

**THE
BUDWIG
CANCER
DIET**

Compiled/Edited

by

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IMPORTANT

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Introduction

Germany's ninety-year-old Dr Joanna Budwig, *nominated 6 times for the Nobel Prize*, has made the most remarkable discovery - after thirty years of research, she has found that two simple food items: 1) Flax Seed Oil (cold-pressed, unprocessed), and 2) Low Fat Cottage Cheese, will CURE or prevent many forms of cancer and a long list of other degenerative disease including cardiovascular and skin diseases.

Unprocessed flax seed oil provides two essential fatty acids which are seriously deficient in the standard Western diet, 1) Linolenic acids, and 2) Linoleic acids.

These two unsaturated fatty acids have three high-energy double bonds (pi-electrons) in their outer electron shells. Moreover, fatty acids affect the membranes of animal cells and permit a thousand-fold increase in oxygen transport and assimilation!

By substantially increasing the oxidation potential within the cell, Dr Budwig proved what her German predecessor, Dr Otto Warburg, had discovered thirty years earlier - cancer cells cannot survive in an oxygen-rich environment.

With sulphur-rich protein and calcium provided by the cottage cheese, all the elements are in place for membrane repair and increased energy transfer.

Cancer

Dr Budwig found that the blood of seriously ill cancer patients was deficient in certain important essential ingredients which included substances called phosphatides and lipoproteins. Conversely, the blood of a healthy person always contains sufficient quantities of these essential ingredients.

She found that when these natural ingredients were replaced, over approximately a three month period, tumours gradually receded, weakness and anaemia disappeared, and life energy was restored. Symptoms of cancer, liver dysfunction, and diabetes were also alleviated.

Flax Seed Oil and Cottage Cheese

Dr Budwig then discovered an "all natural way" for people to replace those essential ingredients their bodies so desperately needed in their daily diet. By simply eating a combination of just two natural and delicious foods, not only can cancer be prevented but in case after case it was actually cured.

These two natural foods, ORGANIC FLAX SEED OIL and COTTAGE CHEESE must be eaten together to be effective since one triggers the properties of the other to be released.

Dr Budwig claims that the diet is both a preventative and a curative. She says the absence of linol-acids in the average western diet is responsible for the production of oxydase, which induces cancer growth and is the cause of many other chronic disorders.

The Theory

The use of oxygen in the organism can be stimulated by protein compounds of sulphuric content, which make oils water-soluble, and which is present in cheese, nuts, onions, and leeks.

Vegetables such as leek, chive, onion and garlic, and especially cottage cheese, all have protein compounds of sulphuric content.

It is essential to use only unrefined, cold-pressed oils with high linolic acid content, such as linseed, sunflower, soya, poppy-seed, walnut, and flax oils. Such oil should be consumed together with foods containing the right proteins otherwise the oils' healing properties could be seriously attenuated.

The best combination is cottage cheese and linseed oil.

When using fresh linseed, it should be freshly ground. Carbohydrates containing natural sugar, such as dates, figs, pears, apples, and grapes can also be included in the diet. Honey is also beneficial.

Dr Budwig feels that most of the synthetic vitamin A preparations are less effective because they contain oxidation components; however, carotene as pro-vitamin A (from carrot) can be used. Moreover, Vitamin B from buttermilk, yogurt, and natural yeast is also beneficial.

Daily Recommendation

A person daily requires about 4 oz. of cottage cheese mixed well with 1.5 oz. of linseed oil. A blender or egg beater works fine. The mixture can be sweetened with honey or otherwise flavoured naturally - fresh fruits can be added.

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The Dr Johanna Budwig Mix

Put in blender:

- 1 cup Organic low fat cottage cheese
- 2-5 Tbsp. of flaxseed oil
- enough water to make it soft

Optional:

- 1-3 Tbsp. of freshly ground up flaxseed (coffee grinder works fine)
- cayenne
- garlic
- red pepper

Make it very soft, and eat some of it every day.

For those who can't eat dairy products, you can substitute "Companion Nutrients" available through good health-food stores. These are capsules containing dried sulfurated proteins and enzymes which activate the essential fatty acids. One capsule will activate one tablespoon of oil.

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Other Recommendations

Some individuals just add the above preparation to their diet, while others follow the Budwig Program:

The Budwig Program

The individual has no nourishment on day #1 other than 250 ml (8.5 oz) of Flax Oil with honey plus freshly squeezed fruit juices (no sugar added).

In the case of a very ill person, champagne may be added on the first day in place of juice and is taken with the Flax Oil and honey. Champagne is easily absorbable and has a serious purpose here. (The champagne vehicle is easier to assimilate and get someone almost on their death-bed going again. A retention enema of 250 ml of oil is another route to get this precious life-furthering, ELECTRON-RICH oil into the body. It can also be applied to the skin for transdermal absorption.)

1) **SUGAR IS ABSOLUTELY FORBIDDEN.** Grape juice may be added to sweeten any other freshly squeezed juices.

2) Other 'forbidden' items include:

- All animal fats.
- All Salad Oils (this included commercial mayonnaise)
- All Meats (chemicals and hormones)
- Butter
- Margarine
- Preserved Meats (the preservatives block the metabolism of Flax Oil)

3) Freshly prepared vegetable juices are good - carrot, celery, apple, and red beet.

4) Three times daily a warm tea is essential - peppermint, rose hip, or grape tea - all sweetened as desired with honey. One cup of black tea before noon is fine.

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Daily Plan

Before breakfast - a glass of Acidophilus milk or Sauerkraut juice is taken.

Breakfast - Muesli (regular cereal) is overlaid with 2 tablespoons (30 ml) of Flax Oil and honey and fresh fruit according to season - berries, cherries, apricots, peaches, grated apple. Vary the flavour

from day to day. Use any nuts **except peanuts!** Herbal teas as desired, or black tea. A 120g serving of THE SPREAD (directions below). This is fine to eat 'straight' like a custard, or add it to other foods taken during the day.

Morning tea (10 am) - A glass of fresh carrot juice, apple, celery, or beet-apple juice is taken.

Lunch - Raw salad with yogurt-Flax Oil Mayonnaise (directions below).

In addition to 'greens' salads, use grated turnips, carrots, kohlrabi, radishes, sauerkraut or cauliflower. A fine powder of horseradish, chives, or parsley may be added for flavour.

Cooked Meal Course - Steamed vegetables, potatoes, or such grains as rice, buck-wheat or millet may be served. To these add either THE SPREAD or THE MAYO for flavour and to up your intake of Flax Oil. Also mix THE SPREAD with potatoes for an especially hearty meal. Add caraway, chives, parsley, or other herbs to taste.

Dessert - Mix fresh fruit other than those used for breakfast with THE SPREAD, this time (instead of honey), flavoured using cream of lemon, vanilla or berries.

Afternoon Tea (4 pm) - A small glass of natural wine (no preservatives), or champagne, or fresh fruit juice with 1-2 tablespoons of honey-coated Fax Seeds.

Supper - Have this early - at 6 pm. Make a hot meal using buckwheat, oat or soy cakes. Grits from buckwheat are the very best and can be placed in a vegetable soup, or in a more solid form of cakes with herbal sauce. Sweet sauces and soups can always be given far more healing energy by adding THE SPREAD. Only honey or grape juice can be used for sweeteners. NO sugar - only freshly squeezed juices, and NOT reconstituted juices (preservative danger) may be used. These must be completely natural.

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How to prepare 'THE SPREAD'

Place 250 ml (8.5 oz) Flax Oil into a mixer bowl and add one pound (450 g) of 1% Cottage Cheese low fat or Quark) and add 4 tablespoons (60 ml) of Honey. Turn on the mixer and add just enough low fat milk or water to get the contents of the bowl to blend in together. In 5 minutes, a preparation of custard consistency results that has NO taste of the oil (and no oily 'ring' should be seen when you rinse out the bowl).

Alternatively, you can use Yogurt instead of Cottage Cheese in proportions of 1 oz (30 g) of Yogurt to 1 tablespoon (15 ml) each of Flax Oil and of honey and blend as above.

NOTE: When Flax Oil is blended like this, it does not cause diarrhoea even when given in large amounts. It reacts chemically with the (sulphur) proteins of the cottage cheese, yogurt, etc.

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How to prepare 'THE MAYO' (Mayonnaise)

Mix together 2 tablespoons (30 ml) Flax Oil, 2 tablespoons (30 ml) milk, and 2 tablespoons (30 ml) Yogurt.

Then add 2 tablespoons (30 ml) of Lemon juice (or Apple Cider Vinegar) and add 1 teaspoon (2.5g) Mustard plus some herbs such as marjoram or dill.

Next add 2 or 3 slices of health food store pickles (no preservatives - read label) and a pinch of herbal salts.

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According to Dr Budwig, you need to remain on this diet for a good 5 years. If you break the rules of this diet, Dr Budwig reports, (i.e. eating preserved meats, sugar, sweets, etc), the tumours will sometimes grow rapidly worse.

FLAX (LINSEED) OIL is readily denatured by oxygen, heat, and light. Rancid oil is bad for health, so oil MUST be carefully produced, packed under nitrogen in light-proof containers, refrigerated until used, used as fresh as possible, and stabilized with protein (THE SPREAD, etc) promptly once the container is opened..." Oil should be refrigerated and used within a couple of months after opening.

Flax (Linseed) Seeds

Flax Seeds may also be used - the seeds need only be cracked in a food blender, or they may be ground in a coffee grinder.

One needs three times the amount of seed to get the oil equivalent. Seeds are high in calories, so one may gain weight. The seeds are also high in soluble fibre, so blending with liquid tends to produce ever-hardening "jellies". Fresh-cracked seeds can be sprinkled on muesli and should be eaten promptly.

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Appendix

The Budwig Center

The Budwig Diet for The Prevention and Cure of Cancer

The Budwig Center endorses the The Budwig diet has been successfully helping people with Cancer, Arthritis, Asthma, Fibromyalgia, Diabetes, Blood Pressure, Multiple sclerosis, Heart Disease, Psoriasis, Eczema, Acne and other illnesses and conditions.

To start the diet, it helps to have 3 appliances:

- A coffee bean grinder to grind the whole brown flaxseeds sold in health food stores or online. Freshly ground seeds are a must.
- An immersion hand-held mixer (a stick-shaped mixer) to blend and bond the flaxseed oil [FO] and cottage cheese [CC] together so that they become one food, making the oil water-soluble and more absorbable. It's important to use an electric mixer rather than stirring the two.
- A vegetable juicer. A masticating type juicer is said to give a more healthful juice than a centrifugal type.

Budwig Diet - Flaxseed Oil and Cottage Cheese

Generally, each tablespoon of Flaxseed Oil (FO) is blended with 2 or more tablespoons of low-fat organic Cottage Cheese (CC).

That is a ratio of approximately 1:2. Cold-pressed refrigerated liquid FO is used. It's better to buy regular FO instead of High Lignan FO. Healthier lignans are obtained at a lower cost by using freshly ground flaxseeds. However, ground seeds must be used within 15 minutes.

TO START THE DAY

- About an hour before breakfast, have a glass of sauerkraut juice. It has cancer-fighting benefits and improves digestion. Anything pasteurized has lost its enzymes but still offers lactic acid which is important and helps with digestion.

BREAKFAST

- Start with a cup of green tea or herbal tea. It provides warm liquid required for the ground flaxseeds to swell properly. That's important.
- Then, eat your Muesli. The Muesli in the Budwig diet refers to the recipe below. Besides cottage cheese, you could use homemade yogurt cheese or kefir cheese with cow or goat milk.
- Budwig FOCC Recipe: Make enough for 1 meal only, avoid storing. Eat immediately. Use organic foods if possible.

1) Blend 3 Tbs flaxseed oil with 6 Tbs low-fat CC or quark with a hand-held immersion electric mixer for up to a minute. If needed, add 2 Tbs milk.

Avoid adding water or juices when blending FO with CC or quark. The mixture should be like rich whipped cream with no separated oil. Layer or stir in the following ingredients:

2) Grind 2 Tbs whole flaxseeds and add.

Freshly ground seeds become rancid within 20 minutes, eat recipe immediately.

3) Add various fruits such as fresh [or thawed-out frozen if necessary] berries, all kinds, which contain strong cancer-fighting ellagic acid.

4) Add other fresh fruit if you like, totaling 1/2 to 1 cup of fruit.

5) If mixture is too thick, add 1 or 2 Tbs of fruit juice [e.g. dark grape, blueberry] or milk. Fruits and their juices are proven cancer fighters.

6) Add organic raw nuts such as walnuts or Brazil nuts [no peanuts] and a little xylitol. For variety, try vanilla, cinnamon, lemon juice, pure cocoa or shredded coconut. Try various fresh organic fruits and flavorings.

Afterward, you can have whole grain bread (something other than wheat, which is harder to digest) with cucumber, tomato, radishes or other raw veggies.

MID-MORNING

- Freshly-pressed vegetable juice from carrots and/or beet, celery, lemon, apple as well as green vegetables - lettuces or spinach[carrot and beet juices are especially helpful to the liver and are strong cancer fighters] Vary vegetables.

SUNLIGHT - Dr. Budwig emphasized that being in sunlight is very healthful for Vitamin D and other benefits. Avoid burning and avoid sunscreen and sunglasses.

If you feel up to having some exercise, individualize it according to your strength - **DON'T OVERDO IT**. Regarding exercise, Dr. Budwig wrote: "Often sport is very important, but sometimes the patient should not do this" and "I would never allow a cancer patient with metastases to jog, ride a bicycle. His body must relax."

One form of exercise that is beneficial for most people is using a rebounder [a mini-trampoline] because it helps clear the lymph system and promotes better drainage.

BEFORE LUNCH - A cup of warm green or herbal tea. Use little honey if desired (no sugar). Also suggested, one Tbs whole flaxseeds, freshly ground and added to a glass of champagne, known to help digestion and absorption. [1999 book]

LUNCH - RAW vegetable salad with various home-made salad dressings which may include one or more Tbs FO blended with 1 or 2 Tbs organic low-fat CC plus one Tbs organic apple cider vinegar or lemon juice and spices. Or, for sweeter dressing, try FO and grape, orange, apple or another juice. You can vary the salad dressings based on the recipes in the Oil-Protein Diet Cookbook. Several recipes do not include cottage cheese at all. The body can utilize 1 or 2 Tbs oil without cottage cheese. Avoid commercial salad dressings. Pumpkin seed oil can also be used. Experiment with spices or honey for variety.

If still hungry, make steamed or boiled veggies and grains. [See "DINNER"]

LUNCH DESSERT: It's IMPORTANT to have a SECOND SERVING of FOCC with varied fresh raw fruits (organic if possible). Again, use 3 Tbs FO and 6 Tbs CC with fresh fruit but NO flaxseeds. If there are problems digesting this amount of oil, begin with smaller amounts of FOCC and increase it slowly. Chew very well to optimise digestion. Predigestion starts in the mouth by mixing saliva with the foods. Try to have meals in a peaceful atmosphere. Relaxing is important.

MID-AFTERNOON - Two TBPS whole flax seeds, freshly ground, stirred into a glass of sparkling wine or Champagne (or CAVA) but make sure it is labelled "Brut Natural" OR one TBPS flax seeds, ground and stirred into a glass of fruit juice: grape, cherry or pineapple. Chew the ground flaxseeds for better digestion. Repeat 1/2 hour later.

RELAX, in sunlight if possible, TO RELIEVE STRESS. Empty the mind of worries, angers, fears. Focus on nature, music, deep breathing and positive interactions. Think kind thoughts about yourself and others. Dr. Budwig said that relieving stress is extremely important.

LATE AFTERNOON - One TBPS whole flaxseeds, ground and added to pure blueberry or papaya juice. Both papaya and pineapple [above] have digestive enzymes if they are fresh. Most bottled juices have lost their enzymes but still have valuable nutrients. If making the juice, drink it immediately after preparation before the enzymes are lost by air and light. You want to get as many natural enzymes as possible [as well as electrons from flax seeds and oils]. [Note: Instead of the fruit juices, some members heal using homemade vegetable juices as described at 10 a.m.]

DINNER - Vegetable soup or a variety of veggies and starch-containing foods well spiced. Add homemade Oleolux (recipe in appendix) and nutritional yeast flakes after cooking.. Nutritional yeast adds important B-vitamins which boost energy and mood. Choices of cooked starchy foods - buckwheat (Dr. Budwigs top choice-digests well and very nutritious), millet, brown rice, lentils, beans, peas, yams and potatoes.

Add lightly cooked vegetables such as kale, tomatoes, spinach, beets, carrots, chard, cabbage, brussel sprouts, broccoli, onions, artichokes, asparagus, peppers, green beans, etc. Also, add healthful spices such as cayenne pepper, paprika, turmeric, sea salt and others. AFTER COOKING, add homemade Oleolux (recipe in appendix) 'to taste,' which adds more nutrition and satiates appetite. Use also on bread [whole or sprouted grain, homemade or from a good supplier].

EVENING - A glass of organic red wine if desired.

THE FOLLOWING IS VERY IMPORTANT:

- Dr. Budwig stressed that we must AVOID UNHEALTHY FOODS such as hydrogenated oils, trans-fats, animal fats [meats, chicken, fish, eggs,] butter, cane sugar, preservatives, processed foods, pesticides and chemicals, even those in household products and cosmetics. Drink chemical-free water.
- Avoid leftovers - food should be prepared fresh and eaten soon after preparation to maximize intake of health-giving electrons and enzymes.
- Drink warm green or herbal teas, unsweetened or sweetened only with a little honey.

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Appendix

The Budwig Diet

How to Prepare Your Own Oleolux

Dr. Budwig created Oleolux in an effort to provide a healthy and tasty butter replacement or ersatz in her Oil-Protein Diet.

It is used (unheated) with potatoes, and added to cooked foods etc.

Dr. Johanna Budwig's Oleolux Recipe

- Onion
- Chemically non-hydrogenated coconut fat/oil
- Flaxseed oil
- Garlic

1) Put 125 ml of flax oil into the freezer compartment of your refrigerator.

2) Heat 250 g of coconut oil with a medium-sized onion cut into 4 parts. Sauté until the onion starts to brown (5 to 8 minutes). Add 10 garlic cloves and continue sautéing until they are light brown (which takes about 3 to 5 minutes). Pour this mix through a strainer into the cold flax oil. Stir and immediately put back into freezer compartment. When fully cooled, put into and store in fridge.

3) Enjoy

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Appendix

Dr Johanna Budwig

Dr. Johanna Budwig (born 30 September 1908, died 19 May 2003, pronounced Yaw-hun-nah Bood-vig), a seven-times alternative Nobel prize nominee, was a qualified German pharmacologist, chemist and physicist with a doctorate in physics who worked as the chief expert-consultant for drugs and fats at the former Bundesanstalt für Fettforschung (Federal Institute for Fats Research). Described as "the world's leading authority on fats and oils", Dr. Budwig studied in-depth the effect of hydrogenated and other denatured fats upon human health and found it to be disastrous, while she discovered the truly "essential" and powerfully healing nature of essential fatty acids on all manner of degenerative diseases including cancer. She authored numerous books (among them Cancer - The Problem and The Solution, Das Fettsyndrom [The Fat Syndrome, discussing the links between fats and next to all diseases of the heart and lung as well as cancer], Krebs, ein Fettproblem [Cancer - A Fat Problem, on the right choice and use of fats], Der Tod des Tumors [The Death of the Tumor], as well as numerous scientific papers and treatises in which she published her findings on the critical importance of the right fatty acids and the deleterious effect of the wrong fats on human health (the use of "wrong fats" having become widespread since the invention and ubiquitous introduction of the hydrogenation process in order to extend the shelf life of fats and to create margarine).

Three of her works "FlaxOil As A True Aid Against Arthritis, Heart Infarction, Cancer, And Other Diseases" (read excerpts here), "The Oil Protein Diet Cookbook" and the above-mentioned Cancer - The Problem and The Solution (excerpts here) have been translated into English. The former, though a slender volume of only about 60 pages, is "packed with the most clear thinking on the genesis of serious diseases and health recovery" including healing cancer. The fact that so far solely three of Dr. Budwig's works are accessible to the English-speaking world makes it hard, however, to appreciate the true scope and breadth of her protocol and cancer treatment approach.

In 1952, Dr. Budwig wrote in a paper entitled On Fat Biology V. Paper Chromatography of Blood Lipoids, the Tumour Problem and Fat Research: "It is basically proven that highly unsaturated fatty acids are the heretofore undiscovered decisive factor in respiratory enzyme function", i.e. constitute the second part of the "equation" that nobelist Otto Warburg had been unable to find. What sounds insignificant to the layman's ears, is arguably one of the greatest breakthroughs in medicinal science: from that moment onward we have known that the highly unsaturated fatty acid is the decisive factor achieving the desired effect of cellular respiratory stimulation. Working in conjunction with sulfated amino acids (protein), the highly unsaturated fatty acid plays a part, even the critical part, in the "bridging" taking place between fats and protein, in the absorption AND utilization of oxygen, in all growth processes, in the formation of blood and in many other processes. Working from this theory, Dr. Budwig was able to help a great many cancer patients with the scientific oil-protein diet of flax oil plus cottage cheese she designed (the "Budwig diet"), which allows cancer cells to start "breathing" again. A few physicians followed in her footsteps, such as Dr. Dan C. Roehm from Florida or Dr. Robert E. Willner (Miami).

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