About the Author: Lloyd Jenkins is a certified Naturopath and owner of the Budwig Cancer Clinic in Malaga, Southern Spain. He received authorization from Dr. Johanna Budwig in August 2000 to use her protocol for treating people with all types of cancer. He has written seven books and literally hundreds of articles on how to treat cancer and all common diseases using natural therapies. He has also been on radio talk shows and has spoken at Health Care seminars and events. Lloyd is a native-born Canadian and is fluent in English, Spanish and French.
Throughout history, women such as Marie Curie, Rosalind Franklin, Jocelyn Bell, Lise Meitner, to mention just a few, have marked milestones. They have contributed to innovative and significant breakthroughs in Physics, Astrophysics, Chemistry, Mathematics, Biology, Genetics and other fields. Dr. Johanna Budwig is also one of those women, whose tenacity, passion and diligence aided her to make a massive contribution to medical research, leaving behind an indisputable legacy which to this day helps save lives. Sadly, she passed away in 2003 following an accident from which she never recovered.

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

In the book *Cancer Cause and Cure* by Dr. O.P. Verma, on page 47-48, Dr. Budwig is quoted as stating “… So I decided straight away to go for human trials and enrolled 600 patients from four big hospitals in Munster (Germany). I started to give flax oil and cottage cheese to the cancer patients. After just three months, patients began to improve in health and strength, the yellow green substance in their blood began to disappear, tumors gradually receded…I treated approximately 2500 cancer patients in the last few decades.”

After administering a mix of flaxseed oil and quark, Dr. Budwig found that the blood of her patients was no longer clumped together and displaying a greenish tinge. Instead, she could see a bright red color, which is a very positive indicator and a sign of improvement and increased oxygen intake.

By means of a signed document dated August 24th, 2000, Dr. Johanna Budwig authorized our clinic, the Budwig Center, to use her techniques and protocols, which have helped a vast number of people to improve their health.

The mixture of flaxseed oil with cottage cheese/quark – also known as The Budwig Muesli is the cornerstone of the Budwig Program. Many find Quark (which is like a nice thick yoghurt that Dr. Budwig used) more appealing to the palate and is readily available in Europe and now Elli Quark [https://www.elliquark.com/](https://www.elliquark.com/) is also found in the big grocery stores across the USA.

For people with cancer this muesli should be consumed twice a day. Many start off at once a day for a week or two to get their body used of the formula.
**Dr. Budwig Muesli Oil Protein Mixture**

1) start with 2 tablespoons of milk, the 3 tablespoons linseed oil, which you will mix together with a Wisk type mixer until nice a smooth.
2) Next add 1 teaspoon of honey and mix all 3 ingredients well together.
3) Now slowly add the low-fat quark 2 tablespoons at a time and keep mixing until it is mixed well, putting in a total of 6 level tablespoons of Quark/cottage cheese
4) In separate bowl put 2 tablespoons of freshly crushed flaxseeds that you have ground up with a coffee grinder and covered in honey.
5) Now put some fruit over the seeds and honey, berries are Dr. Budwig’s choice.
6) Then finally pour the mixture of Quark, honey and oil over the flaxseed and honey and fruit. That is the original way Dr. Budwig liked to prepare it for her patients.

• **(See Optional)** for more things you can add to the Muesli mixture

**IMPORTANT!** Please be advised that step 2 (adding the flaxseeds) is not applicable to patients with cancer of the colon, rectum and especially patients who have had a colostomy as the seeds could clog things up.

**FLAXSEEDS:** If you are not able to get fresh pressed flaxseed oil or you would like to benefit from the nutrition that the flax shell provides then you can make the muesli using flaxseeds instead of flaxseed oil.

• Put 12 tablespoons of organic flaxseeds into a bowl and triple the amount pure water to cover the seeds and then soak overnight.
• Using an upright stick type electric blender, grind and blend up half the amount of soaked seeds *(you need to consume the muesli twice a day thus the other half of presoaked seeds will be used in the afternoon)*
• Add to 6 tablespoons of low fat *(2% of less)* cottage cheese or quark (organic if possible)
• 3 tablespoons of low fat skim milk (avoid UHT milk) and blend with electric stick type blender for a minute.
• Now add 2 teaspoons of raw honey (avoid if diabetic) and add to your taste fruit, lemon juice, etc. (see Optional)

Optional – Add the juice of ½ a lemon makes it very palatable and a great fresh taste. Also, fruit, especially berries can be added. Be creative and for a change some days try adding things like parsley, garlic, dried fruits, ground hemp seeds, ground almonds, ground sunflower seeds, Brazil nuts, and pumpkin seeds (do not use peanuts), vanilla, cinnamon, raw cocoa or grated coconut. Some prefer a touch of cayenne pepper… be creative! This muesli turns rancid after 20 minutes, so it must be ingested immediately. Do not grind and store seeds to be used later. The flaxseed oil must be kept cold, so store it in the fridge. Try to purchase directly from the manufacturer, (e.g. Barlean’s, N. America, or Linovita, Europe), or from an herbalist/health food shop. The cottage cheese/quark can be frozen if necessary.

DAIRY INTOLERANT: If you are intolerant to dairy then use 6 tablespoons of “Presoaked flaxseed” approach and instead of adding them to cottage cheese add the presoaked seeds that you grind up with the upright stick blender to 6 level tablespoons of cold filtered whey powder instead of the cottage cheese. Consume this twice a day so you will need 12 tablespoons of presoaked seeds and 12 level tablespoons of whey. Plain Whey is the best choice. SOLGAR and Dr. Mercola sell a cold filtered whey which is the best. Add the honey of per recipe above, but leave out the skim milk.

If the whey still bothers, use simply consume up to 5 tablespoons of presoaked and/or freshly ground flaxseeds per day throughout the day. Add the presoaked seeds to your smoothies, juices and freshly dry ground seeds to your cereals and sprinkle over your salads. People that cannot take any dairy often need to detoxify the liver and restore enzymes and healthy bacteria to their gut. The Budwig Center provides effective remedies as in SOHEP for the liver, enzymes formulas and MegaSporeBiotics (available at: www.LifeIntegrativeMed.com) After 30 days on this regime often people can enjoy dairy again.

Note: When quantities are mentioned this is what we mean: 1 teaspoon = 5ml, 1 tablespoon = 15 ml, 16 spoonful’s = 1 cup, 4 tablespoons = ⅛ cup.
Chapter 1: Toxins are the main cause of increasing cancer in our time

The Budwig Center’s main approach is to establish the reason/cause of the disease and the specific trigger factors involved. We can determine the cause, whether it is a degenerative or chronic disease, or even a tumor. Armed with this insight we can alleviate the adverse effects of the disease and aid remission through natural therapies and treatments. With this approach, we can also reduce the adverse effects of chemotherapy, radiotherapy and other treatments of general medical practice, if you should choose to undergo such treatments.

There are 4 main causes to all diseases. Therefore, if we have a health problem, the only way we can truly overcome this condition is to deal with the “cause”, otherwise we could literally suffer for years trying all kinds of remedies that merely treat the symptom. Here are the (4) main causes of all diseases and how to treat them naturally and effectively.

In the early 1900’s few people talked about cancer because only 1 out of every 30 persons developed cancer. However, that has drastically changed with 1 in 2 or 3 people now getting cancer. And even though we have made great advances in medicine there is more heart disease, diabetes, Parkinson’s, Alzheimer’s, arthritis, chronic obstructive pulmonary disease (COPD), allergies and Lyme, than ever before.

The main change over the past 100 years, is that we are now literally living in a “toxic soup” and these toxins play havoc with our hormones and general health. In North America alone, there are more than 77,000 chemicals being produced, with more than 3,000 chemicals added to our food supply; and more than 10,000 chemicals in the form of solvents, emulsifiers, and preservatives used in food processing, packaging, wrapping, and storage. The EPA estimates there are more than 20,000 chemicals that our bodies cannot metabolize. Chemicals not metabolized are stored in the fat cells throughout our bodies where they continue to accumulate.
Extensive research into the impact this flood of technology is having upon us is providing solid evidence that chronic exposure to even low-level radiation (like that from mobile/cell phones), can cause a variety of cancers (especially brain cancer), impair immunity, and contribute to Alzheimer’s disease, dementia, heart disease, and many other ailments.


Since man’s artificial electrification of our planet, our atmosphere is not only filled with necessary radiation but also with unnatural radiation, which has to be considered as electromagnetic pollution.

Think of the radio waves from communications and broadcasting networks, as well as the power lines that traverse our cities and towns and all electrical appliances that occupy our homes.

Our environment exposes us up to dangerous xenoestrogens (xeno meaning “foreign) from the chemical estrogens all around us. Things like herbicides, pesticides, antiperspirants and certain types of plastics, such as the very thin cling wrap that many use to wrap sandwiches and foods. Amalgam fillings in our teeth that contain mercury even though they are often referred to as silver fillings.

Also remember that plastic water bottles contain bisphenol A or BPA are linked to delayed puberty, low testosterone, endocrine and hormonal disrupting compounds. Only drink out of
plastic bottles when you have no other choice. Read this article by Dr. Axe on how to reduce the dangers of toxins that seriously disrupt our hormones.

https://draxe.com/endocrine-disruptors-how-to-avoid-excess-estrogen

**Emotional toxins** also play a direct role in disease. The American Medical Association (AMA) states 80 percent of all health problems are stress related, and even the conservative Centers for Disease Control and Prevention (CDC) has stated that 85 percent of all diseases appear to have an emotional element. Long-term stress and negative emotional traumas can produce toxins in our body too. Much research has been done on this subject.

Many chronic diseases are connected to negative emotional experiences of the past or present. Our immune system can be weakened by severe negative emotional shocks, such as the death of a loved one, divorce, family issues, financial setbacks, over-working, a negative state of mind (which can also be the trigger for depression and anxiety disorder), lack of sleep and poor nutrition. Unknown to most, these situations can severely undermine our immune system and be contributing factors to a major illness.

**Chapter 2: Effective Natural Ways to Detoxify**

There are several effective detoxification systems we use in our clinic and/or encourage in your home. We use a variety of therapies and remedies that cleanses the liver, lungs, kidneys and intestinal tract. It is important to start off with cleansing and detoxification for health recovery. One would never paint over the walls of their house or spray paint their car without first removing dust and dirt.

**Colon hydrotherapy:** The irrigation of the large intestine using an infusion of filtered and purified warm water inserted into the rectum through a tube. The equipment steadily maintains the liquid’s temperature and flow so that fecal matter, along with any other waste that may be on the intestinal walls, can be removed from the body. We recommend this therapy because the
storage of decaying fecal matter, toxins and other organic waste in our body can contribute to different types of disease.

**Herbal Formulas:** Using a variety of *herbal formulas* is all part of the internal cleansing that is so important in health recovery.

**Infrared saunas:** When the sweat from the skin of people who did traditional steam, saunas was examined and compared to that from infrared saunas, there was 15% to 20% more toxins released with infrared sauna sessions. *Full Spectrum Saunas* that have “near, medium and Far” infrared is what works best. Traditional saunas require high temperatures for copious sweating; infrared penetrates the skin and heats from the inside as well as on the skin. This means the air temperature in the sauna can remain much cooler, yet one sweats plenty at this lower, more comfortable temperature. The infrared lamp sauna penetrates deepest due to the fact that the heat source is all concentrated in a small area, and not due to the frequencies of the energy used. While some people like the intense heat of the traditional sauna, many find it difficult to tolerate, especially those feeling ill. Near infrared is an antioxidant nutrient, that activates the cells, supports metabolic processes and decouples toxins from water molecules. Infrared is helpful for wound healing and cellular regeneration.

**Coffee Enemas:** Coffee enemas is one of the most effective ways to detoxify the liver and reduce pain. However, they are not recommended for long periods of time, as they deplete the body of minerals. It’s advisable to do the enema at the beginning of any liver detox treatment, preferably once a day for 3 weeks at the beginning of a health recovery program. Chlorophyll enemas are also very effective using ¼ liquid chlorophyll diluted in water. Green tea or chlorophyll enemas are not as effective for detoxifying the liver, but an excellent option from time to time. As abnormal cells start to naturally die off in cancer treatments, the body needs to purify itself to avoid self-poisoning.

The mini trampoline helps to stimulate the immune system and the circulatory system and *activate the lymphatic systems*, as well as muscles, and joints. The movement generated puts the diaphragm to work (as laughing does) and massages the thymus gland located right behind the breastbone. As our lymph system is our garbage disposal system but has no pump to move out the toxins, the mini trampoline is indispensible to detoxification.

These exercises are very simple and do not require much time or physical fitness. According to your health condition, move up and down on the trampoline for approximately 3 minutes to start with and work up to 10 minutes, using small jumps (don’t worry if you can’t lift your feet off the trampoline, as the mere up & down movement provides enough exercise). Many can find time as it is easy to put in front of the TV and do a session while catching up on the latest news.
Stimulation of the lymphatic system helps the immune system, and stimulation of the circulatory system aids oxygenation of the cells; both reactions are important for cancer patients. NASA research found rebounding to be 68% more efficient than running on a treadmill!

**Biological Dentist:** The Budwig Center has a contact that is about 5 minutes from our clinic in Spain who can replace the dangerous mercury fillings with natural products.

**Emotional toxins:** Emotional therapy helps to re-balance the body. Combined with other treatments and therapies, patients will improve their state of mind, which in turn will directly lead to an improvement in their health. We offer EVOX emotional rebalancing sessions and we also provide all our patients with an EFT (Emotional Freedom Technique “hand book” to learn how to master this effective emotional balancing tool and use it on themselves on a regular basis.

You can read about EFT at: [www.emofree.com](http://www.emofree.com)

**Avoid dangerous chemicals when selecting cosmetics and personal hygiene products**

Most of us use personal hygiene products and cosmetics daily: soap, toothpaste, shampoo, body lotion, shower gel, shaving cream, deodorant, and so on.

Knowing that our skin is the largest organ of the body and that it absorbs whatever we apply on it, our aim should be to use natural products.

We may not be in the habit of reading the ingredients on our cosmetics and personal hygiene products, but it is highly recommended we do so, just as we do with food.

Here is a short list of some "non-desirable" ingredients that we should try to avoid:

- Alcohol, as in isopropyl alcohol (common in toning and shaving creams)
- Parabens: (in deodorants, creams, and makeup)
- Petrolatum (vaseline) or paraffin
- Methylchloroisothiazolinone and methylisothiazolinone (shampoos)
- Aluminum (deodorants and antiperspirants)
- Sodium laureth sulfate and phthalates: (shampoos, toothpaste, cosmetics, soaps, etc.)

**CLEAN YOUR HOUSE WITH VINEGAR, BAKING SODA AND USE ORGANIC SOAPS**
Are you plagued by any of the following conditions: constant fatigue, recurring sinus infections, irritability, anxiety, allergies, panic attacks, unduly stressed, moody or depressed, lack focus, headaches, post-nasal drip, rashes, eczema, digestive issues, (bloating, gas, heartburn, acid reflux, cramping), fibromyalgia, pain in your joints, irritable bowel syndrome, oral or vaginal thrush, athletes foot, jock itch, rectal itching, colitis eye floaters, eye sensitivity to sunlight, dairy intolerance, and cataracts? The main cause of all these problems is **Candida Albicans**. What is Candida? Candida albican are tiny yeast organisms like fungi and mold which are very harmful and are responsible for issues that affect almost every system in our body. And in the medical world, it is not as easily diagnosed. In fact, it is estimated that 90% of the world population suffers from Candida in some degree or another!! Even most people with Cancer have Candida overgrowth.

**Chapter 3: Microbes, parasites and pathogens, the second cause of cancer and most diseases**

Put a glass of water beside your bed at night and then when you awake in the morning, the first thing you should do is work up a good amount of saliva and then spit in the glass.
Let the saliva sit for an hour and then observe if it sinks to the bottom of the glass then you have advanced Candida.

If it mostly floats on the top you are fine, but if a few stings go down you have some Candida. We offer the homeopathic formula Candida Control that effectively eliminates all 20 strains of Candida. Many people have tried all types of Candida remedies with little success. The reason for this is that Candida comes in 20 different forms and so unless you use a remedy that addresses all of them you will never get it under control.

Parasites are almost always involved as well in diseases and sickness. In fact 85 percent of Americans have a parasitic infection and probably do not even know it until they get tested with equipment that can detect parasites. That is definitely a pandemic or a plague if more than three out of four people have a parasite http://worldtruth.tv/eliminating-the-parasites-that-you-almost-certainly-have

Many people think parasites may be acquired only in developing and third-world countries or as a parting gift on an exotic vacation. However, a new report from the Centers for Disease Control and Prevention finds these harmful parasites are very much alive in the U.S. and other developed parts of the world.

These microscopic creatures are typically picked up through food and water. Cysticercosis for example is a parasitic infection, caused by the taenia solium tapeworm, which makes its home in human tissues such as the brain and muscles. This tapeworm infection is often the result of eating uncooked pork that contains larval cysts. Toxocara is acquired through close proximity to dogs and cats as these roundworms are often found in the intestines of dogs and cats. In the U.S., more than 60 million people are chronically infected with toxoplasma gondii, the parasite found in undercooked meat and even some unwashed fruits and vegetables. http://www.cbsnews.com/news/parasites-causing-infections-in-the-us-cdc-says/

Chickenpox, Flu (influenza), herpes, human immunodeficiency virus (HIV/AIDS), human papillomavirus (HPV), infectious mononucleosis, mumps, measles and rubella and shingles are all caused by a virus. Several studies have shed light on how some types of cancer and tumor activity are related to unique viral microbes found inside the impaired cells. These microbes enter weak cells, causing damage by starving them of oxygen and healthy nutrition, among other things. The impaired cell area is an inviting environment for fungus and virus to settle.
The Budwig Center provides an effective anti-parasite remedy that has nine different herbal extracts that effectively remove the adults, babies and eggs of the parasites.

Chapter 4: How to eliminate dangerous pathogens from our body

Anti-Parasite /Anti-Bacterial / Anti-Fungal and Anti-Viral Therapies and Remedies:

It is imperative that your treatment plan includes tests done that can detect viruses, harmful bacteria, parasites and fungus.

We use a combination of several herbal compounds that have proven to be effective in eliminating the adult parasites as well as the babies and eggs. It is a 60-day program. We also use high quality essential oils such as frankincense and myrrh, as well as artemisia and magnolia essential oils which are very effective for a wide range of pathogens. Photonic light therapy and herbal extracts are also used. Everything has an electrical frequency or vibration, including food, our bodies, and even disease that can be measured in Megahertz (MHz). Interestingly enough, the frequency of essential oils is actually some of the highest frequencies known to man.

They create an environment in which disease, bacteria, virus, fungus, etc., cannot live and are several times greater than the frequencies of herbs and foods.

Chapter 5: The third contributing factor – Compromised Immune system

Prolonged stress, pushing oneself even when tired and in need of rest, extended deep sadness that lasts for weeks, months or even years, improper diet (especially high in white refined sugar) and lack of regular exercise all contribute to a weak and compromised immune system.

Under these circumstances, the body’s defense system is not able to fight off the harmful pathogens that are a constant threat.
Would you like to sail through the seasons of colds and the flu and almost never get sick? As soon as you feel a chill, tired and run down, taking transfer factors will, within about 20 minutes strengthen your immune system and raise your energy levels to ward off a horrible cold or flu. When humans and other mammals are born, the first nourishment that the mother’s breast feeds the new-born is not milk but a clear liquid called colostrum. Transfer factor molecules are extracted from bovine colostrum and chicken egg yolk sources.

**Transfer Factors** are powerful immune system activators that can boost the immune system in an entirely different way. They strengthen an underachieving immune system or bring the overactive immune system into balance. They help our body to be able to immediately recognize and attack invading microorganisms so that we avoid many common illnesses.

New research that took place at Appalachian State University in Boone, North Carolina, shows that exercise is perhaps the best way to keep the common cold at bay. Taking a moderately-paced walk for between 30 and 45 minutes daily was found to increase the amount of immune system cells that were present in the body. The levels of immunity boosters remained elevated for several hours after exercise and appear to have a cumulative effect in protecting against illnesses over time.

Jeanne Louise Calment who recently died at the age of 122 years old, said one of her secrets was that she walked every day.

**Chapter 6: The forth contributing factor – Nutritional Imbalance**

The French have a clever saying that “We dig our own graves with our teeth”. Yes, the expression ‘You are what you eat’ has a clear ring of truth. Current investigation and countless testimonies indicate that poor nutrition is a key factor in how many diseases develop.
Many consume on a daily basis highly processed food that basically are ‘dead’ foods. To this we add pesticides, fertilizers, chemicals, growth hormones and genetically modified crops to increase shelf-life; the list goes on and on. Degenerative illnesses and tumors are also linked to nutritional deficiency.

Nutritional deficiency disrupts intercellular communication and leads to hormonal imbalance and structural alterations in amino acids. All this affects the entire cell reproduction mechanism and DNA instructions. This is particularly so in the case of diseases that attack the nervous system and induce severe neurological damage. Patients suffering from a degenerative disease who have an unbalanced, unhealthy diet are at a higher risk of contracting a virus, a fungus or some other unwanted microorganism.

We live in a fast-paced, fast-food society where ready-made meals and canned food are commonplace.

Regular consumption of potato chips (crisps), industrially-made cakes, as well as fried food, constitutes a serious health risk factor. Similarly, it is important to avoid ready-made meals, processed meats (hot dogs, sausages, bacon and ham), fast-food and food additives, etc.

Avoid like the plague white refined sugar which is found in many prepared foods, store baked pastries, chocolate bars, and ice cream.

Another very dangerous ‘food’ are soft (fizzy) drink, both regular and low calore. “Coke is no Joke” as it causes osteoporosis, obesity, tooth decay and heart disease, flu, colds, run down worn out feeling.

But not just cola drinks, all soft drinks contain more than 10 teaspoons of refined white sugar which if they didn’t you could not drink them due to the high level of acids.

No wonder there is a huge upsurge of hip and knee replacements, tooth decay and osteoporosis.

If you want a nice refreshing drink try putting pure grape juice or some other fruit juice into natural sparkling water, like Perrier water (not soda water or tonic water as they contain sugar) and add ice. If you want a rum and coke or gin and tonic, again add sparkling water with a little xylitol or natural fruit juice, like fresh pineapple juice which goes great with rum. If you buy store bought fruit juice because it’s not practical to always make fresh juice, look for juices that are in the refrigerated section that are pure juices with no sugar or additives.
Refined vegetable oils, containing trans fats, are widely used for deep-frying (chips, fried chicken, pastries) and processed foods (mayonnaise, tomato ketchup, and others sauces and dressings). When ingested excessively, they actually suffocate the cells, depriving them of oxygen. Vegetable and oils may be labeled “100% pure”. Even if partly natural, these are still manipulated products. Why? Because most manufacturers extract oils from plants using extremely high temperatures and chemical products.

When these oils are mixed with proteins, they hinder blood and lymphatic circulation, cause heart damage and inhibit our regeneration process.

This slows down – and potentially halts completely – the bio-electric activity in these areas. According to Dr. Budwig, corrosive and caustic chemical products, namely, sodium hydroxide (commonly known for its use as a drain cleaner) are also used in the refining process.

Eliminating these harmful pseudo fats and replacing them with healthier ones (e.g. flaxseed oil and other cold-pressed oils) is a giant step towards fighting cancer and other diseases.

Include cold-pressed oils in your diet, such as: olive oil, sunflower seed oil, safflower oil or virgin coconut oil (which is the best for cooking because it does not alter chemically when exposed to high temperatures). The label must read "cold-pressed", "virgin" or "extra-virgin" when choosing oils. Dr. Budwig used coconut oil in many of her recipes as well.

Another reason why we should all have coconut oil in our kitchen is that it’s one of the only oils that can take heat without breaking down and producing any toxins as other oils do when heated.

In summary, we need to eat ‘real food’ and avoid processed ‘dead’ foods.
Most food is cooked between 350º- 400ºF (175º–200ºC). At home people generally cook food at more than 105ºF (40ºC). These high temperatures destroy most of the beneficial enzymes. Steam cooking our food is a much better alternative to retain the nutrients and for easier digestion.

Whenever possible, purchase organic food, as studies have proven that organic produce contains up to 69% more natural antioxidants than conventional crops with pesticides.

A UK research group inspected data from over 300 reports testing the differences between organic and conventional crops. They reached the conclusion that the antioxidant impulse acquired from changing to organic produce is the equivalent of one or two additional portions of fruit and vegetables every day.

This change also reduces exposure to nitrates, nitrites and toxic heavy metals such as lead, mercury, and cadmium. Pesticides and herbicides literally form a layer on our food, while exposure to these chemicals damages our DNA and is linked to such conditions as Alzheimer’s and other neurodegenerative diseases.

If we follow a balanced diet, eat the right foods and, therefore, nurture a strong immune system, our bodies will be able to fight off intruders and withstand the stress negative experiences can put on our system.

Chapter 7: “Let food be thy medicine and medicine be thy food.” - Hippocrates

SWEETNERS:

Of all the ‘foods’ that are the most dangerous and that contribute to a host of health problems, white refined sugar and artificial sweeteners are probably on the top of the list.

Therefore, consume mostly stevia come sweetener, raw honey (pasteurized honey has lost many benefits), and use fruits like figs, dates, berries, apples, etc., for sweeter. In baking pastries some natural coconut sugar could be used, however use is sparingly, and it is best to use liquid stevia as your main sweetener. If you do not have cancer you could also use pure cane sugar (demerara), black strap molasses, agave and maple syrup.
White refined sugar, fructose, corn syrup, aspartame, sweet’n low, splendida, etc., are very dangerous foods and ravage the immune system, contribute to anxiety, mood swings, fatigue, and premature aging.

Refined sugar is now added to so many processed foods it’s hard to escape it.

Fruit juices from concentrate have high sugar content and low nutritional value since the UHT manufacturing process leads to the loss of most of its beneficial vitamins.

Commercial ice cream is not only loaded with sugar but also often contains harmful chemicals like carboxymethyl cellulose, butyraldehyde and amyl acetate. Not too long ago when you took ice cream out of the freezer it was rock solid hard, however now you can take it out of the freezer and serve it right away. What has changed? Diethyl glycol which is also used in anti-freeze and paint removers has been added to keep the ice cream soft!!

Many Researchers now concur that ‘your life span is determined by the amount of sugar you burn during your life time’, so please read labels carefully.

**CANCER ALERT...!**

Refined sugars and sweeteners are like ‘fertilizer for cancer’. Some research may indicate that cancer cells require up to 18 times more sugar than normal healthy cells, because their mitochondria is damaged.

Further proof that cancer needs sugar to survive is shown when the doctor injects glucose (sugar) into the veins to perform a PET scan and the glucose is quickly taken up by the cancer cells and they light up like a Christmas tree in the test.

**VEGETABLE OILS:**

Cook only with **virgin coconut oil** which can tolerate high temperature without altering its components. Consume only cold pressed/extra virgin oils in recipes and on salads (i.e. cold pressed olive oil.) Flaxseed oil (also called linseed oil), according to the Flax Council of Canada, has numerous benefits of which omega-3 is at the top of the list. ALA (alpha-linolenic acid) constitutes 57% of the total fatty acids in flax, making flax the richest source of ALA in the North American diet. Every tablespoon of flaxseed oil contains 8 grams of ALA, and this is a polyunsaturated fatty acid. Mixing it with low fat quark, cottage cheese or whey powder has been used by Dr. Johanna Budwig in treating countless people with all types of cancer. (See full recipe for this mixture, called muesli in the recipe section)

Dr. Budwig who oversaw the dispensary in a military hospital in Germany with 5000 beds was also an expert in chemistry and fats. She was the first to be able to analyze fat in living blood,
thus opening the door to a vast new and important technology around the world. She noticed that sick cancer patients’ blood was all clumped together instead of free-flowing as in healthy people. Also, the blood had a strange greenish unnatural color, which was a sure sign of oxygen deficiency.

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

After administering a mixture of flaxseed oil and quark, Dr. Budwig found that the blood of her patients was no longer clumped together and displaying a greenish color. Instead, she could see a bright red color, which was a very positive indicator and a sign of improvement and increased oxygen intake.

Refined or hydrogenated cooking oils literally cause our cells to suffocate. Avoid consuming vegetable oils, palm oil, canola oil and all other processed oils, which are very harmful. We should, therefore, avoid store bought pastries, salad dressings, vinaigrettes, mayonnaise, margarine, as well as fried food (chicken, fries, chips, doughnuts, etc.)

**DAIRY PRODUCTS:**

Although dairy has some negative aspects especially due to commercial farming today, it seems that these are largely neutralized when combined with flaxseed as in the famous muesli of Dr. Johanna Budwig's combination of flaxseed (linseed) oil and low-fat cottage cheese. A chemical reaction takes place and the muesli formula becomes bio-available and henceforth floods the body with high amounts of life-giving oxygen, which cancer does not like. This mixture has
produced very good results in the days of Dr. Budwig in treating all types of cancer and 50 other common ailments and continues to do so now.

However, it is best to avoid all other dairy products as dairy protein should never exceed 5% of your dietary intake. Oat, rice, coconut and almond milk are good substitutes. Also avoid soy which deregulates the thyroid and is mostly GMO. Goat and lamb milk and cheese are better choices but in moderation. For her cancer patients, Dr. Budwig made her own special butter; she called Oleolux (recipe provided at the end of this guide).

We do not encourage you to consume any additional dairy other than the Quark or Cottage cheese mixed with the flaxseed oil and seeds. If you suffer from constant fatigue, recurring sinus infections, reoccurring headaches, post-nasal drip, rashes, eczema, digestive issues, (bloating, gas, heartburn, acid reflux, cramping), fibromyalgia, pain in your joints, irritable bowel syndrome, oral or vaginal thrush, athletes foot, jock itch, rectal itching, colitis eye floaters, eye sensitivity to sunlight, and dairy intolerance you will probably see a remarkable improvement by just cutting out dairy products completely for at least 30 days. For patients that do the Budwig program and have a dairy problem we recommend the flaxseeds with whey. Whey has the casein removed which is the main issue with dairy intolerance. Also by giving our patients selected enzymes and a natural product called “MegaSporeBiotics” and doing a liver detoxification most can then consume dairy with no problem. (Available at: www.LifeIntegrativeMed.com)

The famous “China Study” as reported in the documentary FORKS over KNIVES, discovered that cancer tumors in mice grew when on a 20% animal protein diet but tumors remained the same or even were reduced on a 5% animal protein diet.

**Ketogenic diet:** The concept of the ketogenic diet is good in that it encourages the body to use ketones instead of carbohydrates (refined grains, pastries, jams, bread, pizzas, sweeteners, potatoes, soft drinks and fruit drinks) for use as energy. However, it does not allow many things that Dr. Budwig allowed so we do not combine the ketogenic diet with the Budwig diet.

**PROTEIN:**

Some claim that Dr. Budwig was totally against all animal protein. However, she stated in her book *Flax oil as a True Aid against Arthritis, Heart Infarction and Cancer*, on page 34: “I do not forbid patients meat, unless they are on the edge of the grave.” Following an interview Dr. O.P. Verma held with Dr. Budwig, he quoted her in his book *Cancer Cause and Cure*, on page 56 as saying: “I reject frozen and preserved meat. Fresh meat is OK.”

In her *Oil-Protein Diet Cookbook*, Dr. Budwig writes on page 175: "While travelling...you can protect yourself against harm by ordering fresh fish such as trout, pike, carp and other fresh fish”.

A vegan diet is not recommended. Vegan diets, in particular, are almost completely devoid of certain nutrients that are crucial for physiological function. Several studies have shown that both vegetarians and vegans are prone to deficiencies in B12, calcium, iron, zinc, the long-chain fatty acids EPA & DHA, and fat-soluble vitamins like A & D. If you opt for a vegetarian diet you will need to take a complex B vitamin supplement otherwise you will lack vitamin B12.

In the *China Study* by T. Colin Campbell, Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University, and his son Thomas M. Campbell II, a physician examined the
relationship between the consumption of animal products (including dairy) and chronic illnesses such as coronary heart disease, diabetes, breast cancer, prostate cancer, and bowel cancer. Their observations lead to the conclusion that the average diet in the western world has been too focused on animal protein. There is some myth that we need animal (meat, poultry and fish) protein every day. However, we need to get most of our protein from a whole-food, plant-based diet for better health.

**Consuming wild fish once a week would be ideal.** Non-farm fed fish (with fins and scales) such as salmon, dorado, swordfish, sturgeon trout, bass, cod, flounder, grouper, perch, snapper, whitefish, most tuna, mackerel,pike, carp, herring, tilapia and sardines.

![Fish Images]

Fish that do not have fins and scales are bottom feeders and are loaded with toxins. Also shell fish, octopus, eels, clams, oysters, lobsters, shrimp, prawns, squid and other mollusks are not recommended as they are loaded with toxins as scavengers and cleaners of the sea, rivers and oceans.

Seafood creatures are the bottom cleaners of the seas and oceans and can be contaminated with parasites and resistant viruses that may not even be killed with high heat.

**Meat can be replaced with mushrooms and seaweeds,** especially spirulina (contains about 65% protein and 3 times as much protein as red meat). There are many other vegetarian sources of protein such as hemp, lentils, sprouts, nuts and seeds. We recommend you choose free range, organic poultry (chicken, duck, turkey) once a week. Therefore you could alternate between fish one week and poultry the next week.

If you have cancer it is best to totally avoid red meat as it causes inflammation and many with chronic illnesses have an issue with inflammation.

**Pigs clean the earth and pork is toxic and has the roundworm trichinella spiralis.** Of course, non-organic red meat contains synthetic hormones and anti-biotics.

Processed meats have several harmful preservatives.

**Ham, sausages, hot dogs and bacon have additional harmful nitrates and additives that damage our reproductive organs.**
EGGS:
If you decide to consume eggs so as not to destroy the nutritional value of the egg by overcooking it, opt for poached, soft boiled or, even better, raw in a smoothie (make sure to wash the egg shells before using them and especially if you are consuming them raw). 1 organic egg every 2nd day would be a healthy option.

NUTS AND SEEDS:
Another excellent source of protein is seeds and nuts. Seeds have the most intelligence of all foods. They have the imprint of the universe. They embody the very essence of life. Seeds like flaxseeds, black seeds, sesame seeds and sunflower seeds are best soaked beforehand, then ground up and added to smoothies. Seeds all contain moderate levels of phytic acid and enzyme inhibitors. Until the seed or nut is exposed to moisture this phytic acid is biologically necessary to prevent them from germinating in an environment that is not conducive to good growing conditions. You can soak seeds in water, salt water, or a warm water mixture with something acidic like yogurt, whey or lemon juice. Chia seeds are one of the tiniest nutritional powerhouses on earth. According to legend, ancient Aztec warriors ate a spoonful of chia seeds during times of battle. The chia seeds kept the warriors satiated over a period of 24 hours and gave them the energy to carry on without having to stop and eat. Chia offers 2½ times more protein than kidney beans, 3 times the antioxidant strength of blueberries, 3 times more iron than spinach, 6 times more calcium than milk, 7 times more vitamin C than oranges, 8 times more omega-3 than salmon, 10 times more fiber than rice and 15 times more magnesium than broccoli. Only eat natural nuts that are not roasted. Selenium is one of the best minerals needed to fight cancer and eating just 3 or 4 Brazil nuts daily gives you all the selenium needed. Almonds can be soaked to make them more usable in sauces (see recipes).

Several published studies have identified walnuts as bearing unique cancer-fighting qualities. Researchers at UC Davis and other institutions have uncovered that diets rich in whole walnuts, as well as walnut oil, have the ability to slow prostate cancer growth in mice. Other studies determined that just two handfuls of walnuts each day could reduce to half the risk of breast cancer and tumor growth. It is believed that walnuts can shrink levels of the hormone IGF-1, known to play a key role in development of both prostate and breast cancer.

Also Researchers found they reduced cholesterol and increased insulin sensitivity, making them valuable in the fight against heart disease and diabetes.

ORGANIC VEGETABLES:
Always try to consume only organic. When fruits and vegetables are organic you also have the peace of mind that they are not GMO. There is more and more valid research now that GMO is very dangerous. GMO = God Move Over. Whenever possible, we recommend consuming seasonal fruits and vegetables.
Steam cook your vegetables for better digestion and to retain all the nutrients. For a larger intake, we suggest making vegetable juices or fruit and vegetable shakes.

**FRUIT:**

The best way to start the day is with 5 servings of fresh fruit. The body is in a ‘cleansing’ mode and fruit acts like a broom. All fruits are good however these are your best choices:

**Dates and figs** are the two most completely nutritious foods on the planet.

**Berries** are an excellent source of vitamin C, carotenotes, zinc, potassium, iron, calcium, and magnesium, high in fiber and low in sugar

**Olives** contain polyphenols that help fight cancer and have an anti-inflammatory effect and are rich in monounsaturated fat. Avoid olives sold in cans that often contain MSG flavor enhancers. Look for artisanal olives in glass jars that have herbal flavorings only added.

**Papayas** are rich in antioxidants like carotenotes, vitamin C, and flavonoids, B vitamins, vitamin E, folate, and fiber, minerals, potassium, and magnesium and has some anti-inflammatory effects

**Avocados** are a great source of raw monounsaturated fat, has more than twice as much potassium as a banana and a source of folate, dietary fiber, vitamin C, vitamin E, riboflavin, and vitamin B6

**Mangoes** are loaded with carotenoids, and B vitamins and calcium, iron, and potassium, phosphorus, selenium, folate, and zinc, some protein and amino acids

**Pineapple** was one of Dr. Budwig’s favorite as it contains an enzyme, bromelain, which aids digestion, reduces inflammation and swelling, and may have anti-cancer effects

**Guava** is another good source of vitamin C, lycopene, carotenoids, folate, potassium, fiber, calcium, and iron. Also has anti-microbial properties that may fight bacteria such as Staphylococcus aureus and beta-streptococcus group A.

Kiwi have antioxidant vitamins C and E, and beta-carotene and appears to protect human DNA from free-radical damage.

Also try to consume organic fruit and vegetables. Put all fruit, that you will be consuming the skin, and all vegetables into a container of water and put 1 parts vinegar to 5 parts water and let soak for 10 minutes, then rinse and enjoy

**REFINED GRAINS & CEREALS:**

Spelt, oatmeal, and rye grains are better choices. Limit intake of wheat which many are intolerant to. **See recipes at the end of this report for Oatmeal Pancakes**

White bread, pasta, and all refined cereals are hard to digest. They do not contain the nutrients and fiber needed by the intestine, and worse still, they help increase glucose levels, which also promote candida and fungus issues.

**COFFEES, TEAS, AND PREPARED BEVERAGES:**

Coffee is one of the most chemically treated crop, with some estimates stating every acre of coffee gets treated with 25 pounds of agricultural chemicals. However, published studies have
shown that roasting the coffee seems to decrease toxins by about 85 percent. The 15 percent that remains is still enough to encourage buying organic coffee instead.

Conventional decaffeinated coffee is processed using a number of chemicals, some of which have been demonstrated as carcinogenic. So if you choose to drink decaffeinated coffee, water-processed decaf is a better option.

Dark roast coffee beans that have their caffeine intact and have been freshly ground, then brewed with purified just-boiled water in a French press, will likely result in the best tasting and least toxic cup of coffee

Limit yourself to 1 cup of coffee per day. If you have a chronic illness and especially cancer it is best not to drink coffee for now. Herbal teas are excellent, such as chai tea, jasmine tea, basil, cinnamon bark, clove, fennel seed, dandelion, fenugreek seed, ginger, spearmint, star anise, turmeric, and thyme, but choose loose-leaf infusions, because tea bags and paper filters contain harmful chemicals, such as chlorine.

Read the labels on all other coffee substitutes and beverages to make sure they have no harmful chemicals, sugar, etc.

SAUERKRAUT JUICE AND FERMENTED FOODS:

Dr. Budwig favored fermented foods and had all her patients drink a glass of fresh sauerkraut juice first thing in the morning. She recommended to add a little pineapple juice if you find the taste hard to take. She knew that cabbage offers a host of health benefits. The famous Captain James Cook sailed around the world without losing a single sailor to scurvy, thanks to the foods his ship carried, including sixty barrels of sauerkraut. Hippocrates said that “all disease begins in the gut”. So, we really need to concentrate on repairing and rebuilding the gut with fermented pre and probiotic foods. Sauerkraut juice has a good type of lactate that promotes this repair and so all cancer patients are encouraged to drink 6 oz (180 ml) of pure raw sauerkraut juice first thing in the morning. You can add a little fresh pineapple juice to it if you do not like the flavor.

ORGANIC WHOLE GRAINS: Dr. Johanna Budwig’s favorite grain was buckwheat. Try variations like quinoa, whole grain Basmati rice, millet, and spelt. The Western diet uses large amounts of wheat in their dishes and recipes, and growing numbers of people are intolerant to it. Try sprouted grains or Ezekiel bread. Corn is not recommended because (unless otherwise stated) it is normally genetically modified (GM) and could easily have traces of mold. Sprouted and fermented grains are also excellent and often are well tolerated by people with gluten intolerance. Look for recipes on the internet.

ORGANIC PULSES: Chickpeas, beans and lentils are all very nutritional, and especially rich in amino-acids. Natural (no sugar) pickles are also fine.
MICROWAVE:

Micro Wave ovens are not recommended. Microwave leakage is serious enough that the FDA sets strict limits on it for the manufacturers. But once door seals age, leaking tends to exceed those limits, often at head level. That’s bad news, because the microwave energy inside a microwave oven is massive!

Frequency inside your microwave 2.45 BILLION hertz and frequency shown to start harming the human body: over 10 hertz, so that’s 2.45 billion vs. 10 hertz. It doesn’t take a very big leak for the damage to begin with aging door seals. Microwaves break chemical and molecular bonds, and can literally rip atoms apart, disrupting the basic biochemical structures of life. It’s no wonder foods cooked in such a way become so harmful to consume. The research, from Search for Health (Spring, 1992) states: After study participants consumed microwaved vegetables, Swiss Scientist Hertel measured the following effects: Cholesterol levels increased rapidly, hemoglobin decreased significantly (creating anemic tendencies), lymphocytes (white blood cells) showed a significant term decrease, increased stress with evidence by the increase of leukocyte which can indicate pathogenic effects such as poisoning and cell damage.

TEFLON (Polytetrafluoroethylene (PTFE)): Food cooked on Teflon type frying pans contains small particles of PTFE, which, when consumed, are harmful to the reproductive system.

ALUMINUM KITCHEN UTENSILS: We recommend cooking with cookware made of stainless steel, ceramic, wrought-iron, glass or earthenware.

Chapter 8: THERAPIES AT THE BUDWIG CENTER

BioLife Pyramids®

For thousands of years people have had a fascination with pyramids as a source of energy and healing. Reports of coming in of people recovering their health, even from serious diseases, when used in conjunction with a properly-designed approach. Powerful civilizations like the Egyptian, the Aztec, the Mayan and others, erected large buildings based on this geometry. It is known that the unique design of the pyramid works as a catalyst, transporting in its interior the magnetic, gravity and cosmic energy that condenses and activates everything that
is near to it. Some believe that the pyramid condenses a certain electromagnetic field associated with the Earth. Airlines, such as “Swiss Air” have had to stop flying over the pyramids of Egypt because when they did their instrument panel was totally distorted due to the high concentration of energy circulating especially above the Great Pyramid.

The pyramid shape causes a concentration and circulation of energy that begins in each of the five vertices and then converges into one central area producing a noticeable powerful energetic force. In the same way that a lens concentrates the light, or the antenna of a television captures the programming that you want to see.

**Experience the benefits of ‘Pyramidal Power’**

This force is called the energy of the pyramid or pyramidal power. When were done by placing a dead animal inside the pyramids there was no offensive odor as they dead bodies naturally mummified.

Often in alternative health clinics and spas you can see several different types and sizes of miniature pyramids made from glass, copper, steel, wood and even simple colored cards using no batteries or electricity.
This pyramidal energy has a positive effect on all living beings and an effect of preserving on inanimate objects. When they are aligned to the north, the pyramids at scale reproduce the power of the Great Pyramid of Egypt.

Fresh fruit and vegetables last longer and toxic chemical pesticides and herbicides are naturally neutralized. *(We still encourage however that one should wash all fruit and vegetables with pure apple cider vinegar and then rinse with pure water before placing them in the pyramid).*

We did a short survey in 2016 and found that some 378 Clinics, Health Centers, and Hospitals and countless individuals including some over 40 medical doctors in Europe, Russia, United States, Egypt, South America using pyramid therapy and daily the number is increasing as more and more people tell others of the great benefits.

**BioLife Pyramid therapy enhances our natural magnetic energy**

We all have a natural magnetic energy that extends about 15cm from our body which can be measured with a Keralan camera.

Here is a picture of the magnetic (some call this the ‘aura’) energy surrounding a person before enjoying a session of pyramid energy and then after.

Notice the increase in the energy field and there are no more broken energy fields around the body

“I have been using the pyramids in my two alternative cancer clinics for over 15 years. Basically, all my cancer patients who come to us before having chemotherapy have recovered their health”. *JM Mallorca*
When this special camera takes the picture in a dark room you can see the noticeable increase again of the natural magnetic energy of a person after BioLife pyramid therapy. This natural energy has been especially effective for reducing and often eliminating pain and helping with a host of common health problems.
BioLife Pyramids since the late 90’s has introduced a totally new paradigm in the concept and applications of the pyramid structure for health and wellbeing. BioLife pyramids are made from quality pure copper and brass. And you can add optional antennas to capture even more energy and potentiate the pyramid, which is strongly recommended for serious, will and advanced chronic health conditions. The BioLife Pyramid is also available in 3 different sizes. A 30 Inch (76cm) fruit and vegetable model. A 6 foot (183cm) chair model and an 8 foot (244 cm) bed model

BioLife Pyramids have helped with:

- Arthritis
- Asthma
- Auto immune diseases (chronic fatigue, fibromyalgia, etc.,)
- Arthrosis (debilitating)
- Blood clots
- Bronchial congestion and asthma
- Cardiac coherence
- Cholesterol
- Cancer (all types)
- Constipation
- Chronic cough
- Digestion issues
- Electrical sensibility
- Fibroids
- High blood pressure
- Heavy metal detox
- Hypoglycemia
- Hyperactivity
- Inflammation
- Insomnia and sleep disorders
- Jet Lag
- Kidney stones
- Lumbago, muscle and nerve pain
- Libido (balances and strengthens all the chakras)
- Loss of balance
- Memory improvement (short and long term)
- Muscles movement and tone (used by many professional athletes)
- Osteoarthritis pain
- Pain reduction and often total elimination of chronic pain, joint pain and headaches (Migraines)
- Osteoarthritis and rheumatic pain
• Paraplegia
• Parasites
• Raynaud’s syndrome
• Sweating (excessive sweating of the hands)
• Stress and depression and general improved happiness
• Skin irritation, itching and rashes
• Tendonitis
• Tingling (pins and needles) chills, numbness and tremors

These are the diseases and health conditions that have been effectively helped with the BioLife Pyramids however basically all health problems (except perhaps those from birth or serious accidents) would be greatly helped as the energetic bio-frequencies works on cellular regeneration and restoration

Comments and Testimonials

Cancer

“A middle aged Spanish lady came to our clinic in Sept 2017, for help with lung cancer. We immediately put her on our basic food plan, detox program and pyramid therapy. After just 15 days she felt a sharp pain in your lungs and coughed up and spit out a sizeable lung tumor. After which she felt a surge of energy and walked for 3 hours on the Mediterranean beach in Malaga City” – Dr. M.E. Lopez

“I highly recommend the pyramid therapy. I have been using the pyramids in my two alternative cancer clinics for over 15 years. Basically, all my cancer patients who come to us before having chemotherapy have recovered their health. My wife and I sleep under the pyramid every night and even though my wife is now 50 years old most guess her age to be around 38. It seems to also slow down the aging process. When we examined the magnetic energy that extends from the body with a Kirlian camera before a pyramid session and then after we can see a tremendous burst of energy on the pictures after each session. It seems to put the immune system in turbo mode” Juan Maria – Clinic Mallorca

From: juan maria [mailto:juanmariamyc@......]

Sent: Wednesday, November 29, 2017 5:43 PM

“A man, named Toni, who has a construction company came to my clinic. The doctors had found a malignant tumor in his neck. They told him that he would no doubt be paralyzed because of were the tumor was located. He was operated on and hand his face was paralyzed. He did pyramid therapy every day and his face has improved dramatically. He continues to improve and we are waiting for further tests.” Juan Maria – Clinic Mallorca
On Tuesday September 8, 2015 5:22 PM, juan maria <juanmariamyc......> wrote:

“Hello mario, Raquel told me and then the medical report of the oncologist dated June 15, 2015 where he indicated the tumor he had where he had spread and that the patient rejected to be treated with chemotherapy ......in July 2015 she started with pyramid therapy and then at the end of August when she returns to Madrid and her doctor examined her to see that the tumor has disappeared. “ (3 months of pyramid therapy) best regards Juan & Maria

For more Testimonials, contact us at: Budwig@BudwigCenter.eu

Go to: www.BudwigCenter.com and click on THERAPIES and PROGRAMS to read about many other therapies we offer

Chapter 9: FREQUENTLY ASKED QUESTIONS

What is cancer?
The simple answer to that question is: Cancer is a ‘disruption or disturbance of energy within our body’. Imagine you are enjoying a beautiful symphony orchestra playing your favorite music like Mozart, Beethoven or Bach and then all of a sudden four of the musicians start playing loud rock music. This would create total disharmony. Cancer and in fact any illness is “disharmony” in the body. What causes this disruption or disturbance?

Toxins are the “main” cause of cancer and chronic illnesses
About a century ago, some research leads us to believe that about 1 in 30 people developed cancer and mostly older people. Now, we have an epidemic of about 1 in 3 or even 1 in 2 people in some countries, including many children and young people developing cancer. What has changed the most in the last century? As already discussed in this guide the planet we live in, the air we breathe, the water we drink, the soil, the food is all more toxic. Toxins damage our cells and cause malfunction, thereafter parasites and viruses and other pathogens can enter the cell and it becomes diseased. Viruses, fungus are weak immune system and hormonal disturbance, all ‘contribute’ to cancer, however these conditions have always existed. There have always been viruses, parasites, fungus and compromised immune systems since the beginning of mankind. But what has changed the most over the past century? In one word ‘toxins’ would be what has changed the world the most. Toxins are the main cause of cancer. We are living in a virtual ‘toxic soup’ with our air quality, water and food being loaded with chemicals and toxins that did not exist in such high quantities a century ago.

Environmental factors including tobacco smoke, nutrition, physical inactivity, and exposure to environmental carcinogens are estimated to be responsible for 75-80% of cancer diagnosis and death in the US. http://monographs.iarc.fr/ENG/Classification/index.php
An approximate 2 million metric tons of pesticides are used annually on fields.

Cr IV Chromium is dangerous and highly toxic, enough to cause death in humans. Chromium is primarily used to turn animal hides into leather for consumers, in places called tanneries, operating with little control. They produce daily 7.7 million liters of waste water and 88 million tons of solid waste which can cause health problems as in respiratory and heart failure and cancer in the brain and kidneys.

Our food supply is contaminated with more than 3,000 chemicals purposely added to enhance the flavor, look and the shelf life. Food in boxes, cans and bottles needs to be securitized carefully. For example, many people start their day with a bowl of cereal from a box. Not only are most of these cereals loaded with dangerous white refined sugar but it also contains Butylated Hydroxytoluene (BHT), a product also used in jet fuel and an embalming.

Why did Dr. Budwig discourage taking vitamin and mineral supplements?

The following are quotes from the Budwig protocol: "Vitamins in capsules or pills contain fragmented nutrients and are mostly synthetically made. There is a long list of synthetic components, some of which are damaging; amongst these synthetic elements is talcum which is similar to asbestos." Even high quality vitamin/mineral supplements may interfere with the delicate process of the oxygen producing flaxseed oil and cottage cheese process. The Budwig Center staying true to the original Budwig approach avoids these supplements but like Dr. Budwig we use a lot of herbal and homeopathic supplements. Also amino acids, active probiotic and especially sporebiotics and enzymes are encouraged. However, vitamins and minerals are best obtained from organic foods.

Chicken bone broth soup is a rich source. According to an old South American proverb, "good broth will resurrect the dead." Homemade bone broth is excellent for speeding healing and recuperation from illness as chicken contains a natural amino acid called cysteine, which can thin the mucus in your lungs and make it less sticky, so you can expel it more easily.

Dr. Budwig also said: “High doses or levels of antioxidants (antioxidant supplements) could reduce effectiveness or interfere with the Budwig Program.” She encouraged her patients to eat food in the form that God made it, not manipulated and processed. Therefore, foods that
naturally contain antioxidants are acceptable. For example, when eating grapes try to eat the seeds of the grape, as they are one of the richest sources of natural antioxidants.

Now scientists have discovered what Dr. Budwig already knew some 50 years ago. In a study reported in Cancer Research, researchers gave lab rats that had cancer tumors several types of food that contained lycopene. Other rats received the substance via supplements. Those taking the supplements had no major reduction in tumor growth, but those eating the foods did.

What can we conclude from this study? Obviously whole foods the way God made them contain many other phytochemicals that work together with lycopene in an anti-cancer way. When man manipulates these ‘foods’ and puts them into a supplement they are fragmented and do not provide all the benefits.

Our body is intelligently designed, and it knows the difference between ‘real food’ and ‘manipulated foods’. No wonder that real foods often have many times the real healing power compared to an equal number of synthetic vitamins and minerals.

**Were vitamin C infusions and Oxygen Therapies approved by Dr. Budwig?**

Dr. Budwig did not recommend doing Vitamin C infusion therapy or any oxygen type therapies at the same time as the Budwig Program as doing them both at the same time would nullify the benefits of both remedies. That is to say that if a patient wants vitamin C infusions; they are advised to stop ingesting the cottage cheese/quark and flaxseed oil mix during that time you are at a clinic receiving Vitamin C and/or oxygen infusions. If you want to consume the FSOCC then eat it at least 2 hours before or 4 hours after Vitamin C infusions and any oxygen type therapies or better still wait until you finish these therapies and when you are no longer doing them resume consuming the Budwig mixture. For other chronic illnesses vitamin C infusions could be a good option and oxygen is excellent to speed up wound healing.

**Why replace amalgam dental fillings?**

Recently, the European Commission paved the way for a complete banning of mercury fillings in the European Union. Canadian researchers recently found breast cancer tissue biopsies contain a highly significant accumulation of heavy metals in the diseased breast tissues. According to the observations made by the internationally recognized medical researcher, Yoshiaki Omura, MD, all cancer cells have mercury in them.

Since mercury is the second most toxic substance on this planet, its presence provides a strong initiating factor for disrupting cell function. Dr. Omura's clinical observation concludes that one of the primary reasons cancer returns is because residual mercury reignites a pathological environment even after surgery, chemotherapy, radiation.
You probably know that mercury and silver dental fillings are unhealthy and should be replaced with non-metallic ceramic fillings or any made from some other natural or bio-compatible material. Unsuitable fillings can release small amounts of mercury into the body when ingesting hot liquids. Toxins from amalgam fillings directly affect the breast, lymph and reproductive system. It is indispensable to have them replaced with a bio-compatible composite. It is important to seek out a competent biological dentist that will use the proper composite fillings, i.e. glass and plastic ionomers, and gold foil.

**What exercise should I be doing?**

You might be surprised with how we answer that question, but did you know that one of the most powerful healing therapies you can start out with is **total rest**. Yes, by total rest I mean do like you would do if you have a bad cold or flu. You simply lie in bed or on the sofa for hours and days to recover your energy and health. Why not ‘pretend’ you have the flu and take a few days and just lie around as much as possible. You heart rate will slow down and after a few days you will notice a tremendous increase in energy. Of course, you will get up and go for a nice walk and eat healthy foods, bone broth, drink juices, etc. But the idea is to just rest and sleep as much as you can until finally you will notice when you have had enough. Lie in the sun, put a blanket down and lie on the grass under a tree and in a hammock and as much as possible outdoors. Some gentle soothing music would be fine from time to time but being still and quiet and sleeping off and on is what you want to achieve. Some people try to get an exercise program going but their body is just too tired, and they feel like they are forcing themselves. This is harmful. I advise everyone that has a serious illness to first take a few days or weeks if they can and totally rest and by rest it’s mostly in the horizontal position.

**Walking and Swimming:** Everyone can do it and it does not require too much effort. Depending on the patient’s condition, age, and physical strength, walking between 10-30 minutes, preferably during the day. A recent study shows that ten minutes of brisk exercise triggers metabolic changes that last at least one hour.

**Mini Trampoline (rebounder)**

As already mentioned the mini trampoline helps to stimulate the immune system, the circulatory and lymphatic systems, as well as the heart, muscles, and joints.

**What food supplements do we all need?**

*Once upon a time....* we could properly nourish our bodies and ward off diseases with a good diet and hard physical work. But that fairy tale has ended with modern farming methods that have
left our soil being so depleted and in addition industrialization has so polluted our air with less oxygen now in the air and less sunlight hitting the earth. No wonder we need to take more amounts of nutrients today than our ancestors who lived even one hundred years ago. Studies indicate that our food might be as much as ten times less nutritious than it was in the past.

When a person has a good diet as outlined in this guide they will maintain good health. However here are a few basic food supplements that we all need to take to ensure good health, fight off diseases and that are hard to get from our modern-day food supply. If you have cancer or some chronic illness, you will need additional herbal, homeopathic remedies and perhaps some enzymes or amino acids. Here is a basic list however of what everyone over 35 years of age would do wise to add to their daily regime:

**Krill oil:** *(Take 2 soft gels daily with food).*

Heart attacks and strokes are mostly caused by blood clots. Also, blood clots seem to be more of an issue with people over 40 and people with cancer as well. Krill is one of the best natural foods for preventing excessive blood clotting, which can lead to strokes and heart attacks. This is a tiny sea creature that lives in the pristine waters of Antarctica. Krill feed on plankton floating on the ocean’s surface and contain high amounts of beneficial omega-3 fats EPA and DHA, and much more absorbable. And because krill is at the bottom of the food chain, it does not accumulate mercury, unlike large fish species. The flaxseed oil and cottage cheese mix also helps prevent heart attacks and strokes. Krill Oil and wild salmon oil also contain astaxanthin which offer numerous benefits such as reducing age spots and reduce oxidative stress, inflammation and enhance the immune system and boost energy levels. According to several studies when it comes to eliminating free radicals astaxanthin can be as much as:

- 550 times stronger than vitamin E
- 800 times more powerful than CoQ10
- 6000 times more potent than vitamin C
- 500 times more powerful than catechins found in green tea!

**CoQ10/Ubiquinol:** *(Take between 50-200 mg/day, although many clinical studies dosed up to 300mg daily with little to no negative side effects. The rule of thumb is “The sicker you are, the more you need”. Take between meals or with food),

Ubiquinol is similar to CoQ10 but is superior in bioavailability and far-ranging health benefits and is a critical component for the production of energy in every aerobic cellular system. Cardiovascular disease, mitochondrial dysfunction has become increasingly recognized as being directly associated with the aging process itself, including muscular dystrophy. Ubiquinol is one
of the strongest lipid-soluble antioxidants known that is produced within your own body. There is overwhelming evidence that ubiquinol can go a long way toward optimizing energy levels, slowing down the aging process, improving the quality of life. Other studies have shown ubiquinol has a positive effect on: Inflammatory processes, septic shock (which is also associated with mitochondrial dysfunction), cardiac arrest recovery, stroke recovery and periodontal disease (including gingivitis and dry mouth).

**Vitamin D:** (Sunlight exposure and Vitamin D3 3000 i.u to 5000 i.u in the morning Vitamin K2)

Vitamin D is often thought of as a vitamin but it's really a steroid hormone precursor that is primarily formed when our skin is exposed to sunshine. Whenever possible sunbath 10 minutes on the front of your body and 10 minutes on the back, and more is not needed and could actually weaken your immune system. For the days you are not able to sunbath take a Vitamin D3 with Vitamin K2 which offsets any risk of having too much Vitamin D3

**Zinc** (25-50mg) per day with morning, breakfast or noon meal

Some good natural sources of zinc include organic meat, eggs, black-eyed peas and wheat germ. However due to food processing and destructive farming practices most of us are not getting enough zinc. We need zinc to enhance our immune system and works even better when taken with selenium. It is vital component of more than 300 enzymes that help to repair wounds, maintain your fertility, synthesize protein, help your cells reproduce, preserve good vision and protect against free radicals.

**Selenium** (200-250MCG) per day with morning or noon meal

Our body needs selenium in order to produce glutathione, which has been labeled the "master" antioxidant. It is necessary for proper thyroid regulation, brain health, immune function, and general disease prevention. We need to detoxify daily and the proper amount of selenium will naturally detox heavy metals and other pollutants from our body, as well as protect against cancer. It is best to take zinc and selenium as taken together, they increase the effectiveness and immune boosting capabilities of each other. You could also just eat 2-3 Brazil nuts which will give you the approx. 200mcg of selenium that you need and you can take brewer’s yeast.

**Magnesium:**

Magnesium baths with Epsom salts are also excellent and liquid chlorophyll is rich in magnesium.

**Vitamin B Complex:** (50-100mg) with any meal daily.
You can get all your B vitamins from wild fish, organic meat, poultry, eggs and dairy. The best dairy source is 6 tablespoons of cottage cheese, quark or whey powder combined with 3 tablespoons of flaxseed oil as in the Budwig mixture. We do not want to be low on Vitamin B as it provides protection to the body and particularly to the cells of the brain and central nervous system. As a precaution you could take a B complex supplement and it would be a must if you are vegetarian.

**Probiotics:**

Many people, especially as they age, suffer from bloating, gas and indigestion. You might try probiotics in pill form, but you will probably not notice much improvement. In fact, clinical tests have shown that up to 99% of these probiotics are destroyed by our stomach acids. A much better choice is *MegaSporeBiotics*, available at: [www.LifeIntegrativeMed.com](http://www.LifeIntegrativeMed.com)

Also Dr. Budwig have her patients drink ½ glass (4 oz) of sauerkraut juice each morning. It is one of the best sources of natural life probiotics and enzymes. Drinking kombucha tea or kefir, all of which are rich in beneficial probiotic bacterial strains, can also help repair a damaged gut and ensure that toxins are effectively eliminated from your system.

**MSM (methylsulfonylmethane):** (2 capsules daily with any meal)

MSM is a biological active sulfur that is one of the most critical nutrients for our bodies to remain youthful and energetic. As we age our bodies become stiff, our cells become rigid, and our overall energy begins to rapidly decelerate. MSM improves skin health and complexion, flexibility, detoxifies the body, strengthens hair and nails, accelerates healing, naturally increases energy and is an anti-inflammatory

**Green Smoothie Powders:**

Just a salad with some vegetables every day is not enough greens in our diet. We need to consume generous amounts of parsley, oat or wheat grass on a daily basis. Now if you want to take a short cut purchase a high-quality green powder and start your day with a green smoothie. This will provide you with natural antioxidants and increase your energy levels, immune system and your overall health.

**Spirulina:** (take 6 tablets per day with any meal)

To be healthy our daily food intake should be only 5% animal protein. Plant based spirulina has 20% more protein than meat and has about the same amount of phosphorous, magnesium, and calcium as milk. In addition, it is a good source of vitamin K, potassium, and pantothenic acid (B5), as well as thiamin (B1), riboflavin (B2), niacin (B3), copper, iron, and manganese, but what makes spirulina exceptional is the B12 vitamin found in it that can normally only be found in
meat. It detoxes heavy metals (especially arsenic), eliminates candida and helps with leaky gut syndrome and improper digestion. Also it helps prevent cancer as it increases production of antibodies, infection-fighting proteins, and other cells that improve immunity and help ward off infection. It lowers blood pressure, reduces cholesterol and lowers chance of stroke, boosts energy and speeds up weight loss.

**Brown Rice Protein /Pea Protein or Whey Protein Powder:** (take as indicated on the label)

Proteins are the building blocks of our body and so we need protein and in fact the average person who weighs 140 pounds, should probably consume about 70 grams of protein every day. If you want to eat healthy protein, consuming brown rice, pea or whey protein is the way to go. Just add it to a green smoothie. These protein powders have a great amino acid profile, that regulates blood sugars, supports the liver and kidneys and lowers blood pressure.

**Transfer Factors:** (take 2 or more capsules when you feel run down, chilled or feel a cold or flu coming on)

**Why is it so serious to be constipated when fighting cancer?**

It is unhealthy for anyone to suffer from constipation, but it is dangerous when you are fighting cancer. The body is expelling countless dead microbes, toxins and debris. These need to be eliminated daily, otherwise you will suffer from ‘autointoxication’. You can use 1 teaspoon of Castor oil every hour or 1 teaspoon of Epsom salts in a glass of juice every hour, until you get results. A water or coffee enema is also helpful.

**Does flaxseed oil and cottage cheese thin the blood, posing a problem if I get surgery?**

Some suffer from swelling and/or excessive bleeding after an operation. Flax oil does thin the blood somewhat; however, the flaxseed oil’s mild blood thinning quality should not be a serious matter unless you are on blood-thinning medication. In that case, you should make allowances for it. You need vitamin K, which is the natural blood clotting agent. You can get it from dark green leafy vegetables, especially swiss chard and kale.

**Should I avoid all fruits, juices, honey, etc., since sugar feeds cancer?**

Refined sugar is bad for you and is believed to feed cancer and causes a host of diseases. However, please understand that most natural foods – such as vegetables, legumes, grains and nuts – also contain carbohydrates, which are broken down into glucose (sugar) during digestion. When consumed in reasonable quantities, most natural foods, especially berries have a glycemic load that is low or average. The important thing is to have a balanced, healthy
diet that will provide our body with the necessary energy and nutrition. Stevia, coconut sugar, figs, dates and raisins (note that the glycemic load of these three is higher than most fruits) as well as all fruits are acceptable sugar substitutes.

**How many coffee enemas should a cancer patient do?**

Coffee enemas are one of the most effective ways to detoxify the liver and reduce pain. However, they are not recommended for long periods of time, as they deplete the body of minerals. It’s advisable to do the enema at the beginning of any liver detox treatment. One to three coffee enemas daily for the **first 3 or 4 weeks** into the program to effectively cleanse the liver are highly advisable.

**Coffee enemas and baking soda baths** (put 2 cups of baking soda into water as hot as the person can stand and keep adding hot water now and then for 30 minutes) done daily are very effective for removing harmful lactate that the tumor is producing. They also vastly reduce pain which many cancer patients experience. Chlorophyll enemas are also very rewarding (using ¼ liquid chlorophyll diluted in water). Green tea or chlorophyll enemas are not as effective for detoxifying the liver, but an excellent option from time to time.

As abnormal cells start to naturally die off, the body needs to purify itself to avoid self-poisoning. We recommend that you consult a specialist first in order to avoid side-effects.

The caffeine absorbed into the enterohepatic circulation system through coffee enemas purifies the hepatic ducts (including the bile ducts) from toxins, and also cleanses the sigmoid colon. It is a low-volume enema that remains only in the sigmoid colon.

The caffeine that is absorbed into the enterohepatic system causes the liver ducts, including the bile ducts, to empty out toxins (it actually causes the liver to “vomit” out toxins). Releasing the toxins into the hepatic ducts, makes room for toxins from the body to enter the liver for detoxification. The alkaloids in the caffeine stimulate the production of glutathione-S-transferase, which is an enzyme that facilitates the liver detoxification pathways.

Coffee enemas are safe even for people who are sensitive to caffeine because the coffee remains in the sigmoid colon, where it will not be absorbed, provided the proper amount is used and the enema bag is not placed too high.

**You will need the following materials:**

- An enema bag or bucket, preferably one of clear plastic that you can see through
- A coffee machine to make 3 cups of coffee for male adult (2 cups for child or woman of 50/60 kg)
- A tea pot to make 2 or 3 cups of green tea
- 3 cups (3 x 250 mil) of pure water
Organic (if available), fully caffeinated, drip grind coffee
Use 2 cups of coffee if you weigh around 60 kg and 3 cups for people around 80 kg
Air mattress (especially if you are older or weak, you should lie on a soft air mattress, like ones used at the beach; cover with plastic and old towels)
A plastic or metal type filter to strain the coffee (do not use paper filters as they contain harmful chemicals)

Procedure for Water Cleansing Enema

- Pour 2 or 3 cups of pure water (the water will need to be preheated to body temperature) into the enema bag. Open the valve to allow the water to run to the end of the catheter. Tip to get rid of any air bubbles, then close the valve when all the air has been removed from the enema tube.
- Use a coat hanger to hang the enema bag at least three feet above your back as you will be positioned on the floor on all fours. Maybe put the enema bag on a door knob or towel rack. Do not hang it too high, as on a shower head, because it will be too forceful and the hose will not reach. It should flow very gently into the rectum and sigmoid colon only. It is not a high enema or colonic cleanse.
- Place yourself on all fours – like a dog or horse – on a thick towel or air mattress. Lubricate the end of the tube as well as the anus, and then gently insert the catheter into the rectum about 4 or 5 inches (10 cm). Use lubrication, such as food grade vegetable oil, olive oil, a vitamin E capsule, or KY jelly should be fine, unless you are chemically sensitive. It is generally a good idea to avoid petroleum products.
- After gently inserting the tube into the rectum, open the valve, but not all the way, as this could be too much at one time and cause pain. Let the first 2 cups (500 ml) of water flow in slowly. Close the valve as soon as there is the slightest amount of discomfort or fullness. Do not change positions or use an incline board to cause the enema to enter further into the colon; this defeats the purpose of this type of enema.
- You do not need to hold water in your body very long, as you would in the case of a colon cleanse.

Procedure for the Coffee Enema

- Put 4 cups (4 x 250 ml) of pure water into the coffee machine and use 4 tablespoons of coffee (organic if possible). 4 cups will probably yield about 3 cups of coffee due to evaporation. Do not use a paper filters, as they contain chemicals. Use a nylon or metal permanent filter or a coffee machine that uses no filters.
- Allow coffee to cool down to a very comfortable, tepid temperature. Test with your finger. It should be the same temperature as a baby's bottle. It's safer to have it too cold than too warm; never use it hot or steaming; body temperature is acceptable. Some make the coffee extra strong and then add a little cold water to cool it down; but if you make the coffee well in advance, it will have time to cool down. If you cannot wait, put some ice cubes in to cool it down faster.
✓ Now REPEAT the same procedure as with the water enema. Use old towels and, for greater comfort, use a pillow and bring along some appropriately relaxing literature. Try to hold the coffee inside your body for 15 minutes. Less time is fine but also less effective. Perhaps the first time it will be hard to hold for very long, but with practise you may be able to hold it longer.

✓ When you have finished your session, rinse out the bag and tubes with boiling water or, better yet, hydrogen peroxide (agua oxigenada in Spanish) and hang it up to dry. If you feel wired or hyperactive, have palpitations or irregular heartbeats after a coffee enema, you should reduce the amount of coffee, usually by half for a few days or weeks.

IMPORTANT: We only recommend doing coffee enemas with organic coffee. Also, be sure of the source of your water. It should be pure and clean, from a chemical-free spring or well, or filtered water.

Which scans are useful to detect cancer and tumors?

The Budwig Center is not advising its patients to get any types of scans. However, if you do decide to get a scan as you want to know the level of active diseased cells and tumor activity, you need a PET/CT scan, and not a simple CT or MRI scan.

When diseased tumor cells die, they may still show up on CT & MRI scans with no indication that they are dead. However, PET scans indicate whether diseased and tumor cells are dead or alive and whether cells are actively dividing and growing. However, you need to understand that this involves subjecting yourself to radiation.

Did Dr. Budwig recommend surgery to remove cancer tumors?

Dr. Budwig said that you must carefully examine each case one by one. For sure if the cancer tumor is life threatening, then surgery would be a must. If the tumor has broken through the skin as in breast cancer and is bleeding and/or oozing out pus you will probably have to undergo a mastectomy as the condition has gone too far to recuperate the breast.

For sure nobody wants to have a tumor in their body and especially a malignant cancer tumor. But something even medical doctors do not come to grips with is that just cutting the tumor out is not the real solution. I have talked with so many patients at the Budwig Center that have told me they had the tumor removed surgically and then a few months later it just grew back in the same area of some other part of the body.

Four things I tell my patients about tumors:
1) Tumors are not the thing to focus on at the beginning of your health recovery journey
2) Tumors actually perform a detoxification process in your body
3) Since your body in its ‘wisdom’ created the tumor would it not be logical that it also ‘knows’ how to get rid of the tumor when you use a proven anti-cancer and anti-tumor program?
4) Now is the time to help your body remove the cause of the cancer in the first place and the tumor will take care of itself.

Let me state also that the Budwig Center does not give medical advice on whether you should or should not remove a tumor, but we are happy to provide research so that you can make a wise decision.

**Tumor is like a septic tank**

As already mentioned the tumor is performing a type of detoxification process. You see, the human body is very well designed, and tumors hold in one place nasty things like toxins, heavy metals, cancer cells, parasites and other harmful things so they do not spread through the entire body. So now you can maybe understand why there is normally no rush to upset this process of tumors helping your body expel these poisons.

**Should I continue taking medication while on a natural cancer program?**

Please work with your local doctor on this matter as he/she monitors your progress. It is important to keep in mind that, at times, those who start with conventional medicine cannot wean off their medication easily due to their body seemingly needing certain drugs to help cope with serious symptoms or deficiencies.

**What precautions should I take with my pets?**

Pets greatly contribute to emotional wellbeing and are recommended by some professionals, such as psychologists.

The need to take time to walk a dog, for example, forces some people to be more mobile and to partake in physical activity. This is also positive.

However, we would like to highlight that these benefits may be curbed if pet hygiene is being compromised. It is imperative that the animal and its accessories be kept clean. **Always wash your hands after touching your pet and never allow an animal to jump or walk on surfaces where food is handled.** It is equally important to deworm your pet regularly, at least once a year depending on the animal. **Parasites** with which our pet may be able to live and cope can easily be transmitted to us. For this reason, pet hygiene must be a priority; otherwise, this beloved
member of the family may become a risk factor that contributes to illness. Our tests can indicate if you are infected by parasites and, a natural herbal blend of black walnut, cloves and wormwood may be prescribed, which effectively eliminates eggs, larvae and adult parasites.

**How can I overcome cachexia “wasting away”?**

One issue that tumors do cause is the consumption of energy. Cancerous tumors apparently take up to some 18 times more sugar (energy) than healthy cells, which if not stopped leads to “wasting away” called cachexia. To prevent this from happening, eat the high energy foods recommended by Dr. Budwig. Consume plenty of raw food such as coleslaws, green salads and freshly squeezed juices. Also, daily expose as much of your body as possible to light and sun. Even if it is a cloudy day, lie outside, as some of the sun’s rays will reach your body. Make your home an EMF free zone by turning off the internet at night and, if possible, the electricity in the room where you sleep. Use flaxseed oil as outlined in this guide. For patients fighting cachexia, the flaxseed oil enemas and oil pack massages would be essential. Daily sessions of positive EFT (emotional freedom techniques) would be very beneficial as well.

**Highly Nutritional Meal Shake to combat Cachexia**

- 1.5 cups rice milk or oat milk beverage
- 6 Tablespoons (British dessertspoon) of protein powder (cold-processed whey powder)
- 1 small banana
- 2 teaspoons of virgin cold-pressed coconut oil
- 1 teaspoon of xylitol (from the birch tree) or 1/8th of a teaspoon of Stevia

Combine all ingredients in a blender and blend well. Chill before serving and take the following supplements with the shake.

- OPC Laurose (take as per instructions)
- 12 tablets of chlorella
- 12 capsules of L-glutamine (amino acid)
- 12 capsules of L-leucine (amino acid)
- 3 soft gel krill oil

Do not put in the shake but drink these down with the shake
Drink this combination at least once daily until the issue is resolved.

**What type of bra is recommended to prevent breast cancer?**

Bras are a personal item used daily by women and have evolved over time. Many gynecologists recommend the use of wireless bras. Why? The pressure that underwired bras put on the breast and the lymph nodes can provoke bumps and mastopathy, which could develop over time into breast cancer.

www.BudwigCenter.com
A tight under-wired bra may press on various lymph nodes and block the lymphatic system. As a result, toxins cannot be eliminated naturally through lymphatic drainage.

Over time, this can cause accumulation in the breasts, leading to the formation of cysts, fibrous nodules or cancerous tumors. Due to all of the above, we recommend the use of wireless bras. Use sports bras and, when possible, limit wearing bras all together.

Do not wear a bra to sleep or while around the home.

What is the best type of water to drink and bath in?

Our bodies consist of over 70% water and the brain is 90% water. So it is vital to drink healthy, ‘pure’ water.

Water purification and filtering systems are an important step toward removing harmful chemicals and pollutants from water, especially if you live in countries where the water could contain parasites or harmful chemicals (i.e. chlorine and fluoride). Most cities recycle water and some (i.e. London) so much so that it passes through the human body up to 25 times!

Distillation and reverse osmosis systems can be used, but they produce lifeless acid pH water and such expensive systems are not required. Also, water stored in plastic containers usually contains dioxin, bisphenol A (BPA) and PCBs. These plastic chemicals have been associated with many health issues including birth defects, hormonal disruption, and even cancer.

For drinking water, invest in a system that has ceramic filters that ensure that microscopic organisms like bacteria and cysts don’t enter into your drinking water. The purifier should also have silver impregnated ceramic outer shell that kills notorious harmful pathogens along with a carbon system. You can purchase a good system for about $200 from: www.Doulton.com they have offices in USA and Europe. Add a structuring vortex unit to it and you will have excellent quality drinking water.

CONCLUSION:

The BUDWIG CENTER strongly encourages spending at least 5 minutes (more is better) every day of your life dwelling on positive thoughts.

Following this routine you will start to see a shift in your entire outlook and overall well-being. There are EFT (Tapping) therapists now in most parts of the world. We would encourage you to get a session or two in order to understand how it works and feels. Simply search online for “EFT Tapping Therapists” in your area. You may find there are several therapists to choose from.

After studying the EFT material – and once you have had a session or two – you will be ready to continue the daily routine alone.
The Budwig Center also offers EVOX emotional therapy that can be done with a live therapist over the internet, using a special GSR hand cradle.

To demonstrate the power of the mind-body connection, let me tell you about an experience of three men unloading a freezer truck.

The young man in the freezer area was making fun of the other two young lads to whom he was passing boxes. Finally, when he passed them the last box they quickly closed the door on him and said: “You can freeze to death you looser”. The man in the truck yelled and banged on the door but he heard their voices fade as they left him all alone in the freezer.

The next morning they came and opened the door to the freezer truck and the man was curled up in a ball, he was dead. The strange thing was, they had turned off the freezer unit and it was warm in the truck.

They could not understand how he died. The conclusion of the police was that the young man thought he was going to freeze to death and so he did. These thoughts had an incredibly powerful force on his mind. The lesson is this: your brain leads your body; think positive; think that your body will heal; tell your brain to heal your body, and it will.

As it’s been well said, it’s not always what happens to us that is the most important but how we react to what happens. We can use the challenge to learn and grow, or we can decide that life is not fair and become bitter! To a large degree it’s up to us.

We have all heard the expression “You are what you eat”. Another truism is: “You are what you think”. Day after day your thought patterns will eventually be your manner, your personality and how you come across to others. Every emotion is preceded by a thought!

See the power of the mind over the body. Watch this YouTube presentation of a man nicknamed the “Ice Man”, who can swim in a glacial lake so cold that it would kill a normal person. For 30 days before he swam in the Artic Sea he visualized himself doing this every day and he imagined his body turning into a hot furnace each time he jumped in the ice-cold water.
He successfully swam for 15 minutes. This shows the power of what we think. So be careful what you think!

https://www.youtube.com/watch?v=XUQwFZ_xFdM

When experiencing difficult times, do not give up or give in. Stay positive! Think positive! The brain runs the body. If we let our brain think negative ideas day after day, then that message will be transmitted to our body.

We need to control what we think. When we control our thoughts we have achieved the highest level of ‘emotional maturity’. It is neither wise nor healthy to let our minds run wild thinking whatever it wants for as long as it wants like some spoiled, undisciplined child! So, chase away those negative thoughts and replace them with positive ones.

Even if you simply do not feel happy or positive at some moment, tell yourself you are happy and laugh out loud, simply do whatever you can to think in a happy and positive manner and in a short while this attitude will help you to feel happy. Sometimes humming or singing a song you like helps switch off negative thoughts. We start to feel much better when we learn to let negative thought patterns go and focus on things that are encouraging.

*Men often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn’t have it in the beginning”* - Gandhi

As I emphasize to my patients that come to the Budwig Cancer Center, ‘forgiveness and counting your blessings” are two of the most important healing tools you need to recover your health. Forgive absolutely everyone that has disappointed you at some time in your life because holding a grudge is too heavy for you to carry and especially at this moment in your life. Forgive because they deserve forgiveness and your deserve forgiveness. To error is human, to forgive is divine.

In my other book entitled “Courage and Wisdom in a Time of Need” you will find inspiration and strength. In addition, people who ‘count their blessings’ instead of looking continuously for the negative things all around them, also fare much better. Why not get a note book and write down as many positive and good blessing you have in your life? Keep adding to that list day after day. Read over that list as part of your daily meditation program.

Many of us are out of tune with nature. We need to get back to nature to heal. Sunbathing, walking barefoot on the grass or sand is connecting with nature. What we eat and drink and think will become what we are.

During all my years of research into the most effective natural ways to treat cancer, I studied the programs used by different natural clinics around the world, especially Mexico and
Germany and I noticed they were all using more or less the same approach. Often, they start off by running tests and giving their patients several types of supplements and treatments. However, few if any were doing any detoxification first. However, my research was showing me that even if you put the highest quality oxygen, vitamin, herbs, good nutrition, etc. into a body that has ‘toxic overload’ these remedies are not able to perform very well. Only when you first do a major in-depth cleanse of the liver and intestines of toxins and parasites will you be able to activate the body’s natural healing mechanism. This is one of the reasons why a patient may take the best natural remedies possible but still not recover good health. The supplements and remedies are not able to effectively do what they were designed to do if dumped into a body that is congested and contaminated with toxins and parasites. Many of the people with cancer that we test have a high pH acidic condition because of this toxic overload and parasites. Unless the parasites, colon and liver are cleansed it is very difficult for our body to achieve the 7.0 to 7.4 neutral pH level of a healthy person.

My research was proven true by a Naturopathic doctor who was operating a clinic in America and having outstanding results treating all types of cancer because he did an in depth intestinal and parasite cleanse on all his patients. Other clinics were sending their hardest cancer cases to this clinic. In fact he was getting such good results that people were leaving some of the most prestigious clinics, like M.D. Anderson which was just down the road and coming to his clinic. A short while later he was closed down! What this doctor was doing was so effective, that we have incorporated his approach into the Budwig protocol and therefore, detoxification, parasite cleansing and rebuilding the body with proper nutrition is the foundation of our program.

The find out more go to: www.BudwigCenter.com and click on “Therapies”
BUDWIG APPROVED RECIPES

Most of the recipes below do not include any meat but can be eaten along with meat. However, meat must be truly 100% organic. You are best to avoid all red meat, even grass fed as it causes pH acidity and inflammation. Wild fish (not farm fed) and organic free range chicken is allowed (if NOT corn fed). Bear in mind also that these are simply a few recipes to guide you. You can basically take your own favorite recipes and substitute some items and then continue enjoying these foods. For example replace sugar with stevia or xylitol (made from birch trees); replace refined vegetable oil with cold pressed oils, replace eggs with organic eggs and so on.

FOR INFANTS

- 3 tbsp linomel* – which is 6 tbsp (American tablespoons = British dessert spoons) freshly ground flaxseed (better would be to soak the flaxseeds at least 2 hours previously in 12 tablespoons of pure water and then grind with an upright stick blender), 1 tbsp raw honey and 1 tbsp milk – best to use pure oat, almond or rice milk
- 3 tbsp oat flakes
- 250 cc pure water or 50 cc freshly squeezed orange juice or white or red pure grape juice or 2 tablespoons of very finely ground organic apple

Put oat flakes into cold water and bring to a boil. Add linomel to the boiling gruel; bring to a quick boil, then let stand for 10 minutes to let it swell. Pass the whole mass through a very fine sieve. This gruel is very healthy for infants and can be combined with a little milk (goat milk best choice). It is also helpful for digestion

*Linomel is a proprietary blend of ground flaxseeds, honey and some milk powder. Freshly ground flaxseeds can be substituted for Linomel but must be eaten within 10 minutes or they will oxidize (go rancid) and thus become unhealthful. When substituting with freshly ground flaxseeds, use double the amount specified for Linomel. (instead of dry flaxseeds, it is better to soak the flaxseeds at least 2 hours previously in 12 tablespoons of pure water and then grind with an upright stick blender)

FOR THE VERY ILL

www.BudwigCenter.com
NOTE: For those who are in advanced stages and/or are very weak please start off the first 2 or 3 weeks with the Transition Diet. *No animal products, meat, fish, eggs, for the very weak*

**Phase 1 – For people that are not able to keep their food down**

- 8 ounces of pure flaxseed (linseed) oil at room temperature enema twice a day for 2 to 4 days. (see instructions below)
- Try and drink warm herbal teas, such as peppermint, rosehips, etc., with a little raw honey if you can.
- Epsom salt bath (see below) is also recommended
- *Stay outside in the open as much as possible* (in fact, the sicker the person, the more time should be spent outdoors)

**Phase II – Add the freshly ground flaxseeds with honey**

- As soon as you feel you can keep some food down start to consume 8 ounces of freshly ground flaxseeds mixed with raw honey as often as you can eat, even if a little at a time. The ground flaxseeds will not go rancid as they are covered in honey (*not recommended for diabetics*). Give this for 2 to 4 days and your digestion should improve
- (Alternative) – if you are not able to handle the ground flaxseeds and honey take the “Oatmeal Mash” instead. 3 tablespoons of uncooked oatmeal into 4 – 6 ounces of cold water and bring to a boil. Add to this soft mash, 3 tablespoons of freshly ground flaxseeds. Simmer briefly and allow to stand over very low heat for 10 minutes. Remove the linseed mash from the heat and strain. A little milk may be added if desired. For variety you can add 1/4 cup of fresh homemade carrot juice into the hot mash and consume immediately. (carrot juice should always be consumed immediately and not allowed to stand). You could also vary the recipe by adding instead ¼ cup of fresh homemade orange juice, or ¼ cup of grape juice (red or white) or 2 tablespoons of very finely grated apple
- Also, if you can tolerate it, consume fresh fruit juices and carrot and celery juices and also fresh apple juice. If you use prepared juices be sure there is no added sugar or chemicals, however best to make fresh homemade juice. Papaya juice is very important as well as freshly pressed carrot juice
- Try and drink warm herbal teas, such as peppermint, rosehips, etc., with a little raw honey three times a day.
- Pure fresh homemade grape juice is also advisable
- Daily Epsom salt bath is advisable
- Champagne (or Spanish Cava)- an elixir for the very ill. While Dr. Johanna Budwig didn’t prescribe alcohol for every patient, she did for those whose energy level was very low (at a rate of a maximum of 2-3 glasses). Grind up 2 tablespoons (British Dessert Spoons) of flaxseeds and add to the champagne (CAVA is the same product in Spain and is often cheaper). Make sure you only use CAVA or Champagne that is labeled “Brut, Natural”. It must say both brut and natural to be free of sugar added. Both champagne and wine exert a positive influence on the intestinal environment. Their ethanol content is a great supplier of energy rapidly absorbed by the body but which unlike glucose can’t be utilized by cancer cells. Ethanol thus is an optimal energy source for debilitated cancer patients which doesn’t
feed the tumor. Ethanol additionally stimulates the appetite which typically will be near-absent in this kind of patient. She gave this even to patients with liver cancer.

**Phase III – Daily Rebuilding program**

After a few days on this cleansing and building program you move on to an hour by hour nutritional program. (Please adjust the hours depending on when you start)

**7:00 am** - On an empty stomach 3 ounces of sauerkraut juice

**8:00 am** – a cup of warm herbal tea and then a serving of flaxseed oil and cottage cheese

**10:00 to 11:00 am** – 6 ounces of fresh homemade carrot juice (add one of the following; radish, nettle, celery, beet or apple juice)

**12:00 Noon** – just before lunch 1 tablespoon of freshly ground flaxseeds and honey along with 5 ounces of grape juice. Champagne (Cava) could also be given especially if the patient has little or no appetite

**12:15 pm** – A green garden salad of some or all of the following mixed in a blender: dandelion greens, watercress, celery tops, radish, sauerkraut, dash of horseradish, green bell peppers, cottage cheese, linseed oil, milk, fresh lemon juice, dash of sea salt, mustard, pickles, garlic, fresh or dried herbs, whipped to a creamy consistency in a blender

**12:30 pm** – fresh lightly steamed vegetables, buckwheat or brown rice, baked (jacket) potato. Dessert could be the flaxseed oil and cottage cheese with honey and natural vanilla or fruit

**3:00 pm** – freshly ground flaxseeds and honey and 5 ounces of grape juice or fresh pineapple juice

**6:00 pm** – 1 cup of buckwheat soup – buckwheat cooked in vegetable broth, a tablespoon of flaxseed oil and 1 teaspoon of yeast flakes. Champagne (Cava) could also be given especially if the patient has little or no appetite

**8:30 pm** – 5 ounces of grape juice with 1 tablespoon of raw honey added

**TRANSITION DIET**

*Taken from Cancer - The Problem and The Solution by Dr. Johanna Budwig and translated by Healing Cancer Naturally © 2007*

1 to 3 transition days according to individual person before starting on the full flaxseed oil and cottage cheese mixture:

- oatmeal mucilage (porridge) with Linomel 3 times per day
- Linomel (see recipe above) on its own, 1 tablespoon every hour with fresh papaya juice is highly important.
- 10 am freshly pressed carrot juice
- Consume all the other foods (salads, steamed vegetables, etc) as per the Budwig daily food plan to the extend the patients’ health permits
Make sure to serve a hot beverage such as green tea or herbal tea at least 3 times a day. The only sweetener allowed is honey. Even seriously ill patients tolerate this transition diet well!

**Option 1** - Feed them 1 grated organic apple mixed with 1 tablespoon of Linomel (2 tablespoons of freshly ground flaxseeds, ( better option would be to soak the flaxseeds at least 2 hours previously in 12 tablespoons of pure water and then grind with an upright stick blender), 1 teaspoon of raw honey and 1 teaspoon of milk (best to use pure oat, almond or rice milk).

**Option 2** – Buckwheat soup - Serve a bowl of soup prepared from well-seasoned vegetable broth (do not use any soup bases or cubes they contain harmful additives), with added buckwheat groats. Buckwheat groats should be cooked separately as a porridge or in a granular form.

**Option 3** – Wine cream – make the “Budwig ice cream” (see below) and flavor with 2 tablespoons of sweet wine, rum or cognac (not recommended for liver or pancreatic cancer).

**Option 4** - 3 tbsp Linomel (or 6 tbsp freshly ground flaxseed, 1 tbsp raw honey and 1 tbsp milk powder - best to use pure oat, almond or rice milk instead of milk powder) and 3 tbsp oat flakes and 150 cc freshly squeezed orange juice or white or red pure grape juice or cherry, black currant or blueberry juices. Put oat flakes into cold water and bring to a boil. Add Linomel to the boiling gruel (oatmeal porridge); bring to a quick boil, then let stand for 10 minutes to let it swell. Pass the whole mass through a very fine sieve. This gruel (oatmeal porridge) is very healthy and can be combined with a little milk (goat milk best choice). It is also helpful for digestion.

**Option 5** - 3 tbsp Linomel (or 6 tbsp freshly ground flaxseed, 1 tbsp raw honey and 1 tbsp milk (best to use pure oat, almond or rice milk) and 3 tbsp Oat flakes and 250 cc freshly squeezed orange juice or white or red pure grape juice or cherry, black currant or blueberry juices. Put oat flakes into cold water and bring to a boil. Add Linomel to the boiling gruel (oatmeal porridge); bring to a quick boil, then let stand for 10 minutes to let it swell. Pass the whole mass through a very fine sieve. This gruel is very healthy and can be combined with a little milk (goat milk best choice). Now add 2 tablespoons of red wine, 1 oz of Vodka or cognac or Kirsch or rum. Put in a soup bowl and cover with 2 tablespoons of Quark Flaxseed oil mixture and stir so the alcohol mixes in well with the other ingredients.

---

**BLENDTEC BLENDER – CARROT JUICE**

---

www.BudwigCenter.com
Many now enjoy juice made in the BLENDTEC blender because there is NO waste and very quick and easy clean up. In addition you use a lot less vegetables and fruit as the entire veg or fruit is turned into juice. This is ideal.

First lightly steam a medium size carrot and then put it in the fridge to cool. Lightly cooked vegetables provide more nutrition and are easily to make into a smooth carrot juice. A few hours later or the next day put the carrot in the BLENDTEC along with 1 apple (leave peel on) and ½ lemon (peeled). Now add enough pure spring water to cover all the vegetables and fruits in the glass container.

Add a pinch of natural salt and 1 Tablespoon of hemp or macadamia oil. Blend (the BLENDTEC blender will automatically stop). Now blend once more and enjoy! You can blend all your fruits and vegetables with BLENDTEC. You may have to adjust the amounts, because you use less and have no pulp to throw out.

**Refreshing Carrot Juice**

The juice and zest from the clementines and lemon turn carrots into a balanced refreshing juice you will enjoy at any time.

**Ingredients:**

- A big pile of carrots
- 1-2 small apples
- 1-2 small whole clementines (or similar)
- 1 lemon partially peeled

Simply juice them all together.

**Silky Carrot Juice**

This beautiful juice doesn’t taste strongly of parsnips but they contribute a silky and slightly nutty richness to the juice. It’s a lovely drink and seems gently restorative if you are feeling tired or under the weather.

**Ingredients:**

- I large parsnip
- 8 large carrots
- 1 large pear

Juice and enjoy as fresh as possible.

**Better Beetroot Juice**
To make beetroot juice irresistible to even confirmed beetroot-haters, start with white, orange or striped beetroot as they are less intensely beetroot-y but still have lots of beetroot goodness. It’s a great way to get used to beetroot and for those who already love beetroot this makes it even better.

This is smooth, rich, bright, fruity, fragrant, earthy and wonderfully smooth. I always hated beetroot as a child but now I LOVE beetroot juice! If you don’t have all the ingredients just use the ones you do have. Increase the ingredients you like and if you are getting a cold up the ginger – it works wonders.

Ingredients

- Lots of raw unpeeled beetroot (traditional red, striped, white or orange) if they still have the stalks and leaves, be sure to include them.
- A small amount of whole apples
- A similar amount oranges or mandarins – peeled or partially peeled
- Some carrots
- A small amount of parsnip
- About the same or a tad more of Florence (bulb) fennel
- And about half as much whole ginger root
- A similar amount peeled or partially lemon

AVOCADO MOOSE Breakfast

Add the following into your blender:

- 1 Avocado
- ¼ cup (60 ml) of berries of your choice
- 1-2 Tbs (15 to 30 ml) of either or all of the following oils, cold pressed sunflower seed oil, flaxseed or organic coconut oil.
- 1 tsp (5 ml) of cinnamon and or nutmeg
- 1 tsp (5 ml) of raw organic chocolate powder (optional)
- Blend in your regular blender or with a hand blender for 30 seconds to a minute on full power, serve and enjoy.
- Tip – Keep the avocado’s and berries in the fridge so that it’s chilled when you eat it.

GRANOLA
Most Granola sold in the stores contains sugar and other ingredients that are not healthy. Here is a nice homemade Granola recipe that all the family can enjoy.

- Heat oven to 200 C / 350 F degrees
- Put 4 cups (500 grams or 100 ml) of Oatmeal flakes into a large oven pan and heat for 10 minutes
- During those 10 minutes mix together the following:
  - ½ cup (125 ml) of shredded unsweetened coconut
  - ½ cup of (raw unroasted) sunflower seeds
  - 1/3 cup (90 ml) of almonds
  - 1/3 cup of sesame seeds
  - 2 Tablespoons of Xylitol
  - 1 tsp (5 ml) of Celtic sea or Himalayan salt

- Mix the following before adding them:
  - 1/3 (90 ml) cup of cold pressed sunflower seed oil
  - ¼ cup (60 ml) of raw natural honey
  - 1 tsp (5 ml) of vanilla
- Now add the roasted oatmeal to the rest and enjoy with oat milk or almond milk.

**APPLE MUESLI**

Popularized in Europe, muesli is a tremendously healthy way to start your day.

- 2 tablespoons (30 ml) oatmeal
- 4 teaspoons (20 ml) water
- 2 apples
- Juice of ½ lemon
- 3/4 cup (185 ml) yogurt
- 1 tablespoon (15 ml) raisins
- 2 tablespoons (30 ml) organic flax oil
- 2 tablespoons (30 ml) honey
- 3 tablespoons (45 ml) chopped walnuts
- Soak the oatmeal overnight in the water.
Grate the apple or process in a food processor

Combine all ingredients and mix well. Eat immediately. Serves 2

**OATMEAL PORRIDGE Quick and Easy**

- 1 cup (250 ml) quick oats
- 2 cups (500 ml) rice milk or oat milk to flavor
- 2 tablespoons (30 ml) organic flax oil
• 1/4 teaspoon (1.2 ml) vanilla plain nonfat yogurt to top
• A dash of cinnamon
• Combine the oats, milk in a saucepan.
• Bring to a boil. Cook about 1 minute over medium heat, stirring occasionally.
• Remove from heat. Add the vanilla, cinnamon, and honey. Stir in the flax oil.

SERVES 2 TO 3

BREAD SOURDOUGH

Here is how to create the “sour dough” so that you do not need to use yeast

1 cup (250 ml) of mother (flour, water and bit of honey left to 'brew' for a few days in a warm spot) keep in jar in fridge not freezer.

Bread Recipe

• 5 cups (1250 ml) whole meal spelt flour (organic if possible, much more tastier and recommended)
• 3 cups (750 ml) millet flour or white spelt flour or whole wheat flour
  If you want to use whole grains only, use at least 3/4 whole wheat, spelt and/or kamut, and up to 1/4 or so rye or other grain flour. Whole spelt actually makes a great light loaf
• 2 tablespoons (30 ml) of coconut oil or olive oil (optional)
• 2 teaspoons (10 ml) Himalayan or sea salt
• 2 teaspoons honey (raw)
• 1 cup of mother (250 ml) (flour, water and bit of honey left to 'brew' for a few days in a warm spot) keep in jar in fridge not freezer

Mix everything up with enough warm water to make wet but not runny dough, about 2 cups, depends on flours, experiment a bit here. Leave to rise overnight. Set some 'mother' aside in jar for next time in fridge. Pour rest into oiled, floured bread tin and let rise again then bake in low heat for about 1/2 hour then turn around so it doesn't burn. Continue for another 15 mins. and let cool before slicing (if you can wait that long :) or it won't cut properly

OATMEAL PANCAKES (excellent replacement for bread and to replace wheat products)

In a mixing bowl measure:

• 1 ½ cups (375 ml) oatmeal
• 1 ¾ cups (450 ml) oat milk (sold in heath food shops)
• ¼ cup (60 ml) coconut oil
• 3 free range eggs
• 1 grated apples (not the skin)
• 1 tsp. (5 ml) Vanilla
• ½ teaspoon (2.5 ml) baking soda

Mix well, then add:

1 cup (250 ml) oat or coconut flour (you could grind oats in coffee grinder to make the flour) - ½ tsp. (2.5 ml) Sea Salt - Handful of raisins (optional) - 3 tsp. (15 ml) Baking powder

Stir well and spoon onto hot grill or frying pan, turning when bubbles appear on dough and pancake is golden brown. Do no stir mixture more than once as you lose the effect of the baking powder.

Drizzle a little pure lemon juice over the pancake and then put some apple sauce or a tomato or some fresh berries or fruit on it

**Apple Sauce** – 4 grated apples (no skin) in ¼ cup of water – bring to boil and let simmer for 10 minutes, add a little cinnamon and put in refrigerator *(not candida friendly)*

**FLAXSEED SPROUTS**

Soak some flaxseeds in water for 5-6 hours. Then drain the seeds. As flaxseed soak too much water, keep the seeds in a plate & dry them under a ceiling fan for a few hours. Then put dried but still moist flaxseeds in plastic sprouter or hang in a cloth overnight. You get very tasty sprouts.

**LOW CARB Breakfast Recipe** - from Hannelore Volkman, Fillmore, New York

• Mix in blender: 1/2 cup (125 ml) oat milk
• 1 apple or any fruit
• 1 small handful nuts
• 1 small handful dates
• Blend well on high and add 3 tablespoons (45 ml) ground Flaxseeds.

**EXOTIC PORRIDGE**

• 1 cup (250 ml) of oats (organic is better)
• Boil in your almond or oat milk.
• Add stevia or a little honey for extra sweetness if required or a few raisins

**RICE PUDDING** - You can have this for breakfast or desert, hot or cold

• Boil plain brown rice (organic if possible) and drain.
• Add your almond or oat milk.
• Add some cinnamon, raw chocolate
• 3 Tbsp OLEOLOX
• 1 Tbsp of raw honey at the end

**CREAM OF BUCKWHEAT**

• Soak 1 c. of Buckwheat overnight (or min. 3 hrs.)
• Soak also a handful of raisins in ½ cup of water
• Drain water from the buckwheat and rinse.
• Place in blender with: ½ apple, some cinnamon, ½ c. of water from soaked raisins and extra honey or water as you wish
• Serve with extra apple slices, the juicy raisins and a sprinkle of cinnamon

### MAIN COURSE & SNACKS

**BAKED POTATO and Quark-Linseed Oil Cream**

This is the most ridiculously delicious meal and very quick, cheap and easy. Bake a large potato. Mix the quark-linseed oil cream with a tiny pinch of salt, a little black pepper and small amount of finely chopped chives and use to top the potato. Serve with salad or cooked veg.

**(Mock) Taramasalata – Recipe**

Combine quark-linseed oil cream with 1 mashed clove garlic, juice of approx ½ lemon or to taste, a pinch of smoked paprika or smoked chili (depending on how spicy-hot you like your food) and/or up to a tsp of ordinary sweet paprika and 150g mashed chickpeas. Add a little salt to taste. Use as a dip with raw veg or sandwich filling.

**TZATZIKI – Recipe**

Tzatziki is from made from simple ingredients. This is a Budwig compliant version of the classic Indian side dish. With a food-grater or food processor grate or finely chop a de-seeded cucumber, add ⅓ to 1 garlic mashed clove per helping, squeeze of lemon juice, a small handful of chopped dill or mint to taste, and combine with a roughly equal quantity quark-linseed oil cream. Season to taste with black pepper and chopped green or red chili (optional) sprinkle with cayenne pepper (also optional).
Serve with curries, cooked vegetables, (curried lentils or chickpeas), rice or buckwheat or enjoy as a dip.

**PIZZA**

**Base**

- 2 cups of spelt flour (500 ml)
- 1 teaspoon sea salt
- 2 tablespoons (30 ml) of olive oil
- 1 cup and a half water (400 ml)
- 1 teaspoon of honey
- Half teaspoon baking powder

Mix all the above until it forms a dough, spread it out on a flat tin or the base of a wide pan. Use oil on fingers to spread it out. Add a little oil and flour to base of tin if you don’t have cooking sheets. Place in oven for 10 minutes at 200ºC

**Topping**

- 2 tomatoes
- 1 tbsp (15 ml) olive oil
- 1 teaspoon of oregano
- 1 clove of garlic

Put these ingredients into a food processor or use your hand blender to mix. Once the pizza base is cooked, spread the sauce onto the pizza base (in the center first then spread outwards) Then add favorite veggies i.e peppers, mushrooms, onion, extra tomatoes, olives and some goat cheese or any other permitted cheese.

**FISH BAKE - by Christina Weeks**

Serves 4 -6

- 4-6 pieces of white fish or salmon (wild not farm feed)
- 3 cloves of garlic
- 1 onion
- ¼ broccoli
- 6 chopped green beans
- 1 chopped carrot
- 3 tbsp (45 ml) coconut oil or another oil
- 1 cup (250 ml) coconut milk If available in carton or oat milk
- 1 teaspoon nutmeg
- Sea salt to taste

www.BudwigCenter.com
Topping

- 2 cups of spelt flour (500 ml)
- 4 tbsp (60 ml) sunflower or olive oil
- 1 teaspoon salt

First of all cook the broccoli, carrot and green beans in very little water until they start to soften then add fish, onion and garlic and the oil cook on a low heat for 5 mins, add the alternative milk of choice and nutmeg and salt. Then for the topping mix all the ingredients in a mixing bowl with fingers until it’s a crumble like texture add to the pan of fish as a topping and bake in oven until golden brown.

FISH VERACRUZ

- 2 tbsp. water
- 1 medium onion sliced in small pieces
- 2-3 cloves of garlic crushed
- (chilli optional if you like it spicy)
- 1 green pepper sliced
- 2 bay leaves
- 1 tsp cumin
- 1 tsp oregano
- Make tomato paste with 5 fresh ripe tomatoes (or use 1 x 300gr. Jar of tomatoes)
- 500g firm white fish (cut in bite-size pieces)
- 1-2 tbsp chopped fresh coriander (cilantro)
- Lemon juice
- Salt to taste (1 tsp)
- Olive oil (optional)

In a large saucepan, add the first 7 ingredients. Make the tomato paste by carving an X on the bottom of the tomatoes pouring boiled water over them, peeling them after 2 minutes and blending. Add the tomato paste to the saucepan and when it is boiling, add the white fish. Cook for 5 minutes and add last 4 ingredients.

PATATA BATATA - by Christina Weeks

- 1 Sweet potato (large)
- 1 red Potato (large)
- Half a large onion
- Half a large red pepper
- 2-3 cloves of garlic
- Water (see below)
- Cold pressed Sunflower oil
- Half Tablespoon of cumin
- 1 Tablespoon (15 ml) full of tarragon
- Sea salt to taste

Add water to ceramic pan (fill it a quarter full only), let it boil and meanwhile chop the red potato into very thin slices add to the water then chop the sweet potato in the same way and add that. Let those cook until nearly soft, meanwhile chopping up the pepper and onion into very fine slices, add those and a little sunflower oil meanwhile chop up the garlic into the pan (keep stirring) then add the herbs. Mix well and serve.

**TABOULAH by Christina Weeks**

- Half a bag (2 cups) of Bulgur wheat
- 1 lemon
- 1-2 cloves of garlic
- 1 cucumber
- Half avocado
- 1 half beetroot
- 1 tomato
- 1 pepper
- Fresh coriander
- Onion

Boil the bulgur as you would rice when it is round and fluffy it is ready! Drain off the water if necessary. Meanwhile chop up the veggies and herbs into small pieces (leave cold) and add to the bulgur, mix well and add oil and salt to taste.

**BULGAR RICE PILAF**

- 3 cups (750 ml) water
- 1/2 cup (125 ml) brown rice
- 1 cup (250 ml) bulgar wheat
- 1 cup each chopped: carrots, celery and onions
- Sea Salt and pepper to taste

Bring broth to boil, add rice, reduce heat, tightly cover and cook for 30 minutes. Add remaining ingredients return to a boil and reduce heat to maintain a simmer. Cover and cook 10 to 20 minutes longer, until rice and bulgar are tender.

**POTATO Salad, Budwig Style**

Boil a portion of potatoes and when cool enough to handle chop/slice. Mix a portion of quark-linseed oil cream with the juice of a lemon and 1 tbsp of apple cider vinegar. Add a a finely
sliced onion, chopped chives, parsley and/or dill, black pepper and a pinch of salt and enough skimmed milk to made a creamy consistency. Mix into the chopped potatoes and sprinkle with paprika and/or a little cayenne pepper and chopped dill pickles.

Waxy potatoes have smooth, dense flesh that holds their shape well when cooked. They work well in salads or simply boiled. Key waxy varieties include Charlotte and Jersey Royals but if you can’t get any of those, don’t worry, it’ll still be great with any potato.

Quark-linseed oil horseradish cream and beetroot salad

The goodness of beetroot and the tang of horseradish combine to create a bright, spicy, pick-me-up salad or sandwich filling: what’s not to love!

- 400 g beetroot. You can either cook the beets, until soft, peel and slice or dice; or shred/grate/julienne the peeled raw beetroots through a mandolin or food grater/processor.
- 1 eating apple finely diced or grated
- One portion of the quark-linseed oil cream
- the juice of ½ lemon
- 2 tbs apple cider vinegar
- a little extra lemon juice or milk if needed
- a pinch of salt
- 1 tbsp grated fresh horseradish
- a pinch of ground caraway and a teaspoon of whole caraway seeds (optional)
- a sprinkle of cayenne or paprika

Mix all ingredients and serve with potato or leafy salad. It’s good in a sandwich too. As an alternative make this with celeriac or carrot.

**BULGAR SALAD**

- 1 cup (250 ml) bulgar wheat
- Pour boiling water over bulgar in a ceramic or pyrex bowl and let stand until water is absorbed and wheat is cooked (about 1 1/2 hours).
- Add oil, vinegar, garlic powder, salt and pepper and chill
- Chop and chill vegetables and combine with cold wheat mixture. Return to refrigerator to let flavors blend for an hour or so if you have time.

(Estimate on vegetable quantities we use: 1/2 - 1 bunch green onions, 1 green pepper, 3 small tomatoes, 1/2 bunch parsley, 1/2 bunch spinach, about 4 ounces salad olives.)

**MAYONNAISE Quark-Flaxoil**
• 3 tbsp flaxseed oil
• 3 tbsp milk
• 3 tbsp quark or cottage cheese
• 1 tbsp lemon juice and/or 2 tbsp apple cider vinegar
• 1 tbsp mustard*
• ½ tsp aromatic salt (herb-flavored salt)

Mix oil, milk and quark (cottage cheese) in blender. Add mustard, lemon juice, vinegar and salt. This Quark-Flaxoil Mayonnaise can be wonderfully varied in many flavours by adding various herbs, soy sauce, or dill pickles. It can also be used for potato salads.

**TAHINI on Crackers**

Simply spread Sesame Paste (Tahini) over a rye cracker and add a dash of Celtic sea salt for a delicious high protein and high calcium snack or addition to any meal. Also cut up fresh garlic and place it on the Tahini spread and then cover with another layer of Tahini so you experience no “burning” as you eat this incredible tasty and healthy combination

**MISO-GINGER Dressing**

• 1 cup (250 ml) water
• 1/2 tablespoon (7.5 ml) peeled and chopped fresh ginger
• 1-1/2 tablespoons (22.5 ml) mellow white miso (not candida friendly)
• 1 tablespoon (15 ml) lemon juice
• 1 tablespoon tahini
• 1/2 scallion, chopped
• 2 cloves garlic, chopped
• 3 tablespoons (45 ml) organic flax oil
• Combine all ingredients in a blender or food processor and process until creamy.

**MAYONNAISE - Dr. Budwig's Salad Dressing**

• 2 tblsp (30 ml) Flax Oil
• 4 tblsp (60 ml) organic, low fat cottage cheese
• 2 tblsp (30 ml) milk (preferably raw) or almond or oatmilk
• 2 tbsps of Lemon juice or Apple Cider Vinegar.

Blend together, and add: mustard, chopped (organic) pickles, spices and herbs to taste. I used a small half pint canning jar on my blender.

**SESAME SEED Dressing** (Flax for Life! book)

• 3/4 cup (185 ml) orange juice (not candida friendly)
HERBAL BOUQUET Salad Dressing

- 2 cloves garlic, crushed
- 1/4 teaspoon (1.2 ml) dried oregano
- 1/4 cup (60 ml) organic flax oil
- 1/4 teaspoon (1.2 ml) dried savory
- 1/4 cup (60 ml) extra virgin sunflower seed oil
- 1/4 teaspoon (1.2 ml) ground coriander
- 4 tablespoons (60 ml) lemon juice
- 1/8 teaspoon (.6 ml) dried sage
- 1/2 teaspoon (2.5 ml) dried basil
- salt or salt substitute to taste
- 1/2 teaspoon dried chervil
- 2 teaspoons (10 ml) Dijon mustard (Not candida friendly)
- 1/4 teaspoon (1.2 ml) dried thyme

Combine all ingredients in a blender or food processor and process to an even consistency. Makes about 3/4 Cup (185 ml)

PINE NUT BASIL Dressing

- 1 cup (250 ml) pine nuts soaked overnight
- 1 cup filtered water
- 2 cups (500 ml) fresh basil
- 1 TBS (15 ml) Nama Soy

Blend soaked pine nuts in a food processor with basil, water, and soy until creamy.

AVOCADO Recipe (our family favorite)

- 1 ripe avocado, mashed
- 3 tbsp. (45 ml) salsa
- 1 tbsp. (15 ml) Spanish onion, finely chopped
- 1 tbsp. (15 ml) lemon juice
- 1/4 tsp. (1.2 ml) garlic powder
- 1/4 tsp. (1.2 ml) onion powder
- sea salt to taste
- 1/2 tsp. (2.5 ml) Vegit seasoning (optional)

Blend all the ingredients in a bowl and serve with cut up raw vegetables.

GUACAMOLE
A great dip containing healthful essential fatty acids

- 2 ripe avocados, peeled and quartered
- 1 tbsp. (15 ml) (packed) chopped fresh cilantro leaves
- dash of sea salt
- pressed cilantro, cayenne and a wedge of lime for garnish
- 1 jalapeno pepper, seeds removed (optional)
- 2 to 3 tbsp. (30-45 ml) chopped onion
- 1/2 tbsp. (7.5 ml) lemon juice

Place the avocados in a food processor and puree. Add the remaining ingredients and puree to a thick, even consistency. Transfer to a small bowl and garnish with cilantro, cayenne and a lime wedge.

**MEXICAN SALSA**

A zesty traditional Mexican salsa made even better with the addition of flax oil. Great as a dip for tortilla chips or as a sauce on enchiladas, burritos, and tacos.

- 3 tomatoes, diced
- 1 small jalapeño pepper
- 4 sprigs fresh cilantro
- 1/2 cup (125 ml) tomato sauce
- 1/2 medium onion, diced
- 3 tablespoons (45 ml) organic flax oil
- 1 scallion, chopped

Combine the tomatoes, cilantro, onion, scallion, and jalapeño pepper in a blender or food processor and process to desired consistency, chunky or saucy.

- In a separate bowl, combine the tomato sauce and flax oil. Stir to a uniform consistency.
- Mix everything together and chill until ready to serve. Makes 2 Cups

**NUT dressing, spread or dip**

Make the following thicker with more nuts for spread or thinner for dressing with more cucumber.

- 1/2 cup (125 ml) of nuts (macadamia, walnuts or hazelnuts) grind in a coffee grinder
- Take out put in container to hand blend
- Add ½ clove of garlic
- 2 thick slices of cucumber
- 1 TBS (15 ml) of cold pressed sunflower seed oil
- 1 tsp (5 ml) lemon
- blend with a hand blender until smooth.
OLEOLOX-FAT

Note: This is referred to often throughout this book and is Fat to be used as a spread on bread, vegetables, buckwheat, rice, etc. (or in soup).

Ingredients:

250g coconut fat,
1 onion,
10 garlic cloves,
125 cc Flax Seed Oil.

Preparation:

Cut 1 medium sized onion in half and brown slightly in 250g of heated (100°C) coconut fat. Cook for approximately 15 min., add 10 garlic cloves and heat for additional 3 minutes only. Strain the fat through a sieve into 125ccm of Flax Seed Oil (previously chilled for 1/2 hour in the freezer) Keep this mixture refrigerated and bring to the table in small portions as required.

Note: As a rule, Flax Oil and OLEOLOX should never be heated. If you prepare sauces according to my recipes, the sensitive, unsaturated fatty acids of Flax Oil are somewhat protected by the sulphydryl group of spices (eg: pepper). Be careful not to heat the OLEOLOX more than one minute.
**CHUNKY AVOCADO Dressing & Dip**

Blend FOCC base:

3 TBSP (45 ml) kefir cheese  
3 TBSP cottage cheese  
3 TBSP flaxseed oil  

Then STIR in:

- 1/2 tsp (2.5 ml) diced garlic  
- 1/4 cup (1.2 ml) diced onion  
- 1/4 cup (5 ml) diced tomato  
- 1 tsp (5 ml) lemon juice  
- 3 cups (750 ml) Water  
- 2 jar Black Beans  
- 2 stalks celery, chopped  
- 1 onion, chopped  
- 1 tbsp (15 ml) cold pressed sunflower seed oil  
- 2 cloves garlic  
- 1 tbsp fresh ginger, chopped fine  
- Black pepper to taste  
- 1 small mashed avocado

Heat oil in skillet. Sauté onion until tender (5 min?). Add celery, garlic, ginger -- cook 1-2 mins more to release flavors. Add everything else and simmer 30 mins or so to mix flavors and thicken a little.

**HUMMUS**

A fantastic-tasting Middle Eastern dish to be used as a dip or as a filling in pita sandwiches. An excellent source of complete protein and, now, essential fatty acids.

- 1 2/3 cups (420 ml) cooked chickpeas (soaked overnight preferably)  
- 1/4 cup (60 ml) tahini (sesame seed paste)  
- 1/4 tsp. (1.2 ml) ground coriander  
- ¼ olive & sunflower oil  
- 1/4 tsp. paprika  
- 2 tbsp. (30 ml) minced fresh parsley for garnish  
- 3 tbsp. (45 ml) lemon juice  
- 2 medium cloves garlic  
- 1/4 tsp. (1.2 ml) ground cumin  
- 1/4 cup minced scallions (optional)
In a blender or food processor, process the cooked chickpeas, tahini, lemon juice, and oil until the mixture reaches the consistency of a coarse paste. Use as much of the garbanzo liquid or water as needed. Add the garlic, coriander, cumin, paprika, and cayenne and blend thoroughly. Transfer the hummus to a bowl and stir in the scallions. Cover the hummus and refrigerate. Garnish with parsley before serving. Makes about 2 1/2 cups (375 ml)

HOMEMADE CHICKEN BROTH

- 1 whole free-range chicken or 2 to 3 pounds of bony chicken parts, such as necks, backs, breastbones, and wings
- Gizzards from one chicken (optional)
- 2-4 chicken feet (optional)
- 4 quarts cold filtered water
- 2 tablespoons vinegar
- 1 large onion, coarsely chopped
- 2 carrots, peeled and coarsely chopped
- 3 celery stalks, coarsely chopped
- 1 bunch parsley

Please note the addition of vinegar. Not only are fats are ideally combined with acids like vinegar, but when it comes to making broth, the vinegar helps leech all those valuable minerals from the bones into the stockpot water, which is ultimately what you'll be eating. The goal is to extract as many minerals as possible out of the bones into the broth water. Bragg's raw apple cider vinegar is a good choice as it’s unfiltered and unpasteurized.

Cooking Directions

There are lots of different ways to make bone broth, and there really isn’t a wrong way. You can find different variations online. Here, I’ll offer some basic directions. If you're starting out with a whole chicken, you'll of course have plenty of meat as well, which can be added back into the broth later with extra herbs and spices to make a chicken soup. I also use it on my salad.

Fill up a large stockpot (or large crockpot) with pure, filtered water. (A crockpot is recommended for safety reasons if you have to leave home while it's cooking.)

Add vinegar and all vegetables except parsley to the water.

Place the whole chicken or chicken carcass into the pot.

Bring to a boil, and remove any scum that rises to the top.
Reduce the heat to the lowest setting and let simmer.

If cooking a whole chicken, the meat should start separating from the bone after about 2 hours. Simply remove the chicken from the pot and separate the meat from the bones. Place the carcass back into the pot and continue simmering the bones for another 12-24 hours and follow with step 8 and 9.

If cooking bones only, simply let them simmer for about 24 hours.

Fallon suggests adding the fresh parsley about 10 minutes before finishing the stock, as this will add healthy mineral ions to your broth.

Remove remaining bones from the broth with a slotted spoon and strain the rest through a strainer to remove any bone fragments.

Ref: http://articles.mercola.com/sites/articles/archive/2013/12/16/bone-broth-benefits.aspx

**CREAM OF BROCCOLI soup**

- 1 med carrot, sliced generous pinch of cayenne pepper or black pepper
- 1 stalk of celery with leaves, sliced 1 C.(250 ml) veg stock or more water
- 1 -2 cloves of garlic
- 1/2 C Raw milk, Oat milk --- or water
- 1/2 C.(125ml) filtered water
- 2 C (500ml) broccoli coarsely chopped
- 1 med onion, sliced 1 tsp (5 ml) salt

Simmer, covered, onion, carrot, celery, garlic, broccoli in water for ten minutes. Transfer to container of electric blender; add broccoli, salt, cayenne. Cover and run motor on high. Remove cover and, with motor running, add stock and milk.

**VEGETABLE SOUP - Steamed**

Steam random veggies, throw them in the blender, and make soup.

Use either a small red potato or ½ sweet potato (sweet potatoes are a better food), onion, and then carrot, green pepper, turnip, asparagus, broccoli, cauliflower, zucchini (any or all - whatever I find in the garden or fridge).

Add 1 teaspoons (5 ml) of sea Salt, 3 Tablespoons (15 ml) of Nutritional Yeast flakes, 1/4 teaspoons (1.2 ml) cayenne pepper, 1/2 Tablespoons (7.5 ml) Kelp Granules (optional), and blend it to death along with the water that you steamed with.

Add ground flax seeds to each bowl.

The potatoes are comparatively high calorie, but the rest of the veggies are extremely low calorie, so you can eat as much of this soup as you want. It's a great way to include veggies that
you don't necessarily care for - it all tastes the same when it's blended up. You could include grains as well - you would want to blend them so that you would have a liquid diet.

**SPLIT PEA Soup**

A warming and nourishing soup

- 5-1/2 cups (1375 ml) water
- dash of cayenne
- 1-1/2 cups (375 ml) split peas, rinsed and drained
- 1/2 cup (125 ml) chopped green bell pepper
- 1/2 cup (125 ml) minced carrot
- 1/2 cup (125 ml) quartered and thinly sliced carrot
- 1/2 tablespoon (7.5 ml) onion powder
- 3 tablespoons (45 ml) organic flax oil
- 1/2 teaspoon (2.5 ml) dried dill weed or 1 tablespoon (15 ml) minced fresh dill

Bring the water to a boil in a large pot. Stir in the peas with the vegetable stock or bouillon cube. Cover and cook over low heat for 1 hour. Add the remaining spices and vegetables. Cover and simmer for 20 to 25 minutes. Remove from heat and cool to serving temperature. Stir in the flax oil and serve. SERVES 6

**WHIPPED ACORN SQUASH and YAMS** - A twist on tradition by adding flax oil.

- 2 large acorn squash, halved
- Dash of cinnamon
- 2 large or 4 medium yams
- grated nutmeg
- 1/2 cup (125 ml) fresh orange juice
- 3 tablespoons (45 ml) organic flax oil
- 1 tablespoon (15 ml) honey

Bake the squash and yams for 45 minutes to 1 hour or until tender. Scoop out the squash from the skins and place in a large mixing bowl or food processor. Remove the yam flesh from the skins and add to the squash. Add the orange juice, spices, and flax oil. Whip or mash together. SERVES 6

**VITAMIN LADY JUICE COMBO**

- Couple of slices fresh ginger
- 2 cloves garlic
- 1/4 lemon
- 1 apple
- 2 lbs (almost a kilo) carrots
- Some broccoli, zucchini, beet or other solid fresh veggie
• Some kale, chard, bok choy, spinach or other leafy green
• Some pineapple, strawberries, blueberries or other soft fresh berry/fruit
• 2 tblsp ground flax
• Powdered muscadine grape
• Aloe vera juice - 1 or 2 fl.oz (30-60 ml)
• Noni juice - 1 fl.oz (30 ml)

**BORSCHT**

Blend the following ingredients well in a blender

• 2 cups of water (500 ml)
• 3 beets
• 1 small root ginger (slice it first)
• 3-4 large cloves of garlic
• 6-7 bay leaves

Pour the mixture into a bowl.

Blend the following ingredients for a short time (about 30 seconds):

• 2 cups (500 ml) of water
• 2 carrots
• 2 stalks of celery
• 2 tablespoons (30 ml) of apple cider vinegar
• ½ cup (125 ml) of cold pressed sunflower seed oil
• 1 tablespoon (15 ml) of honey
• sea salt to taste

Add ½ cup walnuts and blend on low speed very quickly, so they just break into small pieces but are not blended. Pour into the same bowl and stir.

Dice or grate:

• ¼ head cabbage
• 1-2 carrots
• 1 bunch parsley

Add grated ingredients to the blended mixture. Stir and serve. As an extra kick, add a blob of almond paste.

**COLD CREAMY CARROT Soup**
• 3 cups (750 ml) fresh carrot juice  
• 1 large avocado  
• handful of alfalfa sprouts cut into thirds  
• small sprig of parsley or cilantro leaves  
1. Make carrot juice.

2. Cut avocado in half.

3. Place carrot juice and avocado in blender, and blend until smooth.

4. Put sprouts and parsley on top of the soup.

5. Note: Any combination of vegetable juice can be used to make soup.

**Zucchini Surprise**

• 3 shredded zucchini  
• 2 red apples cut in small pieces  
• 1 avocado cut in small slices  
• cumin to taste  
• sea salt to taste  
Mix all ingredients together and serve.

**Lentil Soup**

• 250g lentils  
• 2 carrots (diced)  
• 1 onion (diced)  
• 2 garlic cloves (grated)  
• 4 Tbsp (60 ml) of paprika  
• 3 tbsp cumin (45 ml)  
• 4 tomatoes  
• 1 red pepper  
• ¼ cup (60 ml) oil  
• Salt to taste  
Boil lentils in water and salt then add carrots, onions and garlic to soup until the lentils are soft. Meanwhile cut and chop, tomatoes, and red pepper. Add the fresh tomatoes and pepper to your dish at the end and serve with a drizzle of oil and more salt if needed.

**Black Bean Soup**
This soup can be made up to 4 days ahead: simply pour it into an airtight container, refrigerate, and reheat to serving temperature.

- 2 cups (1 liter or 1000 ml) black beans (preferably soaked overnight)
- 1/2 medium red onions, chopped (or any onion)
- 2 tsp salt
- 4 cups (500 ml) water
- 2 large cloves garlic, minced
- 2 tsp cumin
- 1/2 teaspoon (2.5ml) chili powder (optional)
- 2 avocados
- 1 celery stick
- 2 tomato
- Olive oil

Cook the beans in water and salt in a large soup pan. Add the onions and garlic and boil until beans are soft. Add the cumin. While the soup is cooking, chop up the avocado, celery and tomato and put together in a separate dish. Serve the soup in bowls and add the fresh veggies to each portion. Add a drizzle of olive oil and salt if needed.

**QUINOA SOUP**

In a saucepan, put 3 tbsp of water, 2 cloves of garlic and some cumin. When heated, add carrot, celery and the soaked quinoa from the night before (about 8 hrs.) Add double the amount of water to quinoa and allow to boil for 15 min. covered. When the Quinoa is soft, add ½ cup of Oatmilk, some feta cheese and fresh chopped coriander and serve.

**SEA VEGETABLE Slaw**

- 1 handful of hijiki seaweed, soaked and drained
- 1 handful of chopped cilantro
- 1 handful of chopped scallions
- 4 cups (1 ltr or 1000 ml) of shredded cabbage
- vegetable seasonings, or herbs to taste

Mix all ingredients in a bowl, and serve.

**LIVE FOOD FRUIT & NUTS**

- 20 small apple
- 1 quart (1 ltr or 1000 ml) soaked almonds
- cinnamon, nutmeg, allspice, cloves, ginger

1. Process the apples in a food processor.
2. Process the almonds in a food processor.
3. Blend the processed apples and almonds in a bowl, and add spices to taste.

**WAKAME Salad**

- 1 clove garlic, grated
- 1/2 teaspoon (2.5 ml) grated ginger
- 1/2 avocado
- sea salt to taste
- 3 cups (750 ml) greens (sunflower, buckwheat, spinach, lettuce, etc)
- 1 cup (250 ml) soaked wakame seaweek (optional): tomatoes, walnuts, pecans, almonds or pine nuts

Grate the ginger and garlic. In a small bowl, mash the avocado, ginger, garlic and Bragg's together. Break greens and wakame up into bite size pieces. Toss all ingredients together thoroughly.

**SWEET POTATO SALAD**

- 1 large sweet potato
- 2 carrots
- 1 courgette
- Slice finely ½ onion and add 1 avocado in large slices. Mix well

**Dressing:**

- 6 Tablespoons (90 ml) sunflower seed oil
- 1 teaspoon (5 ml) apple cider vinegar
- 1 teaspoon of celtic sea salt
- 1 teaspoon oregano
- Mix well and pour over salad

**MOCK MEAT LOAF** - Recipe contributed by Michele Homer

- 1 beet, grated
- 1-2 sweet potatoes, grated
- 1-2 white potatoes, grated
- 1 turnip, grated
- 1 onion, cut-up
- 3 celery stalks, with leaves

1 pound of raw walnut. Put each item in a food processor individually. When each item is processed, place in a large bowl. Mix together and refrigerate overnight. Next day, shape into a loaf. Add to your rice, baked potato or other grains permitted.

**ALMOND DRESSING/DIP**
Blend with hand blender or food processor:
1 cup of soaked almonds, Little garlic, ½ lemon’s juice, 2 tbsp oil, ½ cup water, 1 tsp salt

GUACAMOLE DRESSING/ DIP

Blend with hand blender: 1 avocado, a little bit of broccoli, salt and garlic to taste, ¼ of lemon’s juice, cover with water

TOMATO SAUCE

Make a raw sauce with the following:

- 1 cup (250 ml) of chopped tomatoes per person
- 1 garlic glove or as required grated
- 1 green or red pepper, chopped
- 3 mushrooms, sliced
- oregano or fresh coriander (you can change the herbs but these are the most popular)
- 1 Sundried tomatoes in olive oil per person

Mix the first 5 ingredients and add the oil from the sundried tomatoes, chop the sundried tomatoes and add them to the mix. Serve over pasta or healthy bread.

COLSLAW (Cabbage Salad)

20 minutes before serving

1. Grate or chop 1 cup of finely fresh cabbage
2. Mix 3 tablespoons of olive oil, and 1 teaspoon of apple cider and a teaspoon of lemon.
3. ½ teaspoons of Salt and 1 ½ teaspoons of xylitol and stir into the cabbage
4. After 20 minutes add a few raisins, mix and serve

SAUERKRAUT Homemade (and sauerkraut juice)

Utensils:
1) Fermentation container (glass, glazed crock, food grade plastic)
2) Plate to hold cabbage down (dinner plate, glass plate, oak plate, plastic)
3) Weight to hold plate down (water-filled jars, well-cleaned smooth rock).
4) Towel to cover fermentation container.

Ingredients:
1.5 kg (3.3 lb) cabbage (after outer leaves and cores have been removed).
1 tablespoon (15 ml) Himalayan Crystal Salt or Celtic Sea Salt
Directions:
Discard outer leaves. Cut heads into four wedges. Discard cores. Shred. Put a layer of shredded cabbage in a suitable fermentation container. Add some of the salt, mix. Compress cabbage firmly (using clean fist) until salt and pressure draws juice from cabbage. Repeat above step with another layer of cabbage, some salt and compressing it. Repeat until all cabbage and salt is in the container.

 Juice must be at least 1” to 2” (2.5 - 5.0 cm) above the cabbage at while fermenting. If juice does not cover cabbage in that way add clean chemical-free boiled and cooled water with 1 teaspoon (5 ml) of salt per 500 ml water.

Insert a dinner plate or glass pie plate into the fermentation container. The plate must be slightly smaller than the container opening, but large enough to cover most of the shredded cabbage. Weigh it down with jars filled with water or a well-cleaned rock.

Cover container opening with a clean towel to prevent insects and dust from entering. Check kraut two to three times per week and remove scum.

Keep kraut in a warm place. The ideal fermenting temperature range is 70-75°F (21-24°C). The sauerkraut should be ready in 3-4 weeks. If it is 55-65°F (13-18°C), it will take 5-6 weeks. If it is below 55°F (13°C), it may not ferment. If it is above 80°F (27°C), it may spoil.

Please note: Xylitol can be added to any of these recipes if you like it sweeter, however only use XYLITOL made from Birch trees or when possible use liquid Stevia

YUMMY GOOP

- Dates
- Pine nuts (soaked overnight)
- Apples (optional)

Ratio of 3 parts pine nuts to 1 part dates

1. Soak pine nuts overnight

2. Put dates and nuts in the Champion juicer.
3. Garnish with apples

4 cups of shredded cabbage, vegetable seasonings, or herbs to taste

Mix all ingredients in a bowl, and serve.

**Banana Split** - by Christina Weeks

Slice 1 banana in half lengthways and add whatever other chopped fresh fruit preferred.

Break up some walnuts or any other nuts you like over the fruit.

Take 1 tsp (5 ml) of chocolate powder and 1 TBS (15 ml) spoon of extra virgin coconut oil mix well to form a chocolate syrup pour on top and enjoy.

**AVOCADO MOOSE - Desert by Christina Weeks**

- 1 Avocado
- 1 Banana
- 1-2 TBS (15-30 ml) of either or all of the following oils cold pressed sunflower seed oil, flaxseed or organic coconut oil.
- 1 tsp (5 ml) of raw organic chocolate powder (optional)
- 1 cup (250 ml) of walnuts.

**BANANA CHOCOLATE CAKE**

Mix together with hand blender:

- 1/2 cup, (125 ml) coconut
- 2 organic eggs
- 3 or more ripe bananas, depending on size
- 1/3 cup (90 ml), or 5 dessert spoons yogurt
- Pour liquid mixture into mixing bowl, and add:
  - 2 1/2 cups or 20 ounces (25 ml) spelt flour
  - 2 teaspoons (10 ml), bicarbonate of soda
  - 1/4 teaspoon (1.2 ml) Celtic sea salt
  - 5 or 6 dessert spoons (90 ml) of raw natural cocoa, depending on your taste for chocolate
  - 2 teaspoons (10 ml) of Xylitol or stevia powder or more to taste

Mix well and add slowly 1 cup (250 ml), 8 ounces, boiling water-Pour into large cake pan, about 30cm. by 25cm. or large tube pan with hole in center. Bake for about 30 min. at medium heat. 200 degrees C. until inserted toothpick or small knife comes out clean.
**ICE CREAM Vanilla** (and you can add berries, nuts and juices to make it another flavor)

- 3 Tbsp (45 ml) flaxseed oil
- 3 Tbsp milk (OAT OR ALMOND)
- 1 Tbsp (15 ml) honey
- 100 g (125 ml) Quark
- 1 tsp (5 ml) ground vanilla

Mix Quark, Flaxseed oil, milk and honey in blender. Mix well with the vanilla. Pour into container with liquid and place in freezer. Very smooth when frozen. You could get it very cold without freezing and eat it that way.

**MANGO PASSION**

- 2 small glasses of water
- 2 mangoes
- 2 tangerines
- 2 passion fruit
- ½ pineapple

**WATERMELON WONDER**

- 1 small glass of water
- 2 big slices of watermelon with the black seeds
- I peeled cucumber
- 1 tablespoon (15 ml) chopped ginger

**KIWI DELIGHT**

- 1 small glass of water
- ½ honeydew or green melon
- 4 kiwi fruit
- 1 green apple
- 1 green pear
- Juice of 1 lime

**TOMATO COOLER**

- 2 small glasses of water
- 4 large tomatoes
- ½ large cucumber
- ½ bunch watercress
- Juice of orange or lemon
- 4 fresh mint leaves
• 1 tsp (5 ml) of Mistletoe powder
• Sea salt and Tabasco/Worcester sauce to your taste

GREEN CREAM COOLER

• 2 small glasses of water
• 1 bunch parsley
• 1 small romaine lettuce
• 1 handful watercress
• 2 handful berries
• Juice of 1 lime

FENNEL and APPLE

• 2 small glasses of water
• ½ pineapple
• 2 sweet apples
• ½ bulb young fennel

Remember that you can add nuts and seeds, spices and fresh herbs. I love coconut powder, carob powder, cinnamon and all-spice. Apples, pears, bananas are staple fruits for smoothies so experiment with as many variation as you like.

PEACH with mint

• 2 small glasses of water
• 4 peaches or nectarines
• 1 apple
• Juice of 1 lime
• Small handful of fresh mint leaves

Combining fruits and vegetables seems the easiest way to add Superfood. Here is one that you can try

RED POWDER PUNCH

• 1 cup of water (250 ml)
• 1 handful tender beetroot leaves
• 1 red pepper
• 12 large strawberries or other berry
• 1 slice watermelon or red grapes, with seed preferably

APPLE PIE
• BASE: 1 cup of soaked almonds and walnuts blended with 8-9 dates and juice from 1 orange
• FILLING: 3 cups of shredded apples, 1 cup of soaked raisins
• 1 ½ cup of soaked cashews, ¼ tsp nutmeg, ¼ tsp cinnamon, ¼ cup of water from soaked raisins
• 2 tbsp honey
• 2 teaspoons of Xylitol
• Blend last 5 ingredients and then mix this sauce with apples and raisins. Place over the base and decorate with fruit if you wish or coconut

FRUIT LAYER CAKE

Same base as “Apple pie”

• Place a layer of fruit slices of your choice (kiwi, nectarine, peaches...)
• Sprinkle some raisins and coconut over the base
• Blend 3 tbsp of quark with vanilla and honey or water and stevia to sweeten
• Add ground almonds (from coffee grinder) into the quark “whipped cream” and place as another layer
• Top off with another layer of the slices of fruit of your choice and maybe some more ground nuts on the top.

Serve with a few extra fruit slices

LEMON CHEESECAKE – contributed by Christina Weeks

(You need a coffee grinder and good processor to do this properly)

• Grind 3 TBPS (45 ml) of flaxseeds with the coffee grinder (3 TBPS per person)
• Add 1 handful of raw oats (1 handful per person) along with the ground flaxseeds into the food processor along with 1 banana and some cold pressed sunflower seed oil and blend for 2 minutes
• Put into dish as a base and pat down and freeze (optional)
• Add ½ cup (125 ml) of cottage cheese and 3 TBPS (45 ml) of flaxseed oil (as per the Budwig recipe) into a blender and blend with the rind of a whole lemon and add the juice as well

Spread on top of base; add slices of banana (decoration) Enjoy!!

CARROT FRUIT CAKE - Recipe contributed by Laurie Godbois

Cake:
• 1 cup (250 ml) dried figs, soaked
• 1 cup raisins, soaked
• 1/2 cup (125 ml) pitted dates
• 4 cups (1 ltr or 1000 ml) shredded carrots
• 3 cups soaked nuts (750 ml)(almonds, walnut, or cashews)
• 1/2 teaspoon (2.5 ml) each: ginger, cloves, cardamom

**Topping:**

• 1/2 cup (125 ml) dates
• 1/2 cup cashews
• 1/2 cup soaking water

Soak figs, raisins and dates in 3 1/2 (425 ml)cups of water for one hour, reserving liquid. Soak nuts in 5 cups (1250 ml) of water for 8-12 hours. Drain, rinse and drain nuts again. Place nut in food processor and chop finely, place in large bowl. Add figs, raisins, dates and spices to processor and process until smooth. Pour mixture into bowl with the nuts. Mix well. Add carrots mix thoroughly. Form mixture into desired shape.

Process dates, cashews and soaking water until smooth. Spread on top of the cake.

**CAROB PUDDING - Recipe contributed by Lena Aurora**

• 2-3 avocados
• 1 3/4 (437 ml) cups dates, putted, cut up
• 1/2 - 3/4 (125-185 ml)cup water
• 3 tablespoons (45 ml) raw carob powder

In a blender, place avocados and blend until smooth. Add dates, a few at a time, with water and blend until smooth. Add carob and blend until mixed in. Pour mixture in a serving bowl and chill. Serves 4-6

**HOT CAROB CEREAL (from The Healing Power of Flax by Herb Joiner Bey, N.D)**

• 2 1/4 (560 ml)cups water or rice milk
• 1 cup (250 ml)oatmeal
• 1 tablespoon (15 ml) unsweetened carob powder
• 1/2 teaspoon (2.5 ml)cinnamon
• 2 tablespoons (30 ml) flax oil
• 1 tablespoon (15 ml) raisins

Bring the water or rice milk to a boil. Stir in the oatmeal, carob powder, and cinnamon. Cook for 3 minutes. Remove from heat and stir in the flax oil, raisins, and honey. Let sit with lid on for 1 minute. Serve topped with yogurt if desired. Serves 1-2

**RAW CHOCOLATE FUDGE**
Blend well

- 1 x 250g bag of preferred raw nuts (almonds, cashews, macadamia (best to soak the night before)
- 8 dates (be sure there is no sugar added as a preservative) – remove stones
- ½ cup (125 ml) of cold pressed olive oil into a food processor

Then add

- ¾ cup (185 ml) of shredded coconut
- 1/3 cup (90 ml) of natural raw chocolate powder (Processed cocoa has lost many health benefits)

Mix well - Put it the freezer overnight before serving