

Gerson Therapy - Cancer And Other Degenerative Diseases: Which Is The Best Juicer

Dr. Max Gerson, described by Albert Schweitzer as "one of the most eminent geniuses in the history of medicine", created the famous Gerson Therapy that is based around the regular consumption of fresh, organic juice. Dr. Gerson discovered that the regular intake of juice provides a superdose of enzymes, minerals and nutrients to the body, thereby allowing the body to cleanse and reactivate itself. Gerson Therapy has been successfully used for more than 60 years to cure "incurable" diseases, cancer and other degenerative diseases.

What juicers should not be used with Gerson Therapy?

Dr. Gerson discovered early on that blenders, liquidizers and other centrifugal types of juicers were not suitable when it came to producing the juice needed for the Therapy. This was for two reasons. Firstly, the high speed rotation of the blades created a "dynamo effect" where the resultant electrical energy destroyed some of the enzymes. Secondly, this kind of juicer combines the pulp of the fruit or vegetables with the juice. This creates additional bulk that is very difficult for a patient to consume when drinking juice the required thirteen times per day.

So, what is the best juicer for Gerson Therapy?

The preferred juicer for Gerson Therapy is the Norwalk Juicer. The Norwalk is a two-stage juicer where the vegetables or fruit are ground into a pulp. This pulp is then pressed under very high pressure using the built-in hydraulic press to extract the juice. The juice is of a very high quality and contains the maximum amount of enzymes, minerals and nutrients.

The Norwalk Juicer is expensive, is there another option?

The Norwalk Juicer, while very effective, is not a cheap option with the cost around the \$2000 mark. Fortunately there is a cheaper option that offers the same benefit as the Norwalk: the Champion 2000+ Juicer. The Champion Juicer is a low-speed, masticating juicer that can produce pulp as the output, rather than juice. This pulp is then put into a separate press which is used to extract juice that is of a similar quality to the Norwalk Juicer. The cost of the Champion 2000+ Juicer and a manual press is around \$260 to \$500 depending on the model of juicer and the type of press used.

A cautionary note

While it may be tempting to use a cheaper, centrifugal-style juicer, Dr. Gerson noted specifically that there was very little benefit to his Therapy when these were used. If Gerson Therapy is to be followed, and it is a commitment, then it is worthwhile making sure that it is effective as possible. It is also worth noting that using a manual press, such as the kind normally paired with the Champion 2000+ Juicer, requires a level of physical effort that a patient or elderly person may find difficult or impossible.

About the Author

Studies have shown that cognitive therapy is an effective treatment for. Cognitive behavior therapy should be considered to treat adolescents.

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