JOHANNA BUDWIG

THE DOCTOR WHO FOUND A CURE FOR CANCER

By Emma W. Wiese

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"The worst sin towards our fellow creatures is not to hate them, but to be indifferent to them: that's the essence of inhumanity."

1897 George Bernard Shaw

Acknowledgement

Thanks to Johanna Budwig for sharing this amazing knowledge from her research and experience with the rest of the world.

To my love who have supported me throughout the process.

Special thanks for all the help I have received from you Edna. Without your knowledge and insightful advice this book would evolved with lower quality.

I dedicate this book to all who have suffered needlessly because of our past limitations in medical knowledge and offers.

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Foreword

My intention with this book is to spread information about Dr. Budwig, her life, her research and her amazing Oil Protein Diet to as many as possible.

A good source of information about Dr. Johanna Budwig's cancer research and cancer treatment, is Bill Henderson's book "Cancer Free (Your Guide to Gentle Non-Toxic Healing" www.Beating-Cancer-Gently.com). Bill Henderson has since he lost his wife from cancer in 1990, investigated and searched for alternative and natural cancer treatments. Through four years, he observed how his wife suffered through hospital treatment she was given. Her many operations, chemotherapy treatments and intense pain in the last two years made her want to die. After these strong observations it was difficult for Henderson to believe that millions of cancer patients every year go through the same "torture" as he calls it. This motivated him to begin his studies in search of better natural cancer treatments. Since 1994 he has found four hundred!

Bill Henderson heard about Dr. Budwig's research in 1998, but he never took her "Oil Protein mixture" seriously. It was a bad decision he found out later, and in 2002 he dedicated one of his newsletters "Cure Your Cancer" to the Budwig Oil Protein Diet. Henderson was introduced to the conversation forum "FlaseedOil2 chat group" on Yahoo, where he received and read countless statements from people who had been cured with the Budwig

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protocol. He discovered that Budwig's Oil Protein mixture "kill trillions of cancer cells and strengthens all the other cells in the body - simultaneously!" It was this that caught his attention.

After this discovery he read books and articles about Dr. Budwig's research and Henderson writes in his book "Cancer Free";

"It seems that there is no equivalent in the world!"

The Budwig Diet is praised by those who have tried it but is often misunderstood by those who have only read about it. Dr. Budwig stated that highly trained and experienced people were almost "offended" when they were told that Flaxseed oil and Quark can cure serious medical conditions. Dr. Budwig had 90% success with her patients.

Johan Barend Krebs from Vancouver in Canada got cancer in the pituitary gland (adenoma) in 1982 and was operated. However, the cancer came back in 1993, but this time Krebs wanted to find a natural treatment. First in 1997 he heard about Dr. Budwig and travelled to Germany to receive training in Budwig's Oil Protein Diet. He spent four days together with Dr. Budwig and learned what he should do. Already after two weeks he started to feel better and after three weeks he noticed a big difference in the body. Six months after he felt the tumor was gone and this was later confirmed by the medical side. In the letter he wrote to Dr. Budwig, he told that his colleagues at the university where he worked said it was a miracle that he was cured of cancer. He replied that it was not a miracle, but pure biology. The miracle was that he heard about Dr. Budwig before it was too late. He described Dr. Budwig as one of the few people in the world who understood the factors in the body that plays an important role when it comes to cancer, tumors and treatment of these.

Dr. Budwig, who was an expert on different types of fats, researched these in most of his life. She understood the difference between good and bad fats and how significant the good essential polyunsaturated fats, especially omega-3, have for our health. Simultaneously she acquired through her research great knowledge about the harm processed fats like trans-fatty acid

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and margarine have for our health. And almost all of the store bought cakes, biscuits and food in packages and bags contains these bad fat.

Dr. Budwig's work created unrest in the margarine industry and among the established medical institutions. This led to several lawsuits and later "war" in the press. Dr. Budwig came victorious out of all litigation entirely up to the "Supreme Court" in Stuttgart. It is also said that her research was too controversial to receive the Nobel Prize even after she was nominated 7 times.

The intention and the goal of Dr. Budwig's Oil Protein Diet is to give your body the building materials it needs to stay healthy or to restore an inner balance and take away the imbalance that has caused illness. These important building substances are an oil protein mixture together with a balanced vegetarian diet. When the body gets the good polyunsaturated fats, it is replacing the "bad" fats with the good fat. These essential fats are not so easy for the body to absorb and therefore you have to eat a lot of these for your body to get what it needs. Dr. Budwig's ingenious invention to mix omega-3 rich oil from flax with sulfur rich protein low-fat quark, she found after prolonged research. When sulfur protein in concentrated milk is mixed with flaxseed oil, the fat becomes water soluble and thus much easier for the body to absorb. When the body can absorb more unprocessed polyunsaturated fats, the replacement process is faster, and it is said that Budwig's Oil Protein mixture can "melt" away tumors.

The American Dr. Jan Roehm stated the following: "I wish that all my patients had an education of a biochemist and quantum physicists so they could understand the perfect composition of this diet (Budwig Oil Protein Diet). It is a miracle."

Dr. C. Roehm wrote an article in "Townsend Letter for Doctors and Patience" in 1990, where he stated:

"This diet is certainly the most successful "anti-cancer" diet in the world. What she (Dr. Johanna Budwig) has demonstrated, first to my disbelief, but then to my full satisfaction in my own practice, is that CANCER IS EASY TO CURE ".

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What made it possible for Dr. Budwig to develop the ingenious Oil Protein Diet was primarily her own invention of the paper chromatography method, which for the first time made it possible to distinguish between the different fatty acids. Dr. Budwig describes and illustrates in one of her 12 books how cell division in the body takes place. She explains how the outer wall of a cell (the cell membrane) consists of a thin layer of fats including omega-3 fatty acid. The body cannot produce omega-3 fatty acids, and these must therefore be supplied through the food we eat. If the body does not receive the proper essential fatty acids, the cell walls become too hard (for example, from trans-fatty acids), and the cells stops "breathing". When cells do not have enough of the right fats in their cell membrane so that they can "breathe" and the cell membrane is too “hard” to divide, the normal "cell division" stops. The fact then is that the individual cell cannot divide into two cells - a mother cell and daughter cell. But, every sick cell continues to divide within the "hard" shell cell wall. Such abnormal incomplete "cell division" in damaged cells occurs due to injury or that the body has not had enough essential fats to maintain a flexible and "soft" cell membrane. This prevents the individual cell to divide normally. This is a very simplified “non-scientific” explanation.

Through the application of Budwig's Oil Protein Diet the oxygenation in the body will increase in a natural way. Dr. Budwig was opposed to using pain-relieving drugs such as morphine, which inhibits the body’s life processes. Dr. Budwig even developed pain relieving oils that she called ELDI oil.

Johanna Budwig wrote a letter to Karolinska Institutet (where the professors forms the Nobel committee) where she explained that the cancer research was on the “wrong track”. She proved this already in 1952 with her research and since the development of the Oil Protein Diet. That people are being cured by this diet is not a miracle, but pure biology. Possibly this book can open people's eyes to this simple but ingenious solution to a big problem. The Budwig Diet is simply one of nature's little wonders.

The fact is that Dr. Budwig and her work is far more known in North America than in Europe and in her own homeland, Germany; this despite the fact that she wrote twelve books about her research and treatments, held

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countless lectures and for many years had a high public position in Germany.

In May 2009, the author of this book made the first Budwig breakfast after recipe of American Sandra Olson who runs the website -

http://www.budwig-videos.com/ (Some of her videos are also on YouTube).

Since then I have, almost every day, together with children and adults in my family eaten Budwig's Oil Protein mixture to prevent disease and maintain good health. We eat the mixture either for breakfast, lunch or supper, and because the mixture can be varied in texture and taste, it is never boring.

Socrates said, "Let food be your medicine and medicine be your food." That is precisely what we do with the Budwig Diet!

As Dr. Budwig told in an interview with the German radio station in 1967, over 90% of her incoming patients with various cancers, were healthy again after a few months by following "Budwig Protocol". Even those who were "give up" by doctors and hospitals. She worked with patients a long period, and thus helped countless cancer patients to regain good health (except those who had received chemotherapy). Many published studies and extensive research done in the last ten years supports Johanna Budwig's recommendations. Many posts on different websites and forums can confirm this, such as Yahoo group, FlaxSeedoil2. The Budwig Diet has also helped people to overcome other diseases, including arthritis and cardiovascular disease.

There are so many benefits to our health by following Dr. Budwig's recommendations. Dr. Budwig's research proved that cold-pressed and unprocessed flaxseed oil provides the body with the essential fatty acids that cancer patients lack altogether or have too little of in the body, and that are essential for a strong immune system.

Dr. Budwig found that the blood analysis of patients with advanced developed cancer, showed a "yellow-greenish" substance rather than healthy red oxygen delivering haemoglobin. (Red blood cells)

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She also found that after about 3 weeks of daily intake of the Budwig Oil Protein Diet, the levels of the essential fatty acids in the body increased. At the same time the tumor’s size were reduced and the "yellow-greenish" substance in the blood were replaced with healthy red blood cells.

How can one not want to share this wonderful story?

Dr. Budwig's books, research reports and lectures are written in complicated and old-fashioned German language. German spelling is very different from English and the translations of Budwig’s books from German into English have in many cases been difficult to understand. In addition, there is a lot of “technical” terminology and Dr. Budwig was probably deep into her research world when she wrote much of the content. In addition to linguistic challenges the understanding of quantum physics has been a challenge. The biggest challenge has however been trying to simplify an important message from a genuine researchers life mission. I've done my best with the intention to make the material available to as many people as possible.

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Introduction

About Dr. Johanna Budwig (1908 - 2003)

A picture of Johanna Budwig and some of her books have been on my nightstand for several years, and now I felt it was time to write about the doctor and the woman who found a cure for cancer. Now I have proof and confirmations enough that the Budwig Diet works. Through her research she invented this unique diet, which among other things, consists of a mixture of flaxseed oil and low-fat quark. The diet is often called the Budwig Oil Protein Diet. The Spaniards call the Budwig mixture "Crema de Budwig".

This combination may seem so simple that it is hard to believe that it can cure cancer, but when one digs deeper into the research that Johanna Budwig did, it becomes more obvious. It is many years of consuming scientific research behind the invention of this treatment protocol and this diet. The key ingredient in the Budwig Diet is flaxseed oil and freshly ground flaxseed, which is an essential (vital) fatty acid rich in Omega-3. In our modern times nutritionists talk and write about the vital importance of Omega-3 in the diet to reduce your chance of getting cancer. What Dr. Budwig also thought of, and this was more than fifty years ago, was not only the importance of Omega-3 for the body, but also how to facilitate the absorption of these essential fatty acids. That they are essential means they are vital for life, you cannot live without them. The body cannot produce these and the body must be supplied with these essential fatty acids through the food we eat.

You have probably not previously heard much about flaxseed oil as a good source of Omega-3 in your diet. Often nutritionists recommend us to eat oily fish that also contains Omega-3 fats. But fish are not included in the Budwig Diet. Dr. Budwig knew that if the intake of oily fish should meet the body's needs for omega-3, we had to eat large quantities. Also, the Omega-3 from fish is not so easily absorbed for the body. This is why Dr. Budwig's discovery of the mixture of flaxseed oil which is rich in Omega-3 mixed with low-fat quark is so unique. Since low-fat quark with its high density of sulphur proteins makes the Omega-3 oils in the flaxseed oil water soluble, it is easily absorbed into the blood and this essential fatty acid is transported

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to all the cells in the body. This makes the cells more flexible and increases the body's oxygen intake. It's hard to believe, but this is the essential secret of the Budwig Diet. Once flaxseed oil with its high concentration of Omega-3 comes to the cell wall (cell membrane), it is surrounded by small "magnets" that "absorbs" oxygen. This "oxidation" of the cells has been recognized since 1931 as the best way to make cancer cells healthy, and it strengthens the immune system simultaneously. But what brought about this "oxidation", no scientist had found the solution to earlier.

Johanna Budwig's way to the invention of this miracle cure was tough and time consuming and not without obstacles. It was her iron will and her desire to help others and her strong scientific background that enabled her to do it.

Johanna Budwig's background

Johanna Budwig had a comprehensive and very impressive educational background, for a woman in the 1930s. She had a doctorate in science, a Master's in chemistry, she was a biochemist, qualified pharmacologist, inventor and published author. She was chosen to be a senior consultant for the Federal Institute for Fat Research in Germany. It is therefore no surprise that she was nominated for the Nobel Prize seven times, but was never awarded this distinction.

It is no surprise that her specialty was fatty. With his research she confirmed further how hugely important fats are in our diet, and that not all fats are bad, quite the contrary. Some fats are even vital for the body to stay healthy. She came to this conclusion more than 40 years ago. She wrote twelve books in German about her research results and her efforts to treat, often terminal cancer patients. Some of her books are translated into English, but also to other languages.

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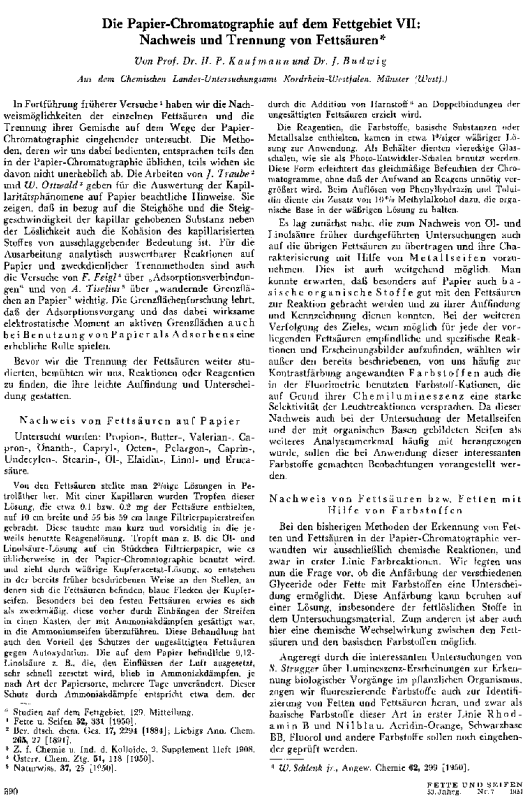
The Breakthrough

The first breakthrough for Dr. Budwig came in 1949 when Budwig invented the paper chromatograph method for analyzing fatty acids (Published in 1951 see excerpt) This was the first analysis method that made it possible to analyze 0.1 mg fat and find out which type of fat it was. Budwig's invention made it possible to distinguish between the different fatty acids. Using the paper chromatograph method, one could determine whether a fat was polyunsaturated or unsaturated. This was groundbreaking research that for the first time made it possible to find Omega-3 and Omega-6 fatty acids. These research findings were published together with Professor Kaufmann.

Dr. Budwig analyzed the blood of healthy people and the blood of cancer patients to compare and find out similarities and differences. She discovered that the blood of cancer patients had a "yellow-greenish" liquid which she found in the blood of healthy people. In blood from healthy people she found higher values of lipoproteins, phosphatides, haemoglobin and Omega-3 than in the blood of those who had cancer.



Die Papier-Chromatographie auf dem Fettgebiet VII: Nachweis und Trennung von Fettsäuren*

Von Prof. Dr. H. P. Kaufmann und Dr. J. Budwig

Aus dem Chemischen Landes-Untersuchungsamt Nordrhein-Westfalen, Münster (Westf.).

In Fortführung früherer Versuche[1] haben wir die Nachweismöglichkeiten der einzelnen Fettsäuren und die Trennung ihrer Gemische auf dem Wege der Papier-Chromatographie eingehender untersucht. Die Methoden, deren wir uns dabei bedienten, entsprachen teils den in der Papier-Chromatographie üblichen, teils wichen sie davon nicht unerheblich ab. Die Arbeiten von *J. Traube*[2] und *W. Ostwald*[3] geben für die Auswertung der Kapillaritätsphänomene auf Papier beachtliche Hinweise. Sie zeigen, daß in bezug auf die Steighöhe und die Steiggeschwindigkeit der kapillar gehobenen Substanz neben der Löslichkeit auch die Kohäsion des kapillarisierten Stoffes von ausschlaggebender Bedeutung ist. Für die Auswertung analytisch auswertbarer Reaktionen auf Papier und zweckdienlicher Trennmethoden sind auch die Versuche von *F. Feigl*[4] über „Adsorptionsverbindungen" und von *A. Tiselius*[5] über „wandernde Grenzflächen an Papier" wichtig. Die Grenzflächenforschung lehrt, daß der Adsorptionsvorgang und das dabei wirksame elektrostatische Moment an aktiven Grenzflächen auch bei Benutzung von Papier als Adsorbens eine erhebliche Rolle spielen.

Bevor wir die Trennung der Fettsäuren weiter studierten, bemühten wir uns, Reaktionen oder Reagentien zu finden, die ihre leichte Auffindung und Unterscheidung gestatten.

Nachweis von Fettsäuren auf Papier

Untersucht wurden: Propion-, Butter-, Valerian-, Capron-, Önanth-, Capryl-, Octen-, Pelargon-, Caprin-, Undecylen-, Stearin-, Öl-, Elaidin-, Linol- und Erucasäure.

Von den Fettsäuren stellte man 2%ige Lösungen in Petroläther her. Mit einer Kapillaren wurden Tropfen dieser Lösung, die etwa 0.1 bzw. 0.2 mg der Fettsäure enthielten, auf 10 cm breite und 25 bis 30 cm lange Filtrierpapierstreifen gebracht. Diese tauchte man kurz und vorsichtig in die jeweils benutzte Reagenslösung. Tropft man z. B. die Öl- und Linolsäure-Lösung auf ein Stückchen Filtrierpapier, wie es üblicherweise in der Papier-Chromatographie benutzt wird, und zieht durch wäßrige Kupferacetat-Lösung, so entstehen in der bereits früher beschriebenen Weise an den Stellen, an denen sich die Fettsäuren befinden, blaue Flecken der Kupferseifen. Besonders bei den festen Fettsäuren erwies es sich als zweckmäßig, diese vorher durch Einhängen der Streifen in einen Kasten, der mit Ammoniakdämpfen gesättigt war, in die Ammoniumseifen überzuführen. Diese Behandlung hat auch den Vorteil des Schutzes der ungesättigten Fettsäuren gegen Autoxydation. Die auf dem Papier befindliche 0,12-Linolsäure z. B., die, den Einflüssen der Luft ausgesetzt, sehr schnell zerstört wird, blieb in Ammoniakdämpfen, je nach Art der Papiersorte, mehrere Tage unverändert. Dieser Schutz durch Ammoniakdämpfe entspricht etwa dem, der durch die Addition von Harnstoff[6] an Doppelbindungen der ungesättigten Fettsäuren erzielt wird.

Die Reagenzien, die Farbstoffe, basische Substanzen oder Metallsalze enthielten, kamen in etwa 1%iger wäßriger Lösung zur Anwendung. Als Behälter dienten viereckige Glasschalen, wie sie als Phosphatwidder-Schalen benutzt werden. Diese Form erleichtert das gleichmäßige Befeuchten der Chromatogramme, ohne daß der Aufwand an Reagens unnötig vergrößert wird. Beim Auflösen von Phenylhydrazin und Toluidin diente ein Zusatz von 10% Methylalkohol dazu, die organische Base in der wäßrigen Lösung zu halten.

Es lag zunächst nahe, die zum Nachweis von Öl- und Linolsäure früher durchgeführten Untersuchungen auch auf die übrigen Fettsäuren zu übertragen und ihre Charakterisierung mit Hilfe von Metallseifen vorzunehmen. Dies ist auch weitgehend möglich. Man konnte erwarten, daß besonders auf Papier auch basische organische Stoffe gut mit den Fettsäuren zur Reaktion gebracht werden und zu ihrer Auffindung und Kennzeichnung dienen konnten. Bei der weiteren Verfolgung des Zieles, wenn möglich für jede der vorliegenden Fettsäuren empfindliche und spezifische Reaktionen und Erscheinungsbilder aufzufinden, wählten wir außer den bereits beschriebenen, von uns häufig zur Kontrastfärbung angewandten Farbstoffen auch die in der Fluorimetrie benutzten Farbstoff-Kationen, die auf Grund ihrer Chemilumineszenz eine starke Selektivität der Leuchtreaktionen versprachen. Da dieser Nachweis auch bei der Untersuchung der Metallseifen und der mit organischen Basen gebildeten Seifen als weiteres Analysenmerkmal häufig mit herangezogen wurde, sollen die bei Anwendung dieser interessanten Farbstoffe gemachten Beobachtungen vorangestellt werden.

Nachweis von Fettsäuren bzw. Fetten mit Hilfe von Farbstoffen

Bei den bisherigen Methoden der Erkennung von Fetten und Fettsäuren in der Papier-Chromatographie verwandten wir ausschließlich chemische Reaktionen, und zwar in erster Linie Farbreaktionen. Wir legten uns nun die Frage vor, ob die Anfärbung der verschiedenen Glyceride oder Fette mit Farbstoffen eine Unterscheidung ermöglicht. Diese Anfärbung kann beruhen auf einer Lösung, insbesondere der fettlöslichen Stoffe in dem Untersuchungsmaterial. Zum anderen ist aber auch hier eine chemische Wechselwirkung zwischen den Fettsäuren und den basischen Farbstoffen möglich.

Angeregt durch die interessanten Untersuchungen von *S. Strugger* über Lumineszenz-Erscheinungen zur Erkennung biologischer Vorgänge im pflanzlichen Organismus, zogen wir fluoreszierende Farbstoffe auch zur Identifizierung von Fetten und Fettsäuren heran, und zwar als basische Farbstoffe dieser Art in erster Linie Rhodamin B und Nilblau, Acridin-Orange, Schwarzbase BB, Fluorol und andere Farbstoffe sollen noch eingehender geprüft werden.

* Studien auf dem Fettgebiet. 129. Mitteilung.

[1] Fette u. Seifen **52**, 334 [1950].

[2] Ber. dtsch. chem. Ges. **17**, 2294 [1884]; Liebigs Ann. Chem. **265**, 22 [1891].

[3] Z. f. Chemie u. Ind. d. Kolloide. 3. Supplement Hefte 1908.

[4] Österr. Chem.-Ztg. **51**, 118 [1950].

[5] Naturwiss. **37**, 29 [1950].

[6] *W. Schlenk jr.*, Angew. Chemie **62**, 299 [1950].

She started using the Oil Protein Diet for cancer patients she treated, and in a matter of months the "yellow-greenish" liquid slowly disappeared and the levels of lipoproteins, phosphatides, haemoglobin and Omega-3 also increased. Cancer patients became well and healthy, regardless of the type of cancer, and without any bad side effects.

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The hospital where Budwig studied medicine as an adult was impressed with the Oil Protein Diet and its effect on cancer patients. In the beginning she met great cooperation, but eventually Budwig's treatment method was on a collision course with the hospital's established conventional treatments. Dr. Budwig did not allow the hospital to use her treatment protocol in combination with chemotherapy and radiation. She was totally opposed to this type of cancer treatment and the conflict worsened. The conflict ended with Budwig abandoning medical school and educated herself instead as a non-medical practitioner. Dr. Budwig's motive for studying to be a doctor was treating cancer patients.

As a non-medical practitioner Johanna Budwig gradually started her own clinic for the treatment of cancer patients. In her own clinic she could use her own treatment "protocol", including the Oil Protein Diet, which had been tolerated so well by "sceptics" at the hospital. These "opponents" went so far as to take Johanna Budwig to court, with the purpose of stopping her business. Johanna Budwig, however, had no problem arguing for the treatment method she used. She was referring to her significant scientific research and the percentage of cancer patients who were cured using this treatment method. This was of course crucial to her success in court, where the judge decided the case after carefully consideration of the evidence on both sides. What happened was that the court drew those who accused her aside and told them that they could not stop this woman. From the court records can be read:

"Doctor Budwig's documents and papers are conclusive. It would be a scandal in the scientific world to judge her, because the public would support Dr. Budwig."

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In Freudenstadt it was demanded that the trial be held in another city because the whole "legal system" was "positively biased" towards Dr. Budwig. In Rottwil she was once again declared "not guilty". After another hearing that was conducted by the district attorney for a review of "The General Medical Council", the case was transferred to the Supreme Court (Main course in Assizes in Stuttgart) for final judgment. An acquittal was the outcome also from this Court.

When the legal way didn't work, Dr. Budwig was attacked through the newspapers. There she had full opportunity to answer their attacks. Through these public attacks Dr. Budwig got better known in Germany and more patients than ever flocked to her for consultations and treatments. Many general practitioners supported her work and her methods, while the management of the various medical institutions still supported what she called the "antiquated" method of treatment. Dr. Budwig's new approach was that she gave patients natural food as medicine.

Budwig talked about the lawsuits in an interview with Lothar Hirneise refered later in this book.

The pharmaceutical industry

It goes without saying that the pharmaceutical industry that is exclusively concerned with economic benefits of patenting medicines followed Budwig's research vigilantly. There's not much money to be made in the production and sale of quark, flaxseed oil, fruits and vegetables unless you are a farmer. Therefore, the pharmaceutical industry had an indifferent and rather condescending attitude towards Budwig's successful treatment outcomes in cancer patients.

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Dr. Budwig continued at length her practice after the trial, but from now on she became more careful. Her patients had after this incident to be accompanied by a written statement from the hospital and oncologist that they were "given up" and could not be treated with more conventional medicine. She actually picked up near "dying" patients from the hospital and treated them with her own protocol.

Johanna Budwig's history

Johanna was born on 30. September 1908 in Essen an der Ruhr in Germany. She was the daughters of Elisabeth and Hermann Budwig and she had one older and one younger sister. After her mother died in 1920, Johanna's father, who was a technician, were no longer able to take care of his 12-year-old daughter and her two siblings. They were sent to an orphanage, and this was a shock for Johanna. The positive in this tragedy was that orphanages in Germany at the time were exempted from paying school fees, and Johanna had thus begun high school where she showed great progress.

18 year old Johanna decided to become a member of a Protestant sisterhood - the famous Deaconess Institution Kaiserswerth. There, she worked as an apprentice and took care of the sick and weak, and helped in the administration. Her efforts were rewarded with a Deaconess title after 7 years.

Kaiserswerth was the right place for Johanna Budwig's development. The Deaconess home had its own hospital, pharmacy and boarding school, and Johanna was allowed to study pharmacology. Her talent was noticed by Professor Kaufmann, who was the leading expert on fats in Germany at that time.

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The Start of World War II

The fact that Hitler came to power had little impact on Johanna's studies. She gained her exam in pharmacology and went back May 1940 as the manager of the pharmacy at Kaiserswerth, just a month before the German invasion of Poland. While Germany was at war, Johanna was busy organizing and expanding the pharmacy at Kaiserswerth.

After the 2nd World War in 1949, Johanna left the sisterhood and quit as a Deaconess after 25 years. She had completed her doctorate in Physical Science and wanted out to the academic world. She did return to Professor Kaufmann who supported her in her new public research position. He gave her all the guidance and encouragement she needed, and the results came quickly. In late 1949 Budwig invented the paper chromatography method which made it possible to analyze 0.1 mg of fatty acid and find out what kind of fat it was. Budwig's invention made it possible to distinguish between the different fats. Using the paper chromatography method, we can determine if a fatty substance was polyunsaturated or unsaturated. This was groundbreaking research. These research findings were published together with Professor Kaufmann.

Because of the importance of this work Budwig was awarded 16 doctoral students as her assistants. It was then she discovered the "sulfhydryl" group that later became central to Budwig's Oil Protein Diet.

At a conference in Munich, she presented the first definitive evidence that fats can be divided into polyunsaturated and unsaturated fats. This invention made it possible to investigate deeper into the secrets of fatty acids. This was the start of a new branch of research on fatty acids.

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Joanna Budwig's progress went fast and 43 years old in 1951, she was appointed "Senior Advisor" (Obergutachterin für Arzneimittel und Fette am Bundesinstitut für Fettforschung) for Medical and Fats by the Federal Institute for Fat Research in Germany. She began to research the fatty acids used in the food industry in Germany. She was unaware that she was about to incur some very powerful opponents. The post war period was "quickly" over in Germany, and ended the rationing of food. People could again afford the luxury of fat and also fatty foods.

Margarine industry

The food industry grew, and margarine became a major export article for Germany. Germany needed growth in their economy, and it was neither popular nor politically correct to criticize the fast growing margarine industry. Nevertheless Budwig presented in 1952 her research that proved that trans-fatty acids and hence margarine are unhealthy for your health. Unfortunately, the supermarkets still offer food with unhealthy fatty acids.

The Margarine industry criticized her research, but Budwig responded with clear research and scientific evidence. Dr. Budwig was at this time a government employee, and her work and research was subsidized by profits from exactly the margarine industry. She knew that her research could lead to financial conflicts.

Despite her strong enemies in the margarine industry, she continued to publish her research results. During the 1950's and 60's she published her results, and in addition, she described how healthy food could be prepared in various ways without the use of margarine and simultaneously achieve extended shelf life.

Her former mentor and colleague Professor Kaufmann was at that time the director of Germany's Federal Institute for Research on corn, potatoes and fat. He was called the "Fat Pope". At the same time Professor Kaufmann was the Director of the German Medical Department. These roles could not be united to support Budwig's research results. Therefore, he tried to persuade her from publishing material which opposed the margarine industry and

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pharmaceutical industry’s interests. He offered her money to keep silent about what she had found through her research. But this time Budwig could not follow her mentor and supervisor's recommendations. She could at that time not comprehend the outcome of the situation. Dr. Budwig was determined and stubborn. Her focus and interest was people's health and not the industry's economic profit.

Budwig loose the possibility to publish her research

In the end Budwig lost her public research position and thus the privilege that comes with the position, namely access to research material, funding, the laboratory and the possibility to publish her research results.

In all her research, she had focused entirely on the relationship between food and health. In addition to research, she completed her chemistry studies and earned a Master in Chemistry and the title "Doctor of Science" (Institut für Pharmazie und chemische Technologie der Univ. Münster) 3. July 1939. She actually began to study medicine at the University of Göttingen in 1956, almost 50 years old. She did this because she wanted a M.D. title so that she could treat patients with her Oil Protein Diet which now began to materialize. In the beginning the University Hospital in Göttingen was very cooperative. She did treat "specified" cancer patients with her Diet and with good results. The medical management would certainly cooperate when they saw the results. But the hospital wanted to combine the Budwig Diet with the conventional hospital treatment. Johanna Budwig did not allow that. She was totally against the conventional hospital

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treatment of cancer patients. The conflict that arose with the hospital management lead to that Budwig stopped her medical education and quit medical school. Her doctoral title is thus not as a medical doctor, but from her Physical Science studies.

After this she educated herself as a "Heilpraktikerin" (non-medical practitioner) for being able to treat patients with the Budwig Diet.

The only thing that could keep her away from her studies and work was her orphaned nephew Armin. She raised him as her own son, made sure he got a good education and she encouraged his interest in science. He earned a medical degree and completed the study that Johanna Budwig did not finish.

It was at a young age that Johanna decided to develop a diet that could prevent and cure disease. She chose to focus on cancer because she had extensive experience in the field from the time she served at the Deaconess Institution Kaiserswerth. At one time the opposition to her and her treatment was so large that it was difficult to find patients for further testing of her Oil Protein Diet. This was in 1962, and she was now 54 years old and lived in Bad Zwischenahn in Lower Saxony in Germany.

Between 1962 and 1970 Dr. Budwig chose to be an inventor and register patents worldwide. Almost all of her inventions was based on or connected to her Oil Protein Diet. Despite her persistent efforts, no producers would work with her. Her field of interest was too special and no one showed interest. Johanna had financial problems and was bitter and felt lonely. She had only her nephew to confide in. Budwig writes about these experiences in her books.

Despite the fact that she was not quite able to convince other scientists about her treatment, she could as "Heilpraktikerin", test her methods on patients, and she writes about many successful treatment cases. She decided to concentrate only on cancer patients, and she handled all types of cancer. Budwig's Oil Protein Diet was published in the 1950’s and with this natural therapy she cured many cancer patients.

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Zur Biologie der Fette V:
Die Papier-Chromatographie der Blutlipoide, Geschwulstproblem und Fettforschung*

Von Prof. Dr. H. P. Kaufmann und Dr. J. Budwig

Aus dem Chemischen Landes-Untersuchungsamt Nordrhein-Westfalen und dem Deutschen Institut für Fettforschung, Münster i. W.

Die chemischen Untersuchungsmethoden für Blut und Liquor beruhen neben Kohlenhydrat-Nachweisen bisher überwiegend auf Eiweiß-Reaktionen. Sie erfahren durch die Anwendung der Papier-Chromatographie eine wesentliche Erweiterung. Demgegenüber trat bisher die Untersuchung der Lipoide in den Hintergrund. Zwar hat es nicht an Bemühungen gefehlt, sie zu bestimmen und zu diagnostischen Zwecken heranzuziehen[1], aber die Methoden befriedigen wenig. So betonten noch vor kurzem *W. Nonnenbruch* und *H. Axenfeld*[2], daß man die Pathogenese des gestörten Fettstoffwechsels erst vom Endstadium her beurteilen kann und ein Leberfunktionstest noch ein Problem ist. Daher ist es ein dringendes Bedürfnis, für diagnostische Zwecke einfache, mit geringsten Mengen von leicht zu entnehmendem Untersuchungsmaterial durchzuführende Methoden der Lipoid-Untersuchung zu finden. Sie werden in allen Fällen wertvoll sein, die eine Störung des Fettstoffwechsels erwarten lassen, also bei Hepatitiden, Diabetes, Tuberkulose, Geschwulstkrankheiten, Anämie, endokrinen Störungen usw. Das Versagen des Lipoidstoffwechsels führt oft zu einem Zusammenbruch des gesamten Stoffwechsels. Je früher nun die Lipoid-Analyse des Blutes Hinweise auf den gestörten Lipoid-Stoffwechsel und gegebenenfalls Anhaltspunkte für eine Möglichkeit zur therapeutischen Beeinflussung gibt, um so günstiger dürfte sich gerade bei diesen bisher schwer beeinflußbaren Krankheitsgeschehen die Prognose gestalten. Aber auch das Studium des normalen Stoffwechsels braucht neue und subtile Methoden der Lipoid-Analyse, um die Fülle der noch offenen Fragen zu klären. Bei gesunden oder vermeintlich gesunden Menschen kann eine Untersuchung der Lipoide oft wichtige Hinweise für die Gesunderhaltung oder Besserung des Allgemeinbefindens geben. Auf die therapeutische Anwendung lipotroper Stoffe soll zum Schluß dieser Abhandlung eingegangen werden. Die biologische Bedeutung der essentiellen Fettsäuren[3] sowie der essentiellen Aminosäuren kann heute nicht mehr bestritten werden. Die Bedeutung ihres Zusammenwirkens werden wir weiter unten noch eingehender behandeln.

Die Untersuchung der Blutlipoide stellt ein umfassendes Gebiet dar. Eine Übersicht und eine kritische Würdigung der bisher durchgeführten Untersuchungsmethoden finden sich z. B. in dem jüngst erschienenen Buch von *K. Hinsberg* und *K. Lang* „Medizinische Chemie"[5] und in dem neuen Werk von *B. Flaschenträger* „Physiologische Chemie"[6], in dem auch die Lipoproteide von *Klenk* ausführlicher behandelt werden. Aus diesen zusammenfassenden Darstellungen erkennt man, daß die zahlreichen Bestimmungsmethoden, die bisher zur Erfassung der Lipoide ausgearbeitet wurden, nicht immer befriedigen und z. T. ablehnend beurteilt werden, daß aber andererseits die Erfassung und Charakterisierung derselben für die Kenntnis des gesamten biologischen Geschehens von großer Tragweite ist. Als Beispiel seien die Lipoproteide und ihre Bedeutung für die Liponucleoproteide der Kernsubstanzen genannt. Beide Stoffe spielen auch auf dem Gebiet der Virus-Forschung im Hinblick auf pathologische Gewebsveränderungen eine bedeutende Rolle. Die Vorgänge bei der Vermehrung der Viren, der sogenannten „identischen Reproduktion", werden von *Ssudhow* im wesentlichen mit den Lipoproteiden und den Liponucleoproteiden in Verbindung gebracht.

Alle Untersuchungsverfahren von Stoffgemischen haben zur Voraussetzung, daß es möglich ist, die Bestandteile zu trennen und zu charakterisieren. Bei der Vielzahl der lipoidartigen Stoffe im Blut oder

* Papier-Chromatographie auf dem Fettgebiet XIII. Studien auf dem Fettgebiet, 140. Mitteilung.

[1] Siehe z. B. *W. R. Bloor*, J. biol. Chem. **82**, 273 [1929]; *A. J. Cain*, Biol. Reviews **25**, 73 [1950].

[2] Münch. med. Wschr. **93**, 15 [1951].

[3] *H. P. Kaufmann* u. *A. Brocke*, Arch. Pharmaz. **267**, 229 [1929]. Diss. *Brocke*, Jena 1927. Das umfassende Schrifttum ist in dieser Zeitschrift berücksichtigt durch *F. Grandel*, **46**, 150 [1939]; *H. P. Kaufmann*, **51**, 215 [1944]; *H. Fiedler*, **52**, 721 [1950]; *R. T. Holman*, **53**, 332 [1951].

[4] *H. P. Kaufmann*, Fette u. Seifen **54**, 69 [1952].

[5] Verlag *Urban und Schwarzenberg*, 2. Aufl., Berlin und München 1951.

[6] *Springer-Verlag*, Berlin 1951, Bd. I „Die Stoffe".

Copy of original in one of the studies Dr. Budwig published together with Professor Kaufmann.

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Nominated for Nobel Prize

As mentioned earlier, Dr. Johanna Budwig was nominated seven times for the Nobel Prize without receiving this award once. The first time she was nominated was August 13th in 1979 when Dr.med. Werner Ch. Nawrocki, Teach Final at the Department of General Practice at the University Of Frankfurt, Germany sent the following letter to the nominating committee:

(This is rendered by Professor Erkki Halme on the website encognitive http://www.encognitive.com/node/2477#comment-525 .) Professor Erkki Halme from Helsinki in Finland has experienced a success rate of 90% with Dr. Budwig's therapy patients where allopathic medicine did not work.

Nomination to the Nobel prize by Dr. med. Werner Ch. Nawrocki

"Now I have the honour to announce that a cure for cancer has finally been found. The years 1951 to 1952 are victorious years, and the name of the victor is Dr. Johanna Budwig. The treatment was first discovered by her in 1951, released in 1952.

"[Budwig, J .: Zur Biologie der Fette Die Papierchromatographie where Blutlipoide, Geschwulst problem und Fett Forschung - Fette und Seifen 54, 1952, S. 156-165.]" Is the study Dr. Budwig published.

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Furthermore Nawrocki says about Dr. Budwig's research:

“Respiration is burning. For burning two factors are necessary: oxygen and the acceptor of oxygen, which turns into the yielder of energy. An organism performs this process in a redox-system, as a combined process between protein and fat metabolism, between the sulfhydryl group (reacting -SH and -S-S- groups) and the easily oxidized linoleic acid. This was first discovered by Dr. Budwig in 1951, published in 1952. She also used the combination of linoleic and linolenic acids in linseed oil.

Secretion of mucus in cancer patients is depressed. Natural, unsaturated fats guarantee real help. An addition of these vital fats and proteins in nutrition, results in stimulated secretion of mucus in a few days, often in a few hours' time. This can be noticed in all upper and lower cavities, the intestinal functions included.

Electrically negatively charged unsaturated fats take an essential part of the cell membrane, of its outermost layer. This is necessary for daughter cells to be formed. Characteristic of a tumour is not excessive cell growth, but rather immature cell growth."

He goes on to say:

“Cancer patients with advanced cancer can in very many cases be helped by Dr. Budwig's purely biologic cure. This cure is a protein flaxseed oil cure. The tumours can be made to disappear merely by eating this protein flaxseed oil regularly.

Some people have already lived for more than 20 years after their illness and have even been in very good health. This gives evidence of how the linolenic acid in flaxseed oil can as such, without technical applications, raise the present low recovery percentage (37%) in cancer treatment up to 90%, even higher. Dr. Budwig already has more than 1000 patients' evidence of it.”

Dr. med. Werner Ch. Nawrocki Arzt Teach Final at the Department of General Practice at the University of Frankfurt, Germany

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The letter of nomination

The Nomination Letter sent to the Nobel-Prize-Committee is reproduced below:

Dr. med. Werner Ch. Nawrocki

Landvogtstr. 411.9.1979

6000 Frankfurt am Main 1

Germany

Phone (0611) 55 8989

Teaching Physician at the Institute of General Medicine of the University of Frankfurt

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Stockholm

Sweden

Dear Sirs,

Herewith I would like to recommend Dr. Johanna Budwig, Hegelstrasse 3, 7290 Freudenstadt-Dietersweiler, telephone: 07441-7667 as a candidate for the Nobel-prize.

Already in 1952 Dr. Budwig published that cancerous manifestations in the blood can be remedied by adding linoleic resp. linolenic acid.

There have been several scientific papers by her published in the meantime also on an international level.

Her whole life was dedicated to the task of supporting this fact first found by her theoretically and scientifically and of proving it in practice in the daily therapy.

In particular because Dr. Budwig as a courageous protagonist of the truth has pursued her goal until today despite many attacks and was able to help many people suffering from cancer. I would like to ask you to award her the Nobel-prize.

Knowledge is based on experience. If I had not seen the success with cancer patients who had been already given up, I would not have made this nomination.

As a young practitioner who is convinced that the truth will be victorious over all opposition I herewith nominate Dr. Budwig for the Nobel Prize.

Yours very truthfully

gez. Dr. med. Werner Ch. Nawrocki

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"The Nobel Prize in Physiology or Medicine is one of the five Nobel Prizes. It is the “Nobel Prize Committee” at “Karolinska Institutet” that each year in early October approves who will be awarded this year's Nobel Prize. The award has been presented since 1901" (Source: Wikipedia).

As previously mentioned, it was not Dr. Budwig who was awarded the Nobel Prize in 1979, she did not get it the subsequent years despite seven nominations letter sent. The Budwig Foundation says that she did not have enough evidence in the form of "clinical research" to satisfy the Nobel Committee and the academics at “Karolinska Institutet” in Stockholm, Sweden.

Johanna Budwig did not live long enough to experience others' scientific confirmation of the Oil Protein Diet. Researchers from Johns Hopkins Medical Institution in the USA confirmed after her death what they now call the "Warburg Hypothesis" and Dr. Johanna Budwig's "scientific approach". Both studies are verified and published.

In America, Dr. Johanna Budwig was often called "The Flaxseed Lady from Freudenstadt."

She died on 19 May 2003 almost 95 years old. She was cancer free, and it was often commented on how healthy and well she looked despite her old age. She died due to complications following a fall in which she broke her hip. She was living proof that a good diet can prolong life.

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Dr. Budwig's letter to the “Karolinska Institute”:

Essential fatty acids in the vital function of the human organism

In a chapter in the book "CANCER - The Problem and The Solution" which was published in English in 2005 Dr. Budwig explains the relationship between the current situation within the established cancer therapy, cancer research and her research findings. Dr. Budwig believed that cancer research was built on the wrong ideas and that her research findings could prove this already in 1952. This manuscript written by Dr. Budwig in English was sent to Karolinska Institutet in Stockholm as an explanation of Dr. Budwig's view on the current cancer treatment and her factual findings.

Dr. Budwig wrote:

Introduction: The situation in tumour therapy

"When one examines the incidence of cancer, there are indications that there must be a connection between food and cancer. However, there have been no clear recommendations towards examining this relationship.

But the increasing efforts to get help by using propaganda to succeed in the fight against cancer, and the rapid increase in the incidence of these diseases are clear facts. The list of carcinogenic substances is growing from year to year. The search for a general cancer treatment has led to an erroneous trend and this situation has continued until today. It is a proven fact in the established cancer community that the goal of all cancer treatment is to stop the growth of cancer cells. It is an essential factor in all failure in cancer therapy - the human organism fails in adaptation. In the following remarks, coming from my findings shows a successful attack against cancer.

I summarize here how I substantiate new ideas for a successful cancer therapy, which represents the absolute opposite of everything that has

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previously been attempted. It is my goal to promote growth processes (cell division), particularly for cancer cells.

The polyunsaturated fatty acids are substances which, through its activity, accelerate the growth of cell division. This also applies to cell division in cancer cells, thereby acting self-destructive on cancer tumours. D-differentiation of the cell is stimulated, i.e., the process that begins when the absorption of oxygen by the cells falls below a critical level. A very important factor in the regeneration process is the need for oxygen and substances that can be oxidized.

It is here that the essential fatty acids are a decisive factor, as I demonstrated with my research in 1951-1952. These essential fatty acids help to restore harmony in the redox system, especially for oxygenation of the cytochrome system. Then in the subsequent wound healing, in the process of regeneration where cell division is accelerated, this process is only controlled by the natural overall control system in the body. Certainly no unlimited autonomous growth that is common in cancer cells.

To summarize: in the polyunsaturated fatty acids have I (Dr. Budwig) found a substance which is capable of affecting the immature cell proliferation, particularly in cancer cells. This substance has no harmful effect on normal cells or the body's vital functions. This substance restores harmony in the sick unbalanced organism.

It is the authors (Dr. Budwig) conviction that this suggested avenue of research affords the shortest path to curing cancer, and to overcome it. Today it is a burning necessity to look at the practical consequences. There is also a burning necessity for the established cancer research. Scientific and humanitarian considerations demand this course correction."

Dr. Johanna Budwig

As mentioned earlier: This manuscript with introduction was sent to the Karolinska Institutet in Stockholm, Sweden in English. The author (Dr. Johanna Budwig) was nominated several times for the Nobel Prize in medicine by representatives of the medical community in Germany and in other countries.

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Dr. Budwig's Research

Our bodies are made up of billions of cells. Each cell again consists of millions of small components. No one yet understands fully how cells work, and that two small cells within nine months can produce billions of new cells and create a baby. It is also difficult to understand how the various cell groups can be formed.

The cell membrane, i.e., the outer shell of cells are composed of fats and can be described as a super thin protective layer or a thin membrane which is the protection we have form not "dissolving" in water.

Each cell membrane consists of fatty acids (including omega-3 and cholesterol). The cell membrane is also replaced when cells constantly renew themselves, but in different rhythms. (It is said that the entire body renews itself in about 7 years.) If you do not provide your body with the right building materials in the right quantities to build strong, healthy cells, what happens then? When the body is forming weak and sick cells, they cannot perform their proper functions.

Our body consists of among other things water, proteins and fatty acids. Very few talk about what sort of fatty acids the body prefer and what kind of fat that can harm the body. The essential fatty acids Omega-3 and Omega-6, which are the body's building blocks has to come through the food we eat, the body cannot produce them.

A research team in which Dr. Budwig was a member and that became very important to her in her research was the environment surrounding the Nobel Prize winner Otto H. Warburg.

Otto H. Warburg (1883 - 1970)

Photo from Wikipedia

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Otto Warburg's influence

Otto Warburg won the Nobel Prize in 1931 for his theory and research on what cancer really is. He had discovered the "respiratory enzyme or respiratory syndrome". This discovery was important in understanding how cells actually work and was obviously of very great interest to Dr. Budwig. Much of today's knowledge is based on Warburg's research. He was both a physician and a biochemist, and with this background, he had a unique perspective both clinical and for research purposes. The research environment around Warburg was described as a research environment of a high academic level. Full members of this research team was besides Otto H. Warburg, Johanna Budwig, Otto Fritz Meyerhof, Axel Hugo Theodor Theorell and Hans Adolf Krebs (Krebs Cycle); overall a circuit consisting of four Nobel Prize winners and Budwig with her seven nominations. This makes Warburg and his research team one of the most award-winning scientists and doctors throughout history. Dr. Budwig concentrated her efforts on finding the reason why cancer occurs in the body and how the disease can be treated and prevented. Her cooperation with Warburg was; she continued to develop the research that Warburg had discovered. He had found that disruption or destruction of "cell respiration" is the main cause of cancer.

Warburg's Research

Otto Warburg's research at the cellular level, uncovered how cells in the body works. When your body is healthy and relaxed, the cells produce energy in a way that uses oxygen. This is called cellular respiration and it involves the mitochondria that are the "energy center" or the nucleus of the cell. When cells respire they can use fat, protein and / or sugar to produce energy. If the cells do not have enough oxygen, they can change to a different form of energy production that does not use oxygen. This is called fermentation, and it does not involve the mitochondria (the cell nucleus). The fermentation process makes energy from sugars. Fermentation is a normal cell function, for example, when you exercise hard, and the heart is

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unable to pump enough oxygen to the muscles. Fermentation provides quick energy when you need it, but it produces much less energy than respiration.

What is interesting here is that cancer cells produce energy by fermenting sugars, although there is adequate oxygen available to the cells. This occurs because in cancer cells the energy center in the mitochondria does not work as it should. According to Dr. Budwig it is broken and processed fat in the diet is one of the main reasons that the cell respiration process is broken. This destruction of cell respiration causes the cell to compensate by fermenting sugars to survive. This is now an immature growth process. The cells have stopped using oxygen. This is one of the most important facts about cancer, according to Dr. Budwig.

Cells respiration to produce energy can thus take place in two ways:

• Aerobic / Respiration = Oxygen = Good

• Anerobic / Fermentation = no oxygen = Bad (unless you work hard)

Diseased cells (cancer cells) that have stopped using oxygen to produce energy, are behaving like primitive yeast cells and not as complex human cells. This cause the cancer cells to grow unintelligent (immature) without control and can thereby damage organs or parts of the body where they grow and develop. Formation of a tumour is a survival mechanism of the cells.

The fact that scientists are able to create cancer cells by controlled lowering oxygen concentrations in body cells, is sufficient proof that cancer is primarily a metabolic problem and not a genetic problem.

Warburg also wrote about oxygen related to the pH inside the cancer cells. Because cancer cells ferment sugar to obtain energy they maintain a lower pH, as low as 6.0 due to lactic acid production and elevated CO2. He believed determined that there was a direct correlation between pH and oxygen.

In his later years, Warburg was convinced that illness was caused by pollution; This caused him to be somewhat of an advocate for health. He insisted on eating bread made from wheat grown organically on his own soil.

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When he visited restaurants, he often demanded paying full price for a cup of tea, while he was only served boiling water. He always brought his own tea bag. He was also known to go to great lengths to get organic butter, one quality that he trusted.

German Dr. Josef Issel was a fearless doctor who was known for his use of nontraditional therapies to treat cancer. He was arrested and later found guilty of unjustifiable treatment that Dr. Issel claimed was a very political issue. Warburg offered to testify on Issel behalf on his appeal to the German Supreme Court. After Warburg's testimony, Dr. Issels conviction was reversed and he was again a free man.

Cellular metabolism in cancer cells

Dr. Budwig conducted animal experiments to demonstrate the effect of adding fats rich in Omega-3 into an animals' diet. On the website www.cancertutor.com you can read about cats and dogs who have been cured of cancer with the Budwig mixture of quark and flaxseed oil.

Dr. Budwig did research to find out how this shift in cellular metabolism in cancer cells could be prevented. According to Otto Warburg a 35% reduction in the supply of oxygen to the cells over time is enough for cells to mutate (divide uncontrollably). This shift can make them "pre-cancerous cells" which are becoming more and more damaged and eventually they stop breathing and start to ferment sugar, they become cancer cells.

Research shows that although there is oxygen in the blood, it does not mean it is transported into the cells. This is what Dr. Budwig's Oil Protein Diet resolves by quickly correcting the body's composition of fats.

Quote from Dr. Budwig:

"I often take very sick cancer patients from the hospital where they are said to have only a few days left to live, or maybe just 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 the hospital said that they could no longer urinate or produce bowel movements. They suffered from dry coughing

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without being able to get up some phlegm. Everything was blocked, and it is encouraging when suddenly all these symptoms disappear. The surfactant fat (flaxseed oil) rich in electrons starts to reactivate the vital functions and the patient starts to feel better. It is very interesting to ask how this sudden change is possible. It has to do with the reaction pattern and character of electrons. The flaxseed oil activates them." Dr. Budwig wrote: "During 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've discovered the original birthplace of electrons in flaxseed oil – the sun."

Patients with better oxygen content inside the cells have a greater chance to survive. This has been proven over and over again, and it is one of the points where there is broad consensus in modern cancer research:

High oxygen levels in cells = less aggressive cancer

It is trans-fatty acids and other bad fats that allow the circulation to stop and oxygen level to decreases.

Otto Warburg emphasized that cancer cells produce much more lactic acid than healthy cells because of their change to fermentation. Lactic acid is a waste product of fermentation. The more fermentation, the more lactic acid is produced. And more fermentation allows more aggressive cancer.

Because cancer cells use fermentation, they also require more sugar than normal cells. Doctors and oncologists use this nature of cancer cells when they make a "PET Scan". When they do "PET Scan" examinations they inject radioactive glucose/sugar into the bloodstream. This radioactive glucose ends up in cancer cells that have many more sugar/glucose receptors than normal cells. The "PET Scan" catches these signals and makes them into an image that doctors can study.

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Dr. Budwig's Diet Protocol: In brief

The Germany scientist Dr. Johanna Budwig had great success with her treatment of cancer patients. Many of them were "given up" by doctors and hospitals and were sent home to die. Her treatment protocol was based on her own research on fats and on her experience with patients. She handled all types of cancer with her own Budwig Protocol.

Below are the guidelines from Dr. Johanna Budwig, the Budwig Diet in brief. Before starting the Budwig Diet she recommended 1-2-3 transition days, depending on the situation.

Transition Diet:

- Oatmeal with freshly grounded flaxseed every hour or
- Oatmeal soup with freshly grounded flaxseed 3 times a day and/or
- 250 g freshly grounded flaxseed daily with fresh homemade juice, preferred papaya or carrot juice, fresh pressed.

Have a warm drink at least 3 times a day, like green tea or herbal tea sweetened only with honey. Seriously ill patients also do well on this transition diet.

Then start the full Budwig Diet:

1. On an empty stomach in the morning - raw sauerkraut juice (Probiotika)
2. Just before breakfast - green tea or herbal tea
3. Breakfast: 3 teaspoons of Flax seed oil and 6 teaspoons of low-fat quark mixed, then add freshly ground flaxseed + berry + fruit + raw nuts + honey + 2 tbsp. milk may be required if the mixture is too thick. Afterwards, if still hungry, choose whole grain breads and raw vegetables such as cucumber, tomato, radish and avocado. (See more recipes later in the book)

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4. SUNLIGHT - is important for positive functions in the body.

5. EXERCISE adjusted to your condition. Walking is good.

6. Mid-morning - Homemade fresh squeezed vegetable juice (carrots, radish, beets and/or leafy greens with lemon juice). See recipes.

7. Before lunch - freshly ground flaxseed in Champagne or green tea.

8. Lunch - raw vegetables, salad with Budwig dressing/mayonnaise as an appetizer. Steamed vegetables flavoured with Oleolux and herbs possibly with oatmeal, soy sauce, curry etc. (Recipes later in the book). Side dish: Buckwheat, brown rice or millet with Oleolux.

9. Lunch Dessert - Flaxseed Oil & low-fat quark, fruit, raw nuts, honey.

10. In the afternoon - 1 tbsp. freshly ground flaxseed mixed in fresh fruit juice or champagne.

11. Stress-reducing exercises/relaxation exercises, preferably in fresh air.

12. Late afternoon - Fresh papaya or pineapple juice with 1 tbsp. freshly ground flaxseed.

13. Dinner – Soup or whole grain rice or buckwheat alone or with vegetables, with Oleolux, nutritional yeast, sauce, sea salt and spices.

14. Evening- hot herbal tea or 1 glass of red wine, possibly with some honey.

15. Use ELDI oil or flaxseed oil applied to the skin or as an enema if necessary. This relieves pain.

16. Avoid all chemicals, harmful fats (trans-fatty acids), meat/eggs/fish, sugar, most supplements, ozone treatments, dental infections and lower the use of medicine in cooperation your doctor if possible.

To develop good health, read this carefully, print it and use it daily. Recipes are in the back in the book.

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Budwig's invention for making cancer cells healthy

One of the best descriptions of why Budwig's Oil Protein Protocol works against cancer, I read in the book "**Chemotherapy Heals Cancer and the World is Flat"** by the German writer Lothar Hirneise. He puts her inventions into a research context and ranks Budwig's Oil Protein Protocol as the number one cancer treatment of all the treatments he has studied. Because Hirneise grounds provide a clear representation, I choose to quote from the aforementioned book:

Photo:

Dr. Johanna Budwig 89 years and Lothar Hirneise

"Nobel Prize winner Otto Warburg tried to stimulate cancer cells to ideal cellular respiration, i.e. he tried to get cancer cells to begin to" breathe "again. He tried butyric acid but his attempt failed. Butyric acid was not the right acid to get anaerobic living cancer cells to absorb oxygen. At that time, science has not yet come up with a method that differed between saturated and polyunsaturated fats. Dr. Johanna Budwig found out the difference by her invention of the paper chromatography method. Since it now was possible to differentiate between different types of fat, she also managed to do research and discover the type of fat that was required for oxygen to come into the anaerobic living cancer cells. It is this process that makes cancer cells healthy, this fatty acid makes cancer cells breathe again. "

Furthermore, Hirneise writes in his book:

"Every cell in the human body renews itself constantly with different intervals. Each cell membrane consists of fatty acids. Logically, these are

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also constantly renewed, because when a cell divides, it must give up the fatty cell membrane in the new cell. What happens if we do not consume enough of these essential fats? Second to water, the human body comprises of protein and fat. It is therefore important to consider the quality of these substances we consume through the food that we eat.

Johanna Budwig's Oil Protein Diet provides the body with the polyunsaturated fats which is the factor that gives the desired effect by stimulating respiration, so that our cells "breathe" normally. The interaction between sulphur proteins and polyunsaturated fats are essential. They build a bridge between fat and protein for uptake of oxygen and the use of oxygen for all construction processes in the body including the formation of blood. "

(Hirneise 2005)

Dr. Budwig writes in one of her books:

"Various highly trained and experienced people are appalled and outraged by the fact that serious medical conditions can be cured with quark and flaxseed oil."

Lothar Hirneise interviews Dr. Johanna Budwig

The author Lothar Hirneise interviewed Dr. Johanna Budwig in 1996. He called Dr. Budwig his teacher. She was then 88 years old. In this interview, which is reproduced on Lothar Hirneise's website (http://www.hirneise.com/) and in the book written by Johanna Budwig, "Cancer - The Problem and The Solution", a lot of interesting information emerged that cannot be found elsewhere. During the relatively long interview Dr. Budwig talked most of the time. She told about her life as a scientist and an inventor, about people who had been important to

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her in her work, the resistance she encountered about her controversial cancer treatment, and about her Oil Protein Protocol. In this chapter there will be some repetition of what have previously mentioned in this book. Here is the entire interview.

Lothar Hirneise start by asking what is the basic concept in Dr. Budwig's therapy?

Dr. Budwig said in this interview:

That she in 1951 was a senior advisor for Drugs and Fats in the Federal Ministry of Health (the highest authority in Germany) and was responsible for, among other things, approvals of drugs. In this position, she treated many applications for approval of medication, including drugs for cancer treatment. One of those medications was a sulphur protein composition. Again and again she also got the confirmation about the importance of essential fatty acids. But the natural fats could not be patented or produced synthetically and therefore had no value for the pharmaceutical industry.

Her conclusion was therefore:

"Fatty acids will never be viewed as medicine."

She told him at that time she had developed the paper chromatography method and by analysis of 0.1 mg fat, she could decide if it was polyunsaturated or unsaturated fat. This was the first study that made it possible to distinguish between different fatty acids. Because of the importance of this work, she was awarded 16 doctoral students as her assistants.

She said that during her assessment of contemporary medicine for cancer treatment, she discovered the "sulfhydryl group". She wanted very much to

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find a new cancer treatment. In the European cancer research, many people were on the trail of the fats that would get a living cell to absorb oxygen.

Dr. Budwig points out in the interview that the problem of automatic oxygen uptake is one of the most basic questions of physiology and one of the hardest.

Budwig pointed out that most of the cancer researchers know that all tissues that breathe contains sulphur proteins from the "sulfhydryl group". They also know that they were looking for a fatty acid that nobody had been able to identify so far. This fatty acid plays a very important role in Dr. Otto Warburg's respiration syndrome (also called "breathing enzyme"). Dr. Budwig points out that Otto Warburg was not the first who tried to get more oxygen into a cell. The man who invented the ozone, Von Helmholz, had done experiments with pigeons. He tried to give pigeons that had been asphyxial (were dyspnoeic) because of the food they had received, increased oxygen or ozone. The pigeons had thus been fed in such a manner that the oxygen uptake was blocked. The result was that the pigeons that got oxygen died faster than the pigeons that did not get oxygen therapy. Dr. Budwig told Lothar Hirneise that she was inclined to argue that if the hospital provided oxygen to a person who had a lack of oxygen, the sick person would probably die faster than if he did not get oxygenated.

Budwig said that what she experienced in her research of fatty acids, is that the effect of polyunsaturated fats act as opposite electrical pole to the positively charged protein inside the cell nucleus. Fats are found in the cell membrane and have long been known as "lipoids" (fat-like substances). When a tumour is formed in the body, the science doesn’t even know why so many cells in division are present in such great quantities in one place. Their focus is to stop the growth of the tumour. Budwig stressed that this is incorrect. In 1956 she published a study that many cells in division are present in the tumour and that "amitoses" (cell division) has already started.

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SEE ILLUSTRATION BELOW - AMITOSE

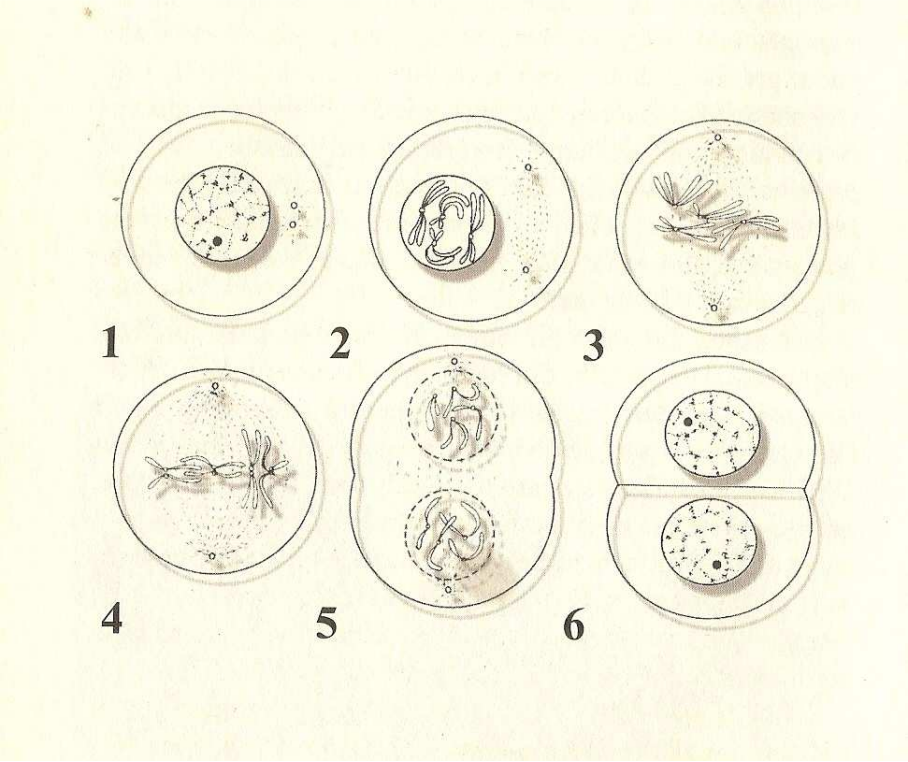

Photo from Dr. Johanna Budwig "Cancer - The Problem and the Solution"

Budwig explains why a cancer arises in the following way:

What is missing is that the daughter cell does not divide from the mother cell (as illustrated above). It would normally do so. The new cell, called the "daughter cell" did not separate from the "old" "mother cell" and therefore it cannot die naturally as it would normally have done. Budwig compares this with a leaf falling from a tree. New rind (skin) grows in the hole where the leaf was attached. The cell division process of the cells is disrupted if the electrically charged lipids are lacking. The cells divide inside the original cell that fails to divide normally due to lack of the essential fatty acids. This is why tumours are formed in the body. See the illustration below where the cells are completely divided, as healthy cells normally do.

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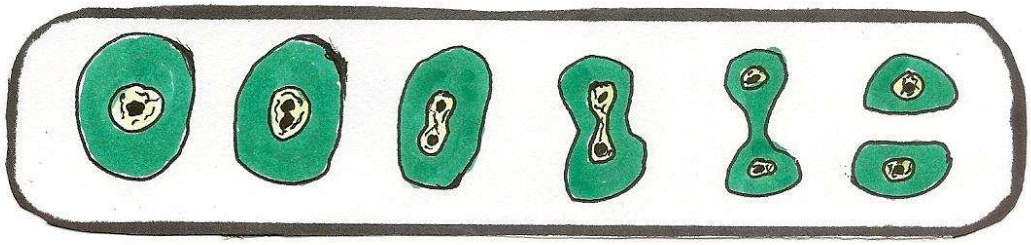

© Illustration BoW, 2013

Budwig talked about where the essential polyunsaturated fats get their electronic charge from. In brief, fatty acids are recharged by solar energy stored in green plant leaves which in turn forwards the energy to the seeds for permanent storage. Flaxseed oil made from flaxseed contain essential polyunsaturated fats, with the compositions of 18 nested hydrogen links and thus have a high electronic amplification.

Budwig learned from her research that the electrical energy, for example linoleic acid (Omega-6), is of such high quality that the energy detaches itself from the mass and moves around like an "electron cloud". One must start with the idea that the heavy matter that is positively charged, is going down, while electrons go up. It is this "bipolarity" that makes man able to stand upright, and in this "bipolarity" man has more capacity to store solar energy (solar or light photons) than any other form of life. This is demonstrated in the quantum biology of Professor Dessaueri in 1954. It is particularly in the brain that these electrons are reinforced.

Budwig stressed that the heat-treated oils and fats have electrons, but they turn into free radicals when they come in contact with proteins.

No form of life has so many depots to store energy as humans. This "electrical" energy stored in the vital unsaturated fats in the body, is a strong vitality. These essential fats must come from the food we eat. The body cannot produce these and we simply cannot live without them. Oils that have been treated with heat, whether it is flaxseed oil, sunflower oil and

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other seed oils, loses their vitality and the 18 chains (hydrocarbon chains) during heat treatment. These oils are harmful or detrimental to digestion.

Budwig explained in the interview that the Oil Protein Protocol avoids all heat treated fats. Since 1971, it has been widely known that heat-treated oils and trans-fatty acids are harmful to human health. Simply put, we can say that oils or fats that are hard in the refrigerator, can damage your health. (This does not apply to natural coconut fat.)

Dr. Budwig did find that the margarine industry, however, will not change their production methods. Nobody will take the investment to change a billion dollar industry with good profits.

Another important thing that Budwig did note was that the producers of chemotherapy for cancer treatment, creates another problem. The chemotherapy is aimed at destroying cancer tumours. However, chemotherapy also kills many healthy cells in the body and thereby weakens the immune system of the person receiving the treatment. All growth is an element of life function and everything that stops this growth is fatal, Budwig pointed out. One cannot achieve good results with bad tools.

Johanna Budwig was early fully aware of this, which gave her many "opponents". These opponents did not allow her to treat patients because she had no medical training. Therefore, she began studying medicine in 1955, 47 years old. However, she abandoned medical school after some time, because of the resistance she met at the university hospital for her treatment of cancer patients. Instead she chose to educate herself as a therapist.

Dr. Budwig spoke about her research with Otto Warburg. In the late 1920s, Otto Warburg discovered the importance of bipolarity which is the conception of human life. What is interesting in this context, according to Budwig, is his discovery that the absorption of oxygen into a fertilized egg cell increases by 2200%.

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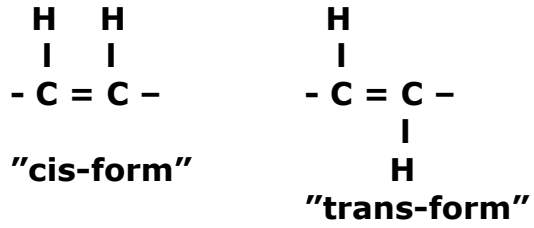
Dr. Budwig also used an antenna as a picture and the importance of the proper alignment of the antenna as a prerequisite for the desired function. She says in the interview that the human body can be compared with a main dish that is able to receive vital and legend electrons if the two "helping antennas", one "sylfhydryl" (sulfhur protein), the other polyunsaturated fats are "properly adjusted". In the "sylfhydryl" group the "helping antenna" is made up of "cysteine" and "methionine" that is found in milk products. The "helping antenna" for fats is made up of linoleic acid, Omega-6, and alpha-linolenic acid, Omega-3. But be careful! The whole secret lies in knowing how these lipids in intact condition are present in the food we eat. Theoretically, there are large amounts of Omega-6 in margarine. These are however provided in "trans-form" and not the valuable "cis-form" because of the heat treatment. In the "trans-form" the atoms are opposite each other and not parallel to each other as they are in the "cis-form". See *the simplified illustration below:*



Budwig says that this small difference is natural enough not explained on the margarine package, nor on the bottle of canola or sunflower oil, which you can buy at the store. The problem with trans-fatty acids is that there is no electron absorption and thus starts a vicious circle. This naturally creates disease; In other words, by eating foods with "poisons" that blocks cells from breathing. Margarine, animal fat, butter, nitrates, radiation and chemotherapy are known “electron thieves”. They prevent all consumption of electrons. Interestingly enough antioxidants are also included here. Dr. Budwig warned against taking high doses of vitamins or enzymes because you read about it in a book or on the internet. It is different if it is part of a natural nutrition therapy.

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Budwig goes on to say that vitamins have been known for a long time and is important. The same with the pH balance in the body, minerals and trace minerals such as selenium, germanium, and all the others. These do not help a person who has ingested the wrong fats, what Budwig calls "Pseudo Fat". Essential fatty acids are the substance that controls all life functions that are responsible and participate in vital body functions such as growth and consumption of sun, etc. A person who has been damaged by improper fats cannot utilize either vitamins or minerals. Budwig pointed out that we must understand and recognize the cause of the damage, if we want to help sick people.

Budwig said in the interview that it has happened that doctors have come up to her after the end of a lecture and asked her the following question: "What about everything we've learned? Is it completely useless? " Dr. Budwig's answer was," Everyone must do what they can."

Budwig was not satisfied with the treatments public services offered cancer patients, neither the physical and psychological treatment. What they propose is of little help for a person with cancer, the disease is caused by an elementary vital function in the body that is injured, namely the ability to take up oxygen and sunlight. What is important is to provide the help that is needed for the cells to start breathing again. This is where the Budwig Protocol helps.

In the interview she talks a lot about the resistance she had met, but some events had attached themselves better than others and were still in memory. This was particularly at the time Budwig was in medical school in Gottingen, where she succeeded in making cancer patients healthy with her Oil Protein Protocol that was not aligned with the hospital's guidelines. This led to false accusations and review of her treatment. It was the fact that the well-known German Professor Martius wife, Mrs. Martius from Gottingen was sick and Dr. Budwig was called upon to give advice. Dr. Budwig also practiced her method at various clinics in Gottingen. She has documented this in her book "Der Tod des Tumours Bd II".

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Budwig said that it did not take long before the so-called "industrial groups" and professors were involved. That she (who was not a doctor) helped Professor Martius's wife did not go unnoticed in the circuits. "Opponents" wanted to put a stop to her therapeutic activity that was contrary to the authorized medical treatment.

One night when she worked at the hospital in Gottingen where she at the time studied medicine, she met a woman with her infant. This little child had cancer in the arm (sarcoma), and doctors at the hospital wanted to amputate the arm. Dr. Budwig told the woman what she should do, and sometime after this there was no longer necessary to amputate the child’s arm. The child responded to the treatment and became healthy pretty quickly.

Dr. Budwig said she was sued and had to appear in court. She was accused of visiting the surgery clinic to look for patients she could treat herself. Dr. Budwig said that she actually had never been in a surgery clinic. Dr. Budwig explained that the woman with the child had come to her and asked for help and not vice versa. Dr. Henze who was chief judge and director of the University Hospital dropped the case, and with his eyes turned towards Dr. Budwig he stated: "You have nothing to fear. In my legal responsibility, nothing will happen to you. If anything happens, it will be a scandal in the scientific community. "Dr. Budwig concluded that she could handle the "opposition" better with her current education than as a doctor.

Lothar Hirneise ask what Dr. Budwig believes are important to prevent cancer?

Dr. Budwig said the following:

"There are hundreds of things that are important to avoid getting cancer. It is important to look at the big picture and see the human being holistically with mind, body and soul. It is not only the cells that affect the human body."

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And she pointed out further that it is not only the Budwig Oil Protein Protocol that makes people healthy, although she constantly received reports from recognized experts that it works. In addition to food and intake of the Budwig Protocol she explains also why sunlight is important for recovery or for maintaining good health:

Dr. Budwig explained that important processes that happen when you are out in nature, exposing the skin to sunlight (without sunscreen and sunglasses) and breathing in fresh air. Dr. Budwig explained these scientific concepts from her wealth of knowledge.

This is what happens:

• Production of lymphocytes in the skin are stimulated

• Suppressor T-cells are activated

• Production of Interferon (protein) is stimulated

• Cellular respiration is increased and improved

• Phagocytosis, cell eating, uptake of bacteria in cells and particles to be transported out of the body are stimulated

Sunlight recharges cells in the body and this is important for good health.

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At the end of the interview she repeats her recommendations on diet to prevent cancer:

• Only flaxseed oil in the diet (no other oils)

• Avoid meat from the supermarket

• Avoid all frozen foods

• Bake your own bread

• Use Budwig's Oleolux on bread and vegetables

• Create your own juices

• Potatoes are OK

• Hard cheese is OK

• The electromagnetic environment around you is important

• Use natural materials, not synthetic

• Modern foam mattresses steal energy from you while you sleep

• It is advantageous with wood in construction of houses

• Gemstones have good biological radiance

• Learn to read the contents on food products

• Avoid chemical additives, hydrogenated fats, and trans-fatty acids

The interview with Lothar Hirneise ends here.

Lothar Hirneise's German website:

www.hirneise.com

www.3e-centre.com

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www.krebs21.de

www.sensei.de

There are videos of Lothar Hirneise and his program on the internet.

The Fat Syndrome

In her book "Fat Syndrome" Dr. Johanna Budwig writes how important the right kind of fat is for all body functions and how harmful incorrectly processed fats are for the body. The book is only in German and difficult to obtain. However, there is information from various German epitome of the book.

In the book Dr. Budwig warns against all types of margarine, refined oils and fats. These "Pseudo Fats" are refined and processed by humans and no longer natural for the body.

To emphasize how important fats are for various bodily functions Dr. Budwig lists several examples in the book. Below are some of the most important sections from her book "Fat Syndrome."

The fat metabolisms effect on sensory organs Ear - Nose - Eye

Behind the eyeball which is surrounded by muscle fibres which rotates the eyeball to the direct line of sight, there is a "fat body". This fat stays for a long time, even in severe weight loss. Observations show that this "fat body" disappears quickly in cancer patients. This causes that eye to sink back into the head. Dr. Budwig was not surprised that these patients reported that vision and visual acuity improved after a short transition to Budwig's Oil Protein Diet. The sight and visual acuity is ultimately dependent on the consistency of orbital fat behind the eyeball. Several symptoms of eye

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diseases are related to the lipid metabolism in the body and the eye function is strongly influenced by good or bad "lubrication".

Dr. Budwig refers to a discussion she had with an ear, nose and throat doctor. The doctor asked her why people today often have dry earwax that often must be flushed out. This was not common in the past. Today earwax is simply not agile enough and the eardrum has lost its elasticity. Dr. Budwig had the following explanation for the ear, nose and throat doctor; The tympanic membrane and the ear must be better oiled with biologically active polyunsaturated fats which are able to attach to the protein reactions which keeps the proteins in the eardrum smooth. This is very important for hearing. The fatty acids are able to penetrate the outer layer of the tympanic membrane. It has been demonstrated with animal testing how much fat from food affects secretion of earwax. (H. Dam).

Calcium metabolism is strongly dependent on the fat metabolism (P. Desnuelle) and imbalances can lead to abnormal calcium deposits on the sensory organs. The regulation of balance, dizziness and rapid adaptation in the space in flight, rock climbing or pressure fluctuations depend on the nature of the endolymph (a clear liquid that complements the ear labyrinth) in the semicircular canal in the inner ear.

The function of all the senses like smell, taste and hearing are also affected by the elasticity of the tissue and closing force. The electrical bipolarity can be improved with Dr. Budwig's Oil Protein mixture of sulphur-containing proteins mixed with essential fatty acids. The fat percentage and the right kind of fatty acids are important in the function of all sensory organs.

The fat metabolisms effect on mucus production

Nutrition to all "mucus-secreting" cells can be found in the epithelium tissue layer which surrounds the whole of the living organism as an outer and an inner surface of the body. Both the outer skin and the inner entire gastrointestinal tract, oral cavity, oesophagus, stomach and intestines is

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surrounded by a layer of tissue called epithelium. The epithelium tissue layer fulfils an important function for both secretion and absorption of nutrients from food. The epithelium that is superficial in the body contains many mucous glands. The epithelium is also in the liver, lungs, and is also of great importance in the cavities of the inner pelvis position and in the female genital organs.

Mucus glands and cells of the epithelium are closely associated with the glandular system. It is in this part of the body that tumours and cancer often are formed. The relationship between impaired mucus production and granuloma formation is not recognized within science.

Dr. Budwig reflected in many years that not only the outer skin of cancer patients was parched. Cancer patients often had indurations (thickening) of the skin and sclerosis in addition to disturbance in the mucus layer in the upper and lower cavities and in the mucus layer of the intestine. In most cases cancer patient suffer from constipation due to decreased mucus production in the intestine. What are needed are not extreme cleaning methods, but to add something that restores the balance in the intestine. Dr. Budwig showed that the absence of essential fats such as flaxseed oil with polyunsaturated fats impoverishes mucus-secretory glands. Dr. Budwig believed that these cells and mucus production is relatively easy to control.

In the old days grandmothers recommended flaxseed oil to those who wanted to become pregnant and for those who were pregnant to get an easier birth. The reason for this is that flaxseed oil increases mucus production in the body.

Dr. Budwig complained that Pavlov's teachings were still current in undergraduate education. Pavlov who was a physiologist did experiments with among others fatty acids. In none of the experiments Pavlov did he took into consideration that there are different types of fats that the body reacts differently to. The body's response is that supplementation of saturated fat hampered the important mucus production and supplementation of polyunsaturated fats stimulates mucus production that the body is so dependent on to function well. There are currently many who complain of dry mucous membranes, dry eyes and dry skin on the face.

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Lotions and oils are able to help a bit, but do not repair the cause of the dryness.

When you eat a diet containing biologically important polyunsaturated fats mixed with the right proteins, such as quark/curd mixed with flaxseed oil and nuts, the mucus production will be stimulated and start in a matter of hours. Especially in the upper cavities of the body (nose, eyes, ears and mouth) may be noticed quickly. Bowel function is also normalized in a matter of days without laxatives.

A number of "modern" diseases that you get today are often associated with disturbances of mucus secretion. Serious damage to the joints may be due to we wear and tear of cartilage due to too little joint (synovial) fluid. This is again caused by lack of polyunsaturated fats which ensures that glands produce enough synovial fluid.

The fat metabolisms connection to asthma

The clearest link Dr. Budwig draws between asthma and lack of polyunsaturated fats. Asthma Patients have problems with too much mucus and suffer from lack of oxygen. Both are quickly resolve using Dr. Budwig's Oil Protein mixture. Supplementation of the water-soluble polyunsaturated fats causes the mucus to dissolve and can thus easily be excreted. Patients feel lighter, can breathe better and get better air supply and oxygen. Oxygen shortage is thus indirectly caused by lack of polyunsaturated fats. The oxygen uptake has an important job of providing oxygen to the blood and tissues as well as supporters mucus production throughout the epithelium (surface tissue outside and inside the body). It is not only the mucous membranes of the lungs, bronchi and the upper cavity in the body that requires supply of polyunsaturated fats and proteins to remain functional. All goblet cells in the body must have sufficient active substances to function optimally.

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In ancient herbal books they recommend plants that stimulate mucus production against tumours and cancer. Dr. Budwig points out that most cancer patients have broken down most essential fats in the body that is so important for all life processes. Supplementation of plants and herbs (such as flaxseed and Comfrey) like medicine should be in addition to a daily diet with the vital fats, such as the Budwig Oil Protein Diet.

Insufficient mucus production can cause dry skin, too little saliva, constipation, infertility and disturbed sexual function. These symptoms should be taken seriously.

The fat metabolisms effect on gastrointestinal function

The relationship between cancer and nutrition is not accepted by today's official medicine. More and more doctors are however open to look at alternative forms of therapy, especially because of the high increase in stomach and colon cancer.

When we eat digestion begins in the mouth and continues in the stomach with substances that the gastric mucosa secretes. If the necessary preparation to mucus production and ferment secretion is blocked, it becomes difficult for the stomach to do its job. When the stomach receives fat which is difficult to dissolve, some of the fat goes on unprocessed. Within medicine it has long been questioned about why there is so much fat in the faeces of people. These insoluble fatty substances that are not combined with proteins the body is not able to separate out. Fatty substances require a "partner" or an emulsifier that can solve them. This already exists in fresh live food and natural fats in nuts and seeds. The Margarine Industry takes these oils from nature and makes them into hardened non-biological fats in margarine. This hardened fat is transported into the tissue of the mucous membranes. When the good fat is broken down and pre-digested the hardened fats are left as deposits in the intestine. This in turn can lead to the formation of tumours in the intestine. Similarly it may also occur elsewhere in the body, for example in the epithelium of the blood vessels in arteriosclerosis. The incidence of developing biological fats and lack of the

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softening biological essential fats are very often associated with atherosclerosis (hardening of the arteries).

The fact that one gets satiated or overfull after a meal and that one gets tired and experiencing leukocytosis (abnormal increase in the number of white blood cells) suggests that digestion fails to tackle the food you have eaten. The gastrointestinal is being pushed to exhaustion without delivering the "dissolving" substances that is a good active fat-protein binding.

The effect of flaxseed oil (linoleic/linolenic acid) is that it can act as a "buffer" and is able to bind excess fatty substances. Acidity in the stomach is often a clear sign of lack of polyunsaturated fatty acids. Because of its wealth of electrons the polyunsaturated fatty substances occur as a biological substrates acid binder. Very often people choose to supply soda (baking soda), but it is wrong in this context. The lack of hydrochloric acid production is restored through the addition of "lipoproteins" that are the active ingredients in Budwig's Oil Protein Diet. The diet will stimulate the secretion process where lack of polyunsaturated fats has reduced the function of the epithelium of the stomach and intestines. For an impaired gut it is difficult to handle non-biological fats that are difficult to transport.

In addition Dr. Budwig noted that preservatives which she called respiratory poisons (nitrite in meat and sausages, anthraquinone, benzoic acid, etc.) complicate resolution and transport of fat, because the fat metabolism, oxygen uptake and respiration are closely related to each other.

The stomach is strong and must be flexible to solve its many tasks. Today, it is often observed a hardening of the stomach wall to a complete "solidification" of the pylorus. (Pylorus is the sphincter between the stomach and lower duodenum. Pylorus regulates the discharge of gastric contents.) The lining of the stomach is completely out of action and this is a bad symptom. The fatty acid-lipoproteins which can penetrate into the deep layers of the abdominal wall are missing completely. Instead degradation products accumulate between the lining and the boundary layer and causes degradation of the stomach. Inside the stomach is then found keratinisation, a leathery structure, which could be avoided by applying a ferment that could dissolve and removed this layer. One has heard stories about; "The man died of starvation on a full stomach."

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The gut is associated with digestion and fat metabolism and here is the anatomical image revealing. The upward, cross direction and descending part of the colon in the intermediate part of the abdominal cavity is completely filled with vascular rich fat tissue. This fatty tissue contains many lymph nodes. Both parts are witnesses to the fact that this fat is absorbed and becomes the lymphatic system or portal vein (the vein in the abdomen).

The bulk of fat passes through the large lymph to the parent "vena cava" and from there straight to the heart. The vena cava is the body's main vein that carries blood to the heart's right atrium (upper cavities in the heart). The non-biological hard fat blocks cardiac function by blocking the blood flow to the heart.

Fat metabolism and liver, gallbladder and pancreas

The portion of fat that are channelled from the portal vein with blood from the abdominal cavity from the veins of the stomach, intestines, pancreas and spleen to the liver, all decides the welfare of the liver functions.

Functional weakness of the intestinal mucosa and further exposure to the non-biological fats that are hard to dissolve leads to a vicious circle. Dr. Budwig believed that doctors concluded that such a condition was incurable because they feared for the economic disadvantages of the “fat and margarine industry” if this relationship became widely known.

Gastrointestinal function requires mucous building, light reactive, protein softening biological unsaturated fats. These fats can relieve stomach and intestinal function, which is burdened by non-biological fat lacking surface activity and bipolarity. The effect of the lipid metabolism in the liver, gallbladder and pancreas can be viewed as one functional unit.

Common for liver and biliary diseases is that the two functions are functionally inseparable and that both have to do with fat. "You have trouble digesting fats" the doctors often tell the patient and conclude that the patient should switch to a fat-free or low-fat diet.

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But why have the liver become useless? The fact that the liver has a very important role to fulfil in fat metabolism is well known. Why do so many suffer from painful gallstones? Today the traditional view is that the patient has eaten too much fat. Is this said to hide the real reason? If you use flaxseed or flaxseed oil, one can withstand eight times the amount of the current fat intake, without the slightest disturbance or problem. Selection of the right fats is important for good liver function in the total fat metabolism.

The liver receives blood via the portal vein which is loaded with nutrients and metabolites (between stages and products of the metabolism) from the stomach and intestines as well as decomposition of the spleen. The liver can therefore be regarded as an important "supplier" for the transport of substances for the metabolism. This role involves many rearrangement and formation of biological matter which is particularly intense in a particular tissue in the liver. When it comes to the basic building blocks for the formation of each cell it includes the polyunsaturated fats and the sulphurous protein fractions. These two highly reactive substances are important and constant elements of each functional cell and general mass of living material. They are therefore essential for the overall cell division and thus for any growth. Formation of new cells is particularly intense in the liver. There is only one thing that can make any tissue elastic and supple and it is the presence of lipoproteins and polyunsaturated fats from sources like the mixture in Dr. Budwig's Oil Protein mix. This mix has high surface activity and strong forces that is required for responsiveness and adaptability.

The problem with the breakdown of fatty acids plays a crucial role in heart attacks, as well as rheumatism. "Fat degeneration" is the core problem in medicine today. It is this issue that Dr. Budwig called the "Fat Syndrome."

For better or worse, as the active life-giving to the suffocating life-taking, the selection of fatty acids is big and important. The action radius is extending across the epithelium of the central and most important gland system and liver, which reaches into all the capillaries in the vascular system and the outer portions of the epithelium. Accumulation of sulphur-rich protein bile can be corrected by adopting polyunsaturated oils that dissolve quickly.

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Again here comes the Budwig Diet in as the solution. The association of the positively charged sulphur protein compounds with opposite polarity and active polyunsaturated fatty acids are crucial. This also applies to the resolution of deposited bile and cholesterol.

Of course tight regulation also plays an important role. The first is that the liver and gallbladder certainly require a supply of good fats. Fats of vegetable origin are no guarantee for hepatobiliary satisfaction. Olive oil is previously often used in conjunction with gallstones, unsuccessfully. Therefore, polyunsaturated fatty acids are required. Complete absence of polyunsaturated fatty acids allows that all vegetable fats not to work, including olive oil. At best, the hepatobiliary system says welcome to flaxseed or flaxseed oil or food containing them. Such as Dr. Budwig's Oleolux which she called "butter substitute". It is important that the flaxseed and flaxseed oil are gradually introduced in increasing dosages. One must give the body time to adapt. When mixing flaxseed oil with quark the sulphur proteins in the milk will make the flaxseed oil water soluble and allows the powerful mixture to emulsify. In this way it is easier for the body to absorb and use the flaxseed oil. The form that is easiest to digest is the most natural variant namely ordinary brown fresh flaxseed. Care should be taken that the flaxseeds are fresh and not rancid. Flaxseed freshly ground in a coffee grinder is a more palatable and easily digestible form. Dr. Budwig also recommended this with hepatobiliary cancer.

She pointed out that patients should go through what she called a transition diet to accustom the body to flaxseed and flaxseed oil. Patients will after a few days begin to feel better with the supply of essential fatty acids that the body needs so badly.

The pancreas is strongly related to the fat metabolism. Excretion from the intestine has an activating effect on the secretion of pancreatic juices (enzymes). This production begins in the mouth when saliva starts the digestion of the food we eat. Pancreatic enzymes (pancreatic lipase) which is activated by bile, plays a crucial role in fat digestion, degradation and transport of fats.

Fat metabolism and diabetes

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Overloading of the pancreas can lead to increased excretion of undigested fat. This is a symptom of our modern times diet. Overloading of the pancreas can lead to fatigue and the formation of a tumour in the pancreas is now observed more often than ever. Dr. Budwig also claimed that diabetes is a "fat syndrome" leading to pancreatitis (inflammation of the pancreas). The fact that all errors in this functional unit, the "hepatobiliary" system in the upper abdomen, have a common function in lipid metabolism and this has not been taken into account. However, this applies to both the exocrine part of the pancreas, which secretes pancreatic juice and the endocrine glands. Insulin produced from healthy animals can help diabetics, but there is no "causal treatment." If diabetes begins with the supply of insulin, the natural production of insulin decreases in the body. The oxidation process is reduced in diabetics and will not be improved by injections of insulin, it will weaken it further.

The entire nutritional exploitation is not normalized by insulin injections, only glucose and sugar excretion is kept within acceptable limits. It is the amount and type of fat that should be prescribed the patient, but this usually gets no attention. However, Dr. Budwig states, this is the crucial factor.

This information was from the book with the original title "Das Fat Syndrome, die fundamental Bedeutung der Fette und anderer lipids" (fat syndrome, the fundamental importance of fats and other lipids). It was released in 1959 and contains 163 pages packed with useful health information.

Dr. Budwig - Flaxseed oil as a true aid

My source of information in this chapter is Budwig's book "Flax oil as a true aid against arthritis, heart infarction, cancer, and other diseases."

In this book Johanna Budwig refers from a lecture she held in Switzerland in 1959 where she renders research from the Cancer Research Institute in

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Paris (actually the only research institution that had a modern electronic microscope at the time). Dr. Budwig says in the book:

"The only difference between cancer cells and normal cells are isolated fat; Cancer cells have fatty deposits both inside the cells and outside the cells. These fat deposits are the only difference between cancer cells and normal cells"

(Dr. Johanna Budwig, 1994)

Dr. Budwig said that in 1949 she invented a method called Paper Chromatography. This method made it possible to test various fatty acids. In 1949-1950 it was not possible to distinguish between the different fats in e.g. olive oil, flaxseed oil or sunflower oil. The Paper chromatography method could also be used to analyse fats in blood. After this it was possible to analyse fats in a drop of blood and find out what kind of specific fatty substance that existed. This invention increased the research on fatty acids around the world. A large number of connections between deadly diseases and poor fat metabolism (fat digestion) are found because of this increased research. The method is rarely used today because technological advances have found better methods.

Dr. Budwig says that "fat is not always fat", one must distinguish between the type of fat you eat. The wrong fats can cause cysts and tumours, but the right fats can "dissolve" cysts and tumours.

How can fatty acids both cause and prevent cardiac infarction? The answer to this was possible to find due to intensive research and Dr. Budwig's invention from 1949. This research is especially important today where fats are hydrogenized and destroyed for durability and shelf life. Natural vital electron rich polyunsaturated fats such as from the Budwig Oil Protein Diet, becomes more and more important for people's health. The body needs a balance of fatty acids.

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Dr. Budwig explains fats in this way:

Fat consists of glycerine. Glycerine has three "arms". A chain of fatty acids sticks to each arm. This chain of fats from butter, for example, has four links. Coconut fat and palm oil has 14 or 16 links. The body cannot utilize the energy from these natural fats without the presence of essential polyunsaturated fatty acids.

What are polyunsaturated fatty acids?

When analysing the polyunsaturated fatty acids, one sees that they have chains with 18 links. These links are not particularly solid, they are loose and vulnerable. They readily absorb water and connect easily to proteins. These fatty substances become water-soluble when they bind to certain proteins. The core of the Budwig Diet is flaxseed oil mixed with sulphur protein from low fat quark. This binding makes the flaxseed oil water soluble so that it can easily be absorbed by the body. It is therefore a very effective way to give your body the essential fatty acids it needs, especially with the current incomplete diet most people eat.

The polyunsaturated fatty acids, called "linolenic and linoleic acids" (omega-3 and omega-6), generates a "field of electrons," a detectable electronic voltage, which can be quickly absorbed by the body. This electronic tension fills your body with energy, especially the brain and nerves are beneficiaries of this energy. These polyunsaturated fatty acids play a vital role in the body's "breathability". Without these essential fats the enzymes in the breathing function will not work and we would slowly suffocate (be asphyxial), even if we are supplied extra oxygen. The lack of these polyunsaturated fats paralyzes many vital functions and primarily prevents the absorption in the body of the air we breathe.

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We cannot survive without air, water and food, but the body cannot survive without these fatty acids - it's been proven long ago. That is why they are called essential, they are vital for life.

When polyunsaturated fats are processed, for example the margarine industry that makes the liquid fats into solid form, they destroy the nutrients that are beneficial for our body. Their ability to bind to proteins is destroyed during the refining and thus the capacity they have to be water-soluble in combination with proteins. Thus, the body cannot make use of these fats. All the good properties are destroyed in the refining process. When fats no longer can bind to proteins and be made water soluble, they can no longer flow easily through the fine blood vessels in the body. The solid refined fat makes the blood thicken and provides circulation problems.

Fat digestion is of great importance for the vital functions of each organ in the body. Precisely because fats affect every organ in the body, it is important that fats are natural and easy flowing and not refined and solid. People who have had the diseases related to liver or bile know what effect fat can have on the body. They are told by the doctor not to eat fat because it may cause indigestion. However, if they had been advised to eat foods with polyunsaturated fats, they would not have problems with digestion. The best polyunsaturated fats that can be used are those found in flaxseed oil and combined with a substance that dissolves these into a form that the body can easily absorb. And this is, as previously mentioned quark. Many doctors do not believe that serious diseases can be cured with food. It just cannot be that easy! But none of these substances can damage the body, just make it healthier.

Preservatives in food Dr. Budwig called "respiratory poison". They seem like poison to the body in general, but are particularly harmful when you are sick with for example cancer. The treatment Dr. Budwig then advised her patients was the diet where they are supplied with water soluble polyunsaturated fats that are bound with proteins that activate breathing in the body's cells. At the same time the Budwig Diet prevents the uptake of preservatives in the body.

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Utilization of health - what a mother experienced

Many patients who were “given up” by the hospital as "hopeless" cases were cured by the Budwig Diet. Dr. Budwig experienced at one of his lectures that a woman in the audience stood up and told her that her husband had a tumour in the lung, the daughter had severe psoriasis and worn out cartilage in the joints and was declared "incurable" by several clinics. Nothing could be done except bed care. Her son had several minor health problems. This woman, a wife and mother, stood up and told everyone had regained their health after they had changed their diet and including the Oil Protein Diet Dr. Budwig recommended. When the body gets sick due to lack of essential fats (polyunsaturated), Dr. Budwig called it the "fat" syndrome".

Budwig Letters

In her book "Cancer - The Problem and the Solution" Dr. Budwig reproduces numerous letters including letters from her patients. Including these letters are also letters from people who show that professors, the German cancer aid (Deutsche Krebshilfe) and politicians had long been aware of the research findings, Dr. Budwig had done.

Of 15 letters, the 7 most relevant are quoted here:

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Min-Rat Dr. Hensen Ministerial Department

for Food, Agriculture and Forestry.

III B 4-3833.24-376 / 54

Bonn, 35 June 1955

Dr. Budwig
Münster / Wesstf.
Wienerstr. 33

Regarding polymerised fish oils

Dear Dr. Budwig

In July 1953 I received the assignment from the Institute for Virus Research and Experimental Medicine in Sielbeck bei Eutin, to test the use of polymerized fat to human nutrition and consumption. Institute report was consistent to act with maximum caution when it comes to polymerized oils for human consumption. Moreover, research that I have conducted at Germany's Institute for Fats and Fatty Research in Muenster reinforced this impression and provoked me to recommend reservations in the use of polymerized grease to the German fishing industry and the German Margarine Industry. After quotation of the test results in agreement with the German interior minister, I have considered a ban on products that are manufactured using polymerized oils. Because such a ban would be limited to only apply within Germany it was in September 1953 a meeting with researchers from Norway, because Norway was very interested in exporting industrialized fish products containing polymerized oils.

The following people participated in this discussion:

FROM NORWAY:

Prof. Dr. R. Nikolaysen, Oslo, University Institute of Nutrition Research

Prof. Dr. O. Torgersen, Oslo, University Institute of Pathology, Rikshospitalet

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Dr. Ing.chem. H. Nilsen-Moe, Oslo Canned Laboratory, Stavanger

FROM GERMANY:

Prof. Dr. Karber, berlin-Dahlem, Max von Pettenkofer Institute Germany's Federal Health Office,

Prof. Dr. Dr. K. Lang, Mainz, Physiol-chem. University Institute,

Dr. H. Frahm, Kiel Waigmannerstr. Bact. Department of Federal Research Institute for Dairying,

Dr. H. Werner, Hamburg, Chemistry and Matt Sting Centre for Public Health Authority.

In the discussion the Norwegian experts could not dispel the concerns put forward by the German side. Although requested repeatedly the Norwegian side did not send samples of the Norwegian oils used. The Federal Research Center for Fisheries in Hamburg stated that the imported canned fish from Norway who now arrived, no longer contained polymerized oils.

The Chair of the Federal Health Office communicated with me last December because of the discussion in Hamburg on September 8th 1953 that it does not seem to be particularly interested in the matter of the polymerized oils.

Health injuries that you feared from ingestion of these oils are confirmed by other scientific sources. It has been a good development in this case and the problem seems to be solved. I thank you for your help in this matter.

I have sent a copy of this letter to Dr. Hedwig Jochmus, Member of the Bundestag (German Parliament).

With best regards

Respectfully

Signed Dr. H. Hensen

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Erkki Halme

Dear Dr. Augstein!

It was nice to get your letter 25.11.1983. You have done work of great merits when working so many years as Dr. Budwig's lawyer. I can also confirm that Dr. Budwig is a genius among the best scientists in the world and good compared with Einstein, Max Planck, Louis Broglie, Niels Bohr or as well Ignas Semmelweis.

Dr. Budwig's work is extremely important for the cancer research and it is also important of the cure of cancer. Orthodox medical-scientists cures cancer after 5 years in 16% of cases and Dr. Budwig cures it in 90% of cases.

It is a good example of how faith in authority that is not willing to acknowledge an absolute simple truth. Also the Nobel Committee supports obviously this kind of faith in authorities. The Committee whose 50 members are professors at Karolinska institute, which is mainly made up of representatives of the Orthodox medicine and they have difficulty understanding that only Budwig's natural therapies and its depth effect is a unique method in recovering from cancer. I will try once more for Nobel Prize.

Sincerely

Prof. Erkki Halme

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Dr. Mittmann
Cancer Researcher
Northern Rhine-Westphalia
Statistics Department
(22c) Bonn-Venusberg
Skin Clinic
25.09.57

Prof. Dr. L. Erhard,
Federal Finance Minister
Bonn-Venusberg
Schleichstr. 8

Regarding: Aftermath to correspondence dated 14 September 1957

Dear Minister!

The two reprints that were sent along with a letter dated September 14th 1957 presents two publications from a publication series of 3 works, where the third work is currently being printed. As it will be some time before the third edition will be available, I send you a copy of the manuscript.

The result of my publication series is based on statistical methods harmonizes with results from other researchers who do not work statistically, particularly O. WARBURG and J. BUDWIG. I was referred to Ms. Budwig, who comes from the chemistry side, by Professor H. MARTIUS (Göttingen). In his capacity as President of the German Central Committee for the Prevention of Cancer and Cancer Research, he cannot officially have a positive position to BUDWIG's results. By the way the Budwig results have been confirmed by NYROP (Copenhagen) and SINCLAIR (Oxford).

Sincerely

Respectfully

Signed Mittmann

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Fritz Zeller
Münsterplatz 45
79 Ulm-Donau

To the Ministry of Health
To Ministers Antje Huber

24.01.1981

Dear Minister!

Yesterday, June 23rd 1981 an article appeared in the "Südwest Presse" with the headline: "Little success in the fight against cancer". This article said that in the first session of the Bundestag this year you explained in the cancer report: "We cannot refer to a real improvement in the area of research - a breakthrough in the fight against cancer is not yet within reach." Unfortunately, that is the truth and each year 150,000 people die of cancer in Germany according to the statistics. Please take my case into considerstion:

I have myself examination for cancer at last once a year and the result is always; "Nothing found". But to be absolutely sure I consulted in 1979 a university professor. The result was that a prostate operation was performed immediately on me in the university clinic and a cancerous tumour in the prostate was removed.

In a subsequent second operation the testes were also removed and a bone "scintigram" was performed with the following result: "More metastases throughout the axial skeleton."

After these operations and examinations the treating doctor had my wife come to him because he did not want to tell me the truth because of my fragile condition. He told her that there was more he could do and that I had to consider a maximum life expectancy of two years.

Then by chance after I was released from the hospital I came to be treated by biologist, a homeopathic practitioner, who prior to treating me had already helped hundreds of cancer patients who had been given up by doctors as incurable. Through the strict diet that she prescribed, I started feeling better right from the start. Now after two years I had a second

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scintigram performed at the same university and wonder of wonders - the result is so improved that metastases could no longer be determined with certainty.

Recently I brought this healing method to the attention of the Deutsche Krebshilfe (German Cancer Aid) and requested that they research this extraordinary success. After some time I got a response from the Deutsche Krebshilfe (German Cancer Aid) that "in funding research projects, only those projects will be funded that cannot elude scientific verification." To this I say:

The entire area of cancer research moves in well-travelled paths and in living memory this has always been the case that established findings and principles of science are defended with all resources against people with other ideas who consider these findings and principles to be incorrect and that outsiders are fought.

I and many other fellow sufferers thank this scientist for the healing. In decade of research, in the frontier area of biology, chemistry, physics and medicine this scientist traced the cause of cancer and came to the conclusion that cancer is a fat problem and that it can be treated successfully by changing the diet. Her findings are very uncomfortable for allopathic medicine and consequently she is fought by many medical practitionersand also by the margarine union; the intent is to muzzle this researcher at all cost.
I request that you pursue the information in my report and after careful review of the documents help yourself to a breakthrough in the fight against cancer. The name and address of this researcher:

Dr. Johanna Budwig, 72550 Dieterweiler-Freudenstadt
Tel: 07441-7667 Fax: 07441-85125

She holds a doctorate from the philosophic and natural science faculties and state examinations in physics and pharmacy.
I would be very happy to see that other paths of cancer fighting are also pursued through her initiative.

Respectfully
Fritz Zeller

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City of Stuttgart
Katharinen Hospital Radiology Clinic
Medical Director: Dr. med. W. Hellriegel

Ms. Dr. Johanna Budwig

7291 Lauterbad
Über Freudenstadt

Dear Dr. Budwig

Recently you treated a patient of mine, Ms. Harriet ....., Born December 4th 1931. This patient had a malignant melanoma on the left thigh bone (femur), which was removed with surgery in May 1969 in Ohio.

In September 1970 there was a lymph node metastasis at left temple, which degenerated after radiation treatment, also the subsequent lymph node metastases in January 1971 on the left side of the throat were brought to degeneration through radiation treatment. In March 1971 there was general worsening as there was a generalised metastasis in the skin. Multiple skin metastases could be detected on the torso.

After treatment with you all lymph nodes and skin metastases have degenerated. Moreover all blood chemistry findings have normalized. I have never observed such a result in the case of metastasizing malignant melanomas. I would be extremely grateful if you would tell me what therapy you performed.

As I currently have other patients with the same illness and the same poor condition, I would be happy to send these patients to you to delay the recognizable end of these patients.

On the other hand, naturally I am also prepared to use this therapy here if you would communicate this method to me.

I would be very pleased to get a message from you. Until then

Regards, Your

Dr. med. W. Hellriegel

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Klaus Hiller
Senior Criminal Director
Kaiserstr. 6
77963 Schwanau

27.09.1997

Dear Dr. Budwig,
Your 90th birthday is an occasion for my spouse and I to congratulate you most sincerely and wish you continued good health, but it is also an occasion to thank you once again for your magnificent efforts in the healing of my spouse.
You will certainly recall the state of my spouse when we sought your help more than 13 years ago.

Due to a laryngeal carcinoma the entire larynx had been removed. During this operation, it was discovered metastases in lymph nodes and thyroid gland. What was particularly alarming was the degree to which the metastases had spread, which at the time had already infiltrated the surrounding soft tissue and were already necrotic.

The treating physician at Erlangen clinic, Dr. Steiner presented the opinion at the time that even with subsequent radiation treatment, which he considered as indispensable, my wife's life expectancy would not be significant longer than about 1 year.
Details from the disease pattern are documented in the enclosed attached.

We decided for the biological therapy that you developed and did not pursue radiation treatment and stopped any further medical treatment. This decision saved my spouse finally from that death that had appeared to be certain. We thank you for this.

In conclusion I would like to mention again that we have moved from Stuttgart to the Freiburg area. My new address is on the letterhead and the new telephone number is ..... I am also enclosing a card with my office address.

All the best
Yours Klaus Hiller

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Johann Barend Krebs
428 Est 11th Street

North Vancouver BC

Canada, V7L 2H2

July 8th 1999

Dear Dr. Budwig

I have some very good news for you. What I had felt in a long time and basically knew for myself has now been confirmed by my physician, Dr. Florence Yakkura, MD in Burnaby, BC and by the Ophthalmologist (eye doctor) Dr. James Thompson.

No tumour can be detected any more, and the optic nerve on which the tumour had exerted pressure has regenerated itself. In addition, my vital energy has returned and the age of 55 I feel 20 years younger. This has brought us great joy and we express our gratitude to the Creator of life and particularly to you. We greatly admire your work and your courage in going your own way against the existing and established medical model. Personally I am very grateful to you.

Friends, acquaintances and colleagues at the University where I work often comment how healthy I look and when they hear my story, they often say that it is a miracle that I am so healthy again. Then I say, it is not a miracle, it is pure biology. It is a miracle that I heard about Dr. Budwig (through German friends) who is one of the few people in the world who understands the factors in the body that play a role in cancer and tumours and their treatment.

As you will remember I had a tumour on the pituitary gland (adenoma) and I was operated on for the first time in 1982. In 1993, the tumour was again diagnosed and since that time I have been looking for a natural way to treat the tumour. Because the tumour was still small, I still had time. I postponed surgery to try other methods. In December 1996, I could no longer see the colour red and should have completed the operation. I was only ready for an

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operation in late August. I could not wait any longer and I had at that time no other potential natural treatments. My doctor showed me regularly the condition I was in and explained to me in clear that I could not wait any longer. I had already waited long enough. I could barely see. Despite of this, I decided to postpone the operation once again. I tried out another promising form of therapy, but the tumour did not dissolve. It was after this that I heard about you and went to see you in October 1997.

I spent four days with you and taught me what I needed to do. Two weeks later I started to feel better, three weeks later I felt my facial capacity began to improve. Six months later I had the feeling that the tumour was probably gone. Now this has been confirmed from the medical side.

Thank you again. May God bless you!

With much warmth and esteem

Johann Barend Krebs

These 7 Budwig letters are included to give an impression of Dr. Budwig's activities during the years she was active with her Oil Protein Diet. The Budwig letters show that she had many grateful followers.

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What essential fatty be good for?

Polyunsaturated fats have decisive effect on the body's production of mucosa. Included:

• All glands in the body

• Liver

• Pancreas

• Tonsils

• Salivary glands

The body cannot produce enough phlegm without the essential fats. This leads to vaginal dryness which can cause major problems for many women. The solution is to reintroduce polyunsaturated fatty bound with proteins in the Budwig Diet.

The artificially processed fats that the body no longer recognizes can block the metabolism of other fats in the delicate glands, blood vessels and the body's "filters". One should therefore avoid eating all heat treated fats. Only then will the body function optimally. The mucous membranes can function normally after a few days. Dr. Budwig also believed that diabetes is a problem with the metabolism of fat and not sugar.

Lack of polyunsaturated fats is particularly noticeable for brain and nerve functions. In children this can be adjusted by introducing the Budwig Diet.

Cardiac Function and essential fats

Cardiac function is affected in three different ways when the body’s fat metabolism is out of balance. The fat that we have eaten is transported via the lymphatic system. Before the blood is transported into the right ventricle, which make each heartbeat and also pumping lymph fluid into the bloodstream. These include fat coming from the digestive tract. The blood that fills the left ventricle comes directly from the lungs with fresh oxygen. This heart rhythm is very important. If there is interference due to lack of electrical impulses within the charge with the ingested fat is filled with idle

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and paralyzing fat, then the heart says - NO! The heart rejects these fats which then accumulates in the heart artery and finally covers the entire muscle. At the same time the heart muscle suffers from lack of substances that play an important role in the supply of oxygen, breathing and renewal / regeneration of the heart muscle. When the heart muscle does not get the correct polyunsaturated fats, the heart is no longer working as it should. In addition the area around the heart is clogged with hard fat from the food we eat. When there are not enough essential fats in the blood, the oxygen flow through the lungs does not work either. The heart is therefore forced to pump the same amount of blood through the body three to four times before the body tissues get enough oxygen.

Dr. Budwig found that only natural fats can pulsate into the thin fine vascular network of the body. Fats that is refined and hardened like margarine and trans-fatty acid, blocks the way into the fine blood vessels.

Lack of essential fats - Other consequences

Research and experiments with mice also show how important polyunsaturated fats are for the body's development (Dr. Dam (1895–1976), Denmark). Dr. Henrik Dam won The Nobel Prize in Physiology or Medicine 1943 together with Edward A. Doisy for their research. One group of mice received hardened fat in the form of peanut butter, while another group had the natural polyunsaturated fatty. What they observed was that the group not receiving the natural fats were aged prematurely, they had an accelerated aging process. The aging process was caused by the hard fat. The young males in the litter that had hardened fat, was impotent and females gave birth to dead babies. This did not happen with the group receiving the natural polyunsaturated fats. It was the Danish professor Dam who published these results. Young males who got the hardened fat in the form of peanut butter, had no sperm production after 8 weeks and testicular and nearby glands were clogged. They also had problems with skin, hair loss and general ill health. There were also major changes in the kidneys. These results are consistent with what Dr. Budwig researched herself. She writes that polyunsaturated fats can have a very positive effect on your sex life.

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How does cancer form? The meaning of bipolarity

In cells growing we find a sort of "bipolarity" between the positively charged nucleus and the negatively charged cell wall (cell membrane) with its polyunsaturated fats. It is the nucleus that starts cell division. When the mother cell and daughter cell are separated, they share the fatty cell wall. When cells divide, it is very important that they have sufficient essential polyunsaturated fats, so that the cells can divide completely without any problems. This is an ongoing process in the body. When this process stops or is disrupted, the body is sick or dying. The life cycle of cells is equally dependent on the polyunsaturated fats as the nucleus and cell walls.

Protein supply must also work continuously. The interaction between the polyunsaturated fats and proteins are very important. Research has revealed that carcinogenic substances and chemicals that cause cancer, attach to the part of the cell that reproduces the protein in the cell and in the outer cell wall. To preserve the delicate structure of a living cell, the "bipolarity" of the electric field between fat and protein is vital. If this "bipolarity" between the polyunsaturated fats and sulphur proteins are destroyed, for example, because the fat is refined and hardened before we eat it, it means that the electrical current is removed so that one of the poles of the electric tension is gone. In simple terms, this can be compared to a car battery that is empty or when a pole is removed, electricity does not flow.

What start a tumor?

Some of our body parts such as skin, cell walls, glands our lives, pancreas, or glands of the stomach and intestines (digestive tract), holds many growth processes. It is generally in any of these organs that the growth process is halted because the required "bipolarity" is missing. Because of lack of polyunsaturated fatty the growth process are disturbed. When there are not enough essential fats in the cell wall, cells cannot divide normally. Cell proliferation is disrupted, and instead of a normal cell division you get a

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nascent tumor due to incomplete cell division. Dr. Budwig called this an immature cell growth.

Dr. Budwig points out that it is not right to look at tumor growth only as a problem of cell division and then use treatments such as radiation, hormones and cortisone to stop the growth. Dr. Budwig was aware that this was a controversial statement. She said the same thing on the radio in Germany in 1956: "This must be stated clearly so that those who suffer can finally get effective help." When "Zentralausschub für Krebstforschung" (Central Committee for Cancer Research) represented by three professors, sued Dr. Budwig for what she claimed, it did not stop her. Dr. Budwig had documentation and paperwork that proved that she was right. She had already at that time treated many cancer patients that had healed with her methods.

If Dr. Budwig's statement were not credible, the case would clearly not been withdrawn. It is the only conclusion one can draw from this case. Dr. Budwig says bluntly that the current hospital treatment of tumors (cancers), leads to a worsening of the disease or a faster death.

Because of this, Dr. Budwig would not allow that her Oil Protein Diet which was the recommended nutritional therapy was combined with growth-inhibiting treatment (hospital treatment).

The Oil protein Diet that Dr. Budwig recommends consists of simple food, mainly of the most active fat she had found through research - flaxseed oil in an easily digestible form mixed with low fat quark, composed of a tasty meal. This simple food reverses the stagnated diseased growth process in cancer cells that have caused the tumor. The growth of the tumor dissolves and then disappears. This clears all the symptoms that indicate that the patient has a "dead battery" and the patient recovered. During the short time after applying the Budwig Diet, patients feel much better.

It is preferable that one do not wait to start the Budwig Diet until several doctors have stated that the tumors are impossible to cure. It could have an adverse mental effect. The Placebo effect accounts for up to 30% of the recovery. The main task is to recover with an optimal diet. Activities and exercise in fresh air and sunlight is also very advantageous in combination with this healthy diet.

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Budwig's tireless efforts to bring cancer research on the right track did not stop with her death. Her dedication, inventions and scientific discoveries, have created lasting indelible tracks. On several quarters in the world people are working with practical and scientific development of Budwig's research. The Budwig Foundation in Germany is also active in spreading knowledge and supporting her research.

What is meant by charging batteries in the body?

The human body is unique in the way that it is able to store electrons (photons) and then recall them and use them when they are needed. In order for our cells to achieve the right "frequency," the appropriate unsaturated fatty acids such as linoleic or linolenic is a prerequisite. Together with sulphur proteins these fats forms a lot of polarity and the inherent response makes it possible for humans to take up electrons and storing them as an energy source. (Storage molecule ATP - adenosine activating triposphate). We use the term "recharge the batteries in the body" as a metaphor for the process that causes us to feel the renewal of strength and courage. This "power" control all the body's vital functions such as pH balance, structure of proteins, etc. The most important thing in this is to choose the right fats, and there are flaxseed oil and freshly ground flaxseed mixed with low-fat quark that gives the body these important building materials. No other known fatty acid fills these requirements in this process. Dr. Johanna Budwig's research is quite clear on this.

When Dr. Johanna Budwig was 44-year-old she wrote about recharging our batteries, she explained it this way:

"Bipolarity between fat (cell wall/membrane) and proteins (cell nucleus) is of fundamental importance for the maintenance and structure of all living cells. This bipolarity is largely dependent on the presence of enough good fatty acids. Lack of good and protective fatty acids paralyzes many vital functions. If bipolarity is destroyed between the nucleus and the cell wall – because of

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lack of good fatty acids, or consumption of whole or partially hydrogenated fats (e.g. trans-fatty acids), this means that the electric charge disappears. In other words, the battery cells are empty."

(Dr. Johanna Budwig, 1952).

A well-known American scholar, “Seley” says that all life depends on life battery charge. He says he has the impression that the life battery is not always charged. To achieve this, it is absolutely vital to consume polyunsaturated fatty acids rich in electrons. It is these electrons which enables us to recharge our energy. All symptoms of a dead battery can be compared with what we call a tumor, cancer or cell growth - myoma. These tumors are only one manifestation of a complex system.

Proper fatty acids in the body with Dr. Budwig's Oil Protein Diet

Dr. Johanna Budwig (1908-2003) was one of Europe's leading cancer researchers, chemist, biochemist, PhD in chemistry and a specialist in the analysis of blood composition. Dr. Budwig found through extensive research the factor that gets oxygen to penetrate into the anaerobic cancer cells (thus making them healthy again). Cancer cells are anaerobic, meaning they are no longer "breathing", i.e. absorbing oxygen. The mixture of the unsaturated fatty acids in flaxseed oil, protein in quark and freshly ground flaxseed are the factors that science has sought to solve the “fight against cancer”. Nobel Prize winner Otto Warburg was on the track of this, but never found the right fatty acid. Polyunsaturated fats are the factor that gives the right effect in that it stimulates respiration so that the cells are able to breathe again. The interaction between lipids and sulphur proteins from quark is crucial because it "builds a bridge" between fat and protein by making flaxseed oil water soluble so that the cells absorption of fats gets easier and more efficient. Just by making the lipids water soluble resumed the function in cells that causes the intake of oxygen in the cells to increase, and thus

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provides the body with more oxygen. This helps the organism with all construction processes including the production and the formation of blood.

Budwig's Oil Protein Diet makes cancer cells healthy by allowing them to "breathe" normally again when the cell membrane is replaced with the "right" kind of fatty acids. The treatment also strengthens the immune system and helps therefore generally for several diseases in addition to cancer, including arthritis and heart disease.

The Budwig Diet is now used by many people across the world. The Budwig Center (Formerly Mariposas Clinic) in Malaga in Spain is an example. In Mexico, The Gerson Clinic allows the Budwig mixture and fats from flaxseed oil. It is the only fats allowed in the cancer patients' diet.

Many physicians who are sceptical to the Budwig protocol have been convinced as treatment has yielded good results.

Because Budwig's Oil Protein mixture is the foundation of this diet, I choose to describe it here although it will also be thoroughly discussed later in this book.

Basic recipe for Budwig's Oil Protein mixture included in the Protocol:

6 tablespoons low-fat quark

3 tablespoons of flaxseed oil

2 tablespoons low-fat milk (if the mixture becomes too thick)

4 tablespoons freshly ground flaxseed

Add fruit and / or berries

Topping: Cinnamon, fruits, berries, nuts and seeds

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First mix flaxseed oil and low-fat quark with a hand held blender until the oil is completely dissolved and no oil are floating on top of the quark. Then mix in the remaining ingredients and sprinkle what you like on top, like cinnamon, fruit, berries, nuts and seeds.

For inspiration www.youtube.com/watch?v=RSoddptWL0s

Facts from research on the Budwig Oil Protein Diet

1. Dr. Budwig's research proved that cold-pressed and unprocessed flaxseed oil provides the body with the essential fatty acids that cancer patients lack altogether or have too little of in the body, and that are essential for a strong immune system.

2. Dr. Budwig found that in blood analysis of patients with advanced developed cancer showed a "yellow-greenish" substance rather than healthy red oxygen delivering haemoglobin. (Red blood cells)

3. Dr. Budwig found that after about 3 months of daily intake of the Budwig Diet, the levels of the essential fatty acids in the body increased. The "yellow-greenish" substance in the blood were replaced with healthy red blood cells and the tumor size were reduced and.

4. Because Dr. Budwig understood quantum physics, she solved the cancer puzzle that the Nobel Prize winner Otto Warburg tried to solve. Warburg tried to solve it with butyric acid, but Dr. Budwig found that saturated fats such as butyric acid lacks the important pi-electrons, which is necessary to produce the high energy level, and which are necessary to affect oxygen transport in the body.

5. Dr. Budwig found that the electrons increase their energy by taking up/absorb photons and release/transfer of energy by emitting photons.

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6. Dr. Budwig found that unsaturated fats had the right pi-electrons and flaxseed oil with its two unsaturated fats (Omega-3 and Omega-6) has a high level of these energy-rich pi-electrons.

7. Dr. Budwig found that flaxseed oil's molecular structure means that it is able to transfer large amounts of energy.

8. Dr. Budwig found that all heat treatments of flaxseed oil will destroy this ability to transfer energy. Therefore, it is important to use cold-pressed raw oils to treat and prevent disease.

9. Dr. Budwig found that intake of flaxseed oil that has plenty of pi-electrons with high energy levels, increases the body's transport of oxygen. This improves the body's metabolism.

10. Dr. Budwig found that these unsaturated fats repairs and restores the cell membranes of all cells in the body. This improves the cell's ability to "breathe" and to restore cell mineral balance.

11. Dr. Budwig found that the two essential fats in flaxseed oil helps with many important bodily functions, including the production of prostaglandins which play a major role in, among other things;

a. The body's inflammatory response to injury and disease

b. Enzyme activity in the brain

c. Clogging mechanism of blood, blood flow and blood pressure

d. Repairs the inside walls of blood vessels

e. Prevents aggregation of platelets in the blood which reduces plaque formation and blood clots

12. Dr. Budwig found that sulphur proteins in concentrated milk (quark) makes flaxseed oil water soluble when mixed together and thus easier for the body to absorb

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13. Dr. Budwig was able to cure numerous cases of cancer by combining flaxseed oil mixed with quark with a low fat content which is rich in sulphur proteins. Just two simple ingredients that are readily available from the store can save many people from getting cancer. Dr. Budwig published her results after years of experimentation and clinical research. Her overall goal was to prevent people from getting cancer.

LINOLEIC OG LINOLENIC ACID (Flaxseed oil)
+
SULFUR BASED PROTEIN WITH LOW FAT QUARK
=
A substance whose bipolarity and intrinsic resonance allows the human body to absorb electrons, to save them and use them when needed.

It is this power that makes sure we live, and which controls all of our vital functions such as pH balance and structure of proteins etc..

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The discussion about Quark, vs. Cottage Cheese, Yogurt, Kefir, etc.

Dr. Budwig used German Quark with low fat content to mix with flaxseed oil to make the oil water soluble. German Quark is what we would call fermented kefir cheese.

German Quark is equivalent to low-fat or non-fat Queso Fresco in Spain and cottage cheese in many other countries. Flaxseed oil reacts "chemically" with the sulphur protein in quark. Why Budwig recommended low-fat quark was the high density of sulphur protein and the low fat content does not compete with the fatty acids in the flaxseed oil. Both ingredients should preferably be organic. Quark made from organic milk is especially important for very sick people. One avoids the burden of chemicals, residue of antibiotics, or pesticides, which can occur in commercial products of non-organic origin.

If you are going to use yogurt instead of low-fat quark, the dose must be "tripled" (3 times the amount) to get the same amount and density of sulphur proteins. It can be very difficult for ill cancer patients to eat that much. It is also possible to use organic or homemade kefir, or you can make kefir cheese as a substitute for quark. The vibrant culture of kefir also brings good intestinal bacteria (probiotics) that help to strengthen the immune system.

Regardless the Budwig mixture is a preventive and curative food.

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Flaxseed (Linseed) Content

Nutritional Value per 100g:

Energy	530 kcal / 2230 kJ
Carbohydrates	28.88 g
- Sugar	1.55 g
- Fiber	27.3 g
Fat	42.16 g
Protein	18.29 g
Thiamin (Vit. B1)	1.644 mg
Riboflavin (Vit. B2)	0.161 mg
Niacin (Vit. B3)	8.3 mg
Pantothenic acid (B5)	0.985 mg
Vitamin B6	0.473 mg
Folate (Vit. B9)	0 micrograms
Vitamin C	0.6 mg
Calcium	255 mg
Iron	5.73 mg
Magnesium	392 mg
Phosphorus	642 mg
Potassium	813 mg
Zinc	4.34 mg

How and why does the Budwig diet work?

Dr. Budwig believed that the diet of the Western world lack essential fats and that cause oxidation in the body. This again can cause many chronic

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diseases such as cancer, arthritis and heart disease. To improve oxygenation of the body the Budwig Diet might help. When you make the Budwig mixture which is the core of the Budwig Diet, it is very important that the oil is well blended in and no oil is floating on top. Only then will the composition have the desired effect. When the two substances are mixed they have a good effect on each other. The quark “loses” all the "milk qualities" during this emulsification with the flaxseed oil. This means that even people who have milk or lactose intolerance can eat this Budwig mixture.

Dr. Budwig was once approached by a Swedish doctor who was involved in the treatment of the former - US President Bill Clinton. The doctor said that Clinton had milk intolerance, and consequently he could not eat Quark. Dr. Budwig responded to the doctor with the following statement: "I have never had a patient who has not been able to eat Quark in combination with my Oil Protein Diet." It is certainly worth trying to introduce the Budwig Diet very slowly like Dr. Budwig recommends with the transition diet. Experience shows that even those with milk intolerance can tolerate Budwig's Oil Protein mixture.

It is important to use good quality flaxseed oil, preferably organic. The oil should be stored in a dark bottle, preferably glass tightly corked and stored in the refrigerator. Light and heat makes the oil go rancid very easily, and then it can be harmful to the body.

In other words – during the Budwig Diet do not eat any fat that is hydrogenated (margarine / trans-fatty acid) because it prevents the process that allows cell breathing. Avoid products that contain hydrogenated or partially hydrogenated oils.

Ed Mc Cabe has something to add from his book "Oxygen Therapies". He is underlining that the essential fatty acids are crucial for oxygenation of the body. I quote the following from Dr. Budwig’s book:

"The red blood cells in the lungs give off the carbon dioxide and takes up oxygen. It is then transported to the cells via the blood vessels where they give off oxygen into the blood plasma. This released oxygen is "attracted" by the cells due to the "resonance" of the "pi-electron" oxidative-strong fats. If not, you cannot get oxygen into the cells. "Electron rich fatty acids" therefore plays a decisive role in the "respiratory enzyme" which is the basis of all cell oxidation. "

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How did Dr. Budwig prove that the diet worked?

In today's western world with the abundance of food, we still need the essential fats to recharge our physical and mental batteries. For those who do not quite know whether to take this step, Dr. Budwig recommended to try the Oil Protein Diet for 3 days. After 3 days of treatment with optimal natural fats and without any other indigestible, harmful fats and "respiratory poisons" (as Dr. Budwig call hard and hydrogenated fats) that are found in preservatives in processed foods, you will notice a big difference. Dr. Budwig said that if someone who was sick wanted to go back to their old diet after three "clean" days, she would personally share all the costs they have had with this simple test. She actually offered to pay CHF100, - (Swiss Franc) as motivation for sick patients that they should start with the Budwig Diet, instead of keeping their "old" diet. This was especially directed against ill patients who could not come to her seminars or who were too ill to have a fruitful dialogue. It was important to Dr. Budwig to convince the patient that these fats were good for the sick body. It was Budwig “the researcher” who spoke from her solid knowledge platform without concern for her own benefits.

The hardest thing for cancer patients is often to stop eating all sugars. Even if they do not normally have a sweet tooth, the cancer craves sugar. The Budwig Diet helps with this because fatty acids in the diet take away a lot of the "sugar cravings".

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How did Dr. Budwig work with patients?

Dr. Budwig saw patients daily between 15:00 and 17:00. She allocated 2 hours for the initial conversation with patients and their family. Patients had to talk about:

- Health problems
- Treatments
- Diagnoses
- Medical history

Dr. Budwig asked patients about:

- The patient's environment
- Workplace
- Previous work
- Living environment, living situation
- Couple relationship or marriage
- Diet

Then she would explain her situation, the cancer industries rules and regulations and rules concerning the treatment of cancer patients, etc. She gave a review of the treatment method she would use. The patient and their family got the choice whether they would use Dr. Budwig's treatment wholeheartedly or not. She did not accept that patients only supplied part of her treatment. The Budwig Oil Protein Diet is a "prescription" and not a diet. This means it must be followed as prescribed. She did not accept that her treatment was combined with other medical treatments. This was not possible before 1997 when the German Medical Association amended the Federal Rules of general practitioners so that doctors could also prescribe natural treatments.

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Budwig's limits for whom she could help

It could be difficult for Dr. Budwig to determine which patients she could help with her treatment. Dr. Budwig drew a clear limit on certain things. The patient who had very advanced cancer was in her eyes neither intimidating nor critical. But she would refuse, for example, patients who had been operated in an "artificial" anus (prosthesis) for the stool function is important and needs to function optimally. Dr. Budwig felt that she could not "save" everyone, and rejected those that were too "broken" by operations. For example, a patient with breast cancer came and her arm was swollen from water retention, then she knew that the pain would be too severe. Because the tumor had grown behind the shoulder blade (or water retention), and the pain would be unbearable. In such cases, she accepted the patient after careful consideration.

Dr. Budwig, however, had very good results with patients with brain tumors.

What did the treatment involve?

Dr. Budwig was involved in treatment of her patients step by step. She focused on nutrition and documented all processes in writing. What she did not allow was as important as what she prescribed in her treatment. The products she recommended were carefully studied and tested. Budwig recommended only food that did not contain preservatives or antioxidants added to prolong the shelf life of the products. She did not allow any "industry" produced fats.

Dr. Budwig developed another tool that helped many cancer patients. Ever since 1968 Dr. Budwig used the ELDI oil that she had developed. The oil was for exterior use on cancer patients, especially for those with pain.

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ELDI oils

ELDI oils for external use (massage, wraps and oil enema) in Budwig's cancer treatment

The ELDI oils are a useful supplement to the Budwig Diet in the treatment of cancer. The oil was developed by Dr. Budwig and is a proprietary oil blend she called ELDI OILS (Elektronen-Differenzierungsöl: Electron Differentiating Oil, ELDI oil for short). She created these ELDI oils after performing precise spectroscopic measurements of light absorption in different oils, which specifies that the oils contained "pi-electron clouds" from alpha-linolenic acid (ALA Omega-3) and linoleic acid (LA, omega-6) plus vitamin E in its natural form, essential oils and something from the "sulfhydryl groups."

On the following website www.healingcancernaturally.com you can read the following about ELDI oils:

Dr. Budwig believed, as stated in the book "Cancer - The problem and the solution" and other books she wrote, that man is dependent on the vital electron-rich energy that is built up in the seeds from the solar energy (which controls all growth). She writes about cancer and ELDI oils among other things that "Cancer is a disease of the whole organism."

Furthermore, Dr. Budwig said:

"Cancer treatment must be unified to fight cancer. The Budwig Diet I developed to help the body to break down and expel tumours and metastases via the immune system. To further enable this process, I developed oils for external use. ELDI oils are designed to make electron systems of the fatty acids in flaxseed oil in their active and effective form, available in a commercial product. Electron Systems ELDI oil activates respiratory function in the cell and supports the formation of new blood (haemoglobin)."

Dr. Budwig continued with the following:

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"The sun is a preferred treatment form, the same is ELDI oil. It is used externally to stimulate the absorption of long-wave band from the sun. I have used ELDI oils extensively since 1968 to massage the entire body as well as selective (targeted) application of oil cover. In cases where it was necessary, I used these ELDI oils rectally (as enema / infusions). Cancer treatment that inhibits the growth is thus "hostile to life" and that the fats that impede respiratory function causes pain in a sick person. The ELDI oils I have invented give the opposite effect. Indeed, it is so the practical application of oils both for internal use (flax oil / quark) and for external use (as ELDI oils) makes it even possible to eliminate all medications."

The American Pain Institute reported:

"What this lady does with her ELDI oils, none of us have managed to do with pain medication."

The importance of using ELDI oils for a cancer patient using the Budwig Protocol

If one is to judge by her available German books published after 1968, it appears that Dr. Budwig used ELDI oils in the treatment of all her cancer patients, at least in serious cases (which she perhaps had most of). Indeed ELDI oils were a central pillar of Dr. Budwig's treatment advice for severely ill cancer patients that were very weak and/or unable to eat. In 1968 she started also with ruby laser treatments (which nobody currently seems to offer any more). But considering that her treatment before the development of ELDI oils also showed success, it will give hope to those who are unable to buy or do not have the finances to buy ELDI oils. "ELDI oil R" costs (pr. 2014) € 36.90 for 500ml plus shipping, from the website www.sensei.de operated by Lothar Hirneise.

Tip: If you're waiting for your ELDI oil to arrive in the mail, good flaxseed oil can be used for external applications instead of ELDI oil until the package arrives. But flaxseed oil alone does not replace the ELDI oil that has many more ingredients and is carefully balanced to take away pain.

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Different types ELDI oils

There are seven types ELDI oils offered, "ELDI Oil R" is the most used and the least expensive.

Dr. Johanna Budwig's instructions for use of "ELDI Oil R" massage and wraps/packs:

• Use twice a day, usually morning and evening

• ELDI oil should be rubbed into the skin all over the body with increased intensity on the shoulders, armpits, chest and groin to access the lymphatic system

• Concentrate efforts in the area (s) where there is pain, such as breast, liver or stomach

• Allow the oil to sit on the skin for about 15-20 minutes

• After that, take a warm shower to open the pores of the skin so that ELDI oil can be absorbed deeper into the skin; do not use soap this time

• Rest for 15-20 minutes

• Take a new shower with a mild soap to clean away excess oil to prevent clothing or bedding being spotted

• Rest for 15-20 minutes.

(Information is from Healing Cancer Naturally © 2007 http://www.healingcancernaturally.com/)

Other types ELDI oils

The ELDI oils sold in small bottles of 95 ml are scented and like "ELDI Oil R", contain the polyunsaturated fatty acids (as well as vitamin E and other active substances). These are too expensive for use on the entire body. They can be used, for example as follows:

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- ELDI Oil (photoactive) just for the face
- ELDI Oil Rose to a woman's body (rose oil)
- ELDI Oil herb neu (herbal new) for a man's body (bitter herbal scent)
- ELDI Oil H-activ (H-active) only for chest (heart) etc.
- ELDI Oil balsamicum Salbei (balsamic sage) is for oil covers.

Guidelines ELDI oil cover:

Take a piece of cloth made of pure cotton. Cut it into the size that will fit the right body part, such as the knee. Add ELDI oil to the cotton fabric and place it on the knee. Cover the fabric with plastic and cover with an elastic bandage. Keep it on overnight. Remove next morning and wash the knee; repeat every night. One can follow the same procedure for several weeks. You can also use "ELDI Oil R" for these local applications.

Where to buy ELDI oils

The original supplier of ELDI oils globally was Mr. Bloching in Germany. He was Dr. Budwig’s companion over the last decades, and who provided all the products and books related to the Budwig Diet. He retired in December 2012. There are now a number of other providers in the United States and Europe which you can find by doing a search for ELDI oils on the internet.

The most recommended source ELDI oils are www.sensei.de/shop/ provided by Dr. Johanna Budwig's student Lothar Hirneise. The store that delivers internationally is currently available in German language, but will be translated into English. Payment is made (as of 2014) via "PayPal".

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Who came to Budwig to receive her form of treatment?

Dr. Budwig pointed out that more than half of those who came to her were doctors or family members of doctors. Her success in scientific research made her known in all continents. An important reason for this is not the least the translation of her books into many languages. Patients came to her from all over the world. In 1998 at the age of 90 she treated patients from Hawaii, USA, Africa, New Zealand, the Philippines, Hong Kong, Canada and from several other countries. Dr. Budwig got more and more support from doctors around the world. The greatest support for her research and treatment she received especially from Germans who had immigrated to other countries. She noticed that especially many German doctors who had immigrated to the United States understood why she was under pressure in Germany. She got a lot of positive feedback from them. Dr. Roehm in Florida was one of them. He was a cancer doctor (oncologist) and went public with the support of Dr. Budwig's research. (See the section "Continuation of Budwig's method among American physicians").

Economy

Dr. Budwig's patients would return to her with 3 or 4 week intervals. They paid 1000, - DM (German Marks) for the first visit and 1000, - DM (about 4000, - NOK pr. 2013) for the second and third visit. After that they paid nothing, and some patients return regularly for 10 years. Patients or their family could also call Dr. Budwig daily between 18:00 and 20:00. They could additionally receive information pr. fax.

For two years, Dr. Budwig told that she treated old and poor people without charging anything. Most Germans were usually economic independent the 1970s, 80s and 90s, and Dr. Budwig decided to charge payment from everyone to maintain her clinic. When a known politician from the Parliament or from the capital in Germany Bonn came with severe cancer, it was often conflict in the choice of treatment. Because of their "public sphere" they

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would choose “officially” to still be treated by their official doctor. Their doctor often promised to integrate Dr. Budwig's methods, but they had neither the knowledge nor the ability to understand the holistic (integrated) power of the Budwig Protocol.

Budwig’s Oil Protein Diet

For preparation of the Budwig Diet, the following three sets would be helpful:

1. An **electric coffee grinder** to grind the whole brown flaxseed. Flaxseed is an important part of the diet and freshly ground flaxseed is important because ground flaxseed can become rancid after 15 to 20 minutes.

2. A **hand held blender** to mix and bind flaxseed oil and low-fat quark together so that they become a creamy mixture that makes the oil water soluble. This allows your body to absorb the oil better. It is important to use a powerful electric mixer or blender.

3. A **vegetable and fruit juicer**. Any type is OK.

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The Transition diet

Dr. Budwig put a great emphasis on the transitional phase from a patient's normal diet and to the Budwig Diet. A patient, who drinks lots of coffee, must scale down on the coffee to avoid headaches and withdrawal symptoms. The same applies to sugars and carbohydrates in the form of processed foods.

Dr. Budwig recommended eating "soft" food during the transitional period which can vary from days to weeks. She pointed out the importance of chewing of food to activate digestive enzymes that help digest food.

Dr. Budwig underlines the importance of hot beverages such as green tea and herbal tea throughout the day and especially between meals.

One should include at least one meal with flaxseed oil every day and increase the dose slowly. If you experience side effects (detoxification), go one step back and maintain the previous amount until symptoms have improved or disappeared.

Body and mind must be given time to adjust to the new diet and new lifestyle consistent with what Dr. Budwig prescribed for sick people. Dietary abnormalities were most noticeable in very ill people with large imbalances in the body. As detoxification symptoms include headache, foul odor, coated tongue, thirst and various digestive changes (loose stool).

Dr. Budwig writes in her books that even very ill patients tolerated the transition diet. She followed the principle: The sicker the patient, the faster it is important to apply flaxseed oil. For patients with cancer of the liver, pancreas, stomach or gall bladder, she recommended a transition of just a few days.

To accustom the body flaxseed oil you can have a transition day and grind 250 grams of flaxseed, make fresh juice from fruit or vegetables and mix in

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the fresh ground flaxseed. This is also a tip for people who feel tired and need to recharge during the day. Dr. Budwig recommended especially juices from carrot, beet, celery and apple.

For very ill patients Dr. Budwig had three different proposals for transitional diet:

1. Porridge with fresh ground flaxseed every hour. In the "Oil - Protein Diet Cookbook" Dr. Budwig provides a variety of recipes on a thin porridge with flaxseed which she recommends for infants and very sick.

2. Oats Soup is easily digestible food for those who are sick, with freshly ground flaxseed 3 times daily.

3. Add 250g fresh ground flaxseed into juice for drinking throughout the day. Papaya or fresh pineapple juice is recommended as very important because these contain a lot of enzymes.

For all three variants of the transition diet, the following is additional:

• Hot drinks at least three times a day, such as green tea or herbal tea.

• sweetening only with natural honey. (Budwig recommended honey, but new research shows that cancer patients and sick people should not have sugar. Alternatively one can use Stevia is natural sweeteners, and stabilize blood sugar. Stevia is not part of the Budwig diet, but the author's own solution to sweeten food and drinks).

• After 1-3 days transition most patients are ready to follow the entire diet.

The Budwig Oil Protein Diet in detail

Here is a very detailed description of Budwig's Oil Protein Diet or "Protocol". In other American literature and on the internet it often described as FO / CC where FO is short for Flaxseed Oil and CC is short for Cottage Cheese. In

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America they do not have German quark and they use Cottage Cheese instead. Generally they mix each tablespoon of flaxseed oil with two or more tablespoons low-fat organic Cottage Cheese. Instead use cottage cheese you can use German Quark, kefir cheese, all with low fat content. The ratio between flaxseed oil and cottage cheese / quark should be about 1:2.

Always use cold-pressed refrigerated liquid flaxseed oil; find a good brand preferably in dark glass bottles. It is better to buy plain clear flaxseed oil than flaxseed oil mixed with hulls. Flax seed has lignans and lignans are in the hulls. The Budwig diet includes both flaxseed oil and flaxseed. Flaxseed oil and flaxseed should always be refrigerated. To get the benefit of all nutrients in the flaxseed, grind the seeds yourself in a coffee grinder. Freshly ground flaxseed must be eaten within 15-20 minutes because they go rancid easily in light and air. Rancid fats are harmful to the body. In Germany you can buy "Linomel" which is “pre-ground” flaxseed mixed and "preserved" with honey.

At the start of the day - an hour before breakfast - take a glass of raw sauerkraut juice (or homemade kefir). This has cancer-fighting benefits and contains probiotika (beneficial gut bacteria). Homemade sauerkraut is best to get the digestive enzymes as well as probiotika. Tips on how to make sauerkraut:

http://www.leeners.com/sauerkraut-video.html (Note: No sound)

To get sauerkraut juice, run the finished homemade pickled sauerkraut through your juicer.

You can also order raw sauerkraut juice at this link:

http://stores.commonhealthproducts.org/Detail.bok?no=26

Some pasteurized sauerkraut juices have lost their enzymes, but nevertheless lactic acid is important and helps with digestion. Biotta is a brand that is pasteurized, but is a high quality juice, with lactic acid and vitamins C and K.

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Biotta can be ordered online. A ½ litre (17 oz) bottle gives two or three servings.

Use this link. http://tinyurl.com/2karv2

Recipe for homemade sauerkraut

Homemade sauerkraut is not the same as sauerkraut from the store. Homemade sauerkraut is not cooked but fermented for some time. Homemade sauerkraut has no other additives than natural unrefined sea salt. The fermentation process develops beneficial bacteria, which is called probiotics. Probiotics strengthen the good and beneficial bacteria in our digestive tract. These bacteria are a major part of digestion and help to strengthen the immune system.

Recipe:

Cut the cabbage into 4 parts. Cut each piece of cabbage into thin slices with a sharp knife. Add ¼ of the thinly sliced green cabbage into a large ceramic or glass jar. Note the jar with a date so that you know when the sauerkraut was made. Add about 1 tsp. sea salt (without iodine) between each of the four layers of thinly sliced cabbage in the jar. Press down a lid with a suitable tool. Let the cabbage sit in the jar for ½ - 1 hour before pushing the lid down so that "cabbage juice or brine" comes out. The salt draws out the liquid (brine) of the cabbage and this liquid should cover the top of the jar.

Another way to get the liquid out of the cabbage is to have the entire sectioned jar into a large bowl and then mix in 2 tsp. with sea salt (without iodine). Knead the cabbage with your hands until the cabbage juice comes out. The cabbage mass will reduce in size, almost down to half. The pour the pickled cabbage in a jar and cover it with cabbage leaves or plastic. There should be a layer of juice/brine above the cabbage. Place something heavy on top to keep the lid down. You can use a plastic bag filled with water.

The cabbage begins to ferment after just one day. It can be used anytime, but it will not be “sourly” until after 2-3 weeks. The most commonly is to leave it between 6 weeks and 2 months. This depends on which flavour you prefer. The sauerkraut becomes more and more acidic the longer it is kept in

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warm room temperature. When you think it's done, put it in the fridge. The fermentation process stops when you keep it in a cool place. Good luck with your good and healthy fermented foods.

Other probiotics can also be recommended

Homemade kefir or homemade yogurt that is fermented for more than 24 hours contains beneficial bacteria. You can also purchase therapeutic probiotika from many different suppliers. These may be based on milk or vegetables. Alternatively, you can use organic kefir, preferably homemade with kefir grains. A therapeutic probiotika should contain a high number of bacteria and several types of bacteria like Acidofilus, Bifidus, etc.

BREAKFAST

Start with a cup of green tea or herbal tea (not black / brown tea). It provides warm fluid in the body that are required for the freshly ground flaxseed to swell up properly inside the intestine. It is indeed important. After drinking ¾ of the tea, add 1 teaspoon of turmeric. This helps to dampen inflammation in the body.

Green tea is a powerful antioxidant that helps the body protect against free radicals. Mike Adams writes about green tea on his website www.naturalnews.com

Researchers found something interesting in the more than 69 000 Chinese women that they followed for more than 10 years. Those who drank green tea at least three times per week were 14 percent less likely to develop cancer of the digestive system. Several previous studies have suggested that green tea helps prevent certain types of cancer, because green tea is a powerful antioxidant.

Drink green tea without sugar, you can add natural stevia for sweetening. For those who do not drink green tea, it can be replaced with green tea extract in capsules which can be bought in a health food store or online.

Dr. Budwig did not mention turmeric, but turmeric is called nature's chemotherapy and green tea enhances this effect. The last part of the cup of

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green tea can be mixed with a teaspoon of turmeric. It does not taste great, but think of it as a "medicine".

A number of researchers claim that turmeric or the active ingredient “curcuma”, in the daily diet can mitigate or cure inflammation in the body, and prevent cancer and other chronic diseases.

Then it is time to eat Budwig's Oil Protein mixture

The recipe of the Budwig mixture is below, but first some important information. Make enough for one meal, avoid storage. Eat immediately. Use organic foods if possible. Johanna Budwig's cookbook has varied recipes.

BASIC RECIPE BUDWIG PREPARATION:

Mix 3 tablespoons of flaxseed oil with 6 tablespoons low-fat quark with a handheld electric stick blender for up to a minute. If necessary, add 2 tablespoons low-fat milk.

Avoid adding water or juice when mixing flaxseed oil with low-fat quark. The mixture should be creamy with non-separated oil.

Then add:

Grind 2-4 tablespoons of whole brown flax seeds in an electric coffee grinder and grind to fine flour. Mix these into the "cream". Freshly ground flax seed should be eaten within 10-15 minutes, or they can become rancid (by light and air).

Then add a variety of fresh fruits, fresh or frozen berries. All types of berries contain cancer fighting agents (Ellagic acid). Add other fresh fruit if you like. The total amount should be approximately 2.5 ml of fruits.

If the mixture is too thick, add 1 or 2 tablespoons of fresh fruit juice (e.g. Dark grape, blueberry) or low-fat milk. Fresh fruit or freshly squeezed fruit juice is helpful. You can "mash" it all together with a hand held blender. On top of the mixture you can add organic raw nuts and seeds, such as:

• Walnuts

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- Brazil nuts (no peanuts)
- Sunflower seeds
- Chia seeds
- Pumpkin seed
- Sesame seed
- A little raw honey
- Pure vanilla
- Cinnamon
- Lemon juice

Try various fresh organic fruits and flavorings.

This recipe is one example of how flaxseed oil may be mixed with quark. If you do not want to use quark, you can use low-fat cottage cheese, or you can make yogurt cheese, kefir cheese, and fresh goat cheese. Plain yogurts do not have enough density of sulphur proteins and are therefore not "strong" enough. If you want to use natural yoghurt you must triple (3 times) the amount. You can also add vegetables / spices (like pumpkin, avocado) rather than sweet fruit.

As you can see from the chapter on recipes, that the Budwig mixture, which is the core of the Budwig Diet, is well described. It is very important to mix in the correct order. Quark and flaxseed oil should always be mixed first, so that there is a bonding between the sulphur protein in milk (quark) and the flaxseed oil. This process should be done with a hand held blender or something like a “Nutribullet” type blender. If you do not have any of these items, you must whip hard with a whisker for more than 1 minute until you cannot see any oil floating on the top. When the two are thoroughly mixed, the oil is made water-soluble. This makes it much easier for the body to absorb the essential fatty acids.

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The Budwig mixture can then be added freshly ground flax seeds, fruits and berries mixed in well, so that one gets a tasty cream. Pour the cream into a soup plate or bowl. On the top you can add cinnamon, fruit, berries and nuts. This is a tasty meal that will keep you feeling full for a long time.

If you are still hungry you can eat whole wheat bread made from whole grain flour (Ezekiel, sprouted grains, avoid corn/maize). On the bread is recommended cucumber, tomato, radishes, avocado or other raw vegetables. Almond butter can be used as something extra.

See the video on YouTube with Sandra Olson making the Budwig mixture: http://www.youtube.com/watch?v=RSoddptWL0s

MORNING

Freshly squeezed vegetable juice from carrots and / or beets, celery, lemon, apple and green vegetables - lettuce or spinach (carrot and beetroot juice is particularly useful for the liver). Vary with different vegetables.

Any juicer will do the job. There are many different types, but the most important thing is to start drinking fresh juice.

Freshly squeezed vegetable juices are concentrated nutrition and cancer patients are malnourished and in need of much nourishment. These concentrated nutrients are the building blocks of vitamins and minerals and other substances that the body and the immune system needs. You cannot eat that many vegetables, therefore vegetable juice a good solution. Most ill cancer patients have a poor appetite. Drinking nutrients are much easier and freshly squeezed vegetable juices are nutrient dens and easily absorbed into the body. It does not require much energy for digestion. Vegetable juices are also very alkaline and help to excrete acid and other waste products of the organism. Vegetable Juice helps balance the body's pH (acid-alkaline balance). The juice helps digestion because it is full of useful enzymes and antioxidants.

Raw vegetables have substances in them that prevents the growth of new blood vessels to the tumors in the body (angiogenesis, induction of blood vessel growth (e.g., tumor)). Vegetables and vegetable juices prevent the

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tumors from growing stronger, but strengthen the body and the immune system.

You can make juice from:

- Carrots
- Celery
- Apple
- Beets
- Cucumber
- Green vegetables
- Lemon, Lime
- Cabbage
- Etc.

Go out into the sunshine

Dr. Budwig emphasized that being in sunlight is very healthy, the sun provides for the production of vitamin D when the skin is exposed to sunlight (bare skin without sunscreen). Avoid getting burned and avoid sunscreen and sunglasses. It is difficult to give a general recommendation in time for sun exposure. It depends on where you are geographically, season and metabolism. Sunlight is essential for the body, there is no doubt about that. The Budwig Diet will gradually make you skin tolerate more sun.

The naturally production of vitamin D, requires that the sun is high enough in the sky and that you live in a place that has lots of sunshine. Sunscreen on the skin blocks the production of vitamin D. It is therefore recommended that you wait 15-20 minutes before you use any sunscreen or put cloths on for protection. It is recommended to expose yourself to the sun when it is highest in the Nordic countries, while closer to the equator it is the morning and the evening sun that is recommended.

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In winter, when the sun is not warm or strong enough to stimulate the production of vitamin D, it is recommended to take supplements of vitamin D3 (1000 IU) and vitamin K2 (200 mcg) that work in synergy with vitamin D. (Ref. Mercola.com)

Since the early 2000s, it is published about 34,000 scientific studies that clearly emphasize the importance of vitamin D, and by the end of 2012 it is over 800 references on the effects of vitamin D in prevention and combating cancer in the medical literature.

From Naturalnews.com you can be read references from different studies. Here is an example:

Exciting new research conducted by "Creighton University School of Medicine" in Nebraska, USA has revealed that supplements of vitamin D and calcium may reduce the risk of cancer with astonishing 77 percent. This includes breast cancer, colon cancer, skin cancer and other cancers. This research provides strong evidence that vitamin D is one of the most effective "medication" for cancer and have far better effects than other cancer drugs developed by modern science.
(http://www.naturalnews.com/021892_vitamin_D_American_Cancer_Society.html)

The body's level of vitamin D must be measured in the blood.

For your skin to tolerate more sun it needs:

- Antioxidants from vegetables with colors
- Plant nutrients
- Essential fatty acids (Balanced Omega-3 and Omega-6)
- An alkaline pH of about 7.4 or above

EXERCISE

If you feel strong enough for some exercise, it is important to customize it according to your strength. Do not overdo it! Dr. Budwig said the following about exercise: "Often yoga or exercise is very important, but sometimes

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patients should not exercise." Dr. Budwig would never allow a cancer patient with metastasis (full spread) to jog, bike, or practicing hard yoga. The body must relax and rest.

Exercise is always important for your health. Exercise triggers circulation and helps the lymph getting rid of waste products. Exercise also helps digestion. The muscles are an important part of the body's immune system. A form of exercise that is beneficial for most people is a trampoline (or a mini trampoline), because it helps the lymphatic system to cleanse the body and promotes better drainage. Only a few minutes to 10 minutes are enough and the 10 minutes can be spread throughout the day by jumping several times daily.

Swimming is recommended for those who have the chance. One should choose comfortable exercise. If, however, the patient is very ill and weak, it is not recommended to make any effort for the body. Rather than exercise it is recommended to take relaxing walks in fresh air, or get a massage that increases circulation.

It is also recommended to take baths with Epsom Salt for example (English salt) which is invigorating and detoxifying.

It is important to move the body, if not all functions are stagnating.

BEFORE LUNCH

Drink a cup of hot green tea or herbal tea. Use natural Stevia (or a little organic honey to sweeten if desired - no sugar).

Also proposed is a tablespoon of whole flax seeds, freshly ground in a glass of champagne, known to aid digestion and absorption. This is especially recommended for those with brain cancer (Dr. Budwig 1999). The idea behind this is that alcohol is concentrated sugar that cancer cells love. When you mix Champagne with freshly ground flaxseed the "sugar alcohol" brings the flax seed with its cancer fighting property directly to the cancer cells. The cancer cells are then "tricked" to receive nutrients that kill them. Flaxseed has plant chemicals both in the shell and the core that fights cancer.

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LUNCH

Raw vegetable salad with various homemade salad dressings that can include one or more tablespoons flaxseed oil mixed with one or two tablespoons organic low fat quark plus a tablespoon of organic apple cider vinegar or lemon juice and spices. Or, for sweeter dressing, try flax seed oil/quark and grape, orange, apple or other juices. You can vary the salad dressings (from "Oil-Protein Diet Cookbook"). See also recipes later in the book.

The body can digest one or two tablespoons of flaxseed oil without quark. Avoid commercial salad dressings. Pumpkin oil can also be used with flaxseed oil. Experiment with spices or honey for variety.

If still hungry, make baked or steamed vegetables and wholegrain rice or buckwheat (See "DINNER").

Dr. Budwig recommended mainly eating vegetables. Vegetables in their fresh natural form contain most nutrients, but can sometimes be hard to digest for sick people. Then vegetable juice is the solution. If you steam cook vegetables you retain more of the nutrient than if you boil vegetables in water. Choose organic (unsprayed) vegetables that are better for your health. Pesticides inhibit digestion and the immune system. Our good intestinal bacteria can be damaged by pesticides. Organic vegetables normally have a higher density of nutrients.

There is no limit to the amount of vegetables you can eat. Eat as much as you want! Wash fruits and vegetables with warm water and soap (if not organic). Thus, one can get rid of some of the pesticides. It's not enough to just rinse fruit in cold water. Pesticides are not water soluble, because then the farmer had to spray after every time it rained.

You can try a bunch of grapes. Pour warm water with dishwashing soap in a bowl and mix. Keep the grape in the water and rinse it thoroughly in the bowl. Look at the coating that remains in the bowl afterwards.

Waxed vegetables are difficult to wash clean, they must be peeled. Vegetables that have grown above the ground you should eat a lot of. All vegetables with green leaves such as parsley, coriander, spinach, rocket, kale and salads of all kinds are good for you. Salads and raw vegetables are fine additions to any meal or as a "snack" between meals.

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LUNCH DESSERT: It is important to have a daily serving number two of Budwig's Oil Protein mixture with varied fresh fruit and berries (organic if possible). Again, use 3 tablespoons of flaxseed oil and 6 tablespoons quark with fresh fruit but NO flaxseed this time. If there is trouble digesting this amount of oil, start with small amounts and increase it slowly. Chew well to improve digestion. Digestion of food begins in the mouth during saliva secretion. Try and eat meals in a peaceful and quiet atmosphere. Rest is important.

Budwig desserts are based on the basic recipe of the Budwig Diet mixture. Here's a reminder:

Mix low-fat quark with flaxseed oil. Then mix in some organic honey, berries and fruit. At the top you can choose what you like of most fruit, berries, cinnamon, nuts and seeds.

It is important to avoid all forms of sugar and anything containing sugar. Cancer cells have many more sugar receptors than normal cells and is strengthen and growing when given sugar and sugary carbohydrates. Cancer Doctors know this because they use radioactive glucose (sugar) in each PET scan they make. The patient is given radioactive glucose (sugar) that is absorbed by cancer cells that lights up on the PET scan.

Sugar also makes the body very acidic (low pH) and cancer and other diseases thrive in such an environment. A neutral or alkaline environment is much healthier.

Instead of sugar, use Stevia, a plant that is naturally sweet without affecting the blood sugar or "feed" cancer cells. Organic honey has many healing substances and is seen as a superfood because of all the good nutrients. Organic honey is a natural product without any additives. Honey from the store can have added sugar or fructose syrup. Read the label and make sure you buy honey of good quality. Honey of good quality costs more and often available at the health food stores.

In the afternoon

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Two tablespoons of whole flax seeds, freshly ground, stirred into a glass of sparkling wine or champagne or a tablespoon of flax seed, ground and stirred into a glass of fruit juice like grape, cherry or pineapple.

Chew the ground flaxseed good for better digestion.

RELAX, in sunlight if possible, to relieve stress. Clear your mind of worries, anxiety or fear. Focus on nature, music, talk, laugh, or what pleases you.

Think good thoughts about yourself and others. Dr. Budwig said that relief of stress is extremely important. Many research studies support this idea.

It is often individually what reduces stress. Some just want peace and quiet around them, while others learn yoga and meditation. To walk in fresh air, preferably in nature, in the woods or by the water, is known to reduce stress in most people.

Stress is most visible in the stomach and colon because of the link between emotions and the metabolism. Stress can actually damage the surface layer inside the intestine throughout the digestive tract, which can cause swelling in some places, inflammation and minor bleeding.

Not surprisingly, these changes have different effects on gut health and intestinal flora, depending on the bacterial culture that is dominant in such a damaged area. "Bad" bacteria can produce various "toxic" chemicals that can pass through the now broken or damaged mucus layer in the gut and directly into the bloodstream. This can result in allergic reactions and inflammation. It will probably also get an immune defense reaction in the different phases of such inflammation. Stress is therefore a must to reduce or remove altogether if you want to recover and not least retain a good and healthy intestinal flora. Methods such as breathing exercises, relaxation, meditation and visualization techniques may help to reduce or eliminate stress. It may involve changes in lifestyle, make room for stress relief and find a balance between high expectations and requirements and the ability to "recharge the batteries" before being drained and destroyed.

Everyone who has bad gut flora, indigestion or constipation should check which parts of your life that can be changed to reduce stress. Food allergies stress the body and it should be checked out carefully. In addition, one should take supplements of good intestinal bacteria (probiotics like Acidophilus, Bifidus, etc.) And do stress-reducing measures as appropriate.

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What is proven is that our mind has a direct \ and controlling influence on almost all aspects of the immune system. Indirectly, the entire digestive system is affected, especially all our intestinal flora. In addition to taking supplements of Acidophilus and Bifidus you can increase the good intestinal bacteria by eating natural yogurt or kefir (which is fermented). The food that provides the best possible environment for the good intestinal bacteria are fresh vegetables, beans and lentils, seeds, nuts and whole grains and fermented milk products (natural yogurt and kefir) and fermented foods.

This suggests that a macrobiotic lacto-vegetarian diet can create the best conditions for the good intestinal flora to thrive and thereby create good health.

Late afternoon

Take one tablespoon of whole flax seeds, ground and mixed in blueberries, pineapple or papaya juice. Both papaya and pineapple contain digestive enzymes if they are fresh. Most "store bought juices" of papaya and pineapple have no enzymes, but still valuable nutrients if they are without sugar or artificial sweeteners. If you are making your own juice, drink it immediately after preparation before the enzymes are destroyed by air and light. It is preferable to consume as many natural enzymes as possible (and electrons from flax seeds and oils). (Note: Instead of the fruit juice, one can make vegetable juice as described earlier).

If you make fruit juice yourself, you get naturally fresh-squeezed fruit juice without sugar, additives and preservatives. It always tastes better than what you can buy in the store, because the store bought juice always contains additives and preservatives. Also, you never know the quality of the fruit that is used. It may even contain traces of moldy substances that are harmful to the body. A cancer patient normally has a sensitive and weak immune system and therefore should stay away from preservatives and other artificial additives, such as artificial sweeteners, mildew and fungi that Dr. Budwig call energy thieves. If you have a juicer, you can squeeze all kinds of fruits and bland many tasty combinations. It must be experienced!

You can also create so-called fruit "smoothies" in a blender or with a hand held blender. Then you get the whole fruit and thus the fiber. A "Smoothie" is more powerful, but tastes very good. One can also create the Budwig

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mixture in a "smoothie". Mix fat free quark and flaxseed oil in a blender. Then add the desired fruit and possible a bit of water if it becomes too thick. Berries also provide great taste.

Another idea is to make homemade almond milk and then add fruit or berries.

Fresh Papaya is not always easy to find. It depends on the season if not the stores will sell it. You can often find Papaya in so-called "immigrant shops" and Asian stores.

Papaya contains large amounts of the digestive enzyme "papain" which is especially important for the stomach, intestine and pancreas.

According to the "Memorial Sloan-Kettering Cancer Center" in the United States, "papain" seems to support the immune system during cancer treatment.

Fresh pineapple contains a lot of the digestive enzyme "bromelain" which works the same way as "papain" in papaya. Pineapple is much sweeter than papaya and is preferred by most people. The enzymes in this fruit relieve te digestive system and helps cleanse the body.

It is this power that makes sure we live, and which controls all of our vital functions such as the pH balance and structure of proteins etc..

DINNER

Eat vegetable soup or various vegetables and starchy foods, well spiced. Add Oleolux (recipe later) and nutritional yeast after cooking. Nutritional yeast contains essential B-vitamins that increase energy and mood. Choice of cooked starchy foods can be for example - buckwheat (Budwig's first choice and highly nutritious), millet, brown rice, lentils, beans, peas, yams and potatoes.

Steam the vegetables like kale, tomatoes, spinach, beets, carrots, Swiss chard, cabbage, Brussels sprouts, broccoli, onions, artichokes, asparagus, peppers, green beans, etc. In addition, use healthy spices like cayenne pepper, paprika, turmeric, fresh herbs and unrefined natural sea salt, not refined table salt.

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Dr. Budwig did not allow refined white rice, but she recommended brown, red and black whole grain rice or wild rice. These are all natural type of rice with fiber. Long cooking time is a sign of good rice. Dr. Budwig also used buckwheat for dinner or buckwheat porridge. Buckwheat can be hard to digest and therefore must be rinsed, boiled, rinsed, change the water and boil again.

After steaming, add homemade Oleolux to add more nutrition and better taste. Also use Oleolux instead of butter or spread on bread from whole or sprouted grain, homemade or Ezekiel Bread. Oleolux can also be used as a sauce over steamed vegetables.

Oleolux recipe:

1 onion

250 g coconut oil

Finely chop the onion and fry it in coconut oil for about 15 minutes

Add 10 cloves of garlic and warm for 3 minutes

Drain off the oil and refrigerate for 30 minutes

Mix with 125 ml flaxseed oil

Store in a glass jar in the fridge.

EVENING

A glass of organic wine if desired.

The Oil protein Diet can be varied with recipes from Dr. Budwig's book "The Oil-Protein Diet Cookbook," which sold at online bookseller like Amazon and the Barlean websites for about $ 10 - plus shipping. See also recipes in the back of this book.

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THE FOLLOWING IS VERY IMPORTANT:

Dr. Budwig stressed that we should;

• Avoid unhealthy foods and substances like hydrogenated fats, trans-fatty acids, animal fat (except cheese).

• Avoid butter, sugar, flour, preservatives, processed foods, junk foods, pesticides and all chemicals.

• Also avoid chemicals from household products and from personal hygiene products and cosmetics.

• Drink pure, filtered water if possible. Avoid chlorine, fluoride and bromide.

• Use glass and wood instead of plastic in the kitchen.

• Boil in Dutch oven and not aluminum.

• Prioritize the use of natural substances and avoid the synthetic.

Avoid leftovers - food should be prepared fresh and eaten soon after preparation to maximize intake of health-giving electrons and enzymes. Use natural and fresh ingredients.

Drink hot green tea or herbal tea, unsweetened or sweetened only with Stevia or natural honey, 3 times daily. This helps to cleanse the body.

Stress is harmful. Avoid and reduce stress and situations that provide stress; Take the time to relax and enjoy yourself, every day. Listen to beautiful music, laugh, breathe deeply, be in touch with nature, and spend time with people you like. Eliminate anger and sadness through EFT (Emotional Freedom Technique), use counseling or coaching, support group or a breakout method for letting go of stress, such as meditation.

Instead of drugs and pain medications used Dr. Budwig ELDI oils that she developed for external use. Dr. Budwig used ELDI oil on most of her patients.

Dr. Budwig did not include drugs or supplements in her treatment. In the book that she wrote in 1999, she spoke negatively about drugs. She recommended that patients stepped down their use of medication under a

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doctor's supervision. It is important to always consult a doctor in such cases. Flax seed oil is known to thin the blood, so be careful not to use blood thinners, including aspirin (and similar) at the same time. It can be a detrimental combination. Some supplements, especially high amounts of artificial antioxidants, may interfere with the effect of how the diet works. The same can happen with some drugs and treatments such as chemotherapy and radiation, cortisone, hormone drugs and painkillers.

Dr. Budwig also warned against the dangers of oxygen therapy for cancer patients and said that the affected cells are unable to absorb oxygen, but are cured by the Budwig Diet.

The foods that are in the Budwig Diet, gives the body what it needs daily to help stop cancer. Dr. Budwig insisted that you should follow the diet strictly for about three years (individually). You can never stop eating these foods for more than a few days during the three years. You cannot regularly eat harmful foods or supplements. This could allow the cancer to come back. This has unfortunately happened to some people who stopped the Budwig Diet too soon.

Take care of your teeth. If you have hidden infections, amalgam or bad root canals, they may interfere with the progress of your health and with the Budwig Diet.

When you are sick your immune system is overloaded. The immune system is sensitive to chemicals from everything that surrounds us. It may therefore help to prevent contact to chemicals you normally are in contact with. Replace them with more natural products. Start with personal care products such as soap, shampoo, creams, deodorants, toothpaste, perfumes and cosmetics. Furthermore, avoid or replace detergents in the house, washing and chemicals for the garden and the car. Remove as many chemicals as possible out of the house. Build an environment that does not burden your health.

Amalgam fillings in teeth can be a huge burden on the body. Take a trip to the dentist and cleaning up old l fillings.

Some examples of harmful chemicals from the book "Gut and Psychology Syndrome" by Dr. Campbell-McBride:

• Talc is connected to genital cancer

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- Sodium Laurel Sulphate (SLS) in shampoo and soap
- Fluoride in toothpaste
- Aluminum in deodorant
- Lanolin is often contaminated with DDT and other carcinogenic agents
- Saccharin, aspartame and other artificial sweeteners are carcinogenic
- Formaldehyde is toxic and carcinogenic
- Propylene Glycol is a carcinogen (in cereals, muffins, etc..)
- Lead and aluminum in cosmetics

For the preparation of the Budwig diet, the following three things can be helpful:

1. An electric coffee grinder to grind the whole brown flaxseed. Flaxseed is an important part of the diet and freshly ground flaxseed is important because ground flax seeds can become rancid after 15 to 20 minutes.

2. A hand held blender to mix and bind flaxseed oil and low-fat cottage cheese / quark together so that they become a creamy blend that makes the oil water soluble. This allows your body to absorb the oil better. It is important to use a slightly powerful electric mixer or blender.

3. A vegetable Juicer. Any type.

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Budwig's Oil Protein Diet: Summary

1. First thing in the morning - raw sauerkraut juice (Probiotika)
2. Just before breakfast - green tea or herbal tea with 1 tsp Turmeric / Curcumin
3. Breakfast - Flaxseed Oil & low-fat cottage cheese / quark + freshly ground flaxseed + berry + fruit + raw nuts + honey + 2 tbsp. milk if needed for thinning. Afterwards, if hungry, gluten free whole grain bread, raw vegetables (tomatoes, peppers, cucumber)
4. SUNLIGHT - is important for several functions in the body
5. EXCERSISE outside if you feel strong enough (walking is good)
6. Noon - Homemade Vegetable Juice (carrots, beets or green vegetables)
7. Before lunch - freshly ground flaxseed in champagne or green tea
8. Lunch - raw vegetables, salad or cooked vegetables + Budwig dressing
9. Lunch Dessert - Flaxseed Oil & low-fat cottage cheese / quark. Fruits, berries, raw nuts, honey
10. In the afternoon - 2 tbsp. freshly ground flaxseed in fruit juice
11. SUNLIGHT - Stress Reduction / Relaxation exercises
12. Late afternoon - Fresh papaya or pineapple juice 2 tbsp. freshly ground flaxseed
13. Dinner - rice, corn alone or vegetables and starchy foods such as buckwheat with Oleolux, nutritional yeast and spices
14. Night - hot green tea or herbal tea
15. Use ELDI oils or flaxseed oil to rub on the skin or as an enema if necessary
16. Avoid; all chemicals, harmful fats, meat / eggs / fish, sugar, most supplements, ozone treatments, dental infections and medication if possible

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Who should not use the Budwig Oil Protein Diet

It is important to understand what impact the Oil Protein Diet has on your metabolism. Taking flaxseed oil and flaxseeds thins the blood. This may affect the use of blood pressure medication. The dose should therefore be regulated in collaboration with a physician. Those already using blood thinning medications need to be careful with flaxseed oil and collaborate with their doctor. Those with reduced "blood clotting" function must also be careful. In cancer, the problem is usually too much "clogging".

For those who decide to undergo chemotherapy, the combination with the Budwig diet will not work. These two treatments are conflicting and should not be used simultaneously. The Budwig diet stimulates the natural dynamics of the cell cycle (cell growth and cell death naturally), while chemotherapy is cytostatic i.e. chemotherapy inhibits the cell cycle. If these treatments are combined, the two treatments counteract each other and thus have no positive effect for the patient.

If a person has to be operated, he must stop the intake of flaxseed oil in good time before the surgery to avoid excessive bleeding during the surgery. The same applies to pregnant women who will give birth and where there is a risk of bleeding. Because flaxseed oil thins the blood one must take precautions in certain situations and collaborate with a physician.

Dr. Johanna Budwig's important scientific discoveries and insights that are based on these discoveries

New facts and conclusions

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In the book "CANCER - The Problem And The Solution," Dr. Budwig writes about her ideas around the facts that she has read in books and scientific research reports and the conclusions these authors have come to in relation to her own research and ideas. She writes the following;

1. Dr. Budwig's ideas in 1949: It must be possible to produce verifications for the chemistry of fatty acids. The Dutch chemist January Boldingh asked questions about this in his research on fats. Dr. Budwig succeeded in finding these sensitive and specific verifications chemistry of fatty acids.

2. The long desirable and necessary differential reaction for example between oleic and linoleic acid were successful.

3. The paper chromatography method for fatty acids that Dr. Budwig developed together with Professor Kaufmann (1949, 1950, 1951) spread rapidly and worldwide through publications, on congresses, in the journal "Fette und Seifen" now called "European Journal of Lipid Science and Technology. It was also known by several professors and doctoral students, where the use of this method became widespread. Dr. Budwig developed control of atmosphere in closed systems using gas systems which act as antioxidants. It was also developed separation of dyes and the effects of fat and fatty acids. Behavior and reaction were studied in blue light, red light and fluorescent dyes. Dr Budwig detected as the electrical response associated with the unsaturated fatty acids with their "halogen" using red rhodamine dye.

4. The impetus to start investigations of blood fat came from, inter alia, from the work of Nonnenbruck and the missing verifications of blood fat that has a delicate and sensitive effect in medicine (1951).

Further works:

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5. Using paper chromatography for investigation of blood lipids (published in 1952) caused a sensation immediately. The cancer problem was brought into the light. Fatty substances (for example margarine) which were obtained chemically to extend shelf life, which applies to all trans fatty acids, proved to be inhibitory to the metabolism. The publication of this study created resistance.

6. The resistance continued after the publication of the aforementioned study (March 1952) had done that Dr. Budwig performed a very thorough work to substantiate the importance of these findings.

7. What Dr. Budwig had published was proved:

a. Linoleic acid or flaxseed oil (fatty acids) supplies the second pair in the "autoxydable" system in a living cell, which has been sought and researched by various branches of science.

b. By incorporating the physical chemistry of B. Eistert, Budwig immediately got ideas when it came to the synergy between proteins from the "sulfhydryl" group with pi electrons from the polyunsaturated fatty acids and their importance for the formation of "lipoteides" and the hydrogen bridge between fat and protein. This represents the only path for quickly and focused transport of electrons in the biological system. Based on this, Dr. Budwig had success with the use of laser radiation in the treatment of cancer patients for the first time.

c. This electron, comprised of photons of sunlight for example photosynthesis in plants, are also shown - on the threshold between light and matter - the electron systems of the moving electron clouds that can be detached from matter as well as in pi-electrons from the polyunsaturated fatty acids. This electron is made up of photons from sunlight is demonstrated by the resonance capacity of the sun as the human body needs for its vital function: Respiration, growth, proliferation, neural function, secretion and secretion, accumulation and degradation of the cells. There are no animals whose brain is so developed, and that dependant on the absorption, storage and reactivation of solar energy as humans (see "Photo effect" according to Einstein's physics and relativity learn). All vital

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functions in humans are affected by this. Dr. Budwig's turning point in cancer research and evidence for a successful cancer treatment is just one aspect of a much larger picture.

These are 7 points that Dr. Budwig reflected upon in her findings including cancer research and in her desire to get the traditional cancer research into this path. She looked for solutions from her own research on fatty acids and in the context of quantum physics.

Furthermore Dr. Budwig reflects on some of her inspirations and theories that her findings are based on of recognized research. Here is the list of her 7 inspirations within theoretical physics:

Findings in theoretical physics:

1. In 1900 Max Planck renowned what is called the "Planck constant", the universal natural constant quant of all radiation, heat and black radiation.

"Planck constant (symbol h) is a physical constant that characterizes a quant or a small size of quantum mechanics, where it is very widespread and is used for example in the fundamental defocusing relationship.

The constant is named after Max Planck who introduced it in 1900 to explain the properties of heat radiation. He showed that the radiation with frequency v could only increase or decrease in small, discrete amounts where h was a new size was soon called Planck constant. Although he called the constant for the elementary effect quantity as it had the same dimension as effect in classical mechanics. This description of black radiation was revolutionary because it previously had always been believed that all properties of electromagnetic radiation were continuous.

A few years later, Albert Einstein showed that the same radiation has characteristics that it is comprised of energy quantum or photons. A photon with frequency v has energy E = hv. Einstein used this insight in 1905 to explain the properties of the photoelectric effect, which he later received the Nobel Prize in Physics for."

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(Source Wikipedia)

2. Albert Einstein discovered and proved quantum of light: photon, quantum of light is always associated with electromagnetic fields. The field is crucial for all exchange of energy. Einstein proved the following lab effect: By irradiating a metal plate, for example, there is an exchange of energy in accordance with the frequency of the incoming energy, ie in accordance with the quality, not the amount of radiation. According to this quantum of light, space and time dragged into relativity, but not electric charge and entropy.

3. In 1924, nobles Luis de Broglie proved the mathematical radiation capacity of all mass, phase waves, duality of light photon, always particle matter and simultaneously the cleanest wave. He applied with success this complementarity, the photons two faces of the electron and thereby created quantum mechanics.

"Louis de Broglie (7th duc de Broglie, 1892-1987) was a French physicist who gave fundamental contributions to modern quantum theory. In 1929 he was awarded the Nobel Prize in physics for the discovery of the electron wave nature. He was concerned by the ideas of Einstein describing light as both electromagnetic waves and quantum of light or photons.

During the 1800s had emerged an understanding that light was an electromagnetic wave while electrons were of particle nature. After Einstein in 1905 put forward his theory of the photoelectric effect, it became clear that light has both wave and particle properties. "

(Source Wikipedia)

4. Niels Bohr had described complementarity of the electron in hydrogen, with its volatile quantum change of energy levels.

5. K. W. Ford, nuclear physicist, provides a fascinating description of the outstanding role he assigned photons of sunlight, where the electron is not a "complete inanimate object". The condition of the large orders "with color

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and intrinsic activity", the recurrent motif that also controls our world, going from relativity (Einstein) to quantum mechanics (Louis de Broglie), and further to the world of elementary particles which are underpinned by K.W. Ford . These three scientists also stressed that state in connection with the creation, which maintains order through "the gentle fabric of wave fields" over the chaos of a probability.

6. Only radiation from the artificial radio isotopes (K. Ford) with their positions is able to neutralize photons and electrons in their charge. This promotes entropy and death.

7. Friedrich Dessauer observed in his studies on radiation, as described in "Quantum Biology", how important the "right rays" are for the energy depot of man. The role of the "big molecule" remained important to him, but unknown.

After Dr. Budwig has listed her inspirations, she reflects on her own findings in this context.

Johanna Budwig's own findings

Dr. Budwig was fascinated with the wonderful role photons in the solar energy as has also been taken up in food and gives us the resonance absorption of solar energy. The mild wave field of photons is indispensable for all energy exchanges in the important functions in man. The exchange between light and matter in photons and electrons concordant is a central component of the essential features of man for all energy reserves and adjustments in accordance with the theory of relativity. It is also an important part in the prevention of disease.

Hydrogen plays a crucial role as the lightest atom among energy and matter, in the hydrogen bridge, the lipoproteins, the bridge between fat and protein, as anti-entropy factor. It plays a role as life-enhancing and provides the

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ability to absorb hydrogen quantum, lead it and releasing it, which is important in this process.

The rays used in official allopathic medicine (radiotherapy), with synthetically produced radioisotopes, works against this life process. They break down existing energy saving, destroying the mild substance of the magnetic fields (spin of electrons) that are indispensable for energy transport in man.

Dr. Budwig was able to demonstrate this in practice for 20 years and what serious damages done on cancer patients who were treated with radiotherapy and that were completely reduced in vital function. This can be restored by returning the necessary solar electron systems.

Where quantum rules comply with ultra light photons, where pilot wave is governed by duality waves / particles of sunlight, it is important to overcome the chaos that has been initiated in cancer patient. Control elements of the vital functions of man in his individuality, delivered in the wave of solar energy.

Important foundations for theoretical physics and its biological quantum biology were obtained from these books:

Author: Titles:

- K. W. Ford The World of Elementary Particles
- T. Thunberg The Biological Significance of the Sulfhydryl Group (1911) and the treatment by Torsten Thunberg in the manual form B. Flaschenträger vol.1 (1951)
- Ivar Bang Chemistry and Biochemistry of lipids (1911)
- Otto Warburg On the Metabolism of tumors (1926)
- Louis de Broglie Light and Matter (1949)
- Physics and Microphysics (1950)
- Albert Einstein Quantum Law of Emissions and Absorption of light, and on the meaning of the field in the movement of light
- Fr. Dessauer Quantum Biologie Issue 1954

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Dr. Budwig's justification for wanting to change the direction of current cancer research

1. New directions in fat analysis

Dr. Budwig opened new avenues for analyzing fat through the development of paper chromatography for fats (1950). This means that for the first time, fats, fatty acids and lipoproteins directly detected, and in very small quantities, and thus they could be characterized and evaluated in terms of microanalysis. For example, using "Co 60", she succeeded in producing the first differentiation reaction between oil and linolenic acid, and via radio iodine (radioactive iodine), she produced the first direct iodine value. Original studies in this area was published in "Fette und Seifen" now called "European Journal of Lipid Science and Technology." Assemblies are also "Photo elements of life" (1979) and "Das Fat Syndrome" (1959) and in "The elementary function of respiration in their relationship with autoxydable nutrients" (The elementary function of respiration in its relationship two autoxydable nutrients).

The presence and the harmful effects of polymerized fat from polyunsaturated fatty acids in "polyoljer" were detected and confirmed in animal experiments (1951). Correspondence in this regard with "Food and Health Minister" (in Germany) is available as a separate publication (1952).

2. New biological findings about PUFAs rich in pi electrons in lipids

Dr. Budwig was the first who recognized and proved the significance of cis linoleic acid in the function of the respiratory enzymes. Linoleic acid as a partner to the sulfhydryl group as the creator of lipoproteins were recognized, proven and discussed in its basic important effect for all vital functions (1952). Dr. Budwig discussed the electromotive function of pi electrons in the polyunsaturated linoleic acid in the lipid membrane in the

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microstructure of protoplasm of all nerve functions, secretion, mitosis, and degradation of the cells in this context.

Thorsten Thunberg wrote in 1951 in the manual ("B. Flaschenträger"): Here the whole issue of medical research peaked "to find the great unknown", the second pair of the sulfhydryl group in the autozydable system in the cell. Linolenic acid proved to be this "great unknown".

In an attempt and re-stimulate oxidation, which were suppressed due to tumor growth, O. Warburg had believed that a fatty acid had a role in this process. He tried to achieve this with butyric acid or coconut oil, but he failed. He did not want to interpret this as an "unexpected setback". Dr. Budwig used polyunsaturated cis-linoleic acid, rich in pi-electrons that the decisive factor. The oxidation process was thus normalized.

This applies to the lipid membrane of all cells. It was confirmed and photographic registered (recorded in 1953) for lipid membrane of erythrocytes. This is what is lacking in cases of cancer disease, lipid membrane and its electromotive power / force.

Ivar Bang 1869 - 1918 (Norwegian medicine chemist) who did extensive work on the importance of lipid membrane (1911) wrote that it could be a fatty acid that plays a crucial role. This is something that is autoxydable, something that is sensitive to light. "It's not oleic acid" Ivar Bang pointed out. While he considered the totality of lipid membrane to be essential for all vital functions, he combines this etiological with occurrence and overcoming carcinomas (1911). What was missing was a confirmation method for linolenic acid. (Dr. Budwig found the confirmation method through the invention of the paper chromatography method for fatty acids in 1952).

Hans von Euler-Chelpin, Stockholm mentioned in 1949 the "separation of fat" as the common denominator for all types of tumors, where there normally are no lipids present. For example, the function of the polyunsaturated fatty acids partner the sulfhydryl group also overcomes the excretion of fat in the blood!

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Hans von Euler-Chelpin received the Nobel Prize in Chemistry in 1929 jointly with Arthur Harden. They received the award for their research on cell fermentation of sugar and fermentative enzymes.

AI Virtanen (Helsinki, Finland) agreed with Dr. Budwig's comments during a speech in Basel, Switzerland in 1952. He stated that he had observed that increased accumulation of fat in the cell is one criterion for the inactivity of the lipid cell function. It had a noticeable effect limiting all the research on lipids and lipoproteins, that a detection method for polyunsaturated linoleic did not exist before 1952. (Dr. Budwig's paper chromatography method for fatty acids.)

Dr. Budwig writes in the book Cancer - The Problem and The Solution:

"My application of the new analysis method for examining blood lipids in the initial stage in a drop of blood on paper, led to an important method of detecting cancer, also for tumor formation in its initial phase. This phase could not yet be detected by X-ray (in this regard see the article published in 1952 in "Fette und Seifen" now called "European Journal of Lipid Science and Technology", as well as Fig. In "Das Fat Syndrome" 1959 Table II Fig. C , d, e).

Experiments on cytochrome revealed something that is positive for cancer by gamma amounts of linoleic acid revealed that 1 / 1000mg linoleic fatty acid added a drop of blood inhibits criteria typical of cancer. Until today, these verifications of cancer is still safer and easier than radiological verifications. (Ref. Current PET Scan).

In 1953, Dr. Budwig undertook the localization of this is finding in natural blood with a 2-phase contrast microscope. This was done with healthy individuals and sick individuals who both spent Oil Protein Diet. "

Brief summary of the results:

The bonding with the sulfhydryl group of all substances contained in the cells with cis-linoleic acid (omega-6 fatty acids), optionally in combination with

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linoleic acid (omega-3 fatty acids), which is rich in electrons, are substances of high physiological interest for all vital functions.

The unstable hydrogen from the sulfhydryl group, in association with energy-rich pi-electron system of cis-linoleic acid or linolenic acid, or other polyunsaturated fatty acids, creating condition for the hydrogen bridge of lipoproteins with elevated energy levels. This is something that is essential for all electron exchanges in everything that is alive.

Niels Bohr frequency rule for the absorption or emission of light quanta, photons, are present in this hydrogen to transfer the electronic energy of pi electrons to protein (change of energy level).

These substances, which are of great physiological interest, autoxydable sensitive to light, they store and manage photons, they have a high affinity (attraction) for oxygen and high electromagnetic force relative to the absorption of solar energy, must constantly fed and kept functional through unsaturated fat with their pi electrons from foods. This feature of the polyunsaturated fatty acids, including lecithin, lipids with high spreading power with its high surface activity was evaluated through paper chromatography. Then they were also studied in natural blood during two phase contrast microscope, e.g. on lipid membrane of erythrocytes (Dr. Budwig, was the first person to use it in blood). Lipid made of polyunsaturated fatty acids has also been shown to be of significance with regard to the lipid after filling into living human skin.

3. The function of pi electrons in the fatty acids according to electron biology

Dr. Budwig drew on electron biology to build on the newly acquired insights about the importance of polyunsaturated fatty acids of Biology in lipid membrane, fat metabolism respiration, structure of protein and mitosis (cell division) for growth processes. Diene which is an unsaturated organic compound with two double bonds or pi electrons acts as bases in a wide sense of the word.

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This demonstrates the ability to regulate the redox potential, but also makes it possible to bring the metabolism of polyunsaturated fatty acids in combination with the biological processes of immunological lymphatic system. This affects the systematic immune biological processes for all protection against disease, for secretion, particularly in membrane function of the kidneys, liver, prostate, stomach and pancreas, as well as management of sexual functions (from "Das Fat Syndrome" 1959).

In accordance with the electron biology, the cis form is always richer in electrons and hence more energetic. On the other hand, the effect of trans forms (in trans-fatty acids) that promotes the tendency of lack of energy, which acts against the increased energy level of the pi-electron cloud on polyenes (poly-unsaturated organic compounds). This also applies to polymer of fat, used as emulsifiers.

Polyene compound acts as an oscillator (tone generator that store fluctuations) for electrical energy. This affects the entire pi-electron cloud, the intensity of the absorption with preference for the longest wavelengths of light.

Niels Bohr’s work regarding the energy levels of the hydrogen electrons is significant for the functioning of the hydrogen bridge, and of the lipoproteins from polyunsaturated fatty acids and sulfhydryl group. In the quantum energy exchange in the biological system, the hydrogen bridge regarded as the only location for fast and targeted energy exchange. In this context, the possibility of controlling, increasing the electromotive force via the pi-electrons of unsaturated fatty acids and lipids is of crucial significance as the anti-entropic factor for all processes of the vital function. This is especially true for all forms of membrane lipids.

The growth of the electromotoric force of the lipoproteins, of the pi electrons in the lipid membranes, can be evaluated in other ways than only according

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to the number of pi-electrons. This can be viewed relatively e.g. according to the length of the polyene chain. Therefore, a triple unsaturated bond of linoleic acid (octodecatrien acid) is more intensively efficient than a quadruple bond of a polyene compound with 20 or 26 links. In this process however, other related substances like carotene, vitamin E, or in the opposite direction preservative substances, this must also be taken into consideration. The elevated stimulation condition of polyenes also affects the proton affinity of the protons, the tendency to form pi-complexes, for example with metals. The activation energy of pi-electron cloud has a decisive influence on resonance energy.

This resonance, i.e. quantum interaction when they exchange forces, affecting not only the different arrangement possibilities within the systems, pi-electron cloud, hydrogen bridge, associates, membrane function in the transfer of substances and transport of energy. These resonance processes can be strongly influenced by external effects of electric and magnetic fields through photons.

Dr. Budwig states the following in the book:

"As far as I know, I was the first to recognize and work out this interaction between photons and pi-electrons, which in its function still allows the heritage of its forbearers, the quanta of solar energy to be recognized."

Dr. Budwig has published this relationship at the international level in the book:

"Laser beams against cancer" (Laserstrahl gegen Krebs, 1968), also documented in the book "Der Tod des tumor" Band II "Die Dokumentation" (tumor death Vol II, Documentation). "

4.) Quantum biology of pi-electron cloud in the polyunsaturated systems

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The key features of polyunsaturated fats from food that was recently discovered can be clearly seen in cell membranes in humans, but also as components in blood plasma. This is especially true when it all be viewed from a quantum biological perspective. Physicist Erwin Schrödinger searched for the "anti-entropic factor" for vital functions in man. The synergy of pi electrons of fat and solar photons allows for that this "anti-entropic factor" of vital functions in humans is now being discovered.

Dr. Budwig firmly believed that her discovery was the "anti-entropic factor" factor that Erwin Schrödinger had searched for.

When Dr. Budwig studied blood from sick people she found out through this blood analysis that patients with developed cancer had a "yellow-greenish" substance instead of healthy red oxygen-delivering hemoglobin (red blood cells). Dr. Budwig found that after about 3 weeks of daily intake of Budwig's Oil Protein Diet, the levels of the essential fats in the body increased. Simultaneously tumors were reduced and the substance in the blood with "yellow-greenish" color was replaced with healthy red blood cells.

By studying the possibility of radiation capacity to matter, physicist Louis de Broglie delivered good metrics on dualism of light between light and matter. The fine physical therapy functions of photons delivered by physicist Kenneth W. Ford (see: "A world of elementary particles") highlighted quantum electrodynamics for the function of electrons and photons basic interaction, as elementary interaction of all interaction in nature.

Dr. Budwig was the first to specify these "events of fundamental importance" based on fat metabolism and pi electrons in connection with the photons of the solar energy.

The fundamental considerations of Kenneth W. Ford about being human and "anti-mensch" gives us a recognized framework to assess Budwig's work with pi electrons of polyunsaturated fats and resonance with solar energy.

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Sunlight is integrated into the vital functions in humans via essential fatty acids. Lipids constitute a so basic vital function that malfunctions at this point clearly affects the human body. The dynamics of all membrane functions stemming from these lipids. Sunlight, which is also essential for vital functions in the human organism are attracted, absorbed, led and stored in depots. As quantum discontinuity arranged by power from solar electrons, using pi-electrons system energy in the vital processes, it adds "anti-entropy factor."

The photon does not age. Time stands still for the photons because of the power of its speed of light. The interaction with matter, living substance, transmits photons a high energy level, interacting with pi-electrons, to high degree of organization of mankind, to be human. Clouds of photons in pi-electron cloud transmit any contents from light to living matter in man. According to the conclusions of Friedrich Dessauer man can save more energy than any other life form.

Light promotes evolution. Lack of photons in living substance prevents development. This lack encourages the development of "anti-mench" (according to Feynman). Quantum distribution is still crucial for the distribution of energy. Pi electrons of polyunsaturated fats as quanta correspond and match photons of sunlight. Occurrence of these basic interactions can be detected by calculating forms. They affect the high level of organization of man. The fascinating role of photons has become clearer during the reflections of light in the basic system in man. It is also clear that the extensive obstacle that comes from the "wrong" edible fats found in foods today. By eating fat from foods such as margarine, meat, meat products, preservatives from chemicals, splitter and inhibits the pi-electrons' interaction with solar energy.

The progress in natural science cannot disregard these basic questions about the creation. The gentle substance of the wave field, which is exposed to sunlight, compressed in the pi-electrons of fat are essential for the vital functions, also for overcoming the formation of tumors and to prevent cancer.

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5. Practical application

The practical application of these findings on pi electrons e.g. fatty acids in synergy with the photons of sunlight is simple and it works. This also works for cancer patients. The realization of this idea is structured in such a way that the growth-promoting vitamins, lecithins and mental complexes support the functioning of the polyunsaturated fatty acids in the interaction with sulfur-containing proteins. Primarily it is used to direct sunlight, but also applying ELDI oil for external use to facilitate the absorption of the sun from the long-wave ranges. (ELDI oils - Electron Differential Oils - are oils containing pi-electron clouds of linoleic acid and linolenic acid and vitamin E in a natural structure, essential oils and sulfhydryl groups). It is necessary to avoid the radiation and drugs that have the effect of preventing the fusion of fat and protein. These substances have narcotic acting substances, and these are often substances that reduce pain (such as morphine). They should be avoided because they interfere with the production of energy and interferes with the function of the lipid membranes. Practical application of oils internally and externally reduces the need for pain-relieving medications.

The observed practical effects of Oil Protein Diet

Dr. Budwig writes:

"When it comes to lymfogranulomatosis the effect comes quickly with the Oil Protein Diet. The treatment is relatively safe and the patient has a viability of 10 or 20 years.

Tumors in the prostate or in the breast, the tumor is often dissolved or eliminated within a few weeks. This assistance is possible even after treatment with chemotherapy and in the presence of metastasis.

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The effect of the Oil Protein Diet for brain tumors (gliomas) in the side compartment of the brain is very surprising. Usually the separation of the tumor and elimination is recognizable by the cancer patient and family through the visible area of the nose / throat. "

This is of great help for the patient and the important thing is to keep to the basic principles of the Oil Protein Diet. Dr. Budwig says in the book that this diet also prevent the growing of tumors and metastases.

In cases of leukemia in children, Budwig's Oil Protein Diet shown rapid and good results when you follow all the principles of the diet. For older people with leukemia and tumors in the spleen, healing is not as fast, but the end result is good.

For science Dr. Budwig says that the guideline should be to strengthen and promote growth in order to overcome the deadlock that has arisen with the development of tumors. Dr. Budwig believed that the tumor was caused by immature cell growth that can be corrected with the Oil Protein Diet.

German-born Swedish Hans von Euler-Chelpin (1873-1964) stated that fat is recognizable as a common denominator for all types of tumors.

6). Dr. Budwig's road to scientific evidence

As a senior specialist in fat and medicine in 1951 Dr. Budwig worked simultaneously with:

a) The function of “lipotropic” medications.

b) On the analysis to characterize different types of fats and fatty acids.

Dr. Budwig noticed that in medical research there was often no distinction on the different types of fat or fat-like substance, not even when scientifically studies on "lipotropic" substances were conducted. In 1951 Dr. Budwig

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proved through her research that the adhesion of sylfhydryl groups to diene fatty acids (which is an unsaturated organic compound having two double bonds) have the effect of making the fat soluble. This Dr. Budwig documented in the book "Das Fat Syndrome."

It took a year before Dr. Budwig and Professor Kaufmann published these scientific findings. The theoretical work was underpinned by practical evidence. They could notice resistance among others from the margarine industry. In 1952, when Dr. Budwig refused to accept the offer from Professor Kaufmann not to publish more information in exchange for bribes, what she called "hush! hush!" money, she could not quite comprehend the consequences of the associated risks. It ended with Dr. Budwig losing her job and all future opportunities to work at a government department disappeared. Yet her decision was right in truth and in the service of science.

Dr. Budwig did an effort to collaboration with various clinics to use the results out in real life. Here she always found friends, but also very powerful resistance. Large capital from Unilever margarine production appeared here and there. It could be sensed that they were present, but always on the right side of the law. This was at the same time as Dr. Budwig gave up medical studies.

Dr. Budwig found out in her own practice; High capital from Unilever Industries (margarine) is involved in this game. The experts are also in the cover operation that they keep within the right side of the law. Here is Dr. Budwig’s description of the difficult situation:

"The craving for gold creates an incurable confusion in people's minds" Las Casis stated in his speech in front of Carl V in his effort against the slave trade.

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It is just the same today. Incurable confusion and mix ups are used in press reports about fat and fatty acids. Those who control the press is aware that there is a difference between "natural linolenic" with active pi electrons in its natural form and "processed linolenic" which is heated, stabilized, deformed, disabled, for example, with trans-fatty acids.

There is something noble by pure science, and that is that those who follow this rules never overlook the good benefit their research can do. It is considered the wisdom of science to determine the practical application of research.

7). The results of the research on polyunsaturated fats for the dynamics of the life process

The crucial boundary layer of living matter is the lipid membrane. That is the cell walls of all cells in the body. Its energy state is essential for all vital function. The hemolytic (destructive) effect of X-rays on erythrocytes, which are red blood cells full of red hemoglobin, is based on the modification of the protein lipid shell (cell membrane). (Fr.Dessauer)

Restoration of the damaged lipid layer on the erythrocytes (red blood cells) can be done through the implementation of Dr. Budwig's Oil Protein Diet. This is a key point for the restoration of the lipid membrane that is vital for all vital functions in the body. The incidence of convulsive symptoms and carcinomas (tumors) by X-rays and the opposite effect of pi-electrons show how a series of processes of entropy and anti-entropy has effects that both should be viewed here. On the one hand entropy (chaos) and anti-entropy (killing of the tumor (and healthy neighboring cells)) through the X-ray radiation. On the other hand there is the function of pi-electrons as an antenna for solar energy as important elements, as photo element of life, and as anti-entropy factor on life.

Dr. Budwig talked about entropy and anti-entropy associated with cancer. On the one hand entropy which symbolizes "chaos" or imbalance in the body

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that have caused cancer. Anything that interferes with the energy balance in the body that promote "mutations", stopping the circulation, prevents electron exchange promotes entropy and favors the occurrence of carcinomas. In other words: All energy imbalances in the body can lead to cancer.

On the other hand Dr. Budwig spoke on anti-entropy which includes everything that increases the energy balance in the body. The Oil Protein Diet is built according to these principles and that is why it is so unique. That is also why it helps with so many health problems and not only for cancer.

Anything that increases the energy balance of solar pi electrons, supports the required quantity of uninterrupted transit, fills their energy depots, increases the potential for life energy and thus counteracts cancer.

Modern physics knowledge about electron was expanded in an unexpected way by the discovery of the wave created and which is characteristic of the electron. The science of electromagnetism brought great advances in this technology. This now represents an essential element, applied to biological problems, namely that we also learn to master and to overcome the causes of the occurrence of cancer.

The relativistic dynamics of electrons can now be integrated into the important life processes of man through pi-electron from the polyunsaturated fatty acids, directed towards the sun from a quantum perspective.

In other words Dr. Budwig said that with this knowledge that comes from her research, one can in a relatively simple way prevent and repair the incidence of cancer. Dr. Budwig's Oil Protein Diet restores the balance in the body. The right fats emulsified and made water soluble through the right mix helps to repair all cell walls. Thus do the cells recover and they can again exploit solar energy as the source of all life.

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The physics-chemical structure of pi electron clouds in lipid membrane (cell wall), with their effect on the electric force field in metabolism and absorption of photons, storing solar energy, represents a very important prerequisite for vital functions. This confirms that the comment from Norwegian Ivar Bang is true:

Fats are substances that control all vital functions.

Cancer patients' dilemma in choosing a treatment

The example that follows now is a picture of the conflict that could arise between Budwig's cancer treatment form and the traditional hospital method. It applies to a Canadian patient with a tumor on the pituitary gland. The hospital wanted to give him chemotherapy. This patient contacted Dr. Budwig who started her treatment immediately. This patient quickly gained positive results. The hospital who had first examined the man, pushed to get him to start on chemotherapy and radiation. The patient however, was determined and said, "Dr. Budwig has a different philosophy than you. I will follow this path that I now have chosen."

This shows that it all depends on the patient's strength to retain their own independence and their free will to make their own choices. Dr. Budwig wrote that many doctors and professors insist on their superior knowledge, often at the expense of the patient.

Budwig also met allies

An American researcher and professor of science published the following: "Our society sacrifices ourselves on the altar of "pseudo" research, if we don’t immediately recognized what is offered to people as edible fat even if it is harmful for the body. We cannot avoid this issue."

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"The foundation" must be in place - essential fats supplied in a form the body can utilize!

This American researcher and professor of natural sciences had the same opinion as Dr. Budwig, and he writes in this publication:

"Fatty acids are the substance that controls all vital functions in the body. Vitamins and minerals offer no assistance to a person who has eaten harmful fats. We need to understand the cause of the damage if we clinicians want to help other people. Many physicians are too indoctrinated to change their established beliefs. Whichever method you use, it will not help the patient before correcting the "foundation" in the person's health, namely the impaired uptake of oxygen and solar energy. This imbalance in the "foundation" must be corrected and stabilized first."

The pH (acid-base) balance that is discussed so often today will only be recovered if the polyunsaturated fats first provide balance in the "foundation". When balancing the vital functions of blood and lymph in a person this is recovered. This occurs through the addition of natural flaxseed oil with polyunsaturated fat. All the other features are important and will remain important, but the "foundation" must be in place first of all.

How to get approval for a natural cancer treatment?

Dr. Budwig believed that doctors had a too "narrow" education which had no root in real science. They were more driven by money and status, which certainly is no benefit to the patient.

Dr. Budwig found that many places, doctors are guided by policies from insurance companies or the government. They get their money without much effort, have a comfortable life and are not particularly interested in changes. It has always been good and bad representatives of all professions. In 1952 she met what she thought was a bad rep.

"A Wolf in Sheep's Clothing"

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After Dr. Budwig had published her discoveries, she was approached by an American scientist. He understood the importance of polyunsaturated fatty acids very clear. He came from America to Germany to talk to Dr. Budwig and then returned to his home country. To protect the big companies, he called the essential fatty acids that Budwig wrote about in her publications for "radicals", which is the name of the fats that have a major negative impact on the function to the "breathe enzymes" in the body. That this "scientist" served lies was not understood by other scientists, doctors or people in general. This so-called "scientist" was largely responsible for that other scientists attacked Dr. Budwig with a very foul vocabulary. They also criticized her quantum biological research. He did not mention a word about the negative impact of the so-called "Pseudo fats" (trans-fatty acids). The harmful effects of these fats on the body was not said a word about.

Both in the USA and in Germany it has come to the point that the flow of information has become too large, so for example, politicians fail to keep up to date. It is therefore developed a system where “experts” regularly update the politicians.

Dr. Budwig told that Hillary Clinton in the United States got a couple of Budwig's patients to meet with representatives of the Ministry of Health in the United States. Dr. Budwig was very positive to such initiatives. She wanted the truth in medicine to come forward, with a greater focus on preventive medicine.

Dr. Budwig agreed with Professor Jutta Limback, president of the Federal Constitutional Court who published the following: "We can no longer be a clean repair shop because of bad politics. Politicians actually have a responsibility to protect the science and support those who make progress, even if their beliefs are contrary to the large corporate interests."

Dr. Budwig would change the political system in Germany. She would stop the policy that the big companies backed politicians and political parties with money in election campaigns, etc. She believed that these companies had too much influence on politicians. Some countries support natural health much more than in Germany, she said. For example, the University of Melbourne in Australia, all medical students have to have lessons in chemistry and biochemistry each semester. Their professors participate in discussions on both these faculties.

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Dr. Budwig also believed that cancer patients themselves should be allowed to choose which treatment they wanted. She wanted that insurance companies should accept and support natural therapies to protect and respect the patient's individual choice.

Research Experiments on animals have shown that when given food with hardened fat or saturated fat, they ate 6 times more fat and 6 times more food than if the fat in animal feed were composed of unsaturated fats. Transferred to humans it would indicate that there may be savings by buying food with the right fats. You could eat less to be satisfied.

"The most important thing is to have natural polyunsaturated fats in the diet," was Dr. Budwig's conclusion.

But it is hard to avoid all refined fats. Even health food stores sell "bad" fats as "healthy" fats, without even knowing about it.

The food we eat is vital to the health

Flaxseed oil has a high level of essential fats. But when using flaxseed oil, one must handle it with care. The essential fats are very sensitive to oxygen (air). When flaxseed is freshly ground, it is the best polyunsaturated fats but also the most unstable and they can become rancid after only 15-20 minutes. After they are ground, they are sensitive to light and air. Eating whole flaxseed is simply "throwing money out the window" because the body cannot take advantage of the good and beneficial fats in the whole seeds. If you're watching the digestive process, you will get the evidence in the toilet. The flaxseeds are coming out whole at the other end.

It should be easy to comply with Dr. Budwig's research. What may be difficult is to be aware of what foods have hidden hardened fats, such as cakes, biscuits, sauces and sausages. It's better to learn to cook your own food with the beneficial fats. How that should be done, was one of the Dr. Budwig concerned. She wanted her cancer patients to learn how to do healthy cooking. Therefore, she wrote a cookbook where she talks about

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preparing food that is good for us. If you eat food that contains the right fats, you help both to cure and prevent diseases such as heart attack, liver and gallbladder problems, atherosclerosis and cancer. Budwig's Oil Protein Diet helps us to maintain a healthy lifestyle.

Dr. Budwig points out that it is important to maintain both body and soul. Our mental state affects the physical condition and vice versa. Nevertheless, she was most concerned that the food we choose to eat should contain what creates balance in the body and not cause imbalance. Therefore, what we eat is more important for our health than we might like to admit. There is too many who are not willing to stop eating food that they know is harmful, or they choose the "wrong" foods because of ignorance.

Research Article of Hippocrates Journal

Dr. Johanna Budwig wrote on October 15th 1956 "Hippocrates Journal of Practical Healing and the Unity of Medicine"; The article is reproduced in its entirety for those who are interested in more information from Dr. Budwig's research. The material is translated from German into English by Katharina Gutsce. The material is very "technical" and includes physics, quantum, biology and medicine. Nevertheless, hope that the article is of interest to those who have knowledge in these areas. NB! Photos and illustrations with explanations are not included.

HIPPOKRATES, Journal for Practical Healing and for the Unity of Medicine.

27th year,

October 15th, 1956

Nr. 19

pp. 605-612

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GENERAL CLINIC

Cytostatic or cytodynamic treatment of cancer

By Johanna Budwig

Considering the importance of the problem of treatment of cancer, the German Society for treatment of cancer has recommended to introduce the new points of view to the expert world for discussion and for examining. Having in mind also the great responsibility towards the coming generations, the president of the German Society for Treatment of Cancer, Professor Martius, has, in his radio statement on 11/25/1955, underlined that any method that would promise only a slight progress, ought in the first place to be examined by the experts. Whether this method would then be the right one to be used as "auxiliary method" or - in the hands of a physician - would be the therapeutic method, ought to be left to be decided in the second place.

The cytological consideration of this problem might evoke resistance just in those readers who are especially close to the above point of view, because they take into consideration the biological meaning of the intercellular substances of the mesenchym in the whole living mass.

This here consideration does not want to overlook the extension beyond the cell physiology.

Whether the center of attention is the cytological view or the knowledge about the biological meaning of the mesenchym - as is done more frequently in the synopsis of fat-peptide-metabolism in the complete biological literature since the stimulating works by P i s c h i n g e r (1) -, or whether one would, considering the living mass, rather integrate the aspect of the functional meaning of the ergastoplasma and of the myogene nuclei, is for the moment rather of secondary importance. For ever, the mitosis and the growth of cells which is never independent from the cytoplasma, will be a cardinal symptom of life.

Substantial findings of the here shown perspective were won by the examination of the natural blood (2). As *Henderson* (3), too, concedes, one

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can correlate the physiological conditions of blood plasma to the physiology of the cell.

Knowing the chemical part crucially responsible for the elementary physiological processes: uptake of oxygen, vesicular breathing, oxygenization of nutrition and proliferation, should then be of importance in physiology and pathology of the cell. Now, if the problem of cancer cannot be parted from the pathological proliferation of the cell, so the consideration of the basic problem of the mitotic division of the cell, in a normal and in a pathological way, will be the basic question in solving the cancer problem. This was expressed by many cancer researchers (4) who again and again recurred to the study of mitosis.

The use of "cytostatic" medications is nowadays the custom in therapy of a tumeric disease. It starts with the conclusion that the "tumor", an exaggerated cell growth in the beginning of the cancer, will destroy the other tissue and at last bring death to the whole organism (5).

The task is to examine:

1. Is the beginning of the tumor based on an overly cell growth or on an under function, an incomplete mitosis?

2. What kind of connection is there between the cancerization of cell growth and the lipoid-peptide-complexes in the perinuclear area?
3. How do the chemical agents, unsaturated fatty acids and sulfhydryl-peptides, exert their impact on the elementary conditions of life phenomena, on vesicular breathing, expanding force of growth, and functional adjustment?

4. Is the indication - for the upkeeping of health and tonus (orthostatics) of tissues-inhibition of growth or rather fostering growth?

5. How is the praxis of cytodynamics recuperated in a way adequate to nature?

Ad 1. Is the beginning of the tumor based on an overly cell growth or on an underfunction, an incomplete mitosis?

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The cell as a living unique substance is by right considered the focus of science of life process. There might be different accents and stresses in considering the living mass: But always the cell proliferation and the cell growth will be the main traits of the living substrate.

To study this phenomenon will forever be of importance for judging the major physiological and pathological phenomena. Now: In what way does orderly mitosis differ from pathological cell growth in the sense of a beginning tumor?

Orderly mitosis shows in all the phases, in prophasis, metaphasis, anaphasis and telophasis the significance of dipolarity for the orderly process of a complete nucleus and cell division (radiation of poles and directed movement, see e.g. W. B a r g- m a n n [6]). The energetic process of indirect division is not viable without integrating the electrostatic conditions of the lipoid and peptide parts in the living substrate. Considering orderly mitosis in all the specifics of the division process, it shows that the substance of the lipoids in their functional meaning is strongly contributing to this process in all its phases, last not least in the forming of the nuclear membrane and in the division of the cellular body by genesis of a cell membrane which is known to be rich in lipoids (see graph 1).

Graph 1

Normal cell growth. In (f) in the last phase suturation of the filiar cell by developping a membrane Golgi -apparatus, too, plays a considerable role in the processes of division. W a r b u r g (7), in his research of the metabolism of tumors, was searching for substances that would foster the development of the suture in sea urchins' eggs. He studied the impact of different fatty acids on suturizing, on the development of the cell membrane. It was quite clear to Wa r b u r g, even as soon as 1923, that with the development of the cell membrane there would herein be connected an impact on the processes of oxydation. It was an unexpected result to W a r b u r g that butric acid did not have the expected effect of the desired intensity. The failure of such an important experiment was caused by a little mistake: the choice of butric acid as a representative of lipoid fatty acids was unfortunate. Don't the results of the examinations by T o r s t e n T h u n b e r g (8) and I v a r B a n g (9) point us to the fact that the unsaturatedness of the fatty acid is of a certain importance also in this connection? In the hypothesis of this experiment by W a r b u r g the unsaturated fatty acid ought to have

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been included in the research. It remains now to be examined whether the latter is of striking impact on orderly mitosis and the course of bio-oxydation. Its unsaturated C=C binding, which causes its richness in electrons and the easy autoxydability, might play a major role in the process of mitosis, for the di-polarity and for the bio-oxydation. It is the task to examine: whether it is - like the SH-group of the cystein - "a constant essential element of any functioning animal cell" (8)? If now in the mitotic cell division there is not a complete new genesis of the cells, so there will automatically be a mis-ratio of nucleus and plasma. The new plasma developping fails (C a s p e r s s o n [10]). Multi-nuclei will predominate (11).

Pluripolar directions and glueing of chromosoms confirm the disturbing of the electronic order in the living substrate (11). Diminishing of the oxydation-processes witness the diminishing ability of functioning of the cell.

C a s p e r s s o n, too, in his studies on the peptide metabolism of the cells in epithelial ulcers found underfunction of cell activity. He states deficiencies in the endo-cellular peptide synthesis, especially the nucleo-proteides which are in the closest connection with nuclear and cellular division.

As soon as 1934, R e i m a n n (12) was able to show in experiments that substances fostering growth, substances increasing the count of division like sulfhydril combination, never cause malignity!

(Bold letters by translator) In my opinion there is no cause to attribute the heaping up masses to "an overgrowth". The defective abilitiy of functioning as orderly and complete mitosis ought to be considered more thoroughly in order to clarify the problem. Even the resting epithel represents nothing but the balance between constantly growing cells on one hand, and constantly dying and segregating cells on the other. Warburg (21) l. c. emphasizes on this: "The arrest of growth of living tissue is only seeming, in reality it is a stabile state where growth and dying are in a balance!" Increased growth is always connected to increased vesicular breathing. Decreased breathing is a sign for decreased growth. Epithelium breathes less than embryonal tissue. Epithelium with tumor breathes less than normal resting epithel. Hyperplastic tonsils of children show less breathing than normal tonsils, but considerable glykolysis. The parallel between increasing oxidation and suturization, development of membrane and good balance between young growth and segregation of old cells cannot be overseen. Hyperplasia is a sign

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of hindered growth where the segregation of the old material is not adequately strong.

Ad 2. What kind of connection is there between the cancerization of cell growth and the lipoid-peptide-complexes in the perinuclear area?

Since the discovering of the nitroprussid-reaction by Gola (1902) and Buffa (1904) (13) peptide chemical industry was on the upswing. In 1911 already, I v a r B a n g emphasizes that in the great physiological and pathological problems of the present (1911 l.c.), the lipoids would ask for no less attention than the "too exclusively considered protein bodies". Till our days, the chemistry of proteins is too much in the foreground when studying the physiology of metabolism. Taking a thorough look at the zone important in development of a tumor, it is clear that the perinuclear area, considered important by C a s p e r s s o n - which is so significant for the endocellular synthesis of proteins and development of tumors - that this area is in complete congruency with the deployment of important cell lipoids as well as with the storage of cancerogene noxes such as benzpyren. It is well known that noxes toxic to mitosis will predominantly dock on the surface of the cell (B a r g m a n n). Even that G r a f f i (14) writes that the storage of cancerogene noxes takes place in the granula, the lipoid-protein-complexes, the "volantine"-granules. The cytological changes observed after the impact of cancerogene noxes being congruent with the histological findings in tumor diagnostics, must be in connection with the processes concerning the fat and protein metabolism.

Ad 3. How do the chemical agents, unsaturated fatty acids and sulfhydryl-peptides, exert their impact on the elementary conditions of life phenomena, on breathing, expanding force of growth, and functional adjustment?

"The question about the cause of oxygen uptake of the living cell is one of the most elementary questions of physiology, and at the same time one of the darkest." By these words, in 1913, Torsten Thunberg opened one of his publications on "Examinations on autoxydable substances and autoxydable systems of biological interest". The question was discussed intensely around the fin de siècle. But in the last thirty years it was more and more put into the background (see e.g. Druckrey l.c.), although its topicality in connection with the cancer problem must not be overlooked. The process leading to the

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development of a tumor is undoubtedly connected with the central and elementary process of any life: vesicular breathing. The biological importance of the sulfhydryl group in this autoxydable system was stated positive by Torsten Thunberg 1911 and Heffter 1908 (15) and numerous physiologists around the fin de siècle. The existence and the knowledge of a second mate in the autoxydable system was considered extraordinarily important. This second mate, the "co-ferment" or "apo-ferment" aroused again and again physiological research in the very center of the chemistry of metabolism: the study of the processes of vesicular breathing and the influence in the sense of triggering breathing. To the Japanese Joshima it appeared important as "Laccatase", as laquering, to de Rey - Pailhade (16) as "Philo-thion" (I love sulphur), to Warburg as "yellow ferment", to Euler as function of the "Cytochrom-oxydase" (17) and to Torsten Thunberg (1951) (17) as the "great unknown factor", upon which the whole problem of medicine would nowadays be decided. On the basis of my own research (since 1950) (18) the unsaturated fatty acid was discovered to be the functional group, the substance whose missing or being there would be crucially important for the automatic uptake of oxygen. The linol- respectively the linolen acid - makes the matching mate in the autoxydable system of the living substrate, namely in the match with the sulfhydryl group of the protein. Being the electrostatic antipole, this fatty acid is prepared to match and associate with the thioprotein.

This symplex is easily influenced and very reagible by yet another influence like more oxygen, or pH-swing, by change of temperature, or impact of light or other rays. The ever reagible, ever prototropic balance seeking, always reversible, always in flux reaction of automatic oxygen intake, is crucially dependent from the synergism of the rich in electrons nucleophile dienfatty acids (linol acids) with the poor in electrons, prone to docking on unsaturated fatty acids, pseudo acids from the protein realm: the sulfhydrilaminoacids. In this location fat and protein metabolism are anchored. The localisation of these substances in the living mass need further thorough studies. Up to now, they were neglected, because good sensitive and particular indicator methods for unsaturated fatty acids were completely missing. New methods deepen our knowledge of things, so the new method of indication of fats (18) by means of paper-chromatography. The newly found substance, the highlynunsaturated lipoid in its anchorage on sulfhydrid protein, is essential to the function of the mesenchym, the RAS, to weakness or strength of the connective tissue, it is important to the

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practical medicine as it is to physiological and anatomic research. By simple methods one can already state: The autoxydability of blood is controllable by adding these substances. If oxygen metabolism is down, blood can be rendered more oxygen-affine by giving these lipoidbprotein combination. Hemoglobine and the whole blood will take in more oxygen, as can be clearly recognized in the color. Observing blood in the two phase contrast microscope, it is apparent how the tonus of erythrocytes in cancer patients is lowered in comparison to normal blood. The red blood cells lack the otherwise clearly recognizable lipoid covering. Fat globuli are however in the blood.

After giving curds (cottage cheese) and linseed oil as nutrition, the electrostatic condition in this blood is completely reversed within three to five hours.

The tonus of the erythrocytes has recognizibly improved, the erythrocytes are now layered by a thick lipoid covering. They flock together like dense rolls of coins (19).

Also the topography of fat and protein substances in the cell points to their synergism in "protein-synthesis" and bio-oxydation. According to C a s p e r s s o n the two substances are found in the perinuclear area in the mitochondria and in the boundary layers of cell surface where the most important directing of orderly mitosis is anchored and where - as was proved clearly - the cancerogene noxes like benzpyren dock on, too.

Graph 2

Human tonsil. Mark the cell membrane in the outward epithelial zone, with tendency to segregate. Below the connective tissue capsule there is an absolutely different nucleus-plasma-ratio.

Growth processes display the dipolar order. This is kept up by the electrostatics of dien fatty acids and sulfhydril proteins. Disturbing this order and function causes unorderly growth.

Disturbing can be caused by noxes disturbing the usual order. But the growth of the orderly mitosis can also be hindered when one of the agents crucial to the dipolar direction is missing and whose substance is a condition to development of nucleus and plasma covering. Not only poisons from the outward are disturbing growth. Lack of a substance that is a foundational

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element to the genesis, to the functioning of the cell, will also break the growth in an incompleted phase. Hence, loss of substance is a cardinal damage leading to development of tumor, not to cellular overgrowth, but to a piling up of not completely formed living mass, in which the neoplast of a cell did not come to an end, because the substantial composition of the metabolic surroundings did not grant this. Any growth is dependent from the topography and from metabolism (B l e c h s c h m i d). B l e c h-s c h m i d t (20) emphasizes that generally independent development, without this connection to topology and metabolism, is nonexistent. If this substrate of nutrition lacks unsaturated lipoids which are the constituents of each cell, there would be a basic damage in the cardinal points of growth, namely in mitosis and breathing, with the result of lowered ability of functioning and in incomplete development in cell neoblasts. In the basal membrane - rich in connective tissue - , in the growth zone of the epithelium, there will not be a complete development of a lipoid membrane and a segregation of the outward layer of epithelium (see graph 2 to 5, Bargmann 1, epithelium of tonsils, vaginal epithelium, and growth zone between dia- and epi-physis).

Nutrition of the epithelium is mediated by the blood capillars touching the basal membrane.

From this location the development of the lipoid membrane of the epithelial cells is fostered.

Lack of the substance that is in itself a part of the development of the membrane

Graph 3

Epithelium from human vagina. The basic membrane forms the border between fully matured epithelial cells with cellular membrane and the underlying living substrate where the plasma-border layer of the cell is not yet recognizable and the development of new plasma causes necessarily interference of the nucleus-plasma ratio, and hindrance of the development of the cell as an individual one; it is true that heaping up of living mass, rich in nuclei, with incompleted growth, results is an increase of substance,

1 Printed with permission of the Thieme-Verlag.

Graphs from W. B a r g m a n n "Histology and microskopic anatomy of man"., 2nd ed.,

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Georg Thieme Verlag, Stuttgart, 1956 because the segregation of the immature unit of the cell is hindered, nevertheless this state of tumor development cannot be considered as rampant growth, as an overly growth of cells.

Fundamentally, it cannot be removed by growth inhibitors.

The piling up of living mass which will forever strive for growth is removed in providing agents that are necessary for full maturation of the cellular individual and for the segregation of the outward zones.

The ability of adjustment is a major feature of the living. Stress and the ability of adaptation are words of our time pointing us to this. The disturbance of the acid-alkaline-balance shows that nowadays' adaptation system is disturbed in its hub. Let us take a short look at the importance of the lipoid-protein association between the SH-group and the diendoublebinding (C=C-):

The carbon-doublebinding of the dienfatty acid buffers the pseudo acid with the SH-group.

It creates the prototropy-balance which basically determines the constant preparedness to react, the great ability of adaptation of a living substrate.

It creates the soluabilitiy in lipoids of "lipotropic" watersoluble substances, and it explains the way of such important "hidden fats" which has been keeping busy the physiologists of metabolism, since the last century, since Pflueger (22), Voit, Ivar Bang l.c., onto our days.

It guarantees the easy autoxydability by its easy inductibility.

It sheds a new light on the preconditions of muscle contraction and the oxydative refractory phase (see O. M e y e r h o f f 1923[23]) as well as on the generation of the action potential of the nervous system. Great perspectives are opening up to us by the newly recognized connection between the fat- and protein-metabolism, between linolic acid and the sulfhydril group, by their importance for metabolism, cell growth, and transportation of agents: great perspectives that need further research work on a broader basis.

The formation of secretes is in the closest connection to the Golgi - apparatus. Formation of secretes is slackened in patients with a carcinoma.

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Graphs 4 and 5:

Longitudinal cut through metatarsal embryonic bones. Graph 4: size of the embryo 61mm, graph 5 size 110 mm. The zone of growth as a border for the individualization and maturation of the cell is visible in the diaphysis. In this zone of growth the tumor will develop in a sarcoma.

Drying of mucosa and hoarse voice are substantial features of a beginning cancerization.

Providing the just named life-necessary fats and proteins in the sense of my oil-protein-nutrition (24) causes a triggering of mucous secretion within just a few days, often within a few hours, which can be observed in all the upper and lower cavities including peristalsis. For asthma patients there is fast and profound help possible, also in patients with a carcinoma of the tongue. It should be clear that the improved utilisation of oxygen and energy of tissues, the complete oxydation of fats and of the whole nutrition brings about enormous consequences, but cannot be dealt with here extensively and in particular. Just permit me to share incompletely and like sidelights what can be observed easily. Weightloss will be changed into constant and unequivocally positive weightgain. Lack of appetite will disappear.

The feeling of being sick yields to an outspoken joy to recover. The overcritical observers like to interprete this as psychotherapeutic effect. But observations over the years of patients not influenced by psychology show us how fast this not only "subjective" wellbeing takes place.

The slack tumor yields within a few days to "good looking". "The not healing ulcer" which K.H. B a u e r rightly names in the indications of a carcinoma, will heal soon. Disturbed menses normalize. The so strongly disturbed defecation will be in order in a few days, without any purgative. This was even observed in the most severe cases of collum-ca, even with the co-diagnosis of stenosis of the gut. Also the smell of body secretions changes substantially under this diet. Evil smell of the faeces disappears. The balance of water normalizes fast.

Retention of urine disappears, edema disappear. The patients with a carcinoma feel better in every way. Freedom of pain without tablets and injections is achieved very quickly.

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According to this short overview one can state: Symptoms considered by K. H. B a u e r as indication of aggravation of a carcinoma and which I confirm in this interpretation, disappear in a short time. Also, leukopenia and secondary anemia showed a remarkable improvement within four to six weeks. Even the tumor can disappear.

In what time depends on size and location. They want to keep up surgery and irradiation as a must!

This follows - to my opinion - autonomically, as "autonomous self-regulation". The application of the anti-gender hormones will at any rate function as a cytostatic, i. e. hindering growth and hindering recuperation. They must be avoided. The exstinguished vitality, the great complex of life phenomena that slacken in a patient with a carcinoma, cannot recuperate by substances that hinder the synthesis of proteins and the metabolism of lipoids, and which hinder the growth of the cells that has to come to an end a thousand times in any grown up any day. A preliminary message in short:

In a boy with sarcoma, only by giving the oil-protein-nutrition , the stiff leg was completely movable within three weeks, and after ten weeks also the X-ray pictures showed a substantial improvement. The overall condition of the boy is excellent.

Henderson (3) confirms: The substances recognizable in macroscopic observation are hints to the disturbance in the microcosmos of the cell in pathological developments. Fat substances as well as keratinized sclerotic mass indicate carcinomatous tissue. Highly polymere fats and arachidonic acid were findings in my own chemical examination of fats in carcinoma tumors. They are also found in the blood of patients with carcinoma. Fat and proteins are the substances decidedly pointing to the disturbance in the fat-protein- metabolism. The disturbance in the synergism betwen linolic acid and mercapoamino acids is probably the main cause for the manyfold ailments of a patient with cancer. Providing the important and life-necessary unsaturated fats, accompanied by their biological mate, the sulfhydril-protein combination, is capable to positively control the life function that is down in a disease with carcinoma.

Ad 4. Is the indication - for the upkeeping of health and tonus (orthostatics) of tissues - inhibition of growth or rather fostering growth?

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Substances poisonous to mitosis are given for treatment of tumors and patients with tumors.

They paralyse any growth. Healthy growth requires healthy functioning of cells and tissues, requires healthy breathing, good oxydation of nutrition and oxygen, requires new development of plasma protein which is constantly necessary to build young cells. Recovery requires the recuperation of heterogeneity which dominates the micro system and polarity of the complete plasma that is a co-factor for the upkeeping of energy. Recovery requires constant reproduction of immune corpuscules, integrity of the erythropoetic system which must not be allowed to slacken. Stagnation is regression! It is not only on growth that the poisons against mitosis are acting upon, but on any life function, last not least the development of blood- and immune corpuscules. The genesis of secretion does not only apply for the secretion of mucus in the upper and lower cavities. The ability of functioning of eye, ear, sensory organs in general, the dynamics of the whole RAS is dependent from the substances , whose reagibility is paralysed by substances poisonous to mitosis. By supply of the elementary, important fat and protein parts belonging to the generative parts of any cell, the growth of cells is triggered, but also the normal ability to function. This alone guarantees the normal energy in tissues which is disturbed in a patient with a carcinoma. It secures the ability of autonomous self regulation. Aside from the mentioned healing influence on the symptoms of the overall well being, increased supply of the just mentioned nutrition, the "oil-protein-diet" at first and many times causes an enlargement of the tumor, that can be stated by an X-ray. Even if the tumor evoked a stenosis of the exit of the stomach, or in the peristalsis, the better wellbeing , the better functioning of all life phenomena (even in the location where the tumor is seated) is so striking, that the time until the cancerous tissue has normalized can be waited for in relaxation.

Not the administering of poisons to mitosis, but supply of substances that are imperative for the growth and the life functions of all cells, will open the road to dealing with the treatment of the tumor problem preventionally and therapeutically.

If in the development of tumor there is underfunctioning of mitosis, it does not make sense to hinder proliferation of the cell for upkeeping and recuperation of the normal tissue tonus and statics, also electrostatics.

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The dynamics arising from the dipolarity and dominating the organisation and dipolarity in proliferation of cells, and any other life functions, is founded on the harmony of the fat-protein-metabolism. The secret of inward peace is founded in breathing, says Felke.

Undisturbed intake of oxygen is important. Pollutions can disturb this process. Fats which are called "pseudofats" physiologically, can disturb. The very disturbance lies in the lack of the substance that would be imperative for the whole chaine reaction of breathing, de-construction of nutrition and genesis of new cells. Here an artificial retarding of the substrate striving for growth by applying agents poisonous to mitosis cannot provide the expected help.

Help will be provided by supply of substances being a constructive and essential part to the cells (Ivar Bang), playing a fundamental role in the ability of reacting of the living substrate.

They are the foundational elements of nutrition, the biologically valuable unsaturated fats and sulphur containing proteins.

Ad 5. How is the action of cytodynamics restored in a way adequate to nature?

I have tried to show the comprehensive, physiological meaning of nutrition that can be oxyded and that does not choke oxydation and cell function, in my essay "The elementary function of breathing in its relation to autoxydable nutrition". There, the dish, the foundation for the application of my oil-protein-nutrition is shared (see also p. 611 of this journal). Here we will give only a short survey how to supply with the vital oils and proteins, and how the biggest part of the noxes to the oxydation system can be eliminated from the daily nutrition.

Nowadays we can no longer avoid chemical treatment of many foods. However, one can essentially recognize where the cardinal damage lies. Heeding the foundational guidelines of this oil-protein diet will bring about a positive effect, unequivocally and in a short time, in changing the nutritional style.

It is a great danger, if instead of the good and vital fats , "pseudofats" get into the organism.

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The paralytic effect of hydrocarbons was outlined by Fraenkel (25) as soon as in 1911. Even more intensely doing damage and attacking the vital functions are the highly molecular, partially unsaturated fats, the so-called "poly-oils".

They are still used, also in German food industry (canned fish, mayonnaise). Also their use in a solid state as margarine should be rejected, although they are in custom. Hence, aside from recommending vital unsaturated fats, the elimination of pseudofats from nutrition, is urgently necessary 2, if one wants to get at the cancer problem at its core. Chemical additives used to preserve food will influence the redoxsystem unfavorably, above all, if they are of the antioxidants. The combination of saturated, with difficulty oxidable fats and antioxidants must be named as especially damaging. In this context, especially fats of butchered animals 3, treated in the usual way of preservation, do damage.

Nutriton left in its natural state, as is raw nutriton, is important.

The booklet "Nutritonal fat, the nerve of nutriton. Right choice and preparation of fats."(26) provides numerous hints to how to tastily prepare the essentially so necessary linseed oil, as well as menues and weekly plans for every season of the year. The linseedoil containing and very tasty sandwich spread "Diaesan" can serve to spice and fatten steamed vegetables. At the beginning of the change in diet and the raised supply with fats, it is important to give linseed, freshly ground or in the form of "Linomel" before each meal, especially in the early morning.

Sauerkraut-juice facilitates fat permeation in areas where there was a piling up in the fat metabolism, doing so by its high content in lactic acid. Supply with these foundational elements of "oil-protein-diet" will cause better ability to take the raw diet and the vegetables thought to be not so easy to take, this also in patients with a sensitive stomach. The author will readily provide further information.

Now, what is advisable, recommendable, permitted of further measures? My principle is to answer: Each may do what s/he can.

Cold water or hyperthermia, homeopathy or phytotherapy, yes, psychotherapy can be indicated, or even surgery. Only avoid what throttles the natural life functions i. e. use of barbiturates or analgetics. The natural rhythm of life processes in waking and sleep, in rest and motion and fresh

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air is considered important to restore the cytodynamics in a biological way, in combination with the "oil-protein-diet".

In application of the here outlined basic therapy for patients with a carcinoma, one can find that the features significant in papyrographic examination of tumor diseases, disappear completely.

Cancer research has undertaken quite a few trials in the past hundred years, to interprete and influence the cancer problem. The presently in clinical experts dominating view that cancerization is a merely local phenomenon, has already passed its zenite. The limitations of the presently taken therapeutical measures in orthodox medicine, are obvious. The problem of cancer is no longer a question bothering only the experts in this one field of research.

Would it not be recommendable to go this here shown simple way, on a broad basis? Rapid help for the patient is obvious. Those who chose this way of therapy once, cannot leave it.

If the tumor does not come into existence by rampant proliferation of cells - as was suspected up to now - but by immature, incomplete growth, if the masses in the tumor rather consist in a piling up of living substance which cannot - as would be the process of growth and the law of life - be segregated, one must not use poisons against mitosis for to get rid of the genesis of a tumor. The organism must get the opportunity to build epithelia, plasma and lipoid membrane. Only this way the individualizing and segregation of the outward epithelial elements is rendered possible. My rejection of the poisons against mitosis is well confirmed by a message from the laboratories of the CIBA company (27). It was proven in their experiments that many feminine and masculine hormones hinder the spontaneous and katalytically triggered autoxidation of linolic acid.

Experiences have already proven that the application of hormone injections in combination with my nutritional therapy interact very infavorably. If the oil-protein diet has already taken place for considerable time, so an intensive "hormone cure" causes amazingly fast worsening and quick death. So, it does not make sense to combine the poisons against 2 The legally founded labelling as "artificial nutritional fat" was suggested to the Nutrition Committee of our Parliament, by me.

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3 Forage for cattle often contains inferior fats, nowadays! mitosis with the oil-protein diet which triggers cytogenesis and segregation of new cells and the complete secretive system.

The practical application of my oil-protein-nutrition

It is essential to balance on one hand between good fat nutrition and protein and on the other between the harmony of hydrocarbs and fat/protein.

We put our stress on the intake of natural foods.

The intake of the necessary fats takes place solely in the form of unheated linseed oil, as curds with linseed oil, unheated Diaesan (with around twentyfive percent linseed oil) as sandwich spread und to fatten vegetables (fat after cooking).

Hard cheese, gervais, camembert and lots of curds are the sources of proteins.

Any fresh fruits or vegetables are allowed. Give the biggest part of it raw, for lunch steamed vegetables and potatoes in their peel.

For sweetening bee honey, dates, figs, grape juices. Sugar is completely eliminated, also the so-called raw sugar, and the socalled grape-sugar = dextrose, Dextropur.

Pasta, noodles are eliminated, same with wheat bread etc.

Give linseed often and copious, as nutrition not as medication. Whole linseed seems to be inadequate, also ground linseed that has already oxided. We chose linseed, ground and immediately immersed in honey, and thus sheltered from oxidation: the socalled "Linomel".

This way it is readily taken. Certainly one can take freshly ground linseed. This must be eaten within less than ten minutes.

At the beginning of the oil-protein-nutrition it is necessary for the sick people to have a gradual introduction to this nutrition. For better fat permeation give one bottle of sauerkraut juice (Trademark Eden). According to severity of disease prepare the patient for one or two days with Linomel. If curds-linseed oil are started without preparation, nausea might easily occur. In such a case give two or three tablespoons of linomel, in the morning, noon and evening, to go with milk or unsugered juices, such as

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motherjuices of trademark Eden or grape juice of trademark Vitaborn. In cases of badly disturbed digestion begin with only linomel and Vitaborn-grapejuice. It is also recommended to give freshly pressed juice of stinging nettle with lemon juice, also radish juice, carrot juice and other vegetable juices.

After this preparation our full nutrition is generally well accepted.

The day begins with a glass of sauerkraut juice.

Breakfast: Linomel-muesli.

Two tablespoons of linomel covered with layers of fresh fruits: rasped apple, oranges, strawberries etc. On top of that a layer of curds-oil-mixture (forty percent linseed oil), mixed with milk, sweetened with honey, and laced with chopped almonds, nuts, hazelnuts, wallnuts, cashewnuts, pine kernels, or with cocoa, rosehip-marrow or sea buckthorn-jam. Afterwards we give wholegrain bread (rather spelt than wheat. The translator) with cucumber, tomato, cheese, radish etc.

At 10.00 h: one glass of fresh juice of stinging nettle with lemon.

At noon:

1. A raw food dish: salad, dressed only by linseed oil, we give two or three salads, one green salad and turnip salads (Translator: those that grow beneath the surface), carrots, radishes, turnip cabbage (kohlrabi) partially with a curds-linseed oil-mayonnaise.

2. A vegetable, steamed and afterwards fatted by Diaesan, e. g. asparagus and Diaesan, to go with potatoes in their peel, mashed potatoes only in special cases.

3. Dessert: Daily, curds with linseed oil as a sweet dish with fruits, e. g. pineapple or as a layer over fruit salad.

In the evening:

Supper should as a rule take place early, around 18.00 h, and should not be sumptuous. We give buckwheat, sorgho, soy flakes or Linomel with milk, sour milk, buttermilk; buckwheat, flakes and sorgho also in a vegetable broth.

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During the day one can give juices as need be.

It is important to eliminate all dangerous fats, among them, as our newspapers write now, butter; also any preserved foods with preservatives are detrimental. Foods that are only sterilized are not toxic, but less valuable.

Meats and fish are eliminated, especially sausage and canned delikatessen. Confectioner's products are forbidden. A patient with insight will soon unlearn to smoke.

A glass of wine is allowed. It is a question of dosis. For the severely sick people, at the beginning of the oil-protein nutrition a little glass of wine is recommended for bridging, if analgetics are weaned out.

Bibliography:

(1)-(28): quotes. See searchword "Budwig" in English section:

http://hometown.aol.com/tva12082208/myhomepage/index.html

P. C a s e l l i and H. S c h u m a c h e r confirm my concept with their paper (September 9th,1955): "Inibizione della sviluppo del sarcoma di rous nella cornea e nel derma di pollo, a mezzo di proteine basiche". Also personal messages from Caselli confirm the importance of linolic acid in these lipoproteides.

Address: Dr. Johanna Budwig, Muenster/Westfalen,

Wiener Strasse 33

ABBREVIATIONS

l.c. loco citato (i. e. same source)

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Budwig's supporters and the continuation of her academics

It is with good reason one might wonder why it took so many years before Budwig's research and inventions became known around the world. In my opinion, much can be explained by the way the cancer industry works and all the regulations that were created around cancer treatments. This however, did not stop Budwig who continued her work throughout her entire life. As she became more famous she got more and more patients, they came from all walks of life and many came from the other side of the globe. She got more and more recognition for her cancer treatment method, but perhaps most outside Germany. This is already mentioned in connection with who became her patients.

Today, more and more people are working to get the word out about Dr. Budwig's Oil Protein Diet as an effective remedy in the treatment of cancer but also for other diseases.

New internet sites and Facebook pages with information on Budwig's inventions and cancer treatment methods are constantly appearing and several books have been published about the Budwig Diet. Maybe the Budwig Foundation has played the most important role for maintaining Dr. Budwig's work.

The Budwig Foundation in Germany

(http://www.budwig-stiftung.de/)

This foundation was established / founded in Germany 30. September 2008, the date was probably not coincidental. If Dr. Budwig had lived, she would have been 100 years on that day.

The goal of the Foundation

The Foundation is committed to preserving and developing the scientific legacy of Dr. Johanna Budwig. It favors free projects for further study of the

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"Oil-Protein" effect on diseases and to educate about the importance of the overall diet principles of Dr. Johanna Budwig. Furthermore, the Foundation will promote Dr. Budwig's hypotheses in discussions about cancer because the question of a "cancer cure" is too important not to be investigated further. It is an important point to clear up and implement evidence in this case.

One of the driving forces behind the creation of the Budwig Foundation in Germany is her nephew and foster son, Armin Grunerwald.

As previously mentioned Johanna Budwig lost her mother when she was 12 years old, and it meant that she spent the rest of her childhood in an orphanage. When her nephew Armin Grunewald was orphaned, it was based on her own background, not so difficult for Johanna to identify with Armin's fate. She then decided to take care of him and raise him as her own son. This task was probably the only one who could make her, at least for a period, lay aside her greatest passion, scientific research. She chose to spend time on an orphan. For her it was a very natural choice of values.

Budwig Foundation's mission

Dr. Budwig's nephew and foster son Armin is now a doctor and practicing in Oldenburg, Germany. He uses and further develops his foster mothers research in close collaboration with the Budwig Foundation. It is said that when he read about critical voices raised against trans-fatty acids, his reaction was: “This criticism is in my eyes a belated recognition of discoveries made by my aunt Johanna Budwig for more than forty years ago”.

Armin allegedly said about his foster mother:

"Even as a young boy I could see that my aunt had a very complex personality. At the time I could not understand why. In retrospect, I have been able to see that she worked in a small sector of science where she had to endure massive resistance and met great reluctance from many colleagues who wanted to conceal her research. At times she felt quite

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lonely, but she never gave up her life mission, to find a treatment to cure cancer in a natural way."

She held it unalterable that her research had convinced her.

Dr. Armin Grunewald that has his practice in Oldenburg, Germany, has got seven children. (The picture is from Grunewald's German website)

Dr. Johanna Budwig GmbH & Co.

A company in Germany who call themselves "Dr. Johanna Budwig GmbH & Co. KG "also manages the legacy of Johanna Budwig by selling products for the Budwig Oil Protein Diet. On this link (www.dr-johanna-budwig.de) they are selling "Budwig Diet packages" to cancer patients.

Continuation of Budwig's method among American doctors

1. American Dr. Dan C. Roehm, oncologist

Dr. Dan C. Roehm, MD., FACP (oncologist and former cardiologist) evaluated the Budwig diet in

1990 and his conclusion was: "**This diet is certainly the most successful anti-cancer diet in the world**".

He claimed that Johanna Budwig has demonstrated: Quote: ... "Something I never thought possible, but which I now believe fully in my own practice, that: CANCER IS EASY TO CURE."

"The treatment applies diet/lifestyle change - and the response comes immediately - cancer cells are weak and vulnerable - the exact biochemical point of degradation she identified (Johanna Budwig) in 1951 and is easy to repeat -" in vitro "(in test tubes) as well as "in vivo"(human in real life)."

In one of his articles on Budwig's scientific findings and treatment Dr. Roehm writes:

"... Even though I was very skeptical at first, I was convinced that one could be cured of cancer through Dr. Budwig's Oil Protein Diet. We must not forget that we are all "Heliotropes" (light beings, energy) that needs light to our electrons (photon). The human body is unique in the way that it is able to store these electrons and use them when needed. The absorption occurs via the so-called resonance, which means that the body tissue "vibrates" on the same wavelength as the incoming rays. This compares with a TV antenna that must be adjusted. For this adjustment to take place in our body, cells must be supplied with certain polyunsaturated fats such as Omega-3 with sulphur proteins that form these fats with a lot of polarity and naturally inherent resonance. Under these conditions, it is thus possible for the human body to absorb or take up electrons, save them and use them when needed. There is also this "force" that ensures that we "live" and it controls all vital functions of the body. It helps control the body's pH balance that is important for the health and structure of proteins."

Dr. Roehm said that he wished all his patients had a degree in biochemistry and quantum physics, so they could better understand with what qualified intelligence this diet is put together. It is a wonder, he says.

Dr. Roehm also mentions Johanna Budwig's interview with German radio in 1967, where she says she could regain the health of 90% of the cancer patients she treats in a matter of months. This figure does not include those

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who have received chemotherapeutic treatment. The details about the interview are mentioned earlier.

Dr. Dan C. Roehm, MD, was an oncologist and cardiologist and member of "Fellow of the American College of Physicians" (FACP). His office manager, Kaye Lenzi, stated that Roehm was tired of the medical "establishment" that only treated the symptoms. He was more concerned with true prevention by finding the true cause of various diseases.

After 25 years he left the traditional medicine and opened his own clinic, Roehm Medical Center in Florida. The clinic offered nutritional counseling and preventive medicine.

Dr. Roehm pioneered chelating, which is an alternative treatment for arteriosclerosis and other diseases. Chelating cleans the blood vessels in a gentle way. Dr. Roehm died in 1996, he was 71 years old.

2. US Dr. Robert Willner M.D.Ph.D

Dr. Robert Willner, M.D., Ph.D. says Dr. Budwig:

"A top European cancer researcher, Dr. Johanna Budwig, have discovered / found a completely natural formula that not only protects against the development of cancer, but also much more. People all over the world who have been diagnosed with incurable cancer and sent home to die, have actually been cured and now live in the best of health because of this natural treatment. "

I would also include some statements by Dr. Willner who reveals his perception of the established cancer industry:

"The Cancer Industry" is a network of large and wealthy companies whose members sit on the boards of many "non-profit" organizations. They control and direct literally all cancer research in the United States and around the world ..... Although these centers belong to a "non-profit" organization, they serve their masters by suppressing most, if not all, non-patentable therapies in favor of expensive treatments as "ravage" with patients while they are losing the war against cancer. "

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Furthermore, Dr. Willner about Dr. Budwig:

There are many quotes about Johanna Budwig, about her work and about her outstanding research. Here are some:

"Many independent clinical studies published in the most prestigious medical journals published worldwide, confirm Dr. Budwig's findings .... First, over 40 years after Dr. Budwig presented clear and convincing results, these have been confirmed in hundreds of other related scientific research papers: **the essential fats are the core of the answer to the cancer problem. You come to your own conclusions as to why this simple effective prevention and treatment not only have been ignored – it has also been suppressed!** "

(Dr. Willner M.D., Ph.D.: The Cancer Solution)

In our time, the use of the internet is a way to disseminate information, gather knowledge, discuss and exchange experiences. The Yahoo group "FlaxseedOil2" is one such website that has helped many people become aware of Budwig's research and cancer treatment method.

YAHOO Group FlaxseedOil2

Sandra Olson is hosting (moderator) the Yahoo group (Group Chat) called FlaxseedOil2. Almost every day she answers questions from members of the group. There are many members who ask questions about their own cancer or other disease. The questions can be answered by other group members or experienced Sandra Olson. There is also discussion about which treatment is best for a specific type of cancer or disease.

As a member of the group you can subscribe to the dialogue and have it sent by e-mail, either every day or once a week.

To join the group, send a blank e-mail (pr. 2013) to:

FlaxseedOil2-subscribe@yahoogroups.com

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It is uncertain how long the group is active, but all previous dialogue is stored as a reference for all members.

Bill Henderson writes in his book "Cancer-Free" that after reading all the posts on the forum FlaxseedOil2 for 3 weeks, he was convinced that there was something for all cancer patients.

Firstly, all participants of the forum were on its way to being cured of cancer and other diseases. Secondly, everyone, without exception, was convinced that their way back to good health was due to the Budwig Diet.

The founder of the Yahoo forum, American Clifford Beckwith was cured with the Budwig diet early in the 1990s. He had prostate cancer (4th stage - terminal cancer). He was an "ambassador" for the Budwig Diet until his own death in 2006 (not cancer). His website was very popular and contained lots of useful information. The website is not available anymore.

Substances in flaxseed and flaxseed oil

Why do these fatty acids affect disease control and the immune system?

The knowledge that I convey in this chapter I have found through reading the book "Understanding Fats & Oils" written by Michael T. Murray and Jade Beutler (who also wrote the book "Flax for Life").

In the book's introduction, they write;

"Dr. Budwig was recognized as one of the world's leading experts on the topic of essential fatty acids. She was known internationally for treating cancer and other degenerative diseases with flaxseed oil and sulphur proteins (The Oil Protein Diet). "

Flaxseed – Phyto chemical content - an active biological chemical plant

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In 1990 the "International Cancer Institute" (NCI) started a 5-year study, with a budget of $ 20 million, to learn more about the biological active plant chemicals, phyto chemicals in certain foods, which might prevent cancer. Flaxseed was the first of six different foods they investigated. Preliminary results indicated that flaxseed oil may prove to have powerful "anti-cancer" properties if oil contains high levels of lignans (found in flaxseed hulls).

Unfortunately, despite the very promising preliminary results, the NCI project ended before it was completed. There are also several good studies indicating that flaxseed contains a significant amount of substances having anti-cancer properties as lignans and omega-3 fatty acids.

Lignans and Omega-3 fatty acids

Flax seed hulls contain large amounts of lignans. Lignans are a group of chemical compounds found in plants. Lignans are one of the main classes of phytoestrogens, which are estrogen-like chemicals that also act as antioxidants.

In addition, flaxseed contains large amounts of omega-3 fatty acids. A study shows that flaxseed contains more than 100 times more omega-3 than that found in any other plant-based food. (Thopson el.al 1991). (Chia seeds also contain omega-3.) Lignans are special compounds that prove to have extraordinary benefits for your health. They reduce hot flushes during menopause, prevents cancer, lignans are antibacterial, antifungal and virucidal. The most powerful feature is the cancer preventive effect was confirmed in studies done by "Lampe et al" in 1994 and "Setchell and Adlercreutz" in 1988.

Plant lignans are converted in the intestine to "enterolactone" and "enterodiol", two drugs that is thought to protect against cancer, particularly breast cancer. Lignans are able to attach to estrogens receptors and break into the carcinogenic effect that estrogens has on breast tissue. In addition, the lignans produce sex hormone binding globulin. Globulin regulates estrogens levels in cells by escorting out excess estrogens from the body through our elimination channels.

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Most are of the opinion that lignans are the factor that protects vegetarian women against disease (Adlercreutz et al. 1986). Studies have shown that women who secrete high levels of lignans in the urine (a sign of high intake) have fewer cases of breast cancer. Therefore, flaxseed oil with its high levels of lignans mixed with freshly ground flaxseed (Budwig Diet) is especially important for women who are in menopause and for women in high-risk breast cancer.

Alpha-linolenic fatty and breast cancer

Besides lignans, flaxseed oil also contains alpha-linolenic fats (Omega-3). In the same manner as lignans, flaxseed oil also demonstrates cancer preventive properties, especially against breast cancer. In a study of 121 women with initially found breast cancer were studied and analyzed the correlation between different fats in the fatty tissue of the breast, as well as how much the cancer had spread (metastasis). Breast tissue being analyzed at the time of operation with a low level of alpha-linolenic fatty (omega-3) was associated with the spread of cancer to the lymph in the sleeve cavity, but also with invasive (attacking) cancer. After 31-month follow-up after the surgery 21 people had developed metastases (spread) of cancer around the body. A low Omega-3 (alpha-linolenic) level was the first crucial factor for proliferation in these patients. **In other words: When all factors were examined – a low Omega-3 levels was the most significant factor for the spread of cancer.** This research result is extremely important because the main reason why women die of breast is that the cancer has spread to the rest of the body. (Bougnoix et al. 1,994)

Based on the results of this study, it is recommended to include flaxseed oil (approximately 58% alpha linolenic fatty acid) in the daily diet because it can help prevent breast cancer, tumor attack and spread. In addition to this study done on humans, animal studies have shown that a diet with high Omega-6 fats stimulate the growth of cancer in the chest (mammary tumor) while alpha-linolenic omega-3 supplementation in the diet prevents tumor growth (Rose and Hatala 1994).

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Prevention of cancer by strengthening the immune system

It is possible that alpha-linolenic (omega-3) fats also seem to prevent cancer by strengthening the immune system. (Kelly, 1992)

In a study to investigate whether there is a possible link between intense exercise, which is known to weaken or suppress the immune system, the effect of supplementation with polyunsaturated fats in the diet studied in animal experiments with mice. (BenQ et al. 1994) In eight weeks, the mice received either, a diet with natural ingredients or a diet with supplements of 10g / pr.100g flaxseed oil (50% alpha-linolenic fatty / Omega-3), beef, safflower oil (mostly linoleic Omega-6 fats) and fish oil. Each of these food groups were divided into either a sedentary group or an exercise group. Exercise program consisted of continuous intense swimming until exhaustion.

In the exercise group the immune response was suppress by the exhausting exercise, except in the group that received supplementation with flaxseed oil. Only the group that received flaxseed oil showed normal immune response. What is significant with these results is that one can recommend supplements of flaxseed oil to the people who make great demands on themselves in work or exercise. Flaxseed oil will counteract some of the negative effects the strain has on the immune system.

Other factors that can strengthen the immune system:

- Lifestyle changes
- Food, live food
- Exercise
- Mental Balance
- Environmental changes

Top 10 things that strengthen the immune system

1. Fats of good quality, preferably organic (especially egg yolks)
2. Cold pressed oils; Olive oil, fish oils, nuts and seed oils

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3. Onions and Garlic
4. Freshly squeezed juices from vegetables and fruits
5. Regular consumption of green crops; parsley, dill, coriander, spring onions, spinach etc..
6. Supplements of probiotika and fermented foods
7. Contact with animals such as horses, dogs and cats
8. Swimming in water that is not contaminated; lakes, rivers and the sea
9. Physical activity in the fresh air
10. Exposure to sunlight and sensible sun exposure

Source: GAPS - Gut and Psychology Syndrome by Dr. Natasha Campbell-McBride.

Top 10 things that damage the immune system

1. Sugar, especially refined white sugar and all products containing sugar; soft drinks, sweets, chocolate, ice cream, cakes, etc.
2. Processed carbohydrates, cakes, biscuits, snacks, white bread etc.
3. Bad processed fats and oils; margarine, trans-fatty acids, oils etc.
4. Lack of good proteins found in nuts, seeds, eggs, dairy, fish, etc.
5. Exposure to man-made chemicals
6. Exposure to radiation; Wireless networks, mobile phone, TV, PC, power, radiation, etc.
7. Medications; antibiotics, steroids, antidepressant medication, painkillers, cancer medicine, etc.
8. Lack of fresh air and physical activity
9. Lack of exposure to sunlight
10. Lack of exposure of normal microbes in the environment. Too sterile life and environment. The immune system needs stimulation from microbes in the environment outside.

Source: GAPS - Gut and Psychology Syndrome by Dr. Natasha Campbell-McBride.

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"Superfood" more about flaxseed and flaxseed oil

In the book "Flax for Life" Jade Beutler writes that;

"Flaxseed oil has come up as one of the healthiest foods in our time. One sees increasing evidence that flaxseed oil provides fine nails, shiny hair and nice skin. Flaxseed oil can make people calmer and more focused. It has also been shown that acne has disappeared, the pain is gone, and problems associated with menopause and PMS says goodbye. Others have reported lower cholesterol levels and many have lost weight. "

Furthermore, he writes in the book;

"Most people have heard of the "good cholesterol" and "bad cholesterol". The same is true for fats and oils. The good or the right fats and oils, helps to build up HDL, the good cholesterol. The opposite is the case with the "bad" fats. It increases LDL, the "bad cholesterol". The good fat protects us against a variety of diseases such as cardiovascular diseases, cancer and stroke. "

Low-fat products are made primarily of simple carbohydrates with white sugar and / or white flour, corn starch, fructose syrup or similar. These fast carbohydrates has no nutritional value but are packed with calories even though they are completely fat free. When you eat such food in large quantities, they will be converted into fat in the body. Portion sizes have also grown larger and larger, while the amount of fat is reduced. And it amazes people why they cannot lose weight as low-fat supporters are promising.

It is ironic that the fat one has tried to avoid for so long, in fact, can help us lose weight. These essential fats help to adjust the metabolism naturally. They increase the body's ability to burn extra calories. The good fat even goes so far as to carry the "bad" fat out of the body's cells and tissues. Because the "bad" fats store toxins, this is good news for everyone.

The content of flaxseed

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In the hull of mature flax seed there are 3-6% mucus which is composed of galacturonic acid, galactose, rhamnose and arabinose and pectin. In the seeds there is 30-45% oil rich in glycerides, such as omega-3 fatty acid alpha-linolenic acid (about 55%), omega-6 fatty acid linloensyre (20%) and other unsaturated acids. Furthermore, there are around 26% protein, about 14% fibre, approximately 4% minerals, sterols, enzyme, and about 1% of hydrocyanic acid (glycosid line marine), as the dreaded HCN is released from. While cyanide is normally taken up by the organism within seconds, one can find that after ingestion of 100 g flaxseed one have only been able to detect a very small amount of the dangerous poison in the blood. Hydrocyanic acid in flax seed must therefore have a different effect in the organism than HCN in other agents, for example from bitter almond. Flaxseed contains a lot of energy, about 1960 kJ (470 kcal) per 100g.

Flaxseed and flaxseed oil are according to the "Herbal list" from the Norwegian Medicines Agency not classified as a drug, and can be traded freely.

Source: www.rolv.no/urtemedisin/medisinplanter/linu_usi.htm

There are two types of flaxseed on the market; the usual brown and the one with golden color. It is best to use the normal brown due to consistency. The golden flaxseed has a more "sticky" consistency.

The food in modern society

For about 100 years ago, humans obtained the good essential fats from the food that was available. People ate healthy fats from nuts and seeds, from their natural cold pressed plant oils. Even meat and unpasteurized milk contained at that time more essential fats because the cows did go freely and ate grass and herbs containing natural fats and other important nutrients. Therefore, essential and healthy fats occurred naturally in the diet at that time. Due to modern production methods, pasteurization and refining of foods that contain these essential fatty acids, these good fats have almost been destroyed or lost from our food. It is perhaps no wonder that we have

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problems with cardiovascular diseases today with all the "unnatural" food we eat.

Why are essential fatty acids important for Prostaglandins?

The essential Omega-3 and Omega-6 fats in the right amount, give the body energy as well as nutrients to nerve cells, cell walls, but also a "hormone-like" substance called prostaglandins.

Prostaglandins and essential fats are important for keeping the body healthy and fit for various reasons:

- Produces steroids and synthesizes hormones
- Regulates response to pain, inflammation and swelling
- Determination of the immune response
- Regulates body secretions and viscosity
- Expands and contracts the blood vessels
- Regulates circulation in the body
- Sending endocrine hormones to the cells that will have them
- Regulates the smooth muscles and autonomic reflexes
- Is the primary content of the cell membranes
- Regulates the rate of cell division (mitosis)
- Maintains cell membrane consistency (rigidity and fluidity)
- Regulates the flow of substances into and out of cells
- Transporting oxygen from red blood cells to body tissue
- Maintains functioning of the kidneys and fluid balance
- Keeps saturated fat "floating" and moving in the blood

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• Prevents blood cells from clogging together (aggregation - is the cause of atherosclerosis, plaque and clogging and the cause of stroke)

• Controls the body's release of pro-inflammatory substances from cells that may trigger allergic conditions

• Regulates nerve transfers

• Stimulating steroid production

• Is the primary energy source for the heart muscle

Prevention of other diseases

Essential fats (omega-3 and omega-6) in the right ratio (1: 2) prevent:

Essential fats can prevent diseases such as cardiovascular disease, cancer, autoimmune diseases such as MS and rheumatoid arthritis / rheumatism and many skin diseases.

Budwig's Oil protocol can also be used to treat other diseases, including the LGS which is short for "Leaky-Gut Syndrome" (leaky gut syndrome).

The essential fatty acids Omega-3 (preferably flaxseed oil and freshly ground flaxseed) and Omega-6 (from cold pressed flax seed oil) or both from “Udo's Choise Oil”, are important building materials for intestinal cells that break down and rebuilt at high speed. The cells in the stomach and in the intestine are replaced with intervals ever second. It is important that the intestinal cells are linked closely together, and the essential fatty acids enables just that. This prevents and counteracts "Leaky-Gut Syndrome", which means that food particles and allergens are leaking from the intestine and absorbed into the bloodstream due to small holes or weaknesses in the intestinal wall. LGS is a serious problem and may lead to auto-immune diseases such as MS, diabetes, psoriasis, vitiligo, rheumatoid arthritis, etc. LGS also weakens the immune system.

The essential fatty acids increases metabolism and body temperature and acts as a "magnet" for oxygen. Thus, they contribute to more oxygen in the

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intestine. "Bad" intestinal bacteria like Candida that grows in the intestine or other microorganisms that create an imbalance in the intestinal flora, do not thrive in an environment with high oxygen levels. Candida and other microbes thrive with low oxygen and low temperature and therefore do not like the essential fatty acids. At high intake of Omega-3 from flaxseed oil and freshly ground flaxseed mixed with sulphur protein from cottage cheese or quark, one can experience detoxification reactions from e.g. Candida. You can then choose to reduce the dose of flax seed oil. Taking too much of the essential fatty acids one can risk getting loose stool. Essential fatty acid of good quality "lubricates" the stomach and intestines.

Reasons why we do not have enough essential fats in the body

The three primary reasons that we don't have enough essential fats in the body are:

1. Too low availability of quality oils rich in essential fatty acids due to commercialization and refining of fats and oils

2. Changes of healthy Omega-3 and Omega-6 oils to "toxic" fats (hydrogenated oils and trans-fatty acids)

3. Battle in the body and competition between the bad fats (hydrogenated oils and trans-fatty acids) and the essential fats

4. Changes in the feeding of cows, pigs, sheep, chickens and farm fish

Margarine is the ultimate representative of unhealthy fats.

It is also said that the human body has not had time to adapt to these new "synthetic" fats that have only existed for the last 100 years.

It may be hard to fathom that a person have a lack of essential fats, because symptoms are ranging from mild fatigue to a fatal stroke. Doctors are not primarily trained in nutrition and will not connect symptoms and disease with lack of essential fatty acids. Laboratory tests that measure the

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level of essential fats are not particularly well available. Lack of these fats does not just manage symptoms such as vitamin and mineral deficiency. A doctor usually has no knowledge of this and therefore cannot provide guidelines or treatment of a patient with a lack of essential fatty acids.

Signs and symptoms of low levels of essential fats in the body

The following guidelines can help you answer your own level of essential fatty acids (EFA status). Signs and symptoms include:

- Painful joints
- Angina; chest pain
- Arthritis, joint inflammation
- Constipation
- Cracked nails
- Depression
- Dry and lifeless hair
- Dry mucous membranes, tear ducts, mouth and vagina
- Dry skin
- Fatigue
- Poor general condition
- Lacking energy
- Forgetfulness
- Often cold and sick
- High blood pressure
- History of cardiovascular disease
- Weak immune system

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- Indigestion, gas and bloating
- Lack of perseverance
- Lack of motivation

SOME PRACTICAL ADVICE - to improve the body's levels of essential fatty acids:

1. Reduce the amount of saturated fat and the total amount of fat in your diet
2. Eliminate the intake of margarine and products containing trans-fatty acids and hydrogenated oils
3. Take one or two tablespoons of flaxseed oil daily. Organic unrefined flax seed oil is known to restore the right level of essential fatty acids in the body. Flaxseed oil contains both the essential fats Alpha Linolenic (Omega-3) and linoleic (Omega-6) in the right amount. Flaxseed oil is the oil that is richest in Omega-3. As much as 58% by weight of flaxseed is omega-3 fats and it is twice as much Omega-3 as in fish oils. The Budwig Oil Protein Diet is recommended.
4. Reduce total your fat intake to about 30% of daily calories. Make an effort to get the essential fats in your diet. (Budwig breakfast is a good contribution) Read the contents of the food you buy and eat.

TRANS-FATTY ACIDS - foods containing trans-fatty acids

Foods that often contain partially hydrogenated or hydrogenated vegetable oils in trans-fatty acids form (isomers):

- Bread
- Candies
- Canned food

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- Cereals
- Cakes
- Biscuits
- Baked goods
- Margarine
- Soft cheeses
- Snacks (potato chips, crisps etc)
- Oils from the supermarket (anyone who is not cold pressed)
- All oils in plastic bottles and shiny glass bottles

Dr. Budwig explains in her books how margarine is produced. This is also very well described in Niels Christian Geelmuydens book "Sannheten på bordet" (The truth on the table). He describes UTH heat treatment of vegetable oils and margarine production without any makeup. This is also a book that is recommended for anyone who is concerned about eating right. I will hereafter pass on some of that knowledge from Geelmuyden. His true message of food in our time can for many be as provocative as Budwig's opinions about what bad fats do with people's health. This was a truth that Budwig struggled to prove for more than fifty years ago. One can ask which direction things are moving during these last few decades.

Niels Christian Geelmuyden is asking; What are we eating?

"The truth on the table" by Niels Christian Geelmuyden was published in Norway by Cappelen Damm AS in 2013 on the back of the book he writes: "If it is true that people are what they eat, no question is more important than this: What are we eating?"

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In the section entitled "Fats up and down" is quoted with permission from Niels Chr. Geelmuyden / Cappelen Damm.

He writes that;

"In Norway the proportion of fat in the diet is reduced from 40 to 30 percent since 1980, much of this is probably due to the consumption of milk is reduced to one third, while the consumption of skimmed milk is tripled. Milk and dairy products are the largest source of saturated fat in the Norwegian diet. "

"Most people believe that fat is the enemy"

Geelmuyden continues with the following;

"Before World War II thick people was associated with wealth, power and control. Now it's all turned upside down. Healthy and thin people symbolize wealth and power, while obesity is associated with poverty and health problems. Fat is still considered a health enemy."

"Norway is one of the countries in Europe with the highest intake of trans-fatty acids. This probably is because the government has recommended margarine. Trans-fatty acids are found in fried products, bakery products, biscuits, pastries, chips, pre-packaged food. Most products with a long shelf life have trans-fatty acid on the label. Trans-fatty acids contain refined vegetable oils that are not treated as human food should be treated."

Refining of oils

About the refining of oils Geelmuyden writes;

"By warming are oils extracted using organic solvents, after which the oil is boiled for solvents will evaporate. Often gasoline is used in this part of the process. In the next round, the oil is treated with caustic soda, citric acid or

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phosphorus, followed by repeated boil downs for the chemicals to evaporate. At this stage of the process, the oil is so rancid that it is steam cleaned to remove all traces of odor and taste. "

"Unfortunately, the oil at this time is also without nourishment. In return, the product includes generally a greater or lesser residual gasoline. Health authorities believe nonetheless that refined oils are beneficial to health. Fat has a tendency to change character when heated. "

The World's Deadliest Fat

Geelmuyden describes the most dangerous fat;

"Soybean oil and margarine is estimated to account for 80 percent of the total fat consumption globally. Margarine is an artificially produced chemical product as ultra heat treated (UTH) and which in the process is subjected to up to 200 degrees Celsius. Production begins happily with a shipload of refined soya, rape or palm oil. For the ship not to return back empty, the tanks are filled with toxic products such as sulfuric acid, acetone, hexane and methanol. Foodstuffs will mainly only occur in tanks where it has previously been foodstuffs, but the EU has chosen to make an exception when it comes to cooking oils.

Margarine consists of various oils, water, additives and flavorings. To get margarine to resemble butter in consistency, it must undergo several chemical processes. For example finely divided nickel is added to break down the fat ingredients. "

"We know with certainty that the original fatty acids are altered in the process, and that this may lead to health problems. In turn the brown fat is treated with phosphoric acid before it is neutralized with caustic soda. What

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remains is a bleaching fat substance, neutralization of taste and the addition of diacetyl to ensure product credibility and butter color. Diacetyl has been a controversial aroma ever since the American Wayne Watson in 2012 was awarded nearly 40 million in damages after a lung disease he contracted by breathing (inhaling) the substance from microwave popcorn. A study from Minnesota has shown that diacetyl may exacerbate disease progression for people with Alzheimer's. National Food Administration in Sweden recognizes that drug may cause lung problems if inhaled, but maintains that it does not relate any problems to eating diacetyl. "

"Professor of Chemical Environmental Science Göran Petterson is concerned that significant antioxidants, vitamins and minerals disappear in the complicated processed margarine. Processed margarine contain large amounts of Omega-6, some of which are converted to neurotransmitters that increases appetite, reduces the feeling of fullness and increases fat storage.

Norwegian authority’s still recommend people to eat margarine instead of butter which is a natural product."

"Unambiguous scientific evidence shows that consumption of trans-fatty acids increases the risk of heart disease. In the 1970 and 80s Norway witnessed a heart attack epidemic, but first in 1988 they got the suspicion that margarine made from partially hydrogenated plant and fish oils could be responsible.

The Danish Nutrition Council concluded in 2003 that trans-fatty acids increase the risk of cardiac death ten times more than unrefined fatty acids. Trans-fatty acids trigger inflammation in the artery walls, increasing the bad cholesterol LDL and weakening the good cholesterol HDL. Simply put, trans-fatty acids have the opposite effect as omega-3. Several studies have looked at possible links between trans-fatty acids and diseases like cancer, type 2 diabetes, Alzheimer's, asthma, allergies, psoriasis, arthritis, depression and fibromyalgia. A study from the University of California in 2012 showed that high intake of trans-fatty acids also increases aggression and irritability. In Denmark it was prohibited from the year 2004 to produce and sell foods with a content of trans-fatty acids that exceeds 2% pr. 100 grams of fat.

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Violation is punishable by up to two years in prison. The European Commission is considering going to court against Denmark for distorting competition."

"Professor and Chief Steen Stender at Gentofte Hospital led the Nutrition Council working group in Denmark. According to Stender trans-fatty acids kills approximately 50,000 Europeans annually. The ban has virtually eliminated all use of trans-fatty acids in Danish foods. Research has shown that consumption of more than 5 grams of trans-fatty acids daily increases the risk of cardiovascular disease by 25%."

Furthermore Geelmuyden writes:

"Switzerland, Austria, Iceland, Sweden and Denmark have regulated the use of trans-fatty acids. Norway has not followed their example, and has no rules for product labeling or limits for use of trans-fatty acids. Because trans-fatty acids has had a bad reputation among enlightened consumers, producers on the Norwegian market often choose to camouflage the contents under designations such as "partially hydrogenated fat", "hydrogenated fat" or "partially hydrogenated vegetable fat". In Norway there has even long been allowed to label producers on the Norwegian market foodstuffs with designations such as "vegetable fat", "fat" and "hydrogenated vegetable fat". Surveys show that there are several products in Norwegian shops that contain up to 15 grams of trans-fatty acids. Especially major discoveries are found in cakes and biscuits. "

The book "Facts on the table" by Niels Christian Geelmuyden has the following definition of trans-fatty acids added foods:

- Partially hydrogenated fats
- hydrogenated oils
- Vegetable fat

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• Fat

• Hardened vegetable fat

(Often occur in cuts, cheese, pate, meat, biscuits, cakes, sauces, fast food.)

Organic milk

Studies from several countries have shown that organic milk (from cows that have eaten grass) contains higher amounts conjugated linoleic acid (CLA) and omega-3 than conventional milk. Both of these fats prevent cardiovascular diseases and cancer. In normal milk, there are four times more omega-6 than omega-3. From cows on pasture that have eaten green grass the ratio is 2: 1. Research has shown that the bioactive substance fat CLA can prevent weight gain, especially around the waist, and that it prevents breast cancer. An experiment conducted by the Agricultural University in Norway in 2002 showed that the content of CLA in organic milk in average was twice as high as in conventional milk.

The transition from grass to hay feed as conventional feed for cows has resulted in that half of the natural CLA has disappeared from today's diet. A major English study from 2008 showed significant health benefits by consuming organic milk products. Highest was the level rise in antioxidants and essential fatty acids in the summer, when cows graze on green meadows. The CLA content increased by 60 percent.

The book "The truth on the table" concludes the chapter on fat by asking; "So what should we eat?" Here comes the answer:

• Choose organic dairy products. They contain better and more nutrients.

• Choose the natural dairy product butter. It looks consistently to be a better source of fat than industry produced margarine.

• Choose cold-pressed oil from olives, flaxseed, avocado or canola.

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• Avoid heat treated fat like margarine, refined edible oils, palm oil and trans-fatty acids.

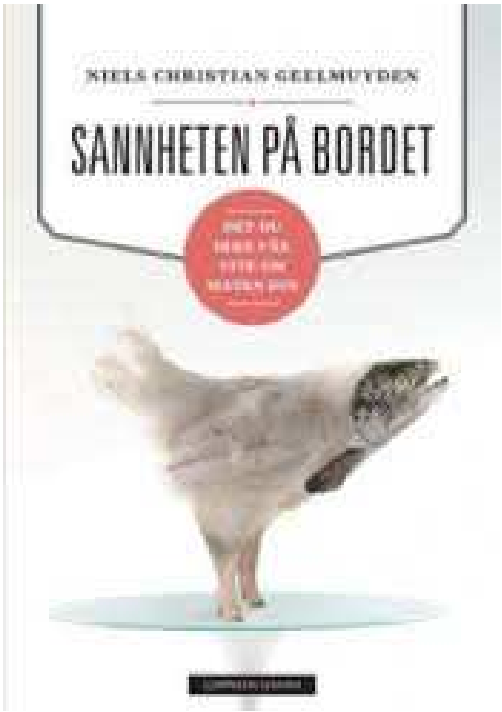
• Choose vegetable fats when it disclosed which plant the fat comes from. Manufacturers of olive, canola and sunflower oil never writes that the item contains "vegetable fat". Therefore, avoid products where it just says "vegetable fat".

• Avoid products that contain "partially hydrogenated fats" hydrogenated fat "or" partially hydrogenated vegetable fat ". These terms are often used as aliases for trans-fatty acids.

• Select fat products with a short shelf life. They rarely contain trans-fatty acids or other heat-treated fat varieties.

• Avoid light products. They are not as healthy as slimming manufacturer wants it to.

• Choose fat sources that are rich in omega-3. We consume too much Omega-6.



Thanks to Niels Christian Geelmuyden for providing this important information.

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Facts about fats

Fats that the body cannot produce itself are called essential fatty acids. There are two types of essential fatty acids:

1. Linoleic acid, Omega-6 fatty

2. Alpha-linolenic acid, omega-3 fatty

The body produces different substances from these fats:

1. Omega-6 - GLA, DGLA and AA

2. Omega-3 - EPA, DHA

In addition, the body produces prostaglandin (biologically active fatty) called "super hormones" and resemble hormones from the essential fats. All these are very important for good health. They are good for:

- Circulation
- Production of hemoglobin
- Diaphragm (skin) function
- Overcoming fatigue
- Prostaglandin, biologically active fatty acids / hormones
- Growth
- Cell Division
- Development of the brain
- The immune system
- Reduce inflammation
- Energy production
- Brain
- Healing

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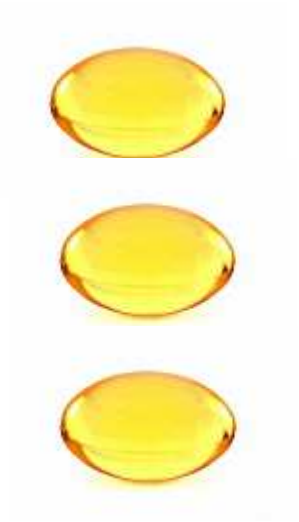
- Learning
- Sports achievements
- Beauty
- Weight Loss

We need these essential fats and other essential nutrients that support the body's metabolism. Many degenerative diseases like heart disease, cancer and arthritis (joint inflammation) can be caused by lack of essential fats.

The balance between Omega-3 and Omega-6 is very important. Recommendations vary, but a balance of 1: 2 to healthy people and 1: 1 to sick people.



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How Does Omega-3 work

Omega-3 fats reduce the risk of disease, especially heart disease by strengthening the cell membrane (outer wall of the cell) in all cells in the body. The cell membrane becomes more flexible and more "biochemically active" when the level of phospholipids increased. Improved flexibility of blood vessels and blood vessel walls can reduce blood pressure.

FATS TABLE

Options	Oils Fat	Poly Unsaturated Essential fats		Unsaturated fats	Saturated fats
	Cold pressed	Linoleic acid Omega-6	Alpha-linolenic acid Omega-3		
First Choice	Flaxseed	15	54	22	9
	Pumpkin	45	15	32	8
	Walnut	50	5	29	16
Second Choice	Almonds	17		68	15
	Olive oil	12		72	16
	Sunflower	66		22	12
	Sesame	45		45	13
	Rice bran	35		48	17
For cooking	Coconut oil	4		8	88
Do not use	Peanut (Aflotoxins)	29		56	15
	Cottonseed oil	48		28	24

These numbers apply only to fresh natural, cold-pressed oils that are not hydrogenated, processed or heat treated. *Source: Encyclopedia of Natural Health.*

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The oils should be kept cold, in dark glass bottles, and not smell rancid.

Compositions of fats (% of total fat mass)

OILS	SF	OA	LA	GLA	ALPHA-LA
FOOD OILS:					
Canola	**7**	**54**	**30**	**0**	**7**
Olive	**16**	**76**	**8**	**0**	**0**
Soy	**15**	**26**	**50**	**0**	**9**
Corn	**17**	**24**	**59**	**0**	**0**
Saflor	**7**	**10**	**80**	**0**	**0**
Medicinal oils:					
Evening primrose oil	**10**	**9**	**73**	**9**	**0**
Black currant	**7**	**9**	**47**	**17**	**13**
Boric acid	**14**	**16**	**35**	**22**	**0**
Flax seed	**9**	**19**	**14**	**0**	**58**

SF = Saturated Fats

OA = Oleic Acid

LA = Linolenic Acid

GLA = Gamma Linoleic Acid - Omega-6

ALPHA-LA = Alpha Linolenic - Omega-3

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NUTS PR. 100g

Nutritional value	Walnuts	Almonds	Brazil nuts	Hazelnut
Energy/cal	654	575	656	652
Protein g	15.2	21.1	14.3	15.0
Carbs fibre g	7.0	9.4	4.7	7.0
Fat total	65	49.4	66.4	60.8
Saturated fatty acids	6.1	3.7	15.1	4.5
Monounsaturated fatty acids	8.9	30.9	24.5	45.7
Polyunsaturated fatty acids	47.2	12.0	20.6	7.9
Omega-3	9.1	0.0	0.0	0.1
Omega-6	38.1	12.0	20.5	7.8
O-3 : O-6	4:1	2010:1	587:1	90:1
Prot:Fat:Carbs	1:4.5:0.5	1:23:0.4	1:4.6:0.3	1:4.1:0.5
Vitamin E mg	0.7	26.2	5.7	15.0
Tiamin mg	0.34	0.21	0.62	0.64
Folate µg µg	98	50	22	113
Calsium mg	98	264	160	114
Potassium mg	441	705	659	680
Sodium mg	2	264	160	114
Magnesium mg	158	268	376	163
Iron mg	2.9	3.7	2.4	4.7
Zink mg	3.1	3.1	4.1	2.5
Copper mg	1.6	1.0	1.7	1.7
Selenium mg	4.9	2.5	1917	2.4

Source: Norwegian Magazine "Mat & Helse" 2013

To give her cancer patients the opportunity in their daily life to follow the Budwig Diet and choose the food that was included as an important part of treatment, Johanna Budwig wrote a cookbook. In recovering the mental state was also significance. Therefore it was important that the food the

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cancer patient has to get used to was not associated with resentment and dissatisfaction. She was concerned that meals should taste good and be something you looked forward both to cook and eat in a relaxed atmosphere.

Dr. Budwig's Oil Protein Diet Cookbook

Dr. Budwig's cookbook is based on her research principles. In the preface to the book, the publisher writes;

"Dr. Budwig a researcher, author and speaker has spent half of her nearly 95 years explaining her simple truth to the world. She has taught us how unsaturated essential fatty acids found in flax seed oil is good for us when we combine it with sulphur proteins of high quality that makes the essential lipid water soluble. This will equalize and prevent toxic accumulations in all tissues of the body. "

Many people will benefit greatly from Dr. Budwig's scientific discoveries that she has used in her recipes in the cookbook.

"Hippocrates wrote; Let food be thy medicine. Dr. Budwig shows us how." *Alexander Pazitch from Apple Publishing in Canada.*

Johanna Budwig's recipes can be combined to create many tasty recipes.

Dr. Budwig writes in the introduction to the Oil Protein Cookbook that according to her experience with treatment of patients, it is not enough to recommend people to stay away from the harmful fats and chemicals in food. Dr. Budwig recommended to choose foods that are all natural and not processed, when it comes to fat, fruit, vegetables and grains. When cooking for a sick person, one should avoid all processed foods. It is important for the whole family that whoever cooks the food are choosing and using the right kind of fats. Dr. Budwig's Cookbook helps us create nutritious and fat

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proper diet, both for those who are sick, and those who help the sick to be healed.

The right fat - the main ingredient of our time

Dr. Budwig says in her cookbook that flaxseed oil has always been able to perform miracles. Fat regulates the whole body's metabolism, energy production and the production of new cells. When one creates blockages in the body with processed fats, can cause many of the diseases that are common today. It is therefore important to have a balanced diet with essential fats in the form of flaxseed oil blended with high quality protein, like cottage cheese or quark. The Oil Protein Diet gives you the solution.

The first 4 weeks on the Oil Protein Diet

• Avoid all fats that are hard to digest

• Include flaxseed oil in the diet

• Avoid foods with preservatives

• Eat fresh, raw vegetables, fruit, nuts and seeds

• Avoid food from cans, packages and bags

• Eat raw vegetables and drink vegetable juice every day

• Include flaxseed oil and cottage cheese or quark mixture into your diet every day

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Recipes

Here are recipes from Dr. Budwig's Oil Protein Diet Cookbook, Budwig Center and my own recipes.

As previously mentioned, the Oil Protein Cookbook was published in German as early as the 1950s. The book reflects the time when it was written. Much has changed in the last 50-60 years, not least in the diet and food culture. Germany's food culture was and still is a little different than in rest of the Western Diet. Germans uses more fatty foods, while a traditional Western Diet is moderate in fat to low fat.

Dr. Budwig's Oil Protein Diet included neither meat nor fish. If one were adjusting the diet and allow meat, it would be 100% organic meat (including game) and less than 5% of the total daily food intake (according to The China Study). This is because this meat does not contain residues of antibiotics, growth hormones and other artificial substances that are often found in non-organic meat. Moreover, the meats of animals that have eaten natural food from nature contain much better fats. Organic meat is cleaner, contains more nutrients and is less strain on the immune system. Organic "free range" chicken, eggs and "wild" (not farmed) are allowed in small amounts as an accessory.

It is however important to note that if you have high cholesterol, heart disease or "clogging" the only source of cholesterol is from animal proteins such as meat, fish, milk and eggs.

The Cancer Clinic Budwig Center in Malaga, Spain, publishes a free booklet in English and Spanish. In the booklet there are several recipes that support Dr. Budwig's Oil Protein Diet. I have been given permission to reproduce the recipes in this book. As mentioned earlier, the rest of the recipes are reproduced from Dr. Budwig's Cookbook or my own recipes.

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Salt

Use only natural sea salt and not refined table salt in these recipes.

Salads, dressings and dips

It has long been recognized that raw vegetables in your diet is good for your health. Salads of all kinds have become very popular in the western world. Dr. Budwig often heard from patients that said; "We eat a lot of salad." What they were referring to were heads of lettuce from the greenhouse that has never seen sunlight. Such a salad with some tomato slices do not qualify as disease preventive foods. What Dr. Budwig recommended was using all kinds of vegetables according to what season it is. Here is a list of vegetables she recommended:

- Radishes
- Root celery
- Beets
- Leeks
- Cauliflower, Broccoli
- Fennel
- Cabbage green and red
- Swedes

With all these vegetables she made tasty salads with a Budwig Mayonnaise and other tasty dressings that are based on the basic mixture of flaxseed oil and quark.

Dr. Budwig's Oil Protein Diet Cookbook was published in German in 1952 and in English in 1994.

The range is probably something different today than in Germany in the 1950's. That is not saying that today's vegetables are better. They probably did not use as much pesticides as they do today.

A lady asked the staff in the fruit & vegetables department in the store if pesticides were water soluble, and if it was enough to rinse the vegetables

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under the tap. The person she asked politely smiled and said: "The the farmer had to spray again every time it has rained." Consequently, fruit and vegetable should be washed with a sponge with a little soap in the lukewarm water. Only then can you clean away some of the pesticides. Recent research shows that fiber-rich vegetables and fruit can absorb pesticides and transport them out of the body. (Ref: The Forensic FoodLab, Mike Adams)

Dr. Budwig emphasized with great importance was that the vegetables were cooked and served so that they retain flavor. In this way it is easier to eat lots of vegetables. The tip is to use lots of flaxseed oil combined with cottage cheese or quark, spices and herbs.

Budwig mayonnaise or quark and flaxseed oil can be mixed with fresh herbs such as:

- Onions
- Garlic
- Chives
- Dill
- Caraway
- Parsley
- Coriander
- Or sweet things like fruit and berries

She also allowed the use of soy sauce (check for GMOs and sugar). She often heard from her patients that they enjoyed the delicious sauces; also from those who were against eating raw vegetables. She encouraged people to use their imagination and vary salads and dressings so that you did not eat the same thing all the time.

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Vegetables

Dr. Budwig used beets raw or cooked in grated form or in thin slices, and she recommended using organic fresh vegetables. Vegetables should not be overcooked because then they lose a lot of flavor and a lot of valuable nutrition. The best way to prepare vegetables is easy steaming. When frying vegetables, the fat are modified and becomes indigestible.

Preparation of vegetables can be done with Oleolux and various herbs and spices. You can make your own spice mix with Oleolux, fresh chopped herbs, unrefined sea salt and a little pepper.

When one is steaming, one can take care of the cooking water. It can be drunk as "stock" with a little sea salt or sauce or as a soup base. To make the vegetables a little more adventurous you can:

- Drizzle with shredded cheese
- Bake the vegetables in the oven
- Mash the soup with hand held blender
- Create your own tomato sauce

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The basic recipe

The basis of the Budwig mixture that many eat for breakfast and / or supper is low-fat cottage cheese or quark, flaxseed oil and freshly ground flaxseed. Although the basic recipe is the same, you can add many different flavors in the form of fruits and berries. In addition, one can have cinnamon, nuts or seeds on top. Here are some suggestions:

DAY	BUDWIG PREPARATION	TASTE	TOPPING
MONDAY	6 SS LOWFAT COTTAGE CHEESE/QUARK 3 SS FLAXSEED OIL MIXED WITH A HAND HEALD BLENDER AFTER THAT MIX INN 2 SS LOW FAT MILK 3 SS FRESHLY GROUND FLAXSEED	BANANA AND BLUEBERRIES	CINNAMON AND CHIA SEEDS
TUESDAY		BANANA AND RASBERRIES	CINNAMON AND SUNFLOWER SEEDS
WEDNESDY		PINAPPLE	CINNAMON AND RAISINS
THURSDAY		BANANA AND LINGONBERRIES OR GOJI BERRIES	CINNAMON AND PUMPKIN SEEDS
FRIDAY		APPLE AND CINNAMON	CHIA SEEDS AND RAISINS
SATURDAY		BANANA AND BLACK CURRANT	SESAME SEEDS AND WALNUTS
SUNDAY		ECOLOGICAL STRAWBERRIES OR. CHERRIE	KIWI AND BANANA SLICES

BERRIES - blueberries, raspberries, black currants, cherries, currants, strawberries

FRUIT - apple, pear, banana, pineapple, melon, kiwi, mango

TOPPING - cinnamon, nuts (not peanuts), seeds: chia, sunflower, pumpkin, sesame, pine nuts and dates, figs, goji berries, chopped fruit etc.

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SAUCES AND LIGHT MEALS

"The sauce is the icing on the cake", while for children it is the ketchup that "rescues" food they don't like. In the sauces as in the other dishes the fat (Oleolux or flaxseed oil) is added at the end and never exposed to high temperatures. "Dead" fat tastes completely different from "live" fat. Dr. Budwig recommended making the same sauce in two ways, one with margarine and one with Oleolux and feeling the difference in flavor. Use fresh herbs to flavor sauces.

Budwig OLEOLUX (can substitute butter)

250 g Coconut fat

1 Onion

10 Garlic cloves

125 ml Flaxseed Oil

Cut the onion into small pieces and cook it for 15 minutes on low heat. Add the garlic and fry for 3 minutes. Cool off and mixed with cold flaxseed oil.

Budwig mayonnaise, simple

3 tablespoons of flaxseed oil

100 g Cottage Cheese

Garlic

Pepper and natural sea salt

A little lemon juice or apple cider vinegar

Budwig spicy mayonnaise

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Mix together:

2 tablespoons (30 ml) Flaxseed Oil

2 tablespoons (30 ml) Low fat quark

2 tablespoons (30 ml) Kefir

Then add:

2 tablespoons (30 ml) lemon juice (or apple cider vinegar)

1 teaspoon (2.5g) Mustard

Herbs such as parsley or dill

2 or 3 slice pickles from the health food store (no preservatives - Read the label carefully) + a pinch of sea salt or herbal salt.

Budwig DRESSING

Lemon juice

Natural sea salt and pepper

Finely chopped garlic fried in coconut oil

Oleolux or flaxseed oil

Finely grated cheese

Budwig PESTO

Flaxseed oil and olive oil or Oleolux

Basil

Coriander

Raw pine nuts or raw cashew nuts

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Sea salt

Add garlic and sundried tomatoes

Mix everything in a blender

Syrian SAUCE

50 g Walnuts

50 g Almonds

50 g Hazelnuts

50g Pine Nuts

1 x Bell pepper

½ tsp cayenne pepper

1 medium onion

2 -3 cloves of Garlic

2 tablespoons of flaxseed oil

2 tablespoons Oleolux

Preparation: 2 tablespoons of flaxseed oil in a blender. Add the nuts, a little at a time. Add the spices. Melt Oleolux in a pan, finely chop the onion and garlic and brown in the pan. Add the nuts. Mix the mixture with the fat and add 2.5 ml of water. Bring to the boil and remove the pan from the heat. Add a little sea salt. Can be diluted with more water if desired.

Budwig Lentil Soup

Leek

Potatoes (but not for the very sickest)

Natural sea salt and pepper

Cayenne

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Lentils

TASTEFUL RIS

Oleolux

Bell pepper

Natural sea salt and pepper

Mix in the dry rice

Add boiling water. Put on the lid and bring to a boil.

Miso - Ginger Dressing

250 ml water

½ tablespoon (7.5 ml) peeled and chopped fresh ginger

1-1 / 2 tablespoons (22.5 ml) soft white miso

1 tablespoon (15 ml) lemon juice

1 tbsp tahini

½ shallot, minced

2 cloves garlic, minced

3 tablespoons (45 ml) organic flaxseed oil

Mix all ingredients in a blender or food processor to a creamy consistency.

Sesame Seed Dressing (from "Flax for Life”)

185 ml orange juice

60 ml flaxseed oil

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3 tablespoons (45 ml) sesame seeds

Mix all the ingredients together vigorously in a bowl, shaker bottle or blender. Tasteful to pour over salad or fresh sliced fruit.

Herbal Bouquet Salad Dressing

2 cloves garlic, crushed

¼ teaspoon (1.2 ml) dried oregano

60 ml flaxseed oil

½ teaspoon (2.5 ml) dried sea salt

60 ml cold-pressed sunflower oil

¼ teaspoon (1.2 ml) ground coriander

4 tablespoons (60 ml) lemon juice

1.8 teaspoon (0.6 ml) dried sage

½ teaspoon (2.5 ml) dried basil

Sea salt to taste

½ teaspoon dried chervil

2 teaspoons (10 ml) Dijon mustard

¼ teaspoon (1.2 ml) dried thyme

Mix all ingredients in a blender or food processor and blend to a fine consistency. Serves about 3/4 Cup (185 ml)

BUL RICE pilaf

750 ml water

125 ml brown rice

250 ml bulgur wheat

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1 cup each chopped; carrots, celery and onions

Sea salt and pepper to taste

Boil some broth, add rice, reduce heat, cover tightly and cook for 30 minutes. Add remaining ingredients and bring to a boil. Cover and cook for 10 to 20 minutes, until rice and bulgur are tender.

Tahini on Cookies

Thahini is available at the health food. Spread Tahini (sesame butter) on a rye crackers and sprinkle with a dash of sea salt on top. This is a delicious snack rich in protein and calcium or as an addition to any meal. Cut also fresh garlic and have Tahini butter on top and then cover with a layer of Tahini so that you cover the garlic when eating this amazingly tasty and healthy combination.

Fresh Mexicans Salsa

A spicy traditional Mexican salsa made even better with the addition of flaxseed oil. Good as a dip for tortilla chips or as a sauce for enchiladas, burritos and tacos.

3 tomatoes, diced

1 small jalapeño pepper (green chili pepper)

4 bundles fresh cilantro

2.1 cup (125 ml) tomato sauce

1/2 medium onion, diced

3 tablespoons (45 ml) organic flaxseed oil

1 shallot, chopped

Combine tomatoes, cilantro, onions, shallots and jalapeño pepper in a blender or food processor and blend until desired consistency, coarse or fine.

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Mix tomato sauce and flaxseed oil well in a separate bowl. Mix everything together and refrigerate until use. Approximately ½ liter.

Dr. Budwig Salad Dressing / Mayonnaise

4 tablespoons (60 ml) organic, low fat cottage cheese / quark

2 tablespoons (30 ml) milk (preferably raw and organic)

2 tablespoons lemon juice or Apple Cider Vinegar

Mix together and add: mustard, chopped (organic) pickles, spices and herbs to taste. Pour into a glass jar and store in the refrigerator.

Vitamin Lady Juice combo

A few slices of fresh ginger

2 cloves of garlic

1/4 lemon

1 apple

1 kg carrots

Some broccoli, squash, beets or other solid fresh vegetables

Some kale, swiss chard, bok choy, spinach or other green vegetables

Some pineapple, strawberries, blueberries or other soft fresh berries / fruit

2 tablespoons ground flaxseed

Crushed muscatel grape

Aloe Vera juice - one or two fl.oz (30-60 ml)

Noni juice - one fl.oz (30 ml)

Avocado Recipes

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The family's favorite recipes with avocado:

1 ripe avocado, mashed

3 tbsp (45 ml) salsa homemade or from a jar

1 tablespoon (15ml) onion, finely chopped

1 tablespoon (15ml) lemon juice

¼ tsp. (1.2 ml) garlic powder

¼ tsp. (1.2 ml) onion powder

Sea salt to taste

½ teaspoon (2.5 ml) dried herbs (optional)

Mix all ingredients in a bowl and serve with sliced raw vegetables.

Chunky Avocado Dressing & Dip

1 dose Budwig mixture

3 tablespoons (45 ml) kefir cheese

3 tablespoons cottage cheese / quark

3 tablespoons of flaxseed oil

Then stir in:

A little mashed avocado

1/2 teaspoon (2.5 ml) garlic, diced

1/4 cup (1.2 ml) onion, diced

1/4 cup (5 ml) diced tomatoes

1 tsp (5 ml) lemon juice

3 cups (750 ml) water

2 glasses of Black Beans

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2 stalks celery, chopped

1 onion, chopped

1 tbsp (15 ml) cold-pressed sunflower oil

2 cloves of garlic

1 tbsp fresh ginger, finely chopped

Black pepper to taste

Warm coconut oil in the frying pan, sauté onions until tender (5 min). Add celery, garlic, ginger - fry for 1-2 minutes more to release the flavor. Add remaining ingredients and simmer for 30 minutes.

FRIED MILLET

Raise the baking tray as high as possible in the oven and start the grill.

Sprinkle some millet on a baking tray.

Put it under the grill for a few minutes.

You do not even need to brown the millet to enhance the flavor. A good trick is to add a little garlic.

Mix the following ingredients well in a blender

2 cups water (500 ml)

3 beets

1 small ginger (sliced)

3-4 large cloves of garlic

6-7 bay leaves

Pour the mixture into a bowl.

Mix these ingredients for about 30 seconds:

2 cups (500 ml) water

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2 carrots

2 stalks celery

2 tablespoons (30 ml) apple cider vinegar

½ cup (125 ml) cold-pressed sunflower oil

1 tablespoon (15 ml) honey

Sea salt to taste

Add ½ cup walnuts in food processor (with blade) and mix on low speed, so they just break up into small pieces, but not completely mixed. Pour into the same bowl and stir.

Cut or tear:

¼ head cabbage

1-2 carrots

1 bunch of parsley

Add these ingredients to the mix. Stir and serve.

Zucchini Surprise

3 shredded squash

2 red apples cut into small pieces

1 avocado cut into small slices

Cumin to taste

Sea salt to taste

Mix all ingredients together and serve.

Hazelnut Dressing, spread or dip

BoW Private use only!

Make these thicker with more nuts for toppings or more liquid to the dressing with more cucumber.

1/2 cup (125 ml) nuts (macadamia, walnuts or hazelnuts) are ground in a coffee grinder and poured into a bowl

Add ½ clove garlic

2 thick slices of cucumber

1 tablespoon (15 ml) cold-pressed sunflower oil

1 tsp (5 ml) lemon

Mix with a hand blender until smooth.

Lentil soup

250g lentils

2 carrots

1 onion

2 garlic clove

4 tablespoons (60 ml) paprika

3 tablespoons cumin (45 ml)

4 tomatoes

1 red bell pepper

60 ml olive oil

Sea salt to taste

Boil the lentils in water and salt then add the carrots, onion and garlic to the soup. Boil until the lentils are soft.

Meanwhile, cut the tomatoes and peppers.

Add the fresh tomatoes and peppers to the pan and finish with a "drizzle" of cold pressed olive oil and more sea salt if necessary.

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Soup with black beans

This soup can be made up to four days in advance: just pour it in an airtight container, refrigerate and heat to serving temperature.

1 litre or 1000 ml black beans (soaked in water overnight)

1/2 medium red onion, chopped (or onion)

2 tsp sea salt

4 cups (500 ml) water

2 large cloves garlic, minced

2 tsp cumin

2.1 teaspoon (2.5 ml) chili powder (optional)

2 avocados

1 celery stalk

2 tomatoes

Olive oil

Cook the beans in water and salt in a large soup pot. Add onion and garlic and cook until beans are soft. Add cumin.

While the soup boils, cut up avocado, celery and tomato and put together in a separate bowl (to be on top of the soup when served)

Serve the soup in bowls and add fresh vegetables to each portion

Add a "drizzle" of olive oil and sea salt if necessary.

Cold Cream Carrot Soup

3 cups (750 ml) fresh carrot juice

1 large avocado

BoW Private use only!

A handful of alfalfa sprouts cut into chunks

A small sprig of parsley or coriander leaves

1. Make carrot juice
2. Cut the avocados in half
3. Have carrot juice and avocado in blender and blend until smooth.
4. Put the sprouts and parsley on top of the soup.
5. You can use any combination of vegetable juice to make soup.

Exotic Baked fish by Christina Weeks (4-6 servings)

4-6 pieces of white fish or wild salmon (not farm fish)

3 cloves of garlic

1 onion

¼ broccoli

6 chopped green beans

1 finely chopped carrot

3 tablespoons (45 ml) coconut oil

250 ml coconut milk (if available in carton otherwise oat milk)

1 teaspoon nutmeg

Sea salt to taste

Topping:

2 cups spelt flour (500 ml)

4 tablespoons (60 ml), sunflower or olive oil

1 teaspoon sea salt

First of all, cook broccoli, carrots and green beans in very little water until they begin to soften then add the fish, onion and garlic and oil cook on low heat for 5 minutes, add milk alternative (coconut / oat) and nutmeg and sea salt.

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Then for the topping: Mix all ingredients in a bowl with your fingers until it has a crumbly consistency and place on top of the fish topping and bake in the oven until golden brown.

Veracruz Fish

2 tablespoons water

1 medium onion, sliced or in small pieces

2-3 cloves of garlic crushed

(Chili optional)

1 green bell pepper, sliced

2 bay leaves

1 teaspoon cumin

1 teaspoon oregano

Make tomato puree with five fresh ripe tomatoes

500g firm white fish (cut into bite-thick pieces)(NOT PANGA FILETS)

1-2 tablespoons finely chopped fresh coriander (cilantro)

Lemon juice

Sea salt to taste (1 tsp)

Olive oil (optional)

Add the first 7 ingredients in a large saucepan. Make tomato puree to cut an X on the bottom of the tomatoes and pour boiling water over them, peel them after 2 minutes and puree in a blender. Add the tomato puree to the saucepan and when it boils, then add the fish. Let it boil for 5 minutes and add the last 4 ingredients.

Quinoa soup

BoW Private use only!

Put 3 tablespoons water, 2 cloves of garlic and some cumin in a saucepan.

Reheat and add the carrot, celery and quinoa soaked in water overnight (about 8 hours.)

Keep in double amount of water to the amount of quinoa and cook for 15 minutes under the lid. When the quinoa is soft, add ½ cup oat milk, a little feta cheese and fresh chopped coriander and serve.

Hummus

A fantastic taste from the Middle East. A dish that is used as a dip or filling for pita bread. An excellent source of complete protein and essential fats.

420 ml of boiled chickpeas (soaked overnight) (Cook on high temperature for at least 10 minutes. Thereafter on lower heat.)

60 ml tahini (sesame butter)

1/4 teaspoon (1.2 ml) ground coriander

1/4 tsp cold pressed olive and sunflower oil

1/4 teaspoon paprika

2 tbsp (30 ml) chopped fresh parsley for garnish

3 tablespoons (45 ml) lemon juice

2 medium cloves of garlic

1/4 teaspoon (1.2 ml) ground cumin

1/4 cup finely chopped green onions (optional)

A pinch of cayenne pepper

Have cooked chickpeas, tahini, lemon juice and oil in a food processor and puree to blend when the consistency of a coarse paste. Use as much water as necessary. Add the garlic, coriander, cumin, paprika and cayenne and mix thoroughly. Transfer the hummus to a bowl and stir in the scallions. Cover the hummus and refrigerate. Garnish with parsley before serving. Approximately 2 1/2 cups (375 ml).

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Pine nuts and basil dressing

(250 ml) pine nuts soaked overnight

½ liter of filtered water

500 ml fresh basil

1 tbsp (15 ml) Nama Soy

Mix the pine nuts in a food processor with basil, water and soy for a creamy mass.

Sea Vegetable Slaw

1 handful of hijiki seaweed, soaked and rinsed

1 handful of finely chopped coriander

1 handful of finely chopped green onions

1 liter or 1000 ml finely sliced cabbage

Vegetable spices or herbs to taste

Mix all ingredients in a bowl and serve.

Live Food - Fruits & Nuts

20 small apples peeled and cored

1 liter (or 1000 ml) soaked almonds

Cinnamon, nutmeg, allspice, cloves, ginger

1. Puree apples in a food processor.
2. Grind almonds in a food processor.
3. Mix the mashed apples and almonds in a bowl and add seasoning to taste.

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Easy Wakame salad

1 clove garlic, grated

2.1 teaspoon (2.5 ml) ground ginger

1/2 avocado

Sea salt to taste

3 cups (750 ml) sprouts or green (sunflower, buckwheat, spinach, lettuce, etc.)

1 cup (250 ml) soaked wakame seaweed

(Optional): tomatoes, walnuts, pecans, almonds or pine nuts

Grate the ginger and garlic. In a small bowl, mash avocado, ginger, garlic and Braggs together.

Cut the sprouts or other greens and wakame into pieces. Mix all ingredients together.

Sweet potato salad

1 large sweet potato

2 carrots

1 squash

½ chopped onion and slice an avocado in large slices. Mix well.

Dressing:

6 tablespoons (90 ml) cold-pressed sunflower oil

1 teaspoon (5 ml) apple cider vinegar

1 teaspoon sea salt

1 teaspoon oregano

Mix well and pour over salad

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Mock Meat Loaf Recipe by Michele Homer

1 beetroot, finely grated

1-2 sweet potatoes, grated

1-2 white potatoes, grated

1 turnip, grated

1 onion, cut up

3 celery stalks with leaves

One raw walnut. Put each ingredient in a food processor separately. When everything is processed, pour into a large bowl together. Mix together and refrigerate overnight. The next day, you can shape it into a loaf.

You can add rice, baked potato or other allowable grain.

Almond dressing / DIP

Blend with hand held blender or food processor:

1 cup soaked almonds, a little garlic, juice of ½ lemon, 2 tablespoons oil, ½ cup water, 1 tsp sea salt

GUACAMOLE dressing / DIP

Mix with hand held blender: 1 avocado, some broccoli, sea salt and garlic to taste, juice of ¼ lemon, if necessary. A bit of water

Create a raw tomato sauce with the following and mix in:

1 cup (250 ml) finely chopped tomatoes per person

1 garlic clove or on request

1 green or red bell pepper

3 mushrooms

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Oregano or fresh coriander (you can change the herbs, but these are the most popular)

DESSERTS

Most of Budwig's desserts are based on the basic recipe with cottage cheese / quark and flaxseed oil. This is an energy dessert and only your imagination sets the limits to the combinations you can make. One can also make the Budwig cream by putting the mixture into the freezer for a few hours.

Budwig DESSERT

3 tablespoons of cottage cheese or quark

100 g Flaxseed Oil

Strawberries (frozen)

1 tablespoon honey

1 tablespoon vanilla (not vanilla sugar)

3 tablespoons milk

Mix the mixture with a hand blender until a creamy mass. Put everything in a zip lock bag, fill the sink with ice and salt and have the bag in the sink to desired consistency. Alternatively, keep the mixture in the freezer until the right consistency.

CHAMPAGNE with Flaxseed

1 glass of Champagne, wine or fruit juice

1 -2 tablespoons of freshly ground flaxseed

Champagne with freshly ground flaxseed is especially recommended for people with a brain tumor and the weak to improve digestion. This provides an "energy-booster". The bubbles in champagne serve as a carrier of flaxseed to the brain. Chew the seeds well for better digestion.

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Good snacks

• Dates

• Pine nuts (Soaked in water overnight)

• Apples (optional)

Mix three parts pine nuts for some dates

1. Place pine nuts in water overnight
2. Put dates and nuts into a Champion juicer (or other juicers).
3. Garnish with apples

Banana Split by Christina Weeks

Cut a banana in half lengthwise and add chopped fresh fruit.

Cut up some walnuts or other nuts and sprinkle over the fruit.

Take 1 tsp (5 m) cocoa powder and 1 tbsp (15 ml) extra virgin coconut oil (and some honey) mix well to make chocolate syrup to pour on top and enjoy.

Banana Chocolate Cake

Mix together with a mixer:

1 cup, 8 ounces, (250 ml) olive oil

2 organic eggs

3 or more ripe bananas, depending on size 3.1 cup (90 ml) and

5 tablespoons yogurt

Pour the liquid mixture into the bowl and add:

2 1/2 cups or 20 grams (25 ml) Spelt flour

2 teaspoons (10 ml), sodium bicarbonate

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1/4 teaspoon (1.2 ml) natural sea salt

5 or 6 dessert spoons (90 ml) cocoa powder, depending on how much you like chocolate

2 teaspoons (10 ml) stevia powder or more after your own taste

Mix well and add slowly a cup (250 ml), 8 grams of boiling water -

Pour into large cake tin, about 30cm x 25cm or a large cake tin with a hole in the middle.

Bake for about 30 min. on medium heat. 200 degrees C until a toothpick or a small knife comes out clean.

Avocado Cream Dessert Christina Weeks

1 avocado

1 banana

1-2 tablespoons (15-30 ml) of one or all of the following oils (cold pressed) sunflower oil, flaxseed - or organic coconut oil.

1 teaspoon (5 ml) raw organic chocolate powder (optional)

1 cup (250 ml) walnuts

Vanilla ice cream (you can add berries, nuts and juices to create other flavors)

3 tablespoons (45 ml) Flax Oil

3 tablespoons milk (oat or almond)

1 tablespoon (15 ml) honey

100 gr. (125 ml) quark

1 teaspoon (5 ml) ground vanilla

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Mix the quark, flaxseed oil, milk and honey in blender. Mix well with vanilla. Pour into container with liquid and place in the freezer. Freeze until smooth. You can do it very cold without freezing it completely and eat as is.

Mango passion

2 small glass of water

2 mangos

2 tangerines

2 passion fruit

½ pineapple

Watermelon and something strange

1 small glass of water

2 large slices of watermelon with black seeds

1 peeled cucumber

1 tablespoon (15ml) chopped ginger

Kiwi joy

1 small glass of water

½ honeydew melon or green

4 kiwis

1 green apple

1 green pear

Juice of 1 lime

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Tomato cooler

2 small glass of water

4 large tomatoes

½ large cucumber

½ bunch watercress

Juice of orange or lemon

4 fresh mint leaves

1 tsp (5 ml) Mistletoe powder

Sea salt and Tabasco / Worcestershire sauce to taste

Green chilly cream

2 small glass of water

1 bunch of parsley

1 small romaine lettuce

1 handful of watercress

2 handfuls of berries

Juice of 1 lime

Fennel and apple

2 small glass with water

½ pineapple

2 sweet apples

½ pear

Young fennel

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Remember you can add nuts and seeds, spices and fresh herbs. I love coconut powder, carob powder, cinnamon and everything - spices.

Apples, pears, bananas are a god base for fruit smoothies so experiment with as many variations as you like.

Peach with mint

2 small glass of water

4 peaches or nectarines

1 apple

Juice of 1 lime

A small handful of fresh mint leaves

Combination of fruits and vegetables seem to be the easiest way to create "Super Food". Here is one that you can try

Red Power Punch

1 cup of water (250 ml)

1 handful of beetroot leaves

1 red bell pepper

12 large strawberries or other berries

1 slice of watermelon or red grapes, preferably with stone

Cake with a layer of fruit

The same starting point as "apple pie"

Use different layers of sliced fruit (banana, kiwi, nectarine, peach ...)

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Sprinkle some raisins and coconut over each layer

Mix 3 tablespoons of curd with vanilla and honey or water and stevia

Add ground almonds (with almond grinder) into "curd whipped cream" and placing as a new layer

Top off with a layer of fruit slices and maybe some more ground nuts on top.

Served with a few extra fruits

Cheesecake with lemon Christina Weeks

(You need a coffee grinder and good food processor or blender to do this properly)

Grind 3 tablespoons (45 ml) of flaxseed in a coffee grinder (3 tablespoons per person)

Measure the raw oats (a handful per person) together with the ground flaxseed into the kitchen machine with a banana and some cold-pressed sunflower oil and mix for 2 minutes

Put on a cake stand and form a base and freeze (optional)

Add ½ cup (125 ml) cottage cheese and 3 tablespoons (45 ml) flaxseed oil (Budwig recipe) in a blender and mix with the lemon peel of a whole lemon and add all the lemon juice

Spread on cake base and decorate with banana slices.

Carrot and fruit cake by Laurie Godbois

Cake:

A cup (250 ml) dried figs, soaked overnight

1 cup raisins, soaked over night

1/2 cup (125 ml) seedless dates

4 cups (1 liter or 1000 ml) grated carrot

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3 cups soaked nuts (750 ml) (almonds, walnuts or cashews)

1/2 teaspoon (2.5 ml) of each: ginger, cloves, cardamom

Filling to the top:

2.1 cup (125 ml) Dates

1/2 cup cashew nuts

1/2 cup water from soaking dates

Soak the figs, raisins and dates in 3 1/2 (425 ml) cups of water for an hour, and save the liquid. Soak the nuts in 5 cups (1250 ml) of water for 8-12 hours. Drain the water and rinse the nuts well. Pour the nuts in blender or food processor with knife blade and crush to a fine pulp. Add the nuts into a large bowl. Add figs, raisins, dates and spices in a blender and blend until smooth. Pour the mixture into the bowl with nuts. Mix well. Add carrots and mix well.

Form the mixture into the desired shape.

Mix dates, and the soaked cashew nuts, until smooth. Spread on top of the cake.

Carob Pudding Lena Aurora

(4-6 portions)

2-3 avocados

1 ¾ (437 ml) cups dates, stoned, cut up

½ – ¾ (125 to 185 ml) cup water

3 tablespoons (45 ml) raw carob powder

Put avocados in a blender and blend until smooth. Add dates, a few at a time, add water and blend until smooth. Add carob powder and blend until everything is mixed. Pour the mixture into a bowl and refrigerate.

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Hot Carob Cereal (from "The Healing Power of Flax" by Herb Joiner Bey, ND)

2 1/4 (560 ml) cups of water or rice milk

1 cup (250 ml) Oatmeal

1 tablespoon (15 ml) unsweetened carob powder

2.1 teaspoon (2.5 ml) cinnamon

2 tablespoons (30 ml) Flax Oil

1 tablespoon (15 ml) raisins

Boil water or rice milk. Stir in oats, carob powder, and cinnamon. Boil for 3 minutes. Remove from heat, allow to cool and stir in flaxseed oil, raisins and honey. Leave it with the lid on for one minute. Serve topped with yogurt if desired. 1 to 2 portions.

Apple pie

Base: 1 cup soaked almonds and walnuts mixed with 8-9 dates and juice from an orange.

Filling: 3 cups shredded apples, one cup of soaked raisins

1 ½ cup of soaked cashew nuts, ¼ teaspoon nutmeg, ½ tsp cinnamon, ½ cup of water from the soaked raisins

2 tablespoons organic honey

Blend the last five ingredients for a sauce and mix this sauce with apples and raisins. Pour the sauce over and decorate any fruit or coconut.

Raw Chocolate

Mix well together:

1 x 250g bag of raw cashew nuts or almonds 250 ml

Eight dates (make sure there is no added sugar, remove pits)

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½ cup (125 ml) olive oil in a blender

Add:

¾ cup (185 ml) coconut

½ cup (125 ml) yogurt (preferably goat yogurt or kefir)

1/3 cup (90 ml) raw chocolate powder

Mix well - Put it in the freezer overnight before serving

Chocolate Smoothie with protein

2 cups (500 ml) water

1 cup (250 ml), almonds (soaked overnight)

2 tbsp sunflower seeds

1 tbsp hemp protein

2 tablespoons hemp seeds

2 tablespoons organic cocoa powder

2 tablespoons coconut oil (liquid)

Relish: Spinach leaves, Berries, stevia, goji berries and cranberries.

Comments on the Budwig Diet

Why should you use organic milk products in the Budwig Diet?

It is likely that the usual conventional milk (and meat) from the store containing antibiotics, pesticides and / or growth hormones, which can damage and destroy the good gut flora throughout the digestive tract. Antibiotics and hormones that are routinely given to cows to keep them healthy, comes out in the milk and the meat. When you drink milk and eat

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meat, it damages our gut bacteria and our natural defenses are weakened. Thus, poorer digestion, nutrient absorption is lessened, the body and the immune system is weakened. This may contribute to the overgrowth of harmful bacteria in the gut, pathogenic fungal infections such as Candida. It is suspected that proliferation of Candida overgrowth is due to indiscriminate use of antibiotics in the food chain.

Are there alternative treatment options for cancer patients today?

Dr. Budwig treated patients after her method in Germany well into old age (90 years old). She received eventually cancer patients from all over the world and gave them training in diet and lifestyle that they strictly had to follow in order to be healthy. Budwig Foundation in Germany led by Budwig's nephew Dr. Armin Grunewald was founded with the purpose of continuing Dr. Johanna's research and methods. In Malaga, Spain some of Budwig's followers opened a center they gave the name "Budwig Center". Dr. Lloyd Jenkins from Canada, who works at this centre, visited Johanna Budwig August 2000. It is said that the centre received her authorization to use her "Protocol".

Budwig Center Malaga

For more information see:
www.budwigcenter.com

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Cancer Figures in Norway

According to the Cancer Society's official figures, it is noted that nearly 30,000 Norwegians got cancer in 2011 Prostate cancer is the most commonly occurring cancer and accounts for almost 15% of all cancers in Norway. Breast, lung, and colorectal cancer accounts for more than 8500 cancer cases annually.

It is diagnosed twice as many cases now compared to 50 years ago, and there are more men than women who get cancer.

Over 215,000 Norwegians had or had had cancer in 2011.

The fact that more are cured of cancer and those with cancer live longer with their disease means that the number of "cancer survivors" have risen sharply. At the end of 2011, there were 215,733 men and women in Norway who have had cancer or living with their cancer. There were just under 67,000 more than at the end of 2001.

10,970 died of cancer in 2011 despite the fact that more and more people are surviving, it remains the case that a significant number die each year from cancer.

Wrap up

Throughout the world, researchers have spent billions over many years on the war against cancer, but without success. In 2011 there were 215 000 Norwegians who had cancer and 10,970 died of cancer that year. With this high numbers, it is natural to inquire whether the current treatment system works. Cancer is not as frequent in all countries worldwide. It is indeed significant differences, and there are lifestyle and diet which constitutes the main difference. For example the Hunza people of the Himalayas where cancer is an almost unknown concept. The Hunza people get very old and they are working with physical activity throughout life. One of the reasons for their long and healthy life is partly that they eat a lot of apricots, but the important thing is that they also eat the apricot kernels. Apricot kernels contain a bitter substance called "Amygdalin" that many believe kills cancer cells.

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Dr. Budwig's research and treatment is little known around the world. A sick person, who has been diagnosed with cancer at the hospital in any country, is viewed with disbelief by today's doctors if he says no to surgery, radiation or chemotherapy. Doctors think they are crazy when they wish to choose alternative or natural cancer treatment. They are almost seen as indifference to life and have a desire to die; madness so to speak.

Of the patients treated with the complete Budwig Diet, more than ninety percent are healthy. The question to ask is why not Budwig's research and methodology has become more widespread. Why has it not been implemented and made revolutionary changes in the hospital system and the public health systems. If Dr. Budwig had lived today, I do not think she would be so surprised at the present "status quo". She met too much resistance in her lifetime among those who were in possession of power.

If Budwig's therapy would become the official treatment, what consequences would there be? One may only speculate. Budwig's therapy is effective and very affordable. It will lower the total cost of all cancer treatment, relieve hospitals and clinics. The Cancer industry would lose huge amounts of money and not sell any of their toxic medications. The consequences would be enormous. It is estimated that there are more people working with cancer than patients who die of cancer. It is a huge industry.

Budwig's research is clear: The essential fats are vital. And fat is not an unambiguous term/concept. There are good fats and bad fats, it can be vital to know the difference.

If Dr. Budwig's research had been known all over the world, the margarine industry would have to stop producing margarine when people understood that the "chemical" fats in margarine were harmful for their bodies. Nobody would buy margarine longer or buy products containing margarine. Producers had to try to find new products with the right fats. Readymade meals in bags, candy, baked goods, crackers, potato chips, etc. all contain

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processed fats - that harmful fat. Producers had to try to find alternatives with the right fats. Readymade meals which often contain the wrong fats, which is often the case with foods in supermarkets, would quickly disappear from store shelves when people put pressure on the authorities. Hazardous products would be banned. Denmark is a very good example; they have at least begun the process to ban trans-fatty acids. Only 2% of trans-fatty acid per. 100 g fat is legal to add to foods. Way to go Denmark!!!

There had to be a radical transformation in agriculture and animal husbandry, and it would require unimaginable consequences for all industries. One could almost wonder if is possible to recover from the way we are heading./ One could almost wonder if the way ahead is possible to recover.

Therefore, information is crucial important so that everyone can make their own independent choices. I hope this book can help people make the right chose. But the legislation must be in place as in Germany, where doctors give patients the right to choose treatment.

Conclusion

I have a heartfelt desire with this book. The desire is that more people make the right choices to avoid getting cancer and other lifestyle diseases such as arthritis and heart / vascular disease. The wish is that as many as possible avoid getting sick and lose their lives prematurely, and their families should not have to experience grief and loss. A cancer diagnosis is a death sentence in far too many cases in the world today. This is unnecessary when there are natural treatments you can even learn to do without much effort and cost.

People get a lot of sugar through both food and drink. Clear studies show that sugar feeds cancer cells. Cancer doctors know this! When they give cancer patients' radioactive glucose (sugar) to do a PET scan, get the

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evidence. The glucose is transported directly to the cancer cells, because they have many more sugar receptors than normal healthy cells. When the sugar hits the cancer cells, they are lighting up as bright radioactive points on the PET scan. Yet not often do you hear about cancer doctors who warn their patients against eating sugar or sugary foods.

The widespread "fear of fat" in many countries around the world has made that most people are lacking essential fats that the body needs as building materials and to cleanse the body. The brain is the first to be affected. When the body lacks the right fats, it weakens the brain's ability to think clearly.

Advertising, media and food producers "push" people in the wrong direction by providing processed oils and low-fat products that are full of "sugar" and artificial preservatives. Natural fats such as butter, whole milk, Omega-3 and cold pressed oils have many in homes become a very small part of the daily diet.

People are fooled to believe that eating farmed salmon once a week is enough to have a healthy diet, while in reality this can damage the body. Governments around the world continue to recommend margarine containing trans-fatty acids (up to 50% palm oil) that clogs blood vessels and is carcinogenic. Other so-called "health butter" or butter substitutes are processed to such a degree that it no longer is fit for human consumption.

I dare say that most people have a lack of vitamin D. Vitamin D is produced as previously mentioned when you expose bare skin (without sunscreen) to the sun, when the sun is high enough in the sky. In winter, I know that Norwegians take supplements of vitamin D3 in the form of cod liver oil, fatty fish or supplements. In the past many more Norwegian took cod liver oil supplements throughout the winter. It was not so common to use sunscreen full of unnatural chemicals. According to a study published by Mike Adams on NaturalNews.com, the right amount of vitamin D reduces the risk of cancer by as much as 77%.

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People live in a more stressful environment than ever. Stress increases the risk of disease, partly because stress "consumes" minerals in the body. Today's diet consists of more and more nutrient-poor processed foods and foods that are processed to extend shelf life.

What people can learn from Dr. Budwig is to relax in the sun, enjoy life and eat healthy foods with the right fats.

We have all learned that breakfast is the most important meal of the day. The Budwig mixture for breakfast makes us satiated. It also makes a clear head and a sharpened brain and that makes us ready for the day's chores. The right fat also takes away the "sweet tooth" that many people struggle with. With a few such lifestyle changes we can prolong life, improve quality of life while avoiding getting sick. Can we wish for something more?

The Budwig diet provides all the cells in the body the ability to "repair" themselves. Proof that the Budwig diet works is in Dr. Budwig's clinical experience that the mixture of linseed oil with sulfur-rich dairy products like Quark resulting in tumors disappear in many cancer patients. Fifty years of experience with thousands of patients is proof enough. Yet modern medicine is not willing to do serious research on this natural cancer treatment.

Preventive cancer treatment is absolute the best. Dr. Budwig would help people return to a normal life with good health and quality of life. You yourself and your loved ones can do this with little support. Follow the Budwig Diet while avoiding all the "bad" and harmful fats, sugar and processed foods. With as natural food as possible, preferably organic, you are on the right path to good health.

Bill Henderson of the United States said on his Web site:

Cancer Is Easy To Overcome -

I'll Show You How

Budwig Center in Malaga, Spain said on their Web site:

Now it's cancer turn to die!

They both use the Budwig Diet!!!

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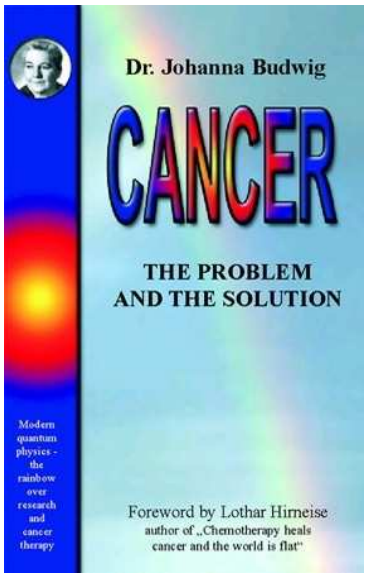
The author Johanna Budwig



Dr. Johanna Budwig wrote a number of interesting books.

Some of these are now available in English through bookstores, including online bookstores like Amazon.

I will mention some of these English books:

- "Oil-Protein Diet Cookbook"
- "Flax Oil As - A True Support for Arthritis, Heart disease, cancer and other diseases"
- "Cancer: The Problem and Solution"
- "The Budwig Cancer & Coronary Heart Disease Prevention Diet"

Dr. Budwig's Protocol

Dr. Budwig's protocol is described in her book, "CANCER - The Problem and the Solution" (1999) and is based on her cookbook, "The Oil-Protein Diet" (1952) as well as from the experiences with people who have followed the protocol and thereby regained their health.

Dr. Budwig's Oil Protein Cookbook was published in German in the 1950s. The book reflects the time when it was written. Much has changed in the last 50-60 years, not least in the diet and food culture.

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Books

Dr. Budwig's book "Flaxseed Oil as a true support for arthritis, heart disease, cancer and other diseases" provides an understanding of the scientific principles behind the Budwig diet. Dr. Budwig also describes what research inspired her and of what science she based her own research.

Her cookbook "The Oil-Protein Diet" (Oil Protein Diet) provide practical information on the Budwig Diet and recipes.

Website www.BudwigVideos.com will give you more recipes and information based on these books.

Dr. Budwig's latest (and last) book, "The Cancer problem and solution" (Cancer problem and solution), written in 1999, is available from, among other www.nexus-book.com

Here is a list of Budwig books:

Fette als wahre Hilfe

Fats as true help

With arthritis, heart disease, cancer and more. Text from a lecture given on 2. November 1959 in Zurich, Switzerland.

Krise und der Krebsforschung Menschenrecht

Crisis of Cancer Research and Human Rights

Laws should not be set in stone. It must be particularly remembered with respect to cancer treatment. Laws based on fixed standards are simply not possible in this area. Justice is often based on biased scientific opinions, sometimes influenced by political forces. What is needed

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is an objective, dynamic analysis of each case one has in front of him.

Ol-Eiweiss-cost

Oil-Protein Diet

It is very important for the health of the entire family, both physically and mentally, to choose the right fats in the diet and use them appropriately. This book has laid down clear rules for optimal nutrition. The recipes can help those who are sick, and those who help them.

Die Funktion der elementare Atmung i Ihrer Beziehung zu autoxydablen Nahrungsstoffen

A contribution to the debate on cancer:

The question of why oxygen is taken up by living cells and the factors that can interfere with the oxidation process is one of the most elementary questions in physiology, and a hugely important question for science today.

Laserstrahlen gegen Krebs

Lasers beams to fight cancer

Resonance as an anti-entropy factor: Research of the sun is necessary as a storage of negative entropy (lack of organization in the given system) is necessary to maintain order in our living tissues.

Fotoelemente des Lebens

Lights for Life

It is recognized that the light from the sun is necessary for mankind. The light's transformation into photons,

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electrons, pi-electron systems in photosynthesis and in polyunsaturated fats is explained in the context of quantum physics.

Kosmische Kraft gegen Krebs

Cosmic forces against cancer

Electron biology. Cancer Research is to discover that biology, physics and chemistry must be combined with medicine to make up a single area of research.

Das Fat Syndrome

Cancer: a fat syndrome?

The fight against cancer is one of the main problems of mankind today. Researchers now have the wonderful opportunity to read Dr. Johanna Budwig's original research conducted over many years to find answers regarding the issue of cancer and how we burn fat. Valuable early research as "Cancer immunity in sheep" and "Fat metabolism and inner breath" has now been collected and published in one volume. (Dr pharm. Setzuro Ohno, professor at Toho University)

Die Fettfibel

Fat Bible

"Fettfibelen" have the facts: Which fats should we choose to eat? When and how should we cook with fat? The answers provided in the book are based on solid science. The scientific background information is included for those interested.

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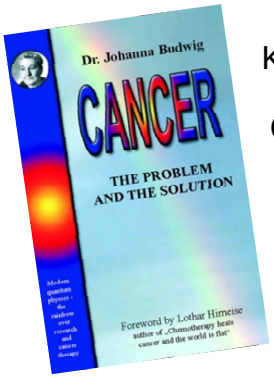

Krebs - Das Problem und die Lösung

Cancer – the problem and the olution

Summary of 50 years of cancer research by Johanna Budwig who dedicated her life to get cancer research is on the right track. Interviews and correspondence are reproduced in this powerful book.

The advantage of the Budwig Diet

Dr. Johanna Budwig researched her way to an effective cure for various diseases such as cancer, arthritis and heart disease. The cure is called the Budwig Diet. The list of benefits is long, but here are some of them.

The Budwig Diet:

- Is easy to prepare and to follow
- Can make medication unnecessary
- Is food from the supermarket and the health food store
- Is affordable and effective health food
- Strengthens your immune system
- Anti-inflammatory diet
- Prevents diseases such as cancer, arthritis and heart disease
- Improves your overall health
- Can reverse diseases such as cancer, arthritis and heart disease
- Can be implemented into your daily diet
- Cancer treatment without the negative side effects like hair loss, nausea, fatigue, injuries, etc.
- No burden on your immune system (such as chemotherapy and radiation)
- Provides energy and "recharges your batteries"
- Is easy to administer and can be administered at home
- Can save the society for unnecessary expenses
- Suitable for children, adolescents, adults as well as the elderly
- Suitable for all types of cancer

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- Increases the oxygenation of the body
- Increases production of blood cells
- Makes the blood flow easier
- Helps to adjust your body's pH
- And more .....

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Appendix 1

Patient story - Sven from Sweden

A Swedish gentleman (Sven) 65 years old was diagnosed with cancer in 2007 (thymoma - cancer of the thymus gland). He underwent complete cancer treatment with surgery, radiation and chemotherapy. His body was strong, and the treatment was "successful".

Nevertheless, the cancer returned in the same place in 2012 this time the treatment consisted of only radiation therapy. Also this treatment was "successful" and Sven were again cancer free according to a PET scan. Sven had great faith in the doctor, the hospital and were satisfied with the treatment.

In 2013, after routine PET scan Sven was told that the cancer had returned and spread throughout the body. The doctor gave the following message to Sven: "There's nothing more we can do for you." With full spread is not much the hospital can do. Sven was sent home with morphine to ease the pain. The plan was to follow the development and possibly provide treatment later.

Sven had casually heard that there was a German scientist named Budwig who had a simple cure for cancer. He had nothing to lose in trying this diet.

Sven had friends who had said that they would help him. Sven did not really believe in any alternative or natural treatment. He had been treated by the best hospital and the best experts. He felt he had been in good hands.

Now he was sent home from the hospital with morphine and a new appointment for a PET scan a month later. The doctor would like to follow the development of cancer.

The doctor’s "death sentence" was not uplifting but pretty clear. There was nothing more the doctors could do for him now. Now he just had to wait and see.

Sven's children were worried about their father and encouraged him to take a trip to his friends, who had promised to help him. Tickets were booked and

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Sven looked forward to some change in his everyday life. Just getting away from the couch and the bed where he had suffered through all the trauma after chemotherapy treatments. Just getting a physical distance to the bed where he many a night thought he was going to die, but still woke up the next morning, while the dog lay faithful and looked after him - yes, he was really looking forward to a change.

On the way to the airport his youngest son insisted that Sven had to pay him a visit. They had good news for him. When Sven arrived at his son's house, he was shown the ultrasound picture of his first coming grandchild. He was very touched and happy, he had waited for this for a long time.

It was a long flight for Sven, he had a lot to think about. Maybe he would not live long enough to see his first grandchild. All medicines and morphine had made him quite "numb" but emotions still arise. He had been sent home to die, but now he had a really good reason for living.

Sven arrived and his friends were almost in shock over Sven's condition. Sven was usually full of energy and exuberant high spirits, was now thin, colourless and tired. Her eyes radiated no longer joy, and his eyes told that he was sick and given up. Sven, the gentleman was not recognizable.

After long talks and several informative films and documentaries on diet and cancer, Sven agreed to try to change his diet and cleanse the body. One week for this transformation is not really enough, you take the time you have and make the best of it. Here is a brief description of Sven week:

The first step was a review of osteopathy and lymphatic drainage. His lymph glands were hard as "rock" and it required a lot of work to get them massaged. To get the body's natural cleansing channels opened, the intestines must be emptied and cleaned. After Sven had his stomach emptied, he did a liver cleanse from an old recipe. Sven was surprised by the result and the energy actually started to come back. Sven ate most "live food" and that is, fresh vegetable juices, the Budwig mixture for breakfast with fresh berries and fruit, salads and some steamed fresh vegetables with Budwig mayonnaise for dinner. This was quite unusual food for Sven, but all the food came from the market or the store and that was important for him. No "hocus-pocus" he said.

The new diet with lots of fiber and concentrated nutrition made his body cleansing system gain momentum. Omega-3 fats helped to strengthen the

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immune system and raise the energy levels. All of the body's own cleansing system was "clogged". The back pain he had had for a long time proved to be due to constipation, so that the intestine pressed against the sciatica nerve. The pain subsided noticeably after the bowel cleansing. In addition, the kidneys were congested from the cancer treatment and medications, and painful kidneys also give pain in the back. When the constipation was dissolved, the body cleansed and the osteopath had massaged the muscles, the back pain was almost completely gone.

Sven also took supplements of Iodine in part to purify the body's mucous membranes. First, he did a test to see if he was allergic to iodine. Iodine is a strong antioxidant and cancer patients have normal extra need for protection against free radicals.

Sven's pH balance was absolute not in balance. The body's "normal" or ideal level is 7.4. Sven measurements were; Urinary 5 and Saliva 5.5 measured throughout the day. This means that his body was very acidic. It is said that disease thrives in an acidic body, but not in an alkaline body (7.4). To change the body's pH balance Sven used 1 tsp. bicarbonate in each glass of water drank during the day. He drank about 2 liters of clean water daily (with bicarbonate). Acidity in the body will not be flushed out unless the "acid" is neutralized first. Sodium bicarbonate (baking soda) or magnesium bicarbonate is an agent which makes the job very efficient.

Fresh air and sunshine is something Dr. Budwig recommended to all her patients. Sven went for a walk in fresh air and sunshine every day. The Osteopath recommended jumping on a mini trampoline to help the lymph to cleanse the body.

Sven went home with a whole new "regime", namely Dr. Budwig's Oil Protein Diet. He had been given a week's training and an "open line" if he should need help or support for something. He travelled with a large "packed lunch" of fruits, vegetables and nuts. Flight meals and other "readymade food" were henceforth totally "forbidden". All sugar and all processed foods and beverages are not part of the Budwig Diet. Cancer "feeds" of sugar and to prevent cancer from "growing" one must avoid foods that turn into sugar in the body. Almonds, Raw Cashew nuts and walnuts, was the new "snack food" for Sven. His coffee was replaced with green tea. In addition, he took supplements of vitamins and minerals.

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Time passed and his energy returned surprisingly quickly.

Sven's appointment for a new PET scan was at hand, and the result was long in coming. Time passed and almost 4 weeks after the PET scan had Sven still not received the results. When the answer finally came, it was said that there may have been an error and a notice of a new PET scan was arranged. Sven started to believe that something positive was happening in his body. He continued the Budwig Diet and right before the next PET scan, he did his second liver cleanse. Sven describes the liver cleanse as "exchanging the purification filter on the car" it gets new cleaning capacity. PET scans were performed, and also this time it took a long time before the notice of the results came. Eventually he had an appointment and Sven's doctor went through the samples that were taken and told that several doctors had studied the samples and no one could find any traces of cancer. Then the doctor continued to say, that Sven had to have a very strong immune system. Thus this confirmed what he had felt – the Budwig Diet works. It strengthens the immune system which cleans the cancer out of the body. Sven was happy and cancer free.

His family and friends still thought he was going to die, even his own supporters did not understand what had happened in such a short time. They noted, however, that he did not eat as before. Sven had not told anyone about what he was doing. When someone commented on what he ate, he replied that "everything comes from the store." They noted that his energy was back.

Sven's cancer doctor said after the last PET scan, that since there was no more cancer in the body, they would not give him more radiation that may be carcinogenic. No more PET scanner was required.

Sven has now become a grandfather and is happy and cancer free. His digestion works well and no back pain. He still follows the Budwig Diet, but allows himself small treats when there is a party. For him this has become a new lifestyle that has given him his life back. He now helps other people who need advice about diet.

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Patient Story 2 - Cliff Beckwith

Cliff Beckwith was an American man who has done a lot to spread the message of Dr. Budwig's Oil Protein Diet against cancer.

His patient story you could read on his website (www.beckwithfamily.com). Unfortunately, this webpage is not active anymore.

A Tape Transcription by Clifford Beckwith (Budwig diet & advanced prostate cancer) from http://www.curezone.com/default.asp

The following is presented for educational and informational purposes only and in no way should be construed as giving medical advice.

This is how Clifford Beckwith tells his story:

As I narrate this in July, l998, seven and a half years have passed since I was found to have stage four prostate cancer. As I learned later I should have been dead at least seven years. What follows is an account of things that were done by me and by many other people and the results that followed.

The accounts that follow are not to be considered as specific advice, but the information given may be used by any individual as he or she sees fit, as is the right of any person.

In January 1991 I was diagnosed with Advanced Prostate Cancer. Bone scans and other tests indicated no spread so it was decided to operate. During the operation it was discovered that the cancer had spread to the Lymph glands making it stage four. The operation was not completed as that would not be the answer.

The only treatment used was Lupron and Eulexin to cancel the male hormones. I was told the male hormone does not cause cancer, but if cancer is present it is like throwing kerosene on a fire.

At the time of the operation my brother sent me a book entitled The Cancer Answer by Al Carter. He is a medical research journalist and very knowledgeable. He says scientists can cure cancer. "I know how, and I learned it from them." It is available from American Institute of Reboundology, Inc. - 3585 N. University Ave., Suite 300 Provo, Utah, 84604.

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He also has a recent video tape on the immune system as it relates to Cancer. The book or tape can be ordered by calling 1 - 888 -464 - 5867.

He quoted from another book, "How to fight Cancer and Win" by Fischer. There are three chapters on oils describing the work of Dr. Johanna Budwig in Germany. She is a Biochemist and blood specialist who has been treating cancer of all kinds with nothing but cottage cheese and Flaxseed Oil for over 16 years. She says that people with cancer have blood that is low in Omega 3 and Omega 6 fatty acids and the blood has a greenish cast. Flaxseed oil is 56% Omega 3 and 16% Omega 6. Recently I read that most people have blood that is 80% deficient in Omega 3. Dr. Budwig has taken patients sometimes given only hours to live and restored them to health.

Doctors had attempted to treat patients with sources of Omega 3 but had not been consistently successful. Dr. Budwig's research found that in order for these fatty acids to be fully available to the body, they must be tied to a sulfur based protein; the best source of which is cottage cheese. Depending on the severity of the condition she had her patients use 3 to 6 Tbsps. of Flaxseed oil a day, with at least 4 oz or 1/2 cup of cottage cheese per day.

I would use at least 1/4 cup cottage cheese per Tbs. of oil. If 4 or less Tbsps were used per day and I'd split that up so that I took them at 4 different times, although there are no specific guidelines. I have learned recently that Dr. Budwig recommends that the oil and the cottage cheese be thoroughly mixed before eating it. I have realized that an excellent approach would be to mix however many Tbsps. of Flax oil one plans to use each day in a bowl with at least a half cup of cottage cheese and some fruit such as crushed pineapple or frozen strawberries, put it in the refrigerator and eat a portion of it at different times during the day. For two and a half years I put a half cup of cottage cheese in a bowl, added a Tbsp. Of flaxseed oil, mixed in some crushed pineapple or frozen strawberries or honey and took it to school for lunch. That tasted good. An excellent method of mixing is with the use of a small hand held blender. Milk or juice may need to be added to make the mixture thin enough so that the little motor may be able to handle it.

After 3 months of treatment, the blood would be bright red, the tumors disappearing and the amount of oil reduced to 1 Tbs. per day per hundred lbs. body weight for maintenance. Yogurt will take the place of cottage

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cheese but more of it is needed; actually about three times as much and if fruited Yogurt is used it would need to be even more.

Flaxseed oil is increasingly available in health food stores though it must be kept fresh and cold. It will keep a year in a freezer, 4 months in a refrigerator but only 3 weeks at room temperature.

Barlean, in Ferndale WA, 1-800-445-3529, was, I believe, the first company in the US to process Flax oil for food and is an excellent source. Another source is Flora Inc. in Lynden, WA; 1-800-446-2110. Nature's Distributors in Arizona, 1-800-624-7114, is also an excellent source. They have other products also, including "Companion Nutrients" that 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.

We have recently learned that Omega Nutrition Canada, Inc. 1924 Franklin St. Vancouver. B. C. V5L 1R2 was the first company to process Flax oil in the Western Hemisphere. Omega Nutrition USA Inc. 5373 Guide Meridian, B22 Bellingham WA 98226 is the US outlet. Their toll free number is 1-800-661-3529.

They have a variety of information available on the value and use of Flaxseed Oil and other products as do the other companies previously cited.

When I began looking for sources of Flaxseed Oil the sources were quite limited, but, as the realization of the value of this material has grown, there are now more companies producing it.

I have been told by one company that, while they feel their product has somewhat of an edge, all these oils are good as long as they are cold pressed, fresh and kept cold. This cannot be over emphasized I would be skeptical of any Flaxseed Oil that was kept on a store shelf at room temperature.

In "How to Fight Cancer and Win", an account is given of a young woman, 35, who had cancer so advanced she could no longer eat. She was given enemas of Flax oil and skim milk. In a short time she was able to eat and in three months she was home taking care of her family. The three chapters on oils are worth the price of the book. Unfortunately, this book is no longer published.

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I immediately found a source of the oil and started. At the time I had no real guidelines so used 2 tbsps of oil a day for six months. At the time of the attempted operation my PSA count was 75. It was six months before I had the second PSA.

At 4:45 the following Monday a call came from the doctor's office and the office girl exclaimed "Mr. Beckwith! Your count is completely normal!" It was 0.1 and 0.1 to 0.4 is normal. From that time until this, October 1996, at 6 month intervals, the count has ranged from 0.0 to 0.16.

As I revise this in July of 2001 I want to say that the flaxseed oil was not the only thing that was being done. I was also on Hormone Blockade which is also very effective for awhile in lowering the PSA. At the time I discounted it a lot because we had seen the PSA brought down with flaxseed oil alone in a number of cases and when I asked the doctor if he had expected the counts to go down that much he said, "No Way”.

When this patient story was written in 2003, Cliff was 82 years without any sign of cancer. Cliff had already lived 12 years longer than his doctor estimate.

Cliff continued to help other cancer patients and other sick with the Budwig Diet. He told about more than 100 people who have overcome all cancers in this way. He knew even stories where dogs had been cured of cancer with the Budwig mixture.

Unfortunately Cliff also knew people who were on the mend with the Budwig mixture, but was convinced by their doctor to take more chemotherapy and radiation. Their PSA numbers were coming down and the symptoms disappeared with the Budwig mixture. After several rounds of conventional treatment most of them died, despite the progress made by the Budwig mixture. Dr. Budwig also reported that it was difficult to treat patients who had received chemotherapy because of the damage it does to the digestive tract and the immune system.

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Budwig's Oil Protein Diet can be combined with several other treatments, but it is important to collaborate with an experienced therapist, or "educate" themselves.

Explanations of words and concepts:

Quark - Dr. Budwig used what they in Germany call Quark in her recipes. German Quark can be substituted with non-fat fermented milk as kefir cheese, or yoghurt cheese. One can also use low-fat or fat-free cottage cheese. Both have a high density of sulphur proteins that make the flaxseed oil water soluble. If using normal yogurt or kefir for a sick person, you need to “triple” the dose to get the same density in sulphur protein. Very few sick people can bear to eat that much.

Linomel - Dr. Budwig found a way to stabilize the volatile fatty acids in ground flaxseed. Freshly Ground flaxseed must be used within 15 to 20 minutes, if not the unstable fats become rancid. Rancid fats are harmful to the body. She mixed in some honey and some milk powder that "encapsulates" the ground flaxseed. This product was developed and patented by Dr. Budwig and called Linomel. It is sold in Germany. Ground flaxseed that is not "encapsulated" in this way may have a tendency to turn rancid. You can grind flaxseed in a coffee grinder. Flaxseed should be kept cold.

Oleolux - Dr. Budwig created this to substitute butter. See recipes

Coconut oil - Dr. Budwig used coconut oil as one of the ingredients in Oleolux. Coconut oil is a very stable fat that does not go going rancid easily. It can withstand high temperatures and are therefore well suited for frying. Use cold pressed - "extra virgin" coconut oil (not heat treated).

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Flaxseed - Dr. Budwig recommended using dark brown flaxseed. Preferably organic. The hull of the flaxseed contains fibre and other substances (Lignans) which also prevent cancer.

Flaxseed Oil - Dr. Budwig recommended using pure flaxseed oil, preferably organic. You can buy flaxseed oil with the hulls (high lignans), but the hull you get through the freshly ground flaxseed. Flaxseed oil should be refrigerated and be kept in dark bottles. Flaxseed oil goes rancid easily in light and heat.

Further reading for those interested:

• Allport, Susan

The Queen of Fats: Why Omega-3s Were Removed from the Western Diet and What We Can Do two Replace Them.

1st ed., 2008 University of California Press; P232

• Hans-Ulrich Grimm, Bernhard Ubbenhorst

Leinola macht glücklich: Das blaue Ernährungswunder

(The joy of flaxseed oil: A wonder-diet)

2nd ed., 2007 Dr. Watson Books - Stuttgart / Germany

• Lothar Hirneise

Chemotherapy heals cancer and the world is flat

(Original: chemotherapies completely Krebs und die Erde ist eine Scheibe)

2005 Sensei Verlag - Kernen / Germany

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• Dr. RER. nat. Johannes F. Coy, Maren Franz

Die neue Anti-Krebs Ernährung

Wie Sie das Krebs-Gen stop

Graph und Unser Verlag GmbH - Munich / Germany

• Dr. Johanna Budwig

Cancer - The Problem and the Solution

(Original: Krebs - Das Problem und die Lösung)

2005 Sensei Verlag - Kernen / Germany

• Dr. Johanna Budwig

Krebs - a Fat Problem

Richtige Wahl und Verwendung der Fette

9th ed., 1986 Hyperion - Verlag - Berlin / Germany

Dr. Johanna Budwig

Mensch - Sein

Atmung, Immunabwehr im Würgegriff

Dr. Johanna Budwig - Freudenstadt / Germany

• Dr. Johanna Budwig

Flax Oil as a true aid against arthritis, heart infarction, cancer and other diseases

1994 Apple Publishing Company Ltd. - Vancouver, British Columbia / Canada

Dr. Johanna Budwig

The Oil Protein Diet Cookbook

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An imaginative yet practical guide for healthy food preparation by seven times Nobel Prize nominee and Europe's formats authority on Cancer & Nutrition

1994 Apple Publishing Company Ltd. - Vancouver, British Columbia / Canada

• Dr. Johanna Budwig

Die beer Eiweiss-cost

Das Wissenschaftliche fundierte Kochbuch where weltbekannten Krebsforscherin

1st ed., 2000 Sensei Verlag - Kernen / Germany

Dr. Johanna Budwig

Fat als wahre Hilfe

gegen Arteriosclerosis, Herzinfarkt, Krebs u. a.

3rd ed., 1986 Hyperion - Verlag - Freiburg im Breisgau / Germany

• Dr. Johanna Budwig

Fettfibel

3rd ed., 1995 Hyperion - Verlag - Freiburg im Breisgau / Germany

• Dr. Johanna Budwig

Laserstrahlen gegen Krebs

Resonanz-Phanom als Anti-Entropie-Faktor des Lebens

Hyperion - Verlag - Freiburg im Breisgau / Germany

• Dr. Johanna Budwig

Die Funktion der elementare Atmung in Ihrer Beziehung zu autoxydablen Nahrungsstoffen

Ein Beitrag zur Lösung Dec Krebsproblems

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Hyperion - Verlag - Freiburg im Breisgau / Germany

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• Dr. Johanna Budwig, "The Oil Protein Diet Cookbook" Apple Publishing, Canada, 1994.

• Dr. Johanna Budwig, "Cancer The Problem and the Solution" Nexus Book, 2005.

• Niels Christian Geelmuyden, "The truth on the table", Cappelen Damm, 2013.

• Jade Beutler, "Flax for Life!", Apple Publishing, 1996.

• Michael T. Murray and Jade Beutler, "Understanding Fats & Oils", Apple Publishing, 1996.

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