to live and sent home to die. The desperate parents contacted specialists all over the world.

A famous newspaper took up Timmy's cause and ran editorials pleading for someone to come forth who could offer hope for the life of a child. All the specialists who replied confirmed the cruel prognosis: There was no hope or help for Timmy. At this dark hour the miracle the family had prayed for happened!

Timmy's mother told her story to the press: "A friend sent me a printed piece about one of Dr. Budwig's speeches. This material gave us hope and I contacted Dr. Budwig. In just five days, (on the Budwig regimen) Timmy's breathing became normal for the first time in almost two years. From this day on, Timmy began to feel good again. He went back to school, started swimming and by winter he was doing craft work. Everyone who knows him says how well he looks." At age 18 Timmy is showing great promise in his university work. He knows he owes his life to Dr. Budwig and thanks her daily in his prayers.

By simply mixing these two delicious foods together and eating them you will be providing yourself and your family with the optimal preventive nutritional protection against cancer and other disease.

Dr. Budwig's Basic recipes.

QUARK

Quark is a cultured low or non-fat dairy product (similar to Yogurt or Cottage cheese) widely distributed throughout Europe but relatively more difficult to find in North America. Quark, Yogurt, Cottage Cheese or Skim Milk contains plentiful amounts of sulphur-rich proteins which work co-operatively with essential Fatty Acids found in Flax Oil.

Dr. Budwig recommends high quality Dairy Products, low in fat with no salt. These products may be found in Natural Health Food Stores.

So Why Do You Get Cancer?

Section 4: Dr. Johanna Budwig

LINOMEL™

Linomel is a brand name and originally created and patented by Dr. Budwig. It is a cereal made from cracked Flax seed, a small amount of honey and a little milk powder.

In William Fishcer's book "How to Fight Cancer and Win" he outlines a simple substitute for Linomel. Using a small food processor (or coffee grinder) he recommends grinding flax seed and adding a small amount of honey at a 6:1 ratio. Honey is optional.

Basic Recipe

¼ cup Organic Cottage Cheese (2% if desire to cut calories)
2 T. Flaxseed Oil

Blend in blender.

You may add organic fruit or vegetables and limited raw organic honey.

Eat three times a day for several weeks. I did it for six weeks and then cut down to eating in once a day. You will most likely see major changes in energy, health, and vitality.

Most people heal very quickly of sores, ulcers, and other internal challenges.

It has had an amazing affect on my health. Many people have followed this protocol and have experienced healing of many different diseases.

One individual was given less than 3 weeks to live. A week had gone by when I was contacted. He was no longer able to communicate effectively as the cancer had affected his mental capacities. He had been told by the hospice nurse that he would most likely rupture his lung by a sneeze, cough, or hiccup, and bleed to death.

We immediately started him on the above recipe. Within a week he was communicating easily with his family. There were many other improvements throughout the following weeks.

He did die, however his death was very quite and peaceful. Many will ask if Dr. Budwig's protocol is so successful why one would use Dr. Max Gerson's Therapy.

As you consider all that Dr. Budwig had to share you will find she was an advocate of fresh organic fruits and vegetables. Dr. Max Gerson went on to discover the importance of juicing and eating a balanced diet. I believe both protocols are very important in bring our bodies into a full balance of nutritional needs.

The next section will describe in more detail Dr. Max Gerson's therapy and the Gerson Therapy is known world wide for its success.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

Section 5: Healing Your Body with the Gerson Therapy

Research put forth by the seven-time Nobel prize candidate Johanna Budwig, PhD., of Freudenstadt-Dietersweiler, Germany, shows that the omega-3 fatty acids in flax kill human cancer cells in tissue cultures without destroying normal cells in the same culture.

Before Dr. Budwig published her groundbreaking works, Dr Gerson, first in Germany, then in Austria, and finally in the United States, was applying nutritional knowledge he had gleaned about fats and oils for his patients' illnesses.

Today, the Gerson therapy menu plan is being used by the American Cancer society (ACS).

Yes, it duplicates the illness prevention diet advocated today by that same ACS, which once had condemned Dr. Gerson and blacklisted his therapeutic diet.

Moreover, the National Cancer Institute (NCI) and the American Heart Association (AHA) both encourage the use of a modified version of the Gerson eating program.

The diet works well against chronic diseases of many types but especially for the production of remissions in various malignancies.

The Goal Of The Gerson Therapy Is To Restore All Essential Organs.

The Gerson therapy is a natural, contemporary, biological treatment, either self-administered at home or under physician supervision, which uses the body's own healing mechanisms for the elimination of debilitating ailments.

It was introduced to Western industrialized nations more than sixty years ago by Max Gerson, M.D.

This revolutionary dietary program was so far advanced at the time of its development that no scientific rationale was available to explain why it produced reversal of chronic and infectious diseases.

But because it actually cured patients with advanced tuberculosis, diabetes, migraines, heart disease, cancer, arthritis, skin disorders, and numerous other life-threatening conditions, the Gerson Therapy has long since established itself as a major contributor to the medical field.

A question that you may be asking is why we haven't heard about this nutritional protocol that has saved literally thousands of lives.

On July 1-3, 1946, Dr. Gerson went before the US Senate to present his impressive testimony. After two Washington, D.C. – based investigators, a physician and an attorney, reported back that Dr. Max Gerson did, indeed, have a successful treatment for cancer for the first time in history.

Dr. Gerson came before the subcommittee of the Senate Committee on Foreign Relations of the Seventy-ninth Congress.

However, massive numbers of lobbyists for the immensely wealthy Pharmaceutical Manufacturers' Association (PMA), the American Medical Association (AMA), and the

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

American Cancer Society (ACS) prevailed on reports to ignore the Gerson press conference and attend a cocktail party instead where free food would be served and libations would be flowing.

The only reporter who preferred to hear the Gerson presentation was ABC newscaster Raymond Gram Swing. During WWII, Mr. Swing had been a famous war correspondent. He chose to present some of the information shared by Dr. Gerson on a successful cancer cure on the ABC Network.

Shortly after the end of the broadcast, the executive directors of pharmaceutical companies producing cytotoxic agents for cancer treatment – members of the PMS -- threatened to cancel all radio advertising contracts for their drugs sold over the counter, an annual loss in revenue for ABC amounting to tens of millions of dollars.

Within two weeks of that fateful radio broadcast which apprised people of a potential cure for cancer, and after thirty years at the same job, Raymond Gram Swing was fired from his position as a newscaster for the ABC network.

You might also wish to know what happened to the Senate's 227-page Pepper-Neely anticancer bill of 1946 – Document No. 89471.

By efforts of the lobbyists working with four senators who were also medical doctors, the bill was defeated.

It is my purpose as I walked through the Gerson Protocol and had health and life return, to share with each of you.

Cancer, a specific cluster of body cells undergoing uncontrolled cell division and multiplication, is the ultimate example of a degenerative disease in progress.

Laboratory researchers have started discovering dozens of new chemicals in common fruits and vegetables.

In test tube and animal studies, these obscure compounds were exhibiting a remarkable ability to disrupt the formation of malignant and benign tumors.

Today our knowledge of such phytochemicals (compounds of plant origin) is exploding. And as scientists learn more about the chemistry of plants and other edibles, they are growing increasingly hopeful about sparing people from being struck by malignancies.

It is a reality that improvements in diet, nutrition, and general lifestyle are the wave of the future for beating degenerative diseases of all types.

The Underlying Nutritional Concept of Dr. Max Gerson

Dr. Gerson's therapeutic program seeks to regenerate an ailing body and bring it back to health by flooding the sick patient with nutrients and adopting other modalities.

Today, document No. 89671 is stored in boxes and gathers dust in the archives of the U.S. Government Printing Office.

We are now watching millions of people die each year from cancer or the side effects of cancer. Why – Why??

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

The nutrients come from raw juices plus raw and cooked solid organic vegetarian foods generously consumed.

Inasmuch as the underlying nutritional concept of Dr. Max Gerson – proven by clinical studies cited in our text – is that an oxygen deficiency in the blood contributes to degenerative diseases, his treatment invariably brings about a doubling of circulatory oxygenation.

The Gerson Therapy also stimulates

- metabolism,
- eliminates toxins,
- and restores sluggish waste-removal functions of a patient's liver and kidneys.

Thus, by

- using liberal amounts of high-quality nutrition,
- increasing the patient's oxygen availability,
- reinvigorating the entire organism with a well-functioning metabolism,
- and improving
 - cellular detoxification,
 - one's suppressed immune system,
 - imperfect physiology,
 - muddled mind,
 - and dysfunctional brain
 - and other essential organs are encouraged to regenerate toward homeostasis once again.

Dr. Gerson's healing program is advantageous for overcoming nearly every illness. For malignancies especially, it is effective and far superior to cancer chemotherapy.

Statistically, for instance, chemotherapy boasts an overall remission rate on average of 12%, but the Gerson Therapy offers total remission success on average for up to 42% of its participating, largely terminal cancer patients.

Better than any other treatment method, the Gerson therapy nutrition program more significantly affects ill people and can bring about reversal of their diseases.

It works permanently, in a surer manner than all other known therapies, including cytotoxicology (chemotherapy), immunology, pharmacology, roentgenology (radiation therapy), and other

usual procedures provided by conventionally practiced allopathic (traditional) medicine.

The goal of the Gerson Therapy is to restore all essential organs.

Synopsis of the Gerson Therapy Nutrition Program

Best represented by its dietary component, the Gerson therapy recommends a low-fat, salt-free program of food consumption to supply the body's cells with easily assimilated nutrients for strengthening one's natural immune defenses.

To prevent or correct most of the fifteen hundred known degenerative diseases, the Gerson Therapy offers an ideal way to eat.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

In our modern society of processed packaged foods frequently containing preservatives, additives, dyes, and sometimes outright carcinogens, all forced upon us by accompanying massive amounts of media propaganda and advertising, the Gerson Therapy admittedly presents a difficult dining program to follow.

Yet if a sick person is serious about recovery, then adopting the Gerson therapeutic technique does assure the restoration of wellness.

At the core of the Gerson therapy is its diet, which includes dining on organically grown fresh fruits and vegetables and drinking thirteen glasses of freshly squeezed juices daily, taken at hourly intervals.

The emphasis on organic fresh fruits and vegetables means the individual receives elevated levels of minerals, enzymes, beta carotene, vitamins A and C, and other antioxidants that scavenge free radicals.

Yet these foods are recommended to contain no residual pesticides and fungicides. Most of the diet's followers consume huge amounts of naturally occurring photochemical that scientists have discovered are a true preventer of chronic degenerative diseases.

Gerson Therapy individuals also use supplements such as thyroid extract, potassium, iodine, liver extract, pancreatic enzymes, and niacin (nicotinic acid or vitamin B3).

No meat is allowed. According to the Gerson therapeutic program, all animal protein is omitted for the person who is ill during the first six to twelve weeks of treatment, and it's kept to a minimum thereafter.

The diet is largely fat-free but includes some nonfat and unflavored yogurt, nonfat and unsalted pot cheese, cottage cheese, and churned buttermilk with available (otherwise use nonfat yogurt), as well as flaxseed oil.

Dr. Gerson emphasized the rebalancing of a patient's entire physiology. He believed cancer to be a systemic disease, rather than a localized disease, as was an erroneous, but popular, notion among health care professionals in the 1930s and 1940s.

His writings indicated he intended that the therapy should reverse any conditions sustaining the growth of malignant cells, and restore those cells dysfunctioning from other forms of pathology.

The Detoxification Component

But the Gerson Therapy consists of more than an eating program. It is actually divided into three primary components.

1. As mentioned, it contains an intensive menu plan of nourishment to flood the body with healing nutrients naturally present in the best quality of organically grown vegetarian foods.

The Gerson Therapy does accomplish reversal for most types of degenerative diseases including cancer; in particular, it produces the most dramatic positive results in lymphoma and melanoma.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

2. It provides the means for the body's complete detoxification of wastes and metabolic poisons (enzyme inhibitors) that interfere with healing and normal metabolism.
3. It requires supplementation of the diet with just a few specific nutrients.

For the body detoxification component, Dr. Gerson's procedures employ coffee enemas, which patients self-administer several times daily.

The coffee enema makes a lot of sense physiologically.

Cancer patients and all others suffering from the life-threatening metabolic illnesses, die not of the disease process itself, but rather from the liver's inability to eliminate toxic breakdown products.

These toxic breakdown products are caused by the rapidly dissolving tumor masses generated by the effects of the Gerson therapy, or from the healing reactions of formerly dysfunctional cells.

Caffeine taken rectally stimulates the liver's action, increases bile flow, and opens bile ducts so that one's liver can excrete the toxic products of metabolic improvement more easily.

Coffee enemas are excellent for preventive medicine as well as for treatment. They also bring about remarkable pain relief. This will be discussed more in detail later.

As a further aid to detoxification and part of the component involving food supplementation, Dr. Gerson's procedures require the use of a few food supplementations.

The procedures require the use of a few orally self-administer dietary supplements every day or every other day. In some specific situations where patients suffer from severe vomiting and disturbances in the upper digestive tract, these supplements may be administered rectally for easier absorption.

The best way to correct the cancer problem is through the application of dietary improvements, nutrients, whole body detoxification, and overall nutritional therapy.

How cancer is developed in our Body

Throughout our lives our bodies are being filled with a variety of disease and cancer causing pollutants.

"I See in Dr. Gerson one of the most eminent geniuses in the history of medicine."

Nobel Prize Laureate and
former Gerson patient
Albert Schweitzer, M.D.

These toxins reach us through the air we breathe, the food we eat, the medicines we take and the water we drink.

As more of these poisons are used every day and cancer rates continue to climb, being able to turn to a proven, natural, detoxifying treatment like the

Gerson Therapy is not only reassuring, but necessary.

The Gerson Therapy is a powerful, natural treatment that boosts your body's own immune system to heal cancer, arthritis,

An abundance of nutrients from thirteen fresh, organic juices are consumed every day, providing your body with a superdose of enzymes, minerals and nutrients.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

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.

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.

Over 200 articles in respected medical literature and thousands of people cured of their "incurable" diseases document the Gerson Therapy's effectiveness.

Although its philosophy of cleansing and reactivating the body is simple, the Gerson Therapy is a complex method of treatment requiring significant attention to detail.

The Gerson Therapy is one of the few treatments to have a 60 year history of success.

While many patients have made full recoveries practicing the Gerson Therapy on their own, for best results we encourage starting treatment at a Gerson Institute licensed treatment center.

The Gerson Therapy is a state of the art, contemporary, alternative and natural treatment which utilizes the body's own healing mechanism in the treatment and cure of chronic debilitating illness.

When it was introduced to the world by Max Gerson, M.D., the dietary therapy was so far ahead of its time that there were almost no rationales available in the scientific literature to explain how it could produce cures in chronic as well as infectious diseases.

But, because it did cure many cases of advanced tuberculosis, heart disease, cancer and numerous lesser conditions, the Gerson Therapy was established as a major contribution to the medical field, through the publication of articles in peer reviewed medical literature cancer-research.net/GersonPubs.html.

Gerson first published on the topic of cancer in 1945, almost forty years before the adoption of the current official U.S. National Cancer Institute program on diet, nutrition, and cancer.

Max Gerson treated many hundreds of patients and continued to develop and refine his therapy up until his death in 1959, at the age of 78.

His most famous patient was Dr. Albert Schweitzer, whom Gerson cured of advanced diabetes when Schweitzer was 75. Schweitzer returned to his African hospital, won the Nobel Prize, and worked past age 90. Schweitzer wrote "I see in Dr. Gerson one of the most eminent geniuses in the history of medicine."

Most recently, Dr. Gerson was recognized as a pioneer in his field when he was inducted into the Orthomolecular Medicine Hall of Fame in Ottawa, Canada on May 14, 2005.

Max Gerson said "Stay close to nature and its eternal laws will protect you."

He considered that degenerative diseases were brought on by toxic, degraded food, water and air.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

He joined seven other giants of medicine whose seminal work has been influential in the medical and scientific worlds, and are considered pioneers in their respective fields.

It is rare to find cancer, arthritis, or other degenerative diseases in cultures considered "primitive" by Western civilization. Is it because of diet? The fact that degenerative diseases appear in these cultures only when modern packaged foods and additives are introduced would certainly support that idea.

The Gerson Therapy seeks to regenerate the body to health, supporting each important metabolic requirement, by flooding the body with nutrients from almost 20 pounds of organically grown fruits and vegetables daily.

Most is used to make fresh raw juice, one glass every hour, 13 times per day.

Raw and cooked solid foods are generously consumed.

Oxygenation is usually more than doubled, as oxygen deficiency in the blood contributes to many degenerative diseases.

The metabolism is also stimulated through the addition of thyroid, potassium and other supplements.

It is also important to avoid heavy animal fats, excess protein, sodium and other toxins.

Degenerative diseases render the body increasingly unable to excrete waste materials adequately, commonly resulting in liver and kidney failure. To prevent this, the Gerson Therapy:

- Uses intensive detoxification to eliminate wastes,
- regenerates the liver,
- reactivates the immune system and
- restores the body's essential defenses - enzyme, mineral and hormone systems.

With generous, high-quality nutrition, increased oxygen availability, detoxification, and improved metabolism, the cells - and the body - can regenerate, become healthy and prevent future illness.

No treatment works for everyone, every time. Anyone who tells you otherwise is not giving you the facts.

We know that when you have been diagnosed with a life-threatening ailment, choosing the best strategy for fighting your illness can be a bewildering task.

Everyone claims to have either "the best treatment", "the fastest cure", or "the only therapy that works."

No matter how many opinions you receive on how to treat your disease, you are going to make the final decision on what to do.

And, you must be comfortable with your decision. Choose a treatment that makes the most sense to you.

In most cases your trusted family physician only has knowledge of conventional treatments, and is either unaware of, or even hostile toward, alternative options.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

Most therapies, conventional or alternative treat only the individual symptoms while ignoring what is ultimately causing the disease.

The reason the Gerson Therapy is effective with so many different ailments is because it restores the body's incredible ability to heal itself. Rather than treating only the symptoms of a particular disease, the Gerson Therapy treats the cause of the disease itself.

Although we feel the Gerson Therapy is the most comprehensive treatment for disease, we don't claim it will cure everything or everyone.

Although the Gerson Institute does not own or operate any medical facilities, the Gerson Institute does refer patients to clinics which are fully licensed by the Gerson Institute to provide the Gerson Therapy.

Whether you plan to follow the treatment in your own at home, would like to schedule admittance to a clinic, or simply have questions about the Therapy, we encourage you to contact one of the Gerson Institute client service representatives at the Gerson Institute.

Caution: Do not start the Gerson Therapy without the supervision of a Gerson practitioner if any of the following conditions apply:

- Chemotherapy
- Diabetes
- Brain metastases
- Severe kidney damage
- Foreign bodies such as pacemakers, breast implants, steel plates or screws.

Patients must be able to eat, drink and eliminate normally.

The Gerson Therapy cannot be administered to organ transplant recipients.

Juicers

Juicing is an essential component of the Gerson Therapy.

We do not recommend the use of any centrifugal-type juicers for Gerson individuals.

Other non-centrifugal juicers may be used for health maintenance or non-cancer diagnoses.

To ensure reliable results, the Gerson individual will need to purchase an appropriate juicer.

Dr. Gerson's research indicates that cancer patients must have a two- stage juicer with a separate grinder and hydraulic press. One-step juicers generally do not produce the same quality of enzyme, mineral or micronutrient content, and some patients have failed to experience results simply by using the wrong juicer.

If you are interested in learning more about the press-type juicers, please contact the Norwalk Juicer Representatives, Richard Boger or Gisela Summer at 1-800-405-8423/760-436-9684 outside the US. You also may go to www.norwalk.com.

The Gerson Diet

The Gerson diet is naturally high in vitamins, minerals, enzymes, micro-nutrients, extremely low in sodium and fats, and rich in fluids.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

The following is a typical daily diet for a Gerson therapy individual on the full therapy regimen:

- Thirteen glasses of fresh, raw carrot/apple and green-leaf juices prepared hourly from fresh, organic fruits and vegetables.
- Three full vegetarian meals, freshly prepared from organically grown fruits, vegetables and whole grains. A typical meal will include salad, cooked vegetables, baked potatoes, vegetable soup and juice.
- Fresh fruit and fresh fruit dessert available at all hours for snacking, in addition to the regular diet.

Gerson Therapy Medications/Supplements

All medications used in connection with the Gerson Therapy are classed as biologicals, materials of organic origin, that are supplied in therapeutic amounts:

- Potassium compound
- Lugol's solution (Iodine)
- Vitamin B-12
- Thyroid hormone
- Injectable Crude Liver Extract
- Pancreatic Enzymes
- Enemas of coffee and/or chamomile

It is important to use these medications in accordance to your body needs. You may purchase the Gerson Therapy Handbook from the Gerson Institute, or make arrangements with a Gerson approved practitioner to assist you in the amounts of each of the above medications/supplements.

Gerson Therapy Detoxification

A very important part of the Gerson Therapy is frequent detoxification of the tissues and blood.

The scientific basis for the use of coffee enemas is well documented, and can be obtained from the Gerson Institute.

Individuals report that the enemas decrease pain and hasten healing.

Biologically, enzyme systems of the gut wall and liver are stimulated, and bile flow is increased.

This has been shown to enhance the body's ability to eliminate toxic residues from environmental, chemotherapeutic, and other sources.

Tumor and other diseased tissue are also more rapidly eliminated as it is broken down.

Other means of detoxification include castor oil, used as an additional stimulant of bile flow and as another way to enhance the liver's ability to filter blood.

This is accomplished through a variety of means, first and foremost through the use of coffee enemas.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

In addition, digestive enzymes serve to enhance absorption of nutrients as well as assist in the elimination of damaged tissue.

Individuals must have a complete understanding of the Gerson Therapy so that they may effectively continue the regimen at home after leaving the treatment center.

I studied the books and worked with a Gerson Institute recommended practitioner and did everything within the confines of our home. It was a lot of work for our family however it was lifesaving for me and our family.

If you choose to go to the Gerson Institute, the following are examples of educational opportunities at a typical licensed Gerson facility:

- Gerson-trained physicians and/or educators present lectures and instruction on healing reactions and medication uses.
- Charlotte Gerson and/or other senior Gerson Institute staff members lecture on the theory and practice of the Gerson Therapy, scientific rationales and relevant research. I ordered a video series and learned from the confines of our home.
- Instruction and demonstration of two-piece, press-type juicers, such as the Norwalk Juicer. You may choose to order the videos.
- Videotapes of lectures by Charlotte Gerson, other Gerson Institute staff, and Gerson-trained physicians are available for viewing at any time. I ordered the video series from the Gerson Institute.
- Regular, individualized consultation with your Gerson physician on the specifics of your condition and any necessary modifications to the treatment.
- During this time, any specific questions you have may be addressed.

Health Problems Successfully Treated by the Gerson Therapy

Taken from the Gerson Therapy Book, p. 21

Unquestionably, the Gerson Therapy works toward correcting almost any degenerating illness.

Thus, Dr. Gerson recognized that:

- he was no longer treating a disease
- he was helping the body to heal itself of nearly all dysfunctions.
- he was no longer treating symptoms but the patient's underlying problem
- he was taking a completely different direction from the usual approach of orthodox medicine --- the suppression of symptoms.

See below for the health problems successfully treated by the Gerson Therapy.

1. Acne

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

2. Addictions
3. AIDS
4. Allergies
5. Anemias
6. Ankylosing spondylitis
7. Arthritis
8. Asthma
9. Cancers and leukemias
10. Candidiasis
11. Chemical sensitivities
12. Chronic fatigue syndrome
13. Constipation
14. Crohn's disease
15. Cushing's syndrome
16. Depression/panic attacks
17. Diabetes
18. Emphysema
19. Endometriosis
20. Epilepsy
21. Fibroids
22. Fibromyalgia
23. Genital herpes
24. Gout
25. Heart and artery diseases
26. Hemorrhoids
27. Hepatitis
28. High Blood pressure
29. Hyperactivity
30. Hypoglycemia/hyperglycemia
31. Immune deficiency
32. Infertility
33. Intestinal parasites
34. Kidneys disease
35. Liver cirrhosis
36. Lyme disease
37. Lupus erythematosus
38. Macular degeneration
39. Migraine
40. Mononucleosis
41. Multiple sclerosis
42. Obesity
43. Ocular histoplasmosis
44. Osteomyelitis
45. Osteoporosis
46. Phlebitis
47. Premenstrual syndrome
48. Psoriasis
49. Shingles
50. Stoke
51. Tuberculosis
52. Ulcerative colitis

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

Coffee Enemas

It is important to remember that coffee enemas work in conjunction with juicing in healing the body of cancer. Coffee enemas work exceedingly well in detoxifying the liver by the removal of body waste thereby beginning the process of reversing cancer.

Coffee enemas work exceedingly well to overcome the inflammatory aches and pains of arthritis, cancer, and other painful body degenerations.

Remember we are treating the whole body and to **separate out any one part of Dr. Gerson's nutritional program and use it singularly will often bring more challenges to your body.**

Coffee enemas are a way to remove circulating toxins and partial metabolites by dilating bile ducts and cleansing the liver.

See [Liver](#) for more detail on the workings and importance of the liver.

Dr. Gerson believed that the liver is our most important organ for maintaining the body's biochemistry for health as well as overcoming degenerative diseases, cancer in particular.

Dr. Gerson further found that the cellular systems and body tissues also excreted waste products accumulated over many years from the taking in of:

- Poor air
- Bad water
- Food additives and chemicals
- Viruses
- Germs
- And other toxic items

In order not to overload the liver, which filters these poisons out of the blood, he found a way to open the bile ducts and help the liver to release the body's accumulated poisons by means of his renowned coffee enemas. For more information on the liver and its function see [Biological Basis for Coffee Enemas](#).

A welcomed additional benefit of detoxifying the liver is that pain relief quickly occurred following the coffee enemas as the liver released cellular toxins.

It was discovered that without such a waste-removing method, the liver was unable to handle the toxic load escaping from all dysfunctional cells.

The liver could be poisoned and become even more ineffective in caring for the body.

In terminally ill cancer patients, Dr. Gerson observed their toxicities to be so severe that he decided to apply such coffee enemas as frequently as every four hours. The enemas worked as a primary means of detoxification.

I shuttered and cried when I realized that I had to fit coffee enemas into my daily routine. I worked a full time job! How could I do this at work? This is old fashioned, something my ancestors did. Surely there had to be another way. I continued reading and allowing my spirit and wisdom to override my emotions and feelings.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

As I began to detoxify my liver through coffee enemas, my blood pressure came down and many other bodily ailments disappeared.

The pain was lessened and best of all I felt vitality and energy return to my body. It was worth the effort and time to do coffee enemas not only for reversing cancer but also for all the other debilitating diseases I was struggling with.

According to Dr. Gerson, high blood pressure usually comes down in about five days, along with discontinuation of blood pressure medication. Today, we see that the individual's immune system starts to function and, in some cases, a healing fever develops.

Fever can help to destroy tumor tissue and should not be suppressed unless it goes above 104.5 degrees F.

The concept of a high fever being beneficial is so opposed to all that I had learned in the medical field. Yet as I began to learn the basic principals of healing in my body, I was willing to accept many of these opposing ideas.

With all its defenses restored, the body is again capable of destroying tumor tissue, breaking it down and excreting it. The most aggressive kinds of malignancies – melanomas, ovarian cancers, small-cell lung cancers, aggressive lymphomas – retreat the most rapidly. One can almost watch them melt away.

Other, less aggressive tumors grow more slowly and retreat less rapidly. The adeno-carcinomas --- breast cancer, prostate cancer, bone metastases, etc. disappear slowly but steadily.

At the same time, the fat-free diet, high in enzymes, also helps to dissolve atherosclerotic plaque and clear arteries, so that circulation of the blood improves, as does respiration.

Juicing to Enhance the Enemas

Dr. Gerson found that the basic problem underlying all chronic disease such as cancer is twofold: deficiency and toxicity.

He clearly needed to address both these problems in order to heal his patients. The deficiency was overcome by:

- the tremendous amount of nutrients available in the multiple vegetable juices,
- given every hour,
- made from organically grown produce.

See [recipes](#) for the difference juice drinks.

Drinking such juices also helped to flush out the kidneys. But the juices caused the sick individuals' tissues to release accumulated toxins into the bloodstream.

Now we can understand why the whole body heals.

Whether you are faced with cancer, arthritis, emphysema, colitis, multiple sclerosis, high blood pressure, heart disease, diabetes, or any other of the multitude of acute or chronic degenerative diseases, you will undergo healing.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

It became evident that detoxifying via the coffee enema along with juicing is an important aspect of reversing cancer.

The coffee enemas given in the early stages as frequently as every four hours relieved the liver and even, in most cases, relieved pain.

As the person continues to recover, the body dissolves tumor tissue.

Toxins from this dead tissue are released into the bloodstream. **At this time, it is important to increase the coffee enemas.**

These toxins were filtered out by the liver, but so much poison was burdening their livers with toxicity.

Dr. Gerson realized that if he did not help the body to remove these poisons rapidly, the liver became seriously damaged and such released poisons could even cause liver coma.

It often takes two to three months before the number of coffee enemas can be reduced to three or four daily.

Those who have misused the coffee enemas or do not understand the scientific studies on how the coffee enemas work have proclaimed negative effects.

Take note of Peter Lechner, M.D., of the Second Surgical division of the

Landskrankenhaus in Graz, Austria, in his clinical report. He writes that "Coffee enemas have a definite positive effect on the colon which can be observed with an endoscope.

Moreover, Wattenberg and coworkers were able to prove in 1981 that the palmitic acid found in coffee promotes the activity of the enzyme, glutathione s-transferase, and other ligands by manifold times above the norm.

"It is this enzymatic group which is responsible primarily for the conjugation of free electrophile radicals (free radicals) which the gall bladder will then release."

The frequent juicing of vegetables quickly helped to overcome cravings, while the coffee enemas help to clear away any withdrawal symptoms.

Overcoming cravings allows successful reversal of addictions such as

- nicotine in cigarettes
- heroin
- morphine
- cocaine, etc

Total healing for almost any degenerative condition is not complete until the individual's liver and essential organ functions are all restored to full normal activity.

For most people, healing like this takes at least two years on the full Gerson therapeutic program, including:

- the ingestion of 13 glasses of freshly made juices a day
- organically grown vegetarian foods
- regular (but slowly decreasing) coffee enemas, and
- The taking of potassium as well as **digestive enzyme supplements.**

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

The Biological Basis for Coffee Enemas

Capable of removing circulating toxins and partial metabolites, the coffee enema dilates bile ducts leading to liver.

This happens because the coffee administered by means of a cleansing enema stimulates an enzyme system in the liver known as **glutathione S-transferase (GST) that removes a vast variety of free radicals (electrophiles) from the bloodstream.**

Electrophiles are atomic particles with one or more electrons in unpaired spins which have an affinity for other electrons. They want to get involved where they should not. As charged particles, these free radicals damage membranes of cells and inflict disturbances in cellular metabolism.

Under the influence of a coffee enema the GST enzyme system increases in activity to 650% above normal and removes electrophiles (free radicals) from the bloodstream.

No material other than coffee (not even coenzyme Q10 or oligomeric Proanthocyanidin [OPC]) is known to stimulate free radical quenching in such a proportion.

The free radicals are mopped up and removed by GST enzymes through the use of coffee cleansing of the lower bowel (gut).

During the time coffee is being held in the intestines, all the blood in the body passes through the liver at least five times. The blood circulates through the liver every three minutes.

According to concepts espoused in Ayurvedic medicine, the liver re-grows and replaces itself about every three months.

The palmitate compounds and the caffeine, theobromine, and theophylline in coffee causes;

- dilation of the liver's blood vessels and bile ducts,
- relaxation of smooth muscles,
- stimulation of intestinal peristalsis, and
- elevation of bile flow.

The quart of **pure quality filtered water** retaining the water's organic minerals is used as a vehicle for the coffee enema. The coffee enema assists in various actions:

- Toxic bile is flushed out along with its bile salts
- Removes
 - ammonia like products,
 - toxic-bound nitrogen,
 - protein derivatives,
 - polyamines,
 - amino acids,
 - coagulated clumps, and complexes,

These are waste products of metabolism. Getting rid of them frees the body from becoming poisoned by its own wastes.

In summary it is important to remember that coffee enemas work in conjunction with juicing in healing the body of cancer.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

Coffee enemas work exceedingly well in detoxifying the liver by the removal of body waste thereby beginning the process of reversing cancer.

Remember we are treating the whole body and to **separate out any one part of Dr. Gerson's nutritional program and use it singularly will often bring more challenges to your body.**

Coffee enemas are a way to remove circulating toxins and partial metabolites by dilating bile ducts and cleansing

The coffee enema recipe uses the caffeine in coffee to detoxify the liver and is a primary therapeutic approach of treating cancer alternatively. Enemas made from drip-grind boiled coffee have proven themselves and advantageous means of detoxifying and restoring the liver.

According to Dr. Gerson, "This treatment should be followed strictly for at least two years. The liver is the main organ for the regeneration of the body's metabolism for the transformation of food from intake to output".

Coffee Enema Recipe and Procedure for Treating Cancer Alternatively

Step 1. Materials for coffee enema recipe

- Buy a 2-quart enema bag or bucket with a clamp. This is sold at drug stores. The Gerson bucket from Gerson is easier to use.
- Organically grown coffee is best. Organic coffee is available at natural food stores. Organic coffee can also be ordered from web sites

Step 2. Preparation of coffee enema to detoxify the liver

- Place 2 to 3 cups of purified water and two to three tablespoons of organic coffee in a saucepan and bring to a boil.
- Let it boil 10 minutes, then turn off the heat and allow it to cool. One or two ice cubes may be added to speed the cooling process. Strain with cloth to separate the coffee grounds from the liquid.
- **You may make a larger quantity and use it for several coffee enemas.**
 - 2 cups of organic coffee
 - Approx. 3 quarts of filtered water
 1. Bring the water and coffee to a boil and simmer for 10 minutes.
 2. Cool and drain the coffee liquid using a cloth to catch the coffee grounds. (the grounds are a great fertilizer for plants and grass)

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

3. Divide the coffee liquid into 3 quart jars.
 4. Finish filling the quart jars with filtered water
 5. You now have 3 quarts of coffee concentrate (enough for 12 coffee enemas) Store the jars of concentrated coffee in the refrigerator.
 6. When you are ready – take a quart jar of concentrated coffee and equally divide the jar into 4 quart jars. Fill the quarts with filtered water.
 7. You now have 4 jars ready to heat to lukewarm and use as needed throughout the day.
- Wait until the coffee water is comfortable to the touch. If the coffee is too hot or too cold, retaining the enema will be more difficult.

Step 3. Preparing to take the coffee enema to detoxify the liver

- Be sure the plastic hose is pushed or fastened well onto the enema bag and the thin enema tip is attached to the other end.
- Remove any air from the enema tube the following way. Grasp but do not close the clamp on the hose. Place the tip in the sink. Hold up the enema bucket above the tip until the coffee water begins to flow out. Then close the clamp. This expels any air in the tube.
- Lubricate the enema tip with a small amount of soap or oil. (Too much lubrication will cause the tip to fall out of the rectum, creating a mess!).

Step 4. Taking the coffee enema

- The position preferred by most people is lying on one's right side on a towel, on the bathroom floor.
- With the clamp closed, place the enema bag on the floor next to you, or hang the bag about one foot above your abdomen.
- Insert the tip gently and slowly. Move it around until it goes all the way in.
- Open the clamp and hold the enema bucket about one to two feet above the abdomen. The coffee may take a few seconds to begin flowing. If the coffee does not flow, you may lift the bag/bucket higher. If you develop a cramp, close the hose clamp, turn from side to side and take a few deep breaths. The cramp will usually pass quickly.
- When all the liquid is inside. Close the clamp. You can leave the tube inserted, or remove it slowly.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

- **RETAIN THE ENEMA FOR 15 MINUTES.** See below if you have difficulties with this. You may remain lying on the floor. Use the time to read a book, meditate, etc. Some people are able to get up and go lie on a towel in bed, instead of on the floor. Walking around the house with the coffee inside is not recommended.

Step 5. Finishing up

- After 15 minutes or so, go to the toilet and release the coffee water. It is okay if some coffee remains inside. If the coffee remains inside often, you are dehydrated.
- Wash the enema bucket and tube thoroughly with soap and water. **Then sanitize with hydrogen peroxide.**

Hints regarding coffee enemas:

- If possible, do the enema after a bowel movement to make it easier to retain the coffee. If this is not possible, take a plain water enema first if needed, to clean out the colon.
- If intestinal gas is a problem, some exercise before the enema may eliminate the gas.
- If the enema makes you jittery, reduce the amount of coffee.
- The enema may lower your blood sugar. If so, eat something just before or after taking the enema. I usually eat a half of a banana.
- If you have trouble holding the enema, here are suggestions.
 1. Be patient. Practice makes perfect.
 2. The coffee may be too hot or too cold. Be sure the water temperature is comfortable.
 3. It may help to place a small pillow or rolled up towel under your buttocks so the water flows down hill into your colon.
 4. If trouble continues, try reducing the amount of coffee or add 2 tablespoons of potassium to the water.

Each time I would tire of doing coffee enema's (breaks), I would re-consider the importance of detoxifying my liver. I knew that if my liver became healthy, my liver would fight the cancer cells.

The coffee enema recipe can be accomplished in almost any given situation.

I have become very creative and ingenious in doing coffee "breaks" anyplace, anytime. My body has learned to hold the coffee until I can get to a close by bathroom.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

I have learned to do coffee enemas on the backseat of a car on in a private public bathroom.

My life and family needs to continue a high social community life of jobs, careers, and just being out and about. Life continues.

Learn to fit the coffee enema into your daily life. It is worth the effort.

Hydro Therapy

Hydrotherapy is a natural radiation and plays an important role as a Gerson adjuvant, an alternative cancer treatment along with laetrile, for reversing cancer.

Hydrotherapy treatments increases:

- heart rate and respiratory rate
- metabolism important for healing, and
- perspiration which assists in detoxification.

Because of deficiencies in one or more organs, cancer seems to attack these same body systems unpredictably.

It is important to also restore the body's second line of defense against cancer by establishing an adequate level of nitrilosides. While there are some 1,500 foods that contain nitrilosides, the researchers found that the most rapid way to build up the nitrilosite level was by the use of Laetrile.

They do not proclaim Laetrile as a "miracle cure" but merely described it as a concentrated form of nitrilosides, which was able to rapidly raise the nitrilosite level and to re-establish the body's second line of defense against cancer.

Hydrotherapy, in combination with laetrile, is a great assist to detoxification by improving the circulation of the blood and lymphatics.

Research has shown that following intravenous or rectal application of laetrile there may be a temperature increase in the tumor mass of 4-5 degrees F. When this localized increase is added to total body hyperthermia many benefits have been noted, including tumor shrinkage and stimulation of detoxification.

Hydrotherapy (hot tub bath) is one of the best remedies for pain. It dulls and calms the pain.

Individuals with nervous system disease such as MS should not be subjected to high temperature. Cool compresses are more beneficial for these individuals.

The Theory Behind Hydrotherapy

Hydrotherapy may be defined as the use of water in any of its three forms, solid, liquid, or vapor, internally or externally, in the treatment of cancer, disease or trauma.

Treatments stimulate an increase in leukocytes (white blood cells) and neutrophils, thus mobilizing the body's defenses against disease. The resultant increased blood flow brings about greatly improved oxygenation necessary for proper healing.

Oxygenation assists in the fight because cancer does not like an oxygenated environment.

- Congestion of internal organs, such as the liver, gall bladder, kidneys etc., is relieved.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

- Poor circulation is improved.
- Heat often assists in pain relief.
- Increased circulation lowers toxin levels thereby reducing the nerve irritation which causes pain.

Hydrotherapy Treatments aid in repair of diseased tissues.

Hydrotherapy affects not only the immediate skin areas, but also exerts reflex effects elsewhere in the body through the nervous system.

For instance, heat over the abdominal wall decreases spasms of the intestinal tract; while heat over kidneys and lower abdomen increases urine production.

The treatments are non-toxic and safe.

Contraindications may be seen in individuals with multiple sclerosis (cold hydrotherapy is more beneficial), diabetes, high blood pressure, heart and vascular diseases. These individuals will need prior medical review.

How it works

The recuperative and healing properties of hydrotherapy are based on its mechanical and/or thermal effects.

The nerves carry impulses felt at the skin deeper into the body, where they are instrumental in:

- Stimulating the immune system,
- Influencing the production of stress hormones,
- Invigorating the circulation and digestion,
- Encouraging blood flow, and
- Lessening pain sensitivity.

For the cancer individual there is an additional important benefit in hydrotherapy treatments.

Many types of cancer cells are much more sensitive to heat than are normal cells.

If temperatures can be raised high enough (104 degrees F or more), and long enough, death of cancer cells may result.

Hydrotherapy has a massage-like feeling as the water gently kneads your body.

Water, in motion, stimulates touch receptors on the skin, boosting blood circulation and releasing tight muscles.

Do not use chlorinated water for these hydrotherapy treatments. See water.

Preparing for and Undergoing Hydrotherapy

1. **Don't eat 3-4 hours prior** to treatment. Liquids such as juices tea, etc can be continued.
2. **Coffee enema:** One hour before scheduled treatment a coffee enema is taken.

So Why Do You Get Cancer? Section 5: Dr. Max Gerson

3. **Shower:** at this time a thorough cleansing shower is to be taken.
4. **Laetrile treatment:** those individuals taking laetrile will have it applied 15 minutes before the scheduled treatment
5. **Herb tea:** 15 minutes before the treatment a cup of hot herb tea is given.

Your temperature, heart rate and pulse will need to be monitored.

It is important that you are not alone during this time.

You may experience overheating (during this time your muscles may become weak making it difficult to get out of the tub).

6. **Bathing suit:** Bathing suit may be used as you will need assistance from others during the hydrotherapy treatment.

Tub: From the hot shower the individual goes to the hot tub. The tub is entered slowly, submerging until the shoulders

are covered and a comfortable position found.

I am a tall, large woman. It was difficult to become submerged in the tub water covering my shoulders. As a result I could not raise my body temperature to the desired 103-104 degrees.

My husband, being an industrial engineer, came up with a simple solution. He attained a heavy clear plastic, taped it to the top of the bathtub on three sides. He cut a slit in one end for my neck and head to stick out.

On the other end of the tub, he un-taped the edge just enough to slowly pour in boiling water in order to raise the temperature of the water.

This allowed my body temperature to be raised to the desired temperature or at least to the temperature I could tolerate.

This was a very difficult therapy for me. However, I persevered.

I knew the health benefits and that it was the natural radiation I needed to kill the cancer cells.

When I felt that it was intolerable I thought of the medical radiation that is also very intolerable and often leaves one weak for days and weeks to say nothing of all the side affects. For me the water hydrotherapy was uncomfortable for only the time I was in the hot tub.

7. **Tea:** A second cup of herbal tea is taken upon entering the tub.
8. **Cover head with towel:** The head will be covered by a towel to limit heat loss.
9. **Monitor temperature and pulse:** Temperature and pulse will be monitored frequently as the body temperature increases. This is done by your partner who continually monitors your progress and any reactions.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

- 10. Relax:** The individual is encouraged to relax, and maybe listen to calming music, or recordings of spiritual words on healing. As the temperature increases breathing exercises are used, e.g.: breathe in through the nose, pulling the air in with the "stomach muscles," then out through the mouth. Swab the face, and fan with a wash cloth.
- 11. Time:** 20 – 30 minutes. It takes about 20 – 30 minutes for the average individual to reach 103 – 104 degrees F. On the first treatment a lower temperature is attempted to begin acclimatization. (102-103 degrees F.) The final temperature is determined by what the individual feels he/she can tolerate.

I discovered that my tolerance was very low. I needed a very kind, gentle, and encouraging yet insistent partner, that did not let me quit. It paid off in big dividends. How important is health?

- 12. Heat the bed:** Preheat the individual's bed using an electric blanket over the other blankets. Help the individual into the warmed bed and disconnect the electric blanket.

I lost too much body temperature heat moving from the bathroom to the bedroom. I also found it difficult to stay in the tub for the full 30 minutes. Therefore we prepared a makeshift bed on the floor of the bathroom. We used a sponge mat and covered it with plastic, and sheets, and seven to eight blankets, covered with a heating blanket to warm the whole pile first.

I would move as quickly as I could from the hot water tub to the makeshift bed. My partner would quickly cover me with the blankets to hold as much heat in my body as possible. He turned off the heating blanket too. The longer I could hold the high body temperature, the more cancer cells would be killed. Cancer cells cannot tolerate heat. That is why radiation is effective.

After another 20 – 30 minutes, I would move to a warmed bed.

- 13. Stay in warm bed:** the body temperature is maintained in the bed for another 15-20 minutes at which time the blankets are slowly removed one by one. This cooling-off process continues, cooler fluids (never cooler than room temperature) can be given until, at the time of completion, several glasses of fresh pressed orange juice are recommended.
- 14. Shower:** When the individual returns to his/her room, a lukewarm shower should be used to further assist in washing off the skin. A restful afternoon is necessary. Many individuals sleep for several hours following treatment. Regular meals and juices need not be interrupted.

IMPORTANT POINTS TO BE OBSERVED WITH ALL HYDROTHERAPY TREATMENTS

- The room should be warm and free of drafts.
- Protect bedding furniture, rugs, etc. with waterproof sheets
- Assemble supplies before starting procedures
- Use care when adding hot or cold water. Avoid chilling.
- Individuals should be dry and warm

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

Infrared Sauna

An Infrared Sauna is the best way to get rid of toxic chemicals including pesticides, heavy metals and hydrocarbon residues when you cannot tolerate a regular steam or dry sauna.

When a steam sauna makes you feel weak, sick, have a fast heart rate, faint, dizzy, panicky, headachy or just plain miserable, what is the solution?

The Far Infrared sauna.

Thanks to improved technology, the far infrared sauna is far safer and infinitely more tolerable, because it uses a heat energy that penetrates tissues, triggering mobilization of chemicals from subcutaneous fat storage, directly into the sweat. This activating penetration allows for a much lower overall temperature to be used, one that is enjoyable and not torture.

But more important, you haven't forced the body to bear very high temperatures, pulling chemicals back into the bloodstream where they can duplicate original symptoms. Instead from just under the skin storage the toxins / chemicals move directly into the sweat.

Over weeks and months there is an equilibration, where chemicals that were stored in other organs slowly and safely disseminate throughout the body and eventually empty into subcutaneous fat. It is the chemical load that is stored beneath the skin that is the main area activated by the far infrared sauna.

In the infrared sauna there is only profuse sweating. And that is just the effect you want in order to release a lifetime of toxins from body storage.

The body gets rid of stored chemicals in stool, urine or sweat.

The sweat route requires no drugs and is the most efficient and natural. We used to physically work and sweat before computers were invented.

I was looking for treatments that were natural, but inexpensive and definitely not high tech! But when you realize the lifelong incapacity and expense of diseases such as chronic pain syndromes, heart disease, chemical sensitivity, chronic fatigue, fibromyalgia, migraines, Alzheimer's, cancer, or any others caused by chemical toxicity, a sauna is inexpensive.

Let's face it: High-tech pollution requires high-tech solutions. Just add up the time and money you wasted getting diagnosed. Or add up the cost for a year of prescription medications and you will have paid for it.

But its advantages do not end there. Once you have it, it's yours to use forever.

The world will never run out of ways to poison us. The whole family can use it. It is not only capable of providing the primary "cure" or solution for your current medical problem, but can free you from symptom-producing medications.

Since we are continually being bombarded by new chemicals every day, it is a tool to keep you "cleaned out" for life. It is a win-win situation.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

I am convinced that the "far infrared sauna" is something that everyone should do to restore health, and then continue to do on a less frequent basis to maintain the "cleaned out" state for the rest of their lives.

The Hot Solution for Body Pollution

How can we bring aging and illness to a screeching halt? Better yet, how can we turn back the hands of time? By ridding our bodies of all the disease-causing chemicals that come from the water, the air, the food, the very environment we live in, to say nothing of all the chemicals that we put on our body.

Sweat out the poisons, but not with any sauna or sweating program which may be dangerous. Many people, who are sick, like heart patients, would never tolerate the extreme temperatures of regular saunas.

In fact it would make them worse, raising blood pressure and heart rate, while triggering arrhythmias and shortness of breath. Clearly heat is contraindicated.

If you are like most people, you may have never learned much about the diagnosis of congestive heart failure. Yet it attacks more people each year than cancer, and it is as lethal as cancer. For with the diagnosis of cancer, the median survival is 6 years. With congestive heart failure, the median survival is less than 5 years.

They have now discovered that the far infrared sauna is very well tolerated with no adverse reactions, and it is able to rid the body of so many of the underlying chemical residue, that even end-stage heart patients actually reverse and improve and are able to discard some of their medications.

General rules for the far infrared (FIR) sauna.

Drink fresh squeezed juice and other organic whole food nutrients before going into the sauna

Replenish your daily nutrients around 12 hours later.

Start using the sauna at 100 degrees F. in short 10-20 minute increments at first, building up a feel for your body's tolerance.

Use less heat if you feel discomfort.

Older, sicker, or folks who feel initial discomfort would proceed at a much slower pace and even lower temperatures.

The far infrared sauna wavelength penetrates 1 ½ inches into the body, generally enabling chemicals to come directly out of the subcutaneous fat storage sites into sweat.

This avoids a worsening of symptoms seen when high heat saunas pull chemicals out of safe storage, then directly into the bloodstream.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

If you suspect you've had severe poisonings that may create serious withdrawal symptoms as you mobilize chemicals, go at a slower pace.

If you are pregnant, have metal parts in your body, take important medications whose levels should not change, or are within 48 hours of an acute injury, definitely check with your doctor.

In fact any time you embark on a health program, you may want to include your doctor in your decision making.

LIGHT SAUNA THERAPY

How often can you use a sauna? One may use a sauna twice a week to twice a day. If one is much debilitated, begin with once a week. Work up to daily use as one is able. When beginning, many people do not easily sweat. Instead, their bodies overheat and tolerate less time in the sauna.

In a few weeks to a few months, as the body acclimates and is more able to regulate its temperature, sweating becomes easier. Also, the more one relaxes, the more one will sweat.

Before a Sauna Session.

- Avoid heavy meals two hours before a sauna session.
- Avoid alcohol or other intoxicating substances.
- Drink eight ounces of water before entering a sauna.
- Add sea salt and two tablespoons daily of kelp to one's diet, especially if one's water is mineral-free.
- Remove metal jewelry before entering the sauna, as it may become very hot.

Before entering a hot air sauna, preheat to 150° F. With a far infrared sauna, enter as soon as one turns it on or just preheat to 100°F. Warm up with the sauna. When it reaches 115-120 F., open the door 1/2" so the elements or bulbs remain operational but the sauna stays at this temperature.

During a Sauna Session.

- Light clothing may be worn in a hot air sauna but is not as good in one heated by infrared. The more skin that is exposed to the infra red – the better.
- Use a small towel to wipe off the sweat.
- Sit on another towel.
- Have a third towel on the floor to avoid slipping.
- Talking or working is not recommended while in a sauna. Meditate or relax.

To enhance the effects of a sauna session, visualize absorbing the heat and energy. Deep, slow breathing and good posture are very helpful. Sound therapy such as listening to low tones is also excellent. Aromatherapy is also very effective during a sauna session.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

Finishing Up. How long one remains inside a sauna depends on one's condition. Body temperature should not increase more than four degrees. The pulse should not increase more than 50% of the resting pulse.

Begin with 15 minutes if one is ill. If the heart begins to race, sweating stops or one feels very faint, end the session immediately. Sixty minutes is a maximum time.

When finished, take a shower, warm or cool but not hot. Avoid soap if possible as one should be very clean. Soap leaves a film and clogs the pores. Wipe off sweat with a skin brush or loofa.

Brush all over, even face and hair. Painful at first, it soon feels wonderful. Brushing enhances the cleansing effect. Use shampoo and conditioner only if needed. Most contain chemicals toxic to the body.

Also skip most oils, lotions and creams. These also contain chemicals that may clog the pores. Rinse off the towels used to wipe off sweat in the sauna and hang them to dry.

After a sauna session drink eight ounces of water. Sit for at least 10 minutes. These simple steps allow the body to reap the full benefit of the sauna experience.

Healing reactions are temporary symptoms that occur as toxic substances are eliminated and chronic infections heal. Symptoms vary from mild odors, tastes or rashes to periods of fatigue, bowel changes, aches, pains or headaches.

Many people have chronic infections, often treated with antibiotics that killed most of the bacteria but did not eliminate bad tissue and all the organisms.

These may flare up as they are healed due to repeated sauna use. Most healing symptoms are benign. Consult a knowledgeable practitioner if any symptoms cause concern.

Emotional healing also takes place. Memories may arise consciously or in dreams. Temporary anxiety or other emotional states may occur and usually pass quickly. Some are directly related to elimination of toxic substances. Others are associated with the resolving of emotions.

Supervision and Safety. Saunas are safe for most people providing one follows the rules here described. Always move slowly and carefully in and around a sauna. Accidents often occur due to slippery surfaces.

Supervision is always best, especially if one has a health condition. If debilitated or very heat-sensitive, begin with less time in a sauna. The presence of an attendant or friend is also most helpful.

Consult a health professional if one has any serious health condition. Those who have used LSD or other psychotropic drugs require an attendant close by, as removal of drugs from tissue storage sites may cause flashbacks and even full-blown LSD trips.

Pregnant women and children under five should avoid saunas. Young children must be accompanied by an adult. Continue prescribed medication while taking saunas unless directed otherwise by the prescribing physician.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

For Acute Infections. If one has an acute infection with fever or other acute symptoms, more frequent, shorter sauna sessions are better until the infection subsides. Most people can use the sauna 15 minutes about 5 times a day during infections.

Always check with someone knowledgeable if you are unsure about sauna use, although in general saunas are quite safe.

No claims are made for any procedures described here. Nor are these procedures intended as treatments or prescriptions for any disease or condition. This is presented for educational purposes.

Laetrile

Dr. Kanematsu Sugiura's Book "The Anatomy of A Cover-up" shows the benefits of Laetril. Dr. Sugiura stated in this book,

"It is still my belief that Amygdalin cures metasases." Amygdalin is, of course, the scientific name for Laetrile."

Cancer is the result of a nutritional deficiency which prevented the body's immunological defense mechanisms from functioning normally.

An adjuvant treatment I chose to use along with Gerson Nutritional therapy is Laetrile, B17, in the treatment of cancer. The scientific name for Laetrile is Amygdalin.

Laetrile is not approved by the Food and Drug Administration or by the American Medical Board yet. There are those in the medical field that have fought against the bureaucracy of the AMA and FDA and have found a great deal of success with Laetrile when it is used in combination with nutritional therapy.

Dr. Philip E. Binzel, Jr., M.D., book, "Alive and Well" does a great job describing the use of laetrile with nutritional therapy as well as the struggles and battles with the buracracy. For more information on the value of laetrile, you may choose to do your own research.

During my first 4 years of alternative treatment, I went through a few doctors who were assisting me in my treatment. It is illegal for a licensed Dr. to use alternative treatment to cure cancer. One of my doctors lost their license, others ceased to practice using alternative treatments.

In the beginning, each time I went to my medical doctor, he verbally stated and had me sign, saying that the choices I was making in my treatment would lead to my death. That untreated cancer is a painful and morbid way of dying. I signed and I came home and cried.

I rose up to a new day, knowing that fighting to give back to my body what is needed to fight was the way to go.

Remember – Take care of your body and your body will take care of you.

Even if you choose the traditional medical path, nutritional and other adjuvant treatment(s) may give you a quality of life that you are looking for. Just be prepared to know that the medical field usually will not approve and accept your choices.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

From the time that cancer was first diagnosed some three hundred to five hundred years ago to the present, most members of medical profession have treated this disease using the theory that the tumor is the disease.

This theory said that, if you can remove the tumor or destroy the tumor, you will cure the disease. Drs. Krebs, Burk, Nieper and others said in essence, "Wrong!"

These men had seen thousands of cancer patients die. They realized that 95% of these patients had their tumors treated with surgery, and/or radiation, and/or chemotherapy.

It was obvious to them that, if removing the tumor or destroying the tumor cured the disease, 95% of these people would be alive and well.

It was, therefore, equally obvious to them that removing the tumor or destroying the tumor did not cure the disease. This means of course, that the tumor was not the cause of the disease but was merely a symptom of the disease.

I was not so medically or scientifically inclined.

My revelation from God was that I knew that my breast (yes I had breast cancer) did not, could not create cancer. I knew that the cancer cells were deposited in the fatty tissue of my breast. It just did not make any sense to have a mastectomy and chemo of my breast area.

I was losing an integral part of my body and I knew intuitively that the cancer cells would begin to be deposited elsewhere in my body.

My real question was, "Why isn't my body able to fight the cancer cells"?

"What is going wrong in one or more major organs of my body"?

This seems to be a question that is not approached by the orthodox medical society. "Why did the doctors give me such a short prognosis"?

What did they know that I did not know? I believe now as I look back, they reviewed my medical records and could see signs of major deterioration due to high blood pressure, high cholesterol, edge of being a diabetic, some liver challenges, and other tell-a-tale signs.

Lastly, I could not accept the emotional and mental trauma of losing my breast. It is so easy to say; "oh, well" take a chance on life. What about marital relationships, feelings of self, the struggle of it all.

Anyway back to what the Drs. discovered about cancer that is not easily made available to the public. The medical field does not recognize the research work in treating cancer with laetrile and nutritional diet of organic fruits and vegetables.

Dr. Philip Binzel, M.D. and the other doctors found that the cancer cell is coated with a protein lining. It was this protein lining (or covering) that prevented the body's normal defenses from getting to the cancer cell.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

They found that, if you could dissolve the protein lining from around the cancer cell, the body's normal defenses, the leukocytes (white blood cells), would destroy the cancer cell.

They found that the dissolving of the protein lining (or covering) from around the cancer cell was done very nicely within the body by two enzymes:

- Trypsin and
- Chymotrypsin

These enzymes are secreted by the pancreas. Thus, they said that the enzymes trypsin and chymotrypsin formed the body's first line of defense against cancer.

What's an enzyme? An enzyme is a catalyst. What's a catalyst? A catalyst is a substance which causes a chemical reaction to take place without, itself, becoming a part of that chemical reaction. This is what Dr. Budwig also discovered with the cottage cheese and flaxseed oil.

In addition to finding that trypsin and chymotrypsin formed the body's first line of defense against cancer, Dr. Krebs and the other doctors found that the body has a second line of defense against this disease.

This second line of defense is formed by a group of substances known as nitrilosides. The cancer cell as an enzyme, beta-glucosidase, which, when it comes into contact with nitrilosides, convert those nitrilosides into two molecules of glucose, one molecule of benzaldehyde and one molecule of hydrogen cyanide.

Originally, it was thought that only the hydrogen cyanide was toxic to the cancer cell. Recent evidence has shown that, while the hydrogen cyanide may exert some toxic effect, it is the benzaldehyde that is extremely toxic to the cancer cell.

What, they found that is so significant about this is that this is a target-specific reaction. Within the body, the cancer cell and only the cancer cell contains the enzyme beta-glucosidase.

Thus, the benzaldehyde and the hydrogen cyanide can be formed in the presence of the cancer cell, and only the cancer cell. Thus, they are toxic to the cancer cell and only the cancer cell. The normal cell contains the enzyme, rhodanese, which converts the nitrilosides into food.

I know, this may seem a little like a lot of medical, scientific, nutritional jargon that cannot be understood.

However with my own nutritional background I began to have an appreciation of how the nutritional attributes of organic foods along with laetrile would be beneficial.

Because of all the medical roadblocks for laetrile and nutritional therapy, each is left to make their own choices.

For me the choices began to make sense and I was willing to take the risk. After all, I knew the medical prognosis. I have watched friends become emaciated and finally die in morbid pain.

So Why Do You Get Cancer?

Section 5: Dr. Max Gerson

Many things I did by faith in God, Almighty, who gives revelation and direction as we seek His face.

These same researchers found that all of us probably have cancer many times in our lives.

If our defense mechanisms are functioning normally, the body kills off the cancer cells.

If however, there is a breakdown in that defense mechanism when the cancer cells appear, there is nothing to prevent the growth of those cancer cells and soon there is a tumor.

What causes a breakdown in that defense mechanism?

Suppose you, like me have developed an eating pattern of digesting large quantities of animal protein. It takes large amounts of the enzymes trypsin and chymotrypsin to digest animal protein.

It is possible to use up all, or almost all, of the trypsin and chymotrypsin for digestive purposes. There is nothing left over for the rest of the body. I have now lost my first line of defense against cancer.

Now suppose I have little or no nitrilosides in my diet. Millet, which is very high in nitrilosides, used to be the staple grain. Our culture has gone from millet to wheat, which contains no nitrilosides. Our cattle used to graze and eat large quantities of grasses, which are high in nitrilosides. Now, we grain-feed our cattle. There are no nitrilosides in the grain.

So you can see how easily, and maybe you also, because of my high intake of animal protein, have lost our first line of defense against cancer and who, because of our low intake of nitrilosides, have no second line of defense against cancer. Should cancer cells appear in our body, there is nothing to prevent their growth. The results are tumor(s)!

So now I limit my animal protein and have returned to eating millet bread. It is so easy through advertisements and other sources to gradually change our diet to eating chemically and hormone filled unhealthy foods

I followed the Gerson program of eating and juicing a majority of fruits and veggies. Vegetable protein requires nothing in the way of the enzymes trypsin and chymotrypsin for digestion. Therefore these enzymes can be freed from being used up for digestive purposes, and put back into the body and re-establish the body's first line of defense against cancer. Makes sense don't you think?

It is now important to also restore the body's second line of defense against cancer by establishing an adequate level of nitrilosides. While there are some 1,500 foods that contain nitrilosides, the researchers found that the most rapid way to build up the nitriloside level was by the use of Laetrile.

They did not proclaim Laetrile as a "miracle cure" but merely described it as a concentrated form of nitrilosides, which was able to rapidly raise the nitriloside level and to re-establish the body's second line of defense against cancer.

Cancer seems to be a multiple-variable deficiency disease. Researchers have shown that there can be a number of deficiencies with the cancer person. This does not mean that all individuals with cancer have all of the deficiencies.

So Why Do You Get Cancer? Section 5: Dr. Max Gerson

Thereby it becomes difficult to treat with orthodox medication. For an example they found that zinc was the transportation mechanism for the nitrilosides. They found that you could give Laetrile continually, but if that person did not have a sufficient level of zinc, none of the Laetrile would get into the tissues of the body.

This explains why Laetrile does not work as a drug and must be ingested/injected along with a top-notch organic juicing and eating a variety of healthy well chosen organic foods.

They also found that nothing heals the body without sufficient Vitamin C. They found that manganese, magnesium, selenium, Vitamin B, Vitamin A, etc. all play an important part in maintaining the body's defense mechanisms.

Probably the most important thing they stressed was that, unless you correct all of these deficiencies, you are not going to heal as quickly and maybe not at all.

This why I have a passion about directing you toward a total nutritional program, that consists of diet, vitamins, minerals, enzymes and Laetrile.

We have yet to discover many things about the structure of our foods.

We can strip, separate, add, change all we want and we cannot put back all of the macronutrients and/or micronutrients that the food contained.

Many at this time want to jump on the "band wagon" of turning to vitamins, minerals, enzymes in a bottle. And possibly "synthetic" or labeled "natural", thinking they are doing the right thing. WRONG!

We must eat or drink the fresh – mostly organic products to accomplish the healing we desperately need NOW!

It has always amazed me in my nutritional and drug studies, how we use healthy people to test the products. Of course, the product works. The participants are healthy and able to absorb and synthesize optimally.

Sick people can't. I was on a very high quality supplement program. It did not work. My body was too sick and did not have the catalyst and enzymes to use the product.

Now with the organic juicing and eating a selection of healthy organic foods, the high supplement whole food with phytonutrients are working great and I have a tremendous amount of energy, vitality, and above all else, health.

I have worked with people, who have made a choice to go alternative or change their lifestyle following the medical route. I have seen that choosing to add adjuvant of organic nutrition (Gerson and Budwig), has added quality to their lives. I have seen individuals who have been able to die comfortably at home rather than in a hospital.

Laetrile is an adjunct treatment along with diet and nutrition that may be beneficial. I would suggest that you work through the Gerson Institute for sources of Laetrile or other web sites. For more information or questions, please feel free to contact me.

I spend a good many hours daily, voluntarily answering questions and helping individuals work through the spiritual, emotional, and physical pain they are facing. I have been traumatized with the cancer diagnosis and there have been people to help me. Now I am paying forward. Please do the same.

So Why Do You Get Cancer? Section 5: Dr. Max Gerson

There have been many studies done throughout the world on Laetrile. Many of them have not been published and if published have been covered and secluded by the medical field.

You will need to do research and make your own decisions. For me I did not have the time. Laetrile is a vitamin. Vitamin B17 is found in foods. I understood that Laetrile is not a cure, it is an adjuvant.

The doctors try all different types of drugs, chemos, etc. to see if it will work on the body's disease. Laetrile has been proven effective and is available in other countries.

The information presented is not intended to replace the services of a qualified health care professional.

The freedom of choice is a gift that belongs to you. Take it, use it, and be responsible with it.

**And remember: IF YOU
TAKE CARE OF YOUR BODY,
YOUR BODY WILL TAKE
CARE OF YOU.**

Some of these aspects of degenerative disease treatment are what the Gerson Books listed below covers in considerable detail.

For all the protocol for curing breast cancer and many other degenerative diseases, please attain Dr. Max Gerson books.

Cancer Therapy: Results of Fifty Cases Handbook

The Gerson Therapy by Charlotte Gerson

So Why Do You Get Cancer?

Section 9: Resources for Services and Products

Section 9: Resources for Services and Products

Treating Cancer Alternatively web site

www.treating-cancer-alternatively.com – the hows and whys of many in home-treatments. Also check out website's Resources page for the many books, studies and resources for information shared in this e-book. More resources, Ebooks, Articles, and Articles with accompanying worksheets are on the site at the Ebooks & Articles page, and more will be added to the website continually.

Is it possible for cancer to be reversed with holistic, natural or alternative options - without Surgery, Chemo Therapy, Radiation, or Drugs? Cancer is an enemy that strikes with fear, pain, and death.

This website gives information on the causes of cancer. However, more importantly, information is given on many treatment options that can be done in your own home.

You are able to start today in making changes in your life and the lives, of your loved ones, as the procedures and resources are described in such a way that you can begin immediately.

Health, vitality, and energy is yours for the taking. We are in control of our choices. Our choices will change our lives.

Health Choices may seem illusive, but choices give a beautiful life.

Gerson Institute: www.gerson.org

Books:

Gerson Therapy Handbook
The Gerson Therapy: The Amazing Nutritional program For Cancer and Other Illnesses
A Cancer Therapy: Results of 50 cases

Budwig diet:

Books:

Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer and Other Diseases
The Oil-Protein Diet Cookbook

Supplements

Use only all organic, whole food supplements. Supplements are to "supplement" a meal of organic vegetables and fruits.

Test for dissolvability of supplements.

Use organic white vinegar as it is most like our stomach acid.

1. Put your supplement(s) in a glass cup, or jar.

So Why Do You Get Cancer?

Section 9: Resources for Services and Products

2. Pour in the white vinegar to cover the supplement(s)
3. Set a timer for twenty minutes.
 - a. The faster the supplements dissolve “looking and smelling” like plant life the healthier the supplement.
 - b. Often times, the supplement may be healthy for you, however the casing around the supplement may not dissolve for long periods of time.
4. Repeat for another twenty minutes, until you are satisfied with the differences.

Many people may want to try liquid supplements, believing that they are ensuring dissolvability and use of the supplement by the digestive system.

While this sounds good in theory, remember that every time the bottle is opened, many enzymes and vitamins are lost in the air. With each succeeding time the bottle is opened, the consumer is getting less and less of the food value needed.

It is important to get the full value of the organic, whole food supplement(s). Check out the Manufacturing company’s history, land, way of farming and processing carefully before buying.

Gerson Supplements

STATSA, Apartado Postal No. 404, Adman. cie Carreos, Playas de Tijuana, B.C. 22501, Mexico - stat-mx.com

SERVICIOS, Apartado Postal No. 1510, Tijuana, B.C. 22000, Mexico (B-12 injection, Crude Liver Injection, etc.)

VITA, Apartado Postal No. 756, Playas de Rosarito b.C. 22710, Mexico

Nutrilite

NUTRILITE® nutritional supplements can help put you on the path to a full, healthy, active life. They will support your life the way nature intended. And based on 2008 sales, they are the world’s leading brand of vitamin, mineral, and dietary supplements.

Organic Farming

NUTRILITE® is the only brand to grow, harvest, and process plants on its own organic farms.

NUTRILITE® has over 6,400 acres of farmland in California, Washington state, Mexico, and Brazil.

The locations of NUTRILITE farms are carefully selected to maximize beneficial geographical features, such as mountain streams and volcanic ash, that contribute to the biodiversity and quality of the land.

So Why Do You Get Cancer?

Section 9: Resources for Services and Products

By owning and maintaining control over the farms, NUTRILITE can ensure that supplements contain only high-quality ingredients – resulting in better supplements for you.

Wherever they grow the ingredients used in NUTRILITE products, the crops are grown in accordance with nature.

- They have never used synthetic pesticides, herbicides, and fertilizers.
- They replenish the soil, rather than depleting it.
- They use natural, environmentally sustainable, methods to control weeds, insects, and other harmful predators.

Natural Plant Nutrients

You know that eating fruits and vegetables is good for you, but do you really understand why?

Each plant has unique and specific nutrients called antioxidants that support different areas of your body. For example, carrots contain large amounts of beta-carotene, which supports vision health, while red grapes contain resveratrol, which is good for your heart.

By choosing NUTRILITE® supplements, made with whole plant concentrates, you get plant-based nutrition the way nature intended.

It is also important to consider additional supplementation of organic whole food supplements from companies that have practiced good soil management, and Good Management Practices.

If you are looking for a great source of supplementation that is organic, whole food, with phytonutrients, check out www.nutriline.com or go through our [site](#).

If you choose to purchase the Nutrilite supplements and other products, you can support our Treating-Cancer-Alternatively website by logging on as a customer using the following referral information.

IBO: 1668110
Key: MIC

This www.nutriline.com will give you information on the history, the land, the process of dehydration, and the maintenance of the quality of trace minerals and supplementations of the complete whole food.

We have found these supplements to be the leading supplements in the world.

The [Nutrilite](#) supplements have been great for supplementing our juicing program. These supplements are organic whole foods – dehydrated and processed immediately from the fields.

So Why Do You Get Cancer?

Section 9: Resources for Services and Products

These [supplements](#) also meet my needs. And they help me when I am unable to [juice](#) the quantity of juice needed to provide my immune system with the optimal supply of vitamins, minerals, enzymes, and trace elements not yet discovered.

Air Purifier

[Atmosphere](#) Air Purifier

It's a breath of fresh air in air purification technology.

The ATMOSPHERE Air Purifier delivers superb performance – protecting the air that you and your family breathe, and providing your home with a comfortable, clean, fresh, and healthy environment.

180 day Warranty and return policy
Payment Plan is available

Protect the ones you love, by protecting the air they breathe.

According to the Environmental Protection Agency, the air inside your home could be more polluted than the air that's outside. And your home's air can contain contaminants and pollutants that could potentially affect your family's health through respiratory illness, and asthma – a major concern for many families today.

Until now, many of today's leading air cleaners merely freshened or recirculated the same, contaminated air – leaving your home and family unprotected against invisible, airborne intruders that can cause or heighten the severity of existing respiratory conditions.

The ATMOSPHERE Air Purifier brings a breath of fresh air to purification technology. Its innovative purification technology transforms your environment with its superb performance, feature conveniences, and purification power that effectively removes 99.99% of the airborne particulates, down to .01 microns.

This has been verified under the AHAM AC-1 air cleaner performance standard.

Quiet and efficient, the ATMOSPHERE Air Purifier protects the ones you love, by protecting the air they breathe.

What you should know about what's in the air you breathe, plus important facts about the effectiveness of the ATMOSPHERE Air Purifier:

- The average person breathes approximately 3,400 gallons of air each day. Unfortunately, much of that air is filled with contaminants, pollutants, and impurities you just can't see.

So Why Do You Get Cancer?

Section 9: Resources for Services and Products

- According to the Environmental Protection Agency, the air inside your home can be two-to-five times more polluted than the air outside.
- Home interior air can contain a variety of contaminants and pollutants including mold spores, pollen, bacteria, dust mites, asbestos, radon decay products, and other particles and impurities.
- Competitive air purifiers, without filters, are approximately only 43% as effective (single-pass efficiency) as the ATMOSPHERE in removing contaminants from the air.
- It takes almost 16 The Sharper Image® Ionic Breeze® units (15.6 units) to clean the area of one ATMOSPHERE – and with far less effectiveness and efficiency.
- The ATMOSPHERE Air Purifier features an activated carbon filter equal in size to 366 football fields – it effectively reduces smoke, cooking, pet, and other household odors, leaving your home smelling clean and fresh.
- The ATMOSPHERE Air Purifier HEPA (High Efficiency Particulate Air) filter effectively removes 99.99% of the airborne impurities down to sizes as small as .01 microns in the air you breathe.

The ATMOSPHERE Air Purifier is backed by these strong certifications:

AHAM – Certified by the Association of Home Appliance Manufacturers (AHAM) to the ANSI/AHAM AC-1-2002 CADR (Clean Air Delivery Rate) test protocol for the removal of airborne tobacco smoke, dust and pollen. ATMOSPHERE Air Purifier's certified CADR is 250 which is equivalent to 7.1 M3 per minute of purified air and a room size of 390 square feet or 36 square meters.

U.S. EPA's ENERGY STAR® – ATMOSPHERE Air Purifier exceeds the strict energy efficiency guidelines established by the United States Environmental Protection Agency for energy efficiency of room air cleaners

Asthma & allergy friendly certified™ – The ATMOSPHERE Air Purifier is the first air purifier certified by asthma & allergy friendly™ by the Asthma and Allergy Foundation of America and Allergy Standards LTD. Products carrying this certification mark have been scientifically tested and proven more suitable for people with asthma and related allergic sensitivities.

If you choose to purchase the Atmosphere Air Purifier and other products, you can support our Treating-Cancer-Alternatively website by logging on as a customer using the following referral information.

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So Why Do You Get Cancer?

Section 9: Resources for Services and Products

Water Purifier – [eSpring](#)

The eSpring™ Water Purifier destroys microorganisms with ultraviolet light technology. It also effectively reduces more than 140 other possible health-effect contaminants by trapping them in its patented carbon block filter. No other in-home system does both.

Their team of scientists and engineers, who are experts in water quality technology (and holders of more than 400 durable product patents granted or pending), have been researching water treatment systems since 1984. It is their dedication to research and their commitment to quality that brought the eSpring Water Purifier to reality.

Read more about the advanced technologies behind this innovative system in this section.

Note: The eSpring Water Purifier is designed for use on potable drinking water supplies.

There are many reasons to choose an eSpring™ Water Purifier over any other water treatment system, and after reading through this section you will understand why:

- the certifications it has received,
- the contaminants it removes,
- the technology behind it,
- the way it performs,
- the convenience and peace of mind it offers, and, of course,
- the great-tasting water that comes out of your tap every day!

Why choose an eSpring™ Water Purifier?

The answer is simple: because the eSpring Water Purifier is **the world's best source of water**. You can be confident that the water your family drinks is as clean as it can possibly be, and that it has met the highest standards for clean water quality.

- The eSpring Water Purifier destroys more than 99.99% of waterborne, disease-causing bacteria and viruses in drinking water
- Water from the eSpring Water Purifier is safer than tap water
- It dramatically improves the taste, odor and clarity of water
- Other systems treat drinking water, eSpring purifies it

There are many reasons to choose an eSpring Water Purifier.

In addition to the benefits listed above, the eSpring Water Purifier also:

- reduces potential carcinogens that can be found in drinking water
- is more convenient than bottled water
- has a high flow rate to fill your glass or container quickly
- treats drinking/cooking water for a family of 6 for up to one year
- improves the taste of beverages made with filtered water
- is convenient and easy to operate
- has a smart, sleek, space-saving design
- has convenient and easy replacements
- is less costly than bottled water
- has been certified to reduce more health effect contaminants than any other carbon based system.

So Why Do You Get Cancer?

Section 9: Resources for Services and Products

- effectively reduces chlorine
- effectively reduces lead in drinking water
- effectively reduces mercury in drinking water
- effectively reduces waterborne parasites
- effectively reduces radon and radon decay products in drinking water
- does not remove beneficial minerals, such as calcium, magnesium, and fluoride
- uses exclusive patented technology
- is designed, assembled and manufactured in the USA
- comes with a satisfaction guaranteed or your money back

No other Water Purifier compares to the eSpring Water Purifier.

The eSpring Water Purifier is truly the first of its kind in many respects:

- It is the **first** in-home system to combine a patented carbon-block filter with ultraviolet light and an electronic monitoring system
- the **only** system certified to effectively remove lead, THMs and more than 140 contaminants
- the **first** system in the world to meet [NSF International Standards 42, 53 and 55](#) - three internationally recognized water quality standards
- certified by [NSF International](#) for the reduction of **more contaminants than any other UV carbon based system**
- the **first** system to use wireless inductive coupling technology to increase safety and reliability

If you choose to purchase the eSpring Water Purifier and other products, you can support our Treating-Cancer-Alternatively website by logging on as a customer using the following referral information.

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Other Resources:

Walker, N.W., M.D.: ***Water can Undermine Your Health***, you can protect yourself from drinking unsafe water.

Meyerowitz, Steve: ***Water the Ultimate Cure***, Discover why water is the most important ingredient in your diet.

Capps, Charles: ***The Tongue – a Creative Force***, Words are the most powerful things in the universe.

Colbert, Don, M.D.: ***Toxic Relief***, Restore health and energy through fasting and detoxification.

Walker, N.W., M.D.: ***The Natural Way to Vibrant Health***, Following a natural way of life eliminating artificial processed foods

Trudeau, Kevin: ***Natural Cures***, "They" don't want you to know about

Virkler, Mark and Patti: ***Go Natural!***, Eden's Health Plan, Live long enough to fulfill your destiny.

So Why Do You Get Cancer?

Section 9: Resources for Services and Products

Rogers, Sherry A., M.D.: *Detoxify or Die*, Outlines the scope of chemical pollution.

Numerous other resources and articles have been read and studied over the past years.

With a B.S. and M.S. degree in Nutrition I have always had a love for understanding our bodies and how food and life styles affects us. After developing cancer I took a whole new look at nutrition and lifestyles to understand what we are doing to our bodies.

It is a delight and passion as we share our journey of returning to health and vitality with each of you.

We look forward to walking the journey with each of you through emails, consultations, etc.

Hippocrates, the father of medicine, said,

"Our food should be our medicine and our medicine should be our food."

In other words, what we eat should be so good for us that it actually heals and restores our bodies.

What a difference from the average American mind-set about eating!

Statistics are now stating that 1 out of 2 people will struggle with cancer in their life time. It is possible to fight cancer without chemo, radiation, or surgery.

I know you are busy. An easy way to keep up with our treating-cancer-alternatively.com website, and learn of latest research and changes, is by subscribing to the monthly free electronic magazine (ezine) called "*Alternatives*". Click here to subscribe to [Alternatives](#).

You will see our articles are never too long, and usually link you to places where you can get more info, if, and when you are curious.

There are usually free signup bonuses offered. Sign up today and see what is available.

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.

*** End of E-book ***