

## **Budwig Diet**

The Flaxseed (Linseed) oil diet was originally proposed by Dr. Johanna Budwig, a German biochemist and expert on fats and oils, in 1951. Dr. Budwig holds a Ph.D. in Natural Science, has undergone medical training, and was schooled in pharmaceutical science, physics, botany and biology. She is best known for her extensive research on the properties and benefits of flaxseed oil combined with sulphurated proteins in the diet, and over the years has published a number of books on the subject, including "Cancer--A Fat Problem," "The Death of the Tumor," and "True Health Against Arteriosclerosis, Heart Infarction & 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, while 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, tumors gradually receded, weakness and anemia disappeared and life energy was restored. Symptoms of cancer, liver dysfunction and diabetes were alleviated. 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 & cottage cheese) must be eaten together to be effective since one triggers the properties of the other to be released.)

After more than 10 years of solid clinical application, Dr. Budwig's natural formula has proven successful where many orthodox remedies have failed. Dr. Budwig's formula has been used therapeutically in Europe for prevention of: cancer, arteriosclerosis, strokes, cardiac infarction, stomach ulcers (normalizes gastric juices), Prostate (hypertopic), arthritis (exerts a favorable influence), eczema (assists all skin diseases), and even immune deficiencies.

Thousands have been helped by her protocol. Testimonials can be found for almost every type of cancer and tumors, even late stage. Dr. Budwig has assisted many seriously ill individuals, even those given up as terminal by orthodox medical practitioners, to regain their health through a simple regimen of nutrition. The basis of Dr. Budwig's program is the use of flaxseed oil blended with low-fat cottage cheese.

Dr. Johanna preaches against the use of what she calls "pseudo" fats - "hydrogenated," "partially hydrogenated" and even "polyunsaturated." The chemical processing causes the oils to become a harmful substance deposited within the body. The heart, for instance, rejects these fats and they end up as

inorganic fatty deposits on the heart muscle itself. They end up blocking circulation, damage heart action, inhibit cell renewal and impede the free flow of blood and lymph fluids.

Science has proven that fats play an important role in the functioning of the entire body. Fats (lipids) are vital for all growth processing, renewal of cells, brain and nerve functions. Our energy resources are based on lipid metabolism. To function efficiently, cells require true polyunsaturated, live electron-rich lipids, present in abundance in raw flaxseed oil.

Lipids are only water-soluble and free-flowing when bound to protein; thus the importance of protein-rich cottage cheese. When high quality, electron-rich fats are combined with proteins, the electrons are protected until the body requires energy. This energy source is then fully and immediately available to the body on demand, as nature intended.

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 is: 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, onion and leek vegetables such as leek, chive, onion and garlic, but especially cottage cheese. It is essential to use only unrefined, cold-pressed oils with high linolic acid content, such as linseed, sunflower, soya, poppyseed, walnut, and flax oils. Such oil should be consumed together with foods containing the right proteins otherwise the oils will have the OPPOSITE EFFECT, causing more harm than good. The best combination is cottage cheese and linseed oil. The linseed 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. She feels most of the synthetic vitamin A preparations are bad because they contain oxidation products, but much carotene as pro-vitamin A (from carrot) is consumed. Vitamin B from buttermilk, yogurt, and natural yeast is beneficial.

A person requires daily 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 flavored naturally. Fresh fruits can be added.

**Dr. Johanna Budwig Mix:** Put in your 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

For those who can't eat dairy products, you can substitute "Companion Nutrients" available through Nature's Distributors in Arizona, 1-800-624-7114. These are capsules containing dried sulfurated proteins and enzymes which activate the essential fatty acids. They guarantee that one capsule will activate one Tbsp. of oil.

Make it very soft. Eat some of it every day. Some people just add the above to their diet, while others follow a Program that she recommends: The patient 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 (8.5 oz) 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 'forbiddens' are: - All animal fats. - All Salad Oils (this included commercial mayonnaise) - All Meats (chemicals & hormones) - Butter - Margarine - Preserved Meats (the preservatives block metabolism even of Flax Oil)

3) Freshly squeezed vegetable juices are fine - carrot, celery, apple, and red beet.

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

**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 flavor from day to day. Use any nuts except peanuts! Herbal teas as desired or black tea. A 4 oz (120 g) serving of THE SPREAD (directions below). This is fine to eat 'straight' like a custard, or add it to other foods taken in the day as you will see.

Morning tea (10am) - 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 flavor.

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 flavor 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.

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

Afternoon Tea (4pm) - A small glass of natural wine (no

preservatives) or champagne or fresh fruit juice with 1-2 tablespoons of honey-coated Flax Seeds. Supper - Have this early, at 6pm. 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 & soups can always be given far more healing energy by adding THE SPREAD. Only honey or grape juice can be used for sweeteners. NO white sugar (or brown!) Only freshly squeezed juices and NOT reconstituted juices (preservative danger) may be used. These must be completely natural. 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 diarrhea even when given in large amounts. It reacts chemically with the (sulphur) proteins of the cottage cheese, yogurt, etc. 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. 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, (ie. eating preserved meats, candy, etc), the tumors 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..." Brands to look for include Omegaflo and Barleans. These should be refrigerated and used within a couple of months after opening. Flax Seeds may also be used. 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 fiber, so blending with liquid tends to produce ever-hardening "jellies". Fresh-cracked seeds can be sprinkled on muesli and should be eaten promptly.

For a complete transcript of a tape of the Budwig Diet at  
<http://home.usit.net/~spinner/>.

A forum on flax oil is available. Email [flaxseedoil@yahoogroups.com](mailto:flaxseedoil@yahoogroups.com)

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