Introduction to Dr. Vickers and Gerson Therapy

Well, Dr. Vickers, I'm so excited to have you on this segment of cancer breakthroughs. You know, it's going to be awesome talking about Gerson therapy.

Yeah. Thanks for having me again. And you know, it's always an honor to talk about Dr. Gerson. So for all of you out there, Dr. Patrick Vickers is a director and founder of the Advanced Gerson Therapy Clinic in Rosarito, Mexico, the world's premiere clinic for the natural treatment of cancer and Advanced Disease, specializing in the advanced Gerson Therapy at the age of 11 after witnessing a miraculous recovery.

Former chiropractic adjustment Dr. Vickers. Passion for natural medicine was born. Born and raised outside of Milwaukee, Wisconsin. Dr. Vickers obtained undergraduate degrees and pre-med from the University of Wisconsin, Madison and Life University and Marietta, Georgia, before going on to receive his doctorate in chiropractic from New York.

Chiropractic College and Seneca Falls, New York. In 1997, while a student in NY CC Dr. Vickers befriended Charlotte Gerson, the last living daughter of Dr.

Max Gerson, M. D. Nobel Prize Laureate, and Dr. Albert Schweitzer called Dr. Gerson the most eminent genius and medical history as Dr. Gerson was the reversing a vast majority of the degenerative diseases, including terminal cancer.

Upon graduation, Dr. Vickers went on to study directly under Charlotte Gerson, which included studying Dr. Gerson's handwritten files of all this active patients between 1910 to 1959, 15 years ago, recognizing a desperate need to preserve Dr.

Gerson's legacy and the progression of his therapy, Dr. Vickers opened up his Gerson Clinic in Rosarito, Mexico, which rapidly has become one of the premier clinics in the world for the treatment of advanced disease.

Since its inception, Dr. Vickers and his clinic have been chronic, chronicled in the epic documentary The Truth About Cancer, Global Quest and His Patients, chronicled in the movie The Beautiful Truth.

Currently, Dr. Vickers is in the process of opening Asia's first Gerson Clinic with Secretary of State Cambodia Sean Ngu well that that is exciting. That's really cool news. So in Asia.

Yeah we are you know actually that was set to open somewhere near the when the time the pandemic hit and then the pandemic hit and it just shut down everything.

And Cambodia is just starting to reopen over the last, you know, 6 to 12 months. So, you know, hopefully here in the next 6 to 12 months, we will have that up and going at some point.

How Dr. Gerson Discovered the Therapy

That's really cool. So so Gerson. I mean, what made you fall in love with Gerson? I mean I mean and to me also, I mean, what a treasure to see all his handwritten files and just to kind of plow through that, all the knowledge and all the people that he worked on, worked with and, you know, all the understanding he came about.

What a treasure. You know, it's the greatest experience of my life to be able to set my hands on on those files. And not only that, there were two archive boxes, folder boxes full of handwritten letters from Albert Schweitzer to Dr.

Gerson. Over 30 years of Schweitzer doing his work in the Congo, you know, leading up to his Nobel laureate prize

winner, winning, you know, the Nobel Prize, Peace Prize.

And so, yeah, I mean, that my love was before that, right? I mean, I was a year away from graduating chiropractic school, which I wanted to be since I was 11 years old and a woman named Charlotte Gerson comes and speaks at my school for the weekend a year before I'm ready to graduate.

And when she opened her mouth, I said, That's what I'm going to do. I mean, I fell in love with it immediately. It was, you know, I love chiropractic.

Chiropractic is amazing. But that clearly was the higher calling for me. And, you know, there were 350 people in that auditorium that night and that weekend.

And nobody nobody's taking it on, you know, like I've taken it on after after she spoke. And, you know, it just must have been just for me. And, you know, I just.

Dr. Gerson story his therapy. It's incredible. And, you know, eight movies has chronicled his work. Nobel Prize winner Schweitzer called him the greatest genius in medical history.

He's been dead 64 years now. And his therapy, you know, it's untouchable as it relates to its ability and consistency to reverse advanced cancer. And with that said, it is getting harder and harder to reverse advanced cancer, even with Dr. Gerson's therapy.

And so we have to get more creative and start adding other adjuncts to lectures and left behind in 1959. So what drove Dr. Gerson to to kind of initial it or what gave birth to this therapy and, you know, with what was going on in his life?

Yeah. So, Dr. Gerson, when he was in medical school, you know, that was around 1900. He entered medical school. He was suffering from severe migraine headaches.

Now, this is at a time this is in Germany and this is at a time when Germany led medical research. I mean, if you wanted a superior medical education, you went to Germany at that time, you know, similar to, you know, now you would go to the United States for superior medical education.

Well, back then it was Germany. And so he had all the top professors available to him to help him with his severe migraines. And they couldn't do a thing for him. They had no idea how to help him.

So he set out to help himself and he cured himself of his severe migraine headaches. And that's what ultimately birth the Gerson therapy. So he graduates from college and he's he's practicing in Bielefeld, Germany and he starts using his migraine diet on his patients when one comes back to him completely cured of their skin, tuberculosis.

Now, this is at a time when tuberculosis was literally killing a million people in Europe. And so he starts treating tuberculosis with this migraine diet and he's curing virtually every single one of his tuberculosis patients.

When a renowned thoracic surgeon named Ferdinand Sauerbruch, heard that Dr. Gerson was reversing advanced tuberculosis because Sauerbruch was doing surgery on all these people with TB and, well, he here's this guy Gerson's carrying tuberculosis.

So he embarks on a study with Dr. Gerson on 460 TB patients. And he said to Dr. Gerson privately, he says, if you can cure but one of these patients, I'll believe every single word you have to say.

Gerson cured 450 out of the 460 TB patients. I mean, it was shocking. And so, you know, so he'd been treating tuberculosis well. When Hitler came to power, he was driven out of Germany because he was a German Jew.

And then once Hitler invaded France, that's where he had fled to originally was France. When Hitler invaded France, Gerson fled to Manhattan and set up practice on on Park Avenue in Manhattan.

And it was there that he was discovered that he was able to reverse advanced cancer because a woman had come to him with cancer of the bile, duct, stomach and liver, all three.

And she begged him for his tuberculosis treatment, and he refused because even back then, in 1930 something he understood the political consequences in the United States and professional consequences of treating cancer in degenerative diseases with nutrition.

And so he refused to treat her well. She begged him for like weeks until he finally agreed to treat her in secret. And he treated her in secret and he completely reversed his the her advanced cancer.

Up until that point, he had no idea he could have such an impact on cancer. And when he was able to reverse her cancer, he said, I can no longer hide my face from this deadly scouring of cancer.

And he dedicated the rest of his life to treating advanced disease and cancer patients and to the obviously, to, you know, the dismay of losing his membership at the New York State Medical Society, becoming the most censored and ostracized doctor in the history of American medicine.

And so that's essentially, you know, the five minute history of of Dr. Gerson's, you know, rise to his ability and his his recognition for being able to reverse advanced cancer.

Cancer Outcomes and Why Results Have Changed

And here we are now, you know, nearly a hundred years since he he discovered, you know, that he could cure advanced cancer and there's still no cure for cancer, even though in 1946, he was called to testify before the United States Senate for the Pepper-Neely anti-cancer bill for three days, July 1st, July 3rd, 1946.

He testified before the United States Senate. Senator Claude Pepper himself said Dr. Gerson dedicated his life to the mastery of this scours of cancer and all should honor his great work.

The American and world public never heard that testimony because he would have brought down everything the cancer industry and the medical industry stood for at that point and all the industries that were causing cancer because he was exposing those in those meetings and they're the same the hands that feed the politicians for their campaigns and their their salaries.

Right. And so Dr. Gerson became a marked man from the day till the day he died. So and I want to go back later on you talking about what this diet really was, you know, what was significant with with this diet compared to all the other diets.

But before that, you know, during his lifespan. So so how how many years did he implement this this cancer diet or his cancer, the Gerson therapy? For how long?

And and kind of what was the track record? I mean, was any records in regards to, you know, how well they did with the cancer patients coming up? So in terms of years, again, he didn't discover that he could cure cancer until roughly the early thirties.

Right. And then he died in 1959. So it must have been roughly 25 years. He was, you know, treating cancer more or less specifically in terms of, you know, what are cure rates and things like that.

It's actually quite difficult to come up with cure rates. Why? Because you can't control the subjects. The clinics will come or the the patients will come to the clinic for, you know, back then, 4 to 6 weeks, now it's 2 to 3 weeks.

And then they have to go home and continue therapy at home for two years. And you can't control the patients. You don't know if they're eating cookies, cake and ice cream or if they're doing the Gerson therapy.

Right. But, you know, when Gerson was alive, you know, it's been said that if someone had advanced cancer, he

was getting a roughly 50% cure rate, which is just outrageous.

You know, I mean, today, if you can get a 10 to 20% cure rate in terminal advanced cancer, that's phenomenal. Right. But back when he was alive, it was said that he could cure up to 50% today.

That's not the case. You know, today, just using Dr. Gerson's basic therapy that he left behind, you know, if we're getting 25 to 30% now in, you know, terminal cases, you know that would probably be you know, that would probably be a quite a generous number.

But, you know, one of the big problems today compared to when Dr. Gerson was alive was compliance. You know, I mean, we live in such an immediate gratification society today to get people to radically change their lifestyles and do the diet that's necessary in order to reverse their disease.

Today, it's it's so difficult compared to when Dr. Gerson was alive. It's a completely different generation. I mean, the discipline, you know, their ability, the community support that they had back then, the will to live, you know, it's just a completely different monster that we're dealing with today.

But, you know, Dr. Gerson, when he was alive, that's what that was. What was said was that, you know, he was right around 50% if someone came to him with advanced cancer.

Yeah, that's pretty spectacular, considering the statistics with traditional medical oncology, which is pretty abysmal. And it remains abysmal. So so that that's that's pretty phenomenal. So and I would assume also, I mean, the the stressors that we're dealing with now compared to during the time of Dr.

Gerson is is quite a bit more and I would say advanced. I mean, because there's so many more layers that been added. So I would assume that one has to almost account for a lot of that in addition to, you know, just the therapy itself.

Yeah. So, you know, when I'm teaching or I'm lecturing to people, I always say that every generation that's been born since Dr. Gerson's death is constituted constitutionally weaker than the generation before it.

Right. You know, just given the fact to all the chemicals now within our environment, stress factors in our environment, relationships, community support, you know, that that I'd mentioned all of those factors since Dr.

Gerson's death have just compounded the problems that we have today, not just, you know, income in preventing cancer, but certainly even in reversing it.

Right. I mean, when Gerson was alive, he never had to deal with chemo.

Core Principles of the Gerson Therapy

Chemo actually came on the scene between 1959 when he died in 1977. So he never had to deal with it. I mean, just dealing with a pretreated chemo patient.

But compared to when Gerson was treating, people even have to deal with that. Now, you compound the fact that how many drugs have come out since Dr. Gerson's, you know, Dr. Gerson's death?

I mean, you know, we're really we're really up against a wall. And then you throw in MF Radiation now. I mean, forget it. Which, you know, they say that prevents oxygen from binding the hemoglobin and the whole secret to the Gerson therapy.

Curing people is being able to oxygenate cells properly to convert food and energy. Right. And so you take MF Radiation now and all these other factors.

And, you know, I don't know where your stance is biblically and stuff, but, you know, we're getting close to the end

and in my personal opinion, because it just can't go any further.

No, no. Yeah. It seems that we're reaching kind of that that breakage point where, you know, humanity has a hard time to sustain and it will just kind of keep breaking down until, yeah, we become an extinct and extinct species.

So that's where we're at. That truly is where we're at right. And you know, I don't know what your stance is on the pandemic, but if it is truly being controlled, you know, by the elite and this is being, you know, instituted, you can understand why.

I mean, they're seeing the writing on the wall, too. Right. And and so we're really in a predicament and we're at a fork in the road. And it shows up in my clinic as well.

The ability now to to successfully reverse disease based on all these factors, compliance, you know, constitutionality of the human body. It's it's really something else compared to when Dr.

Gerson was alive. Yeah. And I agree with you and regards to the last number of years, there's there's been a shift in how the cancer how cancer behaves, you know, with you know, with the COVID and the COVID shot and all of that.

So and we're having to figure out how to adjust to that. So as that becomes kind of the next evolution in a way I'm trying to understand that. Yeah. So tell me a little bit about you.

So you see you have kind of the basic, basic Gerson therapy that you're mentioning and then you've had based upon the changes and and lifestyle and compliance and so forth.

You, you've had to kind of shift that into more of an advanced Gerson therapy. But yeah, please tell me a little bit about what the basic Gerson therapy looked like and what were some of the kind of main components.

Yeah. So if you read Dr. Gerson's book he published before he died, there was one word over and over and over again that he mentions, and that one word was the crux of everything he tried to address on the therapy.

And that word is metabolism. He mentions it religiously. You know, we we hear a lot of talk about how these are metabolic diseases. Right. Well, Gerson was talking about metabolic disease, you know, back in 1920.

He understood this instinctively back in 1920. So everything he knew about curing disease was restoration of proper metabolism. We're taught that cancer and a lot of these diseases are breakdowns of metabolism.

So that is the crux of the Gerson therapy is to try to properly restore metabolism because everything we do from the day we're born to the day we get sick destroys metabolism in the various stages of metabolism in the human body.

So let's just break that down really quickly. What is metabolism? It's the break down of food into energy. And so if metabolism is what's being destroyed that's ultimately causing disease, you've got to restore that very principle, the break down of food into energy.

Well, where does the breakdown of food begin? It begins in the gut. Right. So is it any wonder that we're taught in natural medicine, 70% of your immune system is in the gut.

So once you heal the gut, now you're able to properly assimilate the nutrients, you know, and you're probably able to absorb them into the bloodstream.

Now you've got to get those nutrients and those sugars food into the cells to be properly converted into energy. And that's where we destroy the second stage of metabolism.

At the at the cell membrane, you have a you are at the level of the cell. You have a cell membrane, right? That cell

membrane is made up of what? It's made up of fats.

What kind of fats? Well, whatever fats you're feeding it, right? Whatever fats you're feeding it, the body's naturally going to use to maintain the cell membrane.

Well, in order to convert food into energy, what do you need? You need oxygen, right? You have to be able to get oxygen into the cells to convert food into energy.

Well, that's cell membranes. The gatekeeper, it determines what can go in, what can't go in, what has to come out, what can't go out. That's all determined at the level of a cell membrane based on the fat content.

What kind of fats is everyone eating today? They're all eating saturated fats, right? What are fats saturated with? Fats are defined based on their saturation or on saturation with hydrogen.

Right. And so today we're just eating cookies, cake, ice cream, you know, meat, eggs, cheese, whatever, just loaded with saturated fat. And there's highly saturated with hydrogen.

This is really, really significant to understand because this is really biochemistry. 101 what I'm what I'm talking about now, I literally learned in the first two weeks of biochemistry 101 at chiropractic school in order to get oxygen into the cell, it has to be accepted.

The charge has to be able to accept it. But the problem is this when you have a cell membrane that's made up of saturated fats because that's what your diet is made up of, as that oxygen approaches the cell, the charge cannot accept it.

It literally repels oxygen away from the cell. You've heard how alkalinity promotes health, acidity, promotes disease, right? We hear that all the time, but it's never really explain.

What are the health implications of those two terms? Well, what are we talking about when we're talking about alkalinity and acidity? We're talking about, well, what's potential hydrogen?

So when we have a buildup of hydrogen in the diet, particularly from the high saturated fat diets that we have today, we have a buildup of hydrogen that changes the charge at the level of the cell membrane.

And you can't get oxygen, you can't properly oxygenate cells and tissues in the body. So the true definition of acidity is improper utilization of oxygen and so on.

The Gerson therapy, there's absolutely no saturated fat and you are bombarded with raw flax oil. Why? Because raw flax oil is a pure, unsaturated fat.

And when you use that to go and restore the the the cell membrane, it completely changes the charge again at the level of the cell membrane. And not only does it change the charge, but flax oil because of its unsaturated nature, it literally acts as a magnet to draw oxygen into the cell, whereas saturated fat literally repels it away.

So that's how Gerson restored the second stage of metabolism at the level of the cell membrane. And it's not just about oxygen, it's about the proper assimilation of nutrients and detoxifying.

You can't do that if the fats at the level of the cell membrane are not appropriate. And the saturated fat content of today's diet is destroying all of those aspects of human metabolism, detoxification, assimilation of nutrients.

So we've healed the gut, we've restored the fats at the level of the cell membrane. There's one more aspect that Gerson had to address in order to restore proper metabolism.

So inside that cell, you have little things called mitochondria. It's the mitochondria that convert sugar into energy in the presence of oxygen. Well, there's something we've done over the last, you know, I don't know, hundreds of

years probably, but certainly over the last hundred years that have has absolutely destroyed the internal integrity of the cell so that the mitochondria cannot efficiently convert food, sugar into energy.

What is that? Salt. Salt has absolutely destroyed our ability to convert food into energy. Why? Because today all of our cells, our diets are so high in sodium from all the cooked, boxed, canned bottled foods that we eat today that are so loaded with sodium.

Take soy sauce, right? They say like two or three teaspoons of soy sauces is like 20 times your daily recommended allowance of sodium. Right. But that's just one thing.

I mean, we are just we have reverse what the human body was created to consume on a daily basis. We are potassium animals and you get your potassium from raw fruits and vegetables.

And today nobody's eaten the raw fruits and vegetables they need to eat to maintain optimal health. And they're eating all these high sodium based diets.

Right. So what's happening today is salt and water is accumulating in the cells and the mitochondria can't function efficiently in that environment. So Dr.

Gerson had to complete lately eliminate any added sodium to the diet because all the fruits and vegetables contain natural sodium that's absolutely perfect for optimal human health and so on.

Thyroid Support and Coffee Enemas

The Gerson Therapy, it is a no sodium diet and your body is bombarded with potassium, not just in the fruits and vegetables, but also a special potassium compound powder that gets added to each juice that Dr.

Gerson gave on his therapy and why do you need that extra potassium? Because the only way you can get salt and water out of the cells is through ingesting potassium.

It's a law in the human body. You eat sodium, your body dumps potassium, you eat potassium, the body dumps sodium. So the only way you can get that trapped salt and water out of the cells to restore the internal integrity of metabolism is through bombarding the body with potassium.

So this is the three pronged approach. Heal the gut, heal the cell membrane, and then you have to heal the internal integrity of the cell membrane by getting salt and water out and getting back to the gut.

There's only one way to heal the gut really. It's food. It's that simple. I mean, you can take probiotics. They're great. They're going to be a great adjunct to a proper dietary regimen to heal the gut.

So Gerson instinctively understood that the only thing that's going to heal the gut is food. And so the patients get £20 of organic fruits and vegetables every single day, mostly in the form of juices every hour on the hour from 8 a.m.

to 7 p.m., freshly pressed drunk immediately to get the maximum amount of nutrients and enzymes in that juice. If you let that juice sit, it's going to die within like a half hour to an hour because of its exposure to air, light and heat.

Right. And so drinking those juices fresh, pressed straight off the juicer is, you know, one of the main components of of the Gerson therapy. But they're getting £20 of organic fruits and vegetables every single day.

They're getting probiotics. We've taken it a step further. We're now adding pure, unadulterated aloe vera, not off the store shelf, which has been loaded with preservatives, has been d colorize, has been deodorize.

It is pure, unadulterated aloe vera harvested in the Dominican Republic, sent to us frozen. And it goes into our patients juices every hour on the hour.

There's not a more potent healer of the epithelial lining than pure aloe vera. And so we're doing that as well as raw spirulina goes into the juices as well.

So this is how this is this is the crux of Dr. Gerson's therapy, a very specific detoxification protocol, the coffee animals and the the the dietary protocol of £20 of organic fruits and vegetables every single day.

And today, nothing short of that is going to be able to reverse advanced cancer on any kind of a consistent scale. And I mean, to me, £20 the demand of of nutrients alive force that you get into your system in with that is just tremendous.

I mean, that is just incredible. So it's like you're you're just hyper flooding the body with nutrients that that it needs to to recover and rebound and and turn on a healthy cellular function and obviously neutralize a lot of the the acidic waste you were talking about.

Yeah, it's I mean, obviously, all of this will be very alkaline, so it will shift that that hydrogen oxygen balance quite a bit. Absolutely. It is. I mean, and this is what makes the Gerson therapy so successful.

People say, what's secret to the therapy? Why is it so successful? What's the secret? There is no secret. The reason why it's so successful is because it's the most difficult right?

It is the most difficult. You can't you know, you can't give a no drug is going to cure cancer. No chemotherapy, no IVs are going to cure an advanced cancer.

They can serve as incredible adjuncts to a regimen like this. Right. And and that's where the power and all these other things we're doing, all those other things as well, you know, you know, hyperbaric oxygen near infrared with chlorophyl.

We're doing all of these things. But those things in and of themselves without a strict, intensive dietary regime are going to minimize your chance of being cured of the most advanced stages of cancer. Right.

And so this is how it's done. This is why eight movies have chronicled Dr. Gerson's work. And if you want to see what it's capable of, watch the movie The Beautiful Truth.

The movie The Beautiful Truth has a woman who actually comes in during the movie The Gerson Miracle. She was there being filmed in the movie The Gerson Miracle, which won best film at the 2004 Beverly Hills Film Festival.

Then in 2008, the beautiful truth is made. She comes in with terminal ovarian cancer with less than six months to live. You should see her in 2008. I get chills just talking about it because the transformation is absolutely shocking.

She's unrecognizable and she goes from six months or less to live to an absolute an absolute what do you call it, a an absolute model of health. At the end of two years on the Gerson therapy, they show her four years later and she's just continues to do maintenance therapy.

Right. It's an incredible, shocking transformation. And if you want to see what this therapy's capable of, the beautiful truth is the movie to watch, because it shows her side by side from 2004 in 2008.

And that's the fruit of flooding the body with this pure nutrition. And what I know also in Gerson therapy, you know, thyroid plays a big role as well.

Right. Talk to me a little bit about that. The thyroid. Thyroid. Yeah, exactly. So, you know, what did we say? The crux of the Gerson therapy is restoration of metabolism.

Right. So what is metabolism? We said it's a breakdown of food into energy. Inside your cell. You have these little things called mitochondria. And those mitochondria are responsible for converting sugar into energy.

Well, it's the thyroid gland that's specifically responsible for reproducing mitochondria that is like the most vital organ as it relates to mitochondria production.

And so today we have absolutely destroyed our thyroid glands for various reasons, but most notably three things chloride, fluoride and bromine. Right.

What is salt? Salt is sodium chloride. What is the thyroid gland completely dependent on iodine? Well, the chloride molecule in salt displaces iodine from the thyroid gland.

That's why when they came out with table salt before it was iodized, people started walking around looking like turkeys because they were getting goiter.

Right. And so they had to iodized it so that you didn't walk around looking like a turkey if you consumed it, it's still destroying the thyroid gland on a subclinical level.

So this is another reason why there's absolutely no sodium on the Gerson therapy, because that chloride molecule and sodium chloride destroys the thyroid gland.

Now people say, well, I don't need table salt. It's good salt. Well, there's no such thing as good salt. There's such thing as better salt, but not good salt.

Table salts 99.9%. Sodium chloride. Your Celtic salt, Himalayan salt, dead sea salt. It's 86 to 87% sodium chloride. So if you're consuming too much of that, you are going to have harmful effects on the thyroid gland over time.

It's that simple. So on the Gerson therapy, there's no sodium to protect the thyroid gland. We also just absolutely flood the system, especially the first three months with Lugo solution, which is potassium iodide.

It's the nontoxic form of iodine, so it's vital to restoration of human metabolism. They say you can take in our patients. Do they get 18 drops of Lugo solution a day for the first six weeks and then they go down to like 12 drops or nine drops a day, then down to six drops.

They say that you can take 18 drops a day for like three months in this day and age and it'll take three months to reach your saturation point. That's how much we depleted our thyroid gland of iodine.

Right now, that's salt. We need to talk about fluoride. Fluoride also displaces iodine from the thyroid gland. Well, we know where fluoride comes from.

It comes from a lot of our drugs. It's coming from our water. It's coming from people's toothpastes. Right. So that's destroying the thyroid gland. Let's talk about bromine.

Bromine is also destroying the thyroid gland. Where are people getting bromine from today? They even know it where they get it from bread today all your breads are conditioned with bromine.

They used to be conditioned with iodine, but now they condition it with bromine. That's why you can go into a health food store. If you go into a health food store and you go to the bread section, you'll see breads made from an brominated flour.

And so all of these things have destroyed the thyroid gland, which is absolutely vital to reversing an advanced disease. So the way we restore it is by getting all the causative agents, destroying the thyroid gland, the bromine, the fluoride in the salt, restoring it with local solution, restoring the the iodine content of of the thyroid gland.

And we give a natural thyroid glandular derived from bovine right which stimulates the thyroid gland. So those are the factors, you know, those are the things that we factored in for restoration of the thyroid gland and selenium we've added a selenium supplement because the soils today around the planet are depleted of sort of selenium, which is absolutely vital for proper thyroid function.

And then, you know, let's face it, £20 of organic fruits and vegetables are going to flood the thyroid with all the nutrients that it needs to to restore itself and begin to function properly again.

Advanced Additions to the Therapy

And another component you mention, as is coffee animals and and I know I put my patients on coffee animals and they get upset when it's just when I say, you got to do one coffee out of my day and I know Gerson therapy at slightly more than that.

Right. Exactly. Gerson made the coffee animal famous. Right. And you can your chances of reversing such an advanced cancer without the coffee enema are between slim and none.

Because you have to think about the patients coming in from five, six decades of a toxic lifestyle, first of all. So you got to detoxify the body from that.

They're probably coming in from chemotherapy or a lot of drugs that they've been on. You got to detox fine from that. So now you're bombarding the body with £20 of organic fruits and vegetables every single day, pulling massive amounts of toxicity out of cells.

It's stored up in the cells. You have to flush those toxins out. The other thing that's going on, these tumors are creating massive amounts of endotoxin.

So they have their own biological processes that are producing massive amounts of toxins. So you have to get those toxins out. Now, as you're breaking down these tumors and you're destroying them, that's producing massive amounts of toxicity.

Gerson found very early on that his patients would go into liver coma if he did not apply the nurse the coffee enemas to the protocol. So the patients are getting five coffee enemas every single day.

Now, under Gerson, when Gerson was alive, that might be for three months. Today, we're recommending the full 13 juices and five enemas per day for minimum six months.

And the longer you can do it, the better. I've had people do it for literally two years and they're alive today to tell the story. And this is advanced terminal cancer.

They did the full protocol for two years, 13 juices, five enemas a day. So anybody out there on the Internet, like the American Medical Association, the American Cancer Society, telling you the coffee and those are dangerous, they can kill you.

That's a lie. I have done one coffee enema or more per day from the day I met Charlotte Gerson. Charlotte Gerson did one or two coffee enemas a day from the day she turned 33 years old.

Okay. And our patients can take up to five coffee enemas a day. I've seen people do it for two years and I know people are still doing 2 to 3 a day after their two years and they're alive and well.

Coffee animals have never kill or have never killed one human being, and so they are a potent way, the most potent way to detoxify the human body and the science.

It's science. It's not just voodoo folk medicine. It is science. Your liver produces an enzyme. It's called glutathione. Transferase glutathione. Transferase is one of the most potent detoxifying enzymes in the human body.

Well, the liver uses palmitic acid in order to create glutathione. Transferase well, properly roasted organic coffee taken rectally. Not when you drink it because you destroy the palmitic acid.

By the time it gets to the liver, it's it's burned up in the digestive process. But when you take it rectally, it goes

straight to the liver. And it has been scientifically demonstrated by a guy named Peter Lechner that when you do one coffee enema, the production of glutathione transferase by the body goes up 6 to 700% greater than normal.

There is not a more potent way to detoxify the human body. So imagine doing that five times a day and how rapidly you're able to clear toxicity out of the body.

And and that's why the Gerson therapy is so effective in a myriad of things, not just cancer, but its ability to cure a heavy addict of of drugs, alcohol, smoking. Why?

Because what are withdrawal symptoms there? The body dumping massive amounts of toxins at any given period. You put someone who's an addict on five coffee enemas per day and you give them 13 juices a day to stop their cravings.

What are they ultimately craving of their addiction? Energy? And I'm telling you what it can do for addictions because of the coffee enemas and the juicing protocol, it keeps people in and out of rehab, which is what the standard, you know, response to rehab today is that people are just in and out, in and out, in and out.

You put someone on the Gerson therapy and they're not in and out, in and out, in and out of rehab. They are completely cured of their addictions, you know.

So this is just one aspect of of what the therapy can do apart from cancer. But it's detoxification protocol of the of the coffee enema is it's superior.

Well, I would assume also like arthritis and any kind of inflammatory condition, you know how it will then pull all of the acidic ways out of the joints and then bring in nutritive minerals to restore repair and reduce inflammation.

I mean, I would assume any I mean, in muscles and, you know, fibromyalgia and whatever you may call it, I assume that this would be fantastic for that as well.

Fibromyalgia, which, you know, that's just a name they put on something that they didn't know what the heck it was. Right. But they put some big word to it to make it look like they knew what it was and called it fibromyalgia.

Fibromyalgia, like you said, that's what it is. It's so much inflammation in the body, causing massive amounts of pain. You give us someone with fibromyalgia and within a month their pain, they come in with a pain.

On a pain scale of 1 to 10, they come in, they'll mark 11 or 12. And you put them on the therapy for one month and they're down to one or zero. And that is because of the rapid decrease and elimination of of, you know, inflammation and and, you know, getting rid of toxicity, which is affecting, you know, nerve endings and stuff, right?

Substance. P Right. So yeah, all of these things, you know, are readily treated with the Gerson therapy. You know, it's unfortunate the eight movies that have been done on our work, they're all done on terminal cancer.

That's all they're done on. They don't really go into all the other things that we're able to reverse. Take Albert Schweitzer. Eight, eight years before Schweitzer won the Nobel Peace Prize, he had severely advanced diabetes.

Gerson cured him in six weeks. That's standard. Now you give us someone with advanced diabetes within six weeks, we have them off all their meds, you know, someone who's scheduled for a triple, quadruple bypass surgery in four weeks.

We're canceling their surgery. Someone who's been on blood pressure medication for 20 years. Within four weeks, we have them off their meds. I mean, it's it's ridiculous.

And you can see why Dr. Gerson was a marked man. I mean, just those things I mentioned how many billions, if not trillions of dollars of those worth around the world today. Right.

And one thing that I know a lot of people are concerned about is obviously and also when you're dealing with cancer, it's the issue about weight, you know, maintaining weight.

So what happens here? You have a person, you know, staying away from, you know, a lot of things that would consider that that is considered to put weight on an individual.

So what happens through the process of the Gerson therapy with the weight and and you know for people that are concerned. Yeah I get that question all the time.

Where am I going to get my protein on this diet? How am I going to, you know, I'm losing weight, how am I going to rebuild mass on this diet? I don't have meat. I don't have eggs, I don't have cheese.

I don't have these things that I've been told reproduces you know, builds muscle mass. Well, the simple answer is, where does a horse or a cow get their protein from?

How do they maintain that muscle mass without eating meat, without eating eggs, without eating cheese? And people say, well, they do drink milk. Oh, yeah, up until they're too.

How do they maintain it for the next 20 years? Right. Right. So this therapy is loaded with protein. Potatoes. Potatoes are a carb. No, they're not. They're loaded with protein.

Right. Carrots are loaded with protein. Where does the horse or cow get their protein from? Greens. Greens are so loaded with protein. Spirulina is loaded with bioavailable protein, meat, cheese, eggs.

Those are inferior forms of protein for building proper muscle mass. So on this therapy, if you're losing weight or you need to gain weight, you know what's going to happen for the first 3 to 6 months, you could potentially lose more weight.

You're going to lose 5 to £10 just in assault and water weight. I mentioned earlier. So that's going to happen immediately. You know, I talk about one lady who did the therapy.

She was so skinny when she started the therapy. And the first three months she got even skinnier to the point where she would have to drive her kids around, you know, to school and do piano lessons, whatever, like two, 3 hours a day.

She had to buy a donut cone to sit on because she'd lost all the mass of her rear end at that point. Well, after 3 to 6 months on this therapy, and now that you've restored metabolism and now you've restored the body's ability to properly assimilate and utilize nutrients, you start to put mass on.

And so at the six month mark, that's typically when you start to put on mass rapidly. And so if you would have seen her when she was sick, just like the lady in the Beautiful Truth, Look at the Lady in the Beautiful Truth.

That's the same example of the woman I'm talking about now. It is a remarkable transformation. You they're completely kickass, like no mass whatsoever.

They've lost all their body mass. And now they are perfect models of health. I don't lift weights. I don't do anything other than a mile and a half to two mile jog every day.

My muscle mass is very solid and toned, and it's because of the diet that I follow in conjunction with the Gerson principles. I lived with Charlotte Gerson at 78 years old.

I'm a chiropractor at 78 years old. When I was living with her, I would treat her at her home. She had the muscles of a horse. At the age of 78. You know, it's it's remarkable what this therapy does.

It's you know, it's faulty nutritional science that you have to build. You have to build muscle mass with animal

products. It simply isn't true. The best form of muscle mass is produced on an all plant based diet.

And so we talked a bit about the basic Gerson therapy, but then we've taken a step further and beyond in relationship to what's gone on in the world now compared to when Dr.

Gerson was was alive. So what are some of the things that have been brought in and why? Yeah. So again, it's all based on metabolism, right? That's what we're trying to effect.

And today, as you know, people's guts are so deranged. Right. And so obviously we need to focus our attention. There is the gut, because, as we said, 70% of the immune system is in the gut.

And the only way you're going to heal the gut ultimately is the food. But you have to take it even a step further today, we believe. And so, you know, we bombard the body with really high quality probiotics, right?

I mean, that's just standard.

Closing Thoughts on Continuing the Legacy

Today, we've destroyed our natural flora for a variety of reasons, whether it's antibiotics, poor diet, stress, whatever. So we give we give loading doses of of a really high quality probiotic, which we also give a high loading dose of Saccharomyces Gulati, you know, which is often overlooked even by natural practitioners as a very vital component of the natural gut flora.

So our patients are getting a really high quality probiotic. They're getting, you know, Saccharomyces Gulati And as I mentioned, we've now added aloe, pure, unadulterated aloe vera and pure raw spirulina, not the powdered organic spirulina that people are accustomed to using, which the studies on that and it's power in ability to help people heal, you know, from some of their conditions is, you know, goes to the ceiling, the science does.

That's using the powdered organic form. Well, we're using raw unadulterated spirulina grown in Vero Beach, Florida by Tim White at rawlivingspirulina.com And it's shipped to us today ship cold packaging We get it We have two weeks to use it before it breaks down and that's going into the juices as well.

I mean, you put that spirulina under a microscope, you can literally see them swimming around, whereas if you put dried organic spirulina, you know, under a microscope, you just see dead spirulina.

Right. Which is why when you taste or smell, you know, freeze dried or dehydrated spirulina, it smells and tastes horrible. Why? Well, because it's dead bacteria.

Right? But even in that form, it's still really powerful, believe it or not. Well, our spirulina, it almost smells like yogurt because it's still living.

It's still alive. It doesn't have that pungent smell to it as it starts to break down, it gets that way a little bit. But, you know, when you use it in the first 7 to 10 days upon receiving it, it's powerful medicine.

So this is one thing that we've done to restore the gut right now to oxygenate cells. Remember, we have to oxygenate cells. We're doing that with the therapy by restoring cellular membrane, by L colonizing the body, getting the hydrogen, destroying the electrical charges within the body, restoring the proper charges.

We've now prepared the body for optimum oxygen utilization. So what do you do? You bombard the body with oxygen, right. And so we've got hyperbaric oxygen.

We've got the Beamer mat, which they say oxygenates tissues 30% greater than a chamber. And if you ever see the science in the videos behind that, you can understand why, because it's increasing the cell membrane, the circumference of the cell membrane, so oxygen is can be utilized more efficiently.

We're doing I. V. ultraviolet blood irradiation with ozone. Right. Oxygens, O2 ozone. So three. So we're doing oxygen that way we're giving rectal ozone, you know, another component of our of our advanced protocol, as you well know, the science coming out now.

The book called The Medicine of Light by a Guy by the Name of Nathaniel Mead. And what's coming out now when you bombard the body with Chlorophyl and you hit it with near-infrared light, specifically, that has the ability to kill cancer cells.

They say, you know, almost like chemotherapy, you know, so we're doing near-infrared light with massive amounts of chlorophyl, you know. So these are the things that we're doing to to compound what Dr.

Gerson left behind. And, you know, we're only doing it at our clinic for 4 to 6 weeks when people are at our clinic excuse me, 2 to 3 weeks, you know, we encourage our patients to do these things, going home, obviously, to enhance their you know, to enhance their their responses.

So, yeah, you know, even Dr. Gerson said in his book before he died. So there's going to come a point where my basic therapy is not going to get the results that it once was, because he was looking into the future.

You know, he was seeing the writing on the wall, even at his death. And and he was right. And so we have to we have to make these additions. And, you know, we've we've upped the enzyme content of the body.

You know, one of the protocols today, very popular protocols, is high proteolytic enzyme content, you know, in in the supplement regimen. So we're giving massive amounts of high proteolytic enzymes which go towards breaking down the biofilm that cancer cells have the ability to wrap around themselves, making them undetectable to the immune system.

Right. So the high enzyme content of the juices and the high proteolytic enzyme content will help to break down those biofilms and help to bring to break down cancer cells and tumor tissues as well.

You know, so we're doing that as well. So we've added a myriad of things to to what? Dr. Gerson left us back in 1959. Well, it's really cool that you, you know, picked up the baton and carrying this legacy forward and and adding therapies to it and hands.

Yeah. Understanding the, the, yeah. The thought patterns behind it and the foundation of, of the therapy. And then based upon the stressors that we're dealing with nowadays and bringing in more tools so we can try to stay ahead of the the diseases versus falling so far behind that we have a hard time catching up. So I yeah.

Thank you so much for doing this and thank you so much for for chatting with me today. Yeah, thanks Dr. Karlfeldt for what you're doing is great and thank you for taking the initiative to do something like this, you know, because, you know, I don't have the I don't have that vision, you know, and for someone like you to be able to take that and be able give me the opportunity to share it, you know, I'm very grateful.

Thank you so much.