

Cancer

Dietary Suggestions:

- Strict vegetarian diet (see gerson therapy www.gerson.org)

Sample Menu:

Breakfast

1 glass orange juice (8 oz) – (fresh)

Large portion oatmeal with choice of fruit sauce

Organic 100 percent rye bread, unsalted and fat-free, toasted and spread honey if desired

Lunch

Plate of salad

**1 glass of warm special soup (8 oz)

1 glass apple/carrot juice

Baked potato or other (broiled in jacket, potato salad, casserole, etc.) with yogurt dressing, when permitted

Freshly cooked vegetables

Dessert: raw or stewed fruit

Dinner

Same as lunch. Vary meals by using different vegetables, different methods of preparing potatoes, other kinds of salads

Organic brown rice may be used once a week

Organic sweet potatoes may be used once a week in the place of potatoes

** “Hippocrates” Soup

This special soup is extremely important. Try to have it at lunch and dinner. The following vegetables should be used, thoroughly washed, not peeled, cut into cubes, covered with water, and cooked for 1 ½ to 2 hours. Put through a food mill and allow only the fibers and peels to remain. Allow soup to cool before storing in the refrigerator. Make only enough for about two days.

Ingredients:

1 medium celery knob (root), 2 medium onions (if not in season substitute a little parsley only and 3-4 stalks of branch celery), 1 ½ lbs. tomatoes, 1 lb. potatoes, 1 medium parsley root, 2 small leeks (can substitute 2 medium onions if not available), several cloves of garlic.

Begin to drink LOTS of fresh, organic juice

(NOTE: *Not all juicers are created equal. In order to benefit fully from juicing, you must use a masticating juicer. A liquefier or centrifugal juicer will kill the enzymes needed in the juice and you will lose the benefits.*) The Champion Juicer is affordable and recommended.

Apple & Carrot juice

- Use apples & carrots in approximately equal proportions
- Wash apples; do not peel – cut and remove core
- Wash carrots; use a brush but do not peel or scrape
- Apple/carrot juice may be kept for 2-3 hours in a thermos

Green Leaf Juice

Obtain as many of the items mentioned below as possible. During certain seasons, only two or three may be available. Do not substitute items not on the green leaf juice materials list.

Escarole, Endive, Romaine, Green Pepper, Lettuce, Red Lettuce, Beet Tops (young inner leaves), Watercress, Swiss Chard, Red Cabbage (2-3 leaves)

- Add 1 medium apple per glass when juicing – drink immediately

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*