

In this series:

The Little Enema Book

(Everything you need to know about enemas for those beginning the Gerson Therapy)

The Little Water Distiller Book

(Information on distillers for those beginning the Gerson Therapy)

The Little Juicing Book

(All about juicers for those beginning the Gerson Therapy)



Registered Charity Number 1063646

Compiled by Rysia Ziendalski for the Gerson Support Group

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The Little Juicing Book

For those
on the

GersonTM Therapy

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This booklet has been prepared for anyone embarking on the Gerson[®] Therapy, to help with cancer and other degenerative diseases. It should prove helpful to those who wish to follow the principles of the Gerson diet, as the basis of a healthy lifestyle that helps to prevent cancer and other chronic degenerative diseases.

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Acknowledgements

Many thanks to John Davidson of the Wholistic Research Company for allowing me to use much of his material on the Champion and Green Power Juicers.

Some excerpts concerning carrots, apples and lettuces were taken from the book "Whole Foods Companion - A Guide for Adventurous Cooks, Curious Shoppers and Lovers of Natural Foods" by Dianne Onstad.

Thanks to Beata Bishop, Charlotte Gerson, Lesley Pearce, Janet Pottinger and Rob for their valuable input.

I hope the new Gerson patient will find within these pages all the information they require to help them choose a juicer for the therapy.

The Gerson™ Therapy

The basic idea of the Gerson Therapy is to stimulate the body's own defences, the immune system, to do what it normally does in a healthy body, namely to destroy and eliminate the cancer cells which we all produce. However, a debilitated immune system is unable to do this. The Gerson Therapy aims to remedy this by supplying the body with optimum nutrition consisting of an over-abundance of **fresh, organic fruits and vegetables in the form of juices, salads, and cooked foods**, rich in enzymes and vitamins. The diet is supplemented with various digestive enzymes, vitamins and other natural substances, as well as up to five coffee enemas a day to aid detoxification.

Apart from **three square meals a day**, the intensive therapy also supplies **13 fresh, organic juices a day**. These consist of **8 carrot and apple juices, 4 green juices and 1 orange juice***, daily. (See pages 36/37 for an *Hourly Schedule*, and pages 38/39 for a *Daily Wall Chart*.)

For the less intensive, or modified, therapy (which should NOT be used in the treatment of cancer, but only for NON-MALIGNANT diseases), 1 orange juice* plus 6 - 8, 8 fl oz glasses of juice daily may be made, using a combination of carrots, apples and green leaves, instead of making carrot and apple juice and green juice separately. Juices should be made as often as possible between breakfast, lunch and dinner.

The Gerson Therapy is NOT a fasting diet, using only juices. As much permitted organic food as possible should be consumed daily, together with the 13 juices.

*Grapefruit juice may be substituted for orange juice in order to avoid too much acidity. Arthritic patients should avoid citrus juices.

*In order to boost the therapeutic effect,
drink the juices with consciousness;
feel the healing power entering the body;
love the juices, the food, the coffee, the supplements
and medications.*

*Your mental attitude has a direct influence
on the various body systems.*

Why Organic Food?

Only organic produce should be used

Dr Gerson referred to the soil in which produce is grown as our "external metabolism". He recognized, early on, the folly of depleting soil through commercial farming techniques, then adding back individual nutrients to the soil, and the deleterious effects of pesticides on the ecosystem of the soil.

Since the end of the last war, more and more chemical pesticides and fertilisers have been used. Our food is heavily sprayed with insecticides, herbicides and fungicides. Cereal crops, for instance, are doused around five to eight times during the growing season. For some fruit and vegetable crops, 10 - 15 sprayings are normal. After harvesting they're doused again with several chemicals to protect them from storage diseases. Such heavy spraying of pesticides and the large amount of chemical fertilizers used on plants, finally kill off the natural bacteria and supporting life surrounding the plant. This leaves the plants wide open to attack from unwelcome pests. More insecticides and fungicides then have to be used in ever increasing amounts in order to combat these pests. After a while, they become immune to the pesticide being used and their numbers increase dramatically. At this point, new and often more powerful insecticides are used.

"Only a plant really knows what another plant wants"

Today, the poor quality of conventionally-farmed topsoil yields nutrient-poor deficient food. Organically grown produce is critical to healing. Many important minerals, trace elements, enzymes and useful micro-organisms are absent in commercially-grown produce, and even minimal pesticide residues become a major factor when concentrated in such large quantities of food taken as vegetable and fruit juice.

The Gerson Therapy requires the consumption of pure food and pure water, in order for the body to detoxify and rebuild itself right down to the smallest cell. Only organic food contains the fullest complement of naturally occurring elements needed by the body.

"Everything that has lived can live again in another plant"

Why Juice?

Why not simply eat the whole fruit or vegetable?

It is impossible to eat in solid form the large amount of apples, carrots and greens needed to be consumed daily.

Many fruits and vegetables are about 90% water and nutrients in solution, the remaining 10% being solids - fibrous and cell-wall materials. Within the gaps of these fibres are atoms and molecules in solution which are the essential nutritional elements needed by the human body. In order to extract this fluid and these nutrients, it is essential to first break up all the cell walls completely to allow all the water and nutrients to separate themselves from the solids.

It is these atoms and molecules and their respective enzymes in the fresh, raw juices which aid the speedy nourishment of the cells that constitute the tissues, glands, organs and all other parts of the body. When we extract and drink the juices of vegetables and fruit, these are very quickly digested and assimilated by the body. Solid food, on the other hand, has to be digested over many hours before the nourishment becomes available to the cells and tissues of the body. Fruit and vegetable juices, however, only take a matter of minutes to be digested, with minimum effort and exertion on the part of the digestive tract.

Juices consist of living matter with active ferments, fast neutralizing oxidizing enzymes, which are very necessary for the sick body. The body needs a continuous supply of active oxidizing enzymes supplied at regular intervals throughout the day. These cannot be kept active except by drinking freshly pressed juices, given at hourly intervals.

Juices aren't concentrated food, they are a very liquid food, mostly organic water of the finest quality with the nourishing atoms and molecules in comparatively microscopic volume. It is these nourishing atoms and molecules of which the cells and tissues of the body are starved!

Juices should be drunk immediately, especially the green juice, as the enzymes begin to deteriorate rapidly within 20 minutes. The oxidation enzymes of these juices, once pressed out of the cells and activated, are easily destroyed by oxygen from the air as well as from changes in light and temperature. They may lose 60% of their active oxidation power within half an hour.

. . . Carrots

From the Latin 'carota' and the Greek 'karoton' - meaning to burn (a reference to the colour), carrots are a very valuable vegetable. Carrots and their juice are one of the best detoxifiers when consumed in quantity. They are alkalizing, cleansing, nourishing, and stimulating to almost every system in the body. Carrots deliver abundant supplies of readily assimilable vitamins, minerals, and enzymes to cells, giving them the fuel they require to slough off morbid wastes and rebuild healthy cells. These enzymes help the body to absorb and assimilate the vitamins and minerals. Carrots are one of the best foods for the liver and digestive tract, they help kidney function, help prevent and treat cancer, balance the endocrine and adrenal systems, depress blood cholesterol, and increase bulk elimination from the colon. Quality carrots are very rich in the antioxidant beta-carotene, the precursor to vitamin A (that makes them so beneficial for the eyes and vision). They contain large amounts of silicon, which strengthens the connective tissues and aids calcium metabolism; also, they contain an essential oil that kills parasites and unhealthy intestinal bacteria. Potassium salts in carrots account for the diuretic action, while at the same time carrot soup makes an effective remedy for diarrhea and is easily digestible for those suffering from stomach and intestinal problems. Finally, they are high in all but two of the amino acids - in other words, they contain much protein.

Some babies who are allergic to all types of milk, including soya, have been nourished from the earliest age on NOTHING BUT carrot juice and have grown up perfectly normally. Carrot juice, therefore, is rich enough to build a whole, healthy body, being adequate in protein and calcium.

. . . Apples

Apples are named from the province of Italy called Abela, where the modern apple is thought to have first appeared. The health benefits of apples are many. They are naturally antitoxic and can modify the intestinal environment by reactivating the beneficial bacteria that normally flourish there. They are a highly digestible alkaline food, having a high water content (around 85%), which quenches both immediate and cellular level thirst. Apples are fibrous, juicy and non-sticky, and help to clean the teeth and exercise the gums when eaten raw. They contain both malic and tartaric acids, which help to remove impurities in the liver and inhibit the growth of ferments and disease-producing bacteria in the digestive tract. They also contain pectin, a gel-forming fibre which

supplies galacturonic acid to prevent the putrefaction of protein. Pectin content also helps make apples an excellent intestinal broom, working as a bulking agent to gently push through the digestive tract and cleanse it along the way. This effect is particularly noticeable when impactions are present. Pectins are also powerful in protecting against the toxic effects of certain chemicals in the diet, such as cyclamates. Studies indicate that eating apples daily will help reduce skin diseases, arthritis and various lung and asthma problems; European research shows that apple pectin binds with radioactive residues and removes them from the body, along with lead, mercury and other toxic heavy metals. Although the apple itself is not particularly high in iron, it contains an element that improves the assimilation of iron in companion foods.

Which apples are best for the Gerson Therapy?

As **eating** apples, all types are fine. If you prefer one kind of apple, perhaps a sweet one, over a tart one, it's better to eat the sweet ones because you'll eat more. Some apples bake better than others, and these are better for cooking. The only time the type of apple is important is when **juicing**, since juicing uses such large quantities of apples. It is not good for a cancer patient to get too much sugar, especially in juice form. This sugar passes into the blood stream quickly, and can raise the blood sugar level enough to feed tumours. Therefore, the best apples for juicing are the less sweet ones such as Bramleys, Granny Smiths or Pippins. However, Golden Delicious and Red Delicious apples are the only apples that should be avoided for juicing, *if at all possible*, as these are too sweet. Should you have to use sweet apples, add a squeeze of lemon juice to overcome the sweetness, and use fewer apples.

Around the middle of August, the new crop apples may not be quite ripe. If we eat these we can get gas and stomach upsets. In which case, it may be best to mix the apples in the juices, some old and sweet and some new slightly unripe and tart.

Beware invisible toxicants

Mouldy or damaged apples may contain a mycotoxin (toxicant from mould growth) called *patulin* - particularly in and around bruised and damaged parts of the fruit. If you're using apples to make, for example, apple sauce or apple juice, don't be tempted to use damaged apples. Even though they might not seem to spoil the quality of the finished product, they may contain patulin. The Ministry of Agriculture, Fisheries and Food (MAFF) has recently advised manufacturers to make sure they don't use mouldy apples. It's important that you don't either.

Apple miscellany

- Apples should be stored at a temperature of around 6-8°C in boxes with space around for air to circulate. Check regularly for damaged or mouldy ones.
- Raw apple juice cleans the teeth, and the apple flesh is firm enough to push back the gums and rid them of food deposits.
- The stomach can digest a ripe apple in 85 minutes; the fruit sugars pass quickly into the bloodstream to provide energy for the body.
- There are certain chemical compounds found in foods like apples and onions which may be as important in the fight against heart disease as the much-trumpeted antioxidants.

... Lettuce

Lettuce is derived from the Latin word *lac*, meaning milk, which refers to the plant's white milky, soporific juice. This contains a natural morphine-like substance which is a powerful relaxant, so do juice the lettuce stalks too. Lettuce is among humankind's most valuable healing foods because of its large organic water content (from 90-95%). Nearly all the necessary vitamins are found in lettuce, with the outer leaves being the most valuable. Lettuce contains the most silicon of common vegetables, a nutrient that helps renew joints, bones, arteries and all connective tissues. The best lettuces to use are Cos lettuce, Green or Red Batavias, as these contain the most chlorophyll. ***Iceberg lettuce shouldn't be used as it is very pale with hardly any chlorophyll.***

... Watercress

Make sure that the watercress is washed very well before juicing or eating. There is a slight possibility that watercress can hide the *cercaria* stage of the fluke parasite. Store watercress in bunches in the refrigerator with its leaves, rather than its stems, in water to prevent wilting. As watercress goes off rather quickly, landcress can be used in its place as it lasts longer. This useful plant can be grown in ordinary garden soil.

... Oranges/Grapefruits

When juicing oranges or grapefruits for the Gerson Therapy, the skin should never be pressed as this will release harmful fatty acids and aromatic substances contained in its surface. Therefore, a citrus press should never be used (where a lever mechanism is used to squeeze the whole fruit). The orange or grapefruit should either be pressed by hand, using an orange squeezer, or with an electric juicer, such as the Braun.

*Can I Juice ...**... Beetroot?*

No, beetroot contains too much sugar. However, 2 - 3 small inner leaves of beetroot TOPS can be used (when available).

... Celery?

No, celery contains too much sodium. However, a little chopped celery can be used in salads, and, of course, in Hippocrates soup, if celeriac is unavailable.

... Spinach?

No, spinach contains too much oxalic acid. Use 2 - 3 small inner leaves of Swiss chard (when available).

... Alfalfa Sprouts?

NO! It's definitely not recommended, neither are any other sprouting seeds. The reason is that alfalfa seeds and sprouts are very rich in an amino acid called *L-canavanine*, which can be very toxic to humans, as well as to animals, when taken in quantity. *L-canavanine* is a non-protein amino acid, non-essential to human nutrition, which constitutes 1.5% of the dry weight of alfalfa seeds and sprouts. It is not found in quantity in mature alfalfa, apparently being metabolized during the growth of the plant.

It was noted at the Gerson hospital many years ago, that flare-ups of rheumatoid (auto-immune) conditions coincided with the eating of large amounts of alfalfa sprouts. It was also suspected that excessive use of these sprouts may have produced failures in cancer treatment for some patients. There were many instances of patients who were doing well on the Gerson Therapy and who began eating large amounts of alfalfa sprouts, which were permitted at that time. However, this proved to have a detrimental effect.

There is no question now that alfalfa seeds and immature alfalfa contain *L-canavanine* and that ingestion of sufficiently large amounts will create toxic reactions in susceptible persons, particularly those with rheumatoid arthritis, systemic lupus erythematosus (SLE) or any other inflammatory condition.

Carrot and Apple Juice

6 - 8 oz carrots
 6 - 8 oz apples

This provides 8 fluid oz of juice

Amounts of carrots and apples required on the intensive Therapy for a week are:

Carrots

Minimum of 40 lbs per week for juicing. Extra carrots for salads and cooking. Sacks of carrots are usually 22 lb or 28 lb in weight.

Apples

Minimum 32 lbs per week for juicing. Sour apples such as Bramleys, Pippins or Granny Smiths are best. Discovery are also good. You will also need apples for baked apple, apple sauce and possibly vegetable casseroles.

Carrot Only Juice

12 oz - 1 lb carrots

This provides 8 fluid oz of juice

NOTE: Carrots are usually in good supply all year. Apples are plentiful and cheaper during August - January. After that they get scarcer and more expensive. Sometimes in July there are no organic apples.

Green Juice

8 oz apple
 8 oz mixed green leaves

This provides 8 fluid oz of juice

Greens for Green Juice

mostly lettuce (preferably Cos)
 2 - 3 small inner leaves of Swiss chard (when available)
 2 - 3 small inner leaves of beetroot TOPS* (when available)
 endive (escarole, chicory)
 no more than 6 leaves of watercress* (wash well)
 A quarter of a small/medium green pepper (not a large one)
 1 - 2 leaves of red cabbage
 1 medium apple

Each juice needs an 8 oz mix of the above, but you don't need to put them all in, except the lettuce, which is the main ingredient. THIS JUICE MUST BE DRUNK IMMEDIATELY IT IS MADE, otherwise the valuable live enzymes will be destroyed.

How much of each you'll want to order depends on the size of the lettuce and its weight, also whether chard or beetroot tops are available. You'll also need to buy whatever greens you require for salads, etc.

Suggested Quantities Per Week

	Jul - Dec	Jan - Jun
Lettuce (Cos, escarole, batavia)	14 - 20 heads	28 - 34 heads
Swiss chard	2 bunches	Not always avble.
Beetroot tops	2 bunches	Not always avble.
Green Pepper	8	8
Watercress	2 bunches	2 bunches
Red cabbage	2 lbs	2 lbs

*See Can I Juice? on page 11

Types of Juicer

Dr Gerson was very specific about the type of juicer required by patients on the Gerson Therapy. He found, and it was later confirmed, that a centrifugal juicer was not acceptable. The best type of juicer should have a separate grinder and a press to accomplish the best extraction.

There are various types of juicers on the market. Most of the cheaper ones are centrifugal juicers. More expensive are nose cone press juicers, such as the Champion Juicer, and the most expensive is the Norwalk Juicer which has an integrated hydraulic press. Dr Gerson felt that by grinding the material first, then mixing it all together, the acid of the apples helped the ground carrots release many of their minerals. This does not happen in a one-process grinder/juicer, such as the Green Power Juicer. It is for that reason that the Champion and the Norwalk Juicers are preferred.

Centrifugal Juicer

(Not suitable for the intensive Gerson Therapy)

Centrifugal Juicers use a grater to more or less break up the plant fibres and cell walls and then spin out the juice by centrifugal action, forcing the pulp against a high speed revolving basket, thrusting the juice through the holes in the basket. This is the least expensive method and hence most domestic juicers follow this design. However, these juicers are not suitable for the intensive Gerson Therapy for the following reasons:

- There is insufficient access to air in the grinding process. When the grinding wheel rotates against a resistance with insufficient access of air, positive electricity is produced and this induces negative electricity on the surrounding wall. The exchange of positive and negative electricity kills oxidizing enzymes and renders the juice deficient.
- The fruit or vegetable is merely grated. At no time is it rubbed or chewed, so the fibres and cell walls are not adequately broken up to allow the extraction of top quality juice.
- The pulp usually remains very moist, sometimes so moist that considerably more juice can be squeezed out even by hand pressure. The juice itself is pale, watery, low in nutrient value and often quite insipid in flavour.
- Juice from which the pulp has not been removed is harder to digest

than raw foods because it has not been masticated and mixed with saliva so that the digestive process can begin.

- This type of juicer is usually equipped with a tiny, inexpensive high speed motor that would break down completely under a true pulping or mastication process. Using this type of juicer for the intensive Gerson Therapy would wear out the motor in no time.
- Separate, continuous removal of the pulp is not always possible. It is usually necessary to stop the machine at regular intervals, remove the pulp and start again - a tedious process, to say the least, especially if you are on the full Gerson Therapy with 13 hourly juices a day!

Nose Cone Pressure (Masticating) Juicers...

... Champion Juicer*

(This is the juicer used by most Gerson patients)

The Champion Juicer breaks up the fruit or vegetable material with a cutter or masticator and then rams the resulting pulp into a nose cone with a narrow opening. A high pressure builds up in the cone and the juice is forced out through a stainless steel grid, while the pulp finds its way out through the opening. This is far more efficient than centrifugal action. The power required to efficiently masticate the fruit or vegetables and to build up sufficient pressure in the cone is considerable. **However, for the purposes of the Gerson Therapy, the Champion is not used as a juicer, but only as a grinder.** A press is also needed (see below). This is because the pulp from the Champion Juicer is still moist, and by putting it through a press a further 15% - 20% of juice can be extracted. Not only that, it is best to put both the pulp and the juice already retrieved from the Champion Juicer through the press. This is because when the juice is put into a fine cloth and pressed, the strained juice is much more clear and pure and will be free of cell-wall solids. This is much more easily digested by the gut. The Champion Juicer produces about 25% more juice than a centrifugal juicer, while the use of a press can produce a further 25%. According to which fruits and vegetables are being processed, the Champion can extract up to 300% more cell nutrients than a centrifugal juicer, and if the press is then used, up to a further 300% more cell nutrients can be extracted. This is an important consideration in view of the cost of organic produce.

*See picture page 34

... Green Power Juicer*

The Green Power Juicer has a helical (spiral) twin gear crusher, which breaks up the cellular structure of fruit and vegetables, compressing the pulp and releasing the vital nutrient-rich juice. The resulting pulp is forced into a narrowing nose-cone with an adjustable pulp outlet screw to adjust the internal pressure of the pulp. The slow speed of 160rpm ensures that the fruit or vegetables remain cool and are subject to minimum oxidation. A high proportion of enzymes and nutrients are retained in their natural condition.

So far, so good. However, it is recommended that you read the tests done by the Wholistic Research Company on the Champion and Green Power Juicers (page 18). There are 'for's and against's' using these machines. The bottom line is that, for someone on the full Gerson Therapy, juicing 13 times a day, the Green Power Juicer takes up more time both in juicing and cleaning, and a press is still required when using it.

Health Stream Juice Press

For the Gerson Therapy, the above juicers would need to be used in combination with a Health Stream Juice Press. First, the Champion Juicer with its high powered cutter is used to reduce the carrots to a fine pulp in a few seconds. This is then placed in a juice cloth, inside a stainless steel pan. A beechwood pressing block is placed on top and the pan and contents placed on the pressing platform. The platform is raised and a pressure of four tons is produced between the pressing platform and the top of the press casing. The pulp is pressed flat and the juice, finely strained through the cloth, runs out of a spout in the stainless steel pan. The pulp is reduced to something resembling a piece of cardboard, with almost all the juice being pressed out. (For full operating instructions, see pages 21 - 24)

This manual press, although hydraulic, has to be 'pumped' by hand, rather akin to jacking up a car, which could be difficult for some people, especially those with breast cancer. This is perhaps where the Norwalk scores with its built-in hydraulic press.

*See picture page 35

Norwalk Juicer* (with built-in hydraulic press)

(Excellent for use with the Gerson Therapy, but very expensive. These machines are used at the Gerson clinic in Mexico.)

This is the original Norwalk machine first made by Dr Norman W Walker. The Norwalk uses a helical (spiral) cutting-grinding system. All parts that contact food are solid stainless steel. The pulp is triturated (ground to a paste) and dropped straight into a reusable juicer bag or cloth, and this is then put in the tray of the built-in hydraulic press. Two bags or cloths can be used at a time. The tremendous pressure exerted by the press gently and completely extracts the natural fruit sugars, vitamins, trace minerals, enzymes and other vital elements. This imparts to the juice an extremely fine quality and flavour. The Norwalk method allows very little oxygen to get into the juice. The fibres of the vegetables and fruit are removed and only the pure juice is extracted. In fact, the juice is so pure that it could be used in a baby's bottle without any clogging of the teat taking place.

The Norwalk's extremely efficient grinding action plus the tremendous pressure exerted by the hydraulic press gently and completely extracts one third to one half more juice, and preserves far more nutrients than other machines. The pulp is dry and tasteless, like sawdust. You can't use it for anything but compost. Horses and rabbits, who love carrots, will not eat it. Not even goats. All of the nutrients are in the juice. If you want to use the pulp for cooking, use it before it has been pressed. Then you will have all of the moisture, flavour and nutrients in the dishes you prepare.

Cleaning the Norwalk is easy and only takes a few minutes. It can be quickly dismantled and reassembled.

The Norwalk is powered by a heavy duty ½ horsepower motor made by General Electric, specially modified to use 50/60 cycles, 100/240 volt electricity so they can operate on local power worldwide.

(See pages 32/33 for nutritional tables of fruit and vegetables juiced using a Norwalk Juicer.)

*See picture page 36

The Champion Juicer

VS

The Green Power Juicer

by John Davidson, Wholistic Research Company

We have carried out a number of definitive, measured tests of the Green Power juicer, comparing its ability to extract juice with that of the Champion. We juiced measured quantities of carrots, apples, tomatoes, celery, Chinese leaf, alfalfa (lucerne) sprouts, parsley, oranges, grapefruit, lemons, melons and grapes, and compared the quantities of original produce, juice and residual pulp. We put the pulp through twice in all instances since this can significantly increase the quantity of juice extracted by both juicers. From these trials, it is clear that - in the majority of instances - the Green Power and the Champion are very similar in performance.

With both pulpy produce, such as carrots and apples, as well as very juicy fruits like melons and grapes or leafy vegetables like Chinese leaf, a high percentage is converted into juice by both the Champion and the Green Power, with little significant difference between them. The Green Power, for instance, did marginally better with carrots, celery, grapes and apples, but the Champion was better at tomatoes, grapefruit, oranges, lemons, melons and Chinese leaf. Bearing in mind the kitchen conditions of our trials, our margin for error must make it dubious whether either juicer is really more efficient than the other. However, the Green Power probably has a genuine edge over the Champion in some instances, while the Champion is better in others.

Only when juicing wheatgrass and other fibrous herbs is the Green Power clearly superior.

We also pressed the residual pulp from both juicers, achieving similar increases in juice extracted in both cases. Despite the small amount of pulp remaining after juicing many fruits and vegetables, it has been shown by other trials that pressing this pulp results in a significant increase in the quantity of minerals and nutrients extracted. The performance of both the Champion and the Green Power will therefore benefit significantly from the pressing of their pulp.

It became clear during our trials that the sharp-toothed cutter of the Champion is a better macerater than the helical twin-gear crusher of the Green Power. When juicing melons, for instance, the thin slippery seeds

were finely broken up by the Champion cutter but passed largely unscathed through the twin-gears of the Green Power. Further, the Green Power appears to give a drier pulp because the pulp is compressed to a particular limited thickness after which no further pressure is applied (unlike the Health Stream Press which attempts to press the pulp to its absolute minimum thickness, generating a far greater overall pressure of 4 tons).

As commented above, one of the reasons for pressing is that a truly macerated pulp releases considerably more of its minerals and nutrients during the pressing process than in the nose-cone pressuring system of the Champion or the Green Power. This raises the question of whether the juice from the Green Power plus Health Stream Press contains as much nutrient as that from the Champion plus Health Stream Press. Unfortunately, without the very expensive help of a laboratory, we have been unable to ascertain this, but they are probably very similar.

The slower speed of the Green Power generates less warmth than the Champion. This is an advantage, but it is only really significant when juicing considerable quantities of hard vegetables such as carrots, or stringy ones like celery, parsley and wheatgrass. This can also be largely overcome by keeping the vegetables in the refrigerator prior to juicing.

It is clear that a great deal of thought has gone into the design of the Green Power and, compared to the Champion, it is a complex machine. This is reflected in the time it takes to operate. In timing trials, the Green Power characteristically took two to three times as long as the Champion to juice the same quantity of fruit or vegetables. It also took at least two or three times as long to clean and reassemble. In fact, the Green Power has so many corners and grooves in which the pulp can get lodged that the manufacturers provide a special brush with several shapes and sizes of bristle tufts.

The Green Power is also half as big again as the Champion. Further, it can be more difficult to persuade the fruit or vegetable to go down the spout which, being narrower, requires more pre-preparation of the fruit or vegetables. For instance, carrots that would feed straight into a Champion require quartering before they will go into a Green Power, while apples that need only quartering to go into the Champion, need to be cut into eighths before they will feed into the Green Power.

In short, bearing in mind that the Green Power costs considerably more than the Champion, it seems that the Green Power will be a juicer for those who want to juice wheatgrass and herbs in addition to the normal

range of fruit and vegetables. They must also be prepared to dedicate more time to making their juice. But if they want the absolute maximum mineral and nutrient content from their fruit and vegetables, then the use of a Health Stream Press is still required whether the Champion or the Green Power is used.

It is possible that the Green Power, because of its novel design, complex juicing process, good looks, high price and large dimensions will become a 'cult juicer'. But those may not really be the right reasons for choosing a juicer!

For Gerson and other similar cancer therapies, the use of a press on the apple and carrot mixture, as well as other fruits and vegetables, is still required to achieve the same level of nutrient extraction. The Green Power simply provides an alternative pulper to the Champion that can also do wheatgrass and similar produce.

See page 30 for trial results summary.

How To Use The Health Stream Manual Juice Press

by John Davidson, Wholistic Research Company

Having produced a bowl of pulp using the Champion or the Green Power Juicer, proceed as follows:

1. Place the special juicing cloth over the stainless steel pressing pan with the neoprene bung blocking the spout from the outside.
2. Spoon a good mound of pulp onto the juicing cloth. The mound should be a little towards the back of the pan and centrally positioned.
3. Fold over the juicing cloth.
4. Place the wooden block on top, positioned towards the back of the pan.
5. Place the pan etc. on the octagonal plate, ensuring that it is central and secure. It is helpful to place a thin piece of wood, the same size as the pan, on top of the octagonal plate, so that the plate doesn't push through the pan.
6. Ensure that the press is 'on' by turning the key in the base fully clockwise, using the slot in one end of the handle.
7. Position a suitable jug underneath the spout on the pan. Assemble the two parts of the jack press handle; put the handle in the jack hole and jack the plate, pan and its contents up against the roof of the pressing container, making any adjustments to the position of the pan as required. The block should be positioned against the rear of the pan and should be central to the roof of the pressing container. Since the pan is longer than the block, the front of the pan will project forward from the front of the press. The space at the front of the block permits the juice to collect there. The bevelled edges of the block permit the juice to escape more easily around the sides. Once the pan is in position and you are about to apply pressure, remove the neoprene bung.
8. Raise the pressure slowly, permitting the juice time to come out through the spout. Continue pressing until no more pressure can be

exerted and the handle seems to 'bounce'. This is the effect of an automatic release valve inside the jack which comes into operation when the pressure reaches four tons.

9. Allow the juice time to drain out. The press has bigger feet at the rear than at the front, giving a forward slope to help the exit of the juice. You can assist the process by holding onto the juice jug with one hand while holding the top handle of the press in the other and CAREFULLY tilting the entire press forward. The press is heavy, so be careful. Don't tilt it too much.
10. To release pressure, turn the key in the base of the jack anti-clockwise by about half a turn or so. Push down on the block. Do not turn the key by more than one full turn or the hydraulic oil may come out. Half a turn is usually sufficient.
11. Note that the height of the octagonal plate can be adjusted, prior to jacking up, by rotating the octagonal plate.

Care of the Wooden Press Block

1. To clean it, wipe the block with a cloth. Never immerse the block in water.
2. Never dry or store the block on any heat source or in an ultra-dry or hot place.
3. For Gerson patients, protecting the wooden block with plastic is not recommended, neither is oiling the block with either olive or flax oils.

Remember that wood is a natural material and responds to moisture, air-humidity and temperature. It should therefore be protected from sudden extremes which may cause mild warping or splitting. Note, however, that the block is likely to have a finite lifetime and may need replacing from time to time.

Initial Stiffness In the Release Mechanism

In the current model, an upgraded, high performance, 4 ton hydraulic jack is being used. This gives excellent performance and a long lifetime. (Under the kind of pressures and usage required for juicing, cheap or low-tonnage jacks burst valves, leak oil and cause other problems). The

mechanism may be a little stiff on the first few occasions of use. To release pressure the key may be rotated by up to one full turn, though half a turn is usually sufficient. The key may also be tight on the first few occasions.

When the key is turned, you will see the pressure being released, but to make the ram come down you need to place one hand on each side of the wooden block and lean down heavily on it. This initial stiffness gets easier after the first few uses and is also easier under warm conditions.

If Your Health Stream Press Arrives By Carrier . . .

If your Health Stream Press arrives by post or carrier, you may need to watch out for the following:

1. It is likely to have spent some of its time on its side or even upside down. This temporarily relocates the hydraulic oil in the ram such that the unit may appear to have no pressing capability. i.e. nothing happens when you work the handle. In this case, check that the key is fully tightened in a clockwise direction and then allow the press to stand upright for a few hours. On the first few lifts the action may still not be smooth, while the hydraulic oil gets itself into the correct position. Once the oil has sorted itself out, there should be no further difficulty.
2. The relocation of the oil can be expedited by levering the plate up as far as possible *without letting it come into contact with the top of the press casing*. Then release the screw by one turn and push down on the octagonal plate. Repeat the process two or three times.
3. During winter months, especially, the unit is likely to have been left under cold or even freezing conditions. This greatly stiffens the action until the oil has warmed up to room temperature (this can take several hours) and you may need to lean heavily on the wooden block to make it go down after releasing the screw by one turn.

A Few Tips

1. The neoprene bung fits either inside the pan - into the outlet from the pan - or you can fit it up the spout from the outside whichever you find more convenient.
2. The slot in the end of the handle turns the pressure-release key in the press base.

3. When spooning the pulp into the pan, it works better if the pulp is kept as a mound towards the centre and slightly towards the back of the pan. Then, when pressure is brought to bear, it spreads out towards the side. Also - fold the juice cloth neatly over the pulp so that it cannot escape from beneath the block. A little practice will make perfect!
4. Don't try to press too fast - the juice may squirt out or overflow the pan. Keep an eye on the juice level and adjust your pressing accordingly. The pulp should not escape from beneath the block. This gives space down the sides for the juice to run out, and in any case pulp not held beneath the block will be inadequately pressed.
5. If you use fruits and vegetables which are dryish or flaccid, you may find that the Champion will heat up due to the additional work required, or to the friction of masticating the fibrous and dry material. The pulp will also tend to back up more in the body. This will not harm the Champion, but it is better to use fruits and vegetables in their best condition. The more fluids are in them, the more nutrients can be extracted. Organic carrots, especially in summer, are the commonest flaccid vegetables. Floppy lettuces are also more difficult to juice. Mixing such vegetables with apples helps and prevents too much warming of the juice.

Servicing Your Machine

The Champion Juicer

Many Champion Juicers are used year after year without the user giving any thought to maintenance. In most instances, this is OK because the juicer only gets used for five or ten minutes a day, five or six days a week. Gerson patients, however, are among the most strenuous users of the Champion, and they should be aware of servicing needs. The thing to keep an eye on is the integrity of the OIL SEAL.

- The oil seal is the 1 1/8" circular stainless steel seal with a black plastic centre, situated in the middle of the front end bell hub, through which the main stainless steel shaft of the motor protrudes. Its purpose is to prevent oil from inside the motor running out, and to prevent juice from gaining access to the motor.
- With constant and frequent use, this seal will wear and will need replacing. The first sign that it needs replacing is usually a blackish liquid appearing around the shaft. **To avoid internal damage or accumulation of juice inside, the oil seal should be replaced as soon as possible after the first signs of wear.** However, in some instances wear can take place before any visible signs appear externally, so it is worth replacing the oil seal every year or two if you are using the Champion very heavily (as Gerson patients do).
- **To replace the oil seal**, take a 1/4" socket wrench and loosen the four through bolts from the back end of the juicer, so that the front end bell hub can be pulled off the shaft. Avoid withdrawing all the bolts as they can be difficult to replace.

Remove the old oil seal(s) by using a small plastic or wooden mallet to force the seal out of the hub by placing the hub over a 1 1/2" - 2" opening, driving the oil seal out from behind.

Note: Older Champions had two oil seals. All new replacement oil seals are a new-design, single seal.

Place the new oil seal in position and drive it in from the front, until it is flush with the stainless steel hub. Be sure to inspect the seal lip to ensure that it does not meet with the flat area on the shaft. If this happens, the seal must be slightly recessed into the hub until it is clear of the flat area.

Replace the hub on the juicer in the same way in which it was removed.

- While the front end bell hub is removed, check for internal signs of wear on the front and rear bearings. In pre-1995 (approx.) models, the front bearing is 1 ¼" and the rear bearing 1 ½". Later models use the larger 1 ½" for both the front and rear bearing. These bearings can also be removed and replaced carefully with the aid of a wooden or plastic mallet, although this can be quite difficult to do.
- Also check the main shaft (also called the rotor arm or armature), that runs through the motor, for signs of wear. If it is pitted or lined, it should also be replaced at the same time. This can happen if the oil seal is not replaced at the first signs of wear. If the rotor arm is not replaced at this time, the oil seal is unlikely to last as long as it should. If juice can still enter the motor along the lines or pits on the shaft, further internal damage to the Champion could result.

Oil seals (£6.95 plus p&P), as well as other spares, are available from the UK distributors of the Champion Juicer, the Wholistic Research Company.

A Problem Starting the Motor of the Champion?

The newer Champion juicers have a magnetic switch. On the underside of the nozzle is an opening where the blanking plate, or sieve, is fitted. This is held in place by a sliding part. On the front of this sliding part is a small rectangular magnet, which operates a magnetic safety switch. It is important that the sliding part is pushed right forward, so that the magnet will operate the switch.

Trouble Getting the Cutter Off the Shaft?

If, after using the machine, trouble is experienced pulling the cutter off the shaft, it could be because the cutter has become vacuum-locked. To avoid this, try dipping the cutter into water before pushing it onto the shaft. Apparently, it will then be less likely to get locked on.

The Norwalk Juicer

Switch Problems

One problem that people may have with the Norwalk Juicer concerns the switching system.

There are in fact two switches on the machine. One being the ON-OFF switch and the other being a magnetically operated switch which provides a safety interlock to ensure that the machine cannot be started if the tube is not fitted and the motor shaft is exposed.

The latter switch is mounted behind the face plate and is operated by a small circular magnet mounted in the face of the feed tube. The magnet and switch are on the left hand side of the motor shaft and if there is a gap between the tube and the face plate, then the switch may not operate properly.

When fitting the tube, most right handed people probably tighten the right hand wing nut first and then the left hand one, but this can result in a gap on the left hand side. Consequently, the thing to remember is always to tighten the left hand wing nut before the right hand one. In many cases this will cure the problem. Another thing which may help is to fit the tube and then turn it a few degrees anticlockwise before tightening the nuts, as this alters the relative position of the magnet and the switch.

Juice Presses

How to refill the bottle jacks which are used in the manual presses.

It is important to use Jack Oil which can be bought from motor accessory shops such as Halfords who sell a 500 ml bottle for about £3. On the left-hand-side of the jack, about three quarters of the way up, is a rubber bung which should be removed using a screwdriver. Before doing this, make sure that the piston rod has been pushed right down. Turn the press on its side so that the hole is facing upwards and pour in a little oil. Then turn the press upright. Carry on doing this until the oil level reaches the bottom of the filling hole. Then refit the rubber bung using a screw driver to ease it in.

As a short term measure, you can reduce the distance which the piston

has to travel by taping a block of wood to the pressure plate. Alternatively, you can screw up the large screw which runs down the middle of the piston rod by turning the pressure plate anti-clockwise when viewed from above.

When using the press it is important to make sure that the pulp is centralized over the pressure plate as repeated failure to do this results in a breakage of the screw which holds the plate and this results in an awkward repair job as well as putting the press out of action!

Robin Allard services our Norwalk and Champion Juicers, as well as the juice presses. If you have a problem with any of these machines, contact Robin.

Fruit Flies in the Champion?

There has been only one occasion reported of fruit flies causing a problem in a Champion Juicer. Upon dismantling the juicer for cleaning, a Gerson patient discovered fruit fly larvae inside. This would have happened because juice was getting past the oil seal, behind the front end bell hub. Timely replacement of the oil seal would have prevented this from happening. However, this isn't as off-putting as it may seem as the larvae actually help to keep bacteria at bay, by munching their way through any debris.

If you have a problem with fruit flies in your kitchen, why not consider the following:

Leave half a glass (balloon-type) of port or strong red wine next to the fruit (and carrots). You will find that the fruit flies prefer this to fruit and are quite happy to die in the wine! Because the wine has no surface tension they can't get out of the surface and drown. The inward-curved sides of the glass help towards this.

The moral of this story is to keep your Champion well maintained and practice good kitchen hygiene!

Juice Cloths/Bags

Juice cloths are available from Steve Richards, Wholistic Research Company or Norwalk Sales and Services. Norwalk also make juice bags for use with the Norwalk machines. If you're feeling creative, you might like to buy juice cloth material, by the yard, from National Filter Media. You can then cut and hem them yourself.

Use one or more cloths or bags for the carrot and carrot/apples juices. A separate cloth should be used for the green juices.

After making the juice, wash each cloth thoroughly under running, cold tap-water. Use a separate brush (such as a washing-up brush) for scrubbing the inside of the cloths, especially the cloth used for the green juices. Rinse in tap water (or distilled water) and squeeze them out. Fold neatly and place in a plastic bag. Store in a FREEZER.

Before using for the next juice, thaw by putting the cloths in a dish of distilled water. Wring the cloths well before using.

To keep the cloths free of bacteria, as well as freezing, they can be soaked in a solution of distilled water and Hydrogen Peroxide (or cider vinegar) for a few minutes (about 1 ½ pints of water to one capful of H₂O₂). This doesn't have to be done each time they're used, but whenever you think they may need it. Don't buy Hydrogen Peroxide from a chemist shop, as it will contain stabilizers. 6% Hydrogen Peroxide (H₂O₂) is available from Echo UK.

Learning to Juice

One-day training sessions in the practicalities of the Gerson Therapy are held monthly in Leatherhead in Surrey. Both patients and carers may attend. A Gerson lunch, one carrot and apple juice and one green-leaf juice are provided. For more information contact Lesley Pearce.

"Drinking your vegetables" is an idea which was born in Carlsbad, Czechoslovakia. In a famous sanatorium there, I saw a nurse extracting the juice from vegetables in a very primitive gadget. The 'blood of the plant', she called it, and thousands of people with troubled digestions come to drink it from all over the world.

From "The Gayelord Houser Cook Book"

Juicing Tables

The page opposite is a calculation based on the nutritional values supplied by 13 juices on the Gerson Therapy. This calculation does NOT include any solid food.

Intake from 1 day of Gerson Therapy Juices (see chart opposite)
 1 Orange Juice x 8 fl oz = 1 lb oranges
 8 Carrot and Apple Juices = 3.5 lb carrots plus 3.5 lb apples
 4 Green Leaf Juices = 2 lb apples + 0.5 lb chard + 0.25 lb green pepper + 0.25lb watercress + 1 lb lettuce

Champion Juicer vs Green Power Juicer

Trial Results - Summary

FRUIT OR VEGETABLE	SUCO	CHAMPION	GREEN POWER	CHAMPION + H.S. PRESS	GREEN POWER + H.S. PRESS
Carrots	72½%	74½%	75%	84½%	85%
Apples*	79½%	82%	85%	89½%	89%
Grapes*	87%	86%	92%	94½%	96%
Tomatoes*	78½%	90%	86%	93%	92%
Parsley	63½%	65½%	79%	79½%	83½%
Alfalfa	45%	50%	67%	68%	69%

Grapefruit	75½%	75½%	74%
Oranges			
Lemons			
Celery	64%	89%	85%
Melons*	85½%	85%	82%
Chinese Leaf	59%	80%	79%
Wheatgrass	Poor	Poor	Excellent
Nut-butters	Excellent	Excellent	Poor

* Using a large-hole screen

FUNCTION	CHAMPION	GREEN POWER
Juicing normal fruit/veg.	Excellent	Excellent
Speed of juicing	Fast	2-3 times slower
Size of machine	Medium	Medium
Cleaning, assembly etc.	Easy	Time-consuming

Juice extracted is expressed as a percentage of the total weight.

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Intake From One Day Of Gerson Therapy Juices

	Oranges (1lb)	Apples (3½lbs)	Carrots (3½lbs)	Green Leaves (2lbs)	Total
Energy (Calories)	162.00	1160.50	548.00	144.75	2013.25
Protein (grams)	3.30	44.00	14.35	12.20	73.85
Fat (grams)	0.70	9.60	2.45	7.54	20.29
Carbohydrate (grams)	40.40	362.50	1283.50	29.72	2896.12
Calcium (mg)	136.00	128.50	483.00	435.25	1180.75
Phosphorus (mg)	66.00	214.50	483.00	206.75	970.25
Iron (mg)	1.30	6.60	9.10	5.37	22.37
Sodium (mg)	3.00	22.00	612.50	108.75	746.25
Potassium (mg)	662.00	2359.50	4441.50	1890.00	9353.00
Vitamin A (IU)	660.00	880.00	143220.00	8027.00	152787.00
Thiamine (mg)	0.33	0.60	0.77	1.89	3.59
Riboflavin (mg)	0.13	0.38	0.70	0.76	1.97
Niacin (mg)	1.30	1.65	7.70	3.09	13.74
Ascorbic Acid (Vitamin C) (mg)	166.00	49.50	101.50	229.50	546.50
Magnesium (mg)	36.00	110.00	301.00	417.50	864.50
Water (mg)	88.00	4675.00	308.00	119.25	5190.25

Nutritional Information Using a Norwalk Juicer**

	Energy	Protein	Fat	Carbo- hydrate	Calcium	Phos- phorus	Iron
per lb	cal	grams	grams	grams	mg	mg	mg
Apples	211	8	1.2	55	23	39	1.2
Apricots	217	4.3	0.9	54.6	7.2	98	2.1
Bananas	262	3.4	0.6	68.5	25	80	2.2
Beets	137	5.1	0.3	31.4	51	105	2.2
Beet Greens	61	5.6	0.8	11.6	302	102	8.4
Broccoli	89	10	0.8	16.3	285	216	3
Brussels Sprouts	188	20.4	1.7	34.6	150	334	6.3
Cabbage	98	5.3	0.8	22	200	118	1.6
Carrots	156	4.1	0.7	36.1	138	138	2.6
Cauliflower	122	12.2	0.9	23.6	56	254	5
Celery	58	3.1	0.3	13.3	133	95	1
Chard	104	10	1.3	19.2	367	163	13.4
Cherries	213	4.4	1.1	52.7	81	70	1.5
Corn	1579	40.4	17.7	327.5	100	1216	9.5
Chicory	80	6.8	0.4	16.4	323	216	6.8
Fennel	118	11.8	1.7	21.5	422	215	11.4
Grapefruit	91	1.1	0.2	23.6	36	38	0.9
Grapes	197	3.7	2.9	44.9	46	34	1.1
Honeydew Melon	94	2.3	0.9	22	40	46	1.1
Jerusalem Artichoke	235	7.2	0.3	52.3	44	244	10.6
Lemons	82	3.3	0.9	24.9	79	49	1.8
Lettuce	52	3.8	0.9	10.2	197	73	4.4
Iceberg Lettuce	56	3.9	0.4	12.5	86	95	2.2
Onions	157	6.2	0.4	35.9	111	149	2.1
Oranges*	162	3.3	0.7	40.4	136	66	1.3
Parsley	200	16.3	2.7	38.6	921	286	28.1
Parasnips	241	5.4	1.6	55.6	159	244	2.2
Peaches	150	2.4	0.4	38.3	36	75	2
Peas (in pod)	145	10.9	7	24.8	45	200	3.3
Pears	252	2.9	1.7	63.2	33	45	1.2
Rice, Brown	1633	34	8.6	351.1	145	10002	7.3
Rice, White	1647	30.4	1.8	364	109	428	3.6
Spinach	188	14.5	1.4	19.5	422	231	14.1
Tangerines	154	2.7	0.7	38.9	134	60	1.3
Tomatoes	100	5	0.9	21.3	59	122	2.3
Watercress	79	9.2	1.3	12.5	630	225	7.1
Watermelon	54	1	0.4	13.4	15	21	1

*Oranges also contain bioflavonoids, copper, zinc, manganese and bromine

**The information given on this page and the next was taken from the Norwalk Juicer Book and assumes organic vegetables ground and pressed in a Norwalk machine. A Champion Juicer and manual press produces almost the same quantities. Information on the exact amounts that the Champion and press produce is not available. These figures will, therefore, provide a guide but not exact information for Champion users.

Nutritional Information Using a Norwalk Juicer**

Sodium	Potas- sium	Vit A	Thia- mine	Ribo- flavin	Niacin	Ascorbic acid	Magne- sium	Water
mg	mg	lu	mg	mg	mg	mg	mg	%
4	429	160	0.11	0.07	0.3	9	20	85
4	1198	11510	0.14	0.16	2.6	42	51	85
3	1141	590	0.14	0.18	2.2	31	102	76
190	1064	80	0.1	0.15	1.2	32	56	91
330	1448	15490	0.24	0.55	1	76	269	
42	1057	6920	0.28	0.64	2.5	313	85	91
58	1627	2300	0.41	0.68	3.9	426	121	88
92	951	530	0.22	0.2	1.3	192	53	92
175	1289	40920	0.22	0.2	2.2	29	86	88
59	1338	270	0.5	0.44	3	354	109	93
429	1160	820	0.09	0.11	1.2	30	75	94
613	2295	27120	0.25	0.72	2.2	132	271	104
7	702	3670	0.18	0.22	1.5	37	58	80
5	1288	2220	1.67	0.54	9.8	21.2	667	
56	1174	13170	0.27	0.56	2	42		93.1
	1675	14760	0.04	0.13	2.6	129	68	90
2	300	180	0.08	0.04	0.4	84	27	83
9	452	290	0.15	0.08	0.7	10	37	82
34	717	120	0.13	0.09	1.8	69	36	91
		50	0.64	0.19	4.1	12	34	
6	419	50	0.13	0.06	0.4	161		90
28	768	5520	0.15	0.24	1.5	54		94
39	754	1420	0.27	0.25	1.2	28	47	96
41	648	160	0.14	0.15	0.8	42		89
3	662	660	0.33	0.13	1.3	166	36	88
204	3298	38560	0.54	1.19	5.6	780	186	85.1
38	1716	90	0.24	0.29	0.6	50	123	79.1
4	797	5250	0.07	0.19	3.8	29	34	89
3	545	1100	0.6	0.23	4.9	47	60	
8	537	70	0.09	0.17	6	18	29	83
41	971		1.52	0.24	21.4		399	
23	417		0.32	0.12	7.2		127	
322	2132	36740	0.44	0.91	2.8	231	399	
7	423	1410	0.2	0.05	0.4	105		
14	1107	4080	29	18	3	102	64	
217	1177	20450	0.35	0.68	3.6	330	83	
2	209	1230	0.06	0.6	0.3	15	17	93

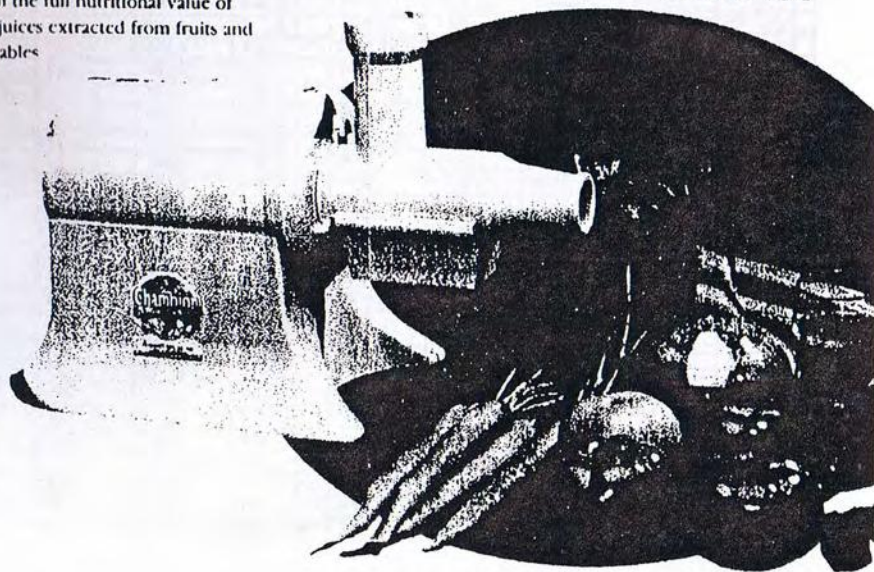
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Note

A juicer is not a healer and no juicer has any effect on the user nor the juice it extracts. But a juicer must be able to liberate the hidden values from the fibers and place them into the juice under pressure without loss by aeration or static in order to obtain the full nutritional value of such juices extracted from fruits and vegetables

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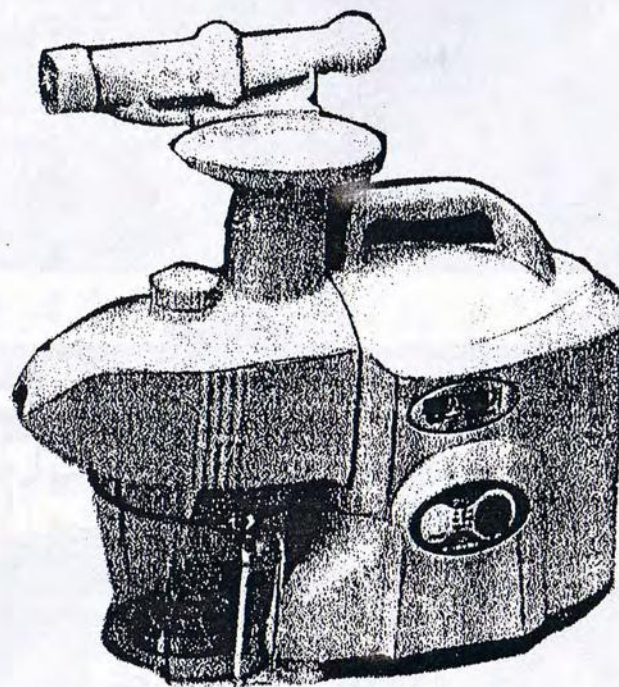
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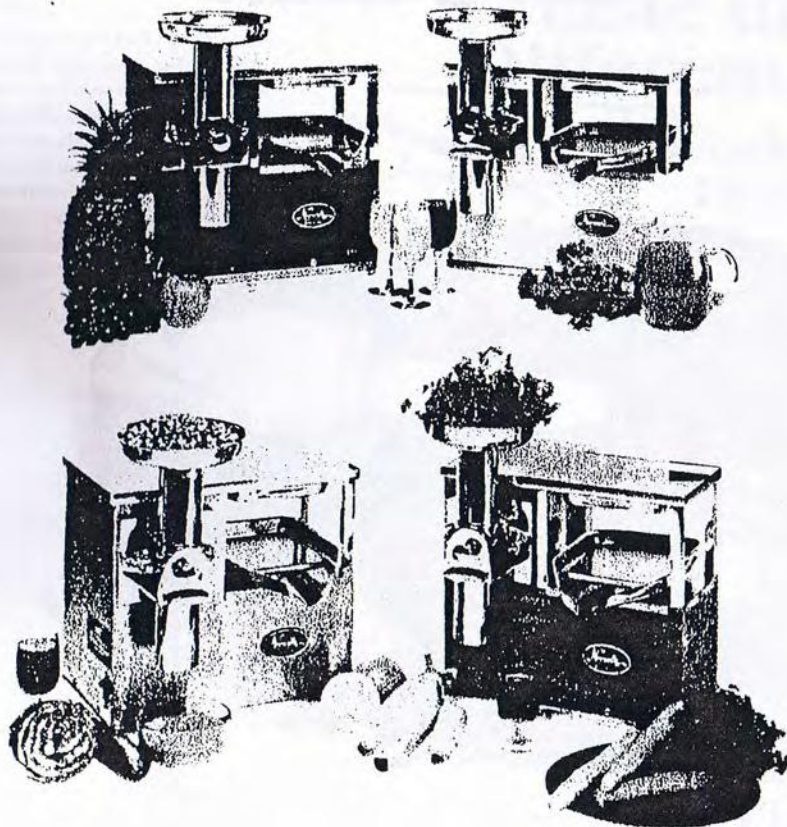
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Agent & Trade Enquiries Welcome

Ordering a Juicer

How To Order A Norwalk Juicer

The Norwalk juicer is a great one. If you would like to order one from America, here's what you do.

The Norwalk Sales person to ring is *Richard Boger*. His address is 145 E. Cliff St., Solana Beach, CA 92075, USA. You can fax him or telephone him. If you have to leave a message, he'll ring you back. The numbers are:

Tel. 001 619 755 8423
Fax. 001 619 755 4406

There are three types to choose from:

Stainless Steel
Wood grain
Black or White

The *wood grain model*, for instance, is a 270-Pecan Export 220v model, which costs \$1995. The stainless steel model is a little more expensive. (Another \$50)

The Norwalk will take up to two weeks to be delivered. It's imported by an air freight company, *Emery Worldwide*. Import duty, VAT, carriage, etc. cost in the region of £500.

How To Order A Champion or Green Power Juicer and a Health Stream Manual Press

These juicers can be ordered direct from the Wholistic Research Company. The Champion Juicer costs about £300, the Green Power £400 and the Health Stream Press around £280.

Debra Stappard Cancer Trust

However, if you are not able to afford to buy a juicer right away, the *Debra Stappard Cancer Trust* may lend you a juicer for a limited period of time, to help you get started on the Therapy.

Organic Food Suppliers

The following books will provide all the information you need about where to buy your organic food.

Where to Buy Organic Food,

Price £4.50. Consists of a region-by-region list of over 650 farm shops, box schemes and other organic retail outlets from every part of the UK. Order from *The Soil Association, Bristol House, 40/56 Victoria Street, Bristol BS1 6BY.*

Tel. 0117 929 0661 / Fax 0117 925 2504.

Also available in many bookshops.

The Organic Directory (Your Guide to Buying Natural Food),

is a comprehensive directory in which you will find the names, addresses and telephone numbers (listed by county and town in Great Britain) of retailers, producers, wholesalers and manufacturers of organic food. Price £8.95 paperback. Order from

Green Books Ltd, Foxhole, Dartington, Totnes, Devon TQ9 6EB.

Tel. 01803 863260.

Also available in many bookshops.

The Shopper's Guide to Organic Food, by Lynda Brown

Price £7.99. Interesting book, full of information. Best bought together with one of the above books. Available in most bookshops (and some supermarkets).

For those in Ireland, contact the *Irish Organic Farmers and Growers Association (IOFGA), 56 Blessington Street, Dublin 7.*

Tel. 00 353 1 830 7996 / Fax 00 353 1 830 0925

For those in Scotland, contact the *Scottish Organic Producers Association (SOPA), Milton of Cambus, Doune, Perthshire FK16 6HG*

Tel/Fax 01786 841 657

Also:

Ask at health food shops and farm shops.

Look in Yellow Pages.

Check supermarkets (for back-up emergency supplies).

Many supermarkets are now stocking a good supply of organic produce.

HOURLY SCHEDULE FOR PATIENT ON THE INTENSIVE GERSON THERAPY

Change after 3-4 weeks (2) (18)

Name: _____

Start Date: _____

Change Date: _____

For NOTES see over/

TIME	③ JUICES 8 OZ EACH	③ MEALS	Flax seed oil Tbsp. p.246	② MEDICATION							⑪ Injection, 100 mcg B12 combined with 3cc liver	⑫ Coffee Enemas	⑫ Castor Oil Treatment	⑬ Medical Tests
				④ Acidol Pepsin, caps.	⑤ Potassium Compound Solution, teaspoons in juice	⑥ Lugol 1/2 Strength, drops in juice	⑦ Thyroid 1 gr tablets	⑧ Niacin 50 mg tablets	⑨ Pan- creatin tablets	⑩ LIVER CAPSULES				
8.00	Orange	Breakfast									Once Daily	Every 4 hours or more as needed	Every other day	Complete blood count; Serum electro- lytes; Urin- alysis; T3 T4
9.00	Green													
9.30	Apple/ Carrot													
10.00	Apple/ Carrot													
11.00	Carrot Only			NO MEDICATION										
12.00	Green													
1.00	Apple/ Carrot	Lunch												
2.00	Green													
3.00	Carrot Only			NO MEDICATION										
4.00	Carrot Only			NO MEDICATION										
5.00	Apple/ Carrot													
6.00	Green													
7.00	Apple/ Carrot	Dinner												

NOTES:

([] For note numbers)

1. If possible, the patient and carers should read and understand at least the following before beginning this therapy: Preface to second and third editions; Appendix II, pp. 403-420; Appendix I, pp. 391-401; Combined Dietary Regime, pp 237-248; Mistakes of patients and check list, pp. 215-218; and pages referenced on this schedule page.
2. Some patients must repeat this beginning programme after some time to activate the treatment again. (p. 207)
3. The diet and the juices are as described on pp. 235, 237-245, 187-190. Diet during reactions and flare-ups is described on pp. 187-190, 201-203. Do not introduce animal protein before 6 to 8 weeks, pp. 80, 145, 146. Organic fruits and vegetables are extremely important. Poor nutrient content and insecticides in or on produce that is not organically grown may prevent success of the therapy (pp. 146-151, 167-185, 220, 410)
4. Acidol Pepsin (each capsule 260 mg. betane HCl, 230 mg pepsin). The dosage is two Acidol Pepsin capsules, three times daily before meals (pp. 219, 235, 246, 407, 411)
5. Four teaspoons of the 10% potassium compound solution (p. 246) are added to juice 10 times daily (10x4) for the first 3 to 4 weeks (2), 10x2 teaspoons for the next 20 weeks, 8x2 for the next 12 weeks, then 6x2 teaspoons thereafter. (pp. 207, 246, 235, 208, 393, 409, 410)
6. Three drops of Lugol's solution (half strength, not full strength) are added to each of 6 glasses of juice daily (6x3) (but not in the green juice or with the liver capsules) for the first 3 to 4 weeks (2), then 6x1 drop for 8 weeks, then 3x1 drop thereafter. (pp. 205, 246, 235, 409, 32)
7. One grain of thyroid is given 5 times daily (5x1) for the first 3 to 4 weeks (2). Pulse rates above 120 for more than 24 hours may require reduction of the thyroid dosage. After the 3 to 4 weeks (2) the thyroid is reduced to 5x½ for 8 weeks, then to 3x½ for 14 weeks. (pp. 205, 206, 235, 246, 409). Discontinue thyroid during menstrual period.
8. Niacin dosage is 50mg 6 times daily for the first 6 months, then 3 or 4 times daily. Any niacin flush (redness and heat sensation on the upper body) is harmless and passes quickly. Discontinue niacin temporarily during menstrual period and in case of bleeding. Minor bleedings are no cause for concern (pp. 209, 235, 246, 99)
9. Three pancreatin (p. 246) tablets are given according to the patient's needs. Most patients benefit from pancreatin but some cannot tolerate it. (pp. 235, 246, 211-212, 411)
- 10/ The liver medication, consisting of desiccated liver tablets (Liver gland) and crude liver with B-12, is extremely important to the effectiveness of the therapy. An intramuscular injection in the gluteus medius of 100mcg B-12 combined with 3cc. crude liver extract is required once daily for 4-6 months or more, gradually reducing to twice weekly after 1 year. (pp. 235, 240, 246, 80-82, 196, 210-211, 393, 407, 409, 411, 412)
11. The coffee enemas and castor oil treatments are essential parts of the detoxification program. Coffee enemas (p. 247, 248) must be given at least every 4 hours (5 per day) for at least the first 6 weeks. In case of pain or discomfort a coffee enema should be given immediately, then every 2 hours, or more frequently. After the first 6 weeks, enemas should not be reduced too soon. Castor oil treatments (p. 247) are given every other day for 6 weeks also, and as necessary thereafter. (pp. 235, 190-195, 81, 166, 198, 201-203, 206, 393, 406-410, 416-418)
12. Tests before starting therapy: Complete blood count, serum electrolytes, urinalysis, T3 & T4. Repeat tests at 4 to 6 weeks intervals for first 6 months, then every 2 to 3 months. Avoid taking tests during flare-ups. (pp. 235, 415)
13. This therapy usually eliminates allergies quickly. (pp. 139, 393, 409)
14. Any Insulin dosage must be discontinued gradually as indicated by tests.
15. Charts similar to this one should be made for the changes in the therapy.

(NB. These notes and the Hourly Schedule have been extracted from Dr Gerson's book "A Cancer Therapy, Results of Fifty Cases", 5th Edition. The original 1958 edition, reprinted in 1997 omitted the Appendices, which were separate from the book. The 6th Edition is due out soon.)

GERSON SUPPORT GROUP DAILY WALL CHART

Each patient should check the items and amend them on this chart to suit their personal regime as prescribed by the clinic. Please add your own medication schedule to the chart.

TIME	TASK	MEDICATION	WHO
5.30 am	Patient to take two tablespoonsful of castor oil by mouth, followed by one cup of black coffee (with up to two teaspoonsful raw organic cane sugar if desired), and one piece of soft fruit. Only done on appointed days.		Patient
6.00 am	Coffee enema		Patient
Before 8.00 am	Prepare breakfast. Orange juice, porridge, stewed dried fruit, fresh fruit, peppermint tea.		Helper
8.10 am	Prepare green juice items. Store in fridge.		Helper
8.40 am	Prepare carrots and apples for the whole day's juices.		Helper
By 9.00 am	Make and serve green juice. Wash juicer and press thoroughly. Rinse with distilled water.		Helper
9.15 am	Start preparing soup. Cook soup slowly until vegetables are soft.		Helper
By 9.30 am	Make and serve carrot and apple juice. Leave the machine.*		Helper
By 10.00 am	Make and serve carrot and apple juice. Leave the machine.*		Helper
	Prepare castor oil enema.		Helper/ Patient
	Take castor oil enema OR ordinary coffee enema, depending on the patient's personal schedule from the hospital.		Patient
10.30 am	Make enough coffee concentrate for next 24 hours.		Helper
By 11.00 am	Make carrot and apple juice OR carrot only juice as directed by the hospital. Leave the machine.*		Helper
11.15 am	Prepare lunch. Scrub one large potato, put in oven to bake for two hours at Gas 4 / 170°C / 335°F. Prepare/cook vegetables. Make salad and salad dressing.		Helper

TIME	TASK	MEDICATION	WHO
11.30 am	Put soup through mill and store in fridge until needed.		Helper
12.00	Make green juice. Wash machine and press thoroughly. Rinse with distilled water.		Helper
By	Make and serve carrot and apple juice. Leave machine.*		Helper
1.00pm	Serve lunch. Salad and salad dressing. Soup with crushed garlic cloves. Baked potato with flax oil. Vegetables. Fresh fruit.		
2.00 pm	Make and serve green juice. Wash machine and press thoroughly. Rinse with distilled water.		Helper
	Coffee enema.		Patient
3.00 pm	Make and serve carrot and apple juice OR carrot only juice (as directed by the hospital). Leave machine.*		Helper
4.00 pm	Make and serve carrot and apple juice OR carrot only juice (as directed by the hospital). Leave machine.*		Helper
5.00 pm	Make carrot and apple juice. Leave the machine.*		Helper
5.10 pm	Begin dinner preparation. Scrub one large potato, put in oven to bake for two hours at Gas 4 / 170°C / 335°F. Prepare/cook vegetables. Make salad and salad dressing.		Helper
6.00 pm	Make and serve green juice. Wash machine and press thoroughly. Rinse with distilled water.		Helper
	Coffee enema.		Patient
7.00 pm	Make and serve carrot and apple juice. Serve dinner. Salad and salad dressing. Soup with crushed garlic cloves. Baked potato with flax oil. Vegetables. Fresh fruit. Wash machine and press thoroughly. Rinse with distilled water.		Helper
10.00 pm	Coffee enema.		Patient

NOTES:

A selection of fresh fruit should be available throughout 24 hours.

*Before leaving machine, pour some distilled water through the grinder to flush through some of the pulp. Use a jug to collect the water and pulp and discard.

Weights and Measures

Imperial / Metric

	Imperial	Metric
Weight	½ oz	14 g
	1 oz	28 g
	2 oz	57 g
	4 oz (¼ lb)	113 g
	8 oz (½ lb)	227 g
	12 oz (¾ lb)	340 g
	16 oz (1 lb)	454 g
Volume	1 fl oz	28 ml
	2 fl oz	57 ml
	3 fl oz	85 ml
	4 fl oz	114 ml
	5 fl oz (¼ pt)	142 ml
	10 fl oz (½ pt)	284 ml
	15 fl oz (¾ pt)	426 ml
	20 fl oz (1 pt)	568 ml

American/British Measures

1 US cup is 8 oz
1½ US cups is 12 oz

1 US pint is 16 fluid oz
½ US pint is 8 fluid oz

Addresses At A Glance

Debra Stappard Cancer Trust
Chapel Farm, Westhumble, Dorking, Surrey RH5 6AY
Tel 01306 882865 / Fax 01306 880943

Echo (UK)
Centre of Information for Oxygen Therapies
Woodside, Melmerby, Ripon, North Yorks HG4 5EZ
Tel 01765 640 798 / Fax 01765 640 440

Lesley Pearce
1 Parkrise Close, Leatherhead, Surrey KT22 7JA
Tel/Fax 01372 817652

National Filter Media
691 No 400 West, Salt Lake City, UT 84103, USA
Tel 001 801 363 6736
Contact Ron Gilbert (Cloth No 951021)

Norwalk Sales
145 E. Cliff St., Solana Beach, CA 92075, USA
Tel 001 619 755 8423 / Fax 001 619 755 4406
Contact: Richard Boger

Robin Allard
St Non's, Puers Lane, Jordans, Bucks HP9 2TE
Tel 01494 875012

Soil Association, The
Bristol House, 40/56 Victoria Street, Bristol BS1 6BY
Tel 0117 929 0661 / Fax 0117 925 2504

Steve Richards
Old Swan House, High Street, Tingrith, Milton Keynes MK17 9EN
Tel/Fax 01525 875739

Wholistic Research Company
Dept GN, Bright Haven, Robin's Lane, Lolworth, Cambridge CB3 8HH
Tel 01954 781074 (24 hrs)

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