

Caspar ([00:00:00](#)):

Dr. Vickers, thank you so much for coming on the show and talking about this important subject, because I do feel it's one of those subjects that's gone completely unnoticed for so long, even though there are a number of movies and we'll get into those very shortly, but to start off, I want to quickly and, and easily kind of let the audience understand what is Gerson therapy? What's your elevator pitch for Gerson therapy?

Dr. Vickers ([00:00:29](#)):

Yeah, well, you know, the Gerson therapy is an intensive, highly specific nutritional and detoxification program you know, built around curing advanced diseases. You know, like you mentioned, movies have been done on our work, eight of them to be specific. And they've all been done on its ability to reverse advanced cancer. But the reality is we're reversing virtually every single degenerative disease, and we're doing it by the two things that are really causing disease today and that's deficiency and toxicity. The deficiencies in our diet and the toxicity within our lives. You know, we have toxins all around our lives from the moment we wake up to the moment we go to bed, and these are the things that are precipitating disease today. And so, you know, Gerson therapy reigns supreme in its ability to address those two issues. And that's why we've had such great success over nearly 120 years now in being able to reverse advanced disease.

Dr. Vickers ([00:01:26](#)):

But the Gerson therapy is a massive amount of nutrition and detoxification. Twenty pounds of fruits and vegetables, organic fruits and vegetables, every single day. Patients are getting five coffee enemas a day. They're getting castor oil, they're getting very specific supplements. And if you read Dr. Gerson's book, which I see you have right there on your shelf behind you, A Cancer Therapy, right? Yep. A Cancer Therapy. If you read that book, there's one word that describes the secret of curing disease. And he mentioned that word over and over and over again. And that word is Metabolism. Everything Dr. Gerson did revolved around that very word, metabolism. There's no mistake that one of the primary causes or risk factors today in cancer is what? Obesity and what does that have to do with cancer? It has everything to do with cancer. And that is a breakdown of the body's metabolism. And metabolism by definition is the breakdown of food into energy. And that is the crux of the matter. We've lost the capacity to reduce energy on a cellular level. And there's multiple factors that has caused that system to become deranged in the human body. If it's multiple factors and that's everything Gerson tried to address was restoration of proper metabolism. Cuz we know that cancer cells have a deranged metabolic system. They're anaerobic by nature. And that crux of the matter with Gerson therapy. So in a nutshell, that is, you know, what Gerson used to, to come up with his therapy.

Caspar ([00:03:13](#)):

Let let's talk about the man himself, because this is a figure that many have said is one of the, the most censored doctors in history. And, and he was an incredible doctor. If you really look at the, at, at everything he had done and how he understood medicine, as well as the human body. Can you give us a little bit more insight into who Dr. Max Gerson was and perhaps why so many have not heard of him?

Dr. Vickers ([00:03:39](#)):

Yeah. His story is amazing. You know, when he was a six, seven year old little boy, he used to go out into his mother's garden and he would experiment with the soil. He would pour like fertilizer or chemical into the soil and he'd watch the worms crawl out and go to the healthier soil. This was when he was six or

seven years old. And then back in Germany at the time, when you wanted to go to university, this was a, this was in 1900. So he graduated from high school in 1900. To get into University at that time you had to pass an exit exam out of high school. You just didn't go to college based on your grades or, you know, you had to pass an exit exam. On the calculus portion of his exit exam his calculus professor put a question on there. He'd never seen before, but he managed to come up with such an elaborate solution.

Dr. Vickers ([00:04:36](#)):

She couldn't even come if it was right or wrong. And so she sent it to all the top university, math professors in Germany at the time. And they all wrote back saying we have a mathematical genius within our country and they'd all tried to recruit him for math. And so when that happened, his family realized they had someone very special in their midst. They all together at the household in Wągrowiec Poland and they all discussed aunt's uncle's cousins, mother, father, they all discussed what Dr. Gerson was gonna study at university. They weren't too keen on becoming a mathematician. And they all discussed this at his home one evening. And they all decided that he would study medicine because they felt that that's where he would have the greatest impact on humanity. And so lo and behold, he was off to college to study medicine at the university of Freiburg.

Dr. Vickers ([00:05:35](#)):

And while he was a student at the university of Freiburg, he was suffering from debilitating migraine headaches. So debilitating he'd have to lock him self in a room for 24 to 48 hours, a dark room because the light would stimulate his headaches. And so he cured himself of his severe migraine headaches by altering his diet and his lifestyle. And he graduated from school. He went on to practice that same thing he used to cure himself within his own practice. And what he discovered was he was starting to reverse a lot of these conditions, particularly tuberculosis. He had become famous throughout Europe for having cured tuberculosis. And at a time when tuberculosis was killing like a million people at that point. And so he went on to practice. Then Hitler came to power and Gerson was a, a, a Polish German Jew. And he lost his entire family in the Holocaust.

Dr. Vickers ([00:06:35](#)):

And he himself nearly died in the Holocaust. And so when Hitler came to power, he fled to France. When Germany invaded France, he went to Manhattan, fled to Manhattan and set up practice on Park Avenue in Manhattan. When a woman suffering from severe cancer, three different types of cancer, bladder, stomach, and liver. She heard that Dr. Gerson was in town, was working in town and she begged him to give her his tuberculosis treatment. But he wouldn't because in the United States, back in 1930, he even understood then the political consequences of treating cancer with nutrition. And she begged him like four or five times. She approached him and he refused every single time. Finally, he got so tired of her coming, that he agreed to treat her in secret and he completely cured her of her cancer. And when that happened, he said, I could no longer turn my face away from this deadly scourge of cancer.

Dr. Vickers ([00:07:46](#)):

And he dedicated the rest of his life to treating cancer patients. And it was from that day on that he became a marked man, became completely ostracized by his own medical colleagues. He became completely censored by the media, the government. He became a marked man, because he wasn't only talking about curing disease. He was talking about all the, the things today and then that were causing disease. You know, the pharmaceutical industry, the, which was just gaining hold back then. The, the food supply, the way we grow our ag-chemicals, right, or the way we cultivate our, our, our agriculture.

All these things, he was discussing as relating to disease. And you can imagine the red flags that put up throughout government, throughout the medical industry, and so, once he focused completely on cancer, he became completely censored. For example, he was one of the most published doctors in the world up to that point. He has a litany of publications leading up that point. Once it was discovered that he was reversing advanced disease. Once he testified for the United States Senate in 1946, he was then prohibited from publishing in all major medical journals.

Caspar ([00:09:13](#)):

Yeah. Incredible censorship that went on and it's, you know, it echoes a lot of what we're seeing today with the amount of censorship, not just from the medical field, from big tech, from government all over. So you could only imagine what he went through as, as an original person out there putting out so much information that became censored. And we could jump into that a little bit more. But I do wanna go into your story and the unique circumstances that you had to learn about Gerson therapy, actually living with his family, seeing his handwritten notes, studying them like that. What was that experience like? And what did you really gain from going and, and living with his family and, and seeing all those special notes?

Dr. Vickers ([00:09:56](#)):

Yeah, I mean to this day is one of the greatest experiences I've ever had. Right. Ever since I was 11, I wanted to be a chiropractor. So I was a year away from graduating chiropractic school. When his last living daughter, Charlotte Gerson came and spoke at my school. And the moment she opened her mouth, I said, that's what I'm gonna do. And I became so passionate about the Gerson therapy at that point, that my entire last year of chiropractic school, I went from being an A, A-B student to barely making Cs because all I would do in my spare time was study the Gerson therapy. So recognizing my passion and my love for, you know, Dr. Gerson and his therapy, his daughter, Charlotte invited me to come live with her at her home in San Diego, where she had all her father's hand files from all his active patients between 1910 and 1959, when he died.

Dr. Vickers ([00:10:56](#)):

And you wanna see the mind of a genius and a man who was the consummate scientist and, and a, a wizard, just being able to compile empirical data based on observation. He, he, he he's been dead now 60 years, and he still has Dr. Albert Schweitzer, Nobel prize winner, Albert Schweitzer called the most eminent genius in medical history. He's still the most eminent genius in medical history. He possessed something so elemental that, that today, they just haven't been able to understand and piece together as it relates to patients' cellular needs when they're dying of cancer or any disease that matter. But going through those notes, you, you see that genius that, that ultimately, you know, that ultimately came to to what we understand today as the Gerson therapy, it was, it was an absolutely incredible experience.

Caspar ([00:11:57](#)):

It sounds like it. And I wanna now break down the Gerson therapy. You gave us this quick overview. You kind of explained these, these facets of it, where it's nutrition, it's the 20 pounds of, you know, juicing. It's the coffee enema, it's the castor oil packs, right? Can you break down each one specifically and go in a little bit of how you would clinically apply that and what it's actually doing?

Dr. Vickers ([00:12:25](#)):

So I guess to start there, you really need to define metabolism and understand what does that mean on a cellular level. So again metabolism is defined as the breakdown of food into energy, right? So if metabolism is the breakdown of food into energy, it's no mistake that we're taught natural medicine 70% of your immune system is where in the gut, in the gut, right? It's in the gut. And so where does the breakdown of energy take place? In the gut. So you have to heal the gut first, and that's where food comes into play. But once you're healing, the gut and the nutrients are getting absorbed into the bloodstream with a healed gut, you then have to restore cellular metabolism. Now let's go through that real quickly. Here's your cell. Inside your cell you have little things called mitochondria. Mitochondria, take sugar, sugar, which you were taught, feeds cancer, which could be nothing further from the truth and we're gonna go into that.

Dr. Vickers ([00:13:38](#)):

So mitochondria take sugar and in the presence of oxygen, they convert it into energy. So the mitochondria needs sugar and oxygen in order to convert it into energy. Now, when you see someone who's sick and or dying, what do you notice? They're lethargic? Why are they lethargic? They've lost the capacity to produce energy on a cellular level. So first you have to heal the gut, the breakdown of food into energy, and then you've gotta restore proper cellular metabolism, which we've absolutely destroyed with our diets. So around cells, you have a cell membrane, right? That cell membrane is made up of what? It's made up of fat. What kind of fats is it made up of? Well, whatever fats you're feeding it, whatever fats you're feeding it, that's what your body's going to use to maintain your cell membrane. Now what's important to understand about that cell membrane is that's the gatekeeper that determines what can get into the cell and what can go out of the cell.

Dr. Vickers ([00:14:50](#)):

So oxygen gets determined at the level of cell membrane. Nutrients are determined whether they can enter at the level of cell membrane, toxins can get outta the cell based on the cell membrane's ability to determine that. Well, that cell membrane it's electrical and that electrical capacity to determine whether or not it's gonna accept or reject something is based on the fat content. So if our diets high in saturated fats, right? If our diets high in fat fats and our cell membranes are made up of mostly saturated fats, that sets up complete destruction in the human body. Why? How many times have you heard alkalinity and acidity? Right? Alkalinity promotes health acidity promotes disease and acidic diet promotes disease and alkaline diet health. We constantly hear that, but we're never really taught what are the implications of that on a cellular level and how is it destroying our health or helping our health?

Dr. Vickers ([00:16:02](#)):

Well, when we're talking about alkaline and acidity, what are we talking about? We're talking about pH. What's pH? PH potential hydrogen, right? That's what it is. It's potential hydrogen. So the definition of acidity is the buildup of hydrogen in the body. So how is that implicated in causing disease? Well, if that cell membranes made up of saturated fats, what are fats saturated with? They're saturated with hydrogen. If you look at fats, whether or not they're saturated or unsaturated, it's determined by the hydrogen bonding within it. So coconut oil, for example, it's hard at room temperature. Why? Cuz it's so highly saturated. So if that cell membrane, when it's loaded with saturated fats, saturated hydrogen, that becomes completely unacceptable for oxygen. As oxygen approaches a cell membrane that's made up of saturated fats. It literally gets repelled away because the charge cannot be accepted and that would go for everything else as well.

Dr. Vickers ([00:17:29](#)):

The body's ability to assimilate nutrients, the body's ability to detoxify, but primarily the body's ability to get oxygen in the cell. So if you're eating all these foods and you require oxygen to break them down into energy, but you can't get oxygen efficiently into the cell, then what happens then that metabolism gets broken down into lactic acid, anaerobic metabolism, and it's lactic acid that ultimately feeds disease. So when dealing with the Gerson therapy and restoring human body, you have to heal the gut. You have to restore the proper electrical potentials at the level of the cell membrane and Gerson talks about that in his book. And then the other thing that's leading to the breakdown of the internal cellular metabolism is salt. Rule number one on the Gerson therapy. Absolutely no sodium. Why? Because today salt water are entering our cells and our cells are swelled up with cellular edema, every patient and companion that comes to my clinic within two to three weeks at our clinic, they're losing, they're losing 10 to 15 pounds in water weight alone because they have so much, excuse me so much sodium in water, stored up in their cells from too much salt consumption within the diet, not just added salt, but our foods box, canned, bottled are loaded with sodium today.

Dr. Vickers ([00:19:17](#)):

So those are the three primary principles of the Gerson therapy. You have to restore cellular metabolism and you do that by no fat diet. With the exception of raw flax oil. Our patients are getting two tablespoons of raw flax oil every single day. And why is that? Because flax oil is completely unsaturated. It's completely unsaturated. And what that does to the electric potentials at the level of the cell membrane, it literally acts as a magnet to draw oxygen into the cell. It literally draws it in. So there's no saturated fat on the Gerson therapy. There's absolutely no sodium. And people say, well, I don't eat table salt. I eat the good salt. There's no such thing as good salt. There's no such thing. There's such thing as better salt, but there's no such thing as good salt. Table salt's 99% sodium chloride, Celtic salt, Himalayan salt.

Dr. Vickers ([00:20:29](#)):

That's 86, 87% sodium chloride and sodium chloride is the destructive molecule. There's a reason why the dead sea is dead. It because it can't support biological life because the sodium chloride content and the chloride molecule will also destroy the thyroid gland. Okay. Which we're gonna go into as well. Cause that's another important aspect of the Gerson therapy is restoration of the thyroid gland. So anyway, everything we do is based on the repair of the metabolic system from the gut to the inner cellular workings of metabolism. So you have to restore the cell membrane. You have to restore the internal integrity by getting salt and water outta the cell. And you have to restore the gut. In 1931 Otto Warburg on the Nobel press medicine for proving that cancer cannot survive in a body that's properly oxygenated. And so he went on to describe that the primary factor in the body's ability to oxygenate the cell is an alkaline diet.

Dr. Vickers ([00:21:46](#)):

That was it. And so that is the entire crux of Gerson therapy. That is how you start to restore the body. So how do you heal the gut? That's simple. There's only one way to heal the gut and that's food. Our patients are getting 13 fresh pressed juices every single day, every hour on the hour they're getting one juice every hour on the hour, fresh pressed carrot, carrot-apple, carrot-apple with lemon. They're getting green juices which have lettuce, chard red cabbage, granny Smith, apple, which granny Smith, apple, granny Smith, apple only why it's ingenious. The mitochondria, when a sugar molecule enters the cell, it goes through something called the KREB cycle. So the, the sugar molecule enters the mitochondria in the presence of oxygen. It goes through the KREB cycle to the production of energy,

that KREB cycle. The very first reaction requires malic acid and granny Smith apples are loaded with malic acid.

Dr. Vickers ([00:23:00](#)):

So that stimulates the metabol, the metabolic system of the CREB cycle. So granny Smith, apples, the lettuces, the chard, the water crest, which is very high in sulfur compounds, liver. So this is how you heal the gut. And then once you heal the gut, again, you restore the cellular metabolism with the proper fat only flax soil. Gerson tried every oil, the only oil he found that didn't cause cancer to grow was flax soil. And then you have to get sodium and water outta the cells. We do that with the, the only way you can get salt and water out the cell, the only way is potassium. There's an inverse law, it's a law in the human body. You eat salt, the body dumps potassium, you eat potassium, the body dumps salt. So Gerson came up with a stool potassium compound that he created after 300 different experiments. And that potassium compound solution goes in each juice. And so you're just flushing salt and water out of the system. So these are the primary principles of what this genius created over 60 years of clinical experimentation.

Caspar ([00:24:22](#)):

And, you know, the, the interesting thing is with a lot of what's going on today in society, a lot of people say, well, that goes against a lot of what I'm hearing. Ketogenic right now, carnivore diets, right? You have people like my own, you know, guests that I, I really do appreciate Dr. James DiNicolantonio talking about The Salt Fix. I'm sorry, and how people are actually not getting an enough of the right salt, you could say. So it goes against a lot of what people are hearing. Now. I, I would just like to hear your, your, your kind of thoughts on ketogenic, carnivore, these other types of diets that a lot of people are saying are working for me. What, what are your thoughts to that?

Dr. Vickers ([00:25:06](#)):

Well, first of all, there's absolutely no proof that the ketogenic diet is able to reverse advanced cancer with any kind of consistency whatsoever. It is, in 10 years, we're gonna look back on the ketogenic diet, which is just the Atkins diet for cancer, really. And they'll be absolutely no evidence that it's been able to reverse advanced cancer with any kind of consistency, if at all. And it is the direct antithesis of what the Gerson therapy is. What are the ketogenic diet people tell you that you're trying to do with the ketogenic diet when you have cancer? They're trying to tell you to starve the cancer that the cancer feeds on sugar, right? And, and there's enough truth in that to make it completely false. And I'm gonna explain that. We just did actually, but I'm gonna kind of break it down a little further. First of all, if sugar fed cancer, the Gerson therapy would be leading everyone straight to their quarter than they would get there naturally because our patients are getting 3,500 to 4,000 calories a day in the form of sugar. All those juices, the fruits, the vegetables, if sugar had cancer, we'd be leading people straight to their death.

Dr. Vickers ([00:26:33](#)):

So why, we've had movies been done on our work and the Gerson therapy's the most renowned therapy in the history of medicine for being able to reverse advanced disease because sugars don't feed cancer, they heal cancer. And why ketogenic people have it wrong is this. And I already explained this sugar in an acidic body where you can't get oxygen into the cell to convert that sugar in to energy would cause disease. If you can't get oxygen into the cell to convert sugar into energy, which you can't get oxygen into the cell, if you're acidic with an acidic diet. And if there's anything that causes an acidic diet, it's the

ketogenic diet. The ketogenic diet is about as acidic as it gets, depending on what kind of keto you're doing. But healthy keto, you're taking in a larger amount of saturated fats. In an acidic body, sugar would feed cancer. In an alkaline body where now oxygen is readily available to get into the cell, to convert sugar, into energy.

Dr. Vickers ([00:27:55](#)):

It's the energy, rallies the immune response, and starts to break down the disease. Let me give you an example. What weight loss, what are we talking about? When, when someone wants to lose weight, what do all the experts say? They say you can't assume more than 1200 to 1500 calories a day. If you wanna properly lose weight. Okay. Well, why is it that our patients lose quarter to a pound a day until they're back to their normal weight? If they're getting 3,500 calories a day in their diet through vegetables? Because weight loss just like cancer, weight loss has nothing to do with caloric intake. It has everything to do with being able to convert those calories into energy. Our patients are getting 3,500 to 4,000 calories a day, and then they're able to lose a quarter pound a day. So the people behind the ketogenic diet and, and it's mind boggling because some of the biggest names in our industry are behind it. Ty Bollinger, right?

Dr. Vickers ([00:29:15](#)):

The guy who created the movie, The Truth About Cancer or a global test on actually in episodes eight of that, he stayed at our place for three days while he filmed, we fed his entire cast, entire crew. He, we taught him what we do, and he's now out there promoting the ketogenic diet. It just was mind boggling to me, but the ketogenic diet is the antithesis of the Gerson therapy. And trust me, when I tell you, there aren't 10 ways to scat when it comes to healing cancer, there's only one way, and that's the proper restoration of metabolism. And the ketogenic diet, which we already knew about the Atkins diet in the beginning, for whatever reason, it can stimulate the metabolic process. But when you over time consistently consume these saturated fats, it starts to break down the metabolism because you end not get oxygen into the cells because you're so acidic. So the ketogenetic diet is to be a complete fraud, 10 years down the road, as almost as bizarre as treating cancer with chemotherapy. So anyone's out there with cancer today. You do not want to do the ketogenic diet. You have got to alkalinize, your body, restore your cell membranes with the proper fats, and get salt and water out of the cells.

Caspar ([00:30:56](#)):

You know, two things come to mind because I, I am neither a proponent nor am I really against the ketogenic. Cause I realize everyone has different goals and everyone has different kind of expectations of what they're trying to get out of a diet. And I think yes, for cancer, ketogenic is not something you should be looking at, but if your goal, as you said in the beginning, it's just to kickstart the metabolic system to lose some weight because you're a very healthy individual. And just try, I think that's different, right? We gotta look at that and not, you know, group those together. So I think that's my first point. My second point is always that it really, really comes down to quality. And that's something I wanted to bring up with you because when you look at the quality of produce of fruits and vegetables out there today, you have GMO, you have pesticides, you have chemicals everywhere.

Caspar ([00:31:44](#)):

You have things coming from who knows where in the world getting there, you know, by any means. And, and so the quality itself, even the quality of soil, the, the mineral content has gone down a little bit or a lot you should say, right? How would, because this is something Max Gerson didn't have to really

address so much 50, 60, 70 years ago that we're now having to address all of us. And not many of us have our own, you know, gardens with really great soil and places that are unadulterated without the winds, you know, bringing in all the chemicals in the air, going into the soil. So how, how did you adjust for that? And giving someone so much fruit and vegetable in this, you know, space of juicing that can get rid of some of those chemical, everything else that, that we have to deal with in today's society?

Dr. Vickers ([00:32:39](#)):

That's that's a great question. And what you just said is exactly what Dr. Gerson said, right before he died. He said there, he saw the direction society was going in and all the things you just mentioned, he saw it. And he said, there's gonna come a time where my basic therapy is not gonna get the results that it's getting now, for the very reasons you just stated, he said the same exact thing. He didn't have to deal with, chemo didn't even exist. When he, a lot, the pharmaceutical industry of drugs, they were just starting. The agrichemicals were just starting all the chemicals in our environment today, you know, deodorants, shampoos, all the, you know, perfumes, all of these things were just starting to take hold. Now we have 30,000 chemicals in our environment on a daily basis, they say, Gerson didn't have to deal with any of that.

Dr. Vickers ([00:33:47](#)):

He was curing probably over 50% of his stage 4 cancer patients. And he knew that two, three generations down the road, his basic therapy, wasn't gonna get the same results. And so we have to recognize that. And that is actually why our clinic is called the Advanced Gerson Therapy Clinic. We've taken everything that's come out in the science in the last 50, 60 years since Dr. Gerson's death and we've tried to apply it to, you know, Dr. Gerson's basic regimen. So what can we do to try to mitigate some of these factors that you mentioned, like the depleted soil, right? We have to be able to heal the gut. And the only way you can heal the gut is through nutrition. Our organic foods today, you know? Yeah. They're organic. Have the USDA organic label kind of sacrificed some of the integrity of that label?

Dr. Vickers ([00:34:51](#)):

Of course they have. So our foods in this pure, the nutrient content with it, maybe it's, you know, it's probably not as nutrient dense as it was a hundred years ago, but what are some of the things we've done to mitigate that? We've added two things to our protocol that are absolutely loaded with nutrition and healing capacity for the gut. We give our patients raw, unadulterated organic Alovera. You don't buy Alovera on the store shelf at the health food store. It's been deodorized. It's been decolorized. It's got preservatives in it. If you cut raw, pure Aloe, and depending on how you cut it, how you filet it and slice, it depends on its therapeutic purpose. So if you hand cut a, a, a, an Aloe leaf, right? The outside portion of the leaf, it's a hallucinogenic. You could like die, cuz it's so toxic.

Dr. Vickers ([00:36:00](#)):

The very inner portion under the leaf, the outside of the leaf, it's a, it's a, excuse me. It makes you go to the bathroom. It causes you to have bowel movements. So the part of the Aloe that you want is when you filet the leaf, there's that nice gelatinous gel, right? That you put on your skin, if you have a burn, whatever. Right? So we get from a chiropractor in Florida who has an organic Aloe farm in the Dominican Republic. He harvests the aloe, hands filet it and sends us in a five gallon jug frozen the pure Alovera. Now Alovera, once you unfreeze it in five days, it's fermented, it's rotten. So you have to use it right away. And so that's what we're doing. Our patients are getting one to two table spoons in each of their 13 juices. Talk about a potent healer of the digestive tract.

Dr. Vickers ([00:37:13](#)):

Now, the other thing that we've added is raw living spirulina. So up until recently, let's say within the last few years, the only form of spirulina that you could get that would be considered, you know, the therapeutic form be organic, powdered spirulina, right? And have you ever had organic spirulina? It stinks and it tastes horrible. Why? Because it's a bacteria, it's a bacteria and it's dead. You've killed it when they dehydrated it or freeze dried it, whatever they killed it, it's a living entity. So that's why it stinks and it's dead, but it's still powerful. Even in that form. Well a friend of mine named Tim White, outta Florida, again, he has revolutionized spirulina. You should Vero Beach, Florida. He has a spirulina farm, which took years to perfect where he's created raw living spirulina harvested on a Monday overnight shipped in cold packaging to our clinic used immediately over a two week period.

Dr. Vickers ([00:38:35](#)):

And that is going in their juices as well into their green juices. Do you know, they say that five kilograms, five kilograms of your organic powdered spirulina is the equivalent of 1000 pounds of organic fruits and vegetables in terms of its nutrient density? And so our patients, not only are they getting all that organic food, but they're getting the pure raw unadulterated Aloe, and they're getting pure, raw living spirulina. If you put that spirulina under a microscope, you literally can see it swimming around. It is powerful nutrition. So these are the things that we've added, Dr. Gerson's basic therapy, not to mention the obvious things you add, like the oxygen therapies, the we've got hyperbaric oxygen. We've got ultraviolet blood irradiation with ozone. We've got rectal ozone. We've now gotten pulsed electromagnetic frequency, the Beamer Mat it's called. I don't know if you've heard of the Beamer mat. Sure. Well, they say the Beamer mat, oxygenates tissues, 30% greater than the hyperbaric chamber. So all of these things compiled is what makes up our advanced Gerson therapy protocol.

Caspar ([00:40:06](#)):

Yeah. I've, I've noticed that as times change, you have to adapt to them. Right. And I, I do think it's funny because the two things you mentioned there, Aloe, I had actually known about that. I interviewed the owner of, of an organic organic products company called Rowe Casa. And she told me they were looking at Aloe and it turned out that everything was adulterated, preserved. It's not real Aloe once it gets to the market. So I had known about that, which was interesting and a great thing that you're using such organic and fresh Aloe, cuz that's the only way you should really consume it. And the other thing was, we actually had a patient come here and mention that she had a harvester of spirulina in Vero beach. And I guess we're talking about the same. So it's a small world because yes, when you start to get into these things, you start to realize there aren't many places left out there in the world that have true unadulterated, high quality sources of these things that are really natural, but you have to get 'em from nature. They can't be mass manufactured anymore. And once you get into that world, you start to bump into the same people. So that is interesting there.

Dr. Vickers ([00:41:11](#)):

That's right.

Caspar ([00:41:13](#)):

Sorry. I was gonna say another big portion of the Gerson therapy that I really do want to touch on because we have a lot of questions even about this outside of let's say Gerson therapy and the understanding are coffee enemas. And you've seen people like Gweneth Paltrow have made them popular and, and a lot of mainstream media and a lot of conventional medicine has said, it's dangerous.

It doesn't detox. Of course they do what they do to bring it out. Can you go into the usage of coffee enemas within Gerson therapy as well as just coffees on a whole their benefits and, and how to truly perform them in the correct manner?

Dr. Vickers ([00:41:53](#)):

Yeah. Great question. So whenever I lecture or I give an interview at the end of them, everybody wants to do two things. They want coffee enemas and Dr. Gerson's potassium compound powder. But the problem is you just can't do those two things without the rest of the system in place. Why? Because, well, let's talk about the coffee enema first. What's it doing right? There is not a more powerful way to detoxify the human body. There's not. The liver. The liver produces an enzyme called glutathione transferase. Glutathione transferase is one of the most potent detoxifying enzyme in the human body. The liver needs and uses palmitic acid in order to create glutathione transferase properly roast organic coffee, a specific bean is loaded a with Palmitic acid and it is demonstrated scientifically when you, you do one coffee enema, the production of Glu transferase goes up six to 700% greater than normal.

Dr. Vickers ([00:43:10](#)):

That's it? That is why Gerson therapies and the coffee enemas are the most potent way to detox the human body. There's no other way. And so people ask then why, why can't I drink it? Why do I have to take it up my rear end? You know, because when you drink it, first of all, it's been roasted, right? Second of all, when it goes through the digestive tract, a lot of those palmitic acid salts get burnt up in the digestion. Third, when you drink it, it's affects on the adrenal gland causes too much toxicity as well, the adrenaline, okay. So when you take it rectally, if I drink a cup of coffee I'm jittery. I'm like I can't handle it. I could do coffee enemas all day long. And I don't feel a thing. When you take it recctally, sitting right there is what as an in rectum, the hemorrhoidal vein. The hemorrhoidal veins are right there.

Dr. Vickers ([00:44:15](#)):

They absorb the coffee. Then the hemorrhoidal vein they dump that in the portal vein and the portal vein ends in the liver. So when you take something rectally, particularly the coffee enema, it goes straight to the liver like anything. I mean, if you drink a bottle of vodka, you're gonna get really sick, cuz it's going to get digested go through the digestive tract and you're gonna be blitz and you're gonna get really ill. If you took a bottle of vodka correctly, you're dead in 30 minutes because it goes straight liver and you go into liver coma and you die. So when the coffee enema is given, it goes straight to the liver, glutathione transferase is being produced in massive amounts. And it's going through the system binding up, releasing tox-binding toxins and releasing them through the liver in the kidneys, through the intestines and the kidneys.

Dr. Vickers ([00:45:12](#)):

So that's the power of coffee enemas. Our patients are getting five coffee enemas per day five. They have to. And that's how toxic they are. Not only are they toxic from five, six decades of toxic living, but they're also toxic because the tumors themselves have internal metabolisms that are creating massive amounts of toxins. So you have to get rid of those toxins. Then when you start applying the Gerson therapy and you start releasing toxins out of the cells, back into the bloodstream and you're breaking down tumors and rebuilding new tissue, those are all toxic byproducts. So a cancer patient on the Gerson therapy is generating massive amounts of toxicity. So they need minimum four to five coffee per day. Now someone who's healthy, right? Like Gweneth Paltrow for example, all right. One coffee enema

day would be absolutely vital in this environment that we're living in. Since I met Charlotte Gerson 25 years ago, I have done one coffee enema every single day for 25 years.

Dr. Vickers ([00:46:38](#)):

I haven't missed one day. Charlotte Gerson, Charlotte Gerson. She did one to two coffee per day for 65 to 70 years of her life until her death three years ago at the age of 98. And there was a lot she didn't do that, made her not as healthy as she could, she didn't exercise. She didn't expose herself to the sun as much as she should have, you know, but but she did one to two coffee enemas every single day for 75 years, which by the way, just anecdotally Charlotte Gerson, Dr. Gerson's last living daughter until her death, longest living Gerson survivor. When she was 12 years old, her father cured her of terminal tuberculosis. When, when tuberculosis was ravaging Europe and killing a million people, she came down with it and Dr. Gerson completely cured her. So that's anecdotal history of the therapy, but nevertheless coffee enema absolutely vital. We can't cure without it. You cannot do the Gerson therapy without the coffee enema, cuz you're generating too many toxins. Gerson found that out. His first few patients died because they weren't releasing the toxicity that was being that couldn't get couldn't get out of the body. And so he had to come up with something and he came up with the coffee enema.

Caspar ([00:48:08](#)):

An ingenious way to, to again, utilize nature and, and be able to then take on that level of toxicity, right. Without having to do too much. So it really was it, it really is a really nice one to touch there that people forget and often try and separate juicing or something and then doing a coffee enema when together. And it really important. Now you mentioned, and we mentioned earlier, there's a total, I think eight movies, eight documentaries about Gerson therapy out there. All of them, as far as I know, were really focused on cancer and treating and reversing cancer. But you just mentioned as well that tuberculosis, that's not cancer. Right. And there are a number of chronic illnesses out there. I'm just wondering what your thoughts are in using Gerson therapy and your clinical experience outside of cancer patients?

Dr. Vickers ([00:49:01](#)):

Yeah. You know, I say it's unfortunate that the movies were done on cancer.

Dr. Vickers ([00:49:08](#)):

Where Gerson therapy really shines are all the other diseases. Take Nobel peace prize winner. Dr. Albert Schweitzer, who I said called Gerson the greatest genius in medical history. Eight years before Schweitzer won the Nobel prize. He had severely advanced diabetes, Dr. Gerson cured him in six weeks of severe diabetes, cured him in six weeks. That makes complete sense. Doesn't it? Based on everything we've talked about, converting sugar into energy and reestablishing proper metabolism, it would make complete sense that you could reverse diabetes in weeks. Diabetes. Sugar's not getting to cells and be converted into energy. It's accumulating in the blood stream, right? That's what diabetes it's the build up of glucose. You can't deal with. You can't get rid of it. So all of a sudden you put someone on the Gerson therapy, you restimulate the body's ability to convert sugar into energy. You reestablish the fats at the level of cell membrane, you know, advanced diabetes, what they, what they're ending up discovering.

Dr. Vickers ([00:50:17](#)):

One of the main causes is cholesterols occupying insulin receptor sites. That's just, you know, one of the other things behind diabetes, but you know, so diabetes is simple. High blood pressure. People come

into our clinic with high blood pressure. And I mean, malignant high blood pressure, like almost death-causing blood pressure within two to three weeks are off all their, all their blood pressure meds two to three weeks. So the things autoimmune diseases. Autoimmune diseases, the bodies lost the ability to recognize what's normal. It's lost the ability to regulate itself. So it starts turning on itself and killing itself, lupus, rheumatoid arthritis, scleroderma, Shogren syndrome. These are all your autoimmune diseases. They all respond famously to the Gerson therapy. The former executive director of the Gerson Institute, him and his wife had severely advanced lupus and they both cured themselves on the Gerson therapy.

Dr. Vickers ([00:51:22](#)):

And that's what precipitated him becoming to becoming the executive director eventually of the Gerson Institute after he was cured. So all of these other conditions are a piece of cake when it comes to being able to heal 'em. Cancer's the elephant in the room. That is the monster that is a two year commitment to be able to reverse advanced cancer. All these other diseases, diabetes, literally six weeks. Are you scheduled for a triple, quadruple bypass surgery come to our clinic in four weeks, we'll cancel your surgery. I mean, that's just the reality. These things are simple. It's cancer that's, you know, the difficult thing to cure.

Caspar ([00:52:06](#)):

Now tell us about that process because most people are used to conventional medicine. You come in, you tell a doctor what your symptoms are and then they write you a prescription or they send you to another specialist. So this is much different. I understand. And I'm, I'm very aware of how integrative medicine works, but a lot of the audience may not understand what exactly is expected, cuz you're saying, you know, you're doing some coffee enemas, some juices and everything that seems pretty simplistic. Can I just do it from home and not even visit you? Tell us about that process, expectation, cost. What would a patient really expect throughout this process at your clinic?

Dr. Vickers ([00:52:43](#)):

Yeah. So that's a good point. Why can't I just do this at home? Right? I've been doing this 25 years. In 25 years I've literally seen two people pick up that book there or Charlotte's book and be able to read it and put it all together as a package and successfully carry it out. Two people in 25 years. Every single person has come to our clinic. Not one of 'em has said, oh, I could have just done this at home. The Gerson therapy is so highly specific. It's not just juices and coffee enemas. There are specific supplements. The quantity of supplements, the, the, the dietary rules, there are dietary rules that we haven't even gotten into yet. You know? So it's such a highly specific therapy. So two to three weeks at our clinic is the mandatory stay. Two weeks is mandatory. Most will stay three weeks if they can afford it.

Dr. Vickers ([00:53:43](#)):

And they have the logistical time to do it. So to come to our clinic, it's \$6,700 a week. And that includes a companion. It includes three months worth of supplements. It includes airport pickup. And back to from San Diego to our clinic in Mexico and back it's \$6,700 a week. That's nothing compared to what conventional medicine costs, even if it's covered. I mean, when you're paying your deductible or you're paying, you have to pay a portion of your chemo and whatever, it's bankrupting people. So \$6,700 a week, times two is, \$13,500 a week. And it's \$20,250 if you come for three weeks and then after you leave our clinic and you've learned everything specifically, and you're confident with it to go home, you go home and you continue for the next two years. So that's it. You know, it's, it's not, it's not a major

investment compared to half the things that we buy in life in order to, you know, to sustain and, and, and live, you know, people have spent, God knows how many thousands of dollars getting sick. And so to be able to come to our clinic and do the Gerson therapy for two years, compared to what conventional medicine would cost, it's a drop in the bucket.

Caspar ([00:55:05](#)):

People often don't realize that cuz they'll say insurance covers it. But at the end of the day, everything costs an enormous amount. You know, I have to say the other cost is not the financial side of it. It's the loss of your ability to live your life in a quality way and add value to your life. And that's what a lot of people miss that chemotherapy is basically which one dies first cancer or you, it is a poison. It is something that's, you know, most people, 50% never even actually get through. That's how bad it is. So you have to factor that in too. Not just that financial side of it, that a lot of people don't account for. Now I know the answer to this, but I want the audience to understand, because you just said something there that you go to San Diego and then you go across the border to Mexico. Why are you in Mexico?

Dr. Vickers ([00:55:54](#)):

Great question. Simple. If I open up my clinic in the United States and I'm treating cancer with the Gerson therapy, I get shut down and I go to jail. Yep. It is that simple. The only lawful way to treat cancer in the United States by law is chemotherapy, radiation, and surgery. That is the law. Let me give you an example. If you have a child and that child's under 18, and that child comes down with cancer and the oncologist diagnosis it, says you have cancer. We wanna do chemo, radiation, and surgery. And you say, well, thank you very much, but I'm not interested in doing those modalities. I'd like to go do the Gerson therapy within 30 minutes, social services is in the oncologist's office and this is no joke. Within 30 minutes, social services is in the office and they're threatening to take your child and threatening to put you in jail.

Dr. Vickers ([00:56:59](#)):

If you do the Gerson therapy or anything outside of chemotherapy, radiation, and surgery, that is the law in the United States. You can only treat now when you're 18 or older, you're no longer a product of the state. You're a product of the state up until you're 18 years old. Your child really isn't even your child until you're 18 years old. Then once you're 18, you have freedom of choice over your own body, which that's going by the wayside as we speak. But but yeah, so that's why we're in Mexico. Mexico affords us a, a certain freedom right now, how long that freedom's gonna last given the current circumstance, because one of the many agendas behind this pandemic is the destruction of natural medicine, ultimately. And it'll be interesting to see where the next five to 10 takes us in that realm.

Caspar ([00:57:59](#)):

Completely agree. It's a very interesting time. And I, I know other therapies like insulin potentiation therapies, and that, that also originated in Mexico just because you can't do these things in the United States. It's a really unfortunate thing.

Dr. Vickers ([00:58:14](#)):

We do that by the way.

Caspar ([00:58:15](#)):

Oh, you do.

Dr. Vickers ([00:58:15](#)):

By the way, Caspar. Yeah. We, we actually offer that. We do it very rarely, but we do offer insulin potentiated, chemo in certain circumstances at our clinic.

Caspar ([00:58:28](#)):

Another really intriguing type of therapy. I won't get into that cuz that's a whole nother can of worms that we could open up. But for anyone interested in that. What advice do you have for people suffering from cancer right now, or degenerative disease or people just stressed out in this pandemic? What's your like go to advice for, for people in, in general?

Dr. Vickers ([00:58:50](#)):

Well, if we're talking about what principles to follow, to maintain optimal health, it's you really have, you really have to cut out sodium. Sodium is one of the primary causes of disease. Really didn't get into that other than, you know, the causation of, of cellular edema inside the cell, but salt is sodium chloride. And the chloride molecule, which we really didn't talk about destroys the thyroid gland. Okay? And this doesn't matter if it's healthy, salt, Celtic salt, Himalaya salt, or if it's table salt, table salt, like I said is 99% sodium chloride. Your most healthiest salts are 86, 87% sodium chloride. That is the destructive molecule. It destroys the thyroid gland any way you cut it. Why? Because the chloried molecule displaces iodine from the thyroid gland it displaces iodine. Why is the thyroid so important? It's your primary metabolic organ other than the liver. The thyroid specifically responsible replicating reproducing mitochondria.

Dr. Vickers ([01:00:04](#)):

Remember mitochondria, the little things inside your cell that convert food into energy. Your thyroid is the responsible for reducing them. So when you are eating sodium chloride in any form, you are gonna come down with sub-clinic and eventually worse thyroid conditions as it relates to sodium intake. So first and foremost, you've got to decrease your sodium intake, good sodium or not. You've got to decrease your intake. The body's obligatory loss of sodium on a daily basis is 250 milligrams. That means that is the optimal amount you need to maintain proper health. That's about a quarter of a teaspoon. That's the maximum amount of salt you should be getting on any daily basis, maximum. For a cancer, a patient zero. You can't have any because you have got to keep salt and water outta the cells. So that's first and foremost. Today you have to be doing one coffee enema a day.

Dr. Vickers ([01:01:14](#)):

Now people are like, that sounds really ridiculous and really extreme. And I'm like, well, you know, if I was living in 1900 and I didn't have all the crap that's in our environment today. Yeah. That would've been pretty extreme doing a coffee enema every day back in 1900. Right? Well, the problem is today with everything, we can't even see that we're being exposed to today. One coffee enema per day would be absolutely essential to maintain a healthy body. So that's another thing. Proper fats, don't be deceived. Look, there's so much information out there today on health products and everybody can, you know, put lipstick on a pig and make it look great. Right? And so everybody can sell you something and make it sound like you need it. Let's take coconut oil. How many times have you heard coconut oil is great for you. Nothing could be further from the truth.

Dr. Vickers ([01:02:19](#)):

It's so highly inflammatory. It's so saturated with hydrogen. Whenever you hear saturated, that's hydrogen. And whenever you hear hydrogen, that's acidic. Okay. Whenever you hear hydrogen, that's acidic pH, potential hydrogen. So you've gotta be careful of the fats you're eating. You need to eat essential fatty acids, essential. You know what you know, by definition essential means you must get it from your diet. The body can't produce it. The body can produce its own saturated fat. You don't need really saturated fat in your diet cuz the body can produce its own. You need essential fatty acids. And those are your non-saturated or mono-saturated like olive oil, olive oil is mono saturated, half of its bonds are saturated half aren't. So it's kind of in the middle it's okay. Very little amounts. Flax oil get a table spoon of flax oil in your diet every single day that will stimulate your metabolism.

Dr. Vickers ([01:03:38](#)):

It'll start to go to repair the fat content at the level of the cell membrane. And it will literally work to as a magnet to draw oxygen into the cell to convert your food into energy. So these are the three main principles that every human being should live by. And then obviously you gotta eat organic. You just gotta eat organic. You just do not buy conventional produce for countless reasons. The obvious ones, pesticides, herbicides, fungicides, right? Those things are sprayed all over. 'em The other obvious reason fertilizers, they're growing these things with artificial fertilizers that contain three things: nitrogen, phosphorous, and potassium. That's all they contain. They don't contain the other 59, 60 vitamins and minerals that the human body needs to survive. Optimally. And then what they also don't tell you is when they send conventional produce to market, they radiate it, you know that before they send conventional produce to market, they radiate it because they can keep it on the shelves for longer.

Dr. Vickers ([01:04:47](#)):

Why cuz when you radiate something, you destroy the enzyme activity within it. And if you can destroy the enzyme activity, it won't break down as quickly. Well, the problem is those enzymes are absolutely vital for maintaining human health, let alone cure a sick and dying body. So you just never touch conventional produce. It's that simple. So these are the principles, you know, just basic basic principles that, that a cancer patient or, or even a healthy person should, should live by. And I just wanna say one more thing about the coffee enema that I didn't address earlier. When the body being stimulated to produce that glutathione transferase it requires massive amounts of nutrients. So not only does it require palmitic acid, which is in the coffee, but you need all your B vitamins, vitamin C, cofactors, massive amounts of nutrients are needed to produce glutathione transferase.

Dr. Vickers ([01:05:50](#)):

So if you're sitting there doing coffee enemas every day and you're not eating tons of organic produce every day, you're actually gonna cause more harm than good. The general rule on the Gerson therapy is three to four juices for every coffee enema to maintain that balance within the body, you just can't do coffee enemas and think you're gonna get healthy. You have to do the nutrition. And that's another thing you can't heal on supplements. They're called supplements cuz they're to be supplemented with healthy diet. Don't think you can heal on supplements. You won't, you can only heal on pure unadulterated, fresh press-ed, organic food. And that's what we try to do best at our clinic.

Caspar ([01:06:44](#)):

I really appreciate that advice. I may have to have you come back on and debate a few of my other guests that would love to, you know, speak about those things. Because again, it goes again, coconut oil, right? We had the owner of a coconut oil company come on and promote it. And of course you're gonna

have difference of opinions. And I think that's great. And that, that's why I'm saying a debate may be necessary here for those types of things. But until then, where can people learn more about you, the clinic, the advanced person therapy clinic? Where should they go to learn more?

Dr. Vickers ([01:07:20](#)):

Yeah. So our website versus clinic.com, GERSONclinic.com. If you go to our website, we also have our store there where we do have the supplements on the Gerson therapy, as well as supplements for any condition that you're suffering with. But also just to reiterate, you're not gonna heal just on those supplements. Those supplements are to be taken in conjunction with the principles of the Gerson therapy. So on our website, we also have our store that people can go to and get products for the Gerson therapy. But you know, if you write Director@Gersonclinic.com, those emails come directly to me, I handle all the intake for the clinic. So if you're a patient, they would, you would be coming directly through me on the initial intake. So director@Gersonclinic.com is our emailGersonclinic.com is our website for your guests or, you know, any guests of, of an interview that I do.

Dr. Vickers ([01:08:18](#)):

If you go to our website and you click on Gift and then you put in the password Podcasts that takes you our private video series that are only available to our, you know, our clients that come to our clinic when they go home. And those, those lectures that I'm giving on the science behind the Gerson therapy. There our classes that we've given at the clinic on certainties that we make certain therapies that we're doing. So if you go click on gift on our website and put in the, the password podcast, you can view our, our product video collection. So, so that's how you get a hold of us. And that's and if you go to our website, you can also see a myriad of videos apart from going into the private video section, interviews I've done over the years. And, and yeah, so that's, that's we're you can get us.

Caspar ([01:09:11](#)):

Amazing. Thank you. And I gotta ask you what, what's your favorite Gerson movie or book?

Dr. Vickers ([01:09:18](#)):

Dying to Have Known.

Caspar ([01:09:20](#)):

Dying to Have Known?

Dr. Vickers ([01:09:21](#)):

So in 2004, in 2004, the Gerson Miracle was the first one ever made. It won best film at the 2004 Beverly Hills Film Festival against 2000 different films. The sequel, the sequel is Dying to Have Known. And to me, that is the best of the, of the bunch.

Caspar ([01:09:44](#)):

Great. Yeah, I haven't seen that one. So I'm gonna put that on my list watch, and I'm sure the audience will appreciate that. Dr. Vickers, thank you so much for coming on the show.

Dr. Vickers ([01:09:56](#)):

It was great talking with you.

