



Dr. Nicholas Gonzalez developed *The Gonzalez Treatment* - an intensive nutritional therapy for the treatment of advanced cancer and other degenerative and incurable diseases. The treatment is also effective for disease prevention and overall wellness. Since 1987, Dr. Gonzalez has been in private practice in New York City. His treatment utilizes individualized protocols based on diet and nutritional supplements, including his own pancreatic enzymes.

Dr. Gonzalez graduated from Brown University, Phi Beta Kappa, magna cum laude. He worked as a journalist, first at Time Inc., before pursuing premedical studies at Columbia University and receiving his medical degree from Cornell University Medical College in 1983. He completed his cancer immunology fellowship under Dr. Robert Good, considered the father of modern immunology. Dr. Gonzalez is the only alternative physician who has had his treatment supported by two major international corporations, Procter & Gamble and Nestle. He also earned a grant from the National Cancer Institute.

For more than 25 years Dr. Gonzalez has been investigating the scientific work of Dr. John Beard and Dr. William Kelley, who both proposed an anti-cancer effect for pancreatic enzymes. Dr. Gonzalez reveres the work of Dr. Beard and Dr. Kelley, but without his personal commitment to their early discoveries and his own unique changes to the suggested interventions, this effective treatment may well have been lost to history.



Today scientists are rediscovering the work of Dr. Beard, over 100 years later. In Scientific American (May 2009), Dr. Beard is described by Dr. Lloyd Old of the Ludwig Institute for Cancer Research (NY) as having recognized the relationship between tumors and the trophoblast and the similarity between the trophoblast and cancer. Dr. Old is now looking at cancer as a consequence of embryonic creation - the very theory that Dr. Gonzalez has been describing for over 25 years.

Dr. John Beard

Dr. Beard, a Professor at the University of Edinburgh in the early years of the 20th century, first proposed that the early placenta, or trophoblast, the connection between the growing embryo and the mammalian uterus, mimics cancer in its biology. More than 100 years ago, Dr. Beard pointed out that the trophoblast and cancer share many characteristics. Both cell lines:

1. Are primitive and undifferentiated
2. Proliferate in a rapid/uncontrolled manner
3. Penetrate other tissues
4. Build a new blood supply
5. Immunologically protected

However, during placental growth, the trophoblast differs from cancer in that at some point it changes its character, becoming more differentiated, and non-aggressive. During human development, this

metamorphosis occurs around the 7th or 8th week of pregnancy, corresponding to the initial secretion of pancreatic enzymes by the embryo. Dr. Beard then concluded that the enzymes must ultimately regulate the trophoblast growth, and since trophoblast and cancer are essentially identical, these enzymes represent the body's main defense against cancer. Subsequently, in both animal models and with human patients, Dr. Beard discovered that injectable pancreatic enzymes (no longer available in the US) caused regression of various tumor types.

In his writings, Beard went a step further than proposing the trophoblast as the ideal model for tumor biology, claiming that cancer actually could only develop from residual trophoblast cells that remain scattered in our various tissues, as holdovers from early embryonic growth. Normally, these cells remain quiet and unobtrusive, unless stimulated into proliferation by local inflammation due to chronic infection or toxic exposure, coupled with a pancreatic enzyme deficiency.

Dr. William Kelley

During the 1960's, Dr. William Kelley rediscovered Dr. Beard's work, and modified the original concepts to include individualized diet, aggressive supplementation with large doses of orally ingested enzymes, and detoxification routines such as the coffee enemas. Dr. Kelley treated thousands of patients over a number of years with apparent frequent success. As Dr. Beard had before him, Dr. Kelley asserted that trophoblasts and cancer share a common origin. However, Dr. Kelley also enlarged Beard's thesis to include imbalance in the autonomic nervous system, the collection of neurons that regulate all aspects of metabolism, from respiration to the secretion of hormones to all aspects of digestion and elimination.

Dr. Nicholas Gonzalez

The Gonzalez Treatment combines pancreatic enzymes, individualized diets, nutritional supplements, large doses of pancreatic enzymes for his cancer patients, and detoxification routines. Overall, the treatment seeks to correct nervous system imbalances that might lead to impaired general health, and help the body mobilize and excrete toxic wastes accumulating from environmental exposures and aging. The pancreatic enzymes are thought to be the specific anti-cancer component of *The Gonzalez Treatment*.^{1,2,3}

Two major concepts define *The Gonzalez Treatment* for cancer:

- **Pancreatic enzymes attack directly cancer cells and keep malignant disease under control**
- **Cancer and most other human illness are related to autonomic nervous system imbalance**²

A prospective case series conducted by Dr. Gonzalez and Dr. Linda Isaacs and funded by Nestle included 11 patients diagnosed with inoperable pancreatic adenocarcinoma. Eight of 11 were diagnosed at stage IV (the worst). none had undergone surgical resection with curative intent, and none had received chemotherapy or radiation therapy. The endpoint of interest was survival from the time of diagnosis, and all 11 patients (including one who quit the study) were included in this data analysis. The investigators reported a median survival time of 17 months and a mean survival time of 25.2 months for these patients. Nine patients (82%) survived 1 year, five patients (45%) survived 2 years, and four patients (36%) survived 3 years or more. **The researchers concluded that the 1-year and 2-year survival percentages for this group of patients were**

superior to those observed for other U.S. patients diagnosed with adenocarcinoma of the pancreas (1-year survival, all stages = 25%; 2-year survival, all stages = 10%).

Pancreatic Enzymes

The ingestion of pancreatic enzymes throughout the day and once during the night represents a very important aspect of *The Gonzalez Treatment*. Dr. Gonzalez prescribes porcine (pork) enzymes because of their similarity to those synthesized in the human pancreas. The Gonzalez therapy also relies on a whole pancreas product, rather than isolated extracts, in order to provide not only the essential enzymes but other growth inhibiting molecules.

Though Dr. Beard recommended injectable enzymes, more recent data confirms that orally ingested pancreatic enzymes are absorbed intact into the systemic circulation, allowing for activity at all tissue sites.

These exogenously ingested enzymes do not in any way interfere with the normal production of pancreatic enzymes in the body, and in fact, appear to rest the pancreas, allowing it to increase its synthetic capability. The increased production of native enzymes assists the oral supplements.

Autonomic Types

The autonomic nervous system, referred to as the master regulator of metabolism, has two divisions: **sympathetic and parasympathetic**. Each works in opposition to the other, to help regulate metabolism from moment to moment and maintain physiologic and biochemical homeostasis.

Dr. Gonzalez, in keeping with Kelley's theories, divides patients into different metabolic categories, depending on each patient's particular autonomic physiology, and prescribes his dietary and supplement programs to address imbalances in the autonomic system. Dr. Gonzalez believes that disease, whatever the form, occurs because there is an imbalance in autonomic function.

- Solid tumors: tumors of the breast, lung, pancreas, colon, uterus, ovaries, liver, etc occur only in patients who have an overly strong sympathetic nervous system and a correspondingly weak, or ineffective parasympathetic nervous system.
- Blood-based cancers: leukemia, lymphoma and multiple myeloma, only occur in patients that have an overly developed parasympathetic nervous system, and a correspondingly weak or ineffective sympathetic nervous system.

Diet

Each Gonzalez patient receives a custom diet according to individual metabolic profiles established during initial evaluation through various tests. There are 10 basic diets, with variations, emphasizing organic foods.² The diets range from strictly vegetarian diets to diets high in meat and fat.

Dr. Gonzalez finds that patients with solid epithelial tumors, such as tumors of the lung, pancreas, colon, prostate, uterus, etc. are sympathetic dominant and do best on a largely plant-based diet. Such patients have a metabolism that functions most efficiently with a specific combination of nutrients that are found in fruits, vegetables, nuts, whole grains and seeds, and with minimal to moderate amounts of animal protein.

On the other hand, Dr. Gonzalez believes that patients with blood or immunological malignancies such as leukemia, myeloma and lymphoma are parasympathetic dominant and do best on a high-meat, high-fat diet with only minimal to moderate amounts of plant based foods, the specific design of the diet again depending on the individual patient's metabolic make-up.

Supplements

For all of his patients, whether diagnosed with cancer or some other problem, Dr. Gonzalez prescribes specific combinations of vitamins, minerals, trace elements, amino and fatty acids, and animal-derived glandular and organ concentrates. Dr. Gonzalez recommends such supplements very specifically, in very precise doses and combinations, as he uses diet, to manipulate autonomic function and to bring about balance to an imbalanced nervous system.^{2,3}

Certain vitamins, minerals and trace elements, such as many of the B vitamins, magnesium and potassium, suppress the sympathetic nervous system and stimulate the parasympathetic nerves. Other nutrients, particularly calcium, phosphorous and zinc, stimulate the sympathetic system but weaken the parasympathetic system. By the use of combinations of vitamins, minerals and trace elements, along with diet, Dr. Gonzalez aims to bring about balance to the autonomic system. And, again, when the autonomic branches come into balance, the patients, whatever the underlying disease, do better.

Coffee Enemas

Coffee enemas have been used for over a hundred years as a generalized detoxification procedure, to help the liver more efficiently process metabolic wastes. Despite claims of critics, coffee enemas are perfectly safe when performed as directed. When Dr. Gonzalez first began his research efforts, he was surprised to find that coffee enemas had been part of conventional medical care for most of the 20th century, recommended in many nursing texts and even the Merck Manual, a revered compendium of orthodox treatments. In discussions with the then editor of the Merck Manual, Dr. Gonzalez confirmed that coffee enemas had been advocated in the Merck Manual from about 1890 until 1977, when they were removed

On this therapy, patients - whatever their underlying problem - routinely first develop a variety of symptoms, most commonly described as "flu-like," such as low grade fevers, muscle aches and pains, even rashes. Dr. Gonzalez hypothesizes that these symptoms result from the body's repair processes which release all manner of waste material, hence the need for detoxification procedures such as coffee enemas, which enhance liver function and in turn, the processing and excretion of metabolic wastes.

References

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Publications

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- ***One Man Alone: An Investigation of Nutrition, Cancer, and William Donald Kelley***, by Nicholas J. Gonzalez, M.D., www.newspringpress.com
- ***Knockout: Interviews with Doctors who are Curing Cancer***, by Suzanne Somers, #1 New York Times Bestseller, Random House