Healing Prostate & Testicular Cancer, The Gerson Way, by Charlotte Gerson

Blaine R. Porter - Prostate Cancer

Blaine is a former professor of psychology, in retirement since 1987. In May 1994, aged 72 and prior to a projected move, he decided to have a routine physical check-up. Some five years earlier, in 1989, he had already been given a TURP (trans-urethral resection of the prostate) to relieve extremely frequent night urination. At that time a biopsy was done and proved negative.

In 1994, Blaine's PSA (Prostate-Specific Antigen) was low (2.8), but the doctor found that his prostate was enlarged and hard on one side. He did a biopsy in his office in Salt Lake City. This time, the biopsy was positive at 4 plus 4 on the Gleason scale. At that point, the doctor suggested surgery, but felt that Blaine could wait for a month. Blaine wanted a second opinion. His son urged him to have "the best surgeon possible" and put him in touch with a prominent oncologist who suggested either radiation or surgery.

Blaine talked on the phone with a prominent surgeon who lived near his son, and was told by him that there were good surgeons where he (Blaine) lived, and had one call him. An appointment was made with the latter, and the lab test from the biopsy was taken, just to be sure that no mistake had been made. After an examination, this doctor recommended immediate surgery. Blaine asked him what he thought about trying the Gerson Therapy for two or three months to see if it helped, and, if not, then have the surgery. The surgeon said, "I have never heard of it, I don't know what it is, but whatever it is, it is a lie."

After serious consideration of the several options available and with much prayer, Blaine decided on the Gerson Therapy. He arrived at the Mexican Gerson Hospital in early June 1994. At the time, he was the only patient there who had not had prior orthodox medical treatments.

Blaine stayed rigidly on the Therapy for over a year, and has been on a modified programme since. He lost 45 pounds at the beginning, and, as happens with most prostate cancer patients, his PSA went up to some extent. In January 1995, he travelled to Germany to be treated by a German doctor who had shown some promising results with an alternative cancer treatment. He stayed in Germany for 4 weeks, had blood removed from his vein and combined with some holistic elements and irradiated with ultraviolet light, put through an electrolysis process for 15 minutes, then injected into the muscle. He stayed on the Gerson Therapy throughout, and states that he didn't feel much difference after the four weeks of his stay and treatment. Then, six months later, he returned to Germany for more of the same treatment. This time, he felt a big difference, had much more energy and started to gain back some of his weight.

At present Blaine is on a relaxed diet, still eats low fat, low salt and low sugar foods, mostly organic. He doesn't drink any more juices (although he really feels he should and plans to start on them again), and does not do any coffee enemas. But he has at least two good bowel movements daily. He feels good and his friends tell him that he looks years younger than his age.

Blaine has his PSA checked regularly. When he started on the Gerson Therapy, it varied from 2.3 to 4.1. About 4 years later, it was 5.1, and in one more year it rose to 11.0. Because of this rise, his urologist suggested radiation seed implants, but after exploring this possibility, Blaine decided against it. At that same time, a friend told him about PCSpes, a Chinese herbal product (from Botanical Labs, in Berea, California). He tried it and in five weeks his PSA dropped from 11 to 2.8; in four more weeks, it was down to 0.7, and another four weeks later it dropped to 0.1. He has continued on this product and his PSA has remained below 1.0 for over two years.

His very supportive wife, who also ate the Gerson food in order not to tempt him with other things, also benefitted from this treatment.
Earl Taylor - Prostate Cancer

Earl Taylor of Cairo, Illinois is no longer alive, but his story is so dramatic and touching that it is well worth hearing and thinking about.

In 1966, when Earl was 69 years old, he was told by his doctors to 'put his affairs in order', as he was dying of prostate cancer. The cancer had spread extensively into his bones and he also had a large mass in his groin. The hormone treatments he had received were no longer effective; the doctors told him outright that there was nothing more they could do for him.

Earl had dropped out of school after the sixth grade and had received no further education. He had spent all his life working in a junkyard, sorting various types of metals.

When his doctors gave him his 'death sentence', he recalled reading something about Dr. Gerson and the Gerson Therapy in Prevention Magazine, which sounded promising. So he contacted Dr. Gerson's oldest daughter, Johanna Oberlander (now deceased) in New York, and asked for her help and guidance. She did the best she could, which was to send him Dr. Gerson's book, A Cancer Therapy: Results of 50 Cases. Earl began to read it, but after a short while he called Mrs. Oberlander back and told her that he couldn't understand the book, it was way beyond him. Upon this she suggested that he just follow the treatment outlined on page 235 of the book and forget about the rest.

At a later stage Earl said that doing the therapy at home was the hardest thing he ever did in all his life. His wife has passed away years earlier and he was all alone. One day, as he was leaning over the arm of a chair, one of his ribs broke, having been weakened by bone metastases from the prostate cancer. He was in severe pain and felt tempted just to stay in bed, but he knew that if he didn't help himself, he would die. So with a huge effort he got up every day, ground and pressed the vegetables for his hourly juices, and carried out the rest of the therapy. Shortly afterwards he was free from pain. After a month the doctor could no longer feel the large mass that had been growing in his groin. Earl soon felt well and enjoyed much greater energy - and carried on with the Therapy.

Then one day he received a call from a friend, the chiropractor Dr. Gwinn Dunbar, who lived in Kentucky. He told Earl that he was dying of lung cancer spread through both lungs - and asked if he could come and help him. Earl promptly travelled to Dr. Dunbar's home and helped him to set up the Gerson Therapy.

Something incredible happened: both 'terminal' patients recovered! Fifteen years later, in 1981, both were alive and well, Earl by then aged 84. Dr. Dunbar was a good deal younger and lived for many more years (eventually we heard from his son that he had passed away).

In October 1981, when the Gerson Institute celebrated the 100th anniversary of Dr. Gerson's birth, Earl was invited, along with some fifty other cured 'incurables', to come and testify about his recovery. He had never been in a plane and at age 84 was rather shaken by the new experience, but joined in the celebration and told the amazed audience the story of his recovery.

Earl died in his late 80s. What makes his story of lasting value is that it shows how a simple uneducated man, sent home to die by his doctors, was able, without any outside help, to heal himself and his terminally ill friend, by simply following Dr. Gerson's directions. What he possessed was quiet heroism of the highest order.

Rex W. Clement - Testicular Cancer

At the end of April 1995, Rex - then aged 36 - arrived in Lafayette, Tennessee, with his wife and three children. For about a month they lived in a motel while looking for a home to rent. During that time Rex noticed a painful growth on his right testicle. Doctors treated it with a round of antibiotics that failed to produce a cure, so he was referred to urologist who stated that the growth was most likely a malignant tumour, and urged the removal of the testicle.
The Clements sought a second opinion from an urologist at Vanderbilt University, who suggested the same course of treatment. Within 24 hours Rex was in surgery at Vanderbilt Medical Center to have his affected testicle removed. A biopsy done at the time confirmed that the growth was indeed malignant, namely an embryonal cell carcinoma. Worse news followed less than a week later, when a CT scan revealed that the cancer had spread into Rex’s lymph system. At that point their oncologist informed the Clements that Rex would require an intensive programme of chemotherapy.

The couple found out that while chemotherapy has a high success rate with testicular cancer, it also causes long term side effects. These can include damage to the internal organs, permanent numbness in the extremities, as well as sterility. Yet the orthodox physicians warned that unless Rex agreed to undergo chemotherapy, he would not survive.

To quote the words of Rex’s wife, “We hit our knees big time”. As they were praying for guidance, one of their friends lent them half a dozen books and several videotapes on alternative cancer therapies, including the Gerson Therapy. The basic philosophy of the Gerson treatment appealed to them most, so they started on a modified version of the Therapy at home. In time new scans revealed tumour reduction; however, later (in November 1995) the tumours regrew. That was when Rex and his wife came to the Gerson Therapy Hospital in Mexico to embark on the strict Therapy, and do it correctly, under the Gerson doctors’ guidance.

Their dedication and hard work paid off, as shown by the following data: in January 1996, a CT scan showed tumour shrinkage. In April 1996, another CT scan showed total remission, as did a fresh scan in August 1996. In January 1997, all was still clear.

Rex stayed on the intensive Gerson Therapy for the full two years. Last contact, in June 2002, confirmed that Rex remains well and active.