

## THE CASTOR OIL TREATMENT

As we explained above (p. 163), the toxins released from the liver by the all-important coffee enema still have a long way to travel (down the 25- to 27-foot-long small intestine, then through the 4 to 5 feet of large intestine) before they can leave the body via the anus. In the course of this evacuation, it is unavoidable that some of the released toxins get reabsorbed. It takes time—sometimes too much time—to expel from the body the accumulated residues of years of faulty eating, plus the toxic breakdown products of tumors. Time being of the essence on the program, particularly in the case of seriously ill patients, Dr. Gerson saw a real need to speed up the elimination process in order to reduce the reabsorption to a minimum. To achieve this and to clear accumulations in the small intestine, which the enema cannot reach, he added the castor oil treatment to the intensive therapy.

This consists of taking castor oil by mouth, as well as by enema, to speed up and reinforce the release of toxic residues from the intestinal tract. The patient is awakened at about 5 a.m. to take 2 tablespoons of castor oil, followed immediately by 1/2 to 2/3 cup of regular black coffee (not enema coffee or concentrate), sweetened with 1/2 teaspoon of sucanat or other organic dried cane sugar. (Diabetics do not take sugar in this coffee.) People who object to sweetened coffee need to understand that the sugar is necessary to activate stomach peristalsis and counteract low blood sugar. The 6 a.m. coffee enema as well as breakfast are taken as usual. Five hours after the oral administration of the oil—at 10 a.m.—a castor oil enema is taken instead of the normal coffee enema. The castor oil enema is prepared by using a second enema bucket exclusively reserved for this treatment. Put 4 tablespoons of castor oil into the enema bucket. Add 1/4 teaspoons of ox bile powder and stir well to mix thoroughly. Prepare the regular enema mixture of 8 ounces of coffee concentrate plus 24 ounces of purified or distilled water. Warm to body temperature. Get a cake of mild toilet soap (not detergent) (e.g., Lux®, Camay® or similar), immerse it for a few moments in the coffee and rub some of the soap (but no soap chips or liquid soap) into it. Mix the slightly soapy enema coffee into the castor oil with the ox bile, and stir well to emulsify the solution as much as possible. You may use an electric stirrer, but the somewhat emulsified oil will still rise to the top while you are trying to take the enema. In fact, most patients find it impossible to stir the solution vigorously

enough to keep the oil mixed into the coffee on their own; they need a helper to do that. When the coffee plus castor oil is all infused, try to hold the solution for a little while, but you are unlikely to succeed. It doesn't matter; release when necessary. This enema does its work very fast. The castor oil treatment is taken every other day for the first four to five months of the intensive therapy and then slowly reduced.

*Please note: Patients pretreated with chemotherapy must not use the castor oil treatment.*

Patients react to the castor oil treatment in widely different ways. For many, it is just a mild inconvenience due to the powerful cleansing effect of the oil; on castor oil days, it is wise to stay close to the bathroom. Others find the taste and weak smell of the oil off-putting. This can be mitigated by eating a small piece of fruit before taking the oil, or having half an orange handy and sucking it immediately afterwards. Some patients simply add the oil to the cup of coffee, and then use a straw or a glass tube, inserted into the oil, to get it into the back of the mouth, followed immediately by the coffee to chase it down.

This is the only occasion in the Gerson program when patients drink coffee. It is done in order to activate the stomach muscles and move the oil out as fast as possible, so that the patient is not nauseated for hours while the oil remains in his or her stomach but is able to enjoy breakfast and the juices that follow. A few patients have tried to substitute peppermint or some other herb tea for the coffee, but undoubtedly coffee works best and should be taken, even by those who don't normally drink it.