

List of Recommended Gerson Supplies

Medical supplies (at least 1 month supply, preferably 3 month supply)

- Alcohol swabs (big box)
- Hot water bottle
- Hydrogen peroxide (6 large bottles) to wash enema bucket, vegetables & body rub
- Muslin cloth, several yards, for clay packs (available at fabric store)
- Plastic wrap (for clay and castor oil packs)
- Wool or cotton flannel
 - available at local health food stores, usually in the cosmetics section

Equipment

- Juicer
- Juice cloth material
- Orange juice reamer - electric
- Refrigerator - Large or additional (Note: at least one full size refrigerator will be needed to dedicate solely to Gerson therapy produce storage)
- Water filter - distiller or steady source of water that is deionized/reverse osmosis with carbon filtration (15 gallons to start)

Personal & cleaning items

- Dish soap (fragrance free, non-toxic)
- Laundry Soap (non-chlorinated, non-toxic, fragrance free)
- Shampoo (non-toxic, organic, no sodium lauryl sulfate, no perfume e.g. Aubrey shampoo and conditioner)
- Soap (organic, non-glycerin, fragrance-free, no sodium lauryl sulfate)
- Toothpaste (non-toxic)
- Vinegar (gallon white distilled vinegar for cleaning, non-organic acceptable)
- Spray bottles (2, at least 20 ounce, for natural cleaning solutions)

Essential kitchenware (no aluminum)

- Baking dishes - Pyrex or Corningware with glass covers (2-3)
- Canning jars – wide mouthed with lids (1 quart x 12, 1 pint x 12)
- Canning jars - regular-mouthed with lids (1 quart x 12, 1 cup x 12)
- Colanders (2)
- Cutting boards (4)
- Dish scrub brushes
- Dish towels (at least 15)

Food mill
Food storage bags (2 boxes of multiple sizes)
Garlic press
Grater
Kitchen timer
Knife - Good chef's knife
Knives - small paring knives
Measuring spoons and cups (non-aluminum) (1, 2 & 4 cup)
Mixing bowls - stainless steel (4 large)
Pots - stainless steel with tight-fitting lids in multiple sizes
Spatula and soup ladle - stainless steel
Strainer - fine (large) or French press (1 quart/32 ounce)
Vegetable scrub brush (dedicated)
Wooden spoons

Enema supplies

Enema buckets (4) and hoses
NOTE: must have at least one separate bucket for castor oil enemas
Enema tube/catheter (2)
Connector (2) (to connect catheter to enema set)
Coffee (6-7 lbs. organic, light or medium roast, drip ground)
Hand towels (6)- dedicated (should be easily differentiated from dish towels)
Lubricant - water-based, 2 bottles (non-petroleum, such as KY)
Mat or rug
Non-digital thermometer – dedicated to measure basal temperature
Toilet brush
Toilet paper - soft
Wet wipes (non-toxic)
Underpads - Chux (2 cloth or multiple packs of disposable underpads— cloth recommended)

**Note: There are other valuable products which are definitely helpful, some of which can be ordered from the same suppliers or possibly purchased locally. But the above are absolute necessities to fully begin. Shipping time should be taken into consideration for starting the Therapy. Other than the enema stuff (2 of each), the amounts to calculate for purchase will be based on the level of therapy the patient is following.*