

## DIRECTIONS FOR BUDWIG'S WELLNESS PROGRAM

Dr Johanna Budwig is one of Germany's premier biochemists and an expert on fats and oils. She holds a PhD in natural science, has undergone medical training, and was schooled in pharmaceutical science, physics, botany and biology.

She is best known for her extensive research on the properties and benefits of flaxseed oil combined with sulphurated proteins in the diet, and over the years has published a number of books on the subject, including *Cancer – A Fat Problem*, *The Death of the Tumour*, and *True Health Against Arteriosclerosis, Heart Infarction and Cancer*.

In the mid-1950s, Dr Budwig began her long and meticulous research on the importance of essential fatty acids (linoleic and linolenic) in the diet. Her subsequent discoveries and announcements sparked mixed reactions. While the general public was eager for this astounding information, German manufacturers of commercial dietary fats (margarine, hard shortening, vegetable oils) went to extremes to prevent her from publishing her findings. Fortunately, while Dr Budwig's vital announcements were initially met with resistance backed by those with financial stakes in the commercial fats industry, her persistence paid off. Today, Dr Johanna Budwig is world renowned for her important discoveries on the benefits of flaxseed oil. Her fame precedes her as she lectures all over Europe.

Dr Johanna preaches against the use of what she calls 'pseudo' fats. In order to extend the shelf life of their products, manufacturers use chemical processes that render their food products harmful to the body. These harmful fats go by a number of names, including 'hydrogenated', 'partially hydrogenated' and even 'polyunsaturated'.

The chemical processing of fats destroys the vital electron cloud within the fat. Once the electrons have been removed, these fats can no longer bind with oxygen, and they actually become a harmful substance deposited within the body. The heart, for instance, rejects these fats and they end up as inorganic fatty deposits on the heart muscle itself.

Chemically processed fats are not water-soluble when bound to protein. They end up blocking the circulation, damaging heart action, inhibiting cell renewal and impeding the free flow of blood and lymph fluids. The bioelectrical action in these areas slows down and may become completely paralysed. The entire organism shows a measurable loss of electrical energy, which is replenished only by adding active lipids to the diet. These nutritional fats are truly vital for man and beast alike.

Science has proven that fats play an important role in the functioning of the entire body. Fats (lipids) are vital for all growth processing, renewal of cells, brain and nerve functions, even for the sensory organs (eyes and ears), and for the body's adjustment to heat, cold and quick temperature changes. Our energy resources are based on lipid metabolism. To function efficiently, cells require true polyunsaturated, live electron-rich lipids, present in abundance in raw flaxseed oil. True polyunsaturated fats greedily absorb proteins and oxygen and pump them through the system.

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

Since Dr Johanna Budwig's findings on the benefits of flaxseed oil have been widely publicized, scientists around the world have eagerly jumped on the bandwagon. Studies conducted using flaxseed oil on numerous disorders have been pouring in from all over the world, showing impressive results, including anti-tumour activity, increased metabolism, greatly boosted immune system, reduced cholesterol levels, normalized blood pressure levels and inhibition of cancer cell growth. Books, research reports, articles and testimonials abound, all touting the healthy benefits achieved by supplementing the diet with organic, raw, cold-pressed flaxseed oil and with low-fat cottage cheese. Dr Budwig's research was based on using the ratio of two tablespoons flaxseed oil mixed with one-quarter cup of low-fat cottage cheese.

Backed with all this extensive research, the indisputable fact is: supplementing your diet daily with flaxseed oil combined with sulphurated proteins could very well be the most important thing you do for yourself every day.

After 30 years of research, Dr Budwig, six times nominee for the Nobel award, found that the blood of seriously ill cancer patients was deficient in certain important essential ingredients, which included substances, called phosphatides and lipoproteins. (The blood of a healthy person always contains sufficient quantities of these essential ingredients. However, without these natural ingredients cancer cells grow wild and out of control).

Blood analysis showed a strange greenish-yellow substance in place of the healthy red oxygen-carrying haemoglobin that belongs there. This explained why cancer patients weaken and become anaemic. This startling discovery led Dr Budwig to test her theory.

She found that when these natural ingredients were replaced over approximately a three-month period, tumours gradually receded. The strange greenish elements in the blood were replaced with healthy red blood cells as the phosphatides and lipoproteins almost miraculously reappeared. Weakness and anaemia disappeared and life energy was restored. Symptoms of cancer, liver dysfunction and diabetes were completely alleviated.

Dr Budwig then discovered an all-natural way for people to replace those essential ingredients their bodies so desperately needed in their daily diet, by simply eating a combination of just two natural and delicious foods. (These two natural foods, organic flaxseed oil and cottage cheese, must be eaten together to be effective since one triggers the properties of the other to be released.)

After more than ten years of solid clinical application, Dr Budwig's natural formula has proven successful where many orthodox remedies have failed. Dr Budwig's formula has been used therapeutically in Europe for the prevention/treatment of: cancer, arteriosclerosis, strokes, cardiac infarction, irregular heartbeat, fatty degeneration of the liver, bronchial spasms, irregular intestinal activity, stomach ulcers (normalizes gastric juices), hypertrophic prostate, arthritis (exerts a favourable influence), eczema (assists all skin diseases), common afflictions of old age, poor brain activity, immune deficiency syndromes (multiple sclerosis, autoimmune illnesses).

## The Budwig Flax Oil Diet

The flaxseed (linseed) oil diet was originally proposed by Dr Johanna Budwig in 1951 and recently re-examined by Dr Dan C Roehm MD FACP (oncologist and former cardiologist) in 1990. Dr Roehm claims: “this diet is far and away the most successful anti-cancer diet in the world”.<sup>1</sup>

Budwig claims that the diet is both preventative and curative. She says the absence of linoleic acids (in the average Western diet) is responsible for the production of oxidase, which induces cancer growth and is the cause of many other chronic disorders. The beneficial oxidase ferments are destroyed by heating or boiling oils in foods, and by nitrates used for preserving meat, etc.

The theory is: the use of oxygen in the organism can be stimulated by protein compounds of sulphuric content, which make oils water-soluble and which is present in cheese, nuts, onion and leek vegetables such as leek, chive, onion and garlic, but especially cottage cheese.

Ferments of cell respiration closely connected with the highly unsaturated fatty acids, are also needed for proper oxidation. It is essential to use only unrefined, cold-pressed oils with high linoleic acid content, such as linseed, sunflower, soya, poppy seed, walnut and corn oils. Such oils should be consumed together with foods containing the right proteins, otherwise the oils will have the opposite effect, causing more harm than good.

The best combination is cottage cheese and linseed oil. The linseed should be freshly ground. Carbohydrates containing natural sugar, such as dates, figs, pears, apples and grapes, are also included in the diet. Honey is also beneficial. Some synthetic vitamin A preparations are bad because they contain oxidation products, but much carotene as provitamin A (from carrot) is consumed. Vitamin B from buttermilk, yoghurt, and natural yeast is beneficial.

A person requires daily about 4 oz of cottage cheese mixed well with 1.5 oz of linseed oil and 1 oz of milk. A blender or eggbeater works fine. The mixture can be sweetened with honey or otherwise flavoured naturally. Fresh fruits can be added. Every morning two spoonfuls of freshly ground linseed oil should be taken in luke-warm buttermilk or yoghurt.

The diet is indicated for all kinds of chronic diseases, especially heart ailments (coronary thrombosis), gall disorders, diabetes, arthritis, and malignancies. It improves failing hearing and sight. It is the ideal nutrient for children and infants. It is suggested that this diet be supplemented with lactic acid ferments.

## General Rules

The patient has no nourishment on day one other than 250ml (8.5oz) of flax oil with honey plus freshly squeezed fruit juices (no sugar added!). In the case of a very ill person, champagne may be added on the first day in place of juice and is taken with the flax oil and honey. Champagne is easily absorbable and has a serious purpose here.

1. Sugar is absolutely forbidden. Grape juice may be added to sweeten any other freshly squeezed juices.
2. Other ‘forbiddens’ are:
  - all animal fats;
  - all salad oils (this includes commercial mayonnaise);
  - all meats (chemicals and hormones);
  - butter;
  - margarine;
  - preserved meats (the preservatives block metabolism even of flax oil).
3. Freshly squeezed vegetable juices are fine – carrot, celery, apple and red beet.
4. Three times daily a warm tea is essential – peppermint, rose hips or grape tea – all sweetened as desired with honey. One cup of black tea before noon is fine.

## Daily Plan

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

Breakfast – Muesli (regular cereal) is overlaid with two tablespoons (30ml) of flax oil and honey and fresh fruit according to season, e.g. berries, cherries, apricots, peaches, grated apple. Vary the flavour from day to day. Use any nuts except peanuts! Herbal teas as desired or black tea. A 4oz (120g) serving of ‘the spread’ (directions below). This is fine to eat ‘straight’, like a custard, or add it to other foods taken in the day as you will see.

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

Lunch – Raw salad with yoghurt-flax oil mayonnaise (directions below).

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

Cooked meal course – Steamed vegetables, potatoes, or such grains as rice, buckwheat or millet may be served. To these add either ‘the spread’ or ‘the mayo’ for flavour and to up your intake of flax oil. Also mix ‘the spread’ with potatoes for an especially hearty meal. Add caraway, chives, parsley or other herbs.

Dessert – Mix fresh fruit other than those used for breakfast with ‘the spread’, this time (instead of honey), flavoured using cream of lemon, vanilla or berries.

Afternoon tea (4pm) – A small glass of natural wine (no preservatives) or champagne or fresh fruit juice with 1-2 tablespoons of honey-coated flax seeds.

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

"If only all patients had a PhD in biochemistry and quantum physics to enable them to see how with such consummate skill this diet was put together. It is a wonder. The champagne vehicle is easier to assimilate and get someone almost on his or her deathbed going again. A retention enema of 250ml (8.5oz) of oil is another route to get this precious life furthering, electron-rich oil into the body. It can also be applied to the skin for transdermal absorption."<sup>1</sup>

In 1967, Dr Budwig broadcast the following sentence during an interview over the South German radio network, describing her incoming patients with failed operations and x-ray therapy:

“Even in these cases it is possible to restore health in a few months at most, I would truly say 90% of the time.

"This has never been contradicted, but this knowledge has been a long time reaching this side of the ocean, hasn't it?"

"May those of you who have suffered from this disease (and I include your family and friends in this) forgive the miscreants who have kept this simple information from reaching you for so long."<sup>1</sup>

Flax seeds may also be used. Seeds need only be cracked in a food blender, or they may be ground in a coffee grinder. One needs three times the amount of seed to get the oil equivalent. Seeds are high in calories, so one may gain weight. The seeds are also high in soluble fibre, so blending with liquid tends to produce ever-hardening ‘jellies’. Fresh-cracked seed sprinkled on muesli and eaten promptly tastes great.

Ed McCabe<sup>2</sup> discusses his point of view on essential fatty acids:

“The red blood cells in the lungs give up carbon dioxide and take on oxygen. They are then transported to the cell site via the blood vessels, where, they release their oxygen into the plasma. This released oxygen is ‘attracted’ to the cells by the ‘resonance’ of the ‘pi-electron’ oxidation-enhancing fatty acids. Otherwise, oxygen cannot work its way into the cell. ‘Electron rich fatty acids’ play the decisive role in respiratory enzymes, which are the basis of cell oxidation...”

“Don't eat anything hydrogenated (like margarine, or fried foods) as it defeats oxygenation. Avoid products that say ‘hydrogenated’.”

“We should eat essential polyunsaturated fatty acids to enhance oxygenation. They can be found naturally in carotene, saffron, and flaxseed oil.”

### **How to Prepare ‘the Spread’**

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

Alternatively, you can use yoghurt instead of cottage cheese in proportions of 1oz (30g) of yoghurt to 1 tablespoon (15ml) each of flax oil and of honey and blend as above.

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

### **How to Prepare ‘the Mayo’ (Mayonnaise)**

Mix together 2 tablespoons (30ml) flax oil, 2 tablespoons (30ml) milk, and 2 tablespoons (30ml) yoghurt.

Then add 2 tablespoons (30ml) of lemon juice (or apple cider vinegar) and add 1 teaspoon (2.5g) mustard plus some herbs such as marjoram or dill.

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

(The above mayonnaise plus lots of mustard and a few bananas is very tasty!)

### **References**

1. Roehm DC. Townsend Letter for Doctors. July 1990.
2. McCabe E. Oxygen Therapies. p85.1991.

### **Useful Books**

Budwig J. Flax Oil as a True Aid against Arthritis Heart Infarction Cancer and Other Diseases. 1982.

Read more about this title:

Breuss R. The Breuss Cancer Cure: Advice for the Prevention and Natural Treatment of Cancer, Leukemia and Other Seemingly Incurable Diseases.

Gerson MM. A Cancer Therapy: Results of Fifty Cases and the Cure of Advanced Cancer by Diet Therapy: A Summary of 30 Years of Clinical Experimentation. Element Books. 1958.