Romaine Smoosh Recipe for Rejuvenation and Rebuilding

1 Head of Fresh Organic Romaine Lettuce
1 or 2 Stalk Fresh Organic Deep Green Kale
1 large or 2 Small Organic Carrots
2 Organic Apples (if you’re allowed)
2/3 Cup Fresh Apple Juice or Very Lightly
More if necessary to blend easily and taste delicious
Processed Refrigerated Organic Apple Juice
Add More Liquid if necessary for the right consistency
1 Cup Natural Spring Mineral Water – Alkaline
2-3 Tablespoons of Fresh Raw chopped Organic Sprouts; sunflower, clover, broccoli, or other similar more mild type

Good to Add as Tastebuds acclimate
Inch cubes Organic Beets
Small stalk of Organic Celery
Several inch cubes red, green organic cabbage
1/2 leaf organic collard greens
Sprigs of Parsley (not too much)
Red, Yellow or Orange Sweet Peppers

Instructions:
Pour liquids into blender, blend Romaine for as short a time as possible (just a few bursts) until liquified. Add Kale, then cut up apples and carrots, finally sprouts.

GERSON DIET SUMMARY

Hippocrates Soup (Hearty, creamy and mild soup)
Fresh raw juices (Pulp uses: for feeding pets, composting)
Greenleaf juice, carrot, apple, etc.
Raw fruits, salads, vegetables (minced very fine)
Sprouts of Seeds and Grains (minced very fine)
Steamed organic vegetables, fruits
Thin oat porridges
Raw organic calves’ liver juice
Special potassium supplements (lugol plus Others)
Special glass or stainless pots, dishes
No plastics (Use glass, pyrex, stainless steel)
Steamed organic potatoes (not bought in plastic)
Organic unsalted sprouted rye bread
Organic Peppermint Tea (very helpful for nausea)
NO SALT (Important for the Gerson Diet)
Dash organic honey, raw sugar, maple sugar allowed
(good in peppermint tea)

**Pot cheese** (Unsalted fat free cottage cheese
organic if possible)

**Fresh Flaxseed Oil** (the ONLY oil or fat allowed)

**Coffee Enemas** (Important for pain relief, detox)

**MORE**

**Raw fresh pressed organic linseed oil** (as above)

**Pancreatin** (Pancreatic Enzymes)

**Niacin** (after juice or food) (will cause a blood flush)

**Lugol Potassium** (gluconate, acetate, phosphate
see substitutes in **book**)

**Thyroid** (see substitutes in **book**)

**Oxbile** (see substitutes in **book**)

**Other Things (As mentioned above)**

Coffee and Castor Oil enemas

**THINGS TO AVOID**

(For very ill cancer patients)

All berries (unfavorable reactions)

Pineapple

Avocados (too fatty)

Nuts (too fatty)

Cucumbers (too much sodium)

**FORBIDDEN**

tobacco, salt, sharp spices, alcohol, refined sugar, flour, tea, coffee, cocoa (here I majorly cheated), cream, ice cream, soy products, cake, nuts, berries, canned stuff, dyes, sulphered, smoked, salted stuff, bottled juices.

(All the above produced new growth for severely ill cancer patients)

**NO-NO EQUIPMENT**

no pressure or steam cookers, no aluminum

**ADVISORY NOTE**

No water (only juices for the very very ill… they evidently need all the nutrition from juices they can get)

When I’m SMOOSHING, I need no water. And, I do get better with Smoosh. Also, my skin gets better. My energy goes up. My brain functions at a higher level.

**RECIPE for Dr. Gerson’s Hippocrates Soup**
1 big or 2 small fresh organic leeks
1 pound fresh organic potato or several small ones
1 1/2 pounds organic fresh tomatoes
1 large organic onion or 2 small onions
1 sm/medium organic celery knob (I have found that
the smaller, fresher knobs are more delicately flavored)
or 3/4 stalks organic celery
1 small parsley root (if unavailable, can substitute
3/4 sprigs of organic parsley)

**Instructions:**
Don’t peel any of the vegetables as many of the minerals and nutrients are stored directly
beneath the skin. Scrub carefully and cook SLOWLY at low heat for 3 hours with a small
amount of clean pure water, then mash and eat.

You can add small amounts of fresh organic parsley and fresh pressed raw organic garlic to taste.

It’s hard to for anyone to say why this soup holds such particular power. I have attempted to
creatively altered the recipe and not received the same results. Is it the placebo effect? I’m not
sure. But even Dr. Gerson remarked that this soup was very special and highly effective in his
regimen even if he wasn’t absolutely sure of the dynamics.

I now actually look forward to having this soup.

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Gerson was able to heal terminally ill cancer patients through his therapy. He was also able to
cure other patients with diseases such as tuberculosis, multiple sclerosis, diabetes, arthritis,
allergies, ulcers, heart disease, arteriosclerosis, mental disease, kidney disease.

The renowned humanitarian and physician, Dr. Albert Schweitzer wrote that Gerson was a
“medical genius who walked among us.”

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The way I discovered it was when a very sick friend of mine reappeared on the scene looking
heavenly healthy and absolutely radiant beautiful after practically dying from AIDS, or
something or equal magnitude. Unfortunately, I cannot remember his exact affliction.

He was adamant that I go on this diet because he knew of my grave illnesses since childhood.

I followed his advice and the rest is history – I was cured.

**Dr. Gerson’s Juices consisted of mainly:**
Carrot Apple Juice
Equal Parts Carrots Washed, Not Scraped to
Equal Parts Apples Washed, Not Peeled

Drink within 2 – 3 hours after pressing

Green Leaf Juice
Mixed Greens
Lettuce
Swiss Chard
Romaine
Red Cabbage Leaves (2 to 3 leaves)
Beet Tops (small inner leaves)
Escarole
Watercress (1/4 bunch)
Endives
Green pepper (1/4th of one pepper)
Sprouts of Seeds and Grains
1 Apple for every glass of Green Juice

Drink as soon as possible.

Dr. Gerson’s List of Supplements:

- Potassium.
- Lugol’s Solution (potassium iodide, iodine, and water).
- Coenzyme Q10 injected with vitamin B12. (The original regimen used crude liver extract instead of coenzyme Q10.)
- Vitamins A, C, and B3 (niacin).
- Flaxseed oil.
- Pancreatic enzymes.
- Pepsin (a stomach enzyme).
- Taking coffee or chamomile enemas regularly to remove toxins from the body.
- Preparing food without salt, spices, or oils, and without using aluminum cookware or utensils.