

Gerson Therapy Food Guide

“Let food be your medicine, and medicine be your food”

- Hippocrates

For thousands of years humans have known of the healing power of plants and nutrition. The Gerson Therapy takes advantage of this power and harnesses it in the hopes of healing the body from illness. In this document, we will overview the main concepts the Gerson Therapy uses to do so, what types of foods are permitted, and how to prepare them. Understanding these concepts is essential to building a firm foundation of knowledge in order to move forward with applying the entire therapy.

Dr. Gerson developed his therapy with a strong focus on nutrition as a foundation. He even goes so far as to call his diet a **nutritional prescription** and this should be kept in mind when reading the following information. He states that while this nutritional prescription is powerful, it is still only part of the total therapy and is incomplete without the other aspects, such as juicing, supplementation, and detoxification. Therefore, we encourage you to thoroughly educate yourself and gain medical supervision from a [Certified Gerson Practitioner](#) if you plan to apply these principles for therapeutic purposes.

The Gerson diet focuses on three main concepts:

1. Organic & Chemical Free
2. Nutrient Density
3. Salt & Fat Restriction

Dr. Max Gerson established these three pillars for his diet based on many trial and error cases to discover the foods he found best healed his patients. First, he discovered that patients needed to restore their digestive system and therefore to eat foods that were free of chemical pesticides, herbicides, and fertilizers. Organic foods begin to free the body of being continually exposed to toxic materials and initiate the cycle of detoxifying. Secondly, he chose many plants that are nutrient dense and contain a wide variety of trace minerals and elements. These start replenishing the body of vitamins and minerals it may be lacking in, and enable the cells and tissues to heal from a state of disease. Lastly, he focused on restricting salt and fats because he found it supported further detoxification and allowed the body to reestablish a state of health. The concepts we've briefly discussed here are also described later to provide you with a stronger understanding of the purpose for each food and cooking method.

We wish you the best of health and hope your mind is renewed by learning more about the Gerson Therapy!

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Dietary guidelines on the Gerson Therapy

Individuals following the Gerson Therapy to treat a chronic degenerative disease must adhere to the dietary guidelines developed by Dr. Gerson and subsequent certified Gerson practitioners. However, everyone is different and has unique dietary needs. We suggest that you consult with a knowledgeable certified Gerson Practitioner regarding your specific requirements. Your practitioner can tailor the diet to suit individual needs and offer medical guidance throughout the duration of the therapy. Therefore, the information in this book provides general guidelines, not a prescription for a one-size-fits- all diet.

Individuals who are generally healthy and are not attempting to treat a chronic health condition do not need to follow the very restricted diet described in this book, but they can incorporate many of the nutritional principles of the therapy into their daily diet and lifestyle. In *A Cancer Therapy*, Dr Gerson outlined his general dietary recommendations for generally healthy people in just four pages. In these pages he stressed that those with the goal of maintaining or improving their overall health should primarily consume a plant-based diet full of a large variety of nutritious, organically grown foods. This is of the utmost importance, Dr. Gerson recommended that at least $\frac{3}{4}$ of one's diet should be plant-based and the remaining $\frac{1}{4}$ should be of one's choice. However, much has changed since Dr. Gerson's day were. Because of this, we urge those seeking to maintain and improve their health to be even more vigilant about the quality of what they eat. Just as a certified Gerson practitioner can tailor the Gerson Therapy to an individual, those wishing for continued health can seek out a naturopath, dietitian or nutritionist who can help guide one toward discovering which foods and lifestyle changes work best, in order to meet this individual's goals. It's important to note that what a person consumes is just one factor, albeit a very important one, in securing a healthy life.

Foods on the Gerson Therapy

This section lists many of the foods that are allowed, restricted or prohibited on the Gerson Therapy.

Allowed foods can be consumed freely by most patient; however, if your certified Gerson practitioner has restricted, or limited, quantities or specific food items, you will need to adjust recipes accordingly. The prohibited foods were eliminated by Dr. Gerson and subsequent certified Gerson practitioners based on clinical experience with Gerson patients. If a particular food is not on any of these lists, it is because certified Gerson practitioners haven't had sufficient experience to make a decision on whether to include or exclude it. The decision will need to be made on a case-by-case basis according to individual nutritional needs. In some cases a food may be fine for one individual but detrimental to another. Consult with a certified Gerson practitioner if in doubt.

Allowed Foods

Fresh Vegetables

Dr. Gerson advised consuming all fresh vegetables with the exception of a few prohibited foods such as the leaves of carrots and radishes, raw spinach, cucumber, sea vegetables and mustard greens. He suggested consuming a variety of vegetables to get a greater diversity of nutrient. Below is a list of vegetables that can be eaten on the Gerson Therapy, but it is not exhaustive. You may find other locally grown or regional vegetable to add to this list.

Artichokes	Eggplant	Potatoes
Arugula	Endives	Radishes
Asparagus	Escarole	Rhubarb
Beets	Green Beans	Rutabaga
(include young	Garlic	Shallot
Beet greens)	Horseradish	Sorrel
Bok choy	Jerusalem artichoke	Spinach
Broccoli	Jicama	Squash
(cooked only)	Kale	Sweet Potatoes *
Brussels sprouts	Kohlrabi	Taro
Cabbage	Leeks	Tomatoes
Carrots	Lettuce	Turnips
Cauliflower	(except iceberg)	Watercress
Celery knob	Okra	Yams*
(celeriac, or	Onions	Zucchini
celery root)	Parsley root	
Chards	Peppers	
Chicory	(bell pepper or other	
Collard greens	Sweet peppers)	
Corn		
Daikon		

Fruits

All fruits, except berries and pineapple, are allowed on the Gerson Therapy. Dried, unsulphured fruits should be plumped (reconstituted) before eating. Dr. Gerson recommended washing, soaking and stewing dried fruits to make them more easily digestible. Below is a list of fruits to choose from. You may find another locally grown or regional fruits to add to this list.

Apples	Figs	Oranges
Apricots	Grapefruit	Peaches
Bananas*	Grapes	Pears
Cherries	Lemons	Plums
Currants	Mangoes	Raisins
Dates	Melons	Tangerines

Herbs and Spices

Dr. Gerson advised using herbs and spices sparingly, except for chives and parsley, which can be used in larger amounts. You may choose from the list below. Use of herbs and spices not on this list may be allowed based on the suggestions of a certified Gerson practitioner. Recipes in this book generally use fresh herbs and spices, so if you use dried herbs instead, use $\frac{1}{3}$ of the amount listed. Refer to the Herb and Spice Pairings chart in the appendix for examples of which herbs and spices go best with which foods.

<u>Herbs</u>		<u>Spices</u>
Bay leaf	Rosemary	Allspice
Cilantro	Sage	Anise seed
Chives	Scallions (Green onions)	Coriander
Dill	Sorrel	Dill seed
Fennel	Summer Savory	Fennel seed
Marjoram	Tarragon	Mace
Parsley	Thyme	Saffron

Other Allowed Foods

Consult with a certified Gerson practitioner to determine what is right for you.

Flaxseed oil, Cold-pressed

Two tablespoons per day during the first month on the therapy, then reduced to one tablespoon per day for the remainder of the therapy. Both high-lignan and low-lignan varieties are acceptable. Do not heat flaxseed oil or put on hot food, as it becomes rancid when exposed to heat.

Oatmeal

Scottish, Irish(steel-cut), oat groats or rolled oats.

Rye bread

Unsalted, 1-2 slices per day (unless you are gluten intolerant). You can find the recipe to make your own on page 187. Information on purchasing and storing bread can be found on page 186.

Sweeteners*

Two teaspoons per day. Choose from any combination of honey, maple syrup, unsulphured or blackstrap molasses, raw sugar such as rapadura or Sucanat (dehydrated cane sugar), xylitol or stevia.

Vinegar Wine

Balsamic or apple cider.

Restricted and prohibited foods

The following sections discuss restricted and prohibited foods. Restricted foods are allowed but limited and introduced at specific times on the Gerson Therapy. Prohibited foods are typically not allowed on the Gerson Therapy.

Why fat and protein are restricted

The main sources of protein on the Gerson Therapy are plant-based, Dr. Gerson's research found that with animal-based proteins patients didn't experience as much detoxification, had tumor growth and healed slowly. Staple foods, such as oatmeal and potatoes, provide a significant amount of protein, as do the high quantity of vegetables consumed daily. Non-fat, organic yogurt is typically the first animal protein added into the diet, unless otherwise directed by a certified Gerson practitioner. As the digestive system is strengthened, other sources of protein, usually starting with grains and lentils, can be added. The addition of fish, eggs, and other animal and plant proteins happens gradually, if at all, under the guidance of a certified Gerson practitioner. Those who cannot tolerate or choose not to consume animal protein typically substitute with other protein sources that best suit their individual nutritional needs.

Dr. Gerson initially eliminated all fat for cancer patients as he found that fat, like protein, encouraged tumor growth. However, later on he discovered that cold-pressed, organic flaxseed oil was beneficial and did not stimulate tumor growth. Flaxseed oil contains essential fatty acids, which are needed in order to maintain healthy cell function.

Restricted Foods

Dr. Gerson added the following animal proteins after 6 to 12 weeks, and current certified Gerson practitioners may add them earlier in some cases, in the range of 4 to 8 weeks (unless lactose intolerant), or not at all.

- **Freshly churned buttermilk**



- Do not use packaged buttermilk because it is cultured instead of churned, buttermilk contains salt and other additives, and has a higher fat content. This can be difficult to find in stores.

- **Cottage cheese**
 - Also known as pot cheese, cottage cheese must be unsalted, non- fat. You can find the recipe to make your own on page 183. It can be difficult to find in stores free of salt and fat. Some manufacturers produce salt-free dry curd cottage cheese, meaning no milk products are added to the dry curd after fermentation (it may also be called “farmers cheese” or “dry curd farmer’s cheese”). You can use this dry curd cottage cheese if it has no additives. Check the deli or cheese section in some grocery stores or ask if it can be a special- order item.

- **Yogurt**
 - Non-fat, unsalted, organic, without sweeteners or flavoring (up to 8ounces or more per day).

Dr. Gerson listed the following foods as occasionally allowed. In his book, A Cancer Therapy, and other Gerson Institute documents, these foods were given guidelines for when and how often to be consumed while on the Gerson Therapy. Usually grains and lentils were included later in the therapy, typically after 6 months, from once or twice a week to every other week. Because every person has specific dietary needs, these guidelines do not apply to everyone. Only with direct consultation with a certified Gerson practitioner can you be certain you are using these items in a way that best supports you and your healing.

Cornstarch
Flour
(brown rice,
potato and rye)

Lentils
Quinoa

Rice (brown and wild)
Tapioca

Temporarily prohibited foods

The following foods are temporarily prohibited for almost all individuals on the Gerson Therapy. However, Dr. Gerson sometimes prescribed these foods to supplement the unique medical and nutritional needs of his patients over the course of the therapy. Current certified Gerson practitioners may incorporate these foods into their patient’s treatment plan during the therapy. Most often these foods will be added much late in the therapy, if at all.

Butter
Cheese

Eggs
Fish

Meat
Milk



Prohibited Foods

You will notice that some of the foods on this list are generally regarded as healthy. Just because a food is not a part of the Gerson diet, it does not necessarily mean that it is unhealthy; it means that food is incompatible with the Gerson Therapy's highly specialized healing program.

Alcohol	Cucumbers	Oils and fats and any foods that contain them (except flaxseed oil)
Avocados	Fermented foods	Pineapple
Berries	Frozen foods	Protein powders or supplements
Black tea and other non-herbal teas	Hot peppers	Raw Spinach (only allowed when cooked)
Bottled foods	Hydrogenated or partially-hydrogenated oils	Salt and salt substitutes
Cake	Ice cream	Seeds
Candy	Processed foods (anything dehydrated, powdered, smoked or pickled)	Soy and soy products
Canned foods	Margarine	Spices (other than those on the Herbs and Spices list)
Chocolate, cacao, cocoa	Mushrooms	Sprouted alfalfa
Coconut	Mustard	White flour
Coffee* (consumed as a beverage)	Nuts, nut butters	
Commercial beverages		
Cream and other dairy fats		

Sodium Restriction

The Gerson Therapy uses a low-sodium diet and detoxification to release retained sodium, excess water and toxins from the tissues. Doing so makes it possible for the absorption of the needed potassium into the cells. The following are prohibited on the Gerson Therapy.

Baking soda	Lite Salt	Soy sauce
Bragg Aminos	Salt substitute	Table Salt
Celery salt	Sea Salt	Tamari
Epsom salt	Sodium-based baking powder	Vegetable salt

Himalayan salt

Typically, anything with "sodium" in its name is prohibited unless recommended by a certified Gerson practitioner. Some sodium is necessary for maintaining certain Bodily functions, notably the kidneys. While you are on the Gerson Therapy, sodium needs are generally met by the naturally occurring sodium in fruits and vegetables.

Cooking Methods

Slow cooking

Dr. Gerson stated that “all vegetables must be cooked slowly, over a low flame, without addition of water.” He stressed the importance of the slow-cooking process, saying that “valuable components are lost in fast cooking by excessive heat” and “become more difficult to absorb.” On the Gerson Therapy vegetables are “stewed in their own juices,” without any oils and on a very low heat, which can help certain nutrients to be better absorbed. Slow cooking also preserves the natural flavor of the vegetables and makes them more easily digestible.

Dr. Gerson suggested the following optional ways to provide more cooking liquid: adding a small amount of Hippocrates Soup Stock (see recipe, pg 157) or placing foods that will release more liquid for cooking at the bottom of the pan, such as sliced onion, tomato, apple or leek. However, a small amount of purified water can also be used. He also suggested placing a “flame tamer” (heat diffuser) underneath the pot to maintain a lower heat level and prevent burning and to cover pots with heavy, tight- fitting lids to prevent steam from escaping.

Almost all of the cooked vegetable recipes in this book follow the steps below, as it is primary cooking method on the Gerson Therapy:

1. Place one or a combination of the following items on the bottom of a pot or pan: sliced onion, tomato, apple, leek or Hippocrates Soup Stock.
2. Prepare and place the vegetable on top of items in step 1.
3. Over medium heat but low enough to prevent burning, cook the vegetable until the bottom layer begins to produce steam. The time may vary depending on the type of stove, e.g., gas or electric.
4. After the pot has produces a steady amount of steam, about 3 to 8 minutes, cover the pot with a tight-fitting lid.
5. The steam will stimulate the vegetable on top to release its own juices and continue the cooking process. Once the pot lid is very hot to the touch, turn down the heat as low as possible and cook for up to an hour and a half, depending on the vegetable.
6. The finished vegetable should very soft and easily digestible.

We recommend keeping the lid on the pot after turning the heat down to low. However, until you master the slow- cooking method, you may need to lift the lid several times throughout the cooking process to see if there is enough steam for cooking to continue, as well as to check to make sure your vegetable is not burning. If you need more steam, you can ad Hippocrates Soup Stock or even a tablespoon or two of purified water. You may need to raise the temperature in order to turn this additional liquid into steam.



Alternative, you can keep the pot covered from the very beginning of the cooking process. However, it is more difficult to determine when to turn the heat down without a visual cue. Instead, listen attentively for the sound of a slight sizzle, and this will be your indication to reduce the heat. With enough practice, you can determine when your pot is producing enough steam and will be able to cook your vegetables perfectly each time.

Each stove and each vegetable are slightly different, so perfecting the slow-cooking method will take a bit of practice. However, once mastered, you can cook almost all vegetables this way. Dr. Gerson strongly promoted this method cooking for patient on the Gerson Therapy and for general nutrition for health people, especially those with weakened digestive systems.

Baking

Certain foods, such as potatoes, sweet potatoes, beets and winter squash can be baked whole in the oven. Nearly all other vegetables, cauliflower for example, can be baked using the method below, which will result in a soft-cooked vegetable similar to the stovetop slow-cooking method. Always preheat the oven before baking.

1. In the bottom of an oven-safe baking dish, place chopped onion or tomato, a bit of Hippocrates Soup Stock, purified water or a few drops of lemon juice for added moisture. Then place the vegetable on top. Many vegetables contain enough liquid to cook properly without adding more.
2. Cover the dish with a tight-fitting lid.
3. Bake at a temperature no higher than 350° F (180°C) for one to one and half hours, or until the vegetable is completely soft and can easily be cut with a knife.

On occasion you can cook a vegetable using one of the other accepted methods and finish by baking it uncovered for a short amount of time. Similarly, a few recipes call for baking uncovered, or roasting, for most or all of their cook time. These recipes should only be made on occasion, and this should not become your regular means for cooking foods on the therapy.

Boiling

Some foods may be boiled, such as potatoes, beets, corn and artichokes. However, boiling as a method of cooking is not encouraged on the Gerson Therapy because important nutrients leach into the water during this process.

Liquid Sauté

Traditionally, sautéing involves cooking quickly in a hot oil or fat, and therefore isn't appropriate on the Gerson Therapy. However, a liquid, such as purified water or Hippocrates Soup Stock, can be used instead to achieve a similar outcome. A few recipes call for the addition of at least a tablespoon or two of liquid, and foods are then briefly sautéed. This is acceptable for select recipes on occasion, but foods should not be sautéed regularly.



Some recipes call for adding more liquid, such as ½ cup Hippocrates Soup Stock, and then maintaining this liquid at a light simmer for the duration of the cook time. This is appropriate only occasionally, and for select recipes, and should not be used as the primary way to cook foods on the therapy. As these are not the traditionally permitted ways to prepare food on the Gerson Therapy, consult with a certified Gerson practitioner with any questions regarding these and other similar methods.

Why steaming is not encouraged

The Gerson slow-cooking method utilizes steam for cooking, but derives the moisture needed to produce the steam from the vegetables in the pot, or the addition of a very tiny amount of liquid. This method creates steam much more slowly and gradually than typical steaming. Traditional steaming consists of a basket or insert that holds vegetables above a small amount of boiling water, and then cooks them in the resulting steam. Steaming usually cooks vegetables much more quickly because it uses higher levels of heat. The large amount of liquid used also results in many water - soluble vitamins and minerals being lost. Because of this, steaming is not recommended on the Gerson Therapy as a way to cook vegetables. The Gerson method cooks vegetables over an extended period of time, which makes food more digestible and minimizes nutrient loss.

Preparing Leftovers

The Gerson Therapy requires eating food and juices prepared as freshly as possible. However, some recipes may yield more food than you can eat in a given day. There will also be times when you just don't have the appetite to finish all of the food prepared. Consider purchasing a set of glass containers to store cooked leftovers. Raw fruits or vegetables that have been finely grated, shredded or used for salads must be eaten as quickly as possible to avoid nutrient loss, preferably within a day. Cooked vegetable leftovers that have been properly refrigerated may be reheated within 24 hours. You can store Hippocrates Soup and cooked fruits for up to 48 hours.

To reheat leftovers, add a small amount of Hippocrates Soup Stock or purified water to a pot and heat thoroughly, or warm in the oven. Follow the same guidelines as listed under the slow cooking or baking section. However, the reheating process should take far less time than it took to originally cook the vegetable, often less than ten minutes. Additionally, leftovers can also be consumed cold. Another option is to get creative and utilize leftovers in a sauce, dip or salad dressing. Regularly reheating food is not recommended; it is better to freshly prepare food for each meal.

Preparing Snacks

This book includes recipes that make wonderful snacks. Leftovers from previous meals or Hippocrates Soup can be reheated anytime and served as well. Oatmeal and fresh fruit are also convenient snacks. Fruit is the original fast food. Once washed, it's ready to be eaten.

Cookware

Cookware is an important component of creating healing meals on the Gerson Therapy. Characteristics of ideal cookware include a tight-fitting lid that prevents steam from escaping, a thick base that allows for better heat distribution and being made of a non-toxic material. Dr. Gerson did not allow the use of pressure cookers, steam cookers, and cookware made of aluminum. Use of non-stick surfaces, such as Teflon, and microwave ovens should also be avoided due to their known negative health effects. The following types of cookware are acceptable:

- **Stainless steel cookware** is non-reactive and does not impart any taste to the food. Another option is stainless steel-clad pots and pans, which contain an aluminum or copper base protected by layers of stainless steel. These pots and pans heat evenly, retain heat and are very durable.
- **Ceramic bakeware and cookware** are an option, as long as they are free of lead, cadmium, heavy toxic metals and PFOA and PTFE (chemicals used in non-stick Teflon coating). Ceramics made outside the United States may not meet U.S. regulations for lead and cadmium content. Look for a label that says "Safe for food use."
- **Stoneware** is a great alternative to aluminum baking sheets.
- **Glass** is another option, as long as it is lead free. If "lead-free" is not stated on the manufacturer's website, it may contain lead. Ask the company about lead content prior to making a purchase. Corning Ware is an example of a brand that makes lead-free glass cookware.
- **Enameled cast iron** is a better choice than regular cast iron because the enamel is easier to take care of while still conducting heat well and providing the long life of a heavy-duty cast iron pan. Though Dr. Gerson listed regular cast iron as an acceptable choice, we do not currently recommend using regular cast iron pans because they can release excessive amounts of iron into the food, and because cast iron pans require periodically rubbing with oil, which can then be imparted into the food (the Gerson Therapy restricts oils).
- **Enameled ceramic and enameled steel** are also good choices because the surface is non-reactive. They distribute heat evenly, can go from the stovetop to the oven, and are easy to clean. Heavy-duty carbon steel has many of the benefits of cast iron cookware but should not be used because it also requires periodic rubbing with oil.
- **Slow cookers** can also be utilized on the lowest setting. Research your particular model to find out if it contains lead and if so avoid using.

Purified Water

Even though Gerson cooking method use very little purified water, it is still used for washing produce, cooking and making Hippocrates Soup. Typical tap water contains many pollutants, thus purified water is necessary. A proper filtration system will remove pollutants from tap water. One way to filter your water is through distillation (removes minerals, bacteria, viruses and chemicals) with a carbon filter (removes



volatile organic chemicals, or VOC's). A reverse osmosis filtration system with carbon filter is another effective system, if you can verify via third-party testing that the filter effectively filters fluoride and other harmful contaminants. Both systems can be purchased and installed in your home.

Many home filtration systems may not be able to produce enough purified water to keep up with daily therapy demands, so you may need to purchase additional purified water. Look for local companies that can deliver bottles of purified water to your home on a regular basis. You may also be able to purchase purified water from specialized water stores with their own large- scale purification systems. Regardless of the purification technique used, make sure contaminants are removed.

How to Wash Produce

Even though all produce used on the Gerson Therapy is organic, it's still advisable to wash before use. Washing your produce will remove dirt, microbes and other potential contaminants which will significantly reduce the likelihood for foodborne illness. Wash all daily produce at the beginning of the day for maximum efficiency and convenience. Always make sure your hands are clean before handling produce and be certain your sink has been thoroughly cleaned beforehand as well.

One method for washing produce is to fill your sink with cold tap water for washing. Fill a small tub with purified water for rinsing and place beside the sink. A double-sided sink can make this process even easier, with one side filled with tap water and the other side filled with purified water. Washing cleaner items first helps prevent the water from getting dirty too quickly, which saves water. Most items imply need to be submerged and gently scrubbed in tap water before rinsing with purified water.

To further clean produce, add an antimicrobial to the cleaning water (tap water). One option is to add one dropper full of 2% Lugol's solution or 10 drops of 5% solution to 1 gallon of tap water, and soak for up to five minutes. Another alternative is to use 1 cup of vinegar per 2 quarts of water. However, if using vinegar, soak the produce for at least ten minutes. Produce can also be sprayed with 3% hydrogen peroxide before rinsing with purified water.

Tips for washing specific foods

- Scrub carrots and potatoes with vegetable brush. Be careful not to remove any of the skin, which contains valuable vitamins and minerals. Do not scrape or peel them. Cut out potato sprouts with a paring knife or the end of a vegetable peeler.
- Watercress stays fresh when its leaves and roots remain intact, so simply dip and agitate the leaves in both water sources to wash and rinse, and then store the watercress in a small bowl with its roots submerged in purified water. Remove leaves as needed.
- Cut lettuce into quarters, leaving the core intact, to prevent the leaves from separating while being washed. Do not remove the very rough end of the core until just before use. The core of the



lettuce contains an opiate-like substance that is a beneficial addition to the green juice that will be had each day.

- Cut leeks in half, lengthwise, to rinse dirt out from between leaves.
- Thoroughly rinse celery root and scrub to remove all of the dirt, then use a paring knife to cut off most of the hairy roots where dirt can be trapped.
- Certain vegetables that have lots of crevices, such as broccoli or cauliflower, can benefit from being held under running water briefly.

Storing Produce

Storing all of your produce can become a challenge, especially when just beginning the Gerson Therapy. Once you've discovered what works for you, it all becomes a lot easier. Listed below are a few tips to help you organize and store your produce efficiently, before and after washing it.

Store produce correctly

Certain items do not need to be refrigerated, such as onions, apples, tomatoes, potatoes and most fruits. Some types of produce need to be stored separately; storing onion and potatoes together causes potatoes to sprout more quickly. Store fruits separately, as the natural gases from each fruit can cause other types of fruits to spoil. Storing produce correctly will allow for the most efficient use of refrigerator, counter, and pantry space.

Recipes

Breakfast

On the Gerson Therapy, the heart of breakfast is a large bowl of oatmeal. Dr. Gerson said oatmeal “ can be used freely,” meaning consumption of oatmeal is not limited. However, oatmeal should not be used to replace cooked vegetables at lunch and dinner.

Dr. Gerson advised eating oatmeal with raw grated apple, banana, applesauce, stewed fruit or fresh fruit. You can also include a piece of salt-free rye toast and a glass of citrus juice, either grapefruit or orange, unless instructed otherwise. We have included instructions for preparing the several different types of oats that can be eaten on the therapy. We suggest you try each of them, as well as vary what you serve along with the oatmeal to provide variety.

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Oat Variations:

- Scottish oats, cooked with the same oat purified water ratio, will take at least 10 minutes to cook.
- Irish oats, also called steel cut oats, cooked with the same ratio, will take at least 20 minutes to cook.
- Oat groats, cooked with the same ratio, will take about 60 minutes.

Oatmeal

Ingredients

½ cup rolled oats
1-1 ½ cups purified water

Directions

1. Place oats and purified water in a small pot. Cover partially and bring to a boil.
2. Cover fully and reduce to a low simmer for 6-8 minutes. Stir occasionally.

Servings

1

Variations

Play, around with the amount of purified water added. Less purified water will result in a thicker, creamier oatmeal. More purified water will result in a thinner oatmeal.

Note

If you have a serious gluten intolerance or celiac disease, you may need to avoid oatmeal, unless you obtain a brand that is tested to be free of gluten contamination from the field and the processing equipment.

Rolled oats can be soaked overnight in the refrigerator. Use a 1:1 ratio of oats to purified water, or yogurt. Then enjoy as is in the morning.

Oat groats can be substituted for rolled oats. Bring groats and purified water to a boil, cover, remove from heat and soak overnight in refrigerator (8 hours). In the morning, remove the cover and bring to a boil, then lower to a simmer and cook for 15 minutes. Turn off the heat, cover, and let sit for 10 minutes. Consider using a slow-cooker to cook oatmeal. Use a 1:4 ratio of oats to purified water. Cook oatmeal on low for 7-8 hours. You can add allowed fruits and permitted sweeteners to the slow cooker and let it all cook together overnight.

- Serve with plumped, fresh or stewed fruit.
- Add a teaspoon of permitted sweetener.
- Mash a banana and add to the oatmeal.

Health Benefits

Oats are well known for their cholesterol-lowering benefits. Oats are also a rich source of the trace minerals manganese and molybdenum.

Applesauce, Cooked

Ingredients

3 medium apples, cored, cut
Into bite-sized pieces
¼ cup purified water

(optional)

1 teaspoon honey or other
permitted sweetener

Directions

1. Place apple pieces and purified water in a small pot.
2. Bring pot to a boil, then reduce to a very low simmer.
3. Cover and cook for 15-20 minutes, or until apples are very tender.
4. Process through a food mill. Mix in sweetener.

Servings

2

Variations

- Vary texture of cooked apples using a food processor or blender, or a potato masher could also be used.
- Make stewed apples by adding dried fruit to the pot during step 1, and keeping the apples in pieces instead of processing them through a Food mill.

Note

Adding more purified water can help to speed up cooking time and create a thinner applesauce. This additional water can be removed before milling the applesauce.

Health Benefits



Apples are high in fiber, vitamin C, potassium and various antioxidants, including quercetin, catechin and chlorogenic acid. These plant compounds are responsible for many of the health benefits of apples.

Plumped Fruit

Ingredients

4 cups dried, unsulphured fruit,
Stems removed
2 cups purified water

Directions

1. Place the dried fruit in one-quart mason jar.
2. Boil purified water on stove or heat in an electric kettle.
3. Pour enough purified water over the dried fruit to cover and fill the jar.
4. Cover and store on the counter for at least 60 minutes, or until soft. The longer you wait, the more plumped the fruit will become.

Yield

4 cups plumped fruit

Variations

Use room temperature purified water to cover fruit in mason jar. Place in refrigerator for at least 12 hours. This will achieve the same result.

Dried fruit can also be cooked with oatmeal to reconstitute. Add additional purified water to the cooking pot with the dried fruit of choice, use a 1:1 ratio of dried fruit to purified water, in addition to the purified water needed to cook oatmeal.

Note

Once opened, store in the refrigerator for up to two weeks. If left unopened, fruit can be stored in the refrigerator for up to a month. Always use a clean utensil to remove fruit to prevent growth of mold.

Cooked Vegetables

Lunch or dinner is quickly approaching! Once you decide what to make, be sure you have all necessary ingredients. Read through the whole recipe you've chosen before starting to be certain you follow it correctly. It's best to begin with the base recipes in this book because there are the easiest. Avoid variations, or recipes with lots of steps or ingredients, until you master the slow-cooking method and your palate has adjusted to the Gerson Therapy. Then feel free to experiment. For example, try following one recipe but swap out one listed ingredient for another.

Just about every recipe in this section call for cooking according to the slow-cooking method. Each of these recipes say to place pieces of an onion on the bottom of the pot or pan being used and progress from there. Sometimes you will need only half an onion depending on its size, in addition to the vegetable you are cooking. However, remember that you can substitute the onion with leek, tomato, apple, a couple of tablespoons of Hippocrates Soup Stock or even purified water. Combine these alternative options, using a bit of each, to increase variety of taste and flavor. The slow-cooking method will remain relatively the same if these other items are substituted. Also, keep in mind that not all stoves are created equally. Electric stoves are different from gas stoves and each will cook at slightly different temperatures. Therefore, depending on your particular stove, you may or may not need to use heat diffuser to prevent food from burning.

Also, just because a vegetable isn't called for in any recipe doesn't necessarily mean it isn't allowed on the therapy. Make sure any new vegetable you want to include has characteristics similar to those already featured in this book. If you are uncertain about a specific vegetable, consult with a certified Gerson practitioner or avoid using the vegetable. Cook new vegetables just as you would any other vegetable there is a recipe for; make sure to cook long enough so that it can effortlessly be cut with a knife. Then enjoy!

Broccoli

Ingredients

1 red or yellow onion
cubed or thinly sliced
1 head broccoli, stem
Removed, cut into florets
2 cloves garlic, minced

Directions

1. Cover the bottom of a small pan with onion. Place broccoli on top of the onion, then sprinkle garlic over broccoli. Cook uncovered on medium heat until the pan begins to steam.
2. After a steady amount of steam has been created, wait until the lid becomes very hot to the touch.
3. Reduce heat to low and continue to cook for 45 minutes or until broccoli becomes very soft.

Servings

2

Variations

- Add any of the approved herbs during or after the cooking process.
- Dill complements broccoli especially well.
- Add thinly sliced leek (bottom white and lighter green parts) on top of the onion, before placing the broccoli, for additional flavor and texture.
- Add sauces on top of the broccoli for variety as well, such as a Simple Gerson Tomato Sauce(see recipe page 148).
- Add diced tomatoes or diced bell peppers. They only need to be cooked for 20 minutes of the total cooktime.
- Add lemon juice just prior to serving.
- Peel the surface layer skin of the broccoli stem, cut up the remaining stem and cook along with broccoli.

Health Benefits

Broccoli contains large amounts of glucose inolate phytonutrients. Phytonutrients are substances that are thought to be beneficial in improving health and preventing diseases. Glucosinolates are necessary to support the body's detoxification process. Glucosinolates form isothiocyanates which are the detoxification regulating molecules in the body.

Cauliflower

Ingredients

1 large yellow onion, Sliced or diced
1 leek, white and light green part, thinly sliced
4 cloves garlic, minced
1 head cauliflower, leaves removed, cut into florets

1. Cover bottom of small pan with onion, leek and garlic. Place the cauliflower on top.
2. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created cover and wait until the lid becomes very hot to the touch.
3. Turn down heat to low and continue to cook for 45 minutes.

Directions

Servings

3-4

Variations

- Add diced tomatoes to cauliflower for the last half of cooking.
- Add a sliced carrot at the beginning.
- Remove the leek.

- Try using tomatoes instead of onion on the bottom of the pan.
- Consider adding cilantro at the end to give a nice fresh flavor.
- Add a sauce that complements cauliflower. Red Bell Pepper Sauce (see recipe, page 150), the Tangy Cilantro Sauce (see recipe, page 151) or the Carrot Sauce (see recipe, page 145).
- Cook the cauliflower whole in a pot.

Note

Save the dark green portion of the leek for your next batch of Hippocrates Soup (see recipe, page 157).

Spinach**Ingredients**

1 onion, thinly sliced
2-3 cloves garlic, minced
½ pound baby spinach
Lemon slices
(optional)

Directions

1. Place onion and garlic to cover the bottom of a pot, followed by spinach.
2. Cook uncovered on a medium heat until the pot begins to steam. After a steady amount of steam has been created, cover and cook until lid becomes very hot to the touch.
3. Turn heat to low and cook for 45 minutes.
4. Strain and press spinach to remove excess liquid.
5. Serve with a slice of lemon, if desired to be squeezed directly over the spinach.

Servings

3

Variations

- Add the minced garlic after cooking for a sharper taste.
- Drizzle Tangy Cilantro Sauce (see recipe, page 151) over spinach after it has been strained.
- Add 1 small Japanese eggplant, or half a small globe eggplant, cubed, on top of the spinach before cooking.

Health Benefits

One cup of cooked spinach contains a significant amount of iron and folate. In addition, spinach is also a great source of manganese, vitamin A and vitamin K.

Potatoes

Potatoes are the number one vegetable crop in the world and happen to be a staple for the Gerson Therapy. A potato, in some form, will be served at each lunch and dinner. However, yams and sweet potatoes should not take the place of potatoes but can be eaten in addition to. Potatoes are typically baked or boiled and can be prepared in a variety of ways. Different types of potatoes contain different nutrients, so it's a good idea to mix it up, even if the Yukon gold happens to be your all-time favorite.

Baked Potato

Ingredients

Potatoes (any variety)

Directions

1. Preheat oven to 350° F.
2. Make sure all sprouts have been removed from potato.
3. Pierce the potato with a fork or knife to allow steam to escape.
4. Bake directly on oven rack for 60-90 minutes, or until soft.

Servings

1 potato per person

Variations

Add a dollop of yogurt with chopped chives mixed in as a topping.
Serve with a spoonful of Onion, Garlic and Dill (see recipe, page 150).

Health Benefits

Potatoes are part of the nightshade family, other nightshades include tomatoes, peppers, tomatillos and eggplant. Potatoes are very good source of vitamin B6, potassium, phosphorus, niacin, copper, vitamin C, dietary fiber and pantothenic acid, Vitamin B6 and pantothenic acid are necessary components of cell metabolism.

Salads and Slaws

Salads are another opportunity to further incorporate greater variety of both texture and color into your daily meals. Try to include as many different colors as you can at your meals. If a certain color isn't present in your meals today, keep that color in mind for tomorrow. This might mean you include something that you wouldn't typically eat! Different color pigments contain different nutrients and antioxidants so excluding a color regularly means there is a spectrum of nutrition you are missing out on. Use different lettuces as your salad base and incorporate some of the salad recipe ideas that follow on top of or alongside this base.

Raw Grated Carrots & Apples

Ingredients

3 carrots
1 Fuji or Granny Smith apple
¼ cup plumped raisins (see Plumped Fruit recipe) (optional)
½ orange or lemon, juiced (optional)

Directions

Grate carrots and apples with a box shredder or a food processor, using the shredding attachment. The Norwalk juicer could also be used.

Mix with plumped raisins and juice, if desired.

Servings

2

Note

Dr. Gerson recommend that raw grated apples “should be taken in large quantity,” and that “it is advisable to peel them in order not to burden digestion and to reduce gas formation.” If this mixture seems to bother you, consider the following his guideline. However, we know the skin of apples to contain many valuable nutrients.

Dressings, Dips, and Sauces

All of the dressings, dips and sauces in this section can be used in any number of ways. One example is to serve with a bowl of cut-up vegetable for dipping. Just make sure the vegetables are freshly cut! Consider putting any of these dressings, dips or sauces on top of your favorite vegetables or salads. Add them to your potatoes or grains. You can even use these as marinades before cooking your vegetables, as long as the dressing, dip or sauce you use contains no flaxseed oil. Utilizing these dressings, dips and sauces will ensure that you never run out of new things to try while on the Gerson Therapy.

Once you are familiar with these recipes, begin experimenting on your own. You will certainly notice how many of them have a very similar base: a little vinegar, a little flaxseed oil, a little permitted sweetener, maybe a bit a purified water, an allowed herb or two, and whatever other additions you want. Say you want to add a little bit of zing to your dressings: Include a couple of cloves of garlic, some onion or maybe even some grated horseradish. Then blend it all together. Or you can simply put these ingredients into a mason jar, shake to mix, then pour it right onto your salad. It's that simple. But don't forget to watch how much flaxseed oil you are consuming! Also, if there is a flaxseed oil in a sauce or dressing, be sure to wait until your food has cooled a bit before adding it.

You will notice that many recipes call for a day-old baked potato (see Baked Potato recipe, page 9). Cooked, chilled potatoes, when added to a dressing or sauce, create a thicker, creamier consistency and do not alter the flavor. However, the use of a warm, freshly baked or boiled potato would result in a very gummy consistency due to the starch in the potatoes. Feel free to add more or less potato to the following recipes to achieve your preferred consistency.

Yogurt Dill Dressing

Ingredients

¼ cup apple cider vinegar
1 tablespoon honey or other sweetener
2 cloves garlic, chopped
2 tablespoons flaxseed oil
½ cup chopped chives
1 tablespoon chopped dill
1 ¾ cup yogurt

Directions

1. Blend everything except the yogurt in a blender.
2. Fold in yogurt and mix with a whisk.

Yield

2 cups

Note

This dressing could be blended with the yogurt, but often blending yogurt turns the consistency of the final dressing more watery than creamy.

Carrot Sauce

Ingredients

3 carrots, sliced into $\frac{1}{4}$ in rounds
 $\frac{1}{4}$ cup Hippocrates Soup Stock
1 yellow onion, thinly sliced
2 cloves garlic
 $\frac{1}{2}$ teaspoon honey or other permitted
Sweetener (optional)

Directions

1. Cover the bottom of a small pot with onion and place the garlic and carrots on top. Cook uncovered on medium heat until the pot produces a steady amount of steam. Add Hippocrates Soup Stock and cover. When pot lid becomes very hot to the touch, or Hippocrates Soup Stock has begun to simmer, turn down to low.
2. Cook until the carrots are soft, approximately 45 minutes, during the last 5-10 minutes down to low.
3. Blend carrots, onion, and garlic in blender with remaining liquid. Add additional purified water or Hippocrates Soup Stock if needed to be able to blend and achieve a smooth consistency.

Yield

2 cups

Variation

This sauce goes very well served on top of Cauliflower (see recipe, page 62).

Onion, Garlic and Dill

Ingredients

$\frac{1}{2}$ yellow onion, diced
2 garlic cloves, minced
1 tablespoons minced dill

Directions

Mix all ingredients together and serve.

Yield

1 cup

Note

Use as a topping for baked potatoes, cooked vegetables or salads. This also makes a great topping to a slice of toasted Rye Bread (see recipe, page 187) drizzled with a little flaxseed oil.

**Health Benefits**

Fresh dill is an excellent source of antioxidant compounds, especially vitamin C. It is also a great source of various minerals such as copper, potassium, calcium, manganese, iron and magnesium.

Dill is excellent for relieving gastrointestinal distress.

Soups

Hippocrates Soup is a staple food on the Gerson Therapy and must be consumed at every lunch and dinner. However, we have included several additional soup recipes. These soups can be consumed in addition to the required eight ounces of Hippocrates Soup. Other soups should not replace it. Soups can be particularly comforting during the colder months and make excellent snacks between meals.

Hippocrates Soup

Ingredients

1 medium celery root, fibers removed,
roughly chopped
2-3 medium potatoes (1lb), roughly chopped
1-2 medium yellow onions, roughly chopped
2 small or one large leek, roughly chopped
4-5 tomatoes (1 ½ lbs), roughly chopped
4-5 cloves of garlic
1 medium parsley root (or ¼
bunch of fresh parsley)
Purified water

Directions

1. Place all ingredients in a 5-quart pot.
2. Add purified water to slightly cover vegetables, about 2 quarts.
3. Bring the pot to a boil.
4. Reduce heat to a very low simmer and cook covered for 90-120 minutes, or until all vegetables are soft.
5. Pass through a food mill to remove fibers.

Servings

12

Variations

- Change this soup only by using more or less of any of the ingredients listed. Do not add ingredients not listed.
- Alter the amount of purified water added. More purified will create a thinner soup, while less will make it thicker.
- Use celery if celery root cannot be found. About 3-4 celery ribs take the place of one bulb.
- If you can't find leeks, use an additional onion or two.
- Substitute red onion for the yellow onion.

Bread

Bread consumed on the Gerson Therapy must be organic and salt-free. A simple recipe for Rye Bread is featured here, but if breadmaking isn't your forte, similar loaves of bread can be purchased from suppliers found on the Gerson Institute website. Depending on the vendor location and delivery schedule, freezing loaves may be acceptable and necessary.

Typically, two thin slices of salt-free rye bread aren't taking the place of your cooked vegetables, potato or Hippocrates Soup! But once these essentials are consumed, a Gerson sandwich would make a nice addition to a meal or could be enjoyed as a snack.

Rye Bread

Ingredients

4 cups of rye flour
2 cups brown rice flour, plus extra for kneading
½ cup molasses
2 teaspoons dry yeast
2 ½ cups warm purified water

Directions

1. Place all ingredients except for the yeast and ½ cup warm purified water, in a mixing bowl.
2. In a separate bowl add yeast to the ½ cup warm purified water and stir. Then add to dough mixture and stir. Then add mixture and stir.
3. Sprinkle a small amount of flour on cutting board. Knead dough against the cutting board until no longer sticky and a smooth ball has formed.
4. Place dough ball in a bowl and cover. Let rise for 1 hour and 15 minutes.
5. Line baking pan with unbleached parchment paper. Place dough ball in baking pan, cover and let rise an additional hour.
6. Preheat oven to 375° F.
7. Bake 1 hour.

Yield

1 loaf

Juicing Method & Recipes

Juicing is one of the major component of the Gerson Therapy. Juices provide many of the vitamins, minerals, enzymes, phytochemicals and other nutrients essential for healing. Thirteen eight-ounce juices, on full protocol, amounts to approximately 17 pounds of produce! Individuals with degenerative diseases typically have difficulty properly digesting and absorbing food; the influx of nutrition in juice form allows for maximum ease of absorption and utilization.

Today there is a wide range of juicers available for home use. Dr. Gerson stated that the juicing process should be done in two steps. The first step is grinding the ingredients and the second is pressing the ground pulp. One highly recommended machine that has been around since Dr. Gerson's day is the Norwalk juicer, which contains both a masticating grinder and a hydraulic press. Other masticating juicer can also be used but should be used along with a separate press. Additional information about juicers and juicer types can be found at www.gerson.org.

Isn't there too much sugar in carrot juice?

Many people ask: "Doesn't sugar feed cancer?" At this point in time, there doesn't seem to be a clear scientific consensus on this topic. Individually, everybody has specific nutritional needs and scientifically it is difficult to measure and evaluate these needs. However, the Gerson Therapy has been successfully treating cancer and other diseases by natural means using whole foods, which are full of natural sugars.

All fruits and vegetables contain carbohydrates, which are chemically classified as sugars. Conversely, a doughnut also contains carbohydrates, i.e., sugars. Carrots, for example, unlike doughnuts also contains carbohydrates, i.e., sugars. Carrots, for example, unlike doughnuts, also provide a wealth of phytonutrients (beta-carotene, etc.) and compounds (vitamins, minerals, fiber, etc.) that are beneficial for health. These additional compounds found in fruits and vegetables are extremely important because they are needed to restore the body's metabolism, which in turn restores the body's natural healing ability.

Carrots also have a high amino acid score, meaning they are a wonderful source of potential complete proteins. Carrot juice, which contains all these compounds, is easily absorbed via the intestinal tract and provides an excellent source of complete nutrition and healing.

The Gerson Therapy aims to restore the level of vitamins and minerals in the body, potassium in particular. Carrot juice contains plenty of potassium and other nutrients to help restore the sodium and potassium ratio in our body tissues. The flood of nutrients from carrot- apple juice and the plant-based Gerson diet create a very different cellular environment in which Dr. Gerson found tumor tissue could not survive.

Additionally, the Gerson Therapy restricts other forms of sugar. So, the sugars contained in carrot-apple juice may not be a concern because our bodies are designed to easily metabolize the sugar contained in fruits and vegetables. The benefit of obtaining the nutrients from the juices appears to outweigh the concern about sugar, as evidenced by those who recover from illness using the Gerson Therapy.

Carrot-Apple Juice

Ingredients

3-4 large carrots, washed, scrubbed but not peeled, ends and tips removed
1 large apple, cored, seeds

Directions

1. Grind ingredients into a pulp
2. Place pulp in proper juice cloths and press in order to extract the contained juice.
3. Serve and drink immediately.

Yield

~ 8 ounces

Notes

- Tart apples preferred; Granny Smith, McIntosh, Idared, Pippin and Gala are all good choices.
- Red and Golden Delicious are least desirable since
- the sweeter apples are higher in sugar, and can raise blood sugar levels unacceptably high, but any apple will work in a pinch.
- Carrot- apple juice, like all of the other juices should be consumed immediately after pressing. However, it may be kept for 2-3 hours in an eight-ounce air-tight mason jar or glass-lined Thermos. either container must be filled to the top to remove any air and can be used if the patient has returned To work or must go out of the house for any other reason.
- Only prepare juices in advance when there is no other alternative or in consultation with an experienced certified Gerson practitioner.
- The weight of the total produce before being prepared should be approximately 16 solid ounces
- (1 pound)

Health Benefits

Carrots are a great source of beta-carotene, which is converted to vitamin A in the human body. Beta-carotene and vitamin A have been researched extensively and have been shown to have anti-cancer benefits. Carrots also contain a myriad of essential minerals and nutrients needed by the human body, in particular, the compound falcarinol. Falcarinol is a natural pesticide that protects the roots from fungal disease and been found to reduce the risk of cancer in humans.

Carrot Juice

Ingredients

5-6 large carrots, washed,
Scrubbed but not peeled, ends and tips removed

Directions

1. Grind ingredients into a pulp.



2. Place pulp in proper juice cloths, and press in order to extract all the contained juice.

3. Serve and drink immediately.

Yield

~8 ounces

Note

The weight of the total produce before being prepared should be approximately 16 solid ounces (1 pound)

Citrus Juice**Ingredients**

3-4 oranges
Or
1-2 grapefruit

Directions

1. Cut citrus in half.
2. Using a reamer-type juice, either electric or hand operated, carefully juice each orange or grapefruit without squeezing the peel of the fruit.

Yield

~8 ounces

Notes

- Dr. Gerson mentioned that the peels of citrus contain certain aromatic oils that may interfere with the therapy.
- If you are experiencing adverse reactions, simply dislike the citrus juice you may replace it with one of the other Gerson juices, unless otherwise indicated by a certified Gerson practitioner.

Green Juice**Ingredients**

¼ head (6-7 leaves) Romaine, red or green leaf lettuce
2-3 leaves escarole
2-3 leaves endive
2-3 beet greens, inner leaves
7-8 leaves watercress
3-4 leaves red cabbage
¼ medium green bell pepper
1-2 medium leaves Swiss chard, any color
1 large apple, cored, seeds removed

Directions

1. Grind ingredients into a pulp.
2. Place pulp in proper juice cloths, and press in order to extract all the contained juice.
3. Serve and drink immediately.

**Yield**

~ 8 ounces

Note

- Produce as many of these ingredients as possible if you cannot find any one of these ingredients, do not make any substitutions or add any other ingredients. If an item is not available organic, simply omit the item until it can be found.
- Lettuces should make up the bulk of the juice. The amount of lettuce needed will vary depending upon the size of the heads.
- Be cautious about adding too much watercress, escarole or endive as these tend to taste bitter and can significantly alter the taste of the juice.
- If Green Juice comes out as more purple, alter the amount of cabbage being added.
- If you can find each of these ingredients, including everything listed could potentially result in more than 8 ounces of juice. Be mindful of what goes in, and you'll soon learn how to estimate the amounts needed.

Sample Menu

While on the Gerson Therapy it is best to eat as large a variety of the allowed fruits and vegetables as possible. Do your best to rotate which vegetable dishes you will serve, even if you'd rather be eating cooked broccoli for every meal. This menu is an example of what a week of meals on the Gerson Therapy would look like. You can use this as a starting point and then begin exploring the many other recipes features in this book. Slowly work your way toward some of the more complicated variations and recipes once you adjust to life on the therapy. Create a menu for the whole week so that you can organize better. Knowing exactly what you will be preparing each day will help you feel less overwhelmed. Having a menu will also make knowing what to shop for a whole lot easier.

Monday		Tuesday	
Lunch	Dinner	Lunch	Dinner
<ul style="list-style-type: none"> - Broccoli - Baked Potatoes - Hippocrates Soup - Leafy green salad 	<ul style="list-style-type: none"> - Zucchini - Baked Potatoes - Hippocrates Soup - Leafy green salad 	<ul style="list-style-type: none"> - Green Beans - Baked Potatoes - Hippocrates Soup - Leafy green salad - Tomato and Watermelon Salad 	<ul style="list-style-type: none"> - Spinach - Baked Potatoes - Hippocrates Soup - Leafy green salad - Baked Banana with Orange Juice

Wednesday		Thursday	
Lunch	Dinner	Lunch	Dinner
<ul style="list-style-type: none"> - Artichokes - Baked Potatoes - Hippocrates Soup - Leafy green salad - Raw mixed vegetable salad - Potatonaise - Oatmeal - Cookies 	<ul style="list-style-type: none"> - Corn with Mixed Vegetables - Baked Potatoes - Hippocrates Soup - Leafy green salad - Raw Tomato and Bell Pepper Salad - Orange Dill Vinaigrette 	<ul style="list-style-type: none"> - Mixed Greens - Baked Potatoes - Sweet Potato Bites - Hippocrates Soup - Leafy green salad - Fennel, Apple and Celery Salad - Orange Dill Vinaigrette 	<ul style="list-style-type: none"> - Brussels Sprouts - Baked Potatoes - Quinoa Pilaf - Hippocrates Soup - Leafy green salad - Fruit Salad

Friday		Saturday	
Lunch	Dinner	Lunch	Dinner
<ul style="list-style-type: none"> - Sweet and Sour Cabbage - Mashed Potatoes - Hippocrates Soup - Leafy green salad - Raw mixed vegetable salad - Sweet Apple Cilantro Dressing 	<ul style="list-style-type: none"> - Zucchini - Baked Potatoes - Hippocrates Soup - Leafy green salad - Raw mixed vegetable salad - Sweet Apple Cilantro Dressing 	<ul style="list-style-type: none"> - Spaghetti Squash with simple Gerson Tomato Sauce - Baked Potatoes - Hippocrates Soup - Leafy green salad - Raw mixed vegetable salad 	<ul style="list-style-type: none"> - Kale with Beets and Orange Slices - Potato Salad - Hippocrates Soup - Leafy green salad - Onion, Garlic and Dill - Fruit and Yogurt Parfait

Sunday	
Lunch	Dinner
<ul style="list-style-type: none"> - Cauliflower with Carrot Sauce - Baked Potatoes - Hippocrates Soup - Leafy green salad - Garlic and Onion Dressing 	<ul style="list-style-type: none"> - Ratatouille - Parsley Potatoes - Hippocrates Soup - Leafy green salad - Garlic and Onion Dressing

Sample Shopping List

This sample weekly shopping list is based on the sample menu and its corresponding recipes. It has been tailored for two people but includes juice amounts for one person on the Gerson Therapy consuming 13, 8 oz. juices per day, which is typically the maximum number of daily juices. Many times, shopping for the week is split into at least two separate trips.

Vegetables		
Item	QTY	✓
Artichokes	2	
Asparagus		
Beets and Young Tops	3	
Bok Choy		
Broccoli (head)	1	
Brussels Sprouts (lbs)	1	
Butternut Squash		
Cabbage	1	
Cauliflower (head)	1	
Celery (bunch)	1	
Chicory		
Collard Greens (bunch)	1	
Corn (ear)	3	
Daikon		
Eggplant	1	
Fennel	1	
Green Beans (lbs)	1	
Horseradish		
Jerusalem Artichoke		
Jicama		
Kale (bunch)	2	
Kohlrabi		
Okra		
Parsnips		
Radishes	1	
Red Onions	10	
Rutabaga		
Peppers (green, yellow, orange, red)		
Rhubarb		
Potatoes (lbs)	10	

Vegetables cont.		
Item	QTY	✓
Pumpkin		
Shallot		
Sorrel		
Spinach	1	
Squash		
Sweet Potatoes	2	
Taro		
Turnips		
Yams		
Zucchini	5	

Herbs and Spices		
Item	QTY	✓
Allspice		
Anise		
Bay Leaves	1	
Cilantro (bunch)	1	
Coriander		
Dill	1	
Fennel		
Mace		
Marjoram		
Rosemary		
Saffron		
Sage		
Scallions		
Sorrel		
Supper Savory		
Tarragon		
Thyme (bunch)	1	

Fruit		
Item	QTY	✓
Apples		
Apricots		
Cherries (lbs)	1	
Currants		
Dried Fruits (lbs, unsulphured)	1	
Grapefruit		
Grapes (lbs)	2	
Kiwi		
Lemons	7	
Limes		
Mangoes	3	
Melons		
Oranges	21	
Peaches	3	
Pears		
Plums		
Tangerines		
Watermelon	1	

Juice		
Item	QTY	✓
Carrots (lbs)	40	
Chard (bunch)	7	
Endive	2	
Escarole	2	
Green Apples (lbs)	35	
Green Bell Pepper	7	
Red Cabbage (large)	2	
Romaine	13	
Watercress (bunch)	3	

Soup		
Item	QTY	✓
Celery Root	5	
Garlic Bulbs	7	
Leeks	4	
Parsley/Parsley Root (bunch)	1	
Potatoes (lbs)	4	
Tomato	24	
Yellow Onions	13	

Salad		
Item	QTY	✓
Arugula		
Green Leaf	8	
Red Leaf	8	
Romaine		
Spring Mix	1	

Dry Goods		
Item	QTY	✓
Apple Cider Vinegar	1	
Balsamic Vinegar	1	
Brown Rice		
Chamomile (dry herbs loose or tea bags)	1	
Flaxseed Oil (in opaque bottles, cold pressed)	1	
Lentils		
Natural Sweetener (honey, maple syrup, blackstrap or unsulphured molasses, raw sugar, such as rapadura or sucanat, or stevia)	1	
Oatmeal (lbs) (rolled, Scottish, steel cut, groats)	5	
Peppermint Tea	1	
Quinoa (lbs)	5	
Red Wine Vinegar		
Rye Bread (unsalted)	1	
Yogurt (qt) (plain, unsalted, organic, fat-free)	1	



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