

**Various articles: Dr. Johanna Budwig's recipes:
Daily use alleged to transform carcinogenic conditions. . .**

Nobel-prize nominated doctor, Johanna Budwig, recommends a ratio of 1 tbs. Flax Oil per 1/4 cup cottage cheese. Dr. Budwig uses 3 tablespoons of flax oil mixed with 3/4 cup of cottage cheese per 100 pounds of body weight for ill patients. However, depending on the severity of the cancer, up to 6 tablespoons can be taken, mixed with a corresponding amount of cottage cheese. If you want to take more than 1 tablespoon, ease into it. Flax is 100% oil, so if you do not normally eat a lot of fat, allow your body time to adjust.

Budwig's Recipe: three tablespoons of flax oil mixed with cottage cheese. According to her research, *the flax oil must be bound to protein in order to become water soluble*. However, this recipe tastes, to most Americans, terrible. You can modify this recipe the way I do, by adding a bit more cottage cheese, apple cider vinegar, lemon juice, chopped celery and carrots, and a little kelp powder (a salt substitute with many minerals). Dr Budwig recommends eating this at least once a day (twice a day is optimal), if you have cancer, heart disease or an immune system disorder (the oils are not called essential because they are optional, they *are* essential), and at least once a week for prevention.

Dr. Budwig began treating her patients by giving them a combination of high quality flax seed oil, which is rich in Omega3 oil, and quark, which is something similar to cottage cheese or yogurt in that it is rich in high quality protein. Quark is difficult to obtain in the U.S, but yogurt, cottage cheese, and un-pasteurized milk are good substitutes.

The reason for the mixture of the oil with a high quality protein is that by combining the protein with the oil, the oil becomes water soluble in the body and can be absorbed more readily. It can enter the smallest capillaries, dissolving any of the undesirable fats and cleaning out the veins and arteries. It also strengthens the heart, dissolves tumors and cures arthritis. It sounds like a lot, but it really works.

Dr. Budwig worked with many patients who were terminally ill and some who had only hours to live. She gave them the combination of oil-protein plus organic foods, plus exercise, fresh air and used the healing powers of the sun to cure these "hopeless" cases who sometimes started to show improvement within days. Following is a quote from one of her books:

"I often take very sick cancer patients away from hospital where they are said to have only a few days left to live, or perhaps only a few hours. This is

mostly accompanied by very good results. The very first thing that these patients and their families tell me is that, in the hospital, it was said that they could no longer urinate or produce bowel movements. They suffered from dry coughing without being able to bring up any mucous. Everything was blocked. It greatly encourages them when suddenly, in all these symptoms, the surface-active fats, with their wealth of electrons, start reactivating the vital functions and the patient immediately begins to feel better. It is very interesting to ask how this sudden change is possible. It has to do with the reaction patterns, with the character of electrons. I will return to these electrons later. In the last two years, I have come to be very fond of them. A friend of my work in Paris, wrote to me how wonderful it is that you have discovered the original birthplace of the electrons in seed oils to be the sun. That's how these connections are made!"

Dr. Budwig's cures are well documented and have stood the tests of opposition from the conventional medical establishment.

Although there are many excellent doctors and nutritionists who are following in her footsteps, I am especially fond of Dr. Budwig's approach to things because she is not only a brilliant scientist and researcher, but also a high minded idealist who approaches the subject also from a philosophical and spiritual point of view. Unfortunately, only two of her books, that I know of, have been published in English.

One of the significant aspects of Dr. Budwig's work is that she has discovered, (or rather rediscovered) the affinity of the human body with the sun. If the body has the right balance of oils and proteins, it has a magnetic field which attracts the photons in sunlight and thus is open to the healing powers of the sun. I tried Dr. Budwig's methods for general health improvement, and I was amazed that within even less than the three days she predicted, I felt an incredible improvement in so many areas that it would take too much time to describe it here. I then recommended it to several members of our Ashram and those who took it seriously had similar experiences to mine. We all felt an increased feeling of general well-being, a feeling of lightness, more energy, better circulation and, when in the sun, I felt the healing power of the sun affecting my skin much differently than before. Also, every week or two, I become aware of feeling better in different ways. Old aches go away, my skin improves and I am able to do things better. One woman felt so good about it that she gave it to her children and said that right away she could see improvements in their skin tone. As she spoke, I saw that her own skin had more color and was radiant. And this was only about two days after she started taking the oil-protein combination.

When my mom developed squamous cell skin cancer in 1997, she discovered flax oil and used it to treat her cancer. It worked! After taking

the flax oil for 2 weeks, the cancerous tissue on her arm disappeared--and she has remained cancer free!

Since my mom's discovery, we have told others about flax and all those living with cancer who have taken it have seen tremendous improvement. Moreover, in every case where flax has been used consistently, people have gone into complete remission. For instance, my father-in-law, James Parent, recently recovered from "terminal" Bone Cancer in 3 months; Even my mom's dog, Scooter, experienced a dramatic recovery via flax oil and cottage cheese.

Where's the Flax?

Flax Oil can be found at most health food stores and some supermarkets. We buy Spectrum Veg-Omega (it comes in a black plastic bottle) When buying flax, be sure that it has been refrigerated! Also, check the processing date; buy the freshest flax available. Fresh flax should have very little taste or smell.

The Cancer Treatment

Nobel-prize nominated doctor, Johanna Budwig, recommends a ratio of 1 tbl Flax Oil per 1/4 cup cottage cheese. Dr. Budwig uses 3 tablespoons of flax oil mixed with 3/4 cup of cottage cheese per 100 pounds of body weight for ill patients. However, depending on the severity of the cancer, up to 6 tablespoons can be taken, mixed with a corresponding amount of cottage cheese. If you want to take more than 1 tablespoon, ease into it. Flax is 100% oil, so if you do not normally eat a lot of fat, allow your body time to adjust.

Why Cottage Cheese?

Don't leave out the cottage cheese. It is every bit as important as the flax in this approach!!! A highly sulphurated protein is necessary for the flax to achieve optimum results inside your body and cottage cheese is one of the highest sulfur-based proteins. If you can not eat sulfur, tofu may be used in place of cottage cheese. '**Companion Nutrients**' may also be used in place of cottage cheese, [Flax Oil and Cancer](#) recommends [Nature Distributor's](#) product. To order, call 1-800-624-7114 or check your local health food store.

Please visit [Shirley's Wellness Cafe](#) for more information about Flaxseed Oil. Also get a copy of the book, [Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer and other Disease](#), by Dr. Johanna Budwig, the leading researcher on flax.

Flaxseed Oil & Cottage Cheese (or Live Culture Yogurt)- The Budwig Diet

Dr Johanna Budwig is one of the Germany's premier biochemists and an expert on fats and oils. She holds a PhD in natural science, has undergone medical training, and was schooled in pharmaceutical science, physics, botany and biology.

In her 90s, Dr Budwig is well known for her extensive research on the properties and benefits of flaxseed oil combined with sulphurated proteins in the diet (cottage cheese and yogurt for example), and has published a number of books on the subject, including *Cancer – A Fat Problem*, *The Death of the Tumour*, and *True Health Against Arteriosclerosis, Heart Infarction and Cancer*.

Dr. Dan C. Roehm, M.D., FACP, an oncologist and former cardiologist once wrote an article in 1990 to comment on Dr Budwig Diet. He said: "This diet is far and away the most successful anti-cancer diet in the world. What she (Dr. Johanna Budwig) has demonstrated to my initial disbelief but lately, to my complete satisfaction in my practice is: **CANCER IS EASILY CURABLE**. The treatment is dietary/lifestyle, the response is immediate; the cancer cell is weak and vulnerable; the precise biochemical breakdown point was identified by her in 1951 and is specifically correctable, in vitro (test-tube) as well as in vivo (real). I only wish that all my patients had a PhD in Biochemistry and Quantum Physics to enable them to see how with such consummate skill this diet was put together. It is a wonder."

What? So Simple!?

After 30 years of research, Dr. Budwig came up with cottage cheese and flaxseed oil as an effective preventative and cure for cancer and many other ailments.

You can use quality yogurt (live cultures, not the sweetened/processed type) instead of the cottage cheese. This is a suitable substitution, according to Dr. Budwig. About 3/4 cup yogurt to every tablespoon of flaxseed oil. Use spoon or egg beater to blend it together before using the electric blender, then add in fruits if necessary.

The theory? Dr. Budwig says the absence of linoleic acids in the average urban diet is responsible for the production of oxydase, which induces cancer growth and is the cause of many other chronic disorders. The use of oxygen in the body (one of the best ways to "erase" cancer cells) can be stimulated by protein compounds of sulphuric content, which make oils water-soluble and which are present in cheese, nuts, onion and leek vegetables such as leek, chives, onions and garlic, and especially cottage cheese/yogurt.

The flaxseed oil and the cottage cheese (or yogurt) must be blended and eaten together to be effective. They are synergistic. In other words, one triggers the healthful properties of the other. It is important to keep the oil in the refrigerator in the dark bottle it comes in. Light and heat quickly make it

rancid. It will keep for four months in the refrigerator but only three weeks at room temperature. A word to the wise: Do not buy it if it has been stored on a shelf at the store at room temperature.

So, you just eat the FO/CC mixture and wash it down with a Whataburger, french fries and a chocolate shake...NOT! As you might expect, the FO/CC is part of a lifestyle change which emphasizes food that is not processed and contains no "hydrogenated" anything.

For more information, please go to the wonderful site edited and maintained by Bill Henderson. He is also the Author of ebook "Cure Your Cancer". A very informative book on nature cure for cancers and other illnesses.
<http://www.shift.to/health/>

To get all the details on Dr. Budwig's diet and the "spread" and "mayo" recipes, just click on:
<http://www.positivehealth.com/permit/Articles/Nutrition/turner60.htm>

Good Health Requires Oil and Protein in Combination

Oil and protein must be thought of as an inseparable combination. Nutrition must provide the combination and the body must be able to allow them to work together. If the combination of oil and protein is not present or present in the wrong proportions, then the body becomes very sensitive to toxins.

Sulfur rich proteins are vital to good health. It was Myerhof who discovered that sulfur-rich proteins worked in perfect combination with the fatty acid linoleic acid to enable muscles to recover from fatigue. He also found that this "perfect" combination also enabled muscles to recover much faster. But it was Albert Szent-Gyorgyi who discovered the role of oxygen in this unique combination. He discovered that sulfur-rich proteins in combination with linoleic acid will take up oxygen. Otto Warburg added another piece to the puzzle when he hypothesized that oils were necessary to create aerobic conditions once again in metabolic disorders where oxidation was depressed. This was precisely the case in cancer patients and in severe diabetics. Unfortunately, he was not able to confirm his hypothesis due to technical limitations in that era.

Thanks to the tireless work of Dr. Budwig we now know that linoleic acid (i.e. flaxseed oil) interacts with sulfur-rich proteins (i.e. low fat cottage cheese) to bind oxygen and promote aerobic metabolism which restores health. It is important to note that neither linoleic acid or sulfur-rich protein alone will accomplish these tasks. This is because the oils must first bind to the proteins before oxygen can be bound and before the body can assimilate the

combination. If the combination of oil and protein is not present or present in the wrong proportions, then the body becomes very sensitive to toxins.

Effects in Cancer Patients

Flaxseed oil and low fat cottage cheese given to cancer patients increased hemoglobin levels, restored phosphatides and lipoproteins to their normal levels. These changes occurred as their tumors shrunk and disappeared. All of this occurred as energy and vitality returned. Most of these changes will occur during the first 90 days of use.

All the research of Dr. Budwig and others leads to this indisputable fact: Supplementing your diet daily with flaxseed oil combined with sulphurated proteins could very well be the most important thing you do for yourself every day.

The basic formula for combining flaxseed oil with low-fat cottage cheese is:

- *2 Tablespoons flaxseed oil, mixed with*
- *1/4 cup of low fat cottage cheese*

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