

Carrots, Coffee and Chronic Schizophrenia

R. G. Green, M.D., CM.¹

I am going to talk about coffee, carrot juice and people. We all have symptoms of various sorts, some of which affect the mind. All our symptoms must come from the mind. If they did not, we couldn't have symptoms. Whether you have schizophrenia, asthma, arthritis, cancer, or hypertension, this method of therapy might be of great assistance. It is a very interesting concept to think about, in one's approach to disease. In my hands juice therapy is proving to be a very helpful way to manage severe and disabling diseases which have not responded to other methods of treatment.

I seem to inherit patients who have been through the mill. They have tried everything from specialists of the medical profession to other practitioners of the healing arts—chiropractors, reflexologists, herbologists, acupuncturists and the like. All these healers have something going for them because patients do improve. It just seems the failures arrive on my doorstep. I am then expected to do something which might possibly help. This usually means a return to the very basics of health care. What is more basic than food and what can it do for the body?

■103-1311 Central Ave., Prince Albert, Saskatchewan

Condensed from a paper delivered at the Seventh International Conference of the Canadian Schizophrenia Foundation.

The human body never ceases to amaze me with its ability to handle the poisons which we constantly shovel into our mouths or acquire from the environment. If the body were not so well made and adaptable, the human race would long ago have disappeared from the face of the earth. We think we can eat anything which takes our fancy. If we can afford the price, we can afford to eat it. At this point in time such thinking is particularly fallacious because there is so much money around to spend on things which never were meant to be a part of the diet of man. For example, the consumption of pop, in Canada amounts to 360 bottles per person per year. This figure was published in the **Financial Post** last year. The pop factories are all building bigger and better plants. Some of them even get Government grants for the purpose of poisoning the populace. The Pepsi plant in Prince Albert received a DREE grant of a million dollars. When you see these things happening it is not hard to believe there is an incestuous relationship between government and business. It is therefore not too difficult to understand why people like us, who are interested in preserving our own health take abuse from all and sundry. The rules of good eating suggested by government health experts can cause disease in some people. If you are allergic to milk, as many people are,

and you drink it every day, as they suggest, you can never be well. In fact you get sicker and sicker as time goes by. Those in authority do not recognize facts unless they happen to concur with what they consider the facts, to be. One must have an open mind and accept new information as it is developed from new experience. The people in this and all other countries, who continue to stuff themselves full of junk food, will never know what their real problem is.

The idea of treating schizophrenia using juice therapy was the natural outcome of my work on allergy and vitamin treatments. Max Gerson wrote his book "**Cancer Therapy, Results of Fifty Cases**". In 1958 this man had been treating many different diseases with diet therapy for forty years. He decided detoxification of the body was a most important part of treatment, and he did it with juice, freshly made and drunk immediately. By adding various vitamins, minerals, and enzymes he achieved some near miraculous cures. His work on cancer is still in dispute but patients who have had some of the other degenerative diseases like schizophrenia, arthritis, asthma and so on, can attest to the efficacy of his treatments. As I said in the beginning, I get tough ones to treat. I have to do something which will give the body a chance to heal itself, since we doctors can do so little. By giving the patient the proper nutrients, and equally important, by ridding the body of its accumulated wastes at the same time, wonderful things are possible.

A Case Report on G.R. 04-15

This lady came to me complaining of a breakdown every year for several years. She gets depressed, nervous, and can't sleep, can't work, can't think and wants only to be left alone. She frequently ends up in a psychiatric hospital for three weeks at a time getting shock therapy and multiple toximolecular medications. She had been on three different nerve medications when she came to me. The lady had experienced twelve major operations, which in itself is an indication of her diagnosis, schizophrenia. These people often have complaints which surgically minded

doctors try to fix with an operation. It is hard on the pocket book and the patient, but is done nonetheless. This patient had a harsh cough for years, and had been overweight for ten years..

The family history gave some help, her father had been shot, there were three siblings, one of whom had bad nerves. One niece had them too. Her one and only son is a nervous child who did not finish school. Her husband was not much of a help, being a very demanding fellow, and she had to look after her father-in-law. He too was a tough nut so far as she was concerned.

Physically she looked ill and upset, weighed 167 pounds and had the characteristic odor of the schizophrenic. Her tests, including the HOD were not impressive. They did not show much of anything. Her diet survey did not reveal any real problems except she ate too much bread. Allergy testing was not helpful either, but did reveal minor degrees of allergy. I decided to give juice therapy a trial, combined with some of my other treatments, and it worked. She was fasted for four days, doing enemas several times daily, and taking well water. I do not let my patients drink city water when I'm trying to detoxify them. It adds too much to an already overloaded body. Always use spring, well or distilled water for detoxification. She started on thirteen glasses of juice a day. This juice must be freshly made. It must be drunk as soon as it is made, or within twenty minutes at the latest. In less urgent cases, it can be put in a thermos and used within a few hours. I use one citrus fruit, i.e. 8 oz., five carrots or carrot and apple, four green juice, one grape and two apple during the first weeks of detoxifications. To make a long story short, she did recover without the aid of anti-depressants, shock, or other usual drugs. She did have vitamins and minerals and enzymes as I felt she needed from the Orthomolecular point of view. Her weight dropped from 167 pounds on August 15th to 134 pounds on September 30th, and she felt better than she had since she had been a very young girl. In fact, she felt so well she decided to cheat on her diet, and by February of this year her weight was 154. She had bowel spasms, headache, and many

of her old complaints. She went on another short fast and the juice diet again and again made a good recovery. The spring is her bad time of year, but she managed to hold her own so far. Unfortunately she went off her diet again and ended up in the hospital With pneumonia then mumps and depression. She returned to Prince Albert for my therapy and is much more difficult to get back on stream this time. I do not know the significance of this setback as yet.

The selection of patients for this type of therapy is difficult and depends upon several factors. This therapy is not the easiest one in the world and the patient must be willing to go along with it. Choosing the treatment to fit the patient can be rewarding or disappointing. One satisfaction in choosing this programme is the remarkably short time it takes for the patient to realize the correctness of his decision. The patient really has to decide whether or not he wants to get better. It always surprises me to find there are many who do not want to get better. There are patients who would sooner die, and they do, than make the effort of doing something for themselves. So much depends on the motivation and expectations of the patient. There are those who simply cannot or will not make any effort on their own behalf. Whether this is a result of disease befuddling the mind, or of lack of support from family members, or lack of grey matter from the beginning, I do not know. It can be a combination of these reasons. The patient who refuses treatment realizing death is his only alternative causes me to wonder. Is this due to societal expectations? The mind does strange things when we are ill. Fasting can clear a befuddled mind in a few days; but some patients will not do even that. The patient must have full support of members in the family. If the wife or son or whatever is not willing to give of his time and be happy doing it, the patient has to be a real Spartan to carry on. The patient must have faith in himself and in the treatment. Fortunately things happen so quickly by way of symptom relief, most patients are willing to make the necessary

sacrifices. Eating properly can hardly be called a sacrifice, but we feel that way, due to our lousy eating habits. There are patients who think someone other than themselves can do the work, that there is a button to push or a pill to take, which will miraculously cure them. Such patients are basically lazy. They might realize sooner or later, after trying all other therapies over the years, they are themselves authors of their own misfortune. They may decide eventually to try to help themselves. The hardest job is to convince ourselves that only we can do what has to be done. All I can do is show the way; the vitamins, the juicing, the fasting and whatever are the patient's responsibility. This is the bitterest pill of them all. When that responsibility has been accepted by the patient, nothing stops progress in the right direction.

The doctor must figure out which patient will work at his treatment. The history, the attitude of the wife or whatever, and the patient's outlook give one a good idea. Some need a push, some need a pull. Some must wait until they can see what you are trying to prove. This might take years of alternate therapies.

When does a patient start on carrot juice and coffee? When is it used? Let me say first of all that I now use caffeine capsules instead of coffee. It is much easier to prepare and is less expensive. I choose this method of treatment when I want quick relief of symptoms. Fasting can relieve symptoms in a few days, especially if it is accompanied by detoxification. This means getting rid of body wastes by enemas, saline purgatives, or a combination of the two. When a patient realizes his symptoms disappear in three days, after having them for years, it is much easier to convince him to continue. Another advantage of a preparatory fast is to clear the mind. A sick patient tends to rationalize rather than think. Fasting and detoxification help him to think more clearly in three or four days. If a patient is willing to fast and detoxify, he is usually willing to accept responsibility for his own care. Frequently the patient has more than one set of symptoms which start clearing up too. Asthma, exzema, colitis and arthritis are but a few of the diseases which respond to juice therapy.

The more severe the problem and the more debilitating, the more I tend to use this treatment. I had one girl from Regina who was supposed to have most of her bowel removed from Crohn's disease. This is a condition where diarrhea and pain are almost intractable and cortisone is used on a long term basis. Surgery is frequently suggested to prevent side effects of cortisone therapy. In any event she decided to try an unorthodox approach and came to me. I had just returned from a speaking engagement in Toronto. There I had the good fortune of spending several hours with Charlotte Gerson Strause, who is Max Ger-son's daughter. She convinced me of the efficacy of his work and of the wide variety of disease which might respond. This girl of 26 had nothing to lose, except her bowels and a life of misery. We agreed, the patient and I to try. She tolerated everything well and soon had complete relief of all her symptoms.

Another lady came to me with such severe asthma she could not function at all. She was in and out of hospital all the time; she could neither eat nor sleep because she was so short of breath. She could only walk a few steps; she could not answer her door. I had to admit her as an emergency when she arrived and start oxygen and aminophyllin. Caffeine and aminophyllin are first cousins— an interesting observation. I decided to do a fast in spite of her weight loss and to start enemata in spite of her respiratory distress. The patient began to feel better almost immediately and within five days was walking the length of the hall, something she had been unable to do for literally years. She was making her own juice and doing her own enemata by the seventh day, and soon went home to continue her own therapy. I see her rarely now. It is well over a year since she was in Prince Albert and I hear by the grapevine she had her best winter in many, many years. I put my patients in touch with one another so I can benefit from their exchange of ideas as they do. I hear what they are doing and if they are 'goofing off. Medicine is a two-way street. My patients

appreciate knowing what happens to others and they are able to help each other. In Prince Albert my patients have started a small group which meets on a regular weekly basis to exchange ideas and experiences. It is very supportive to them and helps me. I do not have time enough to explain everything to everyone. It does more good for patients working together and learning together than all the talking I can do. You have to experience some things before you can get to some patients, and who can better do this than another patient. The AA program is helpful and is being copied by some other groups.

There is a very distinct relationship between schizophrenia and the degenerative diseases. I have gradually come to the conclusion that all disease to which the Flesh is heir is but a part of some general pattern. As doctors, we try to make distinctions which are in themselves patently artificial. If one patient has asthma, one has arthritis and another has schizophrenia and each has a good response to carrot juice and coffee, one wonders if we have not been on the wrong track these many years. I look for similarities in complaints elicited from patients, not differences. By using this technique it is surprising how often one can see things which before were not apparent. It helps me in the management of these symptoms. Diagnosis is not the be all and end all of medicine. The relief of pain, of itching, of bleeding, of things about which the patients complains is important. The pharmaceutical industry is a great and powerful factor in the field of medicine. Does this industry do its best for the patient? We must ask ourselves what can we do for the patient? Are we on the right track? I ask what the patient can do for himself, then find ways and means of giving him the tools and letting him get on with the job. Patients and doctors make the same mistakes time after time in thinking there is a way to get better without working at it. It is true, with penicillin you cure pneumonia, but why did you get pneumonia in the first instance? Why do some people keep on getting ill? These questions have to be asked not only by the doctor, but also by the patient, if we are to progress in the health field. Preventive medicine is hard work. At this present

time preventive practice brings a frown to the brow of government, doctors and patients. We all look for the easy way. There is no easy way and the sooner we decide to be responsible for our own good health, the better off we shall be. I think Medicare was a good idea but it has robbed most of us of the incentive to look after our most precious possession, our health. If it's free, we want it, even though it costs our health and our life. I'm going to get something for nothing or die trying. Is this the attitude on which to build a responsible person or a responsible nation? When we had to pay our own medical bills we were more careful of what we ate and drank, realizing full well we are the authors of our own misfortune. Now we don't give a damn. This type of attitude gives preventive medicine the poor image it has today. Doctors carry on with practice as usual, giving lip service to prevention while not doing it themselves. Prevention, like charity, begins at home. The sooner we realize this and start doing these things, the quicker we shall be on the road to recovery. All governments cry about the cost of their medical plans. All governments were told before they started, the costs would be astronomical and patients would not work for better health. I did not think in 1962 that doctors too would be one of the causes of this increase. Being human, doctors follow the line of least resistance. It is so much easier to give a pill than to talk and explain for twenty minutes, and much more profitable too. What do you expect doctors to do?

Prevention and treatment go hand in hand when one does nutritional medicine. The technique I am discussing is at once a combination of the two. By giving the body nutrients it needs, in a form easily handled by the body, disease does not develop. This is the ultimate aim, or should be, of every doctor and patient. Getting better and at the same time not catching any other disease. This sounds too good to be true. Why do we not all get on the bandwagon? We don't because we are human, because we really do not want to be in perfect health. This statement is all the more remarkable because

it is so true. If you think about it, and apply it to yourselves, can you see giving up your bad habits unless you have a very, very good reason so to do? I think not. It has taken me years of thinking and rationalizing to stop alcoholic beverages. I never did have a real problem with them, it is just that alcohol does no good, and it does a lot of harm, even in small amounts. Alcohol is so rapidly absorbed from the stomach, the body has no chance for detoxification let alone neutralization. Alcohol can do nothing but harm the body. I reiterate it is very hard to convince anyone, let alone ourselves, if we have no real personal reason to quit some dumb habit. We all want to believe we are not subject to the immutable laws. We think we won't get cancer or get hit by a car. One person in four will develop cancer at the present rate. Those of us on fluoridated water have an even greater chance, yet what do we do personally to help ourselves? Not very darn much I can assure you. When disease strikes, and only then, we may do something to get better. Here again, most of us think the doctors can give a pill which will do all the work and we can get on with the job of 'enjoying' ourselves. There isn't a pill which will cure anything. Some pills fight bugs or stop nausea or headaches, but the body is what has to make the pill work. If the body is not in good condition, the pill will not do the job. This is why it is so very important to get into the health prevention picture, through knowledge of your body to cure yourself.

What has all this to do with carrot juice, coffee and schizophrenia? It is the root of all therapy if we will but admit it to ourselves. I use carrots in the sense of giving freshly made juices, vegetables and fruit which provide the building blocks or nutrients for the body. The fresher the juice and the greater the variety, the better it is for the body. Fresh juice contains the enzymes and nutrients needed by the body to let the cells replace and replenish themselves. Juice is easily assimilated and does not require the pancreas or the digestive tract to work too hard to make these nutrients available. If the juice comes in cans, bags or bottles, it is not nearly so effective. Gerson claims juice

should be made and drunk within ten minutes for the best results. I suggest 10 to 14 glasses of juice a day to detoxify a patient. These are 8 oz. glasses so we talk of 80 to 120 oz. of juice a day to supply nutrients and flush out waste products. This flushing action is very important. As you loosen up the accumulated cellular waste products, you must get them first into circulation, then out of the body. It does no good to drink that much and not get rid of the cellular detritus. If you do, the patient gets sicker, not better, and you wonder why. I liken juice therapy to flushing out a septic tank with a hose. The water under pressure stirs up the sediment which is what you want, but then it must be drained off or it will pack on the bottom again. This is where coffee enemata comes into play. Use three tablespoons of coffee, the percolator variety, to each quart of pure water per enema. Pure means no chlorine, no fluorine, no salt; I use well water, spring water or distilled water. I sense ionized water is not useful for my purpose. I now use caffeine capsules, 250mg. per quart. It is cheaper, easier and works just as well. How strict we have to be about the water depends on the conditions being treated. The more severe the illness, the greater the need for good water. Cancer is the ultimate in degenerative disease. Caffeine has the ability to dilate the small ductules of the biliary system in the liver. It then becomes possible for the liver to discharge the accumulated cellular debris brought to it by the circulating blood. Juice therapy loosens it up, the blood carries it to the liver where it is processed, then it is discharged into the biliary system. By dilating these little ductules the poisons are carried to the larger branches of the tree and finally into the common duct which empties into the small bowel. From there it passes out of the body. This is the purpose of doing enemas. Gerson used one every two hours day and night in very toxic patients. This sounds like cruel and unusual treatment. It is nothing of the sort. It works when all else fails. This is the reason why the patient must have the fullest support physically, mentally and spiritually from his family. Detoxification is very trying for the patient and the family, but it can be rewarding

for all concerned too.

Why not use nutritional therapy before the catastrophe when you don't have to be so heroic? You soon find out who your friends are and to know yourself. Some patients would sooner die than go to this amount of trouble and effort. That choice is theirs. All we can do is give them a reasonable alternative. There are many patients who would rather swallow the entire pharmacopoeia than do something on their own. I've said it before and I'll say it again, there is no easy way, there is no such thing as a free lunch, you have to do it yourself.

You may well ask how this method combines with all the other things I have been proposing over the years. I started giving vitamins in 1968 for sub-clinical pellagra. From there I began to realize most, if not all, patients have hypoglycemia, or low blood sugar. It was necessary I thought, to treat two conditions—a vitamin deficiency and/or dependency, and low blood sugar. It was not long however, before the relationship between these two was recognized as an allergic phenomenon. This came about because my treatments were failing a very important patient, myself. A doctor should not have himself for a patient, but who else was there to provide it? I spent several years combining vitamins, diet and allergy with good success. Nevertheless, there are patients who would not respond to my best efforts. This is why one must keep on looking and changing. It was necessary to return even further to the very basics of health, and this is where juice therapy comes in. I am beginning to feel every allergy is merely one of the ways the body expresses itself, hoping we'll have sense enough to act on the information. One would think allergic patients would be too allergic to give a diet of juice. They are not, they thrive on such a regime. We can treat many types of allergically-based disease syndromes, colitis; exzema, migraine, ulcers, schizophrenia and so on.

I suspect with juice therapy we are on the right track, because so many diseases do improve or disappear. Diseases do not get better, our bodies get better. By taking the holistic viewpoint, realizing mind and body are but one, we can learn to treat the person, not the disease. If the treatment works,

no matter what the disease, it becomes obvious there must be a common denominator. I think it is diet. Concurrent detoxification and proper nutrition seems to be a good way to tackle problem patients. It is not necessary to treat all degrees of illness in this fashion, but cut the pattern to suit the cloth. I employ vitamins, diet allergy techniques, and all the other things as we go along.

If the condition demands it, I start with the ultimate weapon, juice therapy and detoxification. The patient and his family must be willing to put up with the inconvenience. The doctor must have the courage of his convictions. When we treat the reactions of the body using the basic functions of the body almost anything is possible. I suspect this technique might do the same thing as dialysis which uses the kidney machine. I have no proof, but the thought has crossed my mind. I do not do much laboratory investigation, nor do I intend to start. If the dialysis machine merely helps eliminate toxins which the kidney is unable to discard, it seems reasonable to suggest detoxification by juicing and enemata should be even more helpful. The patient is usually able to do more than any machine yet invented, and at a cheaper rate.

Mother Nature has been here much longer than we have. Let us use her methods to correct our mistakes. These mistakes are usually the result of our own foolishness in diet. Using dietary methods to detoxify and rebuild is a means of therapy which should be further explored and developed.

ADDENDUM FOR CARROTS, COFFEE AND SCHIZOPHRENIA

The patient has to fast for four days to eliminate all traces of food allergens from the body. It is a good policy to use a saline purgative daily for the first two days. There will be an increase in symptoms for the first two days, followed by a feeling of well being, if the symptoms were due to food allergy. Try food testing at this stage. Give the patient his favorite foods one at a time, to see if this

particular food will bring on the symptoms about which the patient complains. If it does, eliminate that food with a saline purgative before the next food is tested.

After doing a few foods you can judge how the patient is reacting and whether it is necessary to carry on with the juicing. If the patient requires juicing you start with 5 glasses of carrot juice a day. A glass contains 8 oz. The carrot juice may be mixed with apple. Use 4 glasses of green juice a day. This is made from celery, lettuce, cabbage, endive, etc. It tastes awful to some patients. Do not use any more than one glass of orange and one of grapefruit a day in a juicing programme. You might use one grape juice. Depending on the size, age and tolerance of the patient, use from 8 to 14 glasses of juice a day. All this juice provides a great deal of food for the body in an easy to use form. It is easily and quickly absorbed. The necessary vitamins, minerals, calories and enzymes are in a form which the body, even a sick one, can utilize to the greatest extent.

All components of juice help the detoxification process. The natural enzymes act on the juice which allows the pancreas to rest and regenerate. The fluid helps to flush out accumulated waste products from the cells of the body. At the same time, these cells are being nourished and revived and can work properly again. Each cell is supposed to look after elimination of its own wastes. This is only possible if the proper amount of food in the proper form, is fed that cell. Juicing makes this possible. Once the cell eliminates its waste products, the blood stream picks it up and it is taken to the liver for further processing and elimination. The liver is the clearing house for all toxic wastes of the body. The kidneys too, are part of the elimination process.

The purpose of the coffee is two fold. The caffeine from coffee is absorbed from the large bowel into the blood stream whence it goes to the liver. I use caffeine capsules 250mg. for each enema. Caffeine dilates the small ductules of the biliary system, allowing that system to carry the toxins from the liver to the small bowel, thence to the large gut. It is then expelled in

CARROTS, COFFEE AND SCHIZOPHRENIA

the usual fashion due to the enema. The more toxic the patient, the more juice and more enemas are required. You can use up to 14 glasses of juice and an enema every two hours day and night if necessary. The cleansing process takes about a week or two, then raw vegetables and fruit are added to the diet. One must watch for sign of allergy to the food or juice. Diarrhea, nausea, or a return of previous symptoms are signs of allergy and have to be respected. It helps to use pancreatic enzymes, vegetable enzymes and other digestant aids like glutamic acid hydrochloride during the entire healing span because it gives the pancreas a chance to rest and revive. Adrenal cortical extract(ACE) is useful in some when the body seems not to tolerate anything in the way of food.

The vitamins I use are C in large doses up to 15 gms. a day, B3, B6, B-1, B2, B12, B5, B-15, in doses which are judged by results and experience. I also use the multiple vitamin-mineral formula of Rodger Williams and large doses of zinc 220mgm a day. I use Bacid caps to help the gut develop healthy bacteria. Injections of crude liver, B-12, and B Complex are useful at times. Not infrequently I use dessicated thyroid and Lugol's solution three to five times a day to start. Using this regime, varied to suit individual patients, I have been able to relieve symptoms which have been unresolved for many years by any other means.

REFERENCE

GERSON, M.: A Cancer Therapy - Results of 50 Cases. Totality Books, Publishers.