

## Contre-indications

Maladies ne répondant pas bien à la Gerson thérapie

<https://gerson.org/gerpress/health-institute-de-tijuana-clinic/> cliquer sur The Gerson Therapy

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## Contraindications and Cautions for the Gerson Therapy

*Para leer esta información en español, haz clic [aquí](#)*



While the [Gerson Therapy](#) is effective in treating a surprisingly wide range of chronic and degenerative diseases, there are limitations to what types of conditions the therapy can effectively treat.

There are a number of conditions the Gerson Therapy cannot treat, or that require significant modifications to the standard protocol. We strongly recommend all patients work under the guidance of a **Certified Gerson Practitioner** who will provide a personalized protocol and ongoing case management. For a list of certified Gerson practitioners, click [here](#).

Furthermore, there are other conditions that certified Gerson practitioners and the licensed Gerson clinics simply have not had adequate experience treating, particularly rare diseases and diseases of a genetic origin. These conditions may present unique challenges and it is unlikely that there would be reversal or complete recovery from using the Gerson Therapy as a stand-alone treatment.

Please read the information below to learn more about common contraindications and cautions for some health conditions.

### Diseases that Do Not Respond Well to the Gerson Therapy

The following is a list of conditions that the Gerson practitioners have not seen positive responses by applying the Gerson Therapy alone. We encourage patients with the following illnesses to consider partnering with a naturopathic doctor to discuss other natural treatment options. You can search for one in your area at: [www.findanaturopath.com](http://www.findanaturopath.com).

**Amyotrophic Lateral Sclerosis (ALS) and Parkinson's Disease**

**Arthritis or Lupus (SLE) after long-term steroid or chemotherapy use**

**Brain tumors or metastasis to the brain**

**Multiple myeloma**

**Muscular Dystrophy**

## **Pancreatic cancer after receiving chemotherapy**

### **Conditions for which Gerson Therapy is NOT Recommended**

The Gerson Therapy is contraindicated for patients who are diagnosed with the conditions below and should not be applied.

**Allogeneic stem cell transplant recipient**

**Greater than 30 inches of the colon removed**

**Ileostomy**

**Kidney failure or on dialysis**

**More than 75% of stomach removed**

**Organ transplant**

**Those referred to hospice**

### **Conditions for which Gerson Therapy is NOT Recommended Unless Completely Resolved**

The Gerson Therapy works slowly and a patient may not have the time required without medical intervention if the disease is progressing quickly. In some cases, it may be best to stabilize the condition with medical intervention in order to allow more time to restore the patient's capacity to respond to the therapy. However, in certain cases, once these conditions get resolved, the Gerson Therapy may become a treatment option. But in most cases, other treatment options should be considered.

For patients with the following conditions, we recommend support guided by a [naturopathic doctor](#) who may suggest other natural treatments to help resolve these issues.

**Acute bleeding**

**Bedridden or paraplegic or non-ambulatory**

**Blood clots**

**Intestinal or bowel obstruction**

**Pericardial effusion (fluid around the heart)**

**Recurrent pleural effusion (fluid around the lungs)**

**Unable to eat, drink or on a feeding tube**

## Conditions for which Gerson Therapy Requires Modification by a Certified Gerson Practitioner

For patients with the following conditions, it may be possible to adapt some portions of the Gerson Therapy for overall health enhancement or use a very reduced protocol with caution; however, this may or may not provide sufficient therapeutic benefit. The Gerson Therapy would not be recommended as the primary treatment option for these conditions, and it would not be expected to reverse the disease.

We strongly recommend all patients work under the guidance of a Certified Gerson Practitioner, however patients with the following conditions require modification to their protocol and will be unable to begin the Gerson Therapy without medical guidance. For a list of Certified Gerson Practitioners, click [here](#).

**Acute leukemia**

**Ascites, recurrent and advanced (fluid in abdomen)**

**Autologous stem cell transplant**

**Bone marrow transplant**

**Chronic kidney disease**

**Diabetes type I or II**

**Heart disease**

**Heart stent, heart valve replacement or pacemaker**

**If the patient is taking many prescription medications**

**Severe liver disease**