This is a new and updated book about the theory and practice of Gerson Therapy, written by the daughter of Dr Max Gerson MD (1881-1959). It is a comprehensive, well written and clear account of the approach to healing developed by Dr Gerson which has since been, and continues to be, applied internationally by many people with chronic health problems including cancer.

After some personal insights into the healing of his own migraine headaches, Dr Gerson researched and developed an approach to health, based on the principle that much modern illness is due in large part to toxicity and deficiency. His approach is well known for its use of fresh juices and coffee enemas.

The book itself is comprehensive and clearly presented, offering a detailed account of the theory and methods of this therapy, ideas about why modern society is suffering so much chronic disease including obesity, diabetes, cardiovascular disease and cancer, and also examples of dietary recipes and patient case histories. It is a faithful description of an insightful Physician's perception of the cause and solution of many health problems.

For me, this review is difficult to write because, on the one hand, I acknowledge many truths in this writing. I absolutely agree that much of the chronic degenerative disease we are seeing today is in large part due to a combination of environmental factors, lifestyle, lack of exercise, stress and poor nutrition, in conjunction with genetic predisposition. I also agree that many of these principles can be very helpful in preventing disease, attention should also be given in more detail to treatment principles, particularly for cancer, which can be quite different. There is also no mention of molecular biology and the genetic underpinnings of cancer.

It's a good, faithful and readable book and I personally know people who have benefited from Gerson therapy. I just don't think this information needs to remain shrouded as a healing philosophy, which must be adhered to religiously when there is already good science out there for most of it. I have seen no good explanation why people should not adopt other treatment strategies simultaneously to some of the dietary principles recommended by this system. I do this in my own practice, particular in the case of cancer. I feel strongly that people with cancer should have access to information about all treatment options which may be in their best interest. And there's a lot of good material out there these days, including Gerson therapy.

About the Reviewer
Dr Nicola Hembry BSc MB BS is a committee member of the BSEM (British Society for Ecological Medicine), member of the American Academy of Anti-Aging Medicine, Medical Advisor to the Integrated Health Trust and Co-Director of Integrated Health Screening Ltd with Dr Damien Downing. She has been in private practice since 2000 and at Litfield House Medical Centre since 2004 where the focus is particularly on disease prevention and health improvement by nutritional and lifestyle means, specialised diagnostics, complementary health screening and low toxicity treatment interventions. Dr Hembry may be contacted on Tel: 0117-969 2814; Fax: 0117-973 3303; info@drhembry.com; www.drhembry.com

Further Information
Available from the Gerson Support Group PO Box 406, Esher Surrey KT10 9UL for £18 inc P&P, UK.
Copyright of Positive Health is the property of Positive Health Publications, Ltd. and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.