

Hi Barry -

Sorry for the delay it as a lot to compile! Call / write anything if you'd like to chat more about anything here.

I had layered a lot of things that resonated with me and over time added removed as I felt I moved through the process. This is in order of what I felt was the most important first.

1. Budwig Protocol (I pasted the welcome email below, this is a comprehensive plan that requires almost a full time job)
2. Juicing daily & Coffee Enemas 5 times a week (from the [Gerson Therapy](#), another therapy I was strongly considering)
3. Mushrooms for immune support (I was blending from a few but these are now [readily available](#) in capsule)
4. [Barley Grass](#) (I was eating up to 20 pressed pills a day, there was a company form PA I used to order from)
5. Chinese medicine (I was working with a Chinese doctor and using Chinese herbs to reduce hear and inflammation)
6. Colonics (I was using gravity fed colonics, there are usually one or two practitioners per town)
7. Teeth: I got rid of all mercury fillings, and REMOVED all root canals (I feel strongly about the relationship between root canals and low level chronic inflammation which can affect the conditions for cancer to thrive)

Some books I found helpful

- <https://www.amazon.com/Outsmart-Your-Cancer-Alternative-Treatments/dp/0972886702>
- https://www.amazon.com/Beating-Cancer-Nutrition-Fourth-Rev/dp/096383729X/ref=sr_1_6?keywords=cancer+nutrition&qid=1644199037&s=books&sprefix=cancer+nut%2Cstripbooks%2C91&sr=1-6
- https://www.amazon.com/Budwig-Protocol-Cancer-vulnerable-curable/dp/1796354848/ref=sr_1_2?keywords=budwig+protocol&qid=1644199106&s=books&sprefix=budwig%2Cstripbooks%2C82&sr=1-2
- https://www.amazon.com/China-Study-Comprehensive-Nutrition-Implications/dp/1932100660/ref=sr_1_4?crid=10ZOTD7Z629NF&keywords=china+study&qid=1644199064&s=books&sprefix=china+study%2Cstripbooks%2C58&sr=1-4
- https://www.amazon.com/New-Becoming-Vegetarian-Essential-Healthy/dp/1570671443/ref=sr_1_3?keywords=becoming+vegetarian&qid=1644199086&s=books&sprefix=becoming+vege%2Cstripbooks%2C86&sr=1-3
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SUMMARY of the BUDWIG PLAN with DIET DETAILS & Videos

Written by Sandra Olson, owner, FlaxSeedOil2 & <http://budwig-videos.com>

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This article is automatically posted often & is sent to new members when they join FlaxSeedOil2. Please read this carefully, print it out & use it daily.

The Budwig healing plan has stopped cancer & other diseases for many people. It has been saving lives for over 60 years. Dr. Johanna Budwig was a brilliant scientist & health practitioner who worked with patients from 1952 to 2002. You can read about her in our files. <http://groups.yahoo.com/neo/groups/FlaxSeedOil2/files>

This guide can help you to follow Dr. Budwig's full program. It's based on her book, "Cancer - The Problem and the Solution" [1999] and her cookbook, "The Oil-Protein Diet" [1952]. The menu below is Dr. Budwig's SUGGESTED GUIDELINE, you don't have to consume all of it.

[Most websites, books & one center use Dr. Budwig's name but not her program. Instead, they created their own plan, which may include suggestions that can promote cancer, such as eating meats, poultry, fish & eggs, as well as taking supplements that can interfere with success. So, please be careful about the source you follow.]

Most people begin the diet gradually, adding healthful foods & liquids and eliminating damaging ones. The diet seems simple, but foods are powerful and can damage or heal a person. The Budwig plan has healed people of many kinds of cancer and other diseases & conditions. It may take 2 or 3 months for major changes.

In liver, pancreatic, stomach and gall bladder disease it's best to begin with the "Transition Diet," explained in our Files & in an article in the menu on the front page at <http://budwig-videos.com>

After the transition, begin the diet below with small amounts of the oil & cheese as well as the other foods.

Dr. Budwig had over a 90% success rate with this protocol with all kinds of cancer patients over a 50 year period. Many research studies done in the last ten years support the cancer-fighting value of the foods, juices, sun exposure and stress reduction Dr. Budwig recommended. There are many testimonials in the Files of this group written by members who have regained their health by following this protocol after being diagnosed with cancer - many of them terminal. Cancer can easily return unless you continue this program even after getting well. In fact, cancer often returns to patients who had chemo, etc. **PEOPLE WHO ARE PRONE TO CANCER & HEART DISEASE NEED TO CHANGE THEIR DIET & LIFESTYLE PERMANENTLY.**

To start the diet, it helps to have 3 appliances:

- 1- A coffee bean grinder to grind the whole brown flaxseeds sold in health food stores or online. Freshly ground seeds are a must.
- 2- An immersion hand-held electric mixer (a stick-shaped mixer) to blend and bond the flaxseed oil [FO] & cottage cheese [CC] so that they become one food,

making the oil water-soluble and more absorbable. It's important to use an electric blender rather than stirring. The bonding of the two foods is one key to success.

3- A vegetable juicer. A masticating type juicer is said to give a more healthful juice than a centrifugal type. Research Green Star & Omega 8005.

SUMMARY OF THE BUDWIG DAILY MENU:

TO START the day, an hour before breakfast, have 6 to 8 ounces of sauerkraut juice. This is raw sauerkraut, and the brine water, that has gone through a juicer. Sauerkraut has cancer-fighting benefits and improves digestion. Homemade is best in order to get plenty of digestive enzymes [recipe in Files - Folder 5-Foods]. You can also buy raw sauerkraut juice online at this linked website:

<http://www.wisechoicemarket.com/categories/Organic-Raw-Cultured-Juices/>

This company gives our group free shipping and a special coupon for a 10% discount on online purchases. The special Budwig coupon number is W545A1LY8 Type that number into the Coupon Code box on the Checkout page on their site.

BREAKFAST -

Start with a cup of green tea or herbal tea. It provides warm liquid that helps with digestion and health. Then, eat the Budwig recipe below.

THE BUDWIG FLAX SEED OIL/QUARK OR COTTAGE CHEESE RECIPE:

Dr. Budwig's oil/protein Muesli [or mixture] that we call FOCC, which stands for flax seed oil and cottage cheese, is a key part of this healing plan. By thoroughly blending and bonding the oil and cheese, the flax oil is more easily metabolized & helps to oxygenate & normalize the function of our cells.

MEASUREMENTS: In her books, Dr. Budwig said to use 100 grams quark (or cottage cheese) in her "oil-protein" [or "FOCC"] recipe. 100 grams equals approximately 6 U.S. tablespoons or British dessert spoons of cheese. Dr Budwig also recommended 3 tablespoons of flax seed oil. That's a ratio of approximately 1:2. Cold-pressed refrigerated liquid FO is used. It's more economical to buy plain FO instead of High Lignan FO because you'll obtain plenty of lignans at a lower cost by using freshly ground flaxseeds [used instead of Linomel]. Ground seeds should be consumed within 15 to 20 minutes.

You can watch a video showing how to make the flax oil/cottage cheese recipe by going to <http://budwig-videos.com> Look midway down the front page. Upon joining the site, you'll have instant access to more online videos showing the Budwig plan along with many written recipes and articles.

Budwig FOCC [or quark] Recipe: Make enough for 1 meal only, avoid storing. Eat immediately. Use organic foods if possible. JB's cookbook has varied recipes.

[1] Blend 3 U.S.Tbs flaxseed oil with 6 Tbs organic CC or quark with a hand-held

immersion electric mixer for up to a minute. If desired, add 3 Tbs milk & 1 tsp. honey, preferably raw honey. Avoid adding water or juices when blending FO with CC or quark. The mixture should be emulsified with no separated oil showing.

Layer or stir in the following ingredients:

[2] Grind 2 Tbs whole flaxseeds, add them to the mix. [This replaces Linomel]

Freshly ground seeds can lose benefits within 20 minutes, eat immediately.

[3] Add various fruits such as fresh [or thawed-out frozen if necessary] berries, any kinds, which contain strong cancer-fighting ellagic acid.

[4] Add other fresh fruit if you like, totaling 1/2 to 1 cup of fruit.

[5] If mixture is too thick, add 1 or 2 Tbs of fruit juice [e.g. dark grape, blueberry]. Fruits & their juices are proven cancer fighters.

[6] Add organic raw nuts such as walnuts or Brazil nuts [no peanuts].

For variety, try vanilla, cinnamon, lemon juice, pure [no sugar] cocoa or shredded coconut. [If you want a smoothie, add more juice & stir or blend]

Afterward, if still hungry, you can have whole grain bread with raw veggies. Some members use Ezekiel breads. You can also have a couple ounces of healthful hard cheese with breakfast or lunch. Gouda, edam, emmentaler & Jarlsburg have vitamin K2, a cancer fighter. Please read this site for recent research:

<http://www.doctoroz.com/videos/secret-weapon-fight-cancer?page=2>

MID-MORNING -

Freshly-pressed vegetable juice - the Oil-Protein Diet Cookbook recommends:

"drink a glass of carrot juice, celery and apple juice, or beet and apple juice." [carrot & beet juices are especially helpful to the liver & are strong cancer fighters]. In her 1999 book, JB also recommended adding lemon, radishes and/or stinging nettles to juices. Vary the juice combinations.

SUNLIGHT - Dr. Budwig emphasized that being in sunlight is very healthful for vitamin D and other benefits. Avoid burning & avoid sunscreen & sunglasses.

If you feel up to having some exercise, individualize it according to your strength - DON'T OVERDO IT. Regarding exercise, Dr. Budwig wrote: "I would never allow a cancer patient with metastases to jog, ride a bicycle, or to practice yoga. His body must relax." She also wrote that the patient should not stay in bed, but should help with light chores if possible. One form of exercise that is beneficial for most people is taking a walk in natural surroundings for fresh air and sunlight.

BEFORE LUNCH -

A cup of warm green or herbal tea. Use 1 tsp honey if desired (no sugar). Also suggested, but optional, one Tbs whole flaxseeds, freshly ground & added to a glass of champagne, known to help digestion & absorption. [1999 book]

LUNCH -

RAW vegetable salad with various home-made salad dressings which

may include one or more Tbs FO blended with 1 or 2 Tbs organic low-fat CC plus one Tbs Bragg organic apple cider vinegar or lemon juice and spices. Or, for sweeter dressing, try FO & orange, apple or another juice and apple cider vinegar. You can vary the salad dressings based on the recipes in the Oil-Protein Diet Cookbook. Several recipes do not include cottage cheese at all. The body can utilize 1 or 2 Tbs oil without cottage cheese. Avoid commercial salad dressings. Pumpkin seed oil can also be used. Experiment with spices or honey for variety.

If still hungry, make steamed or boiled veggies and grains. [See "DINNER"]

LUNCH DESSERT: It's IMPORTANT to have a SECOND SERVING of FOCC with varied fresh raw fruits (organic if possible). Again, use 3 Tbs FO & 6 Tbs CC with fresh fruit[omit flaxseeds if you had them in the champagne before lunch]. If there are problems digesting this amount of oil, begin with smaller amounts of FOCC and increase it slowly. Chew very well to optimise digestion. Predigestion starts in the mouth by mixing saliva with the foods. Try to have meals in a peaceful atmosphere. Relaxing is important.

MID-AFTERNOON -

One tablespoon whole flaxseeds, freshly ground, stirred into sparkling wine, champagne or fruit juice: pure grape, blueberry, cherry, pineapple or papaya. The amount of liquid can be adjusted to your appetite. Chew or swish ground seeds in the mouth, adding saliva for better digestion.

RELAX [in sunlight if possible] TO RELIEVE STRESS. Empty the mind of worries, angers, fears. Focus on nature, music, deep breathing & positive thoughts. Think kind thoughts about yourself & others. Dr. Budwig said that relieving stress is extremely important. Many research studies support this idea.

<http://health.groups.yahoo.com/group/FlaxSeedOil2/message/57568>

LATE AFTERNOON -

One tablespoon whole flaxseeds, ground & added to one of the juices named above. Both papaya & pineapple have digestive enzymes if they are fresh. Commercial juices have lost their enzymes but still have valuable nutrients. If making the juice, drink it immediately after preparation before the enzymes are reduced by air and light. You want to get as many natural enzymes as possible [as well as electrons from flax seeds & oils]. [Note: Instead of the fruit juices, some members heal using a 2nd homemade vegetable juices as described at 10 a.m.]

DINNER -

Vegetable soup or a variety of veggies and starch-containing foods, well spiced. Add Oleolux and nutritional yeast flakes after cooking. Nutritional yeast adds important B-vitamins which boost energy & mood. Choices of cooked starchy foods - buckwheat (JB's top choice-digests well & very nutritious), millet, brown rice, lentils, beans, peas, yams & potatoes. Add

lightly cooked vegetables such as kale, tomatoes, spinach, beets, carrots, chard, cabbage, brussel sprouts, broccoli, onions, artichokes, asparagus, peppers, green beans, etc. Also, add healthful spices such as cayenne pepper, paprika, turmeric, sea salt & others. AFTER COOKING, add homemade Oleolux 'to taste,' which adds more nutrition and satiates appetite. [Oleolux recipe in File 5]. Use also on bread [whole or sprouted grain].

EVENING - A glass of organic red wine if desired. It's optional.

The above diet can be varied by the many recipes in Dr. Budwig's book "The Oil-Protein Diet Cookbook," sold on Amazon & Barlean's websites for about \$10 & the many original Budwig-compatible recipes for members of <http://budwig-videos.com>

THE FOLLOWING IS VERY IMPORTANT:

Dr. Budwig stressed that we must AVOID CANCER-PROMOTING FOODS such as hydrogenated oils, trans-fats, animal fats/proteins [as in meats, poultry, seafood, eggs & butter], cane sugar, agave & maple syrups, preservatives, highly processed foods, pesticides & chemicals, as in household products & cosmetics. Drink pure water if possible.

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

++ Drink warm green or herbal teas, unsweetened or sweetened only with honey.

++ Stress is damaging. Avoid stress-producing people & situations. Take time to relax & enjoy each day. Listen to beautiful music, laugh, do deep breathing, connect with nature, spend time with people you like. Reduce anger & sadness through EFT[see emofree.com], counseling or a support group.

++ ELDI oils are oils for external application or enemas. Dr. Budwig had her patients use them as needed. [See Files for information] .

++ Dr. Budwig did not include drugs or supplements in her protocol guidelines. In her 1999 book, she spoke against them. She warned that high amounts of man-made supplemental antioxidants can interfere with the diet's benefits. However, she did not forbid supplements. Some people have added a few supplements to their program & have made progress. Others have gotten well without them while following the Budwig plan. Avoid graviola & ask about any other supplements.

++ Dr. Budwig warned about adding drugs & treatments such as chemo & radiation, cortisones, hormones & pain killers. She also warned against the dangers of oxygen therapy for the cancer patient & said that the cells are not ready to absorb oxygen but are healed through diet. Flax oil is a mild blood thinner. Using blood-thinning drugs, including aspirin, could be dangerous.

++ The rejuvenating foods in the Budwig Protocol give the body what it needs daily to stop cancer & keep it in check. Dr. Budwig suggested following the diet strictly for five years before relaxing a little, but you can never stop the healing foods for more than a few days nor can you regularly eat damaging foods or damaging supplements. Doing so could allow cancer to return.

++ Take care of your teeth. Infections can interfere with your improvement.

Dr. Budwig's book "Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer and other Diseases" offers an understanding of the scientific principles behind this protocol.

"The Oil-Protein Diet Cookbook" gives practical diet information and recipes.

Both of these books can be ordered from www.Barleans.com for about \$10 or from <http://applepublishing.com/THE-OIL-PROTEIN-DIET-Dr-Johanna-Budwig-007.htm>

Excerpts are in our files section.

Her newest (and last) book, "Cancer-The Problem and The Solution," written in 1999, is also available from

<http://applepublishing.com/THE-OIL-PROTEIN-DIET-Dr-Johanna-Budwig-007.htm>

Excerpts from this book are in the Links Section of our group.

<http://health.groups.yahoo.com/group/FlaxSeedOil2/links/>

Another book based on Dr. Budwig's plan was published in 2011. It's entitled, The Budwig Cancer and Coronary Heart Disease Prevention Diet. The cover of this book says "by Dr. Budwig," however, it was written by Dr. Budwig's nephew, Armin Grunewald, M. D. and his son, Alexander Grunewald, Ph. D. Please be aware that this book presents their ideas for a prevention program for healthy people.

To read more information, many testimonials of those who regained their health with the Budwig Protocol, and excerpts from FLAX OIL AS A TRUE AID..., read our very thorough Files Section.

<http://health.groups.yahoo.com/neo/groups/FlaxSeedOil2/files/>

To see the Budwig Plan on videos, please use this link:

<http://budwig-videos.com> Please bookmark the site for future reference.