

**ERNESTO CONTRERAS, SR.:
A LIFETIME OF ACHIEVEMENTS AND NATURAL CANCER CURES AT OASIS OF HOPE CANCER HOSPITAL**

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**DR. ERNESTO CONTRERAS, SR.
(1915-2003**

Dr. Ernesto Contreras, Sr. passed away of natural causes on October 14, 2003 at the age of eighty-eight. He was blessed at the time surrounded by his wife, children, grandchildren, great-grandchildren, and the Oasis of Hope doctors and staff who all faithfully continue in the Contreras mission to improve the physical, emotional and spiritual lives of people around the world.

Recent research at the Imperial College of London has begun to identify how plant derived cyanide can destroy malignant cells without harming healthy cells. Though science may begin to discover what Dr. Contreras knew about his choice of medications, it will never be able to fully explain who Dr. Contreras was, what he stood for, what he accomplished and what he meant to other people.

Ernesto Contreras was a man of discipline, love and integrity. In the 1910s, his family lost everything during the Mexican revolution and soon after, his mother became a widow with five children to support on a teacher's salary in Mexico City during the depression. Ernesto rose above all obstacles and graduated with honors from Military Medical School in the capitol. Soon he would marry his life-partner Rita Pulido and specialize in pediatric pathology at Boston 's Children's Hospital under the tutelage of Dr. Sydney Ferber. He would later accept a commission from the Army to be the first pathologist in the state of Baja California , Mexico . He arrived with his children to Tijuana , Baja California in 1955 and found that his services were in demand at mercy hospital in San Diego , California where he was offered a prestigious position and legal help to immigrate to the USA . However, despite this enticing offer, his love for the people of his country kept him in Tijuana where he had a small consultation office.



In 1962, a woman from San Diego , California named Cecile Hoffman, made an appointment to see Dr. Contreras. She had cancer and had gone to Canada for treatment with laetrile but she wanted to continue her regimen under a doctor's care near home. Dr. Contreras agreed to treat her, and to his amazement Cecile quickly was rid of all cancer. She began to bring so many other cancer patients to him that Ernesto and Rita were forced to use their home as a clinic. This was how in 1963 the Contreras, opened a cancer hospital today known as the Oasis of Hope. It has become a 100-bed, full service, medical –surgical facility with world-class digital diagnostic capabilities.



Forty years later, 100,000 patients have been treated at Oasis of Hope Hospital, more than half of them for cancer. Breakthrough alternative cancer treatments, such as alternative prostate cancer treatment , alternative breast cancer treatment, alternative colon cancer treatment and so forth, have given people a long-lasting quality life. But the source of healing power that patients have experienced at the Contreras facility was never the substance derived from the apricot pit. It was love. Dr. Contreras loved his patients as he loved himself and taught all of his staff to do the same. He always made sure not to use any therapy that would destroy a patient's quality of life. This love motivated him to seek less aggressive, more effective and compassionate therapies. He never set out to be an alternative doctor; he set out to provide the best care for his patients.

His autobiography is fittingly entitled, "To You, My Beloved Patient." If anyone wondered why Dr. Contreras worked six days a week and went on Sundays to give Bible classes to his patients, and if anyone wondered why he would sing with his patients and have laughter and prayer therapy sessions; it was because he knew that patients would fare better if they received care for their spirits and souls, as well as their bodies.



A two-phase strategy for treatment of oxidant-dependent cancers.

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In many cancers, a chronic increase in oxidant stress - associated with elevated levels of hydrogen peroxide - contributes to the increased proliferative rate, diminished apoptosis, increased angiogenic and metastatic capacity, and chemoresistance that often characterize advanced malignancies. This oxidant stress often reflects up-regulation of expression and activity of NADPH oxidase, and/or decreased activity of catalase, which functions as suppressor gene in oxidant-dependent cancers. These characteristics of oxidant-dependent cancers suggest a dual strategy for treatment of these cancers. Since ascorbate can react spontaneously with molecular oxygen to generate hydrogen peroxide, high-dose intravenous ascorbate should be selectively toxic to tumors that are low in catalase activity - as suggested by numerous cell culture studies. Measures which concurrently improve the oxygenation of hypoxic tumor regions would be expected to boost the efficacy of such therapy; calcitriol and high-dose selenium might also be useful in this regard. Secondly, during the intervals between sessions of ascorbate therapy, administration of agents which can safely inhibit NADPH oxidase would be expected to slow the proliferation and spread of surviving tumor cells - while providing selection pressure for a further decline in catalase activity. In effect, cancers treated in this way would be whipsawed between lethally excessive and inadequately low oxidant stress. An additional possibility is that ascorbate-induced oxidant stress in tumors might potentiate the cell kill achieved with concurrently administered cytotoxic drugs, inasmuch as oxidant mechanisms appear to play a mediating role in the apoptosis induced by many such drugs, largely via activation of c-Jun NH(2)-terminal kinase; cell culture studies would be useful for evaluating this possibility.

[Med Hypotheses](#). 2007;69(3):489-96. Epub 2007 May 14.

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Also known as The Contreras Clinic, The Oasis of Hope Hospital has been treating cancer since 1963. It is run by Dr. Ernesto Contreras, M.D. and his son, Dr. Francisco Contreras, M.D. They have treated over 100,000 patients with a good success rate. The hospital is very clean and modern. The staff speak English.

It is particularly famous for its long and successful use of Laetrile and enzyme therapy, but they also have a cancer prevention program and offer a large variety of therapies including Managed Nutrition and the Body-Mind-and Spirit approach

When we visited this facility, we were impressed with the professionalism and efficiency of the medical personnel and we particularly like the fact that each patient is assigned a personal companion who is always on call to provide whatever non-medical help may be needed. That could be anything from locating fresh stationery, assisting in hooking up a laptop computer (yes, each patient room has a modem connection available) or just having someone to talk to.

Each room has an extra non-hospital-type bed for a family member. Oasis provides free transportation between the hospital and the San Diego, California, airport. Potential patients are encouraged to have a free phone consultation with one of the hospital's doctors before deciding to undergo treatment.

In 1999, The Gerson Institute moved its facilities to Oasis and this is where Charlette Gerson is currently working. Diet and nutrition is very important at this facility. The Gerson program is, however, separate from Oasis's program. As of May, 2002, Gerson has moved to a new facility. Go to our [Gerson](#) page for more information.

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http://www.oasisofhope.com/clinical_results.html

Since 1963, one hundred thousand patients have been treated at the Oasis of Hope Hospital founded by Dr. Ernesto Contreras, Sr.. Patients have come here from every part of the world seeking cancer therapies and treatment approaches pioneered by the Contreras doctors, specifically the Metabolic Therapy . Dr. Contreras called his cancer therapy "metabolic" because it enhances normal function of organs while provoking an adverse environment for malignant cells. **This is accomplished through a treatment program that provides detoxification, natural anti-tumor agents such as laetrile, whole foods and juices, emotional and spiritual support, and immune stimulation from vitamins, minerals, phytochemicals and enzymes.**

In 1981, we conducted a retrospective study to document the five-year survival rates of our cancer patients. It is important to note that **95 percent of these patients came to us with stage IV cancers after conventional therapy had failed to help them. They had been sent home to die. We treated them with our metabolic therapy and the results were encouraging. Our overall five-year survival rate for all types of cancer was 30 percent. We also noted that 86 percent of our patients outlived their prognosis and reported an improvement in their quality of life.**

Malignancies in the lung, breast, colon and prostate are the most prevalent in our experience. For this reason, we designed a prospective study on the efficacy of metabolic therapy focused on these advanced stage IV cancers. In the table below, we compare our results against those from clinical trials with conventional therapies.

Type of cancer	Distant ¹ Number of patients	5 yr. survival rate (%)	
		Oasis	Conventional
Lung Cancer	200	30%	2%
Breast Cancer	130	39%	21%
Colon Cancer	150	30%	8%

1. Distant: A malignant cancer that has spread to parts of the body remote from the primary tumor either by direct extension or by discontinuous metastasis to distant organs, tissues, or via the lymphatic system to distant lymph nodes.

2. Source: American Cancer Society Cancer Facts & Figures 2001

The Oasis statistics when compared to the Conventional statistics are dramatically better. What makes these results astounding to me is the difference between the Oasis group and the Conventional group. The Oasis patients had already undergone surgery, radiation or chemotherapy. They had endured the hair loss, nausea, burns and devastation of their energy levels and immune systems. Those in the Conventional group had no previous treatment to damage their general condition. They had a fresh start. We can only speculate on the better results we could achieve with patients that would avoid conventional therapy before they arrive to the Oasis of Hope.

In spite of the impressive results, our studies were rejected by all peer reviewed medical journals. The only studies that these groups recognize are single drug double blind clinical trials. Our study just didn't meet those criteria. In fact, our results depend on a combination of therapies. This makes it difficult to single out one active agent, and this is the objective of cancer research. Scientists want to identify the means and we have focused completely on the end result.

Our results in lung cancer were so dramatic however that one group of oncological authorities did invite us to make a presentation at the World Congress on Cancer in Buenos Aires. Unfortunately, the Congress coordinators canceled our participation at the last minute due to opposition from some outspoken doctors. Once again, those who insisted that the results were secondary and that our study did not adhere to their guidelines were able to silence us.

In the past, financial restraints and negativity from the oncological community have hindered us from conducting standard double blind clinical trials. But the legal and medical environment is changing as more and more people demand access to alternative medicine. The governments in the USA and Mexico have already established offices of alternative medicine in their health departments. The Ministry of Health in Mexico has approved our application for a clinical research organization (CRO) and we are now positioning ourselves for research grants. We intend to conduct the necessary trials to publish the results in an effort to make valid therapies available to people in any part of the world.

We have never been on a crusade to prove the value of alternative therapies. In fact, we have often been criticized for our use of conventional medicine. We keep focused on our ultimate goal, the total well being of our patients. We try not to limit our patients to either alternative or orthodox therapies. We offer them what are the most effective and least

harmful options. Our approach compliments conventional medicine with natural elements and mind/spirit support. To our critics who wage that we do not utilize pure science, we would like to remind them. Medicine is much more than science, it is a healing art.