

## Gerson Human Studies Table

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| Ref #                                                 | Sites    | # Patients | Stage      | Patient Characteristics                                                                          | Treatment                              | Results                                                                                                                                                                                                                                                                                                                          |
|-------------------------------------------------------|----------|------------|------------|--------------------------------------------------------------------------------------------------|----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Prospective Matched Controlled Studies</b>         |          |            |            |                                                                                                  |                                        |                                                                                                                                                                                                                                                                                                                                  |
| <sup>15</sup> a                                       | Colon    | 36         | Liver mets | Selected if matched control found. Chose to use Gerson.                                          | Gerson Diet                            | Mean Survival with diet: Gerson: 28.6 mos. Controls: 16.2 mos. No other statistics provided. Unknown duration of treatment                                                                                                                                                                                                       |
| <sup>15</sup> b                                       | Breast   | 38         |            | Selected if matched control.                                                                     | Gerson Diet                            | No significant difference in metastases or rates of survival. Unknown duration of treatment                                                                                                                                                                                                                                      |
| <b>Prospective Cohorts with no Controls</b>           |          |            |            |                                                                                                  |                                        |                                                                                                                                                                                                                                                                                                                                  |
| <sup>16</sup>                                         | Various  | 108        | Late       | Three sets of patients from three different clinics with histological confirmation of diagnosis. | Gerson, Conteras, or Hoxsey therapies. | <u>Gerson</u> : n=38; twenty lost to follow-up (f/u); 17 died, mean survival nine mo., one with disease at five yrs. <u>Conteras</u> : n=31; nine lost to f/u, 22 died, mean survival 22 mos. <u>Hoxsey</u> : n=39; twenty-three lost f/u, 10 died, mean survival 15.4 mos, six disease free at 58 mos.                          |
| <b>Retrospective Cohorts with Literature Controls</b> |          |            |            |                                                                                                  |                                        |                                                                                                                                                                                                                                                                                                                                  |
| <sup>18</sup>                                         | Various  |            |            | Treated at Centro Hospitalario Internaccional del Pacifico, SA.                                  | Gerson Diet plus surgery               | Melanoma, colorectal, & ovarian CA patients had higher disease fall S rate than in literature. Some lymphoma patients had CR of tumors with diet only.                                                                                                                                                                           |
| <sup>17</sup>                                         | Melanoma | 153        | I-IV       | Superficial & nodular, white; ages 25-72.                                                        | Gerson diet                            | Fourteen Stage I & II patients, all disease free at 17 yrs. Thirty-five Stage III patients had five yr. survival of 71% (p=0.002). Eighteen Stage IV patients had five yr. survival of 39% (p<0.001). Five-year survivals compared to literature: Stage III: 27-42%. Stage IV: 6%. Numbers not reported to substantiate results. |
| <b>Best Cases</b>                                     |          |            |            |                                                                                                  |                                        |                                                                                                                                                                                                                                                                                                                                  |
| <sup>19</sup>                                         | Various  | 6          |            | Mixed; some recurrent and /or refused conventional treatment.                                    | Gerson Diet                            | Healed Paget's disease of breast; disappearance of melanotic tumor; healing of basal cell carcinoma; improved neurologically and no evidence of disease; complete healing; symptom free.                                                                                                                                         |
| <b>Case Reports</b>                                   |          |            |            |                                                                                                  |                                        |                                                                                                                                                                                                                                                                                                                                  |
| <sup>20</sup>                                         | Various  | 10         |            | Mixed                                                                                            | Gerson Diet                            | No actual cures but improved health and regression of tumor.                                                                                                                                                                                                                                                                     |

**Note:** Not included in this table is a set of 17 cases reported in the Gerson Institute literature since this series has not been separately published in peer-reviewed literature.

### Reference List for Studies Cited in Table

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17. Hildenbrand G, Hildenbrand L. Five year survival rates of melanoma patients treated by diet therapy after the manner of Gerson: A retrospective review. *Alternative Therapies* 1995 Sep;Vol 1(4).
18. Hildenbrand G, Hildenbrand L. Defining the role of diet therapy in complementary cancer management: prevention of recurrence vs. regression of disease. *Proceedings of the 1996 Alternative Therapies Symposium: Creating Integrated Healthcare*. January 18-21, 1996 San Diego, CA.
19. Gerson M. Effects of combined dietary regimens on patients with malignant tumors. *Exp Med Surg* 1949;7:299-317.
20. Gerson M. Dietary considerations in malignant neoplastic disease. *Rev Gastroent* 1945;12:419-25.