The Gerson Therapy Explained: Juicing, Detoxification & Rebuilding the Cancer Terrain Transcript

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Introduction to Margaret Straus and Gerson Therapy

Well, this is a treat. I get to have Margaret Straus again. She is the granddaughter of Max Gerson. Yeah. And like I mentioned, Max Gershon came up with the Gershon therapy.

That has helped. I don't know how many patient people battling cancer and, you know, successfully been able to come out on the other side. Margaret, thank you so much for joining me again.

You're very welcome. Thank you. So yeah, I really appreciate the story to. Can I get more of a understanding of who, Max. You know, your grandfather was as a.

Yeah, as a person and also the journey that he went through. And I know there's so many stories in regards to the Gershwin therapy and the evolution of it.

And I know there there are a number of more that I wanted you to tell. So but first, you know, do you mind just kind of sharing what is the Gershwin therapy?

What is it consist of for people that don't know? Okay. The Gershwin therapy is a very intensive nutritional and detoxifying therapy. It consists of all organic, freshly cooked, freshly prepared foods salads, potatoes, vegetables, soup a very special soup that has a very important role in the therapy.

Very small amounts of, you know, bread specially made without salt. The diet is completely salt free. And if you'd like, we'd talk about the problem of sodium and potassium that's so vital to the core of the therapy.

So the diet is salt free. And so there is juices diet. And then there's detoxification. Because with all the amount of juice that we give to the patient, the toxins begin to leave the tissues wherever they are, the organs, the fatty tissues and so on where they're stored.

And they begin to go out into the bloodstream and they can be an overload of the liver. So in order to open the bile ducts of the liver, we administer coffee animals.

Now I mentioned the kind of the history of the coffee animal in our previous conversation. And this has become a vital and a vital part of the therapy.

It cannot be omitted. So we tell people, if you just want to do the diet, okay.

How the Gerson Therapy Works

Because some people say, oh, I don't want to do the the coffee animal, but you can do mostly men, but you can't do more than about 2 or 3 juices a day and not take them.

You'll feel rotten. And, you know, sometimes even just changing diet can have that effect of bringing toxins out of your body. And if it's too quickly, headaches, nausea, lightheadedness, and so on.

So it's not an optional as far as we can send on the girls and therapy. The the last part of it is supplementation because the diet itself and the juices and some of the are very high in potassium.

But my grandfather found that he really needed to flood the body with immense amounts of potassium in order to remove the sodium, because there's a competition at the cellular level of between potassium and sodium.

And one of the initial things that happens in chronic diseases is that the body loses potassium and retain sodium, and the retention of sodium, of course, gathers water edema.

So once you begin to eat a high potassium diet and take extra potassium in the juices, there's a tremendous outpouring of edema of liquid and so on. Some patients say they get up all night, you know, for quite a while because there's they even if a person doesn't look swollen, the sodium and edema is still there.

And so this has to come out. And I'd like to say a word about the potassium that we give in large quantities. Doctor Gerson, he did not use potassium chloride.

You know, some doctors say, oh, you give potassium, the heart stops because that's what they saw in medical school. You know, they inject potassium chloride into the heart and stuff, but there's nothing like that.

He did approximately 600 experiments in order to find the right combination of potassium souls that would do what he wanted them to do. So, you know, don't go out to the pharmacy and get, you know, a pills of potassium or something, is it?

Not at all that so the three salts, I'll say them on the air so people know are potassium gluconate, potassium phosphate and potassium acetate. And those are mixed 33g of each in a little container.

And you put that whole container of about 100g into a liter of warm ish water not to warm, and you completely dissolve them. And it is of that solution that you take the required amount of potassium.

So if your protocol says four teaspoons of potassium in each juice, that's what you do. Now occasionally it happens. People are toxic and their relatives are distracted.

It occasionally happens that the patients take the salts directly and put them into the juice. Now that means they're taking ten times because this is 10% solution.

They're taking ten times the dosage that we want to give. And you know, the first time it happened to me and the person said, I bought these salts and they're supposed to last for three weeks.

And I they were all gone in five days. So I knew what she'd done. Of course. And by first reaction was, how do you feel? Because I was terrified is huge.

We already give large amounts and the food is high in potassium. Oh, I feel okay. I just have a little scratchy in my throat. Moral of the story this potassium is not toxic.

Obviously, if there are kidney problems and high potassium okay, these are all to be worked out by the practitioner. But to a strong sick person, these are not quantities that have any danger at all for them.

Even if they make a mistake, which we hope they won't. So that's the potassium. And if you like, I can go in a little bit to some some of the research that came out after doctor Son's death.

Yeah. That. Yeah. Would I would love. Yeah. Would I would love to if you can explain a little bit kind of the reasoning I mean I understand with the edema, the sodium holding on to water, but what are other reasons as well.

Like potassium was such a vital. Interestingly enough, I told you my grandfather worked empirically. He knew that the sodium potassium balance was off and he had to do something about it, but he wasn't sure if he finally found this potassium solution and so on.

But it's very interesting. After his death, so much research came out that bore out his ideas. The only problem is that if you have research that says, oh yes, potassium is important and so on, and then you have research that says pancreatic enzymes are important, then you have research that says that vegetarian of a vegan diet and so on is good.

It's like having a lot of bricks and not having a house. And that is exactly the way he saw it is a pile of facts is not a theory, it's just a pile of fact.

But these interestingly enough, he had the house and after his death, some of the reasons were explained that he didn't have the equipment or the laboratory or so on to do some of this research.

And one of the very interesting things that my mother talked about and, well, we all do in 19. I think it was 75. My grandfather died in 59, in 1975. I think the book came out by Dixon and Webb called enzymes.

And in a table that they have there, they show that in every case, potassium is an enzyme enhancer activator and sodium is an enzyme inhibitor. What are we doing with this therapy?

We're giving all these juices that are full of live enzymes and the food full of live enzymes. And what is an enzyme? An enzyme is a catalyst necessary for every function in your body.

Potassium, Enzymes, and the Science Behind the Therapy

So that's already a good reason to get the sodium out of the body and replace it with potassium. Yeah, yeah. And that's yeah. Those proteolytic enzymes you talking about Doctor Baird and yeah the Kelly protocol. Yeah.

So those proteolytic enzymes are key for the body to for the immune system to be able to defend itself, and also for the d cloaking of the tumor so that the immune system can see it.

So, so enzymes are. Would you like me to. Would you like me to say something about the trophoblast theory or. I would like, I would love. Yeah, I would love that.

Yes. Well, Doctor Beard, at the beginning of last century, he he discovered something very interesting. The trough of blast is a sort of an immature cell that carries, that is, carries the egg and the seed, and it has to be implanted into the wall of the uterus to then become an embryo and grow.

And in order to do that, it has to suppress the immune response of the uterus because it's foreign, it has it's a new, new thing, and it has to be able to grow very fast.

Okay. Now these are typical characteristics of a tumor okay. It with chemical sort of activity. It paralyzes the place where it has to grow so that it doesn't do the immune response doesn't kill it.

And then it grows and grows and grows undifferentiated. So how come this tumor, which is a blast, which the beginning of the of life, how come the body doesn't kill it or react to it?

And interestingly enough, this when the embryo reaches 56 days, which is about eight weeks, this undifferentiated quick growth is suddenly halted. And was the name Doctor Beard realized he, you know, through his work.

And that was the moment in which the pancreas of the embryo began to give off pancreatic enzymes. And it was the M dimes that stopped the rapid growth and turned the trough of blast into an embryo with differentiated growth and, you know, all the cells and so on.

So he deduced that also the mother's pancreatic enzymes help, in that sense to halt the rapid, uncontrolled growth of the truffle blast. So he deduced from that somehow these pancreatic enzymes maybe could control cancer. Now, there is really no difference structurally between the trophoblast and the cancer cell.

They're the same thing. And so this squirt of pancreatic enzymes is what transformed the system. So he rightly deduced that the pancreatic enzymes would have possibly a very big role in controlling cancer.

Now why do I pancreatic enzymes not do that. Well, first of all, we overload them with animal proteins because these these enzymes are also meant to digest animal protein.

And if we take too much of it and they're overworked, they're not there for us to destroy roaming cancer. So cells in the body or the beginning of a tumor.

Another thing, interestingly enough, is that they work. They are inhibited in their work by sodium. And if. Yeah. And if you have a high protein diet that also and honestly I can't describe the chemistry because I'm not a doctor or a chemist or anything, but apparently that inhibits the release of sodium into the urine out of the body.

So, you know, high protein or protein in the diet. And we do at a certain point introduced protein because you have to. But at the beginning, no. And that because we need to get rid of the sodium and we need to get rid of the edema.

And the protein not only inhibits that and is and is paralyzed by too much meat that it hasn't been able to digest. So you know this, they're all hangs together.

You know, it's magnificent. And John Beard realized that he used he had a big success with that at the beginning. But then there was probably some insufficiency in the production of these enzymes.

And so, you know, it faded out into less important. But people like Kelly and Doctor Gonzalez and of course, my grandfather, they realized the importance of they give you large quantities of pancreatic enzymes.

Yeah. Yeah. It's such a powerful tool. Yeah. And and it's it's amazing with utilizing these combinations with doing proteolytic enzymes along with, you know, the Gershwin therapy, with how powerful that can be.

Yes, indeed. And the one thing I mean, it's a big thing. It's the fundamental thing that Gerson therapy varies from Kelly and Gonzalez is the various food types, you know, the, you know, 10 or 12 different kinds of diets.

And if you're this, you get the more meat you miss where you get less meat. Now he managed to have good results. I don't deny it, but he I would like to look into it a little bit more because I'm not sure.

I don't think that's probably a good idea. I think you can practically, with some exceptions, give the same kind of diet, like the gruesome diet to most cancer patients.

Yeah. Yeah, yeah. With the with the Kelly and Gonzalez. Yeah. They have the metabolic typing and then different diets depending on what type. And like you're saying 12 different types and and so yeah.

But my mother always said I never quarrel with results. Okay. So if they have results they know what they're doing is just a different approach. And I think it proves that our bodies are meant to be healthy.

And if you do some of the right things and, you know, and he obviously did and then I mean, lots of enzymes and so on. Then you get results because there are things that poison the body and things that don't poison the body.

Now, I knew we knew. My daughter knew a very famous he he just died at 92. World famous conductor called Roger Norrington. Sir Roger anointed. And since my daughter is a violinist and he was a patient of Nick Gonzalez, who was a great friend of my mother's, Nick said, oh, he she sent him a CD or something, and he said, oh my God, she's marvelous.

She must meet doctor Roger. So he organized this meeting between them, and they actually did two fantastic CDs together. And he organized this meeting and it was very nice.

They went out for a coffee or whatever tea. And he had been on Nicholas Gonzalez's therapy for something like 15 years already. He had melanoma. Now melanoma responds to natural therapies beautifully.

Anyway, he 15 years later, he took out a bag of supplements and that's was what he was taking every day. Now, you see that doesn't go with Gerson patients.

Our patients don't take supplements that like that. They eat the food.

Patient Recovery Stories and Clinical Examples

And maybe still they'll take a little bit of potassium, maybe a little iodine, you know, maybe a little something here and there. But they don't take hundreds of pills every day.

And that's something. And with the cost, I mean the cost as well. Yeah. I think just the pancreatic enzymes can be up in the 70 to 100. I actually I think it was 100 plus with the Nick Gonzalez just said pancreatic enzymes.

So yeah it can how many for how many. It can be at least a hundred plus. You know the Gonzalez yeah. Program. Oh well how many tablets. How many tablets.

How many tablets for that. Yeah. So just just two pancreatic enzymes for $100. No, no, I'm saying that they can be 100 tablets a day at least. Oh pancreatic enzymes. Oh.

Oh, yeah. Oh, yes. Yeah. Exactly. Now we use maybe 15 or 20 with girls in there. Yeah. Some people try to use more and so on okay. That's fine. Now of course it also the quality of the product is very important.

Nick God I think got them from New Zealand to see got this source there and so on. Yeah. Yeah. But anyway I would not be very keen to do a therapy that requires that.

No, no. And so with Gershon therapy I do you mind sharing a few stories of some patients that you saw or you were part of their journey, you know, using just so people can understand the power, okay.

They come up when I, when they come up, you know, and trying to think back on them. Yeah. Well let's talk about Davison because she was an extremely dramatic case.

You know, my mother always said that if she'd come to the clinic, she wouldn't have made it. She had melanoma, hundreds of tumors. You could up and down her arms and neck.

And her whole body was covered with melanoma tumors. Her hair was thinning. She was giving away her possessions. And, you know, this kind. She was expecting to die very soon.

Now, she hadn't had chemotherapy. That's important. And she found the Gershom book, I think was my grandfather's book. My mother's book had not come out yet.

And he found she found the book and she bought herself a pile of bags of carrots and apples and goodness knows what. And she got herself a machine, and she started juicing, and she was juicing and juicing.

And then she started taking the animals one after the other. She took so many and her, since she took so many enemas, her daughter quit school temporarily.

She was about 13 and she stayed home and she used for her mother even all night. You see. Now, she wouldn't have gotten that at the clinic. So there was this huge out pouring of material from her body.

Black, you know, the the black sort of like ash would come out of her skin. And it was in it's an incredible story. Try and find it. It's on I think it's on Amazon.

It's called cancer winner Jackie Davison. Anyway, she just kept it up and kept it up and she got better. She died I think 25 years later she was about 75.

And she probably went off the therapy and did all, all kinds of things. She was in her 40s when this was going on, when she had this terrible situation.

So that was an extremely dramatic situation. We have excellent results with melanoma, which is one of the deadliest cancers. As you know, they had a bishop who I mentioned yesterday, who came to me when she was 57 and she had taken the mole out of her leg, but a year later it had come back in her groin.

And that's the beginning of the end. The doctor said, you know, she had six weeks to six months to live and blah, blah, blah. And anyway, she did the therapy.

And she mentions in her book that after about a week her her blood results, which in the at the beginning showed that she had diabetes and she didn't know it, so she had diabetes, she didn't have.

And after a week or ten days, her blood sugar was normal. So and also her arthritis was healing. So it's very important to realize that this is not a specific therapy, that the therapy you can't heal one thing and not heal the other.

And sometimes the body starts with something that you know doesn't matter to you. For example, you have a tumor and you want that to be attacked and destroyed.

And but your body sees it, you've got sinus trouble and your head is full of of mucus and so on, and that's blocking you. So it says, okay, we've got to start with that and other things.

For example, a bone that was broken when you were a child and never really healed properly. So, you know, gets to work on that and, and a big flare up, you can have redness and swelling and so on.

But then when that's over, the thing is healed properly, a small scar. And you know this. So this is, I think, very important for people to understand.

Oh, what do I do for arthritis? The same thing, except not so intensive. You know, instead of five animals and 13 juices or ten juices or whatever, you maybe do eight juices and three animals, you know, that sort of thing.

It's just a question of degree and medication according to the individuals means. So that's another story. Yeah. Then we had a lady. This was interesting.

Yeah. I was just saying a lot of a lot of times people don't understand that the body, the tumors, essentially the capsule toxic mass. And so the body wants to clean up things around it first, you know, before it starts, usually not encapsulated.

Yeah. Yeah. So yeah, if it's encapsulated you're lucky. Yeah. Yes. Yes. But it's yeah it's in one location. You have things concentrated. So then it may want to just clear up like you're saying sinuses first clean up the joints first and clean up the terrain before it starts to pull toxins out of the out of the tumor.

So can you explain a little bit how how is it because Gerson is very detoxifying and you're flooding with nutrients and then you're detoxifying lots of potassium.

How does that get rid of a tumor. Well, the the enzymes and so on the and the potassium. So they work on the defenses of the tumor. If you have a tumor your immune system isn't working properly.

So by building up the immune system, it's the immune system that gets to work on the tumor and begins to break it down and eliminate it. That had an interesting situation after she had done the therapy and she, you know, field, a lump came up in her groin and she called it little Rock.

And she was very upset about that. It wasn't growing, but it was there, you know, and she said, well, I thought that. And they took her back into the hospital and they decided they do.

They do a little operation to get just take it out. And when they got when they got that open, this tumor practically just lifted out. You know, how tumors are attached by blood vessels and and so on, practically just lifted out.

It was attached by a tiny thread. And when they analyzed it, it was a very thick calcium layer with a few malignant cells in the inside. So the body had surrounded this and neutralized it.

You know, that was malignant. Cells couldn't go anywhere. So, you know, this was so she was like, oh, I had another tumor. I'm not going to be, you know, I'm on the cured incurables.

And my mother said, are you kidding? You proved that it works. You proved exactly what? Because necrotic tissue and, you know, just a few active cells is, you know, that's what we want.

So there's all kinds of ways I want to tell the story of one story, because it indicates the importance of the teeth, how, you know, you absolutely have to have your teeth looked at all divided.

What do they call root canals removed. And slowly, maybe towards 6 or 8 months. The also the metal fillings. But the root canals are very important. We have a patient who had lymphoma.

She had, you know, tumors all around in her neck. And she did she had had one shot of chemotherapy just just so she could travel to the clinic because she was afraid the esophagus or the or whatever was going to get, you know, squashed.

Anyway, she got to the clinic and I guess fortunately, just before going, she had broken a tooth. It was a root canal tooth. And she described it as looking a bit like the Grand Canyon.

It was all jagged and so on. So she knew she had battled that taken out. She went to the dentist and the dentist found that she had five infected root canals.

And there was so much tumor here, but nowhere else. It was all here because the lymph glands, they were being poisoned from the teeth. So she had madly, madly enough.

She had all five removed at one city, which was totally mad. And of course, that set off the whole thing again. But then the therapy cured her. I mean, you know, after that way.

So I think it's very important to note that this can happen. There is one doctor, I don't remember who he was who said that all tumors above the neck come from infected teeth.

And that's why root canals are so terrible. Yeah. If people don't realize. But the truth is dead. Yeah, but it isn't is dead. But it has all these little canals leading into the dead part that fill with bacteria.

Because usually when the tooth is living, there's an exchange of the between these, the outside and the inside of the tooth, but instead it just keeps getting this infected material building up in it.

Teeth, Root Canals, and Final Reflections

So that's I think it's really important for people to realize that, yeah, I know their cancer clinics. I won't even see a patient if they haven't fixed their teeth first.

You know that that's that's how vital and vital it is. And it's absolutely right. I mean, you're pouring all this stuff in and it's useless because you can't get at that infection with juices and detoxification.

You just can't it doesn't it? Yeah. Yeah. Well, so in the other story you, you want to do before we close. Yes. There's one other. This one is because she. I was dealing with her.

We didn't have a doctor then and it was only me. And this was a very intelligent lady. And she really wanted to do therapy. She had tumors in her breast.

I think it was one breast. And. And she was wondering if she should have the operation. She did not want the

operation, did not want to mess deck to me.

And I'm always very, very cautious in these cases because I know a lot of women who have lived 30 and more years after conventional therapy for breast cancer.

It's one of the things that can maybe not, but can give you a very long survival. So I never say to people, don't do conventional therapy when they have breast cancer.

I said, look, totally your decision. I won't have anything to do with it. I explained why and she's and I said, but if you like, we can start Gerson and monitor you very carefully.

And if eventually you want to have the mystic, you can have it. So that's what she decided to do. And she was one of these a little bit fearful people, not too bad, but anxious.

And we went on with the therapy. And she was also had this huge amount of mucus in her head. And she said when this all drained out, she could hear better, she could smell better.

You know, she had had tons of antibiotics as a child and so on. But again, the tumors didn't seem to be responding, although they were breaking up. They were, you know, sort of there are lots of them, you know, one big one breaking up and, and so on.

And she, she just it wasn't enough for her. She. So I said have the, have the mastectomy. Then you do therapy and you'll heal, you know. So she had this mistake to me.

And I mean, selfishly, I'm glad she did because so much of that tissue was necrotic and, you know, so it didn't prove that the therapy hadn't worked on her tumors.

It proved that it had. But the cells, it's fatty tissue of the breast is a bit difficult, you know, to get these things out there. But it had worked on them to kill them.

So that was another I found very, very interesting case. Yeah. So it's, it's you have the tissue like you're saying there's there's not enough circulation.

It's fatty. You know, also when you kill the tumor was killed and the chronic. Yeah. It just couldn't go anywhere. So it's still there even though it was an active.

Yeah. Yeah. Yeah. Right. So in sense having it, having it taken out and off I suppose that was a good thing. But the doctors, you know, she was getting brought juices in the hospital and the doctors said, you know, this scar was in three days.

It was a scar and it was getting, you know, better. And so they said they'd never seen that before. So this is another point I'd like to make. I think I might have made a study that whatever treatment you decide to do, even chemotherapy, radiation or conventional therapy, if you eat this way and take the juices and detoxify, everything's going to work better, because your body will be stronger and will be able to fight.

Yeah, yeah, that that's the thing is that if you flood the body with nutrients and you open up detoxification pathways, the body's always going to do better.

Yeah. Well, Margaret, thank you so much for spending this time with me for, you know, dedicating time for two interviews. You've seen so much, you've kind of. And.

No problem. Yeah. I really appreciate this.