

The Gerson Therapy for Those Dying of Cancer

**SEVENTY YEARS WERE SPENT
IMPROVING A CANCER TREATMENT**

– HERE IT IS

BY VANCE FERRELL

**THIS BOOK WAS PREPARED FOR CANCER PATIENTS
WHOSE DOCTORS HAVE TOLD THEM THEY ARE GOING TO DIE**

**“I see in Gerson one of the most eminent medical
geniuses in the history of medicine.”**

**—Dr. Albert Schweitzer, the missionary physician
to Africa, writing about Max Gerson, M.D.**

TO CONTACT THE GERSON INSTITUTE — go to page 256

– IMPORTANT NOTICE –

This book is not intended to prescribe or diagnose in any way. It is not meant to be a substitute for professional help. The intent is to offer historical uses of herbs, vitamins, and other potentially healing substances. Those who are sick should consult their doctor.

Neither the author nor the publisher directly or indirectly dispense medical advice or prescribe the use of herbs, nutrients, or other substances as a form of treatment. Nor do they sell herbs, nutrients, or other substances. The author and publisher assume no responsibility if you prescribe for yourself without your doctor's approval.

**For more on the Gerson Protocol, go
to page 87 in this combined book.**



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The Gerson Therapy

For Those Dying of Cancer

by Vance Ferrell

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SPECIAL NOTE: Max Gerson recommended the use of liver extract or pills. These can be poisonous, and contain harmful bacteria and other dangerous substances. He also recommended ox bile. That is another substance you should avoid.

**TO CONTACT THE
GERSON INSTITUTE:
Go to page 256**

This book is only written for those on whom the physicians have given up. It can provide you with information you need as you consult with a Gerson-trained physician at the Gerson Institute.

Caution: Consult with your physician and do not, without his guidance, attempt self-help therapy. The author and publisher are not responsible for any attempt to do so. This information is provided as an educational tool concerning certain aspects of cancer.

“The physician . . . hesitates to take risks for his patients by applying a not-recognized treatment . . . I was in a more favorable position. Ninety to ninety-five percent of my patients were far advanced (terminal) cases without any risk to take; either all recognized treatments had failed or the patients were inoperable from the beginning.” —Max Gerson, *A Cancer Therapy*, p. xiv

“I should like to tell you what we do to prove that this treatment really does work on cancer. Number one, the results. I think I can claim [stated in 1956] that I have, even in these far advanced cases, 50% results.” —Max Gerson, *A Cancer Therapy*, p. 411

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Contents

The Physiology of Coffee	219
Preface	221
The Story of Max Gerson	223

1 - GERSON FORMULA

The reasoning behind this therapy

Four Special Problems	227
Solving the Four Problems	228
Better in Seven Ways	228
Five Dangers	229
Why Did Gerson Succeed?	22
Gerson Explains His Method	22

2 THE BASIC THERAPY

What is included in the program

How to Begin	232
Do this First	232
Special Needs	233

FORBIDDEN FOODS

Forbidden Foods	233
Forbidden Non-food Substances	234

FOODS

Foods to Use	235
More on Foods to Use	235
Foods to Eat Each Day	236
Sample Menu	236
Sodium-Potassium Ratios	237
Special Substances - 1	237
Foods Temporarily Forbidden	239

FOOD PREPARATION

Purchase of Food	239
Kitchen Equipment to Use	239
Kitchen Equipment Not to Use	23
Juices	239
Preparation of Carrot and Apple Juice	239
<i>Chart: Using the Norwalk Juicer</i>	240
Preparation of Citrus Juices	241
Preparation of Green Leaf Juice	241
Preparation of Cooked Vegetables	241
Preparation of Special Soup (Hippocrates' Soup)	241
Preparation of Peppermint Tea	242
Special Substances - 2	242

DETOXIFICATION

Physiology of Coffee Enemas	243
Preparing the Enema Mixture	244
Taking the Enema	244
Taking Castor Oil by Mouth	24
Taking Castor Oil By Enema	245

DEALING WITH PAIN

The Pain Triad	245
Castor Oil Pack for Pain	246
Hydrotherapy for Pain	246
Heat above the Abdomen for Upset Intestinal Tract	246
Chamomile Tea Enema for Upset Intesti- nal Tract	246
Potassium Added to Enema Water	246
Flare-ups and Reactions	246
Clay Poultice	247

OTHER POINTS

Green Leaf Tea Enema	247
Massage	247
The Will to Live and Push Through	247
Instructions for Giving Injections	248
Why Do Some Cancer Patients Do Bet- ter after Surgery?	248
How to Prevent Cancer	248

3 - SCHEDULES AND SUPPLIES

Putting it all together

SCHEDULES

Initial House Preparation	249
Sample Enema Schedule	249
Daily Schedule	249

SUPPLIES

Kitchen Supplies	250
Three Months' Supply	250
Gerson Supply Sources	251
Locating Organic Food	252
Improving Your Water Supply	253
Gerson Therapy Recipes	253

4 - NON-CANCER DISORDERS

Milder measures for non-malignancy

The Gerson Therapy in the Treatment of Non-Cancerous Disorders	253-255
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The Physiology of Coffee

Just what does coffee do in the human body?

It is a remarkable fact that, according to the manner in which it is taken, it has two entirely different effects.

If a diluted mixture of coffee is taken in an enema, it opens up the bile ducts so toxic substances can be emptied out of the liver. For about 54 years, Dr. Max Gerson used coffee enemas to do this—and found no other side effects. Instead, he found that diluted coffee enemas would save lives, when nothing else would.

“Where do we begin? The most important first step is the detoxification. So let us go into that. First we gave some different enemas. I found out that the best enema is the coffee enema as it was first used by Prof. O.A. Meyer in Goettingen. This idea occurred to him when, together with Prof. Heubner, he gave caffeine solution into the rectum of animals. He observed that the bile ducts were opened and more bile could flow . . .

“These patients who absorb the big tumor masses [from the tumor into the blood stream into the liver] are awakened with an alarm clock every night because they are otherwise poisoned by the absorption of these masses. If I give them only one or two or three enemas, they die of poisoning. I did not have the right as a physician to cause the body to absorb all the cancer masses and then not to detoxify enough. With two or three enemas they were not detoxified enough! They went into a *coma hepaticum* (liver coma).

“Autopsies showed that the liver was poisoned. I learned from these disasters that you can’t give these patients too much detoxification . . . When I didn’t give these patients the night enemas, they were drowsy and almost semi-conscious in the morning. The nurses confirmed this and told me that it takes a couple of enemas till they are free of this toxic state again. *I cannot stress the detoxification enough.* Even so with all these enemas, this was not enough! I had to also give them castor oil by mouth and by enema every other day, at least for the first week or so.

“After these two weeks you wouldn’t recognize these patients any more! They had arrived on a stretcher, and now they walked around! They had appetite. They gained weight and the tumors went down.”—*Max Gerson, A Cancer Therapy, pp. 407-408.*

In strong contrast, if a cup of coffee is swal-

lowed, it has entirely different effects—and all of those effects are extremely negative:

“A cup of coffee taken by mouth has an entirely different effect . . . It heightens the reflex response, lowers the blood pressure, increases heart rate, perspiration, causes insomnia and heart palpitation.”—*Max Gerson, A Cancer Therapy, p. 191.*

Checking a standard 1,450-page textbook (pp. 374-377 of *Mosby’s Pharmacology in Nursing*) which deals with the subject, the effects of drinking coffee or other caffeine products are well-known.

“More frequent side effects include increased nervousness or jittery feelings and irritation of GI tract resulting in nausea. More frequent adverse reactions in neonates abdominal swelling or distension, vomiting, body tremors, tachycardia, jitters, or nervousness.”—*Mosby’s Pharmacology in Nursing, p. 375.*

It is an intriguing fact that not one of these terrible side effects occurs when a coffee enema is given! Max Gerson said that “a cup of coffee taken by mouth has an entirely different effect.” That was his observation from about 1925, onward to his death in 1959.

A diluted coffee enema has one, different, and powerful effect: the strong dilation of the bile ducts. This never occurs when coffee is drunk by mouth.

It is clear that drinking coffee by mouth and taking a diluted mixture of it, temporarily into the lower bowel, have totally different effects.

Why is this?

Here are four reasons why:

First, God made the stomach and small intestines to be the normal means of absorbing substances from the food. This includes carbohydrates, amino acids, fats, and other nutrients.

Apparently, the lower bowel was not designed to absorb substances as well. It does not have the lacteals, found in the small intestine, which absorb nutrients into the blood stream.

Second, coffee drunk by mouth, passes through the entire gastro-intestinal system. In contrast, a diluted coffee enema only enters the lower part of the large bowel.

Max Gerson’s consistent practice (continued

today by the Gerson Institute and all patients) is never to give high colonics, but only low enemas. The fluid enters and is retained only in the lower bowel.

Third, coffee, when drunk, remains in the body for up to 5-6 hours, until it is entirely absorbed by the lacteals and has passed into the blood stream, thence to be carried throughout the body and into every organ, wreaking havoc on the entire system.

But, in accordance with consistent Gerson directives, a diluted coffee enema only remains in the lower bowel 12 to 15 minutes—and then it is expelled.

Fourth, in order to produce so many different effects, coffee taken by mouth would have to enter the bloodstream,

Yet it is quite obvious that a diluted coffee enema does not enter the bloodstream—for if it did, it would produce the very same effects,—*which it does not*. Instead it produces a single, entirely different effect: the powerful opening of the bile ducts, so poisons stored in the liver can be released.

What is the mechanism by which this occurs?

Max Gerson has stated that the diluted coffee in the enema, instead of actually traveling to the liver in the bloodstream, may only send a signal to

Are there other problematic substances used in the Gerson Therapy?

There are several other Gerson "medications" which are not needed by those who are healthy, but which are given to help the sick recover health.

The Gerson therapy is focused on but two objectives: filling the body with nutrients and expelling toxic substances from the body. In the process of doing these two things, the cancer is totally eliminated. Everything is done to achieve these two goals.

1 - Liver extract is given because of the continually lowered quality of fresh fruits and vegetables. Gerson began using such a product in 1950, because he found that lab reports revealed that, by the late 1940s, fresh fruits and vegetables no longer had as much nutrients as they had in the early 1930s!

If you think you can obtain enough nourishment from fruit and vegetables, then skip the liver!

2 - Pancreatin tablets are given. These help to

it.

The present author suggests that it would have to be the latter. If the coffee entered the blood stream and was carried to the liver,—that same coffee would also travel throughout the body and produce all those negative effects which coffee taken by mouth does (heart palpitations, body tremors, etc.).

But since a coffee enema produces none of these bad effects, it must be that coffee only sends a signal, via the nerves, to the liver.

Thus we are confronted by the fact that coffee enemas apparently are not harmful to the system. This conclusion may be incorrect. But that is where the observable facts lead us.

However, let us take this matter one step further:

I know any number of people who would never drink a cup of coffee, yet who are quick to take an antibiotic when they are sick. Yet drinking a cup of coffee is far less dangerous!

I have never drunk coffee nor taken a coffee enema, yet it is clear to me that we are here dealing with saving human lives.

If taking diluted coffee enemas will help save the life of a cancer patient who is dying, then I for one will not be the one to tell him he should not take them.

And I do not believe I am wrong in making this decision.

reduce digestive problems during the heavy detoxification process.

But if you do not need it, do not take it.

3 - In addition to iodine (Lugol's solution), thyroid is also given. The purpose of this is to ensure that enough iodine is obtained by the cells. (It is the potassium and iodine which starve the sodium out of the cancer cell, killing it.)

If you think you are likely to obtain enough iodine from the Lugol's, then do not use the thyroid.

4 - Castor oil is given to help flush the poisons out of the intestinal tract, which have been poured into it from the liver through the bile ducts. The effect of castor bean oil is similar to the laxative herbs, except that it is more efficient.

You would be very wise not to skip it.

In all these matters, you are the boss. But know that Gerson worked out a formula which produces terrific results—but primarily in those who carefully remain on the full program for 18 to 24 months.

Preface

This book is written for all those on the other side of hope, for the weary, and for those who despair of holding on to life—yet want to cling to it.

There is hope in this book. There is a way out of the dark tunnel, back into the land of the living.

But it will take dedication and work.

If you are not living in the shadow of death, then this book is not for you. Pass it on to someone who will value it.

Dr. Albert Schweitzer, the missionary physician to Africa, wrote this about his friend of many years, Dr. Max Gerson:

“ . . . I see in Gerson one of the most eminent medical geniuses in the history of medicine. He possessed something elemental. Out of deepest thought about the nature of disease and the process of healing, he came to walk along new paths with great success. Unfortunately, he could not engage in scientific research or teach; and he was greatly impeded by adverse political conditions. In ordinary times he would have been able to expound his ideas for many years as professor at one of the important German universities; would have taught pupils who could carry on his research and teachings; would have found recognition and encouragement . . . All this was denied him.

“His was the hard lot of searching and working as an uprooted immigrant, to be challenged and to stand as a fighter. We who knew and understood him admired him for working his way out of discouragement again and again, and for undertaking to conquer the obstacles.”—*Dr. Albert Schweitzer, quoted in Journal of the Gerson Institute, Fall 1981, p. 14.*

The following two statements will provide researchers with a better idea of the success rate of the Gerson therapy—and the difficulties:

“By application of these principles, the Gerson therapy is able to achieve almost routine recovery—90% or better—from early to intermediate cancer. When cancer becomes incurable by orthodox methods (*i.e.*, involves the liver or pancreas or is metastasized inside the body), about 50% recoveries can be achieved by the Gerson method.

“Norman Fritz gives laetrile as an example of other good nontoxic therapies. It has a good short-term response—relief from pain, remission of malignancy, improvement in appetite and sense of well-being or increase in strength—in 70% or 80% of cancer cases. The long-term recovery rate, however, is about 15% or less. In most cases degeneration progresses to where the laetrile is no longer sufficient. In some cases other nontoxic therapies may be constructively combined with the Gerson therapy.

“The other big advantage of the Gerson therapy is that it usually heals the body of all the degenerative diseases rather than just healing cancer. Many cancer patients are suffering from other degenerative conditions also—arthritis, heart conditions, diabetes, etc.”—*Cancer News Journal, 1983 Update.*

Of the many, many cases which could be described, here was one among several where the patient had do everything by himself:

“Fifteen years ago, at age 70, Earl Taylor of Cairo, Illinois, was sent home to die by his doctor. Earl had prostate cancer which was spreading extensively as a large mass in the groin, in spite of the hormones his doctor had been giving him. His doctor told him to get his affairs in order, as there was nothing that could be done to save him.

“Earl had read about Dr. Gerson and the Gerson Therapy in *Prevention* magazine. He contacted Dr. Gerson’s daughter in New York. She sent him Dr. Gerson’s book, *A Cancer Therapy* — results of 50 cases. Earl had completed the sixth grade as a boy and spent all of his life working in a junk yard. He called Dr. Gerson’s daughter again and told her that he couldn’t understand the book. She suggested that he just follow the treatment outlined on page 235 in the book (page 236 in the latest edition, now gives an hourly schedule).

“Earl said it was the hardest thing he ever did in his life. His wife had died years before, so he was all alone. (The institute tells people they should have help with the therapy, to have the best chance of winning.)

"Earl was in pain, and the easiest thing to do was to stay in bed; but, he thought, 'If I do that, I'll just die.' So he forced himself out of bed, to grind and press the hourly raw juices and to do the rest of the therapy. Soon the pain was gone. In a month his doctor could no longer feel any of the large mass.

"In a few months he felt well enough to go each day to help his friend, Gwinn Dunbar, who was dying of cancer spread through both lungs. Both patients recovered on the Gerson therapy and are still alive 15 years after being hopeless."—*Journal of the Gerson Institute and the Gerson Therapy, Fall, 1981, 5.*

Here is a second comment on Earl, which clarifies his case still more:

"Earl Taylor, 85, metastasized prostate cancer. Prostate cancer diagnosed by biopsy, 1963. Treated

with female hormones. In 1966, mass spreading to groin, much pain, told to go home and get his affairs in order. At age 70, started Gerson therapy. In one month, mass no longer palpable by physician. In 1980, accident caused rib fracture. Bone scan showed no sign of cancer. Remains in good condition, still working part time at 85."—*Op. cit., 4.*

Birger Jansson, Ph.D., of the University of Texas, found that patients with a higher sodium to potassium ratio in their diets were the ones most likely to have cancer. Stephen Thompson, Ph.D., at the University of California, San Diego, found that increasing the sodium content of the diet—would accelerate the rate at which metastasis of colon cancer in animals occurred.

"Cancer is now the only major killing disease in the industrialized world whose rates are sharply rising. Just by way of quantitative contrast, mortality from AIDS, another eminently preventable disease, although highly alarming if not catastrophic, is relatively low. About 30,000 cases, more than half already fatal, have been reported since 1981 when the disease was first detected; additionally, it is estimated that 2-3 times as many Americans suffer from advanced symptoms of the AIDS-related complex which often progresses to frank AIDS. Rapidly increasing numbers of cases, totaling some 270,000 are projected by 1991. In contrast, there have been major reductions in deaths from cardiovascular disease, still the number one killer in the U.S., probably because of a recent decline in smoking and attention to diet and exercise.

"With over 900,000 new cases and 450,000 U.S. deaths last year, cancer has now reached epidemic proportions, with an incidence of one in three and a mortality of one in four. Analysis of overall cancer rates, standardized for age, sex and ethnicity, has demonstrated steady increases since the 1930s, with more recent sharp annual increases in incidence rates by some 2% and in mortality rates by some 1%.

"Cancer is an age-old and ubiquitous group of diseases. Its recognized causes and influences are multifactorial and include natural environmental carcinogens (such as aflatoxins and sunlight), lifestyle factors, genetic susceptibility, and more recently industrial chemicals. Apart from modern lifestyle factors, particularly smoking, increasing cancer rates reflect exposure to industrial chemicals and runaway modern technologies."—Samuel Epstein, M.D., professor of occupational and environmental medicine, University of Illinois Medical Center of Chicago, quoted in 1987 Congressional Record, 133(135):E3452-3453.

The Story of Max Gerson

Max Gerson, M.D., was born in Germany on October 18, 1881. For his graduation tests, at the age of 19, Max wrote a totally new approach to a mathematics problem. His teacher could not figure it out, so sent it to the University of Berlin. They wrote back, that it was the work of a brilliant mathematician and that Gerson should be directed into higher mathematical studies. But Gerson had other plans. He wanted to become a medical doctor. Max wanted to help people.

Graduating from the University of Freiburg in 1907 as a physician, he received advanced training under five of the leading medical experts in Germany.

Shortly after completing medical school, Gerson began experiencing severe migraine headaches. He was only 25, yet he would have to lie in a darkened room for two or three days in pain.

The doctors had no answer. One told him, "You will feel better when you are 55." But that was not much of a solution.

Then Max read about a woman in Italy who had changed her diet, and her migraines lessened. This gave him an idea, so he began tinkering with his diet. In his case, he had excellent feedback: If he made a beneficial change, the migraines reduced in intensity and frequency; if he made a mistake, one would begin within 20 minutes.

First, he tried a milk diet, but that was useless. Then he went off all milk, and that helped a little.

Then he tried eating apples only—raw, cooked, baked—and that was a great help. Slowly he added other things, till eventually he had totally eliminated his migraines.

So he told his migraine patients about his diet. He called it his "migraine diet." When they returned, they would tell him theirs was gone too. But one said it had also eliminated his lupus (*lupus vulgaris*, or tuberculosis of the skin). Gerson knew the man could not have had lupus since it is incurable, but the patient showed him his medical records. The year was 1922.

It was obvious to Gerson that the medical theory, that there is but one medicine for each disease, was incorrect. As he later stated it, the great truth was this: "Nourish the body and it will do the healing."

So Max treated some other lupus patients, and their problem vanished also. But patients came back with the news that their other problems had disappeared as well. The careful dietary program he devised was suc-

cessful in treating asthma and other allergies; diseases of the intestinal tract, liver, and pancreas; tuberculosis; arthritis; heart disease, skin conditions, and on and on! Some of his most striking successes were in liver and gallbladder diseases.

In Germany at that time, trains often had private compartments, each one seating six. One day, as a train was about to pull out from the station, a man entered one of the compartments. The only other person there was a distinguished-appearing gentleman who said nothing. As the train got underway, the man started chattering to no one in particular. The gentleman tried to ignore him.

Soon the man jovially got on the subject of health, and the gentleman wished he could get to his destination a little quicker.

Then, opening his shirt slightly, the man said, "And you know, I had this lupus, right here on my chest. And this doctor, he cured it. Now it's gone!"

At this, the gentleman jumped up, lunged at the man, reached for his shirt and said, "Let me see that!"

The gentleman was Ferdinand Sauerbruch, M.D., one of Europe's leading skin and tuberculosis doctors. He well-knew that lupus cannot be cured!

Obtaining Gerson's name and address from the man, Sauerbruch contacted Gerson as soon as he reached his office. A friendship was started, and Sauerbruch, impressed with his humility and sincerity, arranged a test using Gerson's remarkable diet on 450 "incurable" lupus patients.

But after a week or so, it was obviously a failure. Sauerbruch did not think it would come to this; he had hoped against hope. So he penned a letter to his friend Gerson and, then, slowly walked back across the hospital grounds after posting the note.

He was on his way to cancel the test; but, on the way, met a woman carrying two large trays full of meat, gravy, sugary foods, and all the trimmings. Asking her what she was doing, she replied airily: "Oh, the people over in this building are starving, so we're sneaking food in to make them happy. They have a crazy doctor!"

Sauerbruch quickly set guards to keep the diet the way Gerson had prescribed it, and then wrote a second letter informing Gerson the test was still in progress.

Result: 446 of 450 incurable patients (99%) recovered. Lupus had been shown to be curable by diet therapy.

But Gerson still had not tried his therapy on

cancer patients. Even in Germany, physicians were careful about trying out new cancer remedies. When a couple of cancer victims came to him, he turned them down. But one day, a lady called him to her home, but would not tell him what was wrong with her. Arriving, she told him she had cancer and pled for him to help her. She was in bed, weakened, and in terrible condition. He told her he could not do so. "Please, she said, just write out your dietary formula, and I will sign a paper not holding you responsible for what happens." Gerson did so and left. It was obvious she was too weak to even follow the directions.

All alone, the sick woman struggled to follow the program—and recovered totally from cancer.

Learning of this, Gerson began treating other cancer patients. The year was 1928. Of his first 12 cases, 7 responded favorably, remaining symptom free for seven and a half years.

(Some of these facts we know because of testimony presented by him and others at the July 1-3, 1946, senate hearings, conducted by Claude Pepper of Florida.)

Gerson also treated Dr. Albert Schweitzer, his wife, and daughter for various health problems. Gerson saved Mrs. Helene Schweitzer from hopeless lung tuberculosis in 1931; and, several years later, he healed their daughter of a rare, serious "incurable" erupting skin condition that defied diagnosis.

Dr. Schweitzer himself came to Gerson at the age of 75, depressed and weary with advanced diabetes. In five weeks, Dr. Schweitzer had cut his insulin dosage in half, and in ten was completely off of it. Healed, and with new energy, he returned to Africa where he worked past the age of 90. In response, the world-famed Schweitzer declared, "I see in him one of the most eminent medical geniuses in the history of medicine."

Schweitzer afterward required that his physicians in Lambarene, Africa, study Gerson's book, *Therapy of Lung Tuberculosis*, before they started to treat the patients in his hospital.

Gerson was remarkable. Geniuses tend to focus their thoughts, whereas most people scatter theirs. Because of this trait, Gerson could not ride a bicycle. He would be so deep in thought that he would smash it. After having destroyed four of them, his family forbade more of that. For the same reason, he could not drive a car. His mind was continually at work, devising ways to help his patients.

One day while walking in the woods in the Harz Mountains near Bielefeld (before moving to Kassel), Max met a man who raised foxes. The rancher told him that he ran a very successful fox farm. He would buy sick, tubercular foxes for almost no cost, and later sell them. He said his foxes had the finest coats and their pelts brought the highest prices. Gerson asked him how he could do this. Mentioning that it was a secret which

must not be shared with the other fox farmers, he said there was a doctor, somewhere in Germany, named Max Gerson who had a nutritional cure for disease. The farmer bought sick foxes which had lung tuberculosis, healed them with Gerson's diet of organic vegetables and fruits, and then sold them at a good profit because they produced such high-quality fox furs. Both men were happy when Gerson introduced himself.

At the age of 51, Gerson was asked to present his findings, by appointment, at a meeting of the German Medical Association. At last he would have an opportunity for the world to learn of his work to save people. On April 1, 1933, as he sat in the railroad car, on his way to Berlin, the train stopped at a station and Hitler's SS troops entered.

When a young, inexperienced SS officer asked Gerson where he was going, Gerson, not knowing there was any danger, enthusiastically showed him X-rays and told him about his work. Impressed, the young man replied that he hoped Gerson would succeed, forgot to ask the question, and passed on to the next man just behind Gerson. For the first time, Gerson heard the question the troops were asking each passenger on the train: "Are you a Jew?"

Immediately, Max sensed the terrible danger. All the passengers except Gerson were asked that question, and Max saw one young man, a Jew, led outside, where he was gunned down as Gerson watched through the window. He had just seen the first large-scale action to collect 6,000,000 Jews for extermination in the Nazi concentration camps.

As the train continued on, Max completely changed his plans. Instead of getting off at Berlin, he continued on the train to Vienna, Austria. From there, he contacted his wife and told her to immediately come with their three girls, which she did. He also contacted all their brothers, sisters, and relatives, and offered to send money for them to leave. But they laughed at his concerns. They had their homes, their businesses, and there was nothing to fear from Hitler.

Max Gerson, his wife, and their relatives were Jews. All of those relatives (15, plus children) later perished. From Vienna, Gerson later went to Paris.

In 1936, he emigrated to America, and went to school to learn English. In January 1938 he received his medical license and began practicing in New York City. By this time, Gerson could enlarge or shrink surface cancers at will. He knew exactly what was needed to help his patients. The only question generally was whether they were in earnest enough to fully follow his program when they went home.

His first contact with medicine in America was enlightening. Called as a consultant to physicians treating a wealthy industrialist for arthritis, Gerson outlined what he would do to bring a fairly quick recovery. There was an awkward pause, and then one of the doctors said, "Dr. Gerson, you are new here. You don't understand. This man is a wealthy member of the W.R. Grace

family. They own steamship lines, banks, chemical companies, and so on. You don't cure a patient like this. You treat him."

In New York, he treated 90% of his cancer patients without charge and financed his own researches in chronic diseases. From 1946 to 1948 he saw patients at the Gotham Hospital.

At the Senate hearings, he testified that he believed the liver held the key to the cure of cancer—and that if the liver was too far gone, treatment was useless. This would be understandable, since the liver, an astounding chemical laboratory, is the primary detoxifying agency in the body.

Appearing with him on July 3, 1946, at the three-day Senate hearings were five of his patients, each of whom had fully recovered from some of the most common forms of cancer in America. He also came with X-ray photographs, pathology reports from leading hospitals, and testimonials from many other patients and relatives of cancer victims.

In reaction, on November 16, 1946, in its "Frauds and Fables" category, the *Journal of the AMA* hopefully dismissed the Gerson's unprecedented Senate presentation with the words, "Fortunately for the American people this presentation received little, if any, newspaper publicity."

In its January 8, 1949, issue, the *Journal* wrote, "There is no scientific evidence whatsoever to indicate that modifications in the dietary intake of food or other nutritional essentials are of any specific value in the control of cancer."

During his lifetime, Gerson wrote 51 articles, published in medical journals. (All of his publications are listed at the back of S.J. Haught's book, *Has Dr. Max Gerson a True Cancer Cure?*) But, for the most part, Gerson worked alone. Other physicians generally feared to help him or duplicate his work, for fear of reprisal.

Eventually, Gerson's medical privileges at Gotham Hospital were revoked, and he was unable to find an affiliation with any other hospital in the city. In 1953 his malpractice insurance was discontinued. One \$100,000 malpractice lawsuit would have wiped him out. Because the larger number of those who sought him had advanced cancers, some of them died. Yet their relatives knew that they died with dignity, free from pain and brain-numbing narcotics.

Gerson's needs were simple. Patients were shocked to learn that he would generally charge \$25 for the first visit and \$5 or \$10 for subsequent visits. (They had earlier been told he charged high fees, \$1,000 or \$2,000 for each visit.)

Refusing to stop his work, Gerson treated patients at his own facilities. In October 1954 at the age of 73, he wrote his former patient and close friend, Albert Schweitzer,

"Those who say they would like to help, often tell me they cannot. They regret not being able to assist me for fear of losing their position in hospitals and laboratories. I have long abandoned thoughts of attaining any kind of recognition, nonetheless I continue on my way."—*Journal of the Gerson Institute, Fall 1981, 16.*

Some of his best-documented, recovered patients died, when they were urged back by their former physicians for examination, and then told they must have surgery or radiation—when they were totally free of cancer symptoms or evidence.

On two occasions Gerson became violently ill after being served coffee by a group supposedly supporting him. Later laboratory tests showed unusually high levels of arsenic in his urine.

Some of Gerson's best case histories mysteriously disappeared from his files. In 1956, the manuscript and all of its copies for Gerson's almost completed book (*A Cancer Therapy: Results of Fifty Cases*) were stolen and never recovered.

Separating himself from that group, Gerson, now quite aged, raced against time to completely rewrite the book. In 1958, the book was published.

On March 4 of that same year, he was finally suspended for two years from the New York Medical Society. At a meeting of the New York Academy of Medicine, the surgeons, radiologists, and physicians condemned a colleague who was living by Hippocrates' dictum: "Above all, do no harm."

Gerson died a year later (March 8, 1959), shortly after he fell down the stairs in his house. He was 78 years old.

Upon Gerson's death, Albert Schweitzer, the Nobel prize-winning physician and missionary, and a patient of Gerson's, made this statement:

"I see in him one of the most eminent medical geniuses in the history of medicine . . . Many of his basic ideas have been adopted without having his name connected with them. Yet he has achieved more than seemed possible under adverse conditions. He leaves a legacy which commands attention and which will assure him his due place. Those whom he cured will now attest to the truth of his ideas."—*Albert Schweitzer, M.D., Ph.D., quoted in S.J. Haught, Has Max Gerson a True Cancer Cure? 1962.*

That prediction was to prove true.

At the urging of many individuals who recognized that a revival of Gerson's therapy was urgently needed, Charlotte Gerson Strauss (the youngest of Gerson's three daughters; born March 27, 1922), headed up a new venture, called the Gerson Institute, in a clinic/hospital in Tijuana, Mexico. The Gerson Institute was incorporated on June 27, 1978, twenty years after the publication of Gerson's book, *A Cancer Therapy*, and nineteen years after his death.

The Gerson Institute headquarters is located in Bonita, California, near San Diego. The hospital, is in a suburb of Tijuana, Mexico.

Charlotte continues to travel around the world, speaking at conventions, meetings, and on talk shows. Although elderly herself, she is in good health, for she carefully remains on the nutrition and juice program her father developed.

Addresses:

Gerson Therapy—The U.S. address and phone number will, for most people, be easier to work with: Gerson Institute, P.O. Box 430, Bonita, California 91908. Phone: 619-585-7600 or 619-267-1150. Fax: 619-585-7610. Automated voice information 24 hrs/day: 1-888-4-GERSON.

Web: www.hospital-meridien.com/meridien *Email:* meridien@hospital-meridien.com

The primary Gerson treatment center is Hospital Meridien, Lava #2971, Secc. Costa Hermosa, Playas de Tijuana, B.C., Mexico, CP22240. Phone: 011-52-66-801358. Fax: 011-52-66-801831. Web: Meriden@telnor.net.

Hospital Meridien is 30 minutes south of downtown San Diego.

A recently opened U.S. treatment center is the Gerson Center at Sedona, 78 Canyon Diablo, Sedona, AZ 86351. Phone or write the Bonita, California, office, above. GCS, the Sedona facility, is located 100 miles north of Phoenix and 28 miles south of Flagstaff, near Sedona, a small town of 8,000.

“I see in him one of the most eminent medical geniuses in the history of medicine . . . Many of his basic ideas have been adopted without having his name connected with them. Yet he has achieved more than seemed possible under adverse conditions. He leaves a legacy which commands attention and which will assure him his due place. Those whom he cured will now attest to the truth of his ideas.”

*—Albert Schweitzer, M.D., Ph.D.,
quoted in S.J. Haught,
Has Max Gerson a True Cancer Cure? 1962.*

(Dr. Gerson was the only one able to eliminate the cancer in Dr. Schweitzer’s wife.)

Here is the Gerson Formula

We should settle one thing here at the beginning: The purpose of the Gerson therapy is to save life. **People who go on this program are frequently close to death.** Unlike some other “cancer remedies,” **THIS PROGRAM SAVES LIVES.** If the reader does not like the program, or wish to go on the program, that is his choice. **But he should not reprove those who do, so they can continue living.**

They need encouragement, not reproof.

There are medicines used in this therapy to help recover the sick. You and I do not take those medicines. They are not for us. We are well. But, for the greater part of a century, Dr. Gerson and associates found that these special substances brought people back from the brink of death—for those substances provided the ill with a combination of abundant tissue nourishment and intense tissue cleansing. Like all medicines, they are used for a time by sick people to help make them well. After that, they can be set aside.

To friends and loved ones of the sufferer with advanced cancer, we would say: **This person is battling for his or her life, and needs your help. He or she may die without earnest efforts. Let's pitch in and help.** If the situation were to be reversed, is not this what you would want others to do for you?

1 - INTRODUCTION

The reasoning behind this therapy

Although this book was written for researchers and historians, it is able to make many other people better informed on these issues.

Since there are over fifty cancer treatment methods surveyed in this complete book of over 200 pages, in searching for the best ones to work with—what are the essential points we should keep in mind, in order to find the best remedial program for cancer?

(In the following overview, we will frequently refer to the cancer as a “tumor,” knowing that not all types of cancer are in that form.)

FOUR SPECIAL PROBLEMS—In dealing with cancer, what areas which need correcting?

1 - **Wasting away:** Medical experts know that cancer victims starve to death. Their systems become so disorganized, due to poisons thrown into the system by the malignancy, that they cannot properly assimilate the food they eat. This problem must be dealt with.

2 - **Reduce the tumor:** The tumor must be downsized or shrunk. In the medical route, this is done by applying surgery, chemotherapy, or radiation to the tumor. In the process, severe damage is done to surrounding tissue and, generally, to the entire body. Natural remedies accomplish this task by gradually dissolving the tumor, so that it is carried off in the blood stream.

3 - **Clean the liver:** As the tumor breaks up, it is carried by the blood to the liver, which is the primary blood-cleaning organ. But this results in a pileup of toxic substances in the liver. So much waste is being carried to it, from the tumor, that the liver cannot eliminate it fast enough. So shrinkage of the tumor requires an urgent, ongoing cleansing of the liver. The poisons in it must be removed. If this is not done, the person will become drowsy and go into a hepatic coma. He will slip into unconsciousness, and die from liver poisoning.

4 - **Clean the bowel.** As the poisons are expelled from the liver, they must be rapidly taken out of the body through the intestines and large bowel. It is vital that the body be aided in this function. Just because toxins have passed from the tumor to the liver, and into the intestinal tract—does not mean they are out of the body. We know, from how the body works in other disorders, that when the bowel is overloaded, toxic substances are reabsorbed from it—and carried to the liver and kidneys for removal.

To summarize the above: Good nutrition cleans the tumor, gradually emptying it into the bloodstream, where it travels to the liver, which cleans the blood. Help is needed to clean the liver, which then empties the poisons through the gall bladder into the small intestine. That waste must be quickly hurried out of the body.

Reading through the more than fifty cancer treatment methods in this book, we find that all of

them claim to reduce the tumor tissue.

But very few of them deal with all five factors; indeed, most appear to not be aware that all five must be dealt with.

In order to have the highest rate of success, all five factors must be dealt with, and on an ongoing basis, every day!

SOLVING THE FOUR PROBLEMS—*Let us now consider each of these four factors more closely, as discussed in my other 198-page book, Alternative Cancer Remedies (\$19.95 + \$2.50):*

1 - **Wasting away:** Part One of this present book provides a wealth of information on nutrition needed to prevent cancer and aid in eliminating it. Of the several dozen treatments described in Part Two, some strongly emphasize nutrition. These include *Bulkley (47), Bell (48), Ozias (50) Hindhede (55), Chase (59), Kloss (66), Drosnes and Lazenby (71) Evers (82), Wigmore (84), Kelley (85), Knekt (89), Livingston (95), Schrauzer (99), Issels (102), Asai (106), Karmali (107) Krebs (118), and Gerson (142).*

But, of these, most provide us with only vague data on nutritional changes needed or focus on the use of a single vitamin or nutrient.

Here are the few which actually had a nutritional program which was highly organized: *Chase (59), Kloss (66), Drosnes and Lazenby (71), Kelley (85), Krebs (especially see 126-129), and Gerson (142 onward).*

Of these, the Krebs and Gerson nutritional programs are to be noted. But the Gerson nutritional program is the most carefully structured and adapted to the needs of the cancer sufferer.

2. **Reduce the tumor:** Of the various methods used to dissolve tumors, one of the best is nutrition. Good food can not only reverse the wasting away problem; but, in addition, it is the primary way the tumor is dissolved!

Because the Gerson therapy provides the best nutrition, it is, in this respect, the best of more than forty programs for reducing the tumor.

3. **Clean the liver:** Surprisingly, although many methods have been devised to dissolve the tumor, very little attention has generally been paid to the need to come to the rescue of the overworked liver,—and remove the toxic buildup developing there as it cleans dissolving cancer tissue from the blood stream.

To our knowledge, only the Gerson program systematically deals with this problem.

4. **Clean the bowel:** Once again, the Gerson

program is one of only a few which give careful attention to this need. As an important added benefit, as the liver and bowel are cleansed, pain is found to be reduced, and the person feels much better.

BETTER IN SEVEN WAYS—One might imagine that the present writer is prejudiced in favor of the Gerson program. Yet he wants you to know that he came to this conclusion after having written *Alternative Cancer Remedies*, a 200-page survey of all the better-known alternative cancer therapies and their results.

Why is the Gerson therapy superior? Here are several very important reasons:

Number of people helped: This is the outstanding factor: the pragmatic test. Does it really work? How many people has it helped? The Gerson program has helped more people recover from cancer than any other method that we know of.

Length of time it has been used: In the twentieth century, the Gerson therapy has been used longer than any other. Max Gerson first began using the method about the year 1910, and continued doing so until his death in 1959. In 1978 his daughter, Charlotte, teamed up with a medical group and opened a clinic in Tijana, Mexico, which has continued on down to the present. That is a span of 70 years!

Continual improvement for 70 years: As Gerson and those who followed him have tried to help cancer patients, they have gradually improved on the method. They were not satisfied to stop with one or two discoveries. They have considered every approach used by others and have found a few which are useful (many which were not).

Not a single substance: A large number of the forty alternative cancer remedies discussed elsewhere in this large book are single-item preparations. Yet it requires a broad nourishment and cleansing approach to both remove the cancer and rebuild the body. The Gerson program is broader than any other the present writer has, to date, found.

No strange chemicals: Other than potassium and iodine, both elements which the body needs, the Gerson therapy does not use chemicals. There are no laboratory-prepared extracts, no horse serums. Nearly all the foodstuffs can be purchased in a grocery store.

No pain opiates needed: Daily cleansing of the liver and bowel removes the pain. This enables the person to be much more cheerful and positive,

and obtain better rest during sleep, during the recovery process. A cancer therapy is moving in the right direction when it reduces the accompanying pain. The removal of pain shows that the buildup of toxins in the body is being lowered.

Willingness to share: Gerson and his associates have been willing to share all they know, so folk can use it at home. That is a quality one does not find very often. We do not have here a secret formula, which is kept hidden for personal profit.

FIVE DANGERS—Yet, not even the Gerson therapy can heal every cancer sufferer. It should be kept in mind that certain factors reduce the likelihood of healing:

1 - **Progression:** How far the cancer has advanced. If a person begins on a nutritional/cleansing program early, he is far more likely to achieve a full recovery. (However, much of Gerson's successful work was with patients which the other physicians had given up on.)

2 - **Location:** The cancer site. Some types of carcinomas are more difficult to heal than others. Therefore, as soon as one recognizes that he has cancer, it is best to begin a full healing program.

3 - **Chemotherapy and/or radiation:** Has the individual received any chemotherapy or radiation for cancer? If so, his body has been heavily poisoned and weakened. Chemotherapy and radiation operate on the principle of trying to kill more cancer cells than the other cells. In the process, all kinds of cells are damaged or destroyed. But even if all the cancer cells were to be eliminated by chemo or radiation,—if the body has been greatly weakened in the attempt, and if nothing has particularly been done to cleanse the system of impurities or rebuild it with the best of food, the person would probably relapse into cancer again.

4 - **Fully on the program:** If the person does not fully go on the Gerson program (the choice of many), he/she is so delighted with the early relief that they only do the program partially or quit after a few months.

5. **After a relapse:** If the person goes on a cancer-reduction program (Gerson, Laetrile, Essiac, etc.), then reduces or terminates it before the cancer is fully gone, and later tries to go on the program again after the cancer returns—he can find himself in very real trouble. Frequently, after a relapse, the cancer can not be controlled as it earlier had been.

WHY DID GERSON SUCCEED?—Max Gerson succeeded where many have failed because he spent decades trying to improve his clinical work

and watched closely to see what worked instead of what the researchers, working with rats, had concluded.

“The physician . . . hesitates to take risks for his patients by applying a not-recognized treatment . . . I was in a more favorable position. Ninety to ninety-five percent of my patients were far advanced (terminal) cases without any risk to take; either all recognized treatments had failed or the patents were inoperable from the beginning.”—*Max Gerson, A Cancer Therapy, p. xiv.*

“Retrospectively, I think the results were arrived at because I did not follow most of the scientific literature nor the laboratory findings, as far as they did not accord with the clinical confirmations. ‘*Der Erfolg am Krankenbett ist entscheidend,*’ Professor Kussmaul said. (‘The result at the sick-bed is decisive.’) I do not want to make the mistake Winston Churchill expressed so clearly: ‘Men occasionally stumble over Truth, but most pick themselves up and hurry off as if nothing had happened.’ ”—*Max Gerson, A Cancer Therapy, p. 212 [cf. p. 207]*

“The scientifically accepted method is that these [cancer] symptoms alone will be treated *locally* wherever they appear. [If there is cancer of the mouth, treat the mouth, etc.] That is what we physicians learn and how we are trained in university clinics. All research work adheres mostly to these local symptoms. This is, in my opinion, the reason why decisive progress in cancer treatment has been impeded.”—*Max Gerson, A Cancer Therapy, p. 37.*

“ ‘Symptomatic treatment is harmful wherever in nature it is applied to the soil, plants, animals or human beings, or in medicine. Each part is important, but the whole in its infinitely fine order is more important.’ ”—*Dr. Werner Kollath, quoted in Max Gerson, A Cancer Therapy, p. 5.*

“As Dr. Gerson expresses it, cancer is not specific. It is a degenerative condition of the total metabolism, including damage to the liver and all essential organs, which then makes it possible for cancer to develop. Similar damage also precedes other chronic diseases.”—*Charlotte Gerson Straus, Appendix 1, A Cancer Therapy, p. 391 [Gerson's youngest daughter].*

Max Gerson recognized that God's plan was for man to eat wholesome food. In order to provide food for the plants, God gave us the soil, and then He gave us a gardener to till it!

“In *Readers Digest*, Dr. Thomas Barrett referred to the earthworm and soil. A French peasant told Dr. Barrett, ‘*Le Bon Dieu* knows how to build good earth and He has given the secret to the earthworms.’ ”—*Thomas Barrett, Readers Digest, May 1948, quoted in Max Gerson, A Cancer Therapy, p. 184.*

GERSON EXPLAINS HIS METHOD—The

following statements will help you understand Max Gerson's work:

"The experimental causation of cancer, first accomplished by Yamagiva and Itchikawa, through rubbing tar substance on the ears of rabbits for about nine months, is of importance insofar as they found that before the cancer started to appear, the liver was damaged and showed pathological changes, together with the kidneys, spleen and the lymphatic apparatus. The long period was required to poison the liver, before the damaged cells could perform the 'mutation' into cancer."—*Max Gerson, A Cancer Therapy, p. 40.*

"Cancer means: (1) Slow intoxication and alteration of the whole body, especially the liver. (2) Invasion of the Na-group [sodium and chloride], loss of the K-group [potassium and iodine], followed by tissue edema. (3) Lower electrical potentials in vital organs, more edema, accumulation of poisons, loss of tension, tonus, reduced reactivation and oxidation power, dedifferentiation [lack of differentiation] of some cells. (4) Cancer starts: general poisoning increases, vital functions and energies decrease. Cancer increases. (5) Further destruction of the metabolism and liver parenchym [the distinguishing or unique cells of the liver are destroyed]. Cancer rules, is acting, spreading. (6) Loss of last defense [the liver]. Hepatic coma. Death."—*Max Gerson, A Cancer Therapy, p. 102.*

"The cancerous body is *anergic*, which means that it cannot prevent cancerous growth nor respond and defend itself against it. The treatment, therefore, has the task of restoring these normal functions, . . . and finally, the conditions are restored for production, activation and reactivation of oxidizing enzymes."—*Max Gerson, A Cancer Therapy, p. 124.*

"From the beginning, I felt that the tumor had to be killed while some scientists were satisfied to arrest the growths for as long a time as possible. In one of my articles I enumerated eleven points of difference between normal and cancer cells.

"The most important points are: cancer cells have more Na (ionized) [Cancer cells have more ionized sodium], live on fermentation (not on the normal oxidation), are negatively charged electrically, do not have the normal exchange with blood and serum, and grow and spread uncontrolled.

"Studying these, I felt there must be a way to prevent the fermentation, that is, to eliminate the basic facts upon which fermentation is built and can function. The fermentation is vital for the life of the cancer cell. That is the object upon which we could base further tests and explorations. How could this be done? The most Na-free [sodium free] diet has to be applied to extract Na from cancer cells through the blood and lymph stream. Instead of Na, potassium and the oxidizing enzymes have to be brought in with the help of an allergic inflammation."—*Max Gerson, A Cancer Therapy, p. 195.*

"According to Dr. Gerson's research, the beginning of all chronic disease is the loss of potassium (K) from the cells and invasion of sodium (Na) into the cells, and with it water. This causes edema and the resulting malfunctions—loss of electrical potentials in the cells, improper enzyme formation, reduced cell oxidation, etc. The building of almost all enzymes requires K as a catalyst (activating agent) and is inhibited (slowed or stopped) by Na .

"In order to initiate healing then, it is essential to remove excess Na from the cells, reintroduce large amounts of K, and detoxify the system of accumulated intermediary substances and other toxins. This is best accomplished by large amounts of K from fresh fruit and juices, detoxification through the kidneys and by enemas, and reactivation of the liver by special liver therapy.

"If this were only a theoretical assumption, it would not be worth mentioning. However, in Dr. Gerson's many years of experience with all types of chronic disease, this process worked in practice. Degenerative disease could be reversed, eliminated, and the body healed."—*Charlotte Gerson, Appendix 1, A Cancer Therapy, pp. 392-393.*

"A precancerous development [in the body] . . . does mean the pre-stage of any kind of skin cancer, but it does mean a gradual intoxication with a loss of the normal content of the potassium group and the iodine from the tissues of vital organs. That chronic loss opens the door for the invasion of sodium, chloride and water into the cells, producing a kind of edema.

"In my opinion, it must be assumed, as a rule, that sodium and iodine favor undifferentiated, quicker growth, seen in embryos and cancer; while potassium and iodine assure a more differentiated, slower growth with normal cell division.

"Here sodium and potassium are the exponents of two minerals groups with opposite electrical potentials, keeping the body in a controlled equilibrium . . .

"Iodine is necessary for higher differentiation and increased oxidation and could be used for that reason against cancer development, but not alone."—*Max Gerson, A Cancer Therapy, p. 197.*

So starving the cancer cells of their sodium was an important factor in killing the cancer cell. Another was abundant, good nutrition—which would fill the body with potassium.

"Reading all the [medical] literature, I saw that all the scientists treat the symptoms. These, I thought, are only symptoms. There must be something basic behind them . . . Through my work with tuberculosis, I learned that in tuberculosis and in all other degenerative diseases, one must not treat the symptoms. The body—the whole body—has to be treated . . . I came to the conclusion that the most important part of our body is the digestive tract . . .

And at the same time eliminate all the waste products . . . The liver plays an important role. It eliminates the toxins from the body, prepares them so they can enter into the bile ducts, and can thus be eliminated with the bile;—that is not an easy job . . .

“The digestive tract is very much poisoned in cancer. How can we handle that? Detoxification is an easy word, but it is very difficult to do in cancer patients. These cases, when they are far advanced, can hardly eat. They have no stomach juice, the liver doesn’t function, the pancreas doesn’t function, nothing is active.

“Where do we begin? The most important first step is the detoxification. So let us go into that. First we gave some different enemas. I found out that the best enema is the coffee enema as it was first used by Prof. O.A. Meyer in Goettingen. This idea occurred to him when, together with Prof. Heubner, he gave caffeine solution into the rectum of animals. He observed that the bile ducts were opened and more bile could flow . . .

“The patients [I worked with] reported that this was doing them good. The pain disappeared even though in order to carry through the detoxification, we had to take away all sedation. I realized that it is impossible to detoxify the body on the one hand and put in drugs and poisons on the other . . . One patient told me that he had one grain of codeine every two hours and he got morphine injections—how can you take these away? I told him that the best sedation is a coffee enema. After a very short time he had to agree with that . . . [Gerson then mentions that his treatments cause the tumors, as they dissolved away, to begin shrinking] . . .

“These patients who absorb the big tumor masses [from the tumor into the blood stream into the liver] are awakened with an alarm clock every night because they are otherwise poisoned by the absorption of these masses. If I give them only one or two or three enemas, they die of poisoning. I did not have the right as a physician to cause the body to absorb all the cancer masses and then not to detoxify enough. With two or three enemas they were not detoxified enough! They went into a *coma hepaticum* (liver coma).

“Autopsies showed that the liver was poisoned. I learned from these disasters that you can’t give these patients too much detoxification . . . When I didn’t give these patients the night enemas, they were drowsy and almost semi-conscious in the morning. The nurses confirmed this and told me that it takes a couple of enemas till they are free of this toxic state again. *I cannot stress the detoxification enough.* Even so with all these enemas, this was not enough! I had to also give them castor oil by mouth and by enema every other day, at least for the first week or so.

“After these two weeks you wouldn’t recognize

these patients any more! They had arrived on a stretcher, and now they walked around! They had appetite. They gained weight and the tumors went down.”—*Max Gerson, A Cancer Therapy, pp. 406-408.*

“In former periods when there was not enough detoxification in my treatment, after the tumor was killed, the patient did not die of cancer—but of a serious intoxication with *coma hepaticum* caused by absorption of necrotic [dead] cancer tissue, as several autopsies have shown.

“The solution is that all these former failures can no longer occur if there is an intensive detoxification [through enemas] maintained long enough and a potassium plus iodine predominance [through nutrition] kept present . . . Only a detoxified body has both power of resistance and healing.”—*Max Gerson, A Cancer Therapy, pp. 197-198.*

Gradually, the tumor shrinks and dissolves. But more is required than merely killing the tumor cells. Next must come the task of cleaning those dead cells out of the system, and killing cancer cells elsewhere in the body.

“But now we have to deal with a mass of dead cells in the body, in the blood stream—and they have to be eliminated wherever they may be. And that is not so easy! The ripe [cancer] cells, the mature cells, are very abnormal. They are much more easily killed than the other cells which are unripe, not yet mature, and not so well developed.

“And there are other cancer cells in lymph vessels. These are clogged at both ends by cancer cells. No blood and no lymph can reach them. There are cancer cells in the glands. They are hidden there, protected from regular circulation. So it isn’t easy to reach these.

“At first it is only the big [tumor] mass which is killed. But this dead mass now has to be absorbed wherever it is . . . This absorption is only possible through the blood stream. I call this ‘*parenteral digestion.*’ [In contrast,] *Enteral digestion* is in the intestinal tract. Parenteral digestion takes place outside the digestive tract, through the blood stream. It becomes important then to continually carry on detoxification day and night in order to bring the parenteral digestion to the highest point . . . How can this be done?

“ . . . [Gerson says the key is in building good soil and only eating good food.] . . . But our modern food, the ‘normal’ food people eat is bottled, poisoned, canned, color added, powdered, frozen, dipped in acids, sprayed—no longer normal. We no longer have living, normal food . . . One cannot cure very sick people by adding poisons to their systems. We cannot detoxify our bodies when we add poisons through our food, which is one of the reasons why cancer is so much on the increase.” *Max Gerson, A Cancer Therapy, p. 410.*

But an important key is whether the liver can be saved.

"I should like to tell you what we do to prove that this treatment really does work on cancer. Number one, the results. I think I can claim [in 1956] that I have, even in these far advanced cases, 50% results. The real problem arises when we cannot restore the liver. Then there is no hope. The liver—the restoration of the liver and its functions—are so important that some of the patients whose livers cannot be restored die some six months to 2½ years later from cirrhosis. Autopsies show no cancer cells in the body. They did not die from cancer. They died from a shrunken liver."—*Max Gerson, A Cancer Therapy, p. 411.*

But can we not use drugs and hormones to stimulate the liver?

"We have to separate the state of pre-cancerous condition from the state where the cancer appears. In the pre-cancerous condition, all is prepared.

"The liver is sufficiently damaged and the other organs of the intestinal tract are damaged enough and then later the symptoms appear. Until then we have the pre-cancerous condition—and this condition cannot be cured with hormones and enzymes, etc.

"We can to a certain degree stimulate the liver with hormones. We can stimulate the liver with cortisone. We can stimulate the liver with adrenalin, etc., but then we take out the last reserves. We empty the liver instead of refilling it. What we have to do in cancer—a degenerative, deficiency disease—is to refill the organs which are empty and poisoned."—*Max Gerson, A Cancer Therapy, p. 414.*

"Q. [Question from audience] Your treatment worked in advanced cases of cancer of the liver? A. [Dr. Gerson's reply] If more than half to three-quarters of the liver is gone, you can't restore its function enough to save the patient. You may save them for half a year to a year, but then the liver may shrink and the patients die of a shrunken liver, cirrhosis of the liver.

"The liver is such an important organ that when it has to eliminate its own cancer, this has to be done by the healthy liver tissue. Yet the process of elimination can damage the healthy liver tissue, if we don't detoxify constantly day and night, especially in these cases . . . [He then tells of a woman who was brought to him with an apparently hopeless liver in terrible shape,—but he was able to save her because she kept taking the coffee enemas, every hour or two, and castor oil enemas twice a day—instead of the normal regime of 5 coffee enemas every 24 hours, and one castor oil enema every two days.]"—*Max Gerson, A Cancer Therapy, p. 416.*

"The Damacles Sword of cirrhosis hangs over

all cancer patients who have far advanced malignancies in their abdominal organs. We know that all these organs send their blood through the portal veins into the liver where tumor cells settle very frequently as soon as the liver, working as a filter, has lost its defense power."—*Max Gerson, A Cancer Therapy, p. 68.*

2 - THE BASIC THERAPY

What is included in the program

The present writer could find the full Gerson program, clearly presented, only in the middle and back of the two Gerson books. Yet people with cancer are frequently too weary to search through all those pages to find the complete program.

Therefore a distillation of this data has been gathered here. This may be the only place the entire program is available in a single location. Doubtless, the Gerson Institute will eventually publish a book with all of the following information in one place.

Our sources are as follows:

Max Gerson, A Cancer Therapy, pp. 187-248, 391-422, and scattered portions of pp. 3-185.

The Gerson Institute, The Gerson Primer, pp. 3-18, 36-46, 101-102.

Charlotte Gerson, several explanatory lectures and demonstration videos.

HOW TO BEGIN—*If you decide to go on the Gerson program, it is best that you make an appointment and go to the Gerson Institute. (Gerson Institute 888-4-GERSON (888-443-7766) / 619-267-1150 / P.O. Box 430, Bonita, CA 92002.)*

Life is short enough, and you are in a crisis. Time could be very short. You and your helper will learn what to do, and your special needs will be ascertained. The costs are nothing compared with what you would pay for an equivalent amount of time in a regular hospital. However, if you cannot do this, the folk at Gerson are very willing for you to care for yourself at home.

For more pre-preparation ideas, read *Initial House Preparation*, under *Schedules*, near the back of this book.

DO THIS FIRST—If you plan to go to the Gerson Institute, it would be well to first read this section very carefully. If you plan to go on the program at home, you will find here a brief overview of all aspects of the therapy.

1 - Thoughtfully read through the following formula. Keep in mind that every part is important, and that it is the result of 70 years of research, field testing on human beings (not rats), multiplied thou-

sands of healings, with continual modifications and improvements in formula.

2 - Order the mail-order supplies (flax oil, potassium, etc.). They are listed at the back.

3 - Purchase several-days worth of local supplies (carrots, apples, etc.)

4 - Borrow or purchase a Norwalk juicer. It will combine the pulping and pressing operations. Or obtain a lower-cost juicer (such as a Champion), which will make the pulp, and a separate manual press. (Norwalk juicers have electrically operated presses, which are very nice!)

5 - Begin taking the juices and enemas while you wait for the other supplies.

6 - Add on the other features of the program as additional supplies arrive.

It is vital that you keep in mind that there is danger in not remaining on the program. The Gerson Institute finds that some drop out when, several months later, they begin feeling so much better. *Yet the underlying problem has not yet been corrected.* Later, when they experience a relapse, a return to the therapy is frequently not as successfully made.

Therefore it is urgent that you stay with the program *for a year and a half to two years.*

SPECIAL NEEDS—Here are two very special needs, which could be overlooked:

Rest: A cancer patient needs a lot of rest. Do not try to do much exercise or work in the early stages of the program. Do not overdo. As energy returns, you can start on some very mild exercise, such as a five-minute walk—but not in extreme heat or cold. This can later be extended to 8-10 minute walks. When tired, stop, and return to shorter walks. Do not do strenuous exercise (tennis, etc.) for a year or two. Avoid swimming pools, which are chlorinated. Ocean water is too salty. Only swim in a clear mountain stream or lake, with no pollutant runoff into it or above it.

Danger of infections: *Beware of taking cold and getting sick!* Cancer patients have greatly weakened immune systems. Be very careful in this respect.

FORBIDDEN FOODS

FORBIDDEN FOODS—Read the labels of everything you put in your body or on your body.

Junk foods: Do not use sharp spices (fresh or dried herbs are permitted), tea, coffee, instant coffee, cocoa, chocolate, tobacco, alcohol, refined sugar, white flour, refined flour, candies, ice cream, cream, or cake.

More junk foods: Do not use foods that are bottled, canned, frozen, preserved, refined, salted, smoked, or sulphured. Do not use commercial beverages.

Heavy foods: Do not use nuts, mushrooms, soy beans and soy products, pickles, cucumbers.

Oil, meat, dairy products: Do not use fats, oils, or grease. Do not use meat, fish, eggs, milk, butter, cream, cheese. Do not use avocados or nuts (too much fatty acid).

Lecithin: Because of its fat content, lecithin should not be used while on the program.

“Q. Soy products and soy beans are forbidden.

But is lecithin forbidden, which is made from soybeans? A. Since soy beans contain fats, I had to forbid them. Cancer patients are not able for a long time to digest fats to the end product. When some intermediate substances are left in the body, they work as carcinogenic substances. Therefore we had to cut out fats, oils, and goods containing them . . . Q. Is fat-free lecithin okay? A. Yes, but not in the beginning. After six weeks, fat-free lecithin is okay.”—Max Gerson, *A Cancer Therapy*, p. 411. [Note: Gerson made that statement in 1956; in 1959, he discovered that flaxseed oil greatly helped cancer patients, so he began prescribing it.]

Certain fruits: Do not use berries or pineapple. Their aromatic acids cause unfavorable reactions. (Red currants are all right.) Do not use sulphured dried fruits.

“Q. Why are all berries prohibited? A. Some of the patients are hypersensitive, especially in the beginning, against berries which are a little difficult to digest. Therefore I cut them out.”—Max Gerson, *A Cancer Therapy*, p. 411.

Salt products: Do not use salt products, such as table salt, sodium bicarbonate, soda, and all salt substitutes. Salt is now added to many different types of food.

Spices: Do not use spices (paprika, all types of pepper).

Alfalfa seeds and sprouts: Never use alfalfa seeds and sprouts. They contain *canavanine*, which may cause flare-ups (reactions) in rheumatoid conditions.

Certain leaves: Do not use leaves of carrots, radishes and mustard greens.

Water: While on the *full* program, drink no water. The full capacity of the stomach is needed for juices and soup. (However, do not imagine that this applies if you are *not fully* on the program. If you are only taking, say, 4 cups a juices a day, and do not want to bother making more—you had better drink additional water! Of course, if you are not on the full program, you are far less likely to solve your

cancer problem.)

Fasting: In most cases, fasting is also forbidden. Cancer is a chronic disease and serious nutritional deficiencies exist. Good food is urgently needed.

“Q. What is your conception of a prolonged [food] fast or periodical three-day fast? A. You can't let the cancer patient fast. In the cancer patient the body is so depleted if you let them fast they go downhill terribly.”—*Max Gerson, A Cancer Therapy, p. 417.*

Vitamin and mineral supplements: Here is what Dr. Gerson had to say about taking supplementary vitamins and minerals while on the Gerson therapy:

“Q. Are vitamin and mineral supplements okay [when a person has cancer]? A. No, they are wrong because calcium and many other minerals cannot be added so easily. They bring the system out of harmony. With calcium you can produce cancer . . . No calcium, no magnesium, no other minerals. I tried it . . . One should not change the mineral metabolism, especially in cancer. Only the two most important minerals potassium and sodium must be balanced. This is the need of the cancer patient.”—*Max Gerson, A Cancer Therapy, p. 415.*

“On the basis of my treatment . . . hormones, some vitamins [A, D, and E named], calcium phosphate compositions and *caridin* [a type of synthetic iodine] had a carcinogenic effect.”—*Max Gerson, A Cancer Therapy, p. 220.*

Dr. Gerson accidentally overlooked the above question on vitamins; so additional questions were later asked about them:

“Q. Is folic acid treatment contraindicated during treatment of cancer? A. Yes, folic acid did damage.”—*Max Gerson, A Cancer Therapy, p. 417.*

“Q. What vitamins are okay to take with your treatment? A. With the vitamins we have a similar situation as we saw with the hormones. It damaged patients with vitamin A, vitamin E, vitamin B and B₆. Patients get really damaged. Vitamin A and D is picked up by the cancer cells immediately. Niacin we can use.”—*Max Gerson, A Cancer Therapy, p. 418 [more about niacin on page 23].*

“Several times I observed that vitamins in good combinations, with or without minerals, produced a *regrowth* of cancer or new spreadings in a few days. The patient felt better for a shorter or longer period through what may be regarded as the stimulation of the entire metabolism. However, the cancer regrew, caused by what some other authors explained as the greater attraction power of the cancerous tissue.”—*Max Gerson, A Cancer Therapy, p. 210.*

“[In young boys and girls] Ten to fourteen days after the administration of calcium compound, the cancers started a rapid regrowth and were beyond

cure. I had the impression that calcium-composition worked in the cancer body like Na. [sodium].”—*Max Gerson, A Cancer Therapy, p. 210.*

“Other failures [in saving cancer patients] resulted from a substitution of so-called *caridin* for Lugol's and thyroid, as well as from the application of some other hormones and vitamins, ovarian substance, vitamin E, A, D, etc. . . I administered calcium and phosphate compositions in a number of cases where the X-rays showed far advanced decalcification and in three cases of hemophilia, complicated by osteosarcoma tumors. The bleedings had been stopped with this medication, but the tumors started to grow immensely. Several of these cases were lost.”—*Max Gerson, A Cancer Therapy, p. 220.*

In summary, when malignant tumor growth is occurring, do not take single vitamins, with the exception of the above-mentioned niacin, vitamin C and B₁₂. Be guarded about taking calcium.

FORBIDDEN NON-FOOD SUBSTANCES—

Do not take hormones, especially opposite-sex hormones! See Gerson's *A Cancer Therapy*, p. 210.

Do not take raw liver juice, because it may be infected with bacteria (see pp. 421-422 in the 5th edition of *A Cancer Therapy*). **Liver injections, pills, and juice can be infected with poisons!**

Skin: Do not use cosmetics. They clog the pores, and keep the skin from breathing and eliminating toxins. While on any intensive therapy, use no skin lotions, creams, etc. of any kind, nor nail polish. Do not use lipstick.

Deodorants: Do not use any deodorant or antiperspirant. They are harmful, block lymph passages, and are absorbed and poison the system. To block the lymph passages is to force the toxins back into the body. Do not use perfumes or perfumed substances.

Salt products: Do not use salt products, such as sodium bicarbonate (in food, toothpaste, gargles, etc.), soda, epsom salts, and all salt substitutes. Do not brush your teeth with baking soda. Do not gargle with it. Do not use toothpaste which has it. Salt is now added to many different types of food.

Fluorine: Do not use fluoridated toothpaste. Do not use fluorine gargle, hair dyeing, and permanents. Do not use any other hair dyes.

Hair chemicals: Do not use hair sprays, including lacquers. Do not use hair dyes or permanents.

Sprays: Get all aerosol sprays, air fresheners, perfumed items, insecticides, paint fumes, and similar materials out of the house.

TV: Avoid television radiation.

Other toxic substances: Eliminate from your home the following: asbestos, cigarette smoke, pes-

ticides and herbicides, fluoride in the water, new carpeting, urea formaldehyde insulation (insulation boards). Also get rid of synthetic materials in rugs, draperies, bedding, and clothing.

Teeth: It is best that you care for all dental root problems. It is possible for tooth infections to not be noticed, yet be gradually sending poison throughout the body. Solve dental root canal and abscess problems.

Tooth fillings: Mercury (amalgam) dental fillings are another source of poisoning. Mercury is a highly toxic heavy metal. However, removing amalgam fillings can cause temporary mercury poisoning. So it is best not to eliminate those fillings until 6-12 months after going on the program. Beware of gold crowns, which have been placed on top of amalgam fillings! Have them removed later.

Sunscreens: Do not use sunscreens. When exposed to the sunlight, it is now known that the sunscreen becomes a carcinogen!

Sunlight: Do not take too much sunlight.

FOODS

The Gerson diet is remarkably different than that given to cancer patients in the hospitals of the land. For example, medical experts advise that cancer patients can eat most anything and do just fine—as long as they have the operation and/or take the chemotherapy.

“Once the patient has survived the operation and the convalescence has followed, the diet is very liberal and practically without restrictions. Patients who have suffered partial resections of the stomach can manage practically the same diet as normal persons.”—*Dietotherapy Clinical Application of Modern Nutrition, quoted in Max Gerson, A Cancer Therapy, p. 57.*

“Auler (1937-1941) recommended [for cancer] a non-sparing diet, rich in salt and spices, raw meat several times weekly . . . Bruenings, Frankfurt a/Main (1930s) recommended a diet poor in carbohydrates and rich in proteins, aided by insulin; he believed in improvement by an acidifying effect.”—*Max Gerson, A Cancer Therapy, p. 55.*

FOODS TO USE—The Gerson diet is filled with good food!

Larger amounts: Because the Gerson diet has fewer calories and digests better, therefore larger and more frequent meals must be served. Cancer has starved the body, and additional food is needed in order for proper rebuilding to occur. Some even eat at night.

The primary objective of this diet is to detoxify the entire system, and restore the functions of the liver and the metabolism. In the beginning, some

patients may find it difficult to consume all the prescribed food and juices. But, in about 2 weeks, after a good detoxification is beginning to take effect, the metabolism should improve and the appetite increase.

Individually adapted: So the treatment has to be adapted to how far advanced the malignancy, the flare-ups, and other complications and interferences are.

Limited diet: The Gerson diet is limited to certain things. *The primary foods are these:*

- **Fresh juices:** Juices of fruits, leaves, and vegetables.

- **Raw fruit and vegetables:** Large quantities either in their natural form, finely grated, or salads of fresh leaves and vegetables.

- **Stewed fruits and vegetables:** Vegetables stewed in their own juice, stewed fruit, potatoes and oatmeal, the special (Hippocrates’) soup, saltless rye bread, oatmeal.

Saltless: All must be prepared fresh and without added salt.

After the first 6-12 weeks, some who feel they need it may wish to add the following dairy products: cottage cheese (saltless and creamless), yogurt from skimmed milk, buttermilk. (Charlotte Gerson says it is now extremely difficult to find cottage cheese, yogurt, and buttermilk which does not have added salt; foods with added salt must not be used.)

[*Our note:* Although the above paragraph contains the recommendation of the Gerson Institute, the reader should be reminded of the danger of returning to cancer-causing dairy products.]

The restricted Gerson diet provides fresh, natural foods, with no sodium and the highest amount of potassium. It stimulates the elimination of toxic substances from the body.

MORE ON FOODS TO USE—Here is additional information on the foods to be used while on the Gerson program:

Fresh fruit: Fresh (never canned) apples, grapes, cherries, mangoes, peaches, oranges, apricots, grapefruit, bananas, tangerines, pears, plums, melons, papayas, persimmons, etc.

Stewed fruit: Pears and plums are more easily digested when stewed. Other freshly stewed fruit may also be used.

Dried fruit: All types of dried fruit (apricots, peaches, raisins, prunes, mixed fruit) are acceptable—but never sulphured! Wash, soak, and then stew dried fruit before eating it.

Flax Oil: Flaxseed oil is very beneficial. —But you must not use any other kind of oil!

Flavorings: To vary the flavors, you may also use very small quantities of the following (*but no others!*):

Allspice, anise, bay leaves, coriander, dill, fennel, mace, marjoram, rosemary, sage, saffron, tarragon, thyme, sorrel, summer savory.

Spices must be used sparingly, since they may counteract the healing reaction.

In larger amounts, chives, onions, garlic and parsley can be used. They often help flavor the food.

Raw vegetables: The following raw vegetables may be included in salads. They can be chopped, mixed, finely grated, or eaten separately:

Mix raw into salads: apples with carrots, lettuce, chicory, tomatoes, escarole, cauliflower, romaine, radishes, scallions, endive, knob celery, chives, green peppers.

Tomatoes are acceptable.

“Q. Are tomatoes okay? A. Tomatoes are okay.”—

Max Gerson, A Cancer Therapy, p. 414.

Salad dressing: Here is an optional salad dressing: Mix 2 tablespoons lemon juice, 2 tablespoons water, 1 tablespoon brown sugar, a little diced onion, grated horseradish (not bottled).

You will find 35 pages of recipes at the back of the *Gerson Primer*, published by the Gerson Institute.

Organic foods: Max Gerson and the Gerson Institute urge that all fruits and vegetables be organic.

“Cancer is not a local but a general disease, caused chiefly by the poisoning of foodstuffs prepared by modern farming and food industry.”—*Max Gerson, A Cancer Therapy, p. 199.*

“Have vegetables and fruit for the diet and juices been organically grown? Nutrient content of organic produce is often several times that of non-organic produce. Insecticides can stop healing.”—*Norman Fritz, added note in 3rd ed., A Cancer Therapy, p. 218.*

FOODS TO EAT EACH DAY—Here is additional helpful information:

Fruit and vegetable juices: Fruit and vegetable juices (in their raw form and in the soups) must be eaten each day—at least in the quantities ordered by the physician. Sometimes doing so may present some difficulties during the reaction period.

When reactions occur: When these reactions occur, the patients sometimes ask for raw, uncooked foods or apple juice and raw, grated apples without peel, mixed with finely mashed bananas (whipped with a fork into a light puree).

Because of the hypersensitivity of the intestinal tract, even the raw juices must sometimes be mixed with a thin, filtered oatmeal—sometimes mixed half and half. Later, only 2 tablespoons of the liquid

oatmeal should be added, until the reaction period is overcome.

Apples: Raw, grated apples should be taken in large quantities. When eaten raw, it is best to peel them to ease digestion and reduce gas formation. Apples should be eaten in every form: raw, finely grated, baked, apple sauce, or stewed with raisins.

Carrots: Carrots should be used raw, finely grated (best with the same amount of raw grated apple). They should also be cooked, lightly baked, and sprinkled with honey or bread crumbs.

Potatoes: Potatoes should be baked in the oven, with their skins on, until they are soft or mashed. The baked potatoes can also be put in a potato salad, with celery salad and lemon juice dressing. They may be eaten with apple sauce or yogurt (when it is all right to eat yogurt).

Potato salad: Peel; slice; and, while hot, add dressing to freshly baked potatoes.

Sweet Potatoes: Sweet potatoes are permitted once a week (no color added).

Oatmeal: Oatmeal is a very good food, and a large portion can be eaten daily. Use old-fashioned oats: Scotch, Irish, or plain Quaker Oats. Use ½ cup oatmeal to 1 cup water. Cook slowly in water until done (about 5 minutes).

Eat oatmeal (no milk) with any of following: raw grated apples, brown sugar or honey, blackstrap molasses, stewed prunes, apricots, bananas, apple sauce, raisins, peaches, etc.

Bread and flour products: Use some saltless rye bread each day. The following can occasionally be used: brown or wild rice, potato flour, corn starch, barley, lentils, bread crumbs (grate unsalted pumpernickel leftovers).

Sugar and sweetening: raw sugar, brown sugar (be careful: not the kind which is white sugar plus added molasses), maple sugar, syrup, light honey, unsulphured molasses.

SAMPLE MENU—Here is a sample one-day menu. You may wish to adapt it to your personal prescription:

Breakfast

1 glass juice

Large portion oatmeal

Bread, dark rye, toasted or plain, with prescribed honey or stewed fruit (no preservatives)

Lunch

Salad (raw food)

1 glass warm soup

1 glass juice

Large baked potato

Vegetables, cooked

Dessert: fruit, stewed or raw

Supper

Salad (raw food)
 1 glass warm soup
 1 glass juice
 Large baked potato
 2 vegetables, cooked
 Dessert: fruit, stewed or raw

SODIUM-POTASSIUM RATIOS—There is a sodium-potassium chart in Gerson's book (*A Cancer Therapy*, pp. 225-229) which is worth studying. You will discover that the good food has more potassium than sodium *and all the junk food has more sodium than potassium!* It is quite obvious that God's plan was that we eat more potassium than sodium.

Here are but a few at the top of the list (from A to C), which are low in sodium and high in potassium. Each of them is a natural product from the garden:

Dried apricot	11s / 1,700p
Banana	5s / 420p
Dried navy beans	1s / 1,300p
Fresh green beans	0.9s / 300p
Frozen green beans	2s / 110p
Fresh lima beans	1s / 680p
Raw beets	110s / 350p
Low sodium	
commercial bread	76s / 200p
Fresh broccoli	16s / 400p
Frozen broccoli	13s / 250p
Fresh brussels sprouts	11s / 450p
Frozen brussels sprouts	9s / 300p
Cabbage	5s / 230p
Cantaloupe	12s / 230p
Caraway seed	17s / 1,400p
Dry rolled oats cereal	2s / 340p

Here are a few at the top of the list, which are high in sodium. They all are processed in some way:

Anchovy paste	9,800s / 200p
Baking powder	10,000s / 150p
Heinz baked navy beans	
with tomato sauce	400s / 140p
Canned green beans	410s / 120p
Canned lima beans	310s / 210p
Frozen lima beans	310s / 580p
Corned beef	1,30s / 60p
Dried beef	4,300s / 200p
Raw lean, koshered beef	1,600s / 290p
Cultured buttermilk	130s / 140p
Candy bars	220s / 150p
Canned carrots	280s / 110p
Tomato catchup	1,300s / 800p
Salt celery	28,000s / 380p
All-Bran cereal	1,400s / 1,200p

Corn flakes cereal	660s / 160p
Wheat flakes cereal	1,300s / 320p

Here are a few other samples of processed foods. You may have thought that some of them were safe:

Ry-Krisp (probably salted)	1,500s / 600p
Cottage cheese	290s / 72s
Popped, oiled,	
salted popcorn	2,000s / 240p
Graham crackers	710s / 330p
Jell-O	330s / 210p
Mayonnaise	5,90s / 25p
Meat extract	11,000s / 6,000
Canned mushrooms	400s / 150p
Mustard paste	1,300s / 130p
Oleomargarine	1,100s / 58p
Green, pickled olives	2,400s / 55p
Dill pickles	1,400s / 200p
Pretzel (one)	1,700s / 130p
Rice flakes	720s / 180p

For your information, table salt (pure NaCl) is 39,342s, and baking soda (pure NaHCO³) is 27,373s. As with the entire chart, these figures are based on mg./100 gm. (milligram of the element per 100 grams of the substance being tested).

It is of interest that processed breakfast cereals are very high in sodium. Yet people value them; no preparation, pour on the sugar, add some milk, swallow them down quick, rush off to work.

"Throughout the survey, it was noted that variations in sodium content were much wider than in potassium content. This was true not only for different products, but for different samples of the same product."—*Max Gerson, A Cancer Therapy*, p. 229.

So sodium content of junk foods can be much higher than indicated on the food charts! It is easy at the processing plant to dump in more salt—and sell more of the product. The consumers love it.

SPECIAL SUBSTANCES - 1—The following special substances (called "medications" by the Gerson Institute) are taken to help the nourishing, cleansing, and healing process. (*Medications - 2* is to be found on pages 27-28.)

Flax oil: *Dosage:* During the first month of therapy, take 2 tablespoons a day; thereafter take 1 tablespoon.

Store the *Barlean's Flax Oil* bottle in the freezer. When taking it out, set it on the table for about 20 minutes. Then shake it, and pour off about 1 cupful into a 1 pint wide-mouth glass jar. Put the *Barlean's* bottle back in the freezer, and keep the pint jar in the refrigerator until it is used up.

Make sure your source of supply keeps their flaxseed oil refrigerated. If necessary, order it by mail.

Barlean's Flax Oil is the best brand, and is cold-pressed (address given later in *Gerson Supply Sources*.) It is the very best dietary oil there is, and is sometimes referred to as linseed oil. However, the linseed oil available in a paint store is not what you want to eat! (Although made from flax seed, it is a crude, dirty, oxidized product, with added poisonous chemicals.) Flaxseed oil is the best source of lenolenic acid, and helps the body lower cholesterol and utilize vitamin A.

Potassium: This is a 10% solution of potassium. *Dosage:* First 3-4 weeks: 4 tsp. solution in each of 10 orange, carrot/apple, and green-juice cups daily. (10 x 4 tsp. daily [= 10 times a day, 2 tsp. each time]).

Thereafter: 10 x 2 tsp. for 20 weeks, then 8 x 2 for 12 weeks; then 6 x 2 for the duration of treatment.

Here is how to work with it at home: Place one 100-gm. container of potassium compound salts into a one-quart glass jar, and fill to the top with distilled water. Store the bottle in a dark place. It does not need refrigeration.

Patients with chronic illnesses showed a marked decrease of potassium, one of the substances important in muscle contraction. Gerson found that increasing the potassium in the body was extremely important in dissolving tumors. Those who are seriously ill need many months, sometimes as much as two years, to restore normal potassium content to the vital organs. For more on this, see Gerson's *A Cancer Therapy*, pp. 207-208.

"Then we gave the patients large amounts of potassium. It took about 300 experiments until I found the right potassium combination. It is a 10% solution of potassium gluconate, potassium phosphate (monobasic), and potassium acetate. From that solution the patient is given four teaspoons 10 times a day in juices. That large amount of potassium is introduced into the body."—*Max Gerson, A Cancer Therapy*, p. 409.

Niacin: *Dosage:* 50 mg. at least 6 times daily for 6 months. In advanced cases, Gerson used 50 mg. every hour around the clock.

It is very important that niacin be taken from the beginning in sufficient amounts, without too much interruption, and only slowly diminished (not before 5-6 months). It helps restore glycogen into the liver cells, aids protein metabolism, and opens small arteries and capillaries. It also increases the electrical potentials in the cells.

This is a B vitamin, and very important in the elimination of cancer. Do not substitute niacinamide for it! Niacinamide does not accomplish the needed results. Reactions (flushing, hot, red skin for a couple minutes, caused by the niacin) are temporary and

harmless. Possible minor bleeding is no cause for concern,—but it should be discontinued during menses or in case of hemorrhage. (To avoid heat reactions, dissolve the tablet on the tongue after a meal or take in a glass of juice.)

"The results can be further improved by adding niacin which dilates the capillaries and in that way is helpful in the exchange between serum and cells. Niacin is also necessary for the function of the oxidation system."—*Max Gerson, A Cancer Therapy*, p. 32.

Vitamin C (ascorbic acid): This is used in the Gerson therapy during infections. A crystalline (powdered) form such as *Bronson's* is preferred. Supplemental vitamin C should not normally be necessary, since there is so much in the Gerson diet. A daily dose of 1 to 1½ grams are permissible.

Royal Jelly: This is optional. *Dosage:* 100 mg. in capsules or honey, ½ hour before breakfast. Do not take with hot food.

Bee Pollen: *Initial dosage:* ½ tsp. per day. This can be used in treating cancer from about the 10th to 12th week. Non-cancer patients may start earlier. Some may have allergies to bee pollen.

FOODS TEMPORARILY FORBIDDEN—According to the Gerson Institute, the following should be added at (but not before) the 6th to 8th week of full treatment: milk, cheese, butter, fish, meat, eggs.

[*Our comment:* It would be better to avoid meat and dairy products entirely, since livestock and chickens frequently have cancerous masses in their bodies. As he concurred in the above view about animal proteins, in his lengthy research work, Max Gerson recognized that meat and dairy products can intensify and even cause a regrowth of cancer. Consider these three statements:]

"As for nutrition, it is necessary to keep away all substances from the sick body which can produce allergic and other biologically stronger reactions (such as fats, animal proteins, vitamins—except vitamin C and niacin—and hormones, because they counteract the normal allergic healing reaction which is so necessary in the beginning to kill the tumor tissue."—*Max Gerson, A Cancer Therapy*, pp. 136-137.

"Further experiments showed that cod liver oil and other oils and fats, including egg yolks and cream also had a carcinogenic capacity—in these advanced cases."—*Max Gerson, A Cancer Therapy*, p. 220.

"She had cancer of the breast which regrew. Every time the family insisted that she was 'so much down' [in weight]. She weighed only 78 pounds. She was skin and bones and they wanted me to give her egg yolks. I gave her small amounts of egg

yolks—the cancer regrew. Then they insisted that I give her meat, raw chopped meat. I gave her this and the cancer regrew. The third time, they wanted me to give her some oil. I gave her the oil and the third time the cancer regrew. But, anyway, three times I could eliminate the cancer again and cure.”—*Max Gerson, A Cancer Therapy, p. 405.*

FOOD PREPARATION

PURCHASE OF FOOD—Do not buy carrots, fruits, or vegetables which are in plastic bags. Food-grade plastics often have added preservative chemicals to keep the food “looking fresher.” You will find this in items in plastic that are prepacked in small quantities. Do not buy potatoes or oranges to which color has been added.

Try to buy “organic” produce. Sprayed insecticides (poisons) cannot be removed by washing, as they have been taken up by the roots, from the soil, and absorbed into the plant and fruit.

KITCHEN EQUIPMENT TO USE—Stainless steel, glass, enamel, earthenware, cast iron, and tinware is acceptable.

Use the Norwalk juicer or two other machines which do the same task: a grinder (triturator) which grinds the vegetables and fruit, and a press (preferably stainless steel) which presses juice from the ground pulp. (A detailed list of sources will be found later under *Gerson Supply Sources.*)

KITCHEN EQUIPMENT NOT TO USE—Do not use pressure cookers or steam cookers, aluminum pots or pans. Avoid anything else made of aluminum.

Do not use a centrifugal juicer (the kind which whirl in a circle, throwing the juice outward). Do not use one-piece juicers such as liquifiers, centrifuges, juice mixers, or juice masters. These cause the juice to be oxidized, and render it unfit for the remedial treatment of cancer. (But centrifugal juicers *are* permitted by Gerson Institute for non-cancerous conditions.)

“They had to drink orange juice, grapefruit juice, and apple and carrot juice. This had to be produced in a special machine—a grinder and a separate press—because I found that in centrifugal juicers or liquefiers, I couldn’t obtain the kind of juice which cured patients.”—*Max Gerson, A Cancer Therapy, pp. 405-406.*

“At first, I had thought that liquefiers would be the most wonderful thing. All the material was there, nothing was lost. But it didn’t work. Then I found out through a physicist that in the liquefier, in the center, there is positive electricity and in the fluid there is negative electricity. This electricity

kills the oxidizing enzymes. And that is also true for the centrifugal juicer and the other apparatus. The juice must therefore be made by a grinder and a separate press—if possible, made of stainless steel.”—*Op. cit., p. 406.*

“Centrifugal machines in which air has insufficient access to the grinding process, cannot be used. When the grinding wheel rotates against a resistance with insufficient access of air, positive electricity is produced and induces negative electricity on the surrounding wall. The exchange of the positive and negative electricity kills the oxidizing enzymes and renders the juice deficient.”—*Max Gerson, A Cancer Therapy, p. 217.*

JUICES—Juices must be prepared fresh. It is best if they are drunk the same day. If not drunk immediately, the juices must be quickly refrigerated. Place the refrigerated juices in 8-oz. screw-on glasses. This reduces oxidation to the minimum. Start with smaller amounts of juices, and gradually increase the quantity.

Here are the types of juices which can be used, and always in 8-oz. servings: Apple and carrot / green leaf / orange / grape / grapefruit / tomato / apple. *Never place Lugol’s solution in green leaf juice.*

How fresh must the juice be? Some Gerson sources say it can be stored in the refrigerator in pint jars for three days. However, for terminal cases which are being treated, the situation is far different:

“We often find that patients are helped by persons who have to leave the house to go to work at a certain time and, therefore, prepare most of the day’s juice supply in advance and the evening supply upon their return home. This renders the juices largely ineffective, for the following reasons:

“(1) Juices consist of living matter with active ferments, fast neutralizing oxidizing enzymes, which are most necessary for the sick body.

“(2) The body needs an equilibrium of active oxidizing enzymes, supplied throughout the day. These cannot be maintained active except by freshly pressed juices, given at hourly intervals.”—*Max Gerson, A Cancer Therapy, p. 216.*

“Q. Can too much vegetable juice cause alkalinity? A. No.”—*Max Gerson, A Cancer Therapy, p. 418.*

PREPARATION OF CARROT AND APPLE JUICE—Use apples and carrots in equal portions. Wash apples, without peeling them. Cut and remove core with seeds. Wash carrots, but do not scrape them.

Then run them through a grinder and, after that, through the press. (*More information on how to make carrot juice, using a Norwalk juicer, is given*

NORWALK INSTRUCTIONS—

SUPPLIES —

In addition to *Norwalk equipment*: 2 or 3 1 qt pyrex cups (1 for pulp and 1-2 for juice [if not working rapidly at multiple duties, will only need 2 cups, total]), *baking tray* to lay cloths in, *carrot tray*, *wet rag* or two for spills, *washed vegetables* (assuming here only carrots), *juice jars*, 2 *zip-lock bags*

ASSEMBLY (pp 6-8) —

- 1 - Install and arrange everything
 - Install grid on top and push to back of grid slide
- 2 - Plug in / Turn on switch

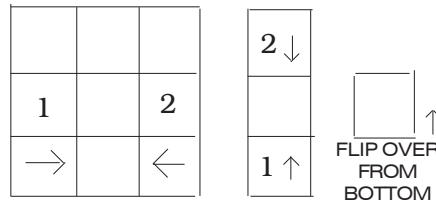
PULPING —

- 1 - Fill 1 qt (4-cup) pyrex cup with pulp (will make about 3 cups of juice). As push carrots through:
 - Keep top covered with hand or pusher (especially on first item in!)
 - Do not push too fast
 - Push only halfway down (otherwise next item pushed in will splash out)
- When done, leave pusher in tube. Keep top covered till motor is turned off! (Can also place plastic shower cap over tube top)

PRESSING (pp 9-16) —

- Put pulp into cloth (much easier to work with than bag, although bag provides better protection from aeration)
- Put 1 cupful of pulp from pyrex cup into center of 1 cloth (It is equivalent to 2 large carrots, 2 apples, or 6 celery stalks)
 - 1 - Open two clean cloths in clean baking tray, one on top of the other
 - 2 - Pour in about 1 cupful pulp, from pyrex cup, into center section of cloth
 - 3 - Fold over left third
 - 4 - Fold over right third
 - 5 - Fold up bottom third
 - 6 - Fold down top third

- 7 - Turn folded cloth upside down: Flip back and over (Flip front edge up and back)



- Always press two cloths at a time (not 1 or 3)
 - Lay cloths in center of press base (on bottom press plate), never to the side (or base plate will jam tight to top)
- 8 - Place folded cloth on press base (“press plate”).
 - Pour second cupful into second cloth
 - Press both cloths
 - 1 - Lift up press lever (machine must be turned on to do this) *Pressing begins*
 - 2 - Count to 10 seconds (never more than 10 seconds!)
 - 3 - Lower lever a couple inches
 - 4 - Raise it second time, count, lower partway
 - 5 - Remove cloths from press, open them and lay in tray
 - 6 - If planning to store juice: Immediately pour 1 qt pyrex cup of juice into small 8-oz jars (each equals one serving). For cancer patients, not over 2 hours. For non-patient use: refrigerate for up to 3 days (not over 2 days better) or put into freezer for several months (leave ample room at top for expansion)
 - Repeat folding and pressing of two more cloths
 - Repeat till juicing and pressing is finished, and have desired amount of juice

CLEAN UP (pp 21-23) —

- 1 - Turn off motor !! Then unplug machine
- 2 - Top priority is to clean

pusher, cloths, and cutter first (If work rapidly, can clean anything first)

- 1 - Remove pusher, rinse rather quickly in COOL water, dry it immediately (Do not leave it in water!)
- 2 - Empty, rinse cloths, then put in hot (not boiling) water, add little soap, place cloths in and let soak for 30-60 minutes
- 3 - Then clean machine parts
 - 1 - Remove parts:
 - Remove juice tray, feed pan, grid holder, and grid
 - Loosen wing nuts and remove housing
 - Remove cutter by grasping firmly with cloth
 - 2 - Clean parts (p. 21) with hot water and soap
 - Clean cutter first, thoroughly inside and out
 - Wash other parts and machine
 - 3 - Conclude with cold or warm water rinse
- 4 - Store parts
 - Cutter in zip-lock bag
 - Grid and holder in zip-lock bag
 - Put rest onto machine (or store some loose parts elsewhere)

The procedure is finished

OILING PUSHER —

- Every week or so (or whenever it feels dry), oil the wooden pusher:
 - 1 - Place 2 tbsps. olive oil into bowl (Olive oil is best because less likely to later become rancid on pusher)
 - 2 - With fingers, place oil all over pusher.
 - 3 - Set pusher upright in bowl, and leave for a day or two (oil will soak into pusher)
 - 4 - Wipe oil off bottom, and store pusher

To return a swollen pusher to normal size: Contact Norwalk

CUTTER ADJUSTMENT—

Use ¼" hex (allen) key wrench (clockwise to tighten)
Oil inside if difficult to remove

on page 25.)

If the patient has to go back to work, apple and carrot juice *only* may be taken and kept in a thermos no longer than 2 to 3 hours (when the juice cannot be kept in a refrigerator).

Certain types of apples juice better and produce better results:

“Tart apples (McIntosh, pippin, Granny Smith, winesap, etc.) [should be] used for juices when possible, rather than ‘delicious’ apples.”—*Norman Fritz, 3rd ed., A Cancer Therapy, p. 218.*

PREPARATION OF CITRUS JUICES—Only use a reamer type juicer of glass, plastic, porcelain, or an electric machine to squeeze juice. Do not use any juicer into which the half orange is inserted with the skin. This is because the skin is also pressed out, it emits harmful fatty acids and aromatic substances from its surface. Do not use an aluminum juicer.

PREPARATION OF GREEN LEAF JUICE—Obtain as many of the various kinds of green leaves, listed below, as possible. But do not use any other types.

Lettuce, red cabbage leaves (2-3 leaves), beet tops (young inner leaves), swiss chard, escarole, endive, romaine, green pepper (1/4 of small one). [*Our note:* Beet greens and swiss chard have a lot of oxalic acid, whereas kale and collards are both very nutritious—have less oxalic acid. For some reason, unknown to us, the Gerson Institute favors the first two and not the second two. Kale and collards are especially nutritious garden greens.]

When grinding, add 1 medium apple for each glass of green juice.

The grinding process: Grind twice (unless grinder has a fine grind, able to grind fine and almost liquify the pulp), press, and drink immediately. (The Norwalk has the correct grid, so grinding needs be done only once.)

The pressing process: Take 1 or 2 coarsely woven cloths—nylon, about 12" square. Place a cupful of pulp into center of the moistened cloth and fold in thirds in both directions; then turn it upside down, lay in press, and let it squeeze out the juice.

Rinse the cloths after each juice preparation. Each night boil the cloths in soapy water, and rinse thoroughly. Keep the machine clean.

On page 25, the present writer, who has a Norwalk juicer and regularly uses it, presents his own findings on how to use this valuable machine. Even better: Contact the Gerson Institute and purchase their video (by Charlotte Gerson) on how, in the kitchen, to prepare the vegetables and make

salad, special soup, and the juices in a Norwalk.

PREPARATION OF COOKED VEGETABLES—Vegetables must be cooked slowly, over an open flame, and without the addition of water. This slow cooking process is important. It preserves the most nutrients and flavors, and makes them more digestible. Fast cooking bursts the cells and causes the minerals to leave their colloidal composition and become more difficult for the intestines to absorb.

A steel mat may be placed over the fire to reduce the heat still more, and prevent the pan from burning. (Asbestos mats are toxic and are best not used.)

If more fluid is needed in the pan, add a little of the special Hippocrates' soup, tomatoes, or apple slices. Do not use spinach water, for it has too much oxalic acid. Stew tomatoes, leeks, and onions in their own juices because they have so much residual fluid. Cook potatoes in their jackets in water; do the same with red beets.

Carefully wash and clean all vegetables. Do not peel or scrap them, for important mineral salts are just beneath the surface.

The cooking pot must not be aluminum, must close tightly, have heavy, well-fitting lids, and be tightly covered—to prevent the escape of steam.

When raw fruit or vegetables are shredded or finely grated, they must be used fresh and as quickly as possible. Do not store raw food after it has had any kind of preparation done to it.

Patients should only have freshly cooked foods. (But we are also told that, if the food has been cooked (soup and fruit), it may be kept in the refrigerator for up to 48 hours.)

“Cooked vegetables must be prepared in an appetizing manner. It must be borne in mind that a complete change in the accustomed taste is involved; therefore, vegetables must be prepared with much care and imagination. It is not possible *just to omit* water, salt, fat, condiments, etc. Vegetables can be made tasty by means of fresh and dried herbs and different fruits.”—*Max Gerson, A Cancer Therapy, p. 217.*

PREPARATION OF SPECIAL SOUP (HIPPOCRATES' SOUP)—For one person, use a 2-quart pot and the following vegetables, then cover with water:

1 medium celery knob (If not in season, use 3-4 stalks of branch celery; pascal celery is preferable.)

1 medium parsley root

2 small leeks (substitute 2 small onions)

2 medium onions

Little parsley

1½ lbs. tomatoes or more

1 lb. potatoes

Garlic may be used at liberty for cooking or squeezed fresh into hot soup.

Do not peel any of these vegetables, but wash and scrub them well, cut them coarsely, cook slowly for 3 hours, then put through a food mill in small portions; scarcely any fibers should be left. Vary the amount of water used for cooking according to taste and desired consistency.

Let the soup cool before storing. Keep it well-covered in the refrigerator for no longer than 2 days. Warm up as much as needed each time.

“Hippocrates . . . gave these patients a special soup. I should like to tell you, we use that soup at the present time! That soup from that book, out of the practice of Hippocrates—550 years before Christ! . . . He [Hippocrates] had the idea that the patient has to be detoxified with the soup and with some enemas and so on.”—*Max Gerson, A Cancer Therapy, p. 404.*

The Gerson Institute recommends purchasing a *Foley Food Mill*, obtainable from the houseware department at a store, for making the special soup.

PREPARATION OF PEPPERMINT TEA—

Add one tablespoon dried peppermint leaves to 2 cups (1 pint) boiling water. Let it boil for 5 minutes, then strain. Add brown sugar or honey and/or a little lemon juice, to taste.

This should be used when food is not well-tolerated, in case of indigestion or during reaction period (flare-ups), nausea, or gas.

SPECIAL SUBSTANCES - 2—Here are the other special substances (called “medications” by the Gerson Institute) which are taken to help the nourishing, cleansing, and healing process. (*Medications - 1* is listed on pages 22-23.)

Lugol’s Solution: *Dosage:* First 3-4 weeks only: 3 drops in each of 6 orange and carrot/apple juices (6 x 3 daily). Never put Lugol in green juice!

This is the way that an additional intake of iodine is obtained by the body. Lugol’s is always used in half-strength, and only during the first weeks of therapy. Lugol’s solution contains 5% iodine and 10% potassium iodide in water.

In order to fight cancer, it is vital that both iodine and potassium be increased in the body. Iodine (its chemical name is “I”) is part of the positive minerals traveling to the negative pole, or negative tissues, while potassium (K) is the leading mineral of the negative group traveling to the positive pole or tissues. To help the cells function, the minerals must be activated or ionized.

In the Gerson therapy, iodine is administered in two forms: Lugol’s solution and thyroid. A larger dose (as described above) of Lugol’s is favorable in inhibiting any excessive cancer growth. For more information on this, see pp. 205-206 of *Cancer Therapy*, by Gerson.

Read this remarkable testimony:

“At the same time [we gave] 5 times [a day] of one grain of thyroid and 6 times three drops of Lugol’s solution, ½ strength. That’s 18 drops of Lugol’s which is a large dose. Nobody was observed to develop heart palpitations from that, even if some patients told me that they could previously not take thyroid because they would develop heart palpitation. And all allergies disappeared! Some patients claimed that they could previously not take one teaspoonful of lemon juice or orange juice—they were allergic. But when they are well detoxified and have plenty of potassium, they are not allergic. Allergies and other hypersensitivities are eliminated.”—*Max Gerson, A Cancer Therapy, p. 409.*

“Since 1938, after several setbacks, I have been able to develop a more successful therapy by adding . . . iodine medication, first in organic form as thyroid, and later also in inorganic mineral, in Lugol’s solution . . . Iodine is a decisive factor in the normal differentiation of cells, and can be used in order to counteract the decrease of cell differentiation as seen in the cancerous tissues.”—*Max Gerson, A Cancer Therapy, p. 32.*

Thyroid: *Dosage:* First 3-4 weeks only: 5 x 1 grain daily [5 times a day, 1 grain each time]. Dosage is best adjusted by physician. It is generally reduced downward, often frequently. Tachycardia [pulse over 120] may indicate overdosage. Discontinue temporarily during menses.

“When introduced into the system, thyroid and Lugol’s solution go immediately into the cancer mass. These ripe [cancer] cells take it up fast and they perhaps grow a little faster but they soak in more with great greed—as much as they can—together with a little bit of sodium, probably. But there isn’t much sodium left. So then these cells pick up potassium and the oxidizing enzymes and die by themselves. You have to realize that cancer cells live essentially on fermentation, but potassium and oxidizing enzymes introduce oxidation. And that is the point at which we can kill cancer cells, because we take away the conditions which they need to continue to live.”—*Max Gerson, A Cancer Therapy, p. 409.*

Acidol Pepsin: If you find that you need this, take it before meals, not during or after! These capsules provide supplemental hydrochloric acid, which is needed to help your stomach break down protein foods.

Pancreatin: *Dosage:* 3 tablets 4 times daily or according to need. This amount is later reduced. Some do not tolerate pancreatin well, but most benefit with less digestive trouble, gas spasms, and less difficulty regaining weight and strength.

Liver Extract (crude) and B₁₂: This is given by injection. *Dosage:* 3 cc liver and 1/10 cc B₁₂ combined in a single syringe, injected into *gluteous medius* daily, for 4-6 months or more. [Our note: It is best that a professional teach you how to do this. A person needs to know where to inject into the buttocks, because a vein or the sciatic nerve might be penetrated! See "Instructions for Giving Injections," later in this section. Those who go to the Gerson Institute are carefully taught how to do this, before they leave for home.] **NOTE: liver extract or pills can contain many poisons and diseases!**

Vitamin B₁₂ helps amino acids combine to form proteins, a function which is not working properly in people with cancer.

Liver was added to the formula because of the continually lowered quality of fresh fruits and vegetables. (Our note: Liver is not needed to save the lives of terminal patients, *if good quality produce can be obtained.*) **Liver can be dangerous!**

"Dr. Max Gerson added raw liver juice to his dietary therapy in 1950 to compensate against a downturn in nutritional qualities of fresh fruits and vegetables, on which his therapy had relied since its introduction in the early part of the century. Modern fertilization and pest control techniques have resulted in foods toxic and inferior to those grown by more intelligent methods."—*Appendix 3, A Cancer Therapy, p. 421.*

Special note: In October 1989, the Gerson Institute stopped using raw liver because it was so contaminated with bacteria. Desiccated liver tablets now replace it, taken with carrot juice. **But all liver supplements can be diseased!**

"Carrot juice replaces liver juice in all U.S. patient schedules, each glass supplemented by two 500 mg. desiccated liver tablets and two tablets of spirulina."—*Appendix 3, A Cancer Therapy, p. 421.*

Coffee enemas: *Dosage:* first six weeks minimum: every 4 hours. While lying on right side, retain for 12-15 minutes. For limited periods of time, where there is pain, these enemas may be used as often as every two hours. However, physician should monitor serum electrolytes frequently. (See three sections below: *Coffee Enemas, Preparing the Enema Mixture, and Taking the Enema.*)

Castor oil: *Dosage:* Every other day, take 2 tbsp. by mouth, and five hours later a castor oil and soap enema. Later, as necessary or as prescribed. (See

Taking the Castor Oil Enema, below.)

Other Gerson-prescribed medications: There are three other items which Gerson physicians may prescribe, in order to assist the patient in absorbing food nutrients, or cleansing the tissues. These include Acidol (hydrochloric acid), ox bile (a liver aid), and Ion Min (a clay powder). These Gerson medicines are used to aid the body in absorbing nutrients and expelling toxins. Because they are medicines, later they will no longer be needed. People who are well do not take medicine.

Lab tests: Blood chemistry, Complete blood count, T3, T4 [T3 and T4 are thyroxin tests], Urinalysis. All tests should be taken before beginning treatment and at 4-6 week intervals for at least the first 6 months. Test results may be affected by healing reactions and flare-ups.

If you are a Gerson Institute patient, mail or fax copies of all blood works to them. Details are explained in the *Gerson Primer*.

Medications prescribed by other physicians: You may be taking medications prescribed by regular physicians. It is recommended that you not abruptly discontinue any medications you were taking prior to using the Gerson therapy. In certain cases, Gerson-trained physicians will advise gradual discontinuance.

DETOXIFICATION

PHYSIOLOGY OF COFFEE ENEMAS—Preparing and taking a coffee enema will be discussed just after this section. Here is the physiological effect of a coffee enema: (*pp. 150, 153, 160, 243-245, 249*)

"The effect is an increased production of bile, an opening of the bile ducts and greater flow of bile. At the start of the treatment and during flare-ups, the bile contains poisons, produces spasms in the duodenum and small intestines, and causes some overflow into the stomach, with resultant feelings of nausea or even vomiting of bile. In these cases, great amounts of peppermint tea are necessary to wash out bile from the stomach. Thereafter patients feel better and more comfortable."—*Max Gerson, A Cancer Therapy. [A Cancer Therapy, p. 191.]*

It is an interesting fact that coffee, when drunk by mouth, has a totally different physiological effect on the body,—one which is quite negative.

"A cup of coffee taken by mouth has an entirely different effect . . . It heightens the reflex response, lowers the blood pressure, increases heart rate, perspiration, causes insomnia and heart palpitation."—*Max Gerson, A Cancer Therapy, p. 191.*

Max Gerson has found that a diluted coffee solution, taken in the form of a low enema, produces none

of the negative physiological effects, named above—which drinking coffee by mouth always does. In connection with this, please note that Gerson and the Gerson Institute always give low enemas, never high colonics, which fill the entire bowel, and only for 12-15 minutes at a time.

“High colonics cannot be administered, because too much of the sodium from the mucous membrane in the colon is washed out.”—*Max Gerson, A Cancer Therapy, p. 194.*

Cleaning out the accumulated poisons in the system is extremely important.

“In the beginning, the most important part of the therapy is an intensive detoxification of the entire body.”—*Max Gerson, A Cancer Therapy, p. 193.*

“In more advanced cases it takes a long time, about one to one and a half years, to restore the liver as near as possible to normal. For the first few weeks or months, the liver has to be considered as weak and unable to resume its normal functions, especially that of detoxification and of reactivation of the oxidizing enzymes. For that reason, it is necessary to help the liver with the continuation of coffee enemas and castor oil treatments in a slowly diminishing degree, according to the advanced condition of the disease. We have to bear in mind that there are still unripe cancer tissues in the body.”—*Max Gerson, A Cancer Therapy, p. 196.*

In practice, Gerson found that the enemas were indispensable, if he wanted to clean out the tumor and totally rid it from the body, while, at the same time, protecting the integrity of the very important liver.

“I lost several patients by *coma hepaticum* [unconsciousness induced by a poisoned liver], since I did not know, and therefore neglected, the vital importance of frequent and regularly continued elimination of poisonous substances, with the help of juices, enemas, etc.”—*Max Gerson, A Cancer Therapy, p. 191.*

The pain-relieving effect of coffee enemas is astounding. The enema removes the poisons from the liver so it, the liver, can better clean the blood (all the blood passes through it every three minutes). It is the accumulated poisons in the system which cause the generalized pain of cancer!

“Difficult as this may be to believe, experience has proved that frequent enemas completely eliminate the need for sedation.”—*Max Gerson, A Cancer Therapy, p. 191.*

PREPARING THE ENEMA MIXTURE—It is very important for all fluids which are placed in the rectum to be sterile. Use only *boiled, distilled* water in making the coffee and for the enema water.

Make sure it is cooled to body temperature before using.

1 - Here is the Gerson preferred coffee enema recipe: This recipe is to be used total strength! Do not dilute it!

Take 3 tablespoons of ground (drip) coffee (not instant!) to 1 quart *distilled* water. *Boil* it for 5 minutes, with the lid off. (This drives off oils from the coffee.) Then cover the pan, lower the heat, and simmer an additional 15 minutes. Strain and allow to cool. Add enough *distilled* water to make a full quart. Use at body temperature.

2 - Alternate coffee recipe: Instead of a freshly made mixture, this formula uses a coffee concentrate. It is recommended that it only be used as an alternative to the above recipe for convenience when traveling.

Three rounded tablespoons of coffee are to be used per 1 quart enema. A concentrate of correct proportion is prepared in this manner:

1. Place 1 cup (12 rounded tablespoons) fine or drip ground coffee into a sauce pan.
2. Add 1 quart distilled water.
3. Boil 5 minutes, uncovered.
4. Cover, lower heat and simmer 20 minutes or more.
5. Strain into a one-quart jar, allowing the grounds to drain well.
6. Add distilled water, to make a full quart.
7. Mark the jar for convenience with tape or paint, indicating one cup increments.
(Home canning jars have markings.)

This is enough concentrate for 4 enemas (one cup concentrate plus 3 cups *boiled, distilled* per enema). Multiply recipe to prepare additional concentrate at one time. This will keep up to 2 days in the refrigerator.

Using the coffee concentrate:

1. Put the following into the bucket:
1 Cup (8 oz.) coffee concentrate
3 Cups (24 oz.) distilled water

The fluid should be warm enough to make solution body temperature.

Apply the enema, following instructions given just below.

Be sure to boil all fluids before placing them in the rectum. The fluid should be given at body temperature.

TAKING THE ENEMA—Here are several brief instructions on the actual taking of the enema and its frequency:

“In practice, it seems necessary to apply frequent coffee enemas, four to six times in 24 hours; in more advanced cases every four hours day and night—or even more in the first two weeks.”—*Max*

Gerson, A Cancer Therapy, p. 193.

"Always keep the pot with the distilled water on the warmer. It will not boil and will always be ready.

"If your bucket's plastic hose becomes kinked, run a small amount of hot water through it to soften it.

"[1] The coffee solution should be body temperature. [2] Run a little of the solution through the tube into the toilet to warm the tube; close the stopcock.

"[3] Lubricate, about 2 inches of, rectal end of enema tube with petroleum jelly [Vaseline]. [4] Hang enema bucket not over 2 feet above you.

"[5] Laying on the right side, draw both legs close to the abdomen, relax and breathe deeply.

"[6] Insert tube into rectum 5-8 inches. Open stopcock and allow fluid to run in very slowly to avoid cramping. Retain solution 12-15 minutes.

"[7] Do not place tube back into bucket until you have thoroughly cleaned it (using biodegradable food-use detergent, then rinsing well). Rinse daily, or as often as needed, with hydrogen peroxide 3%. The bucket and tube are very good growing grounds for bacteria."—*Gerson Primer, 3rd ed., p. 3.*

"At the same time [that the coffee enemas are given], a castor oil treatment is applied every other day, consisting of two tablespoons of castor oil . . . and five hours later a castor oil enema."—*Max Gerson, A Cancer Therapy, pp. 193-194.*

The next two sections deal with castor oil.

TAKING CASTOR OIL BY MOUTH—Here is the formula for this:

"Every other day, 2 tablespoons of castor oil are given by mouth at about 5:30 a.m."—*Gerson Primer, 3rd ed., p. 3.*

Gerson Institute recommends that a cup of black coffee (coffee without cream or sugar) with raw sugar in it, be drunk immediately afterward. It is said that this will stimulate the stomach to empty the castor oil quickly into the intestine. [*Our note:* There are those who are quite successful in taking the castor oil without following it with a drink of coffee. Notice that, in the following statement, Gerson calls drinking coffee a possible *alternate* procedure.]

"Some patients do not tolerate castor oil well after breakfast. An alternate protocol is as follows: 7 a.m.—2 large tablespoons castor oil, 1 cup coffee with brown sugar—7:05 a.m., coffee enema."—*Max Gerson, A Cancer Therapy, p. 247.*

[*Our note:* Keep in mind that coffee taken by mouth produces significant physiological harm.]

"A cup of coffee taken by mouth has an entirely different effect . . . It heightens the reflex response, lowers the blood pressure, increases heart rate,

perspiration, causes insomnia and heart palpitation."—*Max Gerson, A Cancer Therapy, p. 191.*

TAKING CASTOR OIL BY ENEMA—This procedure is done 5 hours after taking the castor oil:

"At about 10:30 a.m., 5 hours after your castor oil by mouth, the castor oil enema . . . [is taken]. The castor oil should be poured down the enema tube first. Insert and instill the castor oil until no more remains in the bucket. Close the plastic ring. Add the 8 oz. of coffee concentrate and 16 oz. of distilled water at body temperature. As the warmed solution flows through the tube, it will wash the balance of the castor oil into the intestinal tract. You may retain this for a short time, but it is not required."—*Gerson Primer, 3rd ed., p. 3.*

For optimum results, swish a bar of non-detergent soap in the bucket, This will help the castor oil mix with the water better.

DEALING WITH PAIN

In the later stages of cancer, there is much pain. There is likely to also be pain in the first few weeks on the Gerson program. Max Gerson discovered that this was caused by the high volume of poisons in the system. He found—quite consistently!—that coffee enemas and castor oil not only helped the liver, but also greatly reduced the pain. (*For more on pain, pages 149-153, 178, 245-247.*)

THE PAIN TRIAD—However, in the first few weeks of treatment, the pain can become severe since the tumor is breaking down and so many toxic substances are circulating through the body. When needed, the Gerson specialists give three substances, which they call the "*pain triad.*"

"For cancer patients, even in advanced stages, pain relief was promptly obtained by the use of coffee enemas, given every two hours in some cases. In the first few days of the therapy, it was sometimes necessary to add 'pain relief.' In these cases, Dr. Gerson allowed the use of the following, used together: one tablet of aspirin (5 gr.), one vitamin C (100 mg.) and one niacin (50 mg.) up to four times in the course of 24 hours. [You will note below, that the Gerson Institute has changed this dosage somewhat.]

"These 'three pills' also produced restful sleep. Their action is surprisingly effective once spasms and edema are eliminated through large doses of potassium given immediately at the start of the treatment with detoxification.

"The relief obtained through the use of the constantly given coffee enemas is quickly noted by the patients and they often voluntarily take more than the number prescribed."—*Charlotte Gerson, Appendix 1, A Cancer Therapy, p. 397.*

Several years later, the Gerson Institute published its *Gerson Primer*, in which the triad formula was slightly changed, by increasing the vitamin C dosage:

"Pain triad. The triad should be used sparingly. Do not exceed 6 dosages in a 24-hour period unless prescribed by your physician:

"50 mg. niacin / 500 mg. ascorbic acid / 5 gr. aspirin.

"The pain triad becomes progressively more effective as the body undergoes detoxification [elimination of poisons through enemas]. It can be used at bedtime to assist in going to sleep for those patients with substantial pain."—*Gerson Primer, 3rd ed., p. 11.*

CASTOR OIL PACK FOR PAIN—Another Gerson aid in counteracting pain is the castor oil pack. This is used during severe flare-ups involving liver pain, spasms in the bile system, or strong pain elsewhere. This treatment can also be used by arthritic patients who have swollen, painful joints. Although messy, when used on the hands and feet, it is still very effective.

"1. Soak 3 pieces of white flannel with castor oil. Squeeze out excess castor oil.

"2. Place flannel over liver or other affected area.

"3. Place slightly larger sheet of plastic over the flannel.

"4. Use medium temperature heating pad over area. Do not let the pack get cold or uncomfortably hot.

"5. Keep it on for 1 to 1½ hours. Apply it every four hours. You can reuse the castor oil pack."—*Gerson Primer, 3rd ed., p. 11.*

HYDROTHERAPY FOR PAIN—Another Gerson treatment for pain is water therapy. This can be in the form of a hot tub bath or hot fomentations (hot, damp cloths) laid over the painful area. Hydrotherapy treatments are excellent for dulling and calming the pain. They also assist in improving blood and lymphatic circulation. But patients with nervous system disease (such as multiple sclerosis) should not receive high temperatures. Cool compresses are better for them.

(For detailed instructions on hydrotherapy treatments, see the present writer's 294-page book, *The Water Therapy Manual*; \$9.95+\$1.50.)

HEAT ABOVE THE ABDOMEN FOR UPSET INTESTINAL TRACT—A heating pad can be placed over the abdomen. This tends to calm the irritated, hyperactive intestinal tract.

CHAMOMILE TEA ENEMA FOR UPSET INTESTINAL TRACT—Place 4 tbsp. dried cha-

momile flowers in 1 quart water. Boil 5 minutes and simmer for 10 minutes. Strain. Use it when it has cooled to body temperature. Use full strength, and give just before a regularly scheduled coffee enema. Retain the tea for about 5 minutes. Upon releasing it, start the coffee enema. In severe cases, chamomile concentrate can be added to all coffee enemas.

Here is how to make chamomile concentrate:

Mix 1 cup dried chamomile flowers in 2 cups (1 pint) distilled water. Simmer 30 minutes in covered saucepan. Strain and press the flowers to extract all the liquid. Add enough distilled water to bring the total again to 1 pint. Keep in closed glass jar not longer than 3 days. To use it: Pour 4 oz. concentrate into enema bucket; then fill with distilled water.

POTASSIUM ADDED TO ENEMA WATER—Another helpful tip is to add 2 tbs. potassium compound to each enema bucket. This will help relieve spasms and help promote bile flow. But it should be discontinued after 10 to 14 days.

FLARE-UPS AND REACTIONS—The dissolving of the tumor causes a toxic buildup. As efforts are made to detoxify the body, reactions occur. Sudden, stronger reactions—known as flare-ups—may occur. It is encouraging to know, when these happen, that they are signals that the body is gradually throwing off the poisons. Here is a description of some of them:

Aches, pains, sore muscles and joints, nausea, and sometimes vomiting. There may be diarrhea, pain, chills, fever, foul odors, depression, and/or jaundice.

Here are a few suggestions; more are to be found in *The Gerson Primer, pp. 14-15*, and *A Cancer Therapy, pp. 201-203*. (If a person is serious about going on the Gerson program, he should either go to the Gerson Institute and/or consider purchasing those two books. At the back of the *Primer* are 35 pages of recipes.)

Aches, pains, sore muscles and joints: Use clay packs, castor oil packs, hydrotherapy, the pain triad, and bed rest. Usually not over 24-48 hours.

Nausea: Increase intake of peppermint tea and oatmeal. Possibly reduce the intake of other solid foods or exchange them for grated and mashed food. May last several days.

Vomiting: Greatly increase peppermint tea intake to as much as a gallon or more. Substitute oatmeal for regular meals. Generally less than 24 hours.

Diarrhea: Potassium gluconate (1/8 tsp. in tea every 2-4 hours), and clay (1/4 tsp. in tea every 3-6 hours). Usually not over 24-48 hours.

Pain: Increase the number of enemas. Use the other pain suggestions mentioned earlier in this section. May signal a flare-up, starting 48-72 hours beforehand; lasting up to 72 hours afterward.

Chills and fever: Bed rest for both. Warm baths for chills; cool water rubdown and damp cloth on forehead for fever. If the fever continues to rise, use chamomile enemas, pain triad. Do not let the fever go above 103° F. A partial fever actually helps burn out—kill—the cancer; but, of course, it does not eliminate the toxic remains. May last 24-48 hours.

Foul odors (breath, body odor, smelly enemas): No special precautions need be taken. Eat garlic, drink extra juice or tea, bathe, change clothes more often, and increase the number of enemas. This generally occurs after a reaction for up to 24-48 hours.

Depression: Provide encouragement; pray with them. A depression may signal a flare-up, for it begins up to 72 hours ahead of the flare-up, and lasts up to 72 hours afterward.

Jaundice: Increase juices and enemas. Generally lasts up to 48 hours after a flare-up.

Greater frequency of enemas: It is important to understand that sometimes there must be a return to a strict, intensive program, as carried out during the first 3-4 weeks of the program.

CLAY POULTICE—When there is inflammation, stomach or intestinal problems, diarrhea, or toxic overload, clay poultices are helpful.

Clay powder is similar to charcoal in its adsorptive strength; that is, its ability to pull out toxic substances and lock with them, so they can be carried away.

Here is how to apply a clay poultice to a sore or inflamed part of the body:

Place a needed amount of clay in *just enough* hot water to make a paste. To prevent cooling, quickly place it on a square of clean muslin or cotton cloth. Lay it on the problem area. Cover with plastic, and place a wool cloth over that. Pin it in place, and leave it on overnight. In the morning, remove it, rub the area with ice or a very cold, wet cloth. Repeat when needed.

OTHER POINTS

GREEN LEAF TEA ENEMA—This enema is used for localized cleansing.

“In cancerous diseases of the colon, we use half a quart of the usual green leaf juice, as prepared for drinking, at body temperature. Let it flow in very slowly and keep as long as possible, since it is best when it is entirely absorbed by the colon.

“Where there is a colostomy, we use a catheter

and let it flow into the diseased part, very slowly. In diseases of the vagina or cervix, or urine bladder, we let smaller quantities flow into these parts to help rid the body of odorous necrotic [dead] tissue discharges. Little bleedings are no contraindication. This procedure is actually requested by patients as it brings them much relief from pain, discomfort and offensive odor.”—*Max Gerson, A Cancer Therapy, pp. 194-195.*

MASSAGE—To what degree should cancer patients receive massages, and should they be given over the tumor site?

“Q. What do you think of deep manipulation? A. Cancer patients should not be massaged [hard; or over the cancer site]. Rubbing of the skin to open the capillaries and to help the body to stimulate the circulation is very valuable. We give the patient a rub two or three times a day before meals with a solution of ½ glass water with two tablespoons rubbing alcohol and two tablespoons of wine vinegar. To rub the whole body is very refreshing and helps the circulation.”—*Max Gerson, A Cancer Therapy, p. 418.*

THE WILL TO LIVE AND PUSH THROUGH—Max Gerson said,

“The chief concern is the patient’s will to live and to be cured.”—*Max Gerson, A Cancer Therapy, p. 214.*

Some do not realize how serious the disease is, and either do not want to bother going on the program or are quickly satisfied when they see a few good days and go off of it. Some reject the treatments outright. Others do not want to give up their present way of life. A few feel hopeless and pessimistic. They have experienced so many disappointments in the past, they do not wish to try again. Others have family problems. This may include relatives who oppose their being on the program.

“People go to hospitals for operations or serious illness; the family considers them recovered upon their return. It is different with cancer. Cancer is a degenerative disease, not an acute one, and the treatment can be effective only if carried out strictly in accordance with the rules for one and a half to two years.”—*Max Gerson, A Cancer Therapy, p. 215.*

“It is not easy to keep strictly to the treatment if a convalescent patient does not have enough help. In all cases a life is at stake.”—*Max Gerson, A Cancer Therapy, p. 217.*

“After a remarkable improvement and a renewal of faith and hope, some patients discontinue the treatment because of mistaken advice and family aversion.”—*Max Gerson, A Cancer Therapy, p. 217.*

We all need faith, love, and encouragement. If you cannot get it from anyone else, I assure you that you can get it from God! Cry to Him as a little child. Tell Him all your troubles. He can strengthen you to push

on through to a successful conclusion.

And, regardless of how everything ultimately turns out, being with Him and resting in His love is the most important part of all.

INSTRUCTIONS FOR GIVING INJECTIONS—If you go to the Gerson Institute, you will receive injections of B₁₂ and crude liver. While there, they will teach you how to give them to yourself. Upon arriving home, you will probably be administering your own injections. You have a legal right to treat yourself. If you need guidance, find a health professional in your area to help get you started. **Avoid liver supplements! They can be diseased!**

Here is additional information:

These are the items you should have on hand.

Alcohol	Cotton
Syringe	Extra needle
(Each needle is 25 gauge, and 5/8" or 1" length)	
Vitamin B ₁₂	

Keep the alcohol, cotton, syringe, and extra needles together on a tray in a clean place, where children cannot reach it. Either keep it on a high shelf with a clean cloth over it, or in a clean drawer which rodents cannot penetrate.

Keep the B₁₂ ampules (bottles) in new baggies in refrigerator.

1. **Remove covers:** Remove protective metal covers from rubber stopper on the vitamin B₁₂ bottle.

2. **Wipe bottle tops:** Wipe the top of both bottles clean with alcohol.

3. **Keep needle and syringe sterile:** Make sure the needle and syringe are kept sterile. This is very important.

4. **1/10cc fluid from B₁₂ ampule:** Turn B₁₂ bottle upside down and push syringe needle through stopper. Pull out 1/10cc (just a few drops, to the first small line on the barrel of the syringe). Withdraw needle from B₁₂.

5. **Change needles:** Remove and discard needle. It is no longer sharp enough for use in injecting yourself. Screw a new needle into syringe.

6. **Prepare syringe for injection:** Gently tap the side of the syringe to gather bubbles to the top of the syringe. When bubbles are gathered, press plunger until a tiny bit of fluid spurts from the needle. Syringe is now ready to be used. (Put needle cover on loosely.)

7. **Clean injection area:** Clean the general injection area well with alcohol and cotton.

8. **Locate the specific injection area:** *How to locate the injection area:* Find your waist, put your finger on your waist at the side seam, go down three finger widths, and straight back 3 finger widths, experiment by pressing in with a fingernail

to find an area about the size of a nickel which has few nerve endings, and doesn't hurt—that's where the needle goes. (Each time you give an injection, alternate sides.)

9. **Spread skin, inject slowly:** Spread skin and push needle in. Push plunger down slowly.

10. **Pull, alcohol, cotton:** Pull needle out and rub area with alcohol for 30 seconds. If bleeding occurs, press cotton to wound. It will stop bleeding very shortly.

11. **Dispose of needles:** Break needle and disassemble syringe. Keep broken needles in a small cardboard box. Tape box shut when full and discard.

12. **Store alcohol, cotton, syringe, and needles:** As mentioned earlier, keep these (along with unopened B₁₂ ampules) in a clean, safe place.

13. **Clean and store ampules:** Clean open B₁₂ bottles with alcohol and store in refrigerator. Protect with fresh baggie after each use.

WHY DO SOME CANCER PATIENTS DO BETTER AFTER SURGERY?—The removal of the tumor takes away a lot of poisons, and the patient may feel better for a time. But his habits have not changed, his body has not been cleansed, and he has been weakened by a deep wound. Here is Dr. Gerson's comment:

"[Following surgery] Some patients have only temporary damage of the liver and the liver is then able to restore itself. But that is not in a majority of the cases. Sometimes if you remove, say a breast cancer, the removal of these toxins and poisons which the cancer itself generates is sufficient in some cases to relieve the temporary damage from the liver. Then the liver can recover. But these are exceptions. And it is not basic. Also some of these patients get recurrences later. Many of my patients, after an initial operation, had stayed well for three or sometimes even five years. Then the cancer recurred. They were inoperable and orthodox medicine was helpless. [Then they came to me for help.]"—*Max Gerson, A Cancer Therapy, p. 417.*

Charlotte Gerson acknowledges that individuals who have undergone chemotherapy or radiation are so poisoned and weakened thereby that the Gerson therapy is less likely to succeed.

HOW TO PREVENT CANCER—Here is how Dr. Gerson answers this question:

"Q. How can we prevent cancer? A. Cancer must be prevented by preventing damage to the liver. The basic measure of prevention is not to eat the damaged, dead, poisoned food which we bring into our bodies. Every day, day by day, we poison our bodies. The older people still have a better liver and resistance from the [better] food they had when they were young. The younger people get worse and

the babies, now the second generation on canned baby foods, are still worse. They get leukemias. First of all, eat as much as you can of raw food, keep the potassium level up, and take some iodine.”—Max Gerson, *A Cancer Therapy*, pp. 418-419.

3 - SCHEDULES AND SUPPLIES *Putting it all together*

SCHEDULES

We have seen all the different parts. Now it is time to see how it all comes together.

INITIAL HOUSE PREPARATION—For those who plan to go to the Gerson Institute for their initial therapy, it is best to have someone do the following before completing your stay and returning home:

1 - Locate sources for organic produce, including organic coffee, and purchase some.

3 - Set up the juicer.

4 - Reorganize the kitchen (see *Kitchen Supplies* section, below).

5 - Remove all aluminum pots and pans. Get all aerosol sprays, air fresheners, perfumed items, insecticides, paint fumes, and similar materials out of the house.

6 - With the exception of the juicer and cutting boards, clear the kitchen counters. There will need to be room to work.

7 - Make sure the knives are sharp, for much cutting will have to be done.

8 - Locate a source for distilled water and purchase some. Better yet, purchase a home distiller. (See *Improving Your Water Supply*, page 25)

9 - The bedroom and bathroom may need to be arranged, to accommodate the enema taking. If movement is impaired, a bench may be necessary.

SAMPLE ENEMA SCHEDULE—Here is a sample daily enema schedule:

NORMAL DAYS	CASTOR OIL DAYS
--------------------	------------------------

Morning

5:00	_____	Wake-up
5:30	Wake-up	Castor oil by mouth
6:00	Coffee enema	Coffee enema
8:00	Breakfast	Breakfast
10:00	Coffee enema	_____
10:30	_____	Castor oil enema

Afternoon

1:00	Lunch	Lunch
2:00	Coffee enema	Coffee enema
3:00		
6:00	Coffee enema	Coffee enema
7:00	Dinner	Dinner
10:00	Coffee enema	Coffee enema

DAILY SCHEDULE—*On the previous page you will find two daily schedules. The top one is a sample for a typical patient. However, you might not be the average. Below it is a blank schedule, which you can make photocopies of for personal use.*

Here is a more detailed schedule for carrying out the Gerson therapy at home:

A.M.

- 7:00 Awake.
- 7:15 Eat a little fruit. Take coffee enema.
- 7:45 1 - Start oatmeal and coffee concentrate.
2 - Make citrus juice (with Lugol's and potassium).
3 - Sort medications for the day.
- 8:00 Eat breakfast.
- 8:30 1 - Wash vegetables and fruits to be used for the day's juices and meals.
2 - Strain the coffee.
3 - Start the Hippocrates' soup.
- 9:00 Drink green juice (with potassium).
Put veggies in oven, at 150° F., for lunch.
Be sure to use a tightly covered casserole.
- 9:30 Drink carrot-apple juice (with Lugol's and potassium).
- 10:00 Drink carrot-apple juice (with Lugol's and potassium).
- 11:00 Carrot juice
- 11:15 Coffee enema

P.M.

- 12:00 1 - Green juice (with potassium)
2 - Prepare lunch.
salad
vegetables (check oven)
Hippocrates' soup
 - 1:00 Eat lunch.
Carrot-apple juice (with Lugol's and potassium)
 - 2:00 Green juice (with potassium)
 - 3:00 Carrot juice
 - 3:15 Coffee enema
 - 4:00 Carrot juice
 - 5:00 Green juice (with potassium)
Prepare dinner: salad
Prepare carrot-apple juice, etc.
 - 6:00 Carrot-apple juice (with Lugol's and potassium)
 - 7:00 Coffee enema
 - 8:00 Carrot-apple juice (with Lugol's and potassium)
Put together a fruit plate to nibble on through the night
 - 10:00 Eat some fruit. Coffee enema
- A.M.**
- 3:00 If it seems best to do so: Eat some fruit.

Coffee enema

The above schedule is keyed to a regular day on full therapy, which includes 13 8-oz. cups of juice and 5 coffee enemas.

However, remember the woman Dr. Gerson mentioned, who was so far gone that he feared to begin treatment,—but she pulled through because she kept taking the coffee enemas every hour or two (instead of only 5 a day), and castor oil enemas twice a day (instead of once every two days). —She kept her liver and bowels so cleaned out that very advanced cancer was not able to take her life (*A Cancer Therapy*, p. 416). Hers was an extreme case, yet she conquered because she was extremely concerned to live.

Whoever is doing the kitchen work should allow about 10-15 minutes to prepare a juice and to clean up the juicer. Therefore, begin making juices about 15 minutes before the hour.

In the above list, medications are listed in parentheses after juices. Those medications may be added, if it is thought best to do so. Never exceed total medication totals prescribed by your Gerson physician.

SUPPLIES

KITCHEN SUPPLIES—In their continuing work to help people recover from cancer, the Gerson Institute kindly provides a checklist of kitchen items which will be found useful in caring for a person on the Gerson program. (As with everything else, the most complete collection of such data will be found in books available from the Gerson Institute, especially their *Gerson Primer*.)

Most of the following items may be purchased locally at a general department store, health-food store or hardware store.

Appliances

Juicer (press type)
water distiller
Liquid warmer: low temperature burner plate
a second refrigerator (optional)
Yogurt maker (optional)
Orange juicer reamer type
Blender (with some recipes, this can be used instead of the rotary food mill)

Cookware

Stainless steel pots and pans with tight fitting lids
1 qt. saucepan
2 qt. saucepan
3 qt. saucepan
4 qt. saucepan
8 qt. saucepan
Pyrex or Corningware baking dishes (with covers)

Note: Teflon and other inert nonstick surfaces are allowed. But do not use damaged pans. (Teflon is rather easily torn away, revealing the poisonous aluminum underneath.)

Of course, wherever it might come in contact with food, absolutely no aluminum is to be used. But aluminum-clad stainless steel pots are acceptable.

Kitchen Utensils

Vegetable brushes: for scrubbing and cleaning vegetables
Plastic cutting boards (assortment of sizes)
Rotary food mill: for milling special soup (can use blender)
Sixty-minute timer: for juices
Wire bristled brushes: for cleaning juicer parts
Glass measuring cups: 1 Cup and 4 Cup
Oven thermometer: for checking oven temperature
Funnels: for filling jars and bottles
Strainers: for coffee, tea
Colander: (a perforated bowl) for straining coarse vegetables
Mixing bowls: a set of convenient sizes
Grater: to grate food fine to coarse
Knives: various sizes including 2-3 paring knives
Measuring spoons: for measuring small amounts
Metal spatula
Potato masher: made of solid wood or heavy wire for mashing foods
Soup ladle: for serving soups
Apple corer: to remove apple cores
Garlic press: for crushing garlic
Thermoses: for soup, juices, tea
Kitchen scale: 10 or 25 lbs.
Glass storage jars: dry coffee, potassium solution, etc.
Jar for coffee concentrate (with 1 cup calibration marks)
Pill container: with 6 sections

Condiments and Staples

Herbs and spices
allspice tarragon rosemary
fennel bay leaves sorrel
saffron marjoram dill
anise thyme sage
mace coriander summer savory
Drip ground organic coffee
Honey
Oatmeal (old-fashioned)
Pure maple syrup
Crude, raw brown sugar (organic dried cane sugar)
Dried fruits (soak first)
Flaxseed oil (in black bottles)
Red wine vinegar [lemon juice is better]
Unsulphured blackstrap molasses
Peppermint

Chamomile
Lemons

Paper Goods

Paper Towels
Muslin or cheesecloth
Toilet paper
Juicing cloths
Waxed paper

Bathroom Supplies

Enema Bucket
Castile soap
Castor oil
Ox-bile powder
Paper towels
Wooden spoon
Enamel pitcher
Toilet paper
Toothpaste (a natural brand, such as:
Chloresium, Tom's, Shaklee, Waleda)
Shampoo (natural shampoo, no coloring or
proteins added, such as: Nature's Gate, Tom's,
Shaklee, Dr. Bronner's)

Grocery List for a Week

Carrots, 50 lbs.
Tomatoes, 20 lbs.
Potatoes, 25-50 lbs.
Onions, 20/week (purchase 25 lb. sack)
Leeks, 2 bunches
Beets, 5 branch tops for juice and bottoms for
eating
Green Peppers, 8 weekly
Celery, 2-3 bunches
Celery Root, 2 roots (if available)
Romaine, 20, good size
Chard, 4 bunches
Endive, 3 heads
Lettuce, 15 heads (red leaf, green leaf, oakleaf,
butter leaf, etc.)
Watercress, 2 bunches
Escarole, 2 heads
Parsley, 1 bunch
Parsley Root, 1 bunch (if available)
Apples, 40 lbs. (pippins or granny smith apples)
Oranges, 10-15 lbs.
Garlic, 1 bulb
Coffee, 3-5 lbs.
Distilled water, 15 gallons

Note: Regarding the possibility of improving your household water supply, see the section, "Improving Your Water Supply," below.

THREE-MONTHS' SUPPLY—The Gerson Institute asks its patients to order a three-month supply of therapy-related materials, prior to leaving the Institute.

Here is this list. You may find it helpful. (Immediately following it, will be found a mail-order blank

for many of these items.) First is listed the item, then the quantity needed for a three-months' supply, and then a brief description.

Syringes - 90 / 3cc with 22 or 23 gauge needle x 1"
Needles - 90 / 25 gauge x 1"
Vit. B₁₂ - 1 / 30 cc bottle for injection
Thyroid - 1 / ½ grain (32.4 mg.), 1,000 count tabs
Lugol's - 1 / bottle of ½ strength of Lugol's solution
Penicillin - 1 / bottle of 100 tablets
Potassium compound - 12 / bottles, 100 grams each
Potassium Gluconate - 1 / bottle
Acidol - 5 / bottles of 100 caps each
Niacin - 1 / bottle of 1,000 tabs, 50 mg. each
Pancreatin - 1 / bottle of 1,000 tabs, 325 mg. each
Ion Min - 1 / bottle Ion Min Clay powder
Enema Buckets - 2 / extra enema buckets
Castor Oil - 1 / pint
Castile Soap - 1 / bar of soap
Flaxseed Oil - 8 / bottles
Foley Food Mill - 1 / two quart size

Not required, but recommended:

Vida bread (an organic product)
Pancreatin-extra strength, 1,200 mg.
Wobe enzymes
Nelaton enema catheter
Hydrogen peroxide, 30%
Organic coffee - 1 kilo bag
Charcoal tablets
Water distiller
Home ozone generator
Electric hot plate
Radiant heat plate

MAIL-ORDER FORM—*On the next page, you will find a Supply Order Sheet. Make xerox copies of it, and use them to order supplies. These order sheets are made available by the Gerson Institute, and Stat, S.A. is the firm to which they refer their customers.*

GERSON SUPPLY SOURCES—Here is a brief summary of Gerson supply sources. Former Gerson hospital patients may obtain some of these items at lower prices, if they so notify the vender.

Gerson Institute, Gerson Books and Videos, etc.: Gerson Institute 888-4-GERSON (888-443-7766) / 619-267-1150 / P.O. Box 430, Bonita, CA 91908. Ask for information on attending the Institute, and a list of their books and videos.

Gerson Rx prescriptions and supplies: STAT, S.A., Apartado Postal 2392, Tijuana BCN, Mexico Ph: 011-526-680-1103

Gerson supplies: Baja Hosp. Services, P.O. Box

3535, Chula Vista, CA 91911 Ph: 619-425-1557. Here are examples of what is meant by "supplies": Lugol's [iodine] solution, potassium compound, potassium gluconate, acidol [HCl], niacin, flaxseed oil, castile soap, enema buckets, food mill, etc. Some of these supplies (such as Lugol's) would be difficult to obtain elsewhere.

Organic foods: Gerson emphasizes eating, if at all possible, organically grown fruits and vegetables. In order to learn whether this is feasible in your area, and if you can afford them, you may wish to contact OFPANA, Box 1078, Greenfield, MA, 10301; Ph: (413) 774-7511. Or you can order a U.S. directory of sources: The book is called *Organic Wholesaler's Directory and Yearbook*, community Alliance with Family Farmers, Box 464, Davis, CA 95617; Ph: 916-756-8518. c. \$35, plus \$5 shipping. California residents, add \$2.53 tax.

Flaxseed oil: If you cannot obtain it at your health-food store, here are addresses for ordering it direct (it might even be fresher ordered direct): Omega Nutrition, 5373 Guide Meridian, Bldg. B, Bellingham, WA 98226 Ph: 800-661-3529. Keeps unopened in freezer up to 6 months, and in refrigerator 3 months. After opening, keep it no longer than three weeks. / One of the best flaxseed manufacturers is Barlean's high lignan Flax Oil, 4936 Lake Terrell Rd., Ferndale, WA 98248

Juicer (triturator and press): Gerson says centrifugal juices are all right for most diseases; but, for cancer and bone-deformity conditions, a pulp grinder and press are needed.

If you have the money (\$2,000), the Norwalk Juicer and electric hydraulic press is the best: Norwalk Juicer, c/o Richard Boger, (800) 405-8423, in U.S., or (619) 755-8423 outside U.S. However, you can purchase a rebuilt one under warranty from Norwalk for about \$1,500. Norwalk Mfg Co., P.O. Box 829, Lowell, Arkansas 72745 / 800-643-8645.

If you want a used, later model Norwalk Juicer, call Richard Boger at 519-755-8423. Also phone 619-585-7600 and ask for their used Norwalk Juicer list. At the present time, they run about \$1,500; saving you over \$500. Rebuilt juicers can also be purchased for about \$1,500 from the Norwalk factory. Unlike used Norwalk juicers from other sources, these carry a warranty. Norwalk Mfg Co., P.O. Box 829, Lowell, Arkansas 72745 / 800-643-

8645. When purchasing a used model, make sure you obtain the latest model.

Lower-cost non-Norwalk juicers have a separate grinder and manual press (which requires much work!): K&K Grinder and Press, c/o Al Hasser, 14410 Big Canyon Rd, Middletown, CA 95461 Ph: (707) 928-5970. Shredder, \$750, and press, \$275. You can substitute the Champion juicer as a lower-cost shredder: Lodi Health Foods, 521 S. Central Ave., Lodi, CA 95240 Ph: (209) 334-3868. \$189 plus shipping.

Ozone generators: To purify the air, give off ozone and negative ions. Mountain Fresh Services, P.O. Box 1915, Bonita, CA 91908 Ph: (619) 656-9077 Fax: (619) 656-6627. These are useful, but the dial should be set so that you do not detect the odor of ozone. It is said to be harmful to your brain, if you can smell it.

LOCATING ORGANIC FOOD—There is an inherent problem in consuming larger quantities of fresh fruits and vegetables: the amount of residual pesticides, herbicides, fungicides, or chemical fertilizers which may have been absorbed by the plant.

"Here is a record of the average quantity of intake of some [Gerson] patients in the course of one year; a very great part of which is converted into juices:

"1800 pounds of carrots, 1300 pounds of apples, 145 heads of red cabbage, 400 heads of lettuce, 125 pounds of green peppers, etc."—*Max Gerson, A Cancer Therapy, p. 143.*

Fortunately, there are organizations which specialize in telling you where you can obtain organically grown produce:

1 - Check the local yellow pages for "Health-Food" stores and co-ops. Call and inquire whether they supply organically grown produce. If not, they may know where you can go.

2 - Contact OFPANA (Organic Food Produce Association of North America), Box 1078, Greenfield, MA 10301 / 413-774-7511. (1) Ask for names, addresses, and phone numbers of organic organizations in your area (OCIA, CCOF, TILTH, etc.) (2) Ask about distributors, growers, and possible retailers.

3 - Order a copy of the *Organic Wholesaler's Directory and Yearbook, from Community Alliance with Family Farmers*, Box 464, Davis, CA 95617 / 916-756-8518. The book is about \$35, plus \$5 p&h. California residents add \$2.53 tax. It has the most exhaustive list available of organic wholesalers, arranged by state. Contacting those wholesalers, they can tell you who their retailers are.

4 - It is possible to order organic foods through

the mail. If you are able to do this, you would want to obtain *Americans for Safe Food*, from Center for Science in the Public Interest, 1875 Connecticut Ave., NW, Suite 300, Washington, D.C. 20036 / 202-332-9110. Send them a self-addressed, stamped envelope and ask for their *organic mail order list*. On it you will find organic food suppliers willing to mail you organic produce.

5 - Organic coffee is also important, since regular coffee can contain pesticides, herbicides, etc. Listed below are three sources of pure organic coffee. (If you have been a Gerson patient, that is, having been to their hospital, you should identify yourself as a "Gerson patient" when ordering organic coffee, for a price break.)

Cafe Marino, Baja Hospital Service, Box 3535, Chula Vista, CA 91911 / 619-425-1557

Cafe Altura, Terra Nova, Box 5145, Ojai, CA 93023 / 415-883-8378

Harbor House Coffee, P.O. Box 1879, Clearlake Oaks, CA 95423 / 707-998-4654 or 800-541-4699

It is wise to demand proof of organic certification. If the produce is not clearly marked with a printed label, it is probably not organic. Demand proof!

IMPROVING YOUR WATER SUPPLY—Depending on regional water supplies, various forms of water purification may be purchased or leased at considerable savings over purchased bottled water. Various combinations of distillation, carbon filtration, and reverse osmosis should be considered.

Lead, radon, nitrate, fluorides, and chlorine are all significant water contaminants.

Labs which can test your water: The following three laboratories are approved by Consumer Union (which publishes *Consumer Reports*), and can test your drinking water by mail. However, the tests are expensive and can cost up to \$200.

National Testing Laboratories, 6151 Wilson Mills Rd., Cleveland, OH 44143 / 800-458-3330

Water Testing Laboratories, 4600 Kutztown Rd., Temple, PA 19560 / 800-433-6595

Water Test, 33 S. Commercial St., Manchester, NH 03101 / 800-426-8378

Water cleansing devices: Here is some data on these home water purification methods. According to *Consumer Reports*, of the three methods, no one approach to the problem will remove all the contaminants from your water:

There are (1) distillers, (2) reverse osmosis units, and (3) carbon filtration units.

Distillers and reverse osmosis units are better at removing organic hazards (plant and animal con-

taminants) than do reverse osmosis units. But distillers miss the volatile ones, such as benzene, carbon tetrachloride and trichloroethylene. *The best way to solve this problem is to couple either a distiller or a reverse osmosis unit, with a carbon filtration unit.* In this way, *the water is first run through a distiller or reverse osmosis unit, and then through a carbon filtration unit.*

Carbon filtration is the only way to remove chlorine, benzene, carbon tetrachloride, trichloroethylene, and radon from your water. But they cannot removed inorganic health hazards.

Either distillers or reverse osmosis units will remove arsenic, barium, cadmium, chromium, fluoride, lead, nitrate, and selenium.

Here are other facts to keep in mind:

Distillers generally draw 1,500 watts, and cost about \$1.50 in electricity per five gallons. For Gerson patients, the cost can be about \$30 per month.

Reverse osmosis units waste about 80% of the water! It runs down the drain. If you have a well, that could be a serious problem. When it is time to replace the membrane (usually once a year), the cost runs between \$40 to \$240.

Carbon filters must be frequently replaced. Know in advance how much the replacement filters will cost. Some companies charge \$5 for each replacement filter, while others demand up to \$100.

It is also possible to purchase bottled water, or rent equipment. In keeping down yearly costs, sometimes renting is the best route to go. Check your Yellow Pages.

GERSON THERAPY RECIPES—You may wish to obtain a copy of the *Gerson Primer*, and make use of the 35 pages of recipes near the back of the book.

IN CONCLUSION—It would be best if, accompanied by a helper, you could go to the Gerson Institute for several weeks, before continuing on with the program at home.

4 - NON-CANCER DISORDERS

Milder measures for non-malignancy

In order to round out this presentation, it would be well to briefly mention how the Gerson therapy is modified in working with non-malignant conditions. Cancer is so devastating to the body, that it requires special care. But a number of other conditions can be alleviated with a somewhat milder Gerson therapy.

However, it should be kept in mind that, for

all physical problems the Gerson therapy deals with, the strictest program will always accomplish the best results, and more quickly.

“With the ‘strictest cancer diet,’ other chronic diseases respond more rapidly than with the less intensive treatment.”—*Charlotte Gerson, Appendix 1, A Cancer Therapy, p. 398.*

WHAT OTHER CONDITIONS CAN THE GERSON THERAPY HELP?—It is remarkable how many conditions can be helped by the Gerson method. Consider this:

“Initial evidence of the healing process brought about by the Gerson therapy takes various forms. For instance, edemas go down with astonishing rapidity; skin afflictions recede and heal quickly; in areas of old scars, adhesions, lumps, or bone deformations, ‘healing’ often begins as a hyperemia, *i.e.*, the body produces dilated blood vessels with redness and tenderness in the affected area. The newly oxygenated blood, now freshly supplied with enzymes and other healing substances, is brought into the damaged or sick areas.”—*Charlotte Gerson, Appendix 1, A Cancer Therapy, pp. 394-395.*

By 1932, Max Gerson was able to list over 30 different diseases that his less-intensive therapy was alleviating! (In the following quotation, italics are ours.)

“My results with the Gerson Therapy [that] have been very satisfactory is arthritis deformans. X-ray examination shows that the structure of the diseased bones changes with the use of the Gerson diet. The compacta becomes denser and more sharply outlined. Subjectively, the patients’ symptoms improve, their motility and ability to work returns. In these cases, it is particularly important to restrict protein intake.

“Epilepsy reacts very favorably. Previously in 1900 the two French scientists, Toulouse and Richet, used the saltless diet in cases of epilepsy with good results. With the addition of phosphorus-enriched cod-liver oil and strictly limited protein intake, healing was speeded visibly. Mental disease was helped. Neurasthenia was greatly improved. Even in cases of neurasthenia with male impotence, potency returned. On the other hand, patients with unusually strong libido returned to a more normal condition. [Cod-liver oil can damage the heart muscle.]

“In the tremendously extensive area of skin diseases, the saltless therapy is extremely valuable - *i.e.*, in acne, eczema, urticaria, prurigo, pemphigus, etc., as already stressed by Luithlen. However, the use of the Gerson therapy in lupus vulgaris and psoriasis is a first and is extremely effective, even in severe cases with already partial sclerodermy. It is particularly interesting to note the scar-dissolving effect of the treatment in old

scars and adhesions as well as in cases of Keloid acne.

“Multiple sclerosis responds well. The ulcerations or scar tissue are absorbed and healed. However, where there is destruction of nerve tissue, obviously this cannot be restored. ‘Many other chronic diseases respond extremely well to the Gerson therapy even though in many cases their origin is obscure or unknown. Exophthalmic goiter (Grave’s disease) responds well. However patients must be given proteins after about four weeks or weakness and loss of weight may result.

“Dysmenorrhea, vaginal discharge, atypical menstrual periods (of 21 days or 5 to 6 weeks) return gradually to normal cycles of 28 days.

“The use of the therapy in kidney disorders should be obvious. It is also important to note that diseases of the respiratory organs, such as asthma, respond very well. Bronchiectasis, also chronic cases, react well without exception.

“One important field of application of the therapy is in heart and circulatory diseases where the results are excellent, also in arteriosclerosis and connected kidney diseases. In these cases, it is important to limit protein intake.

“It is interesting to note here that in almost all cases of serious migraine the presence of parodontosis was noted. This always disappeared together with the migraine. I found later that the presence of parodontosis was often true in cases of severe arthritis deformans, too.”—*Max Gerson, A Cancer Therapy, pp. 395-397.*

CONDITIONS WHICH MUST BE TREATED USING THE INTENSIVE CANCER THERAPY—It is important to keep in mind that some diseases require the intensive Gerson therapy used for cancer!

“An intensive Gerson Therapy is indicated in cases of serious degeneration or intoxication (including previous long term [medicinal or street] drug usage) . . . (1) Intoxication during pregnancy, (2) tuberculosis, (3) osteoarthritis, (4) mental disease and bodily asthenias, (5) spastic conditions, especially angina pectoris, (6) asthma, (7) malignancies, (8) spinal cord degenerative changes.”—*Charlotte Gerson, Appendix 1, A Cancer Therapy, p. 401.*

TREATMENT FOR NON-MALIGNANT CONDITIONS—Here, very briefly, is an overview of how to treat non-cancerous diseases.

Medicinal drugs: Other drugs, currently being taken, will have to be discontinued.

“With the start of the Gerson therapy, all of the usual drugs have to be discontinued. This includes not only the highly toxic pain killers often administered to terminal cancer patients but also chemotherapeutic agents, cytotoxins, blood thinners

vasodilators, cortisone, antihistamines and others too numerous to mention. These drugs are materials foreign to the body. They place an additional burden on the liver which must eliminate foreign materials. Also these drugs contribute nothing positive toward rebuilding the diseased organs. The purpose of the therapy is to reduce and eliminate the load of toxic materials which have accumulated. Obviously one must not add to this load.”—*Max Gerson, A Cancer Therapy, pp. 396-397.*

Relieving pain: The Gerson enemas—given as often as every 2 hours,—do an outstanding job of pain reduction. However, the “pain triad,” mentioned earlier [one tablet of aspirin (5 gr.), one Vitamin C (100 mg.) and one Niacin (50 mg.) up to four times in the course of the first 24 hours], is used to help initially reduce pain. But soon the cleansing effect of the enemas takes effect and the pain is reduced.

Spasms and edema are eliminated through large doses of potassium given right away at the start of the detoxification.

Diabetes: Insulin intake should be continued. Careful monitoring of blood and urine will reveal when the pancreas begins functioning normally again. The insulin dosage can often be cut in half with the first 10 days of therapy, and generally eliminated entirely within a month.

“Dietary adjustments made for diabetic patients were to reduce the number of baked potatoes given from two to one a day, to use grapefruit juice for breakfast instead of orange juice, and to give more green juice than apple and carrot juice.”—*Charlotte Gerson, Appendix 1, A Cancer Therapy, p. 397.*

Circulatory conditions: It is important that a total of 3 tbsp. of flaxseed oil be included in the diet. (This is the amount in the regular cancer therapy.) In combination with the rest of the therapy, this will eliminate the danger of clotting—even though regular medications (blood thinners and capillary dilators) have been discontinued. Gerson used flaxseed oil to reduce the high cholesterol level in cancer and arteriosclerosis patients. In cancer patients it also speeded up the reduction and absorption of the tumors.

Multiple sclerosis: Egg yolks are used early in the treatment; whereas, in cancer therapy, they should not be given for over a year.

Arthritis: Protein must be kept to a minimum for a lengthy period of time.

Goiter: Protein must be added after only 3-4 weeks.

Muscular dystrophy: It is important that sufficient amounts of iodine and thyroid be given, to re-establish the iodine metabolism by the thyroid.

THE STRICT THERAPY IS ALWAYS BETTER—Charlotte Gerson advises that it is best to go on the strict, cancer-reduction program, not a milder version. We will quote her statement once more:

“With the ‘strictest cancer diet,’ other chronic diseases respond more rapidly than with the less intensive treatment.”—*Charlotte Gerson, Appendix 1, A Cancer Therapy, p. 398.*

THE Milder THERAPY—Here are several aspects of this milder program:

Permitted and forbidden foods remain the same, except that fresh berries can be used. The number of juices and enemas can be reduced, and the patient can return to work sooner.

“1. **[Foods:]** Forbidden foods and stimulants cannot be introduced into the diet with the exception of some fresh berries and safflower oil. [*Our note:* It is better if only flax oil is used.]

“2. **[Enemas:]** Detoxification must be carried on regularly, although 2 to 3 coffee enemas a day are sufficient.

“3. **[Juices:]** The amount of fresh juices can be reduced to 4 or 5 glasses a day plus one glass of citrus juice (always freshly prepared just before drinking). Also, carrot and apple juice may be mixed in the course of preparation with the green leaf juice, and a centrifugal juicer type may be used. In order to speed up healing, more juices and press-type juicers are recommended.

“4. **[Soup and vegetables:]** The special soup and menus should be adhered to. After initial improvement, usually the patient can go back to work and adjust his lunch to include soup (brought from home in a vacuum bottle), fresh juice a baked potato, fresh mixed salad, and fruit. Much fresh fruit should be eaten during the day.”—*Charlotte Gerson, Appendix 1, A Cancer Therapy, pp. 398-399.*

Toxic substances forbidden: It is extremely important that all types of poisonous substances, in food, air, and water supplies be avoided. This includes fluorides in both drinking water and toothpaste. Other toxic substances such as insect sprays, paint sprays, underarm deodorants, and toxic or pore clogging grooming substances must be avoided.

Centrifugal juicer permitted: A centrifugal type juicer may be used, instead of the press type. Juice may be made of a combination of carrots, apples, green leaves, etc.,—instead of the carrot-and-apple juice and green-leaf juices made separately.

Remain on strict medications: The medications on pp 400-401 of *A Cancer Therapy* have been omitted from the latest editions of this publication, so it would be best to adhere to those in the stricter version of the therapy.

Here are two other statements gleaned from Max Gerson's comments on treating non-malignant conditions:

"Would not detoxification be advisable in the majority of illnesses? Is this not comparable to what is called "a cleansing program?" A. We have to detoxify the body in all degenerative diseases, in acute diseases too. But not to the extent as is required in cancer. Even most of the arthritis cases are not so toxic. I found that almost all of the arthritis cases have a weak liver or damaged liver. This is also true of coronary disease."—Max

Gerson, A Cancer Therapy, p. 415.

"Can fibroid tumors be dissolved in the same manner? A. Fibroid tumors are mostly benign. Benign tumors take 10 to 20 times as much time to absorb as malignant tumors. This goes for adhesions and scars. Fibroid and benign tumors are dissolved only very slowly because they are not abnormal. It is difficult for the parenteral system to bring its digestive powers to bear on these benign tumors. But when they turn malignant, then they are quickly dissolved."—Max Gerson, *A Cancer Therapy, p. 413.*

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NOTIFICATION —

THE AUTHOR of book on Gerson Therapy is not a medical doctor.

THIS LITTLE BOOK is written for those dying of cancer.

THE CONTENT of the book is derived from the lifetime research, practice, discoveries, and writings of a famous medical doctor who successfully saved the lives of countless dying people for decades.

WARNING —

YOU ARE HEREBY ADVISED that this book consists of a review of a healing method which, although totally developed by a group of medical doctors, has not been carefully investigated and considered valid by organized medicine.

IT IS URGENTLY RECOMMENDED that you consult a physician, preferably one trained in the Gerson therapy. If not under his care it is not recommended that you treat yourself, although you have a legal right to do so. You are urged to contact the Gerson Institute: *Phone and address is given above.*

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IF YOU LOVE THE BIBLE, HERE IS INFORMATION YOU WILL WANT TO KNOW

I want to tell you what an increasing number of people have learned:

We are told that there are eight reasons for keeping Sunday holy—and each is important.

The first reason is that the Bible tells us to keep Sunday. But, upon looking all through the Bible, we find that **Sunday sacredness is not in its pages, anywhere, not once!** Nowhere in the Bible are we told to observe Sunday, the first day of the week. *More on this later.*

The second reason is because God told us to keep Sunday holy. Well, that surely is an important reason! But, checking on this, we find that **God only said to keep the Seventh-day Sabbath holy. In fact, He wrote it in the Fourth of the Ten Commandments! (Exodus 20:8-11)** What could be more important than a direct command written in the Moral Law of God! *More on this later.*

The third reason is that, because Christ rose from the dead on Sunday, we should keep it in honor of His resurrection. But **Christ never said to keep Sunday in honor of His resurrection, and both His disciples and the Apostles kept the Bible Sabbath after His death (Lk. 23:56; Acts 13:14; Acts 16-18).**

The fourth reason is because we no longer know what day is the true Sabbath, because the weekly cycle has changed. But **historians and astronomers declare that the weekly cycle has continued unabated, unchanged all the way back in time.** In addition, the Jewish people have been preserved alive to show what day of the week is the Sabbath. **So the sacred day that Christ, Moses, and all the people in Bible times kept—was the Seventh-day Sabbath, which is Saturday on our calendars. The weekly cycle has never changed.** All down through history, God has preserved the seven-day weekly cycle—ever since Creation Week, when He made the Sabbath the special memorial of Creation (*Genesis 2:1-3*). *More on this later.*

The fifth reason is because learned theologians tell us that the “old covenant” was replaced by the “new covenant,” when Christ died and shed His blood, and no more changes could be made afterward. —That is why we keep Sunday now in honor of His resurrection. But, checking on this, we learn that, if Sundaykeeping began on resurrection Sunday, it would have been three days too late! If Sunday was added after Jesus died, it could not be part of the

new covenant. The new covenant is the writing of that law in our minds as we obey it (*Heb. 8:6, 10*).

The sixth reason for keeping Sunday is because Jesus said to keep it after His death. But, checking on this, we nowhere find this to be true. Instead, we discover that **Christ commanded His followers to keep the Bible Sabbath 40 years after His death and resurrection (Matthew 24:20),** when Jerusalem was destroyed by the Romans!

The seventh reason given is that the Bible Sabbath is called “Jewish.” But, checking on this, we find that the Bible Sabbath was given to us when our world was first created (*Genesis 2:1-3*) 2,000 years before the first Jew (Abraham) was born. **The Sabbath, on the seventh day of Creation Week, was given to all mankind at the Creation of our world!** In keeping it holy, we declare that God is our Creator and that we are His humble, obedient children. It is only those who truly love God, who obey Him.

The eighth reason is John spoke of the “Lord’s day” in Revelation 1:10; so therefore we must keep Sunday instead of the seventh day Bible Sabbath. But read the verse for yourself. It does not specify which day of the week that was. Instead, **many times in the Bible, the Seventh-day Sabbath is called “the Lord’s day,” the “day of the Lord,” etc.; and Jesus said He was “Lord of the Sabbath.” He didn’t say He was Lord of Sunday.**

The Bible repeatedly calls the Sabbath the “day of the Lord” (*Mark 2:28; Isa. 58:13; Ex. 16:23, 25; Ex. 20:10*). **That explains which day is referred to in Revelation 1:10,** which mentions the “Lord’s day” (and not Sunday). The Apostle John was worshiping God on the Bible Sabbath, when he received that vision. *More on this later.*

But there is more: From history we learn that Sunday sacredness did not enter the Christian church until several centuries after the Bible ended! Not until the Fourth Century (A.D. 321 and 325) were Christians first commanded to keep it holy! **After that, stricter Sunday laws were enacted and most Sabbathkeepers were exiled or martyred. This is why most people kept Sunday during the Dark Ages.** *More on this later.* All historians agree on this.

In fact, **we are commanded by God, in the Fourth of the Ten Commandments (Ex. 20:8-11), to carefully observe the Bible Sabbath each week.** God wrote the Ten Commandments with His own finger on solid rock, and He wants to write them on our hearts as we obey them. So they must be important! Jesus said, “If ye love Me, keep My commandments” (*John 14:15*).

There is a blessing in keeping that day, that is found in no other. **It is the special day God gave us** to study the Bible, teach our children how much God loves them, and

go out in nature and show them how much He cares for them. *More on this later.*

Genuine Sabbathkeeping, by those who really love God, is a joy. It is not a gloomy experience.

Obedience to each of God's Ten Commandments (Ex. 20:3-17) is also a special test of faith—to see if we really love and obey Him!

Well, then, why did Christ die on the cross? **Christ suffered and died on Calvary to forgive our sins and enable us, by His empowering grace, to obey His moral Ten Commandment law. He did not die to destroy His moral law!** Our world is in a terrible shape today because far too many believe the lie that Christ died so we could be free to sin all we want!

No government can exist without laws which its subjects must obey. **The God of heaven has given us a moral governmental code—the Ten Commandments—**which He has always required that men and women obey.

If God's holy law of Ten Commandments could have been changed, then Christ need not have died. Christ died on Calvary to uphold God's law, and enable those who are willing to become His little children to ask Him for enabling grace to be obedient children and live good, clean, godly lives. **That is genuine Christianity! "Sin is the transgression of the law" (1 John 3:4), and Christ's work is to "save His people from their sins" (Matt. 1:21). Christ died to get rid of sin, not the law!** Far different is the error that is widely taught: "Live as you please, and you will still go to heaven anyway." People are told: "Say that you believe in Christ and that is all that is necessary; obedience to Bible principles and God's moral law is not."

Tragically, our world today is a sink of corruption because people are taught that they do not need to obey the Ten Commandments!

How thankful we can be that the Bible Sabbath is God's day for you and me, a day He wants to spend with each one of us! *But the test is: Do you and I want to spend that day with Him?*

If you really love God and want to be loyal to Him, you will want to keep His Bible Sabbath on the seventh day of each weekly cycle.

The Sabbath test reaches down to the heart of the matter. Many will say, "I prefer to select my own day for rest." But, **according to what it says in the Fourth Commandment (Exodus 20:8-11), no one has a right to choose his "own day" for rest and worship.** The special test in the Fourth Commandment—is whether we will keep the one day in the week that God specified. **To keep any other day holy is to reject God and what He has said.**

—And now, here is the evidence that all of this is true!

SOME OF THE MANY BIBLE PASSAGES ABOUT THE SABBATH

The Seventh-day Sabbath was given to mankind on the seventh day of Creation Week.

"Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had made.

"And God blessed the seventh day, and sanctified it: because that in it He had rested from all His work which God created and made."—*Genesis 2:1-3.*

The Seventh-day Sabbath Commandment lies in the very heart of the Moral Law of Ten Commandments. Here is the Fourth Commandment:

"Remember the Sabbath day, to keep it holy.

"Six days shalt thou labour, and do all thy work. But the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maid-servant, nor thy cattle, nor thy stranger that is within thy gates.

"For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it."—*Exodus 20:8-11.*

First, it is a memorial of Creation.

"It is a sign between Me and the children of Israel forever: for in six days the Lord made heaven and earth, and on the seventh day He rested, and was refreshed."—*Exodus 31:17.*

Second, the Sabbath is a symbol of our salvation.

When we keep it, we tell all the world that we belong to God and that we serve and obey Him. The Seventh-day Sabbath is a sign of our conversion, sanctification, and salvation:

"Verily My Sabbaths ye shall keep: for it is a sign between Me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you."—*Exodus 31:13.*

"Moreover also I gave them My Sabbaths, to be a sign between Me and them, that they might know that I am the Lord that sanctify them."—*Ezekiel 20:12.*

"And hallow My Sabbaths; and they shall be a sign between Me and you, that ye may know that I am the Lord your God."—*Ezekiel 20:20.*

How important is it that we obey the commandments of God rather than the commandments of men?

“Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey?”—*Romans 6:16*.

“It is written, Thou shalt worship the Lord thy God, and Him only shalt thou serve.”—*Matthew 4:10*.

“But in vain they do worship Me, teaching for doctrines the commandments of men.”—*Matthew 15:9*.

“How long halt ye between two opinions? If the Lord be God, follow Him; but if Baal, then follow him.”—*1 Kings 18:21*.

Christ was careful to explain that He did not come to earth to do away with God’s holy, moral code, the Ten Commandments:

“Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfill. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.

“Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach [them], the same shall be called great in the kingdom of heaven.”—*Matthew 5:17-19*.

In the above passage the word, “fulfill,” (*pleroo*) means to make full; it does not mean to destroy! Here is where the word is used elsewhere:

“These things have I spoken unto you, that My joy might remain in you, and that your joy might be full [*pleroo; made full, not destroyed*].”—*John 15:11*.

“Hitherto have ye asked nothing in My name: ask, and ye shall receive, that your joy may be full [*pleroo*].”—*John 16:24*.

“Bear ye one another’s burdens, and so fulfill [*pleroo*] the law of Christ.”—*Galatians 6:2*.

Christ’s disciples faithfully kept the Bible Sabbath, not Sunday. The disciples had been with Jesus for three and a half years, and had listened closely to His teachings. What they did at the time of His death on Calvary shows what He taught them. The sacred importance of the Seventh-day Sabbath was of such concern to them that they would not even prepare the body of Jesus properly for burial on Friday, lest they transgress the Fourth Commandment. (*Read Mark 15:42, 47-16:3 and Luke 23:53-24:2.*)

According to the New Testament, the Apostles of Jesus always kept the Bible Sabbath. (*Read Acts 13:14; Acts*

13:42; Acts 16:13; Acts 17:1-2.)

Paul supported himself by tentmaking; and then, on the Sabbath, he would preach the gospel. (*Read Acts 18:3, 4, 11.*) Paul’s manner was the same as Christ’s custom: to keep the Bible Sabbath (*Acts 17:1-2; Luke 4:16*).

Paul never taught that the Moral Law was, or could be, set aside. It will ever govern the conduct of mankind:

“Do we then make void the law through faith? God forbid: yea, we establish the law.”—*Romans 3:31*.

“What shall we say then? Shall we continue in sin, that grace may abound? God forbid. How shall we, that are dead to sin, live any longer therein?”—*Romans 6:1-2*.

“What shall we say then? Is the law sin? God forbid. Nay, I had not known sin, but by the law: for I had not known lust, except the law had said, Thou shalt not covet.”—*Romans 7:7*.

Paul clearly understood that the problem is that we need to obey the moral law of Ten Commandments; there is nothing wrong with the requirements of the law itself.

“Wherefore the law is holy, and the commandment holy, and just, and good.”—*Romans 7:12*.

“Circumcision is nothing, and uncircumcision is nothing, but [that which is important is] the keeping of the commandments of God.”—*1 Corinthians 7:19*.

The other Apostles also saw this same great truth, that the moral standard which governs mankind was not destroyed by the death of Christ:

“But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed. . . For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all. For He that said, Do not commit adultery, said also, Do not kill. Now if thou commit no adultery, yet if thou kill, thou art become a transgressor of the law. So speak ye, and so do, as they that shall be judged by the law of liberty. . . Faith, if it hath not works, is dead, being alone. Yea, a man may say, Thou hast faith, and I have works; show me thy faith without thy works, and I will show thee my faith by my works.”—*James 1:25; 2:10-12, 17-18*.

“By this we know that we love the children of God, when we love God, and keep His commandments. For this is the love of God, that we keep His commandments: and His commandments are not grievous.”—*1 John 5:2-3*.

The Apostle Paul said it well. Our faith in Christ does not set aside our obedience to God’s moral law of ten

commandments (*Rom. 3:31*). It is by Christ's enabling grace that we can do this.

A promise is given to those who will enter that beautiful new world:

"Blessed are they that do His commandments, that they may have right to the tree of life, and may enter in through the gates into the city."—*Revelation 22:14*.

They will keep the holy Sabbath through all eternity:

"For as the new heavens and the new earth, which I will make, shall remain before Me, saith the Lord, so shall your seed and your name remain. And it shall come to pass, that from one new moon to another, and from one Sabbath to another, shall all flesh come to worship before Me, saith the Lord."—*Isaiah 66:22-23*. (*Isaiah 65:17, 21-22, 25* explains that this is referring to the New Earth.)

How long is eternity? Oh, my friend, it will have to be experienced to be realized. And the Sabbath will be part of that experience. You and I must be there! We will be with Jesus forever!

WHAT DAY IS "THE LORD'S DAY"?

Some say that *Revelation 1:10* proves that we should keep Sunday holy. **But Sunday is not mentioned in that verse!** John, who lived with Jesus throughout His earthly ministry, knew which day was the "Lord's day." **While John was worshiping on the Sabbath day, he was given a vision:**

"I was in the Spirit on the Lord's day, and heard behind me a great voice."—*Revelation 1:10*.

The only day the Bible has ever mentioned as being the "Lord's day" is the Bible Sabbath:

"If thou turn away thy foot from the Sabbath, from doing thy pleasure on **My holy day**; and call the Sabbath a delight, the holy of the Lord, honourable; and shalt honour Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the Lord."—*Isaiah 58:13-14*.

What day is the Lord's day in the Bible? The Sabbath is **the day unto the Lord** (*Ex. 16:23, 25; 31:15; 35:2*), **the day of the Lord** (*Ex. 20:10; Lev. 23:3; Deut. 5:14*), and **His own day** (*Isa. 58:13*). God calls it "**My holy day**" (*Isa. 58:13*), and Jesus calls Himself "**Lord even of the Sabbath day**" (*Matt. 12:8; Mark 2:28*). John well knew which day was the Lord's Day. This day is the **Memorial Day of the Creator** (*Gen. 2:3; Ex. 31:17*), the **Memorial Day of the Redeemer** (*Ezek. 20:12, 20*). It is the Lord's own day. A day He wants to share with you.

SUNDAY IS FOUND EIGHT TIMES IN THE NEW TESTAMENT

Matthew mentions the first day of the week but once (*Matt. 28:1*). This is a simple statement in connection with the story of the resurrection. It clearly sets forth the Sabbath as distinct from the first day of the week.

Mark mentions the first day of the week two times (*Mark 16:1-2, 9*). After resting in the tomb on the Sabbath, Jesus arose on the first day, and appeared to several people.

Luke mentions the first day of the week but once (*Luke 24:1*). According to Luke, Jesus' followers kept the Sabbath day before the first day came.

John mentions the first day of the week twice (*John 20:1, 19*). Jesus appeared to Mary. The disciples were in the Upper Room for fear of the Jews. They were not celebrating Christ's resurrection that day, because they did not yet believe in it. John and Christ are also silent on the sanctity of Sunday.

The first day of the week is mentioned only once in the book of Acts (*Acts 20:7*). The book of Acts records eighty-four Sabbath services and only one first-day service. This latter service is recorded in Acts 20:7-14. The only way that it could be night and also be the "first day of the week" would be that this meeting at Troas was held on what we today call Saturday night. Bible days begin at sundown. When the sun goes down on Saturday, the first day of the week begins. Thus Paul's meeting was on Saturday night. The next day, Sunday morning, Paul walked nineteen miles to Assos, to meet his fellow workers who had departed by ship and sailed thence. There is no Sunday sacredness here. Yes, they broke bread, but the disciples broke bread daily (*Acts 2:46*). The term normally meant eating a meal; but, if this "bread breaking" was the Lord's Supper, it still would have no bearing upon Sunday sacredness. The Lord's Supper commemorates Christ's death that took place on Friday, not His resurrection; His resurrection took place on Sunday. The Lord's Supper may be celebrated on any day (*1 Cor. 11:26*).

The Apostle Paul mentions the first day of the week just once (*1 Cor. 16:1-3*). Many have honestly supposed that this text indicated a weekly gathering. However, it teaches just the contrary—"Let every one of you lay by him in store," which means privately or at home. Greek scholars testify to this. The believers would normally keep the Sabbath; and, after it was past, they figured their earnings of the week and set aside a gift portion for the poor. Paul specifically stated that they should collect and store funds at home,—so there would be "no gatherings" (no

meetings) when he came.

**HISTORIANS TELL US
HOW IT WAS CHANGED**

Historians and high placed churchmen explain how the change was made, centuries after the Bible ended. Here are their statements:

“It would be an error to attribute [the sanctification of Sunday] to a definite decision of the Apostles. **There is no such decision mentioned in the Apostolic documents [that is, the New Testament].**”—*Antoine Villien, A History of the Commandments of the Church, 1915, p. 23.*

“It must be confessed that **there is no law in the New Testament concerning the first day.**”—*McClintock and Strong, Cyclopedia of Biblical, Theological and Ecclesiastical Literature, Vol. 9, p. 196.*

“**Rites and ceremonies, of which neither Paul nor Peter ever heard, crept silently into use, and then claimed the rank of divine institutions.** [Church] officers for whom the primitive disciples could have found no place, and titles which to them would have been altogether unintelligible, began to challenge attention, and to be named apostolic.”—*William D. Killen, The Ancient Church, p. xvi.*

“**The ancient Sabbath did remain and was observed . . . by the Christians of the Eastern Church [in the area near Palestine] above three hundred years after our Saviour’s death.**”—*A Learned Treatise of the Sabbath, p. 77.*

“Modern Christians who talk of keeping Sunday as a ‘holy’ day, as in the still extant ‘Blue Laws’ of colonial America, should know that **as a ‘holy’ day of rest and cessation from labor and amusements Sunday was unknown to Jesus. . . . It formed no tenet [teaching] of the primitive Church and became ‘sacred’ only in the course of time. Its observance was legalized for the Roman Empire through a series of decrees starting with the famous one of Constantine in 321.**”—*W.W. Hyde, Paganism to Christianity in the Roman Empire, 1946, p. 257.*

“**The festival of Sunday, like all other festivals was always only a human ordinance, and it was far from the intentions of the apostles to establish a Divine command in this respect, far from them, and from the early apostolic church, to transfer the laws of the Sabbath to Sunday.**”—*Augustus Neander, The History of the Christian Religion and Church, 1843, p. 186.*

“There is scarcely anything which strikes the mind of the careful student of ancient ecclesiastical history with greater surprise than **the comparatively early period at which many of the corruptions of Christianity, which are embodied in the Roman system, took their rise.**”—*John Dowling, History of Romanism, 13th Edition, p. 65.*

“**The Church made a sacred day of Sunday . . . largely because it was the weekly festival of the sun;—for it was a definite Christian policy to take over the pagan festivals endeared to the people by tradition, and give them a Christian significance.**”—*Authur Weigall, The Paganism in Our Christianity, 1928, p. 145.*

“**The [Catholic] Church took the pagan buckler of faith against the heathen. She took the pagan Roman Pantheon, temple to all the gods, and made it sacred to all the martyrs; so it stands to this day. She took the pagan Sunday and made it the Christian Sunday. . . . The sun was a foremost god with heathendom. Balder the beautiful: the White God, the old Scandinavians called him. The sun has worshipers at this very hour in Persia and other lands. . . . Hence the Church would seem to have said, ‘Keep that old pagan name. It shall remain consecrated, sanctified.’ And thus the pagan Sunday, dedicated to Balder, became the Christian Sunday, sacred to Jesus.** The sun is a fitting emblem of Jesus. The Fathers often compared Jesus to the sun as they compared Mary to the moon.”—*William L. Gildea, “Paschale Gaudium,” in The Catholic World, p. 58, March 1894.*

“Remains of the struggle [between the religion of Christianity and the religion of Mithraism] are found in two institutions adopted from its rival by Christianity in the fourth century, **the two Mithraic sacred days: December 25, ‘dies natalis solis’ [birthday of the sun], as the birthday of Jesus,—and Sunday, ‘the venerable day of the Sun,’ as Constantine called it in his edict of 321.**”—*Walter Woodburn Hyde, Paganism to Christianity in the Roman Empire, p. 60.*

“**Is it not strange that Sunday is almost universally observed when the Sacred Writings do not endorse it? Satan, the great counterfeiter, worked through the ‘mystery of iniquity’ to introduce a counterfeit Sabbath to take the place of the true Sabbath.** Sunday stands side by side with Ash Wednesday, Palm Sunday, Holy (or Maundy) Thursday, Good Friday, Easter Sunday, Whitsunday, Corpus Christi, Assumption Day, All Souls’ Day, Christmas Day, and a host of other ecclesiastical feast days too numerous to mention. **This array of Roman Catholic feasts and fast days are all man-made.** None of them bears the divine credentials of the Author of the Inspired Word.”—*M.E. Walsh, The Wine of Roman Babylon, p. 208.*

“**Sun worship was the earliest idolatry.**”—*Fausset Bible Dictionary, p. 666.*

“**Sun worship was one of the oldest components of the Roman religion.**”—*Gaston H. Halsberge, The Cult of Sol Invictus, 1972, p. 26.*

“This [Constantine’s Sunday decree of March 7, 321]

is the 'parent' Sunday law making it a day of rest and release from labor. For **from that time to the present there have been decrees about the observance of Sunday which have profoundly influenced European and American society. When the Church became a part of State under the Christian emperors, Sunday observance was enforced by civil statutes**, and later, when the Empire was past, the Church in the hands of the papacy enforced it by ecclesiastical and also by civil enactments."—*Walter W. Hyde, Paganism to Christianity in the Roman Empire, 1946, p. 261.*

"Constantine's decree marked the beginning of a long, though intermittent series of imperial decrees in support of Sunday rest."—*Vincent J. Kelly, Forbidden Sunday and Feast-Day Occupations, 1943, p. 29 (History of the Councils of the Church, Vol. 2, p. 316).*

CATHOLIC LEADERS CLEARLY TELL US

"Sunday is a Catholic institution, and its claim to observance can be defended only on Catholic principles. . . From beginning to end of Scripture there is not a single passage that warrants the transfer of weekly public worship from the last day of the week to the first."—*Catholic Press, Sydney, Australia, August 1900.*

"Protestantism, in discarding the authority of the [Roman Catholic] Church, has no good reason for its Sunday theory, and ought logically to keep Saturday as the Sabbath."—*John Gilmary Shea, in the American Catholic Quarterly Review, January 1883.*

"Reason and common sense demand the acceptance of one or the other of these two alternatives: either Protestantism and the keeping holy of Saturday, or Catholicity and the keeping holy of Sunday. Compromise is impossible."—*The Catholic Mirror, December 23, 1893.*

"Protestants . . . accept Sunday rather than Saturday as the day for public worship after the Catholic Church made the change. . . But the Protestant mind does not seem to realize that in accepting the Bible, in observing the Sunday, they are accepting the authority of the spokesman for the church, the Pope."—*Our Sunday Visitor, February 5, 1950.*

"The Church changed the observance of the Sabbath to Sunday by right of the divine, infallible authority given to her by her founder, Jesus Christ. The Protestant, claiming the Bible to be the only guide of faith, has no warrant for observing Sunday. In this matter the Seventh-day Adventist is the only consistent Protestant."—*The Catholic Universe Bulletin, August 14, 1942, p. 4.*

"We have the same authority for Purgatory as we have

for Sunday."—*Martin J. Scott, Things Catholics Are Asked About, 1927, p. 236.*

"Prove to me from the Bible alone that I am bound to keep Sunday holy. There is no such law in the Bible. It is a law of the holy Catholic Church alone. The Bible says, 'Remember the Sabbath day to keep it holy.' The Catholic Church says, 'No. By my divine power I abolish the Sabbath day and command you to keep holy the first day of the week. And lo! The entire civilized world bows down in reverent obedience to the command of the Holy Roman Catholic Church.'"—*Thomas Enright, CSSR, President, Redemptorist College, Kansas City, Missouri, February 18, 1884 (Roman Catholic).*

"Of course the Catholic Church claims that the change [of the Sabbath to Sunday] was her act . . . AND THE ACT IS A MARK of her ecclesiastical power."—*From the office of Cardinal Gibbons, through Chancellor H.F. Thomas, November 11, 1895.*

—The Bible is your only safe guide. Jesus can help you obey it. Trust God's Word more than man's traditions (Matthew 15:2-6; Mark 7:7, 9).

PROTESTANT LEADERS CLEARLY TELL US

Baptist—"There was and is a command to keep holy the Sabbath day, but that Sabbath day was not Sunday. It will however be readily said, and with some show of triumph, that the Sabbath was transferred from the seventh to the first day of the week, with all its duties, privileges and sanctions. Earnestly desiring information on this subject, which I have studied for many years, I ask, **where can the record of such a transaction be found? Not in the New Testament—absolutely not. There is no Scriptural evidence of the change of the Sabbath institution from the seventh to the first day of the week.**"—*Dr. E.T. Hiscox, author of Baptist Manual.*

Presbyterian—"There is no word, no hint in the New Testament, about abstaining from work on Sunday. The observance of Ash Wednesday, or Lent, stands exactly on the same footing as the observance of Sunday. Into the rest of Sunday no Divine Law enters."—*Canon Eyton, Ten Commandments.*

Congregationalist—"It is quite clear that **however rigidly or devotedly we may spend Sunday, we are not keeping the Sabbath. . . The Sabbath was founded on a specific divine command. We can plead no such command for the observance of Sunday. . . There is not a single line in the New Testament to suggest that we incur any penalty by violating the supposed sanctity of Sunday.**"—*Dr. R.W. Dale, The Ten Commandments, pp. 106-107.*

Southern Baptist—“The sacred name of the seventh day is Sabbath. This fact is too clear to require argument [Exodus 20:10, quoted]. . . On this point the plain teaching of the Word has been admitted in all ages. . . **Not once did the disciples apply the Sabbath law to the first day of the week,**—that folly was left for a later age, **nor did they pretend that the first day supplanted the seventh.**”—*Joseph Judson Taylor, The Sabbatic Question, pp. 14-17, 41.*

Protestant Episcopal—“Ques.—Is there any command in the New Testament to change the day of weekly rest from Saturday to Sunday? Ans.—None.”—*Manual of Christian Doctrine, p. 127.*

—*The word, “Sabbath,” is found 137 times in Scripture, and is mentioned more than most other Bible doctrines. All who read the Bible discover the Bible Sabbath. It is so obvious that it cannot be missed. But Sunday sacredness is not to be found, nor a direct statement from God changing the Seventh-day Sabbath to Sunday, the first day of the week!*

—*Of the 31,072 verses of Scripture that are in the Bible, only sixteen verses were written by God. All the rest of the Bible was written by men under the inspiration and guidance of the Holy Spirit (2 Peter 1:21).. Those sixteen verses are the Ten Commandments!*

THE WEEKLY CYCLE HAS NEVER CHANGED

In order to trace back to the Sabbath of Jesus, we must know the truth about the weekly cycle itself. *And here are the facts:*

The seven-day week, as well as the Bible Sabbath that terminates it, had a common origin in history. Both originated at the Creation of our world. We learn this from Genesis 2:1-3. **There is no other way of accounting for the existence of that week. It is a towering monument to the fact that the true God made the earth and all things therein in six days, and rested on the seventh day,** just as He tells us in Genesis 2:1-3. It is because of the seven-day Creation Week and the Seventh-day Sabbath that concludes it, that **mankind ever since—and all over the world today—has always kept this weekly cycle of seven days.**

The weekly cycle, as we know it, has been maintained, from Creation, without confusion or loss of days. God gave the Seventh-day Sabbath to mankind when He made all things in the beginning. “The Sabbath was made for man,” Jesus said (*Mark 2:27*); and so it shall stand as true—for Jesus said it, and He is our Creator (*John 1:1-3, 10; Eph. 3:9; Col. 1:13-17; Heb. 1:1-3*), the One who made the Sab-

bath. *The Lord who made the week and the Sabbath has guarded it throughout all of history!*

A striking illustration of the importance that our God attaches to Sabbathkeeping is to be found in the miracle of the manna. **For forty years, or 2,080 weeks, the Lord clearly identified the true Sabbath 2,080 times.** We are told about this in Exodus 16. Thus, the Israelites were keeping the Sabbath even before Exodus 20, when the Law was spoken.

Over the centuries, calendars have changed, but the weekly cycle has not. In order to correct the yearly cycle, leap years were added in 1582—and in September the year was changed 10 days. Thursday, October 4 was followed by Friday, October 15. **But the weekly cycle did not change!** The English did not accept the change till September 1752, and Russia did not make the change-over until 1918. But all those years, the nations of Europe all kept the same weekly cycle.

Historians and astronomers agree as to the perpetuity of the weekly cycle. —And God has kept the Jewish race alive, so we would have living proof! They have kept the Bible Sabbath since before the time of Moses.

The *Encyclopedia Britannica* calls it the “unalterable uniformity of the week”; for the weekly cycle has never been affected by calendar changes.

In 108 of 160 languages of mankind—the name for the seventh day of the week (the day in English called Saturday) is “Sabbath.” **This is because, in ancient times, men knew that the true Sabbath fell on the seventh day of the week.** For example, in Spanish it is “*Sabbado*” and comes through the Latin word, *Lubitem*, from the Hebrew word for “Sabbath.”

KEEPING THE BIBLE SABBATH

At the Creation of our world, “**God blessed the seventh day, and sanctified it**” (*Gen. 2:3*). The Fourth of the Ten Commandments tells us to “**Remember the Sabbath day to keep it holy**” (*Ex. 20:8*). God *made* the Sabbath day holy; we are to *keep* it holy. **Friday is “the preparation day” when we prepare for the Sabbath** (*Luke 23:54; Ex. 16:22-23*). In order to keep the Sabbath holy, it must be remembered all through the week, and in the preparation of all our plans and activities. On Friday, special preparations are made (*Luke 23:54-56*). Work, unfinished on Friday, is completed on Sunday (*Luke 23:54-24:1*). **The Sabbath begins on Friday evening at sunset** (*Lev. 23:32; Gen. 1:5, 8, 13, 19, 23, 31*). **The evening begins “at the going down of the sun”** (*Mark 1:32*). Sunset is the Bible standard to start each new day. It is the natural sign marking time into days.

The Bible tells how to keep the Sabbath (*Isa. 58:13-14*;

Ex. 20:8-11). There is group worship on the Sabbath (*Lev. 23:3; Luke 4:16*). **The Sabbath should be the happiest day in the week. We are to “devote those sacred hours to healthful rest, to worship, and to holy deeds”** (*DA 207*). The children can be taught stories of creation and redemption, and taken out in nature.

Every Sabbath is another opportunity to draw ourselves and our families closer to God, and prepare our hearts and lives for heaven. It is because we love God so much that we want to obey all that He asks of us.

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PROTESTANT LEADERS ON THE LAW OF GOD

It is a remarkable fact that the early leaders of the Protestant churches fully believed in keeping the Ten Commandments!

Methodist—“The ritual, or ceremonial law, delivered by Moses to the children of Israel, containing all the injunctions and ordinances which related to the old sacrifices and service of the Temple, **our Lord indeed did not come to destroy, but fulfill. . . . But the moral law, contained in the Ten Commandments, and enforced by the Prophets,**

He [Christ] did not take away. It was not the design of His coming to revoke any part of this. . . **Every part of this law must remain in force upon all mankind, and in all ages**, as not depending either on time or place, or any other circumstance liable to change, but on the nature of God, and the nature of man, and their unchangeable relation to each other. . . [He then speaks of ‘the enemies of the gospel’ who teach that we should not obey God’s law.]—**John Wesley** (1703-1791), founder of the Methodist Church, “*Upon Our Lord’s Sermon on the Mount, Discourse 5, in Works of John Wesley, Vol. 5, pp. 311-312, 317.*

Lutheran—“**God threatens to punish all who transgress these commandments.** We should, therefore, fear His anger, and do nothing against such commandments. But He promises grace and every blessing to all who keep them. **We should, therefore, love and trust in Him, and gladly obey His commandments.**”—**Martin Luther** (1483-1546), founder of the Lutheran Church, *Luther’s Small Catechism, in Phillip Schaff, Creeds of Christendom, Vol. 3, p. 77.*

Reformed—“**We must not imagine that the coming of Christ has freed us from the authority of the law:** for it is the eternal rule of a devout and holy life, and must, therefore, be as unchangeable as the justice of God, which it embraced, is constant and uniform.”—**John Calvin** (1509-1564), founder of the Reformed Church, *Commentary on a Harmony of the Evangelists, 1949 ed., Vol. 1, p. 277, comment on Matthew 5:17, Eerdmans, Grand Rapids, Michigan.*

Anglican, Presbyterian—“**The moral law doth forever bind all, as well justified persons as others, to the obedience thereof;** and that not only in regard of the matter contained in it, but also in respect of the authority of God the Creator who gave it. **Neither doth Christ in the gospel in any way dissolve, but much strengthen, this obligation.**”—**Westminster Confession of Faith** (1646), chap. 21, “*Of the Law of God,*” secs. 5, 6 (*Reformed confession of faith in the Church of England, the Church of Scotland, and throughout Presbyterian churches worldwide*).

Congregationalist—“**Through the atonement of Christ more honor is done to the law, and consequently the law is more established** than if the law had been literally executed and all mankind had been condemned.”—**Jonathan Edwards** (1703-1758), Congregationalist, *Works (writings) of Jonathan Edwards, 1842 ed., Vol. 3, p. 369.* The leading evangelist in the American Colonies.

Moody Bible Institute—“We have already seen that, **unlike the ceremonial and civil codes which were given to Israel as the chosen people and holy nation, the moral law is intended for all mankind, and it has never been abrogated nor repealed.**”—**Moody Bible Institute Monthly,**

William C. Procter, December 1933.

Episcopalian—"We must understand that **the Ten Commandments are just as binding upon Christian people as they were upon the Children of Israel. The moral law is a part of the natural law of the universe.** . . . Just as a natural law broken in the material world brings its inevitable consequences, so the moral law broken brings its inevitable consequences in the spiritual and mental worlds. . . **Christianity strengthens the authority of the commandments.**"—*The Episcopal Church Sunday School Magazine, June-July 1943.*

OBEDIENCE BY FAITH: HOW GOD ENABLES YOU TO OBEY HIM

I - GOD HAS A GOVERNMENT

Psalm 103:19—"The Lord hath prepared His throne in the heavens; and His kingdom ruleth over all."

2 - THERE CAN BE NO GOVERNMENT WITHOUT LAW

Romans 7:12—"The law is holy, and the commandment holy, and just, and good."

Romans 7:14—"For we know that the law is spiritual: but I am carnal, sold under sin."

Proverbs 28:9—"He that turneth away his ear from hearing the law, even his prayer shall be abomination."

3 - GOD'S LAW WAS FOR MEN IN BIBLE TIMES

Romans 3:31—"Do we then make void the law through faith? God forbid: yea, we establish the law."

James 2:10-12—"For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all. For He that said, Do not commit adultery, said also Do not kill. Now if thou commit no adultery yet if thou kill, thou art become a transgressor of the law. So speak ye, and so do, as they that shall be judged by the law of liberty."

4 - GOD'S LAW IS FOR THE REMNANT IN THE LAST DAYS

Revelation 12:17—"And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ."

Revelation 14:12—"Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus" (*also verses 13-15*).

5 - THERE IS GENERAL REBELLION AGAINST GOD'S LAW

Romans 8:7—"The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be."

Psalm 119:126—"It is time for Thee, Lord, to work: for they have made void Thy law."

6 - THERE ARE PROMISES FOR THE OBEDIENT

Psalm 119:165—"Great peace have they which love

Thy law: and nothing shall offend them."

Isaiah 48:18—"O that thou hadst hearkened to My commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea."

7 - THE SACRIFICIAL LAWS WERE ABOLISHED AT THE CROSS

(**Hebrews 10:1-16**)

Colossians 2:14—"Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to His cross."

Colossians 2:17—"Which are a shadow of things to come; but the body is of Christ."

8. WHAT DOES THE LAW DO FOR THE SINNER?

God uses the law to do for the sinner just what needs to be done. The sinner must realize that he is a sinner. The heavy hand of the law must be laid upon him, and he must be arrested in his course. Notice the following carefully:

1. It gives a knowledge of sin (*Romans 7:7*).

Romans 3:20—"By the law is the knowledge of sin."

2. It brings guilt and condemnation.

Romans 3:19—"Now we know that what things soever the law saith, it saith to them who are under the law: that every mouth may be stopped, and all the world may become guilty before God."

3. It acts as a spiritual mirror.

James 1:23-25—"If any be a hearer of the Word, and not a doer, he is like unto a man beholding his natural face in a glass: for he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was. But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed" (*also James 2:9-12*).

Without the law, the sinner is like a man who is afflicted with a deadly disease that he doesn't know he has. Paul said, "I had not known sin, but by the law" (*Romans 7:7*).

9 - WHAT IS THE LAW UNABLE TO DO FOR THE SINNER?

The law cannot forgive. Law does not possess the power to forgive those who transgress its precepts. Only the Lawgiver can do that. Jesus died to redeem us from the curse of the law (*Galatians 3:13*). The law cannot keep the sinner from sinning because "the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be" (*Romans 8:7*).

The law only shows the sinner where he needs to change; but the law, itself, cannot change him. And so let us get

three facts about the law very clear:

1. It cannot forgive or justify.

Romans 3:20—“By the deeds of the law there shall no flesh be justified in His sight.”

2. It cannot keep from sin or sanctify.

Galatians 3:21—“Is the law then against the promises of God? God forbid: for if there had been a law given which could have given life, verily righteousness should have been by the law.”

3. It cannot cleanse or keep the heart clean (Rom. 9:3, 7-8).

It is the law of God which identifies sin in our lives; it is the grace of Christ that enables us to cast out those sins.

10 - WHAT DOES THE GRACE OF CHRIST DO FOR THE SINNER?

When the law of God and the Spirit of God have made the sinner conscious of his sin, he will then feel his need of Christ and go to the Saviour for pardon. The publican found it so (*Luke 18:13-14*). The woman taken in adultery felt condemned and ashamed. She needed sympathy and forgiveness, and Christ was ready to grant these to her. Then He said, “Sin no more.”

If we confess and put away sin, He will forgive us (*1 John 1:9*). This is grace, or unmerited favor. This gracious love of Christ awakens love in the heart of the sinner, and he then desires to serve and obey God. Here are four elements of the saving grace of Christ:

1. It forgives and justifies.

Acts 13:38-39—“Be it known unto you therefore, men and brethren, that through this man is preached unto you the forgiveness of sins: and by Him all that believe are justified from all things, from which ye could not be justified by the law of Moses” (*also Luke 18:13-14*).

2. It saves from sin, or sanctifies.

Matthew 1:21—“She shall bring forth a son, and thou shalt call His name Jesus: for He shall save His people from their sins.”

1 Corinthians 1:30—“But of Him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption.”

3. It inspires faith.

Ephesians 2:8-10—“By grace are ye saved through faith; and that not of yourselves: it is the gift of God: not of works, lest any man should boast. For we are His workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.”

4. It brings God’s power.

Romans 1:16—“I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek.”

Forgiveness of sin and power over sin came through the exercise of simple faith in God’s promises and a full surrender of the heart to Him.

11 - HOW DOES A SINNER SAVED BY GRACE RELATE TO THE LAW?

1. The law becomes the standard of his life.

1 John 5:3—“This is the love of God, that we keep His commandments.”

2. He lets Christ fulfill in him the righteousness of the law.

Romans 8:3-4—“God sending His own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh: that the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit.”

3. Christ writes the law in his heart.

Hebrews 8:10—“I will put My laws into their mind, and write them in their hearts” (*also Psalm 119:11*).

Those who truly love God love to obey Him. They want to be like Jesus, who died on Calvary to enable them to obey the moral, Ten Commandment law—*so they could become like Him!*

God’s plan is a wonderful plan—but we should not excuse our desire to sin by saying that God has no law governing our conduct in this life! Those who do that deceive themselves. They will not go to heaven to live with sinless angels. It is now, in this life, that sin must be removed!

THE IMPORTANCE OF GOD’S MORAL LAW OF TEN COMMANDMENTS

The Ten Commandments are the moral standard that the God of heaven, our Creator, gave to mankind. It is the standard by which their conduct is to be governed. He gave it to us at the end of Creation Week (Gen. 2:1-3), and He alone would have the authority to change it, and this He has never done. —And He never will!

To abolish God’s moral standard would be to condone and excuse sin! Sin is the problem. It is sin that must be eliminated from the lives of those who will go to heaven. The moral law is not the problem. That holy law is to be obeyed, defended, and taught to our children and to others. Our world would be a wonderful place in which to live if everyone kept God’s Ten Commandment Law! Yet only by pleading with Christ for forgiveness and enabling strength, can we

receive enabling grace to keep His holy commandments! Because Christ died on Calvary, we can come to the throne of grace and receive forgiveness and empowering grace from Christ to live clean godly lives—in full obedience to all that He asks, so that we may fully become like Him! *It is only those who obey Him—who really love Him. They are the ones who will live with Him throughout all eternity in heaven!*

Here are some of the things that God said about His Moral Law and the importance of our obeying it:

“Let us hear the conclusion of the whole matter: **Fear God, and keep His commandments, for this is the whole duty of man. For God shall bring every work into judgment**, with every secret thing, whether it be good, or whether it be evil.”—*Ecclesiastes 12:13-14*.

“**Whosoever committeth sin transgresseth also the Law: for sin is the transgression of the Law.**”—*1 John 3:4*.

“**For by the Law is the knowledge of sin.**”—*Romans 3:20*.

“**For the wages of sin is death.**”—*Romans 6:23*.

“What shall we say then? **Is the Law sin? God forbid. Nay, I had not known sin, but by the Law:** for I had not known lust, except the Law had said, Thou shalt not covet.”—*Romans 7:7*.

“**Do we then make void the Law through faith? God forbid: yea, we establish the Law.**”—*Romans 3:31*.

“**For whosoever shall keep the whole Law, and yet offend in one point, he is guilty of all.** For He that said, Do not commit adultery, said also, Do not kill. Now if thou commit no adultery, yet if thou kill, thou art become a transgressor of the Law.”—*James 2:10-11*.

“**For this is the love of God, that we keep His commandments:** and His commandments are not grievous.”—*1 John 5:3*.

“The fear of the Lord is the beginning of wisdom: **a good understanding have all they that do His commandments.**”—*Psalms 111:10*.

“**If ye be willing and obedient, ye shall eat the good of the land.**”—*Isaiah 1:19*.

“**Great peace have they which love Thy Law:** and nothing shall offend them.”—*Psalms 119:165*.

“**O that thou hadst hearkened to My commandments!** Then had thy peace been as a river, and thy righteousness as the waves of the sea.”—*Isaiah 48:18*.

“**For not the hearers of the Law are just before**

God, but the doers of the Law shall be justified.”—*Romans 2:13*.

“**But whoso looketh into the perfect Law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.**”—*James 1:25*.

“By this we know that we love the children of God, **when we love God, and keep His commandments.**”—*1 John 5:2*.

“Here is the patience of the saints: **here are they that keep the commandments of God, and the faith of Jesus.**”—*Revelation 14:12*.

It is the Ten Commandment Law of God that the saints will keep. **When asked “which Law?” Jesus replied by naming several of the Ten Commandments** (Matt. 19:17-19). And the Apostle James did likewise (James 2:10-12).

Men today claim that there has been no Law since the death of Christ, and we are free from it. *But the Bible teaches that where there is no Law, there is no sin!* Indeed, without the Law to identify sin, we cannot know what sin is. **Apart from the existence of God’s moral code of Ten Commandments, sin does not exist.**

“**Where no Law is, there is no transgression.**”—*Romans 4:15*.

“**Sin is not imputed when there is no Law.**”—*Romans 5:13*.

“**For by the Law is the knowledge of sin.**”—*Romans 3:20*.

“**I had not known sin, but by the Law.**”—*Romans 7:7*.

“**Whosoever committeth sin transgresseth also the Law: for SIN IS the transgression of the Law.**”—*1 John 3:4*.

WHY DID CHRIST DIE ON CALVARY?

Why did Christ die on the cross? Christ suffered and died to forgive our sins and enable us, by His empowering grace, to obey His moral Ten Commandment law. He did not die to destroy the moral law! Our world is in a terrible shape today because far too many believe the lie that Christ died so we could be free to sin!

No government can exist without laws which its subjects must obey. **The God of heaven has given us a Moral Law—the Law of Ten Commandments—**which He has always required that we obey.

If God's holy law of Ten Commandments could have been changed, then Christ need not have died. Christ died on Calvary, to enable those who are willing to become His little children to obey Him. They ask Him for enabling grace to be obedient children and live good, clean, godly lives. **That is genuine Christianity!**

THE MORAL VS. CEREMONIAL LAW

Well, then, *what was taken away, or eliminated at the death of Christ?* The only thing abolished at the cross was the ceremonial law, contained in "ordinances." These were the sacrificial laws, which were required until Christ died on Calvary. After Christ's death, it was no longer necessary to sacrifice lambs at the Temple; for Christ, our Lamb, had died. —**But, after the death of Christ, we were still obligated to keep the Moral Law—the Ten Commandments.**

Daniel 9:26-27 predicted that, at His death, Christ would "cause the sacrifice and the oblation to cease." And the Apostle Paul tells us that this is exactly what happened. **When Christ died, the ceremonial ordinances were blotted out. The sacrificial services in the Temple no longer had meaning in the eyes of God.**

"Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to His cross."—*Colossians 2:14*.

"Having abolished in His flesh the enmity, even the law of commandments contained in ordinances; for to make in Himself of twain one new man, so making peace; and that He might reconcile both unto God in one body by the cross, having slain the enmity thereby."—*Ephesians 2:15-16*.

A leading Presbyterian writer, Dr. Albert Barnes, in commenting on Colossians 2:16, said this:

"But the use of the term ["Sabbaths"] in the plural number, and the connection, show that he [Paul] had his eye on a great number of days which were observed by the Hebrews as festivals, as a part of their ceremonial and typical law,—and not the Moral Law, or the Ten Commandments. **No part of the Moral Law—no one of the Ten Commandments—could be spoken of as 'a shadow of things to come.'**" —*Dr. Albert Barnes, Commentary on Colossians 2:16*.

The "shadow laws" were the ones that foreshadowed the coming of Christ: the slaying of lambs and goats, the keeping of the yearly Passover, etc. All these ceremonial laws were taken away by the death of Christ.

"For the [sacrificial] law, having a shadow of good things to come, and not the very image of the things, can never with those sacrifices which they offered year by year continually make the comers thereunto perfect. For then would they not have ceased to be offered? . . . But in those sacrifices there is a remembrance again made of sins every year. **For it is not possible that the blood of bulls and of goats should take away sins.**" —*Hebrews 10:1, 3-4*.

And these sacrificial laws included yearly holy days, or yearly "Sabbaths." The weekly Sabbath was given to mankind at the foundation of the world and is the Fourth of the Ten Commandments. But the yearly Sabbaths were gatherings for special sacrificial services, and foreshadowed the death of Christ. At these services there were special "meat offerings" and "drink offerings." A list of these yearly Sabbaths will be found in Leviticus 23:4-44. **The weekly Seventh-day Sabbath is called "the Sabbath" in the Bible, but the yearly "Sabbaths" are easily identified:** When mentioned together, an "s" is added: They were the "Sabbaths" or "Sabbath days." **All these yearly sacrificial gatherings were also abolished at the cross.** Paul calls them (and their meat and drink offerings) a "shadow."

"Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the Sabbath days; which are a shadow of things to come; but the body is of Christ." —*Colossians 2:16-17*.

"For the law having a shadow of good things to come, and not the very image of the things, can never with those sacrifices which they offered year by year continually make the comers thereunto perfect." —*Hebrews 10:1*.

This is because the meaning of the Temple services ended when Christ died. *At that moment a Hand reached from heaven and tore the veil of the Temple in two*, thus desecrating it and destroying its significance:

"Jesus, when He had cried again with a loud voice, yielded up the ghost [died]. —**And, behold, the veil of the Temple was rent in twain from the top to the bottom.**" —*Matthew 27:50-51*.

"Then said I [Christ], **Lo, I come (in the volume of the book it is written of Me,) to do Thy will, O God. . . Sacrifice and offering and burnt offerings and offering for sin Thou wouldest not**, neither hadst pleasure therein: which are offered by the law; then said He, **Lo, I come to do Thy will, O God. He taketh away the first,**

that He may establish the second.”—*Hebrews 10:7-9*.

The shadow laws and ceremonies were taken away by the death of Christ, that He might solidly establish, by His death, the principle that man must obey God’s moral law—and through the merits of Christ’s grace be empowered to do it!

As we come to Jesus just now and accept His life and death for us, we can receive “the righteousness which is of God” (Philippians 3:9); for we are beholding “the Lamb of God, which taketh away the sin of the world” (John 1:29). **If we will cling to Him, He will purify our lives. He will enable us to stop sinning and to live clean, godly lives.**

We come to Him in repentance for our sinful past, and we are “justified freely by His grace through the redemption that is in Christ Jesus” (Romans 3:24). And then we are to begin a walk with Christ and a life in Christ. We choose Him in place of our former sinful ways.

“What shall we say then? **Shall we continue in sin, that grace may abound? God forbid. How shall we, that are dead to sin, live any longer therein?**”—*Romans 6:1-2*.

“If ye keep My commandments, ye shall abide in My love.”—*John 15:10*.

“Hereby we do know that we know Him, if we keep His commandments. He that saith, I know Him, and keepeth not His commandments, is a liar, and the truth is not in him. But whoso keepeth His word, in him verily is the love of God perfected: hereby know we that we are in Him.”—*1 John 2:3-5*.

“And every man that hath this hope in Him purifieth himself, even as He is pure. **Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law.**”—*1 John 3:3-4*.

“By this we know that we love the children of God, when we love God, and keep His commandments. For this is the love of God, that we keep His commandments: and His commandments are not grievous. For whatsoever is born of God overcometh the world.”—*1 John 5:2-4*.

**GOD’S LAW IS
THE STANDARD IN THE JUDGMENT**

It is urgent that, through the enabling strength which Christ offers us, that we live clean, godly lives in accordance with God’s holy Ten Commandment law.

For it will be the law book in the coming Judgment.

“Let us hear the conclusion of the whole matter: **Fear God, and keep His commandments: for this is the whole duty of man. For God shall bring every work into judgment,** with every secret thing, whether it be good, or whether it be evil.”—*Ecclesiastes 12:13-14*.

“For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all. For he that said, Do not commit adultery, said also, Do not kill. Now if thou commit no adultery, yet if thou kill, thou art become a transgressor of the law. **So speak ye, and so do, as they that shall be judged by the law of liberty.**”—*James 2:10-12*.

If it were possible for God’s law to be abolished, there would be no definition of what is sinful, no way to identify what it is. Any horrible thing could be done with impunity. Where there is no law there is no sin, for **“sin is the transgression of the law”** (*1 John 3:4*). It tells us what is sinful. **“For by the law is the knowledge of sin.”** *Romans 3:20*. Therefore, in the strength which Christ offers us, He wants us to live clean, godly lives.

“Every man that hath this hope in Him purifieth himself, even as He is pure. **Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law.**”—*1 John 3:3-4*.

JUST NOW: COME TO JESUS

Listen not to those who tell you that God’s law has been abolished. They say this because they are determined to cling to their cherished sins. It is Satan who tempts men and women to think that the law of God is terrible and something to be avoided, while selfishness and sin are to be coddled and enjoyed.

But God’s Ten Commandment law is the highest standard of purity and holiness! Those who cast it aside—destroy themselves! Satan rejoices that they believed his lie; for they remain his captives.

Christ died on Calvary to impart enabling grace, so you and I can obey God’s holy law—and live clean, godly lives!

If purity of heart and life is what you want, then come to Jesus just now. He alone can forgive your sins, no man or earthly priest can. **Christ alone can impart to you strengthening grace so you can clean up your life—and become His humble, believing, obedient child!** He alone can bring genuine happiness into your life.

Yes, you will be buffeted by temptation; for Satan will be determined to once again capture and chain you. The devil knows that he is going to be destroyed for breaking God's law, and he wants as many as possible to die with him.

You will have trials and problems. We all encounter them in this life. **But having entered the new life of submission and obedience to Christ as His humble,**

“Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls.’

“In these words Christ is speaking to every human being. Whether they know it or not, all are weary and heavy-laden. **All are weighed down with burdens that only Christ can remove. The heaviest burden that we bear is the burden of sin.** If we were left to bear this burden, it would crush us. But the Sinless One has taken our place. ‘The Lord hath laid on Him the iniquity of us all.’ Isaiah 53:6. He has borne the burden of our guilt. **He will take the load from our weary shoulders. He will give us rest. The burden of care and sorrow also He will bear.** He invites us to cast all our care upon Him; for He carries us upon His heart.

“The Elder Brother of our race is by the eternal throne. He looks upon every soul who is turning his face toward Him as the Saviour. **He knows by experience what are the weaknesses of humanity, what are our wants, and where lies the strength of our temptations;** for He was in all points tempted like as we are, yet without sin. **He is watching over you, trembling child of God. Are you tempted? He will deliver. Are you weak? He will strengthen.** Are you ignorant? He will enlighten. Are you wounded? He will heal. The Lord ‘tellethe the number of the stars;’ and yet ‘He healeth the broken in heart, and bindeth up their wounds.’ Psalm 147:4, 3. **‘Come unto Me,’ is His invitation. Whatever your anxieties and trials, spread out your case before the Lord.** Your spirit will be braced for endurance. **The way will be opened for you to disentangle yourself from embarrassment and difficulty.** The weaker and more helpless you know yourself to be, the stronger will you become in His strength. **The heavier your burdens, the more blessed the rest in casting them upon the Burden Bearer.**

“The rest that Christ offers depends upon conditions, but these conditions are plainly specified. They are those with which all can comply. He tells us just how His rest is to be found.

“‘Take My yoke upon you,’ Jesus says. The yoke is an instrument of service. Cattle are yoked for labor, and the yoke is essential that they may labor effectually. By this illustration Christ teaches us that we are called to service as long as life shall last. We are to take upon us

believing, obedient child,—you will have the comfort and guidance of holy angels, as you daily plead for help.

Clinging to Jesus, crying to Him day by day, hour by hour, you will experience His love, guidance, and help—all the way to the end!

Our address is on the last page of this book.

His yoke, that we may be co-workers with Him.

“The yoke that binds to service is the law of God. The great law of love revealed in Eden, proclaimed upon Sinai, and in the new covenant written in the heart, is that which binds the human worker to the will of God. **If we were left to follow our own inclinations, to go just where our will would lead us, we should fall into Satan's ranks** and become possessors of his attributes. **Therefore God confines us to His will, which is high, and noble, and elevating.** He desires that we shall patiently and wisely take up the duties of service. The yoke of service Christ Himself has borne in humanity. He said, ‘I delight to do Thy will, O My God: yea, Thy law is within My heart.’ Psalm 40:8. ‘I came down from heaven, not to do Mine own will, but the will of Him that sent Me.’ John 6:38. **Love for God, zeal for His glory, and love for fallen humanity,** brought Jesus to earth to suffer and to die. This was the controlling power of His life. **This principle He bids us adopt.**

“There are many whose hearts are aching under a load of care because they seek to reach the world's standard. They have chosen its service, accepted its perplexities, adopted its customs. Thus their character is marred, and their life made a weariness. In order to gratify ambition and worldly desires, they wound the conscience, and bring upon themselves an additional burden of remorse. **The continual worry is wearing out the life forces. Our Lord desires them to lay aside this yoke of bondage.** He invites them to accept His yoke; He says, ‘My yoke is easy, and My burden is light.’ He bids them seek first the kingdom of God and His righteousness, and **His promise is that all things needful to them for this life shall be added. Worry is blind, and cannot discern the future; but Jesus sees the end from the beginning.** In every difficulty He has His way prepared to bring relief. **Our heavenly Father has a thousand ways to provide for us, of which we know nothing.** Those who accept the one principle of making the service and honor of God supreme will find perplexities vanish, and a plain path before their feet.

“‘Learn of Me,’ says Jesus; ‘for I am meek and lowly in heart: and ye shall find rest.’ **We are to enter the school of Christ, to learn from Him meekness and lowliness. Redemption is that process by which the soul is trained for heaven.** This training means a

knowledge of Christ. It means emancipation from ideas, habits, and practices that have been gained in the school of the prince of darkness. The soul must be delivered from all that is opposed to loyalty to God.

"In the heart of Christ, where reigned perfect harmony with God, there was perfect peace. He was never elated by applause, nor dejected by censure or disappointment. Amid the greatest opposition and the most cruel treatment, He was still of good courage. But **many who profess to be His followers have an anxious, troubled heart, because they are afraid to trust themselves with God.** They do not make a complete surrender to Him; for they shrink from the consequences that such a surrender may involve. **Unless they do make this surrender, they cannot find peace . . .**

"Those who take Christ at His word, and surrender their souls to His keeping, their lives to His ordering, will find peace and quietude. **Nothing of the world can make them sad when Jesus makes them glad by His presence.** In perfect acquiescence there is perfect rest. The Lord says, 'Thou wilt keep him in perfect peace, whose mind is stayed on Thee: because he trusteth in Thee.' Isaiah 26:3. **Our lives may seem a tangle; but as we commit ourselves to the wise Master Worker, He will bring out the pattern of life and character that will be to His own glory.** And that character which expresses the glory—character—of Christ will be received into the Paradise of God. A renovated race shall walk with Him in white, for they are worthy."

—*Desire of Ages, 328-330*

"If you have given yourself to God, to do His work, you have no need to be anxious for tomorrow. He whose servant you are, knows the end from the beginning. The events of tomorrow, which are hidden from your view, are open to the eyes of Him who is omnipotent.

"When we take into our hands the management of things with which we have to do, and depend upon our own wisdom for success, we are taking a burden which God has not given us, and are trying to bear it without His aid. We are taking upon ourselves the responsibility that belongs to God, and thus are really putting ourselves in His place. We may well have anxiety and anticipate danger and loss, for it is certain to befall us. **But when we really believe that God loves us and means to do us good we shall cease to worry about the future. We shall trust God as a child trusts a loving parent. Then our troubles and torments will disappear,** for our will is swallowed up in the will of God.

"Christ has given us no promise of help in bearing today the burdens of tomorrow. He has said, 'My grace is sufficient for thee' (2 Corinthians 12:9); but, like the manna given in the wilderness, **His grace is bestowed daily, for the day's need.** Like the hosts of Israel in their pilgrim life, we may find morning by morning the bread of heaven for the day's supply.

"One day alone is ours, and during this day we are to live for God. For this one day we are to place in the hand of Christ, in solemn service, all our purposes and plans, casting all our care upon Him, for He careth for us. 'I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.' 'In returning and rest shall ye be saved; in quietness and in confidence shall be your strength.' Jeremiah 29:11; Isaiah 30:15.

"If you will seek the Lord and be converted every day; if you will of your own spiritual choice be free and joyous in God; if with gladsome consent of heart to His gracious call you come wearing the yoke of Christ,—the yoke of obedience and service,—all your murmurings will be stilled, all your difficulties will be removed, all the perplexing problems that now confront you will be solved." — *Mount of Blessing, 100-101*

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