

Book Reviews

Vitamins Can Kill Cancer
by Reagan Houston
Infinity Publishing, 2006
Paperback, 115 pages

During my high school and college years, I probably can not and definitely will not tell you how many times my classmates (or, in later years, my students) passed an exam by reading only the book store's commercial study guides while the assigned text remained unopened. While far from righteously academic, it is can be very time efficient.

Vitamins Can Kill Cancer is a condensed, just-the-facts-ma'am account of vitamin therapy for cancer patients. The author, himself a former cancer patient, was cured without radiation or chemotherapy. And although Houston is also a chemical engineer, this is not a technical textbook. Like a supplement itself, it is an encapsulation of what is most vital. As such, the book is an important contribution to a sometimes over-thought and contradictory literature. It is to his additional credit that the author can and does include a disclaimer that he has no financial interest in any product or supplement. That matters to the skeptical reader.

The opening section of the book sets out the megavitamin anticancer protocols of both Dr. Abram Hoffer and Dr. Ewan Cameron. In Section 2, the author briefly discusses a variety of nutrients, including vitamin C, omega-3 fatty acids, coenzyme Q₁₀, flaxseed oil, and the herbal mixture known as Essiac. Section 3, on prostate cancer, may be the highlight of the book, which is not surprising as the author is a prostate cancer victor. Including a comparison of the various available therapies, including hormone therapy and watchful waiting, was a good idea. The author then provides the welcome details of the treatment plan that worked for him, which in

itself is more than enough reason for every man to be sure to read this book. Section 4 is Houston's neat review of some anti-cancer mechanisms in humans, previously published in the *Townsend Letter* in 2003. Section 5 contains Abram Hoffer's data from his 134 cancer patients treated with nutrients. The bottom line: "Those who chose vitamin therapy lived 45 months versus 2.6 months for those who refused vitamins." That is evidence as clear as it gets.

A look at Houston's book is time well spent. The author makes frequent use of tables to emphasize main points. His statements are well supported with research references and, for such a short volume, it is well indexed. It would benefit from expansion of its recommended reading list.

In oncology, any serious consideration of therapeutic safety and therapeutic effectiveness can only lead to nutritional therapy. Abram Hoffer, who wrote the book's preface, says, "Vitamin C, even in very large doses, is not toxic. It kills only cancer cells." That is good news for every healthcare provider. It is the best possible news for a cancer patient. And with a summation this readable, anyone can easily gain a solid introduction to orthomolecular cancer treatment without first cracking a textbook.

—Review by Andrew W. Saul,

Healing the Gerson Way: Defeating Cancer and Other Chronic Diseases
by Charlotte Gerson with Beata Bishop
Totality Books, 2007
Paperback, 406 pages

If I were asked to choose the most valuable two pages of any medical book ever written, I would not hesitate to nominate pages 196-197 of *Healing the Gerson Way*. They present a very concise listing of the full Gerson nutritional therapy as

an "Hourly Schedule for Typical Cancer Patients." These two pages deserve to be (and may already be) among the most photocopied-and-shared documents in alternative medicine. Authors Charlotte Gerson and Beata Bishop also provide additional, modified treatment schedule tables: one for patients who are severely weakened and/or on chemotherapy, and another for nonmalignant patients.

Any preconceptions that the seven-decades-old Gerson approach may be outmoded or inflexible will be put to rest in the second chapter. Long-time students of Gerson will appreciate new additions to the therapy, such as chromium, selenium, and pau d'arco. Chapters 5 and 6, supported by 175 references, discuss how chronic disease is primarily caused by what we do to ourselves. The remainder of the book tells you exactly what you can do about it, with sections on "Restoring the Body's Defenses," "Why Does the Gerson Therapy Work," "Pain Control Without Drugs," and "Preparing Food and Juices - The Basic Rules."

It would not be Gerson book without a chapter on coffee enemas. The coffee enema is probably the most controversial, most misunderstood, and, perhaps, most memorable Gerson technique of all. Its purposes are detoxification, liver cleansing, and pain relief. Chapters also explain recommended laboratory tests and discuss non-pharmaceutical medications. I was pleased to see chapters addressing psychological support, necessary household procedures and equipment, and potential "healing reactions," the Gerson version of the side-effect. A collection of frequently asked questions, and a broad sampling of case histories of recovered patients are also provided. *Healing the Gerson Way* is carefully supported with citations from the medical literature. Indexing is thorough, including both subject and author indexes.

For those who dread the thought

of living on some kind of a health-nut vegetable juice diet, there is more good news. Chapter 28 is entirely made up of recipes, some 80 pages of them. They look good, too: dips, appetizers, sorbet, dressings, numerous soups and salads, grilled vegetables, ratatouille, and desserts. You do not have to be sick to want to eat Gerson-style.

For over thirty years I have recommended the Gerson therapy to persons fighting cancer, and have never once had cause to regret it. This new Gerson manual is the best ever written on the subject: comprehensive, up-to-date, exhaustively referenced, and very well-written. It explains the therapy as it instructs on exactly how to do it yourself. Most importantly, *Healing the Gerson Way* is about healing chronic diseases other than cancer, including many that are supposedly "hopeless." Don't let anyone tell you otherwise: There is much more than hope for "terminal" patients: there is Gerson. This is a compendium of knowledge, based on decades of success, that you will want to share with everyone you know.

-Review Andrew W. Saul