

This is called the Budwig protocol, developed by Dr. Budwig.

In short, there's no downside. But the upside potential is tremendous. The Budwig protocol: The amazing formula that can cure cancer! I use the Budwig protocol every day without fail because it's just about the cheapest health insurance you can buy. What does the Budwig protocol do? Well, consider this. The Budwig protocol consists of a mixture of flaxseed oil & organic cottage cheese, making a unique substance that kills cancer cells by the billions & makes every other cell in your body healthier at the same time!

In short, when a cancer patient goes on the Budwig protocol, the cancer cells get the message that the jig is up. You don't have to take my word for it. Here's what oncologist & former cardiologist Dan C. Roehm, M.D., said:

This diet is far & away the most successful anti-cancer diet in the world. What Dr. Johanna Budwig has demonstrated to my initial disbelief, but lately to my complete satisfaction in my practice, is this: cancer is easily curable. The treatment is dietary, & -the response is immediate. The cancer cell is weak & vulnerable." The American cancer industry doesn't want you to know how simple, how inexpensive, & how successful cancer treatment can be. If you need more proof, here's what Robert Villner, M.D., said: "A top European cancer research scientist, Dr. Johanna Budwig, has discovered a totally natural formula that protects against the development of cancer.

Furthermore, people all over the world who "have been diagnosed with incurable cancer & sent home to die have actually been cured & now lead normal, healthy lives." I eat Dr. Budwig's formula every day for prevention & to maintain peak health. The Budwig formula is so simple & easy to make it seems ridiculous. **You simply combine two-thirds of a cup of cottage cheese (ideally low-fat, organic) with one-third of a cup of fresh, refrigerated flaxseed oil & mix it in a blender.**

Stirring isn't good enough. To mix it properly, you have to blend it. Once you've mixed it, you can add: 1 cup of Pineapple, or Blueberries, or whatever is your favorite. You can also add something like almonds or walnuts. I don't recommend peanuts because peanuts are often heavily laden with pesticides or fungus. Adding fruit should make the Budwig mixture sweet enough. But if you want more sweetener, just add stevia - a natural sweetener that doesn't feed cancer cells. You may have heard that dairy products are bad for cancer patients, & I would agree with that. But when you mix cottage cheese with flaxseed oil, it loses its dairy properties.

Dr. Budwig's formula is used therapeutically in Europe for **prevention & treatment of many diseases, including cancer, arteriosclerosis, stroke, heart attack, irregular heartbeat, stomach ulcers, arthritis, eczema, & immune deficiency syndromes such as MS & autoimmune diseases such as lupus.** If you have cancer, please don't quibble with me about Dr. Budwig's protocol. Don't wait to tell your doctor. Just do it!

It's food. And because it replaces one or two meals a day, it costs little or nothing. It can't hurt you unless the oil is rancid, which should be pretty obvious. If the oil smells or tastes awful, don't eat it. Take it back & get some fresh, refrigerated flaxseed oil. If you have cancer, the Budwig protocol should be a lifetime commitment. Let me repeat that: you should 'use the Budwig protocol for life! In other words, don't flake off from using it after you get rid of your cancer. Any of my coaching clients have found out the hard way that it was a bad idea to quit the Budwig protocol. Rather, keep on using it every day without fail. You can give it plenty of variety by throwing different berries & nuts into the mixture.

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How the Budwig protocol kills cancer cells by the billions you may be wondering how a simple mixture of flaxseed oil & cottage cheese could cause cancer cells to die by the billions. It happens by a complicated process, but I'll explain it in a simplified form. As I mentioned in chapter one, cancer cells react to oxygenation the way a vampire would react to broad daylight: they shrivel up & die. And when healthy cells get more oxygen, they produce more energy, & your health becomes more vibrant. Basically, the Budwig protocol blasts the cancer cells with oxygen. And it also brings more oxygen to healthy cells. Every cell in your body needs omega 3, an essential fatty acid, both on the cell membrane & inside the cell. But the typical American doesn't get enough omega 3. According to Dr. Budwig, one of the richest sources of omega 3 is flaxseed oil.

Omega 3 works like a magnet on the cell membrane, attracting oxygen to the cell & also causing the oxygen to enter the cell. You may have plenty of oxygen circulating in your blood, but if your cells don't have enough omega 3, the oxygen won't get into your cells. Cells that don't get

enough oxygen can become anaerobic - in other words, they find a way to live without oxygen & instead rely on sugar. These anaerobic cells stay alive & multiply through a fermentation process. Cancer cells are anaerobic. They no longer need oxygen &, in fact, can no longer stand it!

When you take the Budwig protocol, the cancer cells get an infusion of omega 3 followed by a blast of fresh oxygen, & millions of cancer cells die on a regular schedule. Considering that flaxseed oil is so good for you, you might decide to take it without the cottage cheese. But that would be a big mistake! Blending cottage cheese with the flaxseed oil is a crucial part of the protocol, according to Dr. Budwig, because this mixture is the best way to deliver omega 3 to cells throughout your body. When you blend cottage cheese with the flaxseed oil, not only does the cottage cheese lose its dairy properties, as I mentioned before, but also the mixture becomes water-soluble.

This water solubility is why the Budwig protocol delivers omega 3 to the cells so efficiently & effectively. If you have cancer, I hope you'll make a firm commitment to take the Budwig protocol & stay on it for life. The vitamin C protocol that works wonders against cancer The next treatment I'd add to my cancer-fighting regimen is a mix of vitamin C, L-Lysine, & L-Proline. The latter two are common amino acids. Dr. Linus Pauling & Dr. Matthias Rath discovered this combo in the mid-1980s. They found that this combination inhibits the process of metastasis of cancer cells in other words, the spread of cancer from the original site to other organs.

If you're eating a typical American diet, your pH is probably around 5.5 or less. That's extremely acidic. The Barley Power tablets can move this number to the alkaline range in about two to three weeks. A simple cancer-fighting eating plan Before I describe my simple cancer-fighting eating plan, let me start out by making certain assumptions:

You don't smoke or chew tobacco

You don't drink sodas (either sugared sodas or so-called "diet" sodas)

You aren't taking recreational drugs

You aren't drinking any alcohol

You aren't drinking anything with caffeine beyond a cup of coffee a day

Of course, if you're doing any of the things above, you need to stop.

And now let me give you the good news.

With my simple cancer-fighting eating plan, you can eat as much & as often as you like as long as you avoid the following five harmful foods:

1. No sugar- in any form. (Stevia & Xylitol are the only sweeteners I recommend for cancer patients.) This is a lifetime commitment, not a temporary measure until you recover.

2. No processed food-in any form. This is the simplest way I can explain what mean: "If it's not in the form God made it, you don't eat it." Again, this is a lifetime commitment. Processed food

is the cause of most major illness. Does this make it difficult to go out to eat at friends' & relatives' houses or in a restaurant? Yes! Am I saying you need to take your food with you? Yes!

3. No animal protein. Not just red meat but all animal protein. Fish, chicken, seafood, shellfish, eggs. Why? Because it's tough for our body to digest. Eating animal protein diverts about 40% of your body's energy from fighting the cancer to digesting the protein. Now, when you get rid of your cancer, you can relax this prohibition a little. But only a little. One piece of chicken or fish a week, for example. If you don't believe me, please read *The China Study* by T. Colin Campbell, Ph.D. Out of the dozens of books on diet that I've read, this is the only one that gives you hard science rather than mere opinion.

4. No dairy. That includes things like milk, ice cream, cheese, & butter. Again, these things are hard to digest & promote cancer. What about my recommendation to eat cottage cheese mixed with flaxseed oil? Remember, I said the cottage cheese loses its dairy properties when you mix it with the flax oil. It bears repeating that dozens of people I've worked with who are lactose intolerant can eat the cottage cheese/flax oil mixture with no problems whatsoever.

5. No gluten. I'm talking about bread, cereal, & pasta. Some 30 percent of adults are allergic to gluten. Most of them don't even know it because the allergic reaction is frequently delayed for hours or days. But the main problem with gluten is its high glycemic index. That means it turns to glucose rapidly. If you want to feed your cancer cells, eat gluten. Otherwise, avoid it. Most health food stores these days have "gluten-free" crackers & sprouted bread-like products. What, then, can you eat? No doubt you're wondering what you can eat within my cancer-fighting eating plan.

Well, the answer is: plenty! Here are some ideas.

1. Lots of raw, whole vegetables. The easiest way to cleanse your entire digestive system & get all the nutrients & fiber you need is to eat large salads with a wide variety of raw veggies & a little olive oil & lemon juice on the top - no other salad dressing.

What veggies? Dark, green leafy stuff (kale, kohlrabi, spinach, etc.); broccoli; cauliflower; cucumbers; onions (red & yellow); bell peppers (red, yellow & green); radishes; tomatoes; squash; carrots; leeks; sprouts of all kinds; & on & on. Buy "organic" veggies if you can afford them. Steam some vegetables that can't be eaten raw, such as asparagus, green beans, Brussels sprouts, & so on.

2. Sprouted breads of all kinds – English muffins, etc. Just look around the health food store. You'll find lots of gluten-free products. Caution: some of them contain sugar.

3. Preservative-free bread- "Ezekiel" & "Genesis" gluten-free brands are good examples of this kind of bread. You'll find them in the frozen food section of your health food store. These breads have to be kept in the freezer because they have no chemical preservatives. I recommend toasting this bread. You can enjoy it with a little olive oil. No butter, remember?

4. Cereals made with millet, quinoa, etc., & no gluten. Use almond milk on them, not soy milk. (Soy is controversial. Why eat anything controversial when you're sick? Let others prove who's right.) Just be careful - that neither the cereal nor the milk has any artificial or real sweeteners & preservatives.

5. Fruit. Except for the berries or fresh pineapple (another good cancer-fighting fruit) you put in your flax-oil/cottage cheese smoothie in the morning, try to limit your fruit to one piece of whole fruit (apple, banana, handful of grapes, etc.) a day. No fruit juice, because it blasts your pancreas with lots of fruit sugar. What about vegetable juice? Avoid it.

Juicers strip vegetables of fiber, & cancer patients need a lot of fiber. You can't afford to be constipated. Congratulations: You've detoxified your body! It may not be obvious, but the eating plan I've described above efficiently & thoroughly cleanses & detoxifies your entire digestive system! Eat right, & the junk comes right out of your body! The best & cheapest way to regain your health is to eat right.

They also discovered that adding Green Tea extract enhances the beneficial effect. I recommend this treatment because it's gentle, non-toxic, & readily available. As an added bonus, it's inexpensive. The product I recommend is called Heart Plus. You can get it dirt-cheap from the same place I get it. Our Health Coop. This is my favorite source for inexpensive natural products. They charge wholesale plus five percent. Where can you get nutritional products less than that?

Believe it or not, the Our Health Coop price for Heart Plus is \$9.45. Is that for one day? No. It's for 180 tablets - about enough for a 30-day supply! I also recommend that you take Heart Plus with Green Tea Extract, which you can also get from Our Health Coop. A month's supply of Green Tea Extract- so costs about \$10.

The website for Our Health Coop is www.makingHealthAffordable.com.

If I had cancer, I'd take six of the Heart Plus throughout the day - two capsules at a time- & three capsules of Green Tea Extract - at a time - along with the Heart Plus. Greens & enzymes change your body chemistry!

For cancer patients I believe greens & enzymes are essential. And one green/enzyme product I recommend without reservation is "Barley Power" from a company called Green Supreme, Inc. It comes in a 200-400-tablet bottle & you can get it by calling (800) 358-0777. Their local number in Pennsylvania is (724) 946-9057. You can use the local number from outside the U.S. or go to their website www.GreenSupreme.net.

If you are interested in sharing your healing testimony with us, please send us your testimony to HisAmazing_grace@att.net.