

### **How to prepare the bud wig protocol - Flaxseed oil and cottage cheese mix**

To prepare this mixture you will need the following: flaxseeds, flaxseed oil, cottage cheese, prefer low fat organic, pineapple, melon, green grapes, an upright electric blender, a coffee grinder and raw honey.

**Note:** most flaxseed oil and cottage cheese recipes offered online are incorrect and do not follow the original method used by Dr Johanna Budwig. For example some websites use yogurt or kefir instead of cottage cheese. These dairy products lack sulfur rated protein and thus will not provide the health benefits of the original Dr Budwig's mixture. The Dr Budbridge Center follows the original recipe which was formulated by Dr Johanna Budwig.

1 Start with 2 table spoons of unsweetened almond milk then add ¼ cup of flaxseed oil which you will mix with an electric blender until nice and smooth. An electric blender is preferred as you can be sure the oil blends well with all the other ingredients.

2 Now slowly add the low fat cottage cheese Two tablespoons at a time and keep mixing until liquefied putting in a total of six level tablespoons of low fat cottage cheese.

3 Grind two tablespoons of flax seeds between five and six seconds in a coffee grinder and add one teaspoon of honey to the ground flaxseeds Mix and place in blender, add ½ cup pineapple and mix well.

4 add ½ cup of melon, Peel first and then cut into cubes, add ¼ cup of green grapes, Washed and cut in halves, Throw all into blender - Add 125 ML of water (about 4 fluid ounces), And blend ingredients well

5 You can add other ingredients like fruit (berries lemon juice etc.) or nuts over the seeds this is optional.

6 Then finally mix everything and enjoy!

**Optional:** Add fruit, especially berries, some days try adding pineapple, parsley, garlic, dried fruits, ground hemp seeds, ground almonds, Ground sunflower seeds, Brazil nuts, and pumpkin seeds, (do not use peanuts), vanilla, cinnamon, raw cocoa, or grated coconut. Some prefer a touch of cayenne pepper - Be creative!

Ground seeds start to turn rancid after 20 minutes, so you must eat them immediately **do not grind and store seeds to be used later**. The flax seed oil must be kept cold so store it in the fridge. Try to purchase directly from the manufacturer or from an herbalist, a health food shop. The cottage cheese can be frozen if necessary. In North America there is Nancy's organic cottage cheese that is low fat.

**Dairy intolerance:** This is usually caused by Candida fungus Infection or the liver needing a cleanse and restoration of Enzymes and healthy bacteria to the gut. The Budwig Center provides defective liver remedies enzyme formulas and the diatomaceous earth food grade in our program.

In the meantime you can use six tablespoons of the flaxseed approach and instead of adding those to cottage cheese add the soaked seeds that you grind up to 6 level tablespoons of cold filtered whey powder. (Note: we are not convinced that this is as effective as using cottage cheese. However it is probably the next best alternative). Cold - filtered Plain whey is the best choice. Add some honey as per the recipe above but leave out skin milk.

If the whey still bothers you consume up to five tablespoons of presoaked oat or freshly ground flax seeds per day throughout the day. Add the presoaked seeds to your smoothies juices and fresh ground seeds to your cereals and sprinkle them over your salads.

**Note:** Flaxseed or Linseed Oil is delicate and subject to oxidation. The oil should be refrigerated from the moment of extraction until it reaches your kitchen. So this is difficult logistically and out of most people's hands you recommend including the actual seeds ground in your daily food plan.

Flax seeds themselves with the shell or husk Maintain essential nutrients that are not in the oil. Dr Johanna Budwig included ground flaxseeds in her meals in addition to taking the clotted cheese mix. Another way to consume them is to soak the seeds two or three hours before 'wake them up' and eat them whole. This presoak can be done with chia seeds as well.

Please note when quantities are mentioned this is what we mean:

1 teaspoon equals 5 ml

1 tablespoon equals 15 ml

16 spoonful's equals 1 Cup

4 tablespoons Equals 1/4 cup

**Foods to avoid** on the Budwig Protocol

**Sugar:** cancer cells require Eighteen times more sugar than normal healthy cells because their mitochondria are damaged. Therefore consuming refined sugar feeds the cancer cells. Although we may directly avoid sugar please keep in mind that the following foods have sugar content Ice cream, commercial ice creams often Contain chemicals like carboxymethyl cellulose, butyraldehyde, amyl acetate, and diethyl glycol, which are used in antifreeze and paint removers, pastries, sodas, box cereals, readymade sauces and even in savory food for example bread.

**Read labels carefully:** Avoid fructose syrups, maple syrup, sugar cane honey (molasses), and artificial sweeteners. Soft drinks can have up to 10 teaspoons of refined white sugar. Fruit juices from concentrate have high sugar content and low nutritional value since the UHT manufacturing process leads to losing main beneficial vitamins.

**Refined or hydrogenated oils:** Regardless of the plant or seed, oils that have been refined cause our cells to suffocate. We should therefore avoid fried food, Fries, chips, chicken, doughnuts, Etc. and try to cook our hot meals at home using coconut oil, olive oil, which can tolerate high temperatures without altering the oil's components.

**Dairy products:** Except cottage cheese used in the Budwig protocol, we do not use dairy products including butter in our diet because they contain animal fats that retain toxins and contribute towards Candida and fungus growth.

**Butter:** should be avoided make your own Oleolux instead.

**Shellfish:** lobster, clams, Shrimp, prawn, although they are not shellfish squid, and octopus are also not recommended. Shellfish eat everything in their environment so you may also be ingesting heavy metals and other toxins by consuming them.

**Pork and cold meats:** Dr Budwig encouraged a vegetarian food plan where no meat was permitted. Please be reminded that animal toxins are stored in their fat which is why it is best to avoid pork and cold meats. Also many types of cold meats contain chemical additives such as nitrates. Dr Johanna Budwig said that red meat contributes to swelling or inflammation and she was not in favor of eating pork due to the nature of the pig's digestive system. Pigs eat everything in sight and digest their food in approximately four hours leaving many toxins which end up in the animal's fatty tissue. Continued consumption of pork products has been linked to inflammation of the joints Arthritis.

**Refined grains and cereals:** White bread pasta and all refined cereals Are hard to digest they do not contain the nutrients and fiber needed by the intestine and worse still they help increase glucose levels Promoting Candida and fungus issues.

**Coffees teas and prepared beverages:** All herbal teas should be herbal loose leaf infusions since tea bags and paper filters contain harmful chemicals Such as chlorine. Regular coffee is heavily treated with pesticides during cultivation.

**Microwaves:** destroy most nutrients and the beneficial elements that food can provide for us and distort the molecular structure of the food.

**Teflon:** Polytetrafluoroethylene PTFE: Food cooked on Teflon frying pans contains tiny particles of PTFE which when consumed are harmful to the reproductive system.

**Aluminum kitchen utensils:** These put us at risk of heavy metal poisons seeping into the meals we prepare. We recommend using kitchen utensils made of stainless steel, wrought iron, glass, or earthenware.

### **Foods to enjoy on the Budwig Protocol**

#### **Sauerkraut juice and fermented foods:**

Dr Budwig favored fermented foods and had all her patients drinking glass of fresh sauerkraut juice first thing in the morning. Adding a little pineapple juice for those who found the taste hard to take. She knew that cabbage offers a host of health benefits. Natural no sugar pickles are also acceptable.

**Budwig protocol:** To be eaten a minimum of once a day and when possible twice a day. Usually Dr Johanna Budwig would serve it to her patients twice a day. Once a day is fine and better than not having any at all. It is essential to use low fat cottage cheese No more than 2% fat content. The Omega 3 rich flaxseed oil which she highly favored only produced this chemical reaction that enabled the flaxseed oil to become water solvable and enter the cells when mixed with Low fat cottage cheese. The negative aspects of dairy seem to be largely neutralized when combined with flaxseed. Chemical reaction occurs and the protocol Becomes bioavailable and subsequently contributes to the body's absorption and high amounts of life giving oxygen.

**Sweeteners:** Stevia Please check that the Stevia has no harmful ingredients Look for 100% pure Erythritol also known as monk fruit Ronnie natural dried fruit like dates and figs, and raisins can be added to your salad or other dishes.

**Organic fruits and vegetables:** Whenever possible we recommend consuming seasonal fruits and vegetables preferably raw or steamed thus retaining all the nutrients. For a larger intake we suggest making vegetable juices or fruit and vegetable shakes. We do not recommend fruit juices where the

pulp has been separated from the fruit. We advise you to use a blender that retains the pulp and conduce vegetables like carrots such as a BLENDTEC or VITAMIX. Always try your best to consume only organic. When fruits and vegetables are organic you also have the peace of mind that they are not GMO (genetically modified).

**Nuts dried fruits and seeds:** Only natural (no hydrogenated oils) and not roasted. You can soak almonds to make them more usable in sauces. Several published studies have identified walnuts as bearing unique cancer fighting qualities. Researchers at UC Davis and other institutions have uncovered that diets rich in whole walnuts as well as walnut oil can slow prostate cancer growth in mice. Further studies determined that just two handfuls of walnuts each day could reduce by half the risk of breast cancer and tumor growth it is believed that walnuts can shrink levels of the hormone IGF 1 Which plays a crucial role in developing prostate and breast cancer. Also researchers found they reduced cholesterol and increased insulin sensitivity making them valuable in the fight against Heart disease and diabetes. Look for a wholesale importer of nuts as they often have pure and raw nuts with no added harmful oils and refined salt and it works out more economical than the grocery store. Peanuts however are not recommended. Neither are cashews in large amounts or pistachios.

**Flax seeds and flaxseed oil in your daily salad:** It is recommended to grind in a coffee grinder 1 tablespoon of flax seed and sprinkle them over your salad. Also makes a 50/50 flaxseed oil and olive oil to put over your salads daily. This adds excellent flavor and health benefits to your meal.

**Cold pressed or extra virgin oils:** Olive oil, sunflower seed oil, hemp seed oil, Macadamia oil, sesame oil, grapes seed oil, coconut oil, ETC. Each type of oil has a distinct taste and contains vital characteristics to oxygenate the cells. They are to be ingested raw as a dressing or in a shake. You should only use coconut oil for cooking.

**Organic whole grains:** Dr Budwig's favorite grain was buckwheat. Try variations like quinoa, whole green basmati rice melt and spelt. The western diet uses large amounts of wheat and their dishes and recipes and growing numbers of people are intolerant. Try sprouted greens or Ezekiel bread, Corn Is not recommended because unless otherwise stated it is usually genetically modified and could easily have traces of mold. It also produces inflammation.

**Organic pulses:** chickpeas and lentils are all very nutritional especially rich in mono acids. Beans are also very nutritious however some find them hard to digest. If this is your case we would recommend that you either leave them out of your diet or if you would like to incorporate them eat small amounts to begin and vary the type of beans that you eat.

#### **Did Dr Budwig recommend animal protein for cancer patients?**

Dr Johanna Budwig was a vegetarian and the entire thrust of her fruit books recipes and presentations promoted a vegetarian diet for her cancer patients and cancer Prevention. Protein from meat can be replaced with plant protein and protein from whole grains and seaweed. Interestingly spirulina contains about 65% protein and three times as much protein as red meat. There are many other vegetarian sources of protein such as hemp, lentils, sprouts, moringa nuts, and seeds. Red meat causes inflammation and of course non-organic red meat Contained synthetic hormones and antibiotics. Processed meats have several harmful preservatives. As Dr Johanna Budwig discouraged all animal protein she never used eggs in any of her recipes so they are not part of the Budwig diet.

### **Did doctor Budwig recommend organic food?**

Whenever possible purchase organic food as studies have proven that organic produce contains up to 69% more natural antioxidants conventional crops with pesticide. AUK research group inspected data from over 300 reports testing the differences between organic and conventional crops. That concluded that the antioxidant impulse required from changing to organic produce is the equivalent of 1 or 2 additional portions of fruit and vegetables every day. This change also reduces exposure to nitrates, nitrites, and toxic heavy metals such as lead, mercury, and cadmium. Pesticides and herbicides literally form a layer on our food, while exposure to these chemicals damages our DNA and are linked to such conditions as Alzheimer's and other neurodegenerative diseases.

Throughout history, women such as Marie Curie, Rosalind Franklin, Jocelyn Bell, Lise Meitner, to mention just a few, have marked significant milestones. They have contributed to innovative breakthroughs in physics, astrophysics, chemistry, mathematics, biology, genetics, and other fields. Dr. Johanna Budwig is also one of these women whose tenacity, passion, and diligence aided her to make a massive contribution to medical research and leave an indispensable legacy that helps save lives. Sadly she passed away in 2003 following an accident from which she never recovered.

For the past 60 years Dr Budwig's protocol has been very successful in helping people to improve their health Her discoveries led her to identify some of the leading causes of disease She discovered that many known chronic illnesses are due to a lack of oxygen in the body The consumption of refined or partially hydrated oils and a deficiency in essential fatty acids.

In the book **cancer cause and cure** by Dr O.P. Verma on pages 47-48 Dr Budwig is quoted as stating "So I decided straight away to go for human trials and enrolled 600 patients from 4 big hospitals in Munster Germany I started to give flax oil and cottage cheese to the cancer patients. After just three months patients began to improve in health and strength, the yellow green appearance in their blood began to disappear tumors receded I treated approximately 2500 cancer patients in the last few decades."

In her book **Flax oil as a true aid against arthritis, heart infarction, cancer and other diseases** on page 32. Dr Budwig makes the following statement: I often take very sick patients, the Very first thing with these patients and their families tell me is that in the hospital it was said they could no longer urinate or produce bowel movements. They suffered from dry coughing without being able to bring up any mucus. Everything was blocked, it greatly encouraged them when suddenly in all their symptoms the surface active fats Flaxseed oil and Cork with their wealth of Electrons start reactivating the vital functions, and the patients immediately began to feel better. It is very interesting to ask how this sudden change is possible, it has to do with the reaction patterns, with a character of Electrons. In addition to the several clinics and doctors who endorse Dr Budwig's work such as Dr Wilner and Roehm, here is a comment From two German physicians Dr bernd Belles MD and Dr Gerd Belle MD. Both specialize in cancer treatment and are strong proponents of Dr Budwig's healing approach. Here is what they have to say:

We are general practitioners specializing among other areas in holistic cancer treatment. For our holistic approach we use tumor therapy the one element which clearly stands out as having the greatest importance and forming the bases of all holistic tumor therapy is the oil protein diet according to Dr Johanna Budwig. If this traditional regiment is implemented without deviation there is a chance of recovery at every stage of tumor development which we have personally witnessed in our practice We now try to make all our tumor patients arrange the regiment in accordance with Dr Johanna Budwig's

suggestions It is crucial to stick to her dietary schedule exactly as stated courtesy of German Original [www.oel-elweiss-kost.de](http://www.oel-elweiss-kost.de) and German language home page [www.belles.de](http://www.belles.de)

Dr Budwig goes on to say “From 1939 on I was in charge of the dispensary in a military hospital with 5000 beds. In 1949 I returned to Dr Kaufman’s facility in Munster At his request and I was immediately assigned the post of state expert for chemical research on drugs and fats. As part of an elevation of drugs based on sulfhydryl groups I was confronted with the fact that no blood chemical measure existed to test fat metabolism.” Her knowledge of physics and chemistry came into play She utilized radioactive isotopes of iodine and cobalt to develop a technique with paper chromatography that allowed her research team to “determine the exact balances and confirm theories on fat metabolism, “She was the first to analyze fat in living blood, thus opening the door to a vastly new and essential technology worldwide. She noticed that sick cancer patients blood was all stacked together, this is called platelet aggregation. Also the blood had a strange greenish unnatural color, which was a sure sign of oxygen deficiency.

To quote Dr Budwig “our eating habits are often lacking in high unsaturated acid fats and contain an excess of man-made oils known as Trans fats or partially dehydrated oils” These Trans fats are found in commonly used cooking oils. Most companies extract oil from corn, sunflower seeds, and other plants through extreme heat and other artificial processes none of which are the natural extraction procedure as a result these oils are no longer alive and are no longer advisable for consumption. Additionally when these heavy oils incorporate into our cell membranes they destroy the electric charge. Without that charge our cells start to suffocate due to a lack of oxygen. Such Trans fats are also a trigger factor for type two diabetes since insulin is a large molecule and Trans fats challenge the molecules entry through the cell membrane.

Budwig examined her patient’s blood under a microscope before and after administering her mix of flaxseed oil and quark. She found that the blood no longer clumped together and the substance displaying a greenish color was no longer present. Instead the red was much brighter a very positive indicator and a sign of improvement and increased oxygen intake.

By means of a signed document dated August 24<sup>th</sup> 2000 Dr Johanna Budwig authorized Lloyd Jenkins founder of the Budwig center to use her techniques and protocols which have helped a vast number of people to improve their health. The Budwig Center’s primary approach is to establish the reason and cause of the disease and the specific trigger factors involved. We can determine the cause whether it is a degenerative or chronic disease or even a tumor. Armed with this insight we can alleviate the adverse effects of the disease and aid remission through natural therapies and treatments. With this approach we can also reduce the harmful effects of chemotherapy, Radiotherapy, and other treatments of General Medical practice, if you should choose to undergo such treatments.

### **SOME OF THE MAIN CAUSES OF CANCER AND OTHER DISEASES**

#### **Toxins:**

Toxins are the most significant contributing factor to cancer and chronic disease. Remarkably few people in the time of our grandparents developed cancer, however now we see an explosion of cancer, even in young people. Why? The world has become so much more toxic. Toxins are everywhere nowadays. For example, dangerous chemical products, atmospheric contaminants, or hydrocarbons are used and stored in the workplace, home, and garden. There are nearly 1000 chemicals in our food that have never

been tested for safety. Some 3000 chemicals are in just one cigarette. By weakening the cells, toxins contribute to the formation of cancerous tumor cells, which breed and encourage other types of cell damage. Studies have also revealed that toxins and harmful chemicals are in our hygiene and household products.

Additionally, Heavy metal poisoning is very common in certain types of dental amalgam fillings. Long-term stress and negative emotional traumas can produce toxins in our bodies. Furthermore, many chronic diseases are connected to negative emotional experiences, past or present. That is why we use different detox clays, herbs, and therapies to address these issues as a mainstay of our program.

#### **Microorganisms and related imbalances:**

Several studies have shed light on how some forms of cancer and tumor activity are related to microbial activity. Toxicity, deficiency in nutrition as well as other factors that negatively affect PH balance can cause Cell damage and weaken cells by starving them of oxygen and healthy nutrient absorption among other things. The impaired cell area is an inviting environment for microbial imbalances. Wig center we provide natural remedies and guidance to help you in the improvement of your internal terrain so that you have a healthy system that is welcoming for these microorganisms.

#### **Compromised immune system:**

Several factors contribute to a weak and compromised immune system For example prolonged stress, pushing oneself even when tired and in need of rest can seriously impact us. Also extended deep sadness, or depression, improper diet, (especially diets high in refined white sugar and deep fried foods) and irregular exercise habits. Under these circumstances the body's defense system cannot fight off the harmful pathogens that constantly threaten.

#### **Nutritional imbalance:**

Our eating habits could be another risk factor. We live in a fast paced fast food society where ready-made meals, canned and packaged food are commonplace, not to mention how food itself is processed. We add pesticides, fertilizers, chemicals, growth hormones, and genetically modified crops to increase shelf life, the list goes on and on. Currently investigation and countless testimonies indicate that poor nutrition is a crucial factor in the increasing number of Diseases that develop. Degenerative illnesses and tumors are also linked to nutritional deficiency and this is particularly so in the case of diseases that attack the nervous system and induce severe neurological damage.

Patients suffering from a degenerative disease who have an unbalanced and unhealthy diet or at a higher risk of contracting a virus, a fungus, or some other unwanted microorganism. Nutritional deficiency disrupts intercellular communication and leads to hormonal imbalance and structural alterations in amino acids. All of this affects the entire cell reproduction mechanism And DNA instructions.

Regular consumption of refined white sugar, sodas, (when sodas contain more than 10 teaspoons of refined white sugar), potato chips, (crisps), Industry made cakes, as well as fried food constitutes a risk factor. Similarly it is essential to avoid readymade meals, processed meats (hot dogs sausages bacon and ham) Fast food and food additives, etc.

**Refined vegetable oils** containing Trans fats are widely used for deep frying (chips, fried chicken, pastries) and (processed foods, mayonnaise, tomato ketchup, and other sauces, and dressings).

Essentially they temporarily suffocate the cells depriving them of oxygen. We mistake precautions when shopping for food, Vegetable oils may be labeled 100% pure. Even if partially natural these are still manipulated products. Why? Because most manufacturers extract oils from plants using extremely high temperatures and chemical products. When these oils mix with proteins they hinder blood and lymphatic circulation, cause heart damage and inhibit our regeneration process. All of which slows down and potentially halts completely the bioelectric activity in these areas. According to Dr Budwig Corrosive and caustic chemical products namely sodium hydroxide (commonly known for its use as a drain cleaner) are also used in the refining process of cooking oils.

Eliminating these harmful pseudo fats and replacing them with healthier ones Example flaxseed oil and other cold pressed oils Is a giant step towards fighting cancer and other diseases. Include cold pressed oils in your diets Such as olive oil, sunflower seed oil, safflower oil, or virgin coconut oil this is the best oil for cooking because it does not alter when exposed to high temperatures. The label must read cold pressed Virgin or extra virgin in the case of olive oil. Most food is cooked between 350 to 400 Fahrenheit, At home people generally cook food at more than 105 Fahrenheit these high temperatures destroy most of the beneficial enzymes. Steam cooking food is a much better alternative.

Some people are indeed more prone to degenerative diseases, Tumors, and other chronic illnesses, than others. As we are all exposed to parasites, viruses, fungus, harmful toxins, and other health risk factors daily we must all be vigilant or we will succumb to a chronic illness. Moreover our immune system can be weakened by severe adverse emotional shocks (such as the death of a loved one, divorce, family issues, financial setbacks, etc.). Also overworking, a negative state of mind, which can also be the trigger for depression and anxiety disorder, Lack of sleep, poor nutrition can compromise our defenses. Unknown to most all these situations can severely undermine our immune system and contribute to a major illness.

**In summary:** if we follow a balanced diet, eat the right foods, clean our environment of toxins, and therefore nurture a healthy immune system our bodies will be able to fight off pathogens. They will be more fit to handle the stress that negative experiences can put on our system. One of the essential foods that Dr Budwig used in her program was a mixture of flax seeds, flax seed oil and cottage cheese.