



The Gerson Therapy

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CLASS: G320

This is your test but... do not try to fill in the blanks! We created a Test Answer Sheet which is easy to download, fill in the answer, and email.

Introduction

1. Cancer, a specific cluster of body cells undergoing uncontrolled cell division and multiplication, is the ultimate example of a _____ disease in progress.
2. At the core of the Gerson Therapy is its diet, which includes organically grown fresh fruits and vegetables and _____ glasses of freshly squeezed juices daily, taken at hourly intervals. All _____ protein is omitted during the first 6-12 weeks of treatment and it's kept to a minimum thereafter.

Chapter 1

3. _____ oriented medical practice directs its efforts to finding the generalized formulas for treating types or classes of people with similar symptoms. Classification of patients into groups or categories is indispensable for finding a treatment. Disease-oriented medicine is a system primarily employing drugs in an attempt to produce effects in the body that will directly oppose and so alleviate the symptoms of disease.
4. _____ centered medical practice develops its healing procedures by seeking out everything that can possibly be done to optimize the health of a given unique individual.
5. Even if the patient has only subclinical symptoms, as manifested by irregular laboratory tests, an effort is made in patient-centered medicine to accomplish three specific physiological responses:
 - A. Harmonize the person's _____.
 - B. Elevate the workings of a suppressed _____.
 - C. _____ the malfunctioning of essential organs.

6. Of the 150 different types of cancerous growths, five major groups are conventionally recognized in oncology (the study and practice of tumor treatment).
- A. _____: form in the epithelial cells that cover the skin, mouth, nose, throat, lung airways, and genitourinary and gastrointestinal tracts or that line glands such as breast or thyroid.
 - B. _____: develop in the bones and soft connective and supportive tissues surrounding organs and tissues, such as cartilage, muscles, tendons, fat, and the other linings of the lungs, abdomen, heart, central nervous system, and blood vessels.
 - C. _____: evolve in the blood and bone marrow. Abnormal white blood cells produced in those tissues travel throughout the bloodstream damaging the spleen and other tissues.
 - D. _____: are lymph gland malignancies composed of abnormal white blood cells congregating in the neck, groin, armpits, spleen, chest center, and around the intestines as solid tumors.
 - E. _____: arise in the antibody-producing plasma cells or blood-cell producing cells of the bone marrow.
7. Cancer cells are essentially _____ and immortal.
8. Some of the carcinogen hits are cancer " _____ " while others are cancer " _____ ".

Chapter 2

9. In the course of his work with tuberculosis patients, Dr. Gerson realized that one of the basic problems of disease was the loss of _____ from tissue cells and the penetration of sodium into the cells (known in medicine as tissue damage syndrome or TDS).
10. While a minimum of sodium is needed by the body for normal function, this inorganic substance is also considered to be an _____ mineral, since it must remain outside of body cells in their fluids. Potassium is the _____ mineral, since it is needed for metabolism within body cells. When the extracellular/intracellular balance is disturbed, health problems start from damage to the cells.

11. Foods are raised in soil containing artificial fertilizers providing only three particular minerals; potassium, nitrogen, and _____. Normal plants require something like fifty-two different chemicals for good health and strong growth. People, too, require these fifty two mineral to be present in foods.
12. _____ enemas open the bile ducts and help the liver to release the body's accumulated poisons.
13. Fever can help to destroy tumor tissue and should not be suppressed unless it goes way out of range, (i.e., above _____ degrees F).
14. Dr. Gerson found that the basic problem underlying all chronic disease is twofold: _____ and _____.
15. When the body truly heals, all of these types of health problems involving overall physiological degeneration disappear, not just a single disease entity. With true healing, one cannot heal _____ - all medical difficulties improve steadily and finally go away permanently.

Chapter 3

16. When active minerals and _____ are restored to the tissues, these nutrients release the excess sodium and toxins that have accumulated during the course of years of faulty nutrition.
17. Metabolism consists of two fundamental phases, _____ and _____. The Gerson Therapy stimulates both so that the body finds its required homeostatic balance.
18. Thyroid hormone signals mitochondria to multiply and increase production of ATP for more _____ energy. Iodides and iodine affect many metabolizing tissues directly in the same way.
19. Coffee enemas dilate bile ducts. This happens because the coffee administered by means of a cleansing enema stimulates an _____ system in the liver known as glutathione S-transferase (GST) that removes a vast variety of free radicals from the bloodstream.

20. During the time coffee is being held in the gut, all the blood in the body passes through the _____ at least 5 times.

Chapter 5

21. Spontaneous regression (or spontaneous remission) means that the cancer gets smaller or disappears completely (and with no new tumors developing) without any _____ treatment.

22. Max Gerson, M.D., has stated repeatedly that cancer regression does not happen spontaneously but that some specific improvement in the patient's _____ causes the cancer to react favorably.

23. Dr. Foster looked at the data on 200 recovered patients who had used various forms of alternative treatment. He discovered that more than half of these recovered chronic disease patients had used some form of nutrition and lifestyle changes. Eighty-eight percent of the patients had incorporated _____ as their daily eating program, and 65 percent swallowed daily amounts of _____, with potassium and iodine being the most frequently taken.

24. Of the recorded (recovered) patients, 175 (87.5 percent) had made major improvements in their diets. What were the top 5 foods avoided by these patients?

A. _____

B. _____

C. _____

D. _____

E. _____

Chapter 6

25. A melanoma ("black tumor") is a _____ mole, the most dangerous of all skin cancers and among the most malignant of all cancers. It can spread to nearly every organ and tissue and lead to death within a year after it recurs in distant sites (metastasizes).

26. Only one type of cell composing all melanomas exist, the malevolent pigment-producing cell called a _____ - but there are a few variants distinguished by their shapes, such as cuboidal or spindle-shaped.
27. Patients that live at least five years after diagnosis are considered “_____” by the American Cancer Society’s oncological scientists. **Note:** If you die in five years and one week after diagnosis you are still statistically cured and included in the cure rate.
28. True or False? It is not possible for a healthy body to produce cancer.
29. Before a cancer establishes itself and becomes evident, a person’s major immunological defenses weaken or disappear. Then one’s immune system fails to work, the enzyme system becomes damaged, the pancreatic _____ stop destroying foreign proteins (tumor tissue), the hormone system gets depleted, and _____ are lacking.

Chapter 7

30. It is urged that any individual recovering from illness, or a healthy individual wanting to stay that way, to use _____% “defensive,” highly nutritious foods.
31. Served in 3 generous meals daily, Dr. Gerson’s diet includes food consumption from 2,600 to 3,200 calories per day (approximately _____-_____ pounds of vegetables and fruits per day).
32. _____ medicine is the use of completely natural remedies without any application of synthetic or other pharmaceutical agents.

Chapter 8

33. True or False? Potatoes are best when baked to ensure most nutritional value.
34. Ice cream is ‘_____’ for children (so bad it should be restricted to holidays!)
35. Salt, bicarbonate of soda (baking soda), smoked fish, and sausage must be avoided completely. Any cooking equipment made of aluminum is absolutely forbidden, as are _____ ovens, pressure cookers, and steam cookers.

36. Which prohibited food displays a toxic inhibition to nutrient absorption? _____
37. Vegetables should be cooked with a minimum of water or soup stock (2 or 3 tbsp) _____ on low heat, just at boiling, until well done.
38. Hippocrates special soup was created as a staple food item for nearly all of his degenerative disease patients. It is extremely important to eat it at both lunch and dinner. This soup helps to cleanse the _____.
39. Tahebo, also known as _____, is a valuable anti-cancer tea and can be taken in any quantity at night.

Chapter 9

40. One of Dr. Gerson's juicing tips was that all parts of the juice machine that come into contact with ground foods should be made of _____.
41. How many ounces of juice should one on the Gerson diet program consume in a 24 hour period? _____
42. Never keep or take along green juices (made from salad greens) for future ingestion because they _____ quickly and lose their value.
43. Juice produced by a masticating juicer is richer in nutrients than that from _____ juicers.
44. Citrus juices should not be used by patients suffering from _____ diseases such as rheumatoid arthritis or lupus erythematosus.

Chapter 10

45. Dr. Gerson wrote that NaCl (salt) excretion increases in tuberculosis, cancer, and other chronic diseases after two to three days on a saltless diet. This increased salt excretion stays at a higher level for up to _____. Sometimes _____ flare-ups in the form of nausea, diarrhea, and nervous disturbances occur.

46. Potassium (chemical symbol K) is a mineral element needed by all plants and animals to live and thrive. Since it is required in the cells, not in the fluids, it is referred to as the _____ mineral.
47. Bananas have an ideal sodium-to-potassium content of 1:440. However, bananas are too high in _____, especially for cancer patients. They may only be eaten in moderation.
48. A compound solution of potassium salts is made from 33 grams (g) each of potassium acetate, monophosphate, and gluconate, diluted in 32 ounces of _____ water. As stated, dosages vary from 1 to 4 teaspoons, representing 3.5 to 14 grams of K per day.
49. The cell must have _____ or it dies. If enough cells die, tissue dies. If too many tissues die, and organ or body part dies. If too many organs die, the person dies. When an excessive amount of water is present in the cell, the production of ATP is inhibited or stops altogether. At the same time, _____ synthesis and lipid (fat) metabolism stops.

Chapter 11

50. _____ solution consists of 5 grams of iodine and 10 grams of potassium per 100 milliliters (mL) of purified water.
51. The thyroid gland adds iodine to the amino acid _____ to create the several thyroid hormones.

Note: Everyone needs a source of iodine. For those without a current thyroid issue, the use of kelp/bladderwrack herbs on a regular, low-dose schedule is recommended.

52. The _____ gland secretes the thyroid-stimulating hormone (TSH) when the thyroid hormone levels in the blood are low. If thyroid hormones levels are decreased and TSH levels are elevated in the blood, this usually indicates defective thyroid hormone synthesis, known as primary _____. **Note:** The pituitary is producing more and more TSH to “tell” the thyroid to produce hormones but, the thyroid is not responding adequately.
53. If TSH levels are low and thyroid hormones levels are also low, an endocrinologist will likely recognize that the patient’s pituitary gland is responsible for the low thyroid function. This is known as, referred to as, _____ hypothyroidism.

54. Niacin (vitamin B3) is involved in the metabolism of lipids (fats), gastrointestinal tract functions, the nervous system, and promotion of healthy skin growth. _____, “no flush”, shows almost no beneficial effect for most degenerative diseases.
55. The vital substance pancreatin contains three specific groups of enzymes for the digestion and absorption of food. What are these 3 groups?
- _____ for absorption of fats and fat-soluble vitamins.
 - _____ for the breakdown of starch molecules into smaller sugars.
 - _____ for the reconstruction of protein molecules into single amino acids.
56. Alpha-linolenic acid is an omega-3 fatty acid that is found in flaxseeds. Never heat this oil or add to hot food - heat will render the flax oil _____ to the body.

Chapter 12

57. Introducing a quart of boiled coffee solution into the colon will accomplish the following physiological benefits:
- It dilutes portal blood and, subsequently, the _____.
 - Theophylline and theobromine, major nutraceutical constituents of coffee, dilate blood vessels and counter _____ of the gut.
 - The palmitates of coffee enhance glutathione S-transferase, which is responsible for the removal of many toxic _____ from blood serum.
 - The fluid of the enema itself stimulates the visceral nervous system, promoting _____ and the transit of diluted toxic bile from the duodenum out the rectum.
 - Because the stimulating enema is retained for up to fifteen minutes, and because all the blood in the body passes through the liver nearly every three minutes, coffee enemas represent a form of _____ of blood across the gut wall.

Chapter 13

58. _____ of the body is one of the most important life-enhancement contributions of the Gerson Therapy.

59. Besides self-administering the coffee enema, another important feature of detoxification is the castor oil procedure. This castor oil procedure does not apply to cancer patients who were previously treated with _____ or other chemotherapy drugs. They should NOT take castor oil.
60. Some patients report that when they release the castor oil enema, it burns the anus. Burning can occur, but castor oil does not burn. Instead it's the release of highly _____ material coming out of the body's tissues that burn.
61. Enema treatments occasionally result in flare-ups like diarrhea or _____.

Chapter 14

62. When the thyroid gland's function is lowered by the consumption of fluorine (or chlorine) in drinking water, iodine is displaced from the gland. This weakens the immune system. Then a person's physiology is beset by 3 types of pathology:
- A. It's unable to produce _____.
 - B. Allergies and _____ result.
 - C. Food fails to be _____ adequately.
63. Goiter (enlarged thyroid gland) exists because of a lack of _____.
64. Flaxseed oil, if not protected from air, light, and heat, will become rancid. An opened bottle must be refrigerated and used within _____.
65. Niacin is absolutely _____ (should not be used) for patients with a history of bleeding, ulcers, gastritis or if currently taking prednisone, other steroids, or Coumadin (blood thinner). Acidol, which is betaine hydrochloride and pepsin, should not be used when ulcers, gastritis, severe nausea, intestinal bleeding, or esophageal problems exist.
66. Brewer's yeast should no longer be used as part of the treatment because of the advent of _____ *albicans* infection. **Note:** poor diet, excess sugar and grains, and antibiotics has led to a recent epidemic of yeast issues in the human body.

Chapter 15

67. All cytotoxic drugs are _____: they will cause future cancer.
68. For a cancer patient who has been chemicalized with toxic drugs, it's advisable to start the juicing regimen with only ____ - ____ ounces of fresh squeezed vegetable or fruit juice. At the beginning of the juicing procedure, because of its strong efficacy, temporarily eliminate the three recommended _____ only juices.

Chapter 17

69. The use of a full, _____ protocol of the Gerson Therapy for noncancerous diseases ordinarily remains inadvisable. While not usually as dangerous as inappropriate application of the therapy to patients with a chemotherapy history, there are still considerable risks to using the intensive protocol in the presence of some illnesses.
70. The term diabetes refers to a set of _____ disorders that cause hyperglycemia, or high blood sugar. There are two main types of diabetes: juvenile (type 1) and adult-onset (type 2).
71. Type 1 diabetes is caused by an insulin _____ or deficiency; Type 2 diabetes is not primarily a result of insulin deficiency, but rather the body's inability to properly _____ the insulin produced.
72. Type 1 diabetic patients, when treated with the Gerson Therapy, often notice a great reduction in their insulin requirements, though many will remain _____ dependent on insulin.
73. Type 2 diabetes is far more easily corrected. Dr. Gerson's diet is able to quickly reverse the clogging problem, allowing cell _____ to use insulin.
74. In cases of MS (multiple sclerosis), with proper nutrition and detoxification, the body is able to clear the damaged myelin sheaths, which insulate the nerves so that they can carry _____ messages to the brain and back.

75. Toxins introduced into the body and not _____ excreted can cause enzyme inhibition. When particular enzymes are blocked or inhibited, certain nutrients are improperly digested and excreted. And that is where disease begins.
76. The older people still have somewhat better _____ and are less damaged by the toxins in the air, water, solid, and daily food and newer drugs. The younger people are getting more and more used to taking drugs for pain, discomfort, sleeplessness, low energy, and worse. This drug taking causes more rapid deterioration.
77. In osteoporosis, patients suffer from _____ of the bones. More often than not, the physician will tell the patient to drink plenty of milk (for calcium). This is a simplistic and incorrect approach to the problem.
78. Calcium has to enter the body in the proper combination, together with active, live _____ that we find in carrot juice, juice from green salad leaves, and a great deal of fresh lettuce.

Chapter 18

79. The body involves but one part of the illness. When the sickness also produces fear, the combination causes a _____ accumulation of more and more toxins in the body and a quickening of physiological deterioration.
80. A _____ is necessary to prevent the patient from deciding that the Gerson treatment program is impossible to face at home on one's own. Toxins passing through the central nervous system evoke strange reactions and out-of-character behavior.

Chapter 20

81. Laboratory testing of blood and _____ are a standard part of follow-up protocols for Gerson Therapy patients employed by all Gerson-trained health professionals.
82. The laboratory test for serum calcium is a measurement of the levels of calcium in the blood (one can be deficient in the tissues and bones with a normal level in the blood). It is absorbed from food provided sufficient _____ is present in the food.

83. Phosphate ion is the dominant cellular anion, which is essential for _____ formation. Abnormally high concentrations lead to bone loss, tooth demineralization and more.
84. Sodium aids the kidneys in regulating body water. An increased level of sodium promotes water _____ (edema).
85. A reciprocal relationship exists between K^+ (potassium) and Na^+ (sodium); the substantial intake of one causes a corresponding _____ in the other.
86. Elevated AST levels in the blood helps diagnose myocardial infarction but also helps in the diagnosis of acute _____ disease.
87. Serum bilirubin is a measurement of _____ pigment which indicates the state of health of the liver and gallbladder.
88. Elevated total serum cholesterol is _____ with an increased risk of atherosclerotic cardiovascular disease. **Note:** Associated does not mean cause. Current research now shows that inflammation and oxidation of cholesterol from low/improper nutrition and/or high toxicity is what damages the veins and arteries.
89. _____ impairment is virtually the only cause of creatinine elevation in the blood.
90. Platelets (thrombocytes) promote _____ by supplying phospholipids to the intrinsic thromboplastin pathway. **Note:** Vitamin K is a fat-soluble vitamin. The "K" is derived from the German word "koagulation." Coagulation refers to the process of blood clot formation and vitamin K is essential for the functioning of several proteins involved in blood clotting.
91. White blood cell (leukocyte) counts are used to detect _____ or inflammation. There are several types of WBCs: neutrophils, lymphocytes, monocytes, eosinophils, and basophils are the most commonly measured.

Chapter 21

92. Cancer of the ovary spreads by a shedding of malignant cells into the abdominal cavity and the peritoneum and then _____ on the surface of the liver, the large intestine, the omentum, the small intestine, the bladder, the diaphragm, or the stomach's attached fatty tissue.

Appendixes

93. One of the most offensive cosmetics is _____. Many of the brands offered contain mercury, which, is severely toxic. **Note:** I am unaware of mercury used in deodorants or antiperspirants. Antiperspirants do use aluminum salts to block the secretion of sweat and aluminum is toxic. Another troubling issue with both deodorants, and antiperspirants are the parabens entering the body so close to the breast. Studies demonstrate that parabens can be found intact in the human breast and in breast tumors.
94. In Japan, it turns out, the doctors have become aware of the reason for the problem with immunizing babies too early and, we are told, they are now forbidden to give vaccination shots to babies before the age of 2 years. As a result, there is no more _____ in Japan.

Note: In 1975, Japan eliminated all vaccines for children under 2 and when that happened the infant mortality rate plummeted to be the lowest in the world. In 1995, Japan started allowing infant vaccines, though on a very limited scale. Japan, with their very non-aggressive early vaccination schedule fell behind from the lowest mortality rate in the world to a still impressive 3rd place. In the U.S., the CDC recommends 26 vaccine doses by the time the child is 1 year old. Babies in the United States also have an infant mortality rate that ranks 34th in the world. Sudden infant death syndrome (SIDS) is the leading cause of death among infants between 1 month and 1 year of age in the developed world. In the United States, SIDS accounts for 22% of all postneonatal deaths.

95. It is important that seriously ill patients not have their mercury fillings removed immediately. No matter how well the removal is done, some mercury vapor is released and temporary mercury _____ is inevitable.

_____ END OF TEST QUESTIONS