

Juicers for the Gerson Therapy

Dr. Gerson believed the method of juice extraction decidedly affects the concentration of the juice's nutrients. This has been demonstrated through the analysis of juices produced by testing four types of juice extractors. The clinical results experienced by patients using each type of juice provides further support for Gerson's recommendations: to use a two-step machine with a grinder and hydraulic press.

Comparative Juicer Evaluation

The following is an evaluation of the various types of juice extractors

1. Grinder/Press Combination

This type of juicer has two separate components, a grinder to grind the vegetable into a fine, moist, pulp and a hydraulic press to extract the juice of the vegetable from the pulp by squeezing it under high pressure. Dr. Gerson felt strongly that this type of juicer was the only acceptable choice for cancer patients. He recommended mixing the pulp of different vegetables together thoroughly before pressing them in order to enhance the extraction of certain nutrients. This, of course, is only possible with a juicer that separates the grinding and pressing functions. Research in this area, although limited, indicates that juice produced by the grinder/press can be as much 50 times higher in certain essential nutrients.

Also, the juice itself is much fuller and richer tasting than that produced by other types of juicers, and is free of pulp. Generally, this type of juicer will produce 25 to 50% more juice than other juicers from the same amount of raw produce, and even more when extracting from leafy vegetables.

The Norwalk juicer is a large, heavy, grinder/press juicer, usually of all-steel and/or stainless steel construction. It is also generally more expensive than other types of juicers, with a price ranging from \$2,395-\$2495. More than 80% of Gerson patients choose the Norwalk for their Therapy.

2. Masticating Juicers

These grind the vegetables and extract their juices in one step. These juicers are generally not as heavy-duty as the grinder/press models. They produce a fairly good quality of juice, although it is high in vegetable pulp and separates more readily than the juice produced from two-step machines. A study we've seen indicates that juice produced from masticating juicers is richer in nutrients than juice from centrifugal juicers (which are not recommended for any type of condition), but not as rich as that from grinder/press juicers.

Some reports indicate that masticating juicers can produce a very high heat inside the grinding chamber that may damage the juice enzymes. Some patients have successfully combined a masticating juicer and a separate hydraulic press to produce a juice much closer in quality to the grinder/press combination but at much lower cost. Manufacturers of masticating juicer include Champion and Green Power. Gerson patients can use the Champion as a grinder *only* in conjunction with the Juice Press Factory hydraulic press. The price for both juicer and press will be around \$600. The Champion or Green Power, without the press, cannot be used for Gerson cancer patients.

3. Centrifugal Juicers

These are by far the most common and generally the least expensive juice extractors. Unfortunately for the patient suffering from a degenerative disease, they are also the least desirable. The centrifugal force throws the pulp against a basket screen through which the juice is strained, while the pulp remains. There are several problems with this method: first, this juicer does not grind produce (particularly greens) as finely as other extractors. Also, centrifugal force is less effective in extracting juice than the pressing action of other juicers. Without the pressing action, many minerals and photochemicals remain in the pulp, so the juice rendered is less rich in healing nutrients than juice from grinder/press or masticating juicers.

Dr. Gerson describes another problem with centrifugal juicers: “When the grinding wheel rotates against a resistance with insufficient access of air, positive electricity is produced and induces negative electricity on the surrounding wall. The exchange of positive and negative (ions) kills the oxidizing enzymes and renders the juice deficient.” He goes on to say that in his many years of clinical experience, patients who used centrifugal juicers did not have success with the therapy. We have some indications that the enzyme deficiency problem may be present only in centrifugal juicers with a vertical wall basket (such as the original Acme Juicerator available in Dr. Gerson’s lifetime) and not with the angled wall juicer baskets such as those found in newer centrifugal juicers (Juiceman, Braun, Hamilton-Beach and others). Even if this is the case, however, we must still contend with the overall lack of nutrients and reduced quantity of juice when compared with the quality of the juices produced by other types of juicers.

4. Wheatgrass Juicers

Wheatgrass juicers are small specialized machines designed specifically to extract the chlorophyll-rich juice of wheatgrass. We generally do not use wheatgrass on the Gerson Therapy, as most patients find it to be extremely harsh on the stomach and because the desirable components in wheatgrass are also found in the Gerson green leaf juice.

5. Citrus Juicers

Citrus juicers are reamer-type juicers used to juice orange and grapefruit juice.

6. Blender/Liquifiers

These, such as Vita-Mix, are not really juicers at all. They grind the produce into a fine pulp but they don’t extract its juice. Since there is no reduction of bulk with a liquefier, to derive the nutrients equivalent to those in 104 ounces of juice, a patient would have to ingest an alarming quantity of produce: 6 pounds of carrots, 8 pounds of apples, and four heads of lettuce every day, in addition to three regular meals.

A Note about Juicers

Finally, any juicer is better than no juicer at all. Even a centrifugal juicer will provide more nutrients than could be consumed in the equivalent quantity of produce. For many patients however, the choice of an appropriate juicer can be a life-or-death matter. We have observed a number of cases in which patients rigorously followed the Gerson Therapy, but with a centrifugal juicer they did not see either reduction in tumor masses or healing reactions even after many weeks. When these patients switched to grinder/press juicers, healing reactions occurred rapidly, and several patients saw dramatic improvement in their condition. While these observations were not part of a controlled study, they clearly point to the quality of juicer as a major factor in a patient’s progress.

In conclusion, based on decades of Gerson Therapy experience, the two-step Norwalk juicer provides the greatest benefits for people undergoing the complete Gerson Therapy.

The Champion juicer combined with a hand-operated press available through The Juice Press Factory is priced lower than the Norwalk and does the same job, but with more effort.

The Champion alone or Green Power/Star/Omega juicers (twin gear) can be used for non-malignant conditions.

Centrifugal juicers are not acceptable for any condition.

Note: Many Gerson patients drink freshly squeezed orange juice with breakfast. They may use a separate citrus juicer for this purpose.

Frequently Asked Questions

1. What types of juicers are required for the Gerson therapy?

- The Gerson Therapy requires a two-step machine, with a grinder and a hydraulic press. This type of juicer has two separate components, a grinder to grind the vegetable into a fine, moist, pulp and a hydraulic press to extract the juice of the vegetable from the pulp by squeezing it under high pressure. Research in this area, although limited, indicates that juice produced by the grinder/press can be as much 50 times higher in certain essential nutrients, and will produce 25 to 50% more than other juicers from the same amount of raw produce.
- We strongly recommend using the Norwalk juicer, which is the most effective grind and press machine on the market, and the one we have had the most success with. The price of the Norwalk juicer is approximately \$2,400 new, and used Norwalks (though hard to find) cost less.
- The next-best alternative is to buy the Champion juicer, but only use it as a grinder, and buy a separate hydraulic press. This option usually costs around \$600 for both machines—less if you find a used Champion. For healthy people (non-cancer patients) following the Gerson diet, it is not strictly necessary to buy a heavy-duty juicer like the Norwalk. There are several other options which would be acceptable (see question #5).

2. Why don't you recommend any other juicers?

- We have not tested other juicers, and do not have enough experience with other juicers to be able to recommend them.
- We do have anecdotal evidence that indicates that other juicers are not as effective. Some patients who have tried the therapy using other juicers did not see an improvement in their condition, but when they switched to a grind and press juicer, they began seeing rapid improvements.

3. Will any other juicer work?

- We can only recommend juicers that we have worked with, and that have been proven to be effective for the therapy. While it is certainly possible that there are other effective juicers on the market, we cannot recommend juicers that we have not tried.

4. Why is the Norwalk better than the Champion and other juicers?

- See the Hallelujah Acres juicer comparison study at <http://www.hacres.com/pdf/documents/other-juice-extractor-comparison-2007.pdf>
- The Norwalk, being a two-step juicer, is less time-consuming to use than a juicer with a separate press. When making 13 juices per day, this is an important factor to take into consideration.

5. Where can I buy the juicers you recommend?

- Check the Gerson Supplies section of our website. It provides links and phone numbers the companies that sell the recommended juicers. http://gerson.org/GersonTherapy/gerson_resources-juicers.htm
1. **Norwalk Juicer:** Heavy-duty grinder with electric hydraulic press. Available on 110 or 220/240 volts. Available at (800)-405-8423 or (760) 436-9684, fax: (760) 436-9651 <http://www.nwjcal.com>, 493 Quail Gardens Lane, Encinitas CA 92024, U.S.A. Original owners have 12 year warranty. Price: \$2,395.00 to \$2,495.00.
 2. **Presses:** Operated with a jack and requires some strength of the arm and shoulder. Available through:
 - a) **The Juice Press Factory.** Hydraulic juice press machines. Wholesale factory price for Gerson patients only: \$245 + shipping. They carry the Champion juicer also. Call Monika or George Kovacs.
20105 Collier Lane, Lago Vista Texas 78645 Phone 1-888-588-7348, 1-512-267-9595
Web: www.juicepressfactory.com
 - b) **Inner Glow Health Products**, (61) 7-5449-0600, fax (61) 7-5449-0900, 110 Goodwin St., Tewantin, QLD. 4565, **Australia**. Champion juicer. innerglow@spiderweb.com.au Rasunah Alston.
 3. **Champion Juicer/grinder:** Not used as a juicer but as a grinder (take metal screen off), plus a press (see above).
 - a) **Local health food store.**
 - b) **The Juicer Company**, 44(0) 1904-54`-541. 28 Shambles, York, Y01 7LX, www.thejuicercompany.co.uk **United Kingdom**
 - c) **Renewed Health Supply**, (800) 678-9151 www.renewedhealth.com, **5601 Ainsworth Dr. Greensboro, NC 27410**, Champion juicers, water purifiers, air filters, distillers
 - d) **The Internet**
 4. **Olsen Scale Service** (619) 420-7123, 221 Alpine Ave., Chula Vista, CA 91910, **USA**. Services and repairs new and older Norwalk juicer models. Chris Olsen.
- **Places to look for used juicers:**
 - www.discountjuicers.com
 - www.craigslist.org

- Penny Saver (for Champion juicers)
- Gerson Institute (People sometimes let us know that they have a used juicer for sale—email us for a current list).
- eBay.com

6. If I'm healthy, can I use a different type of juicer?

- Yes. A healthy person may use a number of different juicers, as long as they avoid centrifugal juicers. Centrifugal juicers are not recommended for any kind of condition. Recommended juicers for healthy patients include the Omega, Champion, Green Power, and Green Star juicers. However, cancer patients must only use a two-step juicer, and none of the above juicers will suffice.

7. Where can I purchase the juice cloths?

National Filter Media 691 No 400 W, Salt Lake City, UT 84103, USA. 1-801-363-6736 or direct line Tel: 760-843-3674 Contact Brent Gilbert. Food Grade Fabric FDA approved # 0951021-198-019-020. Cost: 13.36 \$/yd (76" wide) juicing cloths by roll.

References

Healing Newsletters:

NL Vol. 20 # 5 Sep/Oct/2006 pg. 6, Buying Norwalks on eBay: Gerson patients beware! By Richard Boger, Norwalk Juicers.

NL Vol. 10 # 6 pg. 9, Juicer Sources. Norwalk, K & K Grinder and Press and Champion.

NL Vol. 10 # 4 pg. 6, Book ACT pg. 240.

NL Vol. 18 # 3 May/June/03 pg. 10.

K & K Juice press and shredder, **Norwalk Juicers, Omega Nutrition,**

Royal Blue Organics coffee PO Box 21123, Eugene, OR 97402 www.cafemam.com

Renewed Health Supply: juicers, water distillers, air filtration. (800)678-9151 or (336) 377-3119 or www.renewedhealth.com

Books:

Healing the Gerson Way, pages 134-136, 247.

Gerson Therapy Handbook, pages 80-81

A Cancer Therapy: Results of 50 Cases: pages 216-217, 240.

The Little Juicing Book: pages 14-20, 27, 30, 32-33, 36, 38, 45.

Websites:

- Comparison of juicers from Hallelujah Acres : <http://www.hacres.com/pdf/documents/other-juice-extractor-comparison-2007.pdf>
- Norwalk Juicer video overview by Gisela Sommer: <http://www.youtube.com/watch?v=4yz2U8fYfk>