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TREATMENT WARNING:

Dr. Gerson's therapy is best done under the supervision of a physician experienced with the process.

When you embark on the process of correcting the sodium/potassium/water balance in all of the cells of your body, your cells will be releasing stored toxins, tissues will function better, and your immune system may mount a defense against pathogens and in some cases malignant cells that the body has previously been unable to target. An immune response to disease can be painful and uncomfortable, and it can be serious enough to warrant medical attention. It can even be life-threatening.

Dr Gerson's therapy is not something that you do for the rest of your life without change. Depending on your progress, the therapy needs to be modified as you go along. Knowing when and how to modify the program for yourself can be difficult or impossible without medical training and a thorough grounding in the therapy.

The therapy is also something that can be ineffective or dangerous if done incompletely or incorrectly. We strongly recommend that you spend some time at a medical treatment center to get yourself grounded in the therapy and to establish contact with experienced medical help before continuing the therapy at home. The home therapy requires ongoing medical follow-up. Furthermore, by starting out at a medical facility, you will get access to take-home supplies that are difficult to obtain any other way.

If you feel you must try to do the therapy completely on your own, that is your decision.