

INSTANT EGGS
Why rush to make
an egg breakfast?
Instead, cook up
a frittata
ahead of time.

BREAKTHROUGH BREAKFASTS

Still starting your morning with that boring bowl of oatmeal? Wake up to fresh ideas on ways to fuel your day.

WE ALL SIT DOWN TO BREAKFAST WITH THE best of nutritional intentions. But even if you've managed to avoid the temptation of the doughnut case, the sugar-dosed latte, and the butter-smearied bagel, you're still not out of the danger zone. Outmoded, debunked ideas about what makes a morning meal "healthy" could be steering you toward bad choices. Time to break your breakfast habits. Follow these guidelines, fueled by the latest research, and reap the rewards of a truly smart morning meal.

RULE 1

Harness the yolk

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diet with a moderate number of carbs. Both groups experienced drops in triglycerides and oxidized LDL (bad) cholesterol, two risk factors for heart disease.

What's more, those eating the whole eggs saw a bigger boost in their HDL, which helps lower cholesterol. "Egg yolks seem to increase the amount of cholesterol delivered to the liver for removal from the body," says study author Maria Luz Fernandez, Ph.D. Besides, yolks are loaded with vitamin D, vitamin B₁₂,

selenium, and choline. And the extra protein will silence your hunger. A study in *Nutrition Research* found that men who ate an egg-based breakfast consumed far fewer calories when offered an unlimited lunch buffet, compared with men who ate a bagel-based breakfast of equal calories.

TRY THIS Don't save eggs for weekend brunch. "Men can reap a range of health benefits by consuming one to three eggs a day," says Alan Aragon, M.S., the *Men's Health* nutrition advisor.

Food styling: Karen Evans/Aesthetica; prop styling: Nichie Orling/Halley Resources

THE IMPORTANCE OF THIS BOOK TO YOU

The \$25.00 to \$50.00 M.D.'s office visit; the inevitable high cost prescriptions or injections, or both, the \$500.00 to \$50,000.00 "surgical procedures" -- these are for the most part TOTALLY UNNECESSARY.

You are spending hundreds of millions of dollars a year on treatments or symptoms rather than treatments of cause, and you are spending more hundreds of millions of dollars a year on prescription drugs and over-the-counter drugs, of which the majority is pure poison.

Natural healing of the body is nature's way of overcoming every single disease known to man, except those caused by trauma, which include surgical procedure, because such disease is related to the disturbance in one's own chemical balance. The holistic approach (the entire person approach) ~~practiced here at The Clinic of Hope~~ is a combination of chiropractic adjustments and therapy, along with nutritional and vitamin therapy, thus allowing the body to heal itself.

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Most of the information in this book comes from the procedures perfected and utilized by Max Gerson, M.D., as described in the original 1958 edition of his book *A Cancer Therapy: Results of Fifty Cases*. Such procedures were developed and put into practice from findings he uncovered during a thirty-year period preceding the publication of this landmark text.

Inasmuch as Dr. Gerson's 1958 publication had focused on the reversal of cancer, another book needed to be written. That's because Dr. Gerson realized early on that the Gerson Therapy employed for curing cancer works equally well as corrective treatment for nearly all other acute and chronic degenerative diseases that have been labeled "incurable." As will be learned from reading our text, what had in the past been thought "incurable" is curable.

Derived from several sources other than the first through sixth editions of *A Cancer Therapy: Results of Fifty Cases*, our new book offers a great deal of additional information. It comes from interviews with informed

health care personnel who have monitored patients' progress by their use of laboratory tests and clinical examinations. Also for our readers' education, numerous patients who have experienced either low levels of wellness, subclinical illness, or outright life-threatening disease tell their stories. All the patient case histories are true, and in most instances, unless indicated as a pseudonym, the identities of patients are given.

These patients discuss their illnesses, and the alternative/complementary medical approach they used to overcome them permanently.

Although every word published here about the Gerson Therapy is documented by case studies, this book's coauthors and publisher are providing educational material and nothing more.

If information gleaned from these pages raises questions about your own or a loved one's medical condition, you should contact the Gerson Institute directly for a list of Gerson-approved health care practitioners.

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For the best information about the Gerson Therapy, please contact the nonprofit Gerson Institute.

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interests continue to flourish a

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The programs described in this book are based on medical research and neuroscience, but they are not a substitute for personalized medical care and advice. Always consult with a qualified health-care professional in matters relating to your health, especially those that may require a diagnosis or immediate medical attention. If you are currently taking medication, consult with your physician regarding possible modification of this program to meet your specific needs.

This book concerns various medical issues relating to the brain, among which is Alzheimer's disease. This particular syndrome is very difficult to diagnose accurately. Although this book sometimes refers to Alzheimer's disease specifically, we are using this term to cover many forms of dementia or waning cognitive functionality.

Acknowledgments

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The information contained in this book, including nutritional advice, diet plans, exercise plans, hormonal or other therapeutic regimens, and all other information is the result of experience and research of the author, the persons interviewed for, or the other sources referenced in, this book. Not all of the information, statements, advice, opinions, or suggestions set forth in the interviews or material referenced or contained in this book have been evaluated by the FDA, and should not be relied upon to diagnose, treat, cure, or prevent any condition or disease. Before beginning any diet plan, exercise program, or therapeutic regimen, it is advisable to seek the advice of a physician. The author accepts no responsibility or liability for the use of any information or material contained in this book.

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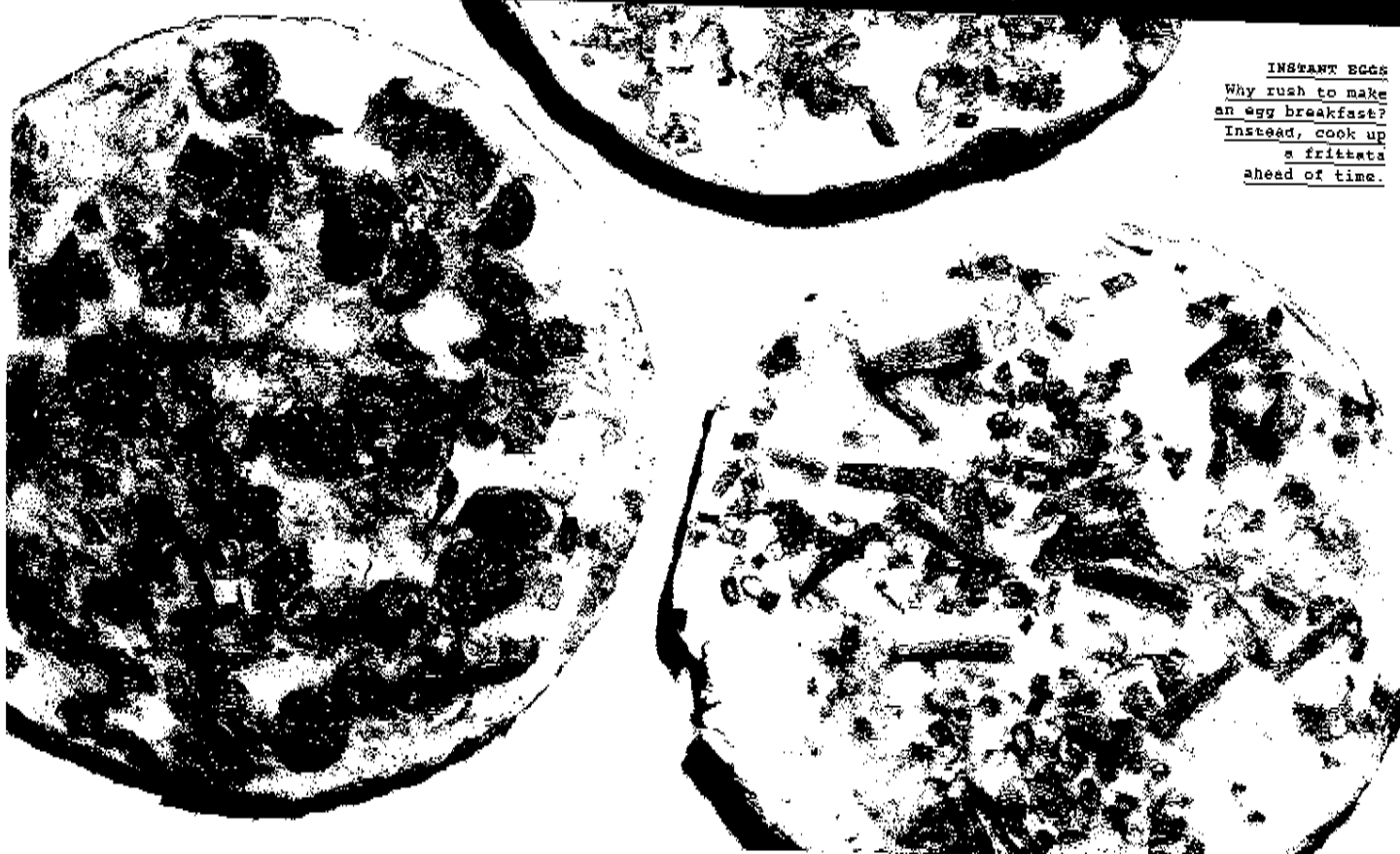
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First Edition

To my
who understand
Bruce, Caroline,
Ziane, Daisy, Cam
May you all age v
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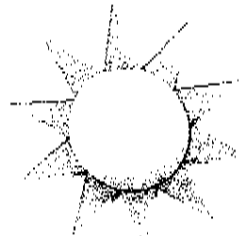
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Food styling: Karen Evans/Aesthetica; prop styling: Nichie Orling/Halley Resources

PHILIP
APLAN

Incredible!

EGGS
o make
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ittata
time.



IS YOUR BREAKFAST
A NATURALLY GOOD SOURCE
OF VITAMIN D?



WAKE UP TO EGGS



Eggs now have even more Vitamin D, naturally. Nothing artificial. And they're a good source of high-quality protein too.



According to the USDA Nutrient Database for Standard Reference, the average amount of vitamin D in one large egg is 41 IU, up from 26 IU brought to you by America's egg farmers.

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Eating Ecology

Small Changes Make a Difference
by Judith Fertig

Consuming food has such an enormous ripple effect that making small changes, one meal at a time, can reap big benefits. How we choose, prepare, cook, serve and preserve our food can improve nutrition, weight loss, cost savings and the environment.

Choosing what we eat is critical. *New York Times* food columnist Mark Bittman believes that no food is absolutely off limits because, "It's all in the way we use these things." Yet, he adds, "The evidence is clear. Plants promote health."

For the past few years, Bittman has experimented with eating vegan for breakfast and lunch, and then indulging at dinner. "It's just one model of a new way of eating," he says, "but it makes sense on many levels. By eating more plants, fewer animals and less processed food, I've lost 30 pounds and my cholesterol and blood sugar levels are normal again."

When a friend sent him a 21st-century United Nations study on how intensive livestock production causes more greenhouse gas emissions than driving a car, Bittman realized how a change of diet is a win-win for him and

"Double recipes to maximize your time and the fuel used to cook, bake or grill. Then, think like a restaurant chef and use what you have in creative ways."

~ Kim O'Donnel, author,
The Meat Lover's Meatless Celebrations: Year-Round Vegetarian Feasts

the environment.

For a wake-up call on how our food choices affect the planet, the Center for Science in the Public Interest offers a short quiz at Tinyurl.com/EatingGreenCalculator.

"One of the most ecologically conscious things you can do to make a great meal is prepare it with food that you grew yourself," says New York-based lifestyle writer Jen Laskey, who blogs at *Frugaltopia.com*. "Plant a small vegetable garden and a few fruit trees in your yard or join a local community garden. Even sprouting an herb garden on a windowsill will make a difference; plus, everyone in your household will appreciate the choice in fresh seasonings."

Kansas City Star journalist Cindy Hoedel suggests planting parsley, basil, dill and other herbs every three to six weeks in eggshells in a sunny window after the outdoor growing season for a year-round tasty harvest.

When shopping, renowned activist, author and eco-stylist Danny Seo, of Bucks County, Pennsylvania, suggests bringing along reusable shopping bags and choosing local foods when possible, plus sustainable seafood and fair trade, organic and hormone-free food. The Socially Responsible Agriculture Project offers more eco-shopping tips, such as carpooling grocery trips and avoiding products with more than five ingredients, at Tinyurl.com/ShopHealthier

"On average, each person throws about \$600 worth of food into the