



Dr. Johanna Budwig

DR. BUDWIG DISCOVERED THE ANSWER TO CANCER

The historian H. G. Wells said that a man's greatness can be measured by 'what he leaves to grow, and whether he started others to think along fresh lines with a vigor that persisted after him.' Alexander the Great, Charlemagne (styled "the Great" even in his own lifetime), and Napoleon Bonaparte were powerful rulers. Dr. Johanna Budwig certainly left a legacy of discoveries that continues to 'save' lives even to this day and can certainly be classed amongst these great people. Sadly she passed away in 2003 after an accident and never fully recovered.

Dr. Willner, M.D., Ph.D. (The Cancer Solution) writes, "Numerous, independent clinical studies published in major medical journals world-wide confirm Dr. Budwig's findings.... Over 40 years ago Dr. Budwig presented clear and convincing evidence, which has been confirmed by hundreds of other related scientific research papers since, that the essential fatty acids were at the core of the answer to the cancer problem.

How Successful Was Dr. Budwig?



In an interview with Dr. Budwig by Lothar Hirneise in his book ***Cancer Cause and Cure*** by Dr., O.P. Verma, on page 47-48 Dr. Budwig stated "...During my research I found that the blood of seriously ill cancer patients had deficiency of unsaturated essential fats....I also noticed that cancer patients had a strange greenish-yellow substance in their blood which is not present in the blood of healthy people. I wanted to develop a healing program for cancer.

So I decided to straight way go for human trails 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 during last few decades. Prof. Halme of surgery clinic in Helsinki used to keep records of my patients. **According to him my success was over 90%...**"

In her book **“FlaxOil As A True Aid Against Arthritis, Heart Infarction, Cancer and Other Diseases** on page 32, Dr. Budwig makes the following statement: “I often take very sick cancer patients away from the hospital where they are said to have only a few days left to live, or perhaps only a few hours. This is mostly accompanied by very good results. The very first thing which these patients and their families tell me is that, in the hospital, it was said they could no longer urinate or produce bowel movements. They suffered from dry coughing without being able to bring up any mucous. Everything was blocked. It greatly encourages them when suddenly in all these symptoms, the surface-active fats [flaxseed oil and Quark] with their wealth of electrons, start reactivating the vital functions and the patients immediately begins to feel better. It is very interesting to ask how this sudden change is possible. It has to do with the reactions patterns, with the character of electrons.”

Dr. Budwig for some 60 years had outstanding success with her program because she identified a major cause of disease related to a lack of oxygen mainly due to consuming unnatural refined fats and not eating the healthy unprocessed oils/fats. She stated “Our diets often lack the highly unsaturated fatty acids and contain an excess of man-made oils known as trans fats (or partially hydrogenated oils). We are referring to the cooking oils sold in grocery stores. Most companies extract the oil from corn, sunflowers, plants, etc by using extreme heat and chemicals. They are no longer alive but dead oils that cause death to the user. They also are very tough (dead) oils in that they have a 20-year shelf life.

These oils get into our cell membranes and destroy the electrical charge. Without the charge, our cells start to suffocate due to a lack of oxygen. No wonder, Dr. Budwig found that patients often displayed a greenish color to their blood before she gave them the good healthy flaxseed oil mixture. Also these trans fats are also responsible for Type II diabetes, since insulin is a very large molecule it has a difficult time passing through a cell membrane created with man-made fats. The BUDWIG CENTER has a signed authorized document from Dr. Johanna Budwig, on August 24, 2000, to use her approach and in doing so we too have been able to help countless people recover their health. Let’s look at the three main causes of disease and how to effectively remove it from the body as Dr. Budwig did and not just put a “bandage” on it:

The approach at BUDWIG CENTER is much like that of a wise gardener who does not cut off the weeds at the top but “pulls them out by the roots”, because he knows that unless he gets the “roots” the weed will grow back. The same is true of degenerative diseases and cancer activity. We must remove the “root” cause otherwise a year or so later, sad to say it comes back. If you do decide to go down the road of chemotherapy, radiation and other traditional therapies, you will still need to do the complimentary, natural therapy, to truly remove the cause of the degenerative diseases and cancer activity and other diseases.

INTRODUCTION – The 3 Main Causes of Cancer (and all Diseases)

[Cause No 1 – Virus/Fungus](#)

Dr. Royal Rife and Dr. Hulda Clark consider cancer begins when a virus and/or fungus enter our cells. Dr. Robert Beck was a microbiologist who knew that Cancer and tumor activity was caused by very unique viral microbes which were inside of diseased cells. These microbes enter the cells that are weak and damaged due to a lack of oxygen and good nutrition. The area of the diseased cells favors an ideal environment for hosting fungus and once degenerative diseases and tumor activity reaches Stage III and IV there is usually both viruses and fungi together. That is why some cancer diseases and tumor activity protocols work on certain levels and not on others.

Cause No 2 - Toxins

The second major contributing factor of all diseases are toxins. Toxins come from dangerous chemicals (in the workplace, home or garden). The toxins weaken the cells and enable the cancer virus to enter easily. The late Dr. Hulda Clark who examined and treated thousands of patients with degenerative diseases and tumor activity stated that “all degenerative disease patients have both isopropyl alcohol (which is a type of industrial wood alcohol found in many body care and household cleaning products) and the intestinal fluke (parasites, worms) in their liver”. Toxins are everywhere, in fact in just 1 cigarette that are some 3200 toxins! Heavy metal poisoning is common as is infection from root canals. If you have a root canal you would be wise to get the dentist to X-ray that area to see if there is any infection there. If for example the tooth is infected and corresponds to the breast (each tooth corresponds to a part of the body) this could be a contributing factor to breast cancer. Prolonged stress and negative emotional trauma is also toxic to the body. A whole chapter is devoted to this subject as research indicates up to 90% of chronic illnesses have a link to past or present negative emotional experiences. Hormone Replacement therapy and hormonal imbalance also is ‘toxic’ to the body and there are several natural and totally effective alternative solutions that are available.

Cause No. 3 Nutritional Imbalance

Believe it or not many people living the western affluent world suffer from malnutrition. Research and countless testimonials indicate that all illnesses including cancers are linked to nutritional deficiency, especially to the nervous system; the result is a neurological deficiency.

If a person has the cancer virus/fungus in his body and at the same time consumes unhealthy foods (mostly acidic forming instead of alkaline forming), this creates an ideal environment for the virus/fungus to grow and spread. This nutritional deficiency causes structural changes in the amino acid, hormones, biofeedback communication, all cellular nutritional mechanisms, DNA instructions and replication, causing a change in cellular manufacturing instructions and supply.

A regular consumption of white refined sugar, as found in fizzy (soft) drinks (*1 soft drink contains up to 10 teaspoons of white refined sugar*), chips (crisps), store bought pastries, deep fried foods (French fries, donuts) are dangerous fake foods that cause severe damage to your health. Also prepared meats (hot dogs, sausages, bacon, ham) fast foods, food additives, etc. need to be replaced with healthier choices. Most foods are cooked at 350 to 400 F, but whenever we cook our food over 105 F (40 Celsius) instead of steaming our foods, we destroy many of the important enzymes.

Also refined vegetable oils like Trans fats (margarine, refined vegetable oils) used in deep fried foods (French fries, fried chicken, pastries) and processed foods (mayonnaise, refined vegetable oils) actually suffocate the cells when ingested, depriving the body of life giving oxygen. When you see vegetable oils in the grocery store that are labeled 100% pure Corn Oil or Sunflower seed oil, etc.; that is very misleading because it sounds good and healthy, but they are not. Why? Because of the method of very high heat and chemical extraction that was used. Most commercial oil manufacturers use high heat and chemicals to extract the oils from the plants. Chemically processed fats and oils are not water-soluble and when bound to protein; they end up blocking circulation, damage heart action, inhibit the cell renewal process and impede the free flow of blood and lymph fluids. The bio-electrical action of these areas slows down and may become completely paralyzed according to Dr. Budwig. Caustic corrosive chemicals such as sodium hydroxide (better known as *Draino*) are used in the refining process. The vegetable oil is basically ‘killed’ by submitting it to extremely high temperatures of up to 518 degrees F for as long as an hour.

Removing these harmful pseudo (fake) fats from the diet and introducing true nutrition such as flaxseed oil and other cold pressed oils is a giant step forward in overcoming cancer and other common illnesses.

Consume only cold pressed oils, such as flaxseed, olive, sunflower, virgin coconut (this is the best oil for cooking as it can take higher heat and does not break down) safflower, etc that are 'cold pressed' and/or 'virgin' or 'extra virgin'.

The BUDWIG CENTER protocol is correcting the proportions of all the minerals so that they cause the correct electromagnetism in the body and provide the right material for the reactions to take place. Some patients are mystified as they have eaten healthy all their lives, exercised, never smoked or abused alcohol, but are now having to cope with a deadly disease.



This could be due to other factors like; undue stress, excessive toxins in their environment and/or their digestive systems were not working properly to process the healthy foods they were eating, etc.

Why do some people get cancer and tumors or another major illness while others do not? We may all be exposed to parasites, viruses, fungus, as well as harmful toxins. However if we have good nutrition and a strong immune system, the body fights these intruders off. Very few people consume the adequate amount of omega 3 oils and sulphureted protein as in the Flaxseed oil and Cottage cheese combination which would be a great cancer prevention strategy. Also Dr. Budwig recognized the need to oxygenate the body, which her food plan does, because harmful microbes cannot live in the presence of oxygen.

Our immune system is weakened by such things as chemotherapy, radiation, severe negative emotional shock (death in the family, divorce, family problems, financial setbacks, etc.) being overworked and run down over an extended period of time, pessimistic negative thinking most of the time, lack of rest, and improper nutrition that weakens the immune system. Ed Sopcak a Cancer researcher in United States consulted with over 30,000 patients with cancer. He concluded "most all the patients I have spoken with had a major stress in their life six months to 3 years before they were diagnosed with the cancer".

DR. BUDWIG'S WORLD FAMOUS MUESLI (Flaxseed oil and Quark)

The flaxseed oil and cottage cheese (quark) mixture – also known as Budwig Muesli – (together with the anti-cancer disease diet) is the mainstay of Dr Budwig's protocol.



Step 1 Blend 3 US Tbs (UK dessert spoons) of flaxseed oil with 6 US Tbs low-fat Cottage cheese or Quark. (Maximum 2% fat. If there are too high a fat content the oil will not mix in and the muesli will not bring the oxygen to the cells.) Do not mix by hand. Use ONLY a hand-held immersion electric blender for up to a minute on low speed. If the oil does not disappear you may need to add 2 or 3 US Tbs of milk or natural yogurt. The mixture should be like rich whipped cream with no separated oil. **Do not add anything else until the 'whipped cream' stage has been reached.**

Step 2 Separately grind **2 US Tbs of whole flaxseeds** in a coffee grinder and stir into the creamy flaxseed oil and cottage cheese mixture. Note: Ground flax seeds become rancid within 20 minutes, so eat the recipe immediately and do not grind or store seeds ahead of when they are needed. For people suffering from colon or rectal cancer it may be best to not use the ground up flaxseeds but instead add another tablespoon of flaxseed oil to the mixture.

Step 3 Add (Optional) 1 teaspoon of honey (best is raw, unpasteurized honey as it contains all the health-giving enzymes). Try blending in a quarter of a lemon - the whole lot except the pips, or the juice of half a lemon. This takes away any trace of oiliness and gives a nice fresh taste that counteracts any nausea that some have with the mixture

You can also add **organic raw nuts** such as ground hemp seed, ground almonds, sunflower seed, pumpkin seed and brazil nuts (but not peanuts). For variety try vanilla, cinnamon, or shredded coconut. Some people enjoy it with a dash of cayenne pepper ... be creative!

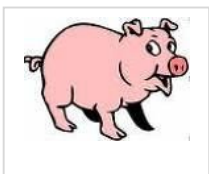
- Flaxseed oil must always be kept in the refrigerator or it will keep for 12 months in the freezer. Arrange to purchase as directly as possible from a manufacturer (like Barlean's who offer a discount for people with cancer so tell them you are using the Budwig Center protocol) or arrange with the local health shop to keep a supply in the refrigerator.
- **IMPORTANT**: The Budwig Muesli should NOT be made ahead of time and stored. Eat it within 20 minutes of preparation. The flaxseeds should not be ground in advance.
- Cottage cheese/quark can be frozen if necessary.

Two appliances are needed with the Budwig Protocol (we provide these during your stay)

- 1 A coffee bean grinder to grind the whole brown or golden flaxseeds
- 2 An immersion hand-held mixer (a stick-shaped mixer) to blend and bond the flaxseed oil and cottage cheese together

Note Whenever Tablespoons (Tbs) are mentioned it is the standard US tablespoon (= 15 ml) which is the equivalent of the British dessert spoon. (1 British Tablespoon is 18 ml). 16 US Tbs = 1 cup.

FOODS DR. BUDWIG SAID TO AVOID



No pork as pigs are toxic animals by nature because of their digestive system. The food they eats stays in the stomach for hours, ferments and becomes highly toxic because pigs do not sweat and have no lymphatic system to remove the toxins from their body. Processed pork in such things as ham, sausages, hot dogs and bacon, are not only loaded with toxins but have additional harmful chemical food additives (i.e. nitrates which are damaging to the prostate).

We know that these foods taste good – *'toxins are indeed tasty'* – but they are dangerous and should be avoided especially if you have a serious illness. It is reported that Jews and other cultures that avoid pork products for religious reasons have very little arthritis which is connected to toxins and parasites, especially the roundworm *Trichinella spiralis*.

NO seafood such as lobsters, clams, shrimp or any other fish with a hard shell. Just as pigs (like flies and vultures) are the cleaners of the earth, shell fish are cleaners of the sea and retain a high quantity of toxins in their system.

Eat fresh wild fish, not farmed fish. (in the Bible book of Deuteronomy, pork, seafood and fish without fins and scales such as eel, cordydras, spotted pims, catfish, elephant nose, loaches. octopus, etc., are called 'unclean')

NO hydrogenated oils, NO trans-fats but instead, consume only cold-pressed sunflower seed oil or almost any cold pressed oils (including olive oil) are acceptable. Virgin coconut oil is the best choice when cooking because it is one of the few oils that does not break down under higher heat (although if you aim to steam most of your food there is very little need to use cooking oils). Coconut oil is also helpful as skin protection when sunbathing.

NO chips (crisps), deep fried foods (French fries, donuts) and no store-bought pastries (make your own with our recipes- see Budwig recipes at the end of the GUIDE.)

NO fizzy soft drinks A fizzy (soft) drink can contain up to 10 teaspoons of white refined sugar. Similarly avoid fruit juices from concentrate which usually has a high sugar content and no remaining vitamins

Avoid white bread and white pasta - Spelt bread and whole grain Spelt pasta are a better choice than wheat as many ill people have intolerance to wheat or gluten. Look for 'sprouted' Spelt or Rye bread, as the gluten is digested in the sprouting process making the bread easier for you to digest. You can also eat whole Rye, Oat, and Multigrain bread that does not contain sugar. Sour dough breads are also a good alternative, but 'sprouted' bread is the first choice. Corn is discouraged because of mould and genetic modification issues.

Dairy products – avoid dairy other than the cottage cheese (Quark) in the Budwig Muesli and a little milk or yogurt added to the mixture if it is too thick. Some high quality cheeses (such as Emmentaler, Gesha, Gouda, Herb Cheese, Sbrinz, Camembert, Gervais, Brie) or goat cheese (2 oz) allowed per day

Butter should be avoided, instead make your own Oleolux (Recipe provided at the end of this GUIDE)

Commercial ice cream - Make your own healthy **Budwig Ice Cream** instead (see recipes). Many commercial ice creams today are simply chemical concoctions presented in appealing packaging designed to sell a product that is not fit for human consumption. Everything from hydrogenated oils, high fructose corn syrup, and dry milk solids are used to produce something still allowed to be called ice cream. Some pretty frightening sounding chemicals like caroxymethyl cellulose, butyraldehyde, and amyl acetate are additives in some commercial ice creams. Diethyl glycol – a cheap chemical used in place of eggs – is also used in anti-freeze and paint removers. Aldehyde C-17, flavoring for cherry ice cream, is an inflammable liquid used in dyes, plastics, and rubber. Piperonal, used in place of vanilla, is a lice killer. Ethyl Acetate, a pineapple flavor, can also clean leather and textiles and its vapor has been known to cause chronic lung, liver, and heart damage. Other unsavory ingredients contained in many of the most famous grocery store ice creams include: mono and diglycerides, disodium phosphate, benzyl acetate, mono stearate, propylene glycol, sodium benzoate, polysorbate 80, potassium sorbate, modified corn starch and soy lecithin. Learn more: http://www.naturalnews.com/023849_ice_cream_ingredients

Sugar, maple syrup or molasses – these types of sugar can feed the cancer fungus/virus.

Black tea and coffee. Although some reports show that coffee has some health benefits there is an issue of toxins.

Soy milk or soy products (except natural fermented soy sauce). Many of the **soy products** available in the West have been treated with harsh shortcuts and are genetically modified. They can have suppressive effects on the thyroid and, by extension, the immune system. They contain significant amounts of glutamate and have effects similar to MSG. Even traditionally-fermented soy products have a downside and are linked to various forms of

neurological atrophy. Broad based population studies in China have indicated increased incidence of Alzheimer-related syndromes in populations with the greatest consumption of soy. In addition the phytic acid in soy can chelate (remove) calcium from the system. Soy is also a thyroid inhibitor.

Processed foods – they contain unhealthy quantities of refined salt, sugar and preservatives

Microwave - destroys many of the health-giving benefits of food.

Teflon - When Teflon pans start to peel and the Teflon disappears, it has gone into your food and therefore into your body. It is especially bad for the reproductive system.

Aluminum cooking ware or aluminum foil. We recommend enamel cooking ware. Stainless steel, ceramic, cast iron, glass and corning cookware.

FOODS DR. BUDWIG ENCOURAGED

Fruit - all natural fruits are acceptable and especially berries. However as much as possible always purchase organic fruit. It is best to make your fruit juice using a **BLENDTEC** or VITAMIX juicer that keeps all the pulp in with the juice. Sold in N. America <http://www.blendtec.com> for other countries: www.Costco.co.uk

Dried Fruit – Figs and Dates are of the two most complete foods on the planet. Camel milk and dates are traditional mainstays of the Bedouin diet and reportedly they rarely get sick and live even to over a hundred. Especially the big fat Medjool dates are packed with 16 vitamins and minerals, plus they are a good source of dietary fiber and a good sweetener in many recipes

Sweeteners – Agar, this is a jelly-like substance, obtained from [algae](#), Stevia from plants and Xylitol from Birch trees (avoid Xylitol from corn or other sources)

Oils – Consume only oils that are cold pressed (or Extra Virgin). **Hemp oil** contains all the essential amino acids and essential fatty acids necessary for human life, as well as a rare protein known as globule edestins that is very similar to the globulin found in human blood plasma. Dr Budwig used **coconut oil** and is the only oil suitable in baking and cooking as it does not break down in high heat.

Cocoa and chocolate – most chocolate fudge/bars is loaded with sugar, so make your own delicious chocolate fudge. Only raw chocolate provides all the incredible benefits of chocolate. (see raw chocolate fudge recipe)

Eggs – Dr. Budwig was Vegetarian (or close to it) and so she did not use eggs in her cooking. She allowed some types of meat so free range organic eggs would probably be allowed but it is controversial. The only comments we could find was in her **“Oil Protein CookBook** on page 175 she stated that “scrambled eggs and fried eggs prepared with bacon or lard can cause problems.” If you decide to consume eggs, opt for poached, soft boiled or raw eggs (interestingly people that are intolerant to eggs are usually not when consumed raw) and of course without the bacon or lard. Eggs yolks are one of the most nutrient-dense, antioxidant-rich and vitamin-laden foods on the planet! They contain 90 percent of the calcium, iron, phosphorus, zinc, thiamin, B6, folate, pantothenic acid, Vitamin A,D, E and B12 along with heart-healthy omega 3. In addition the yolk contains all of the fat-soluble components, such as vitamins A, D and E, not to mention the heart-healthy omega-3 fatty acids. Eggs are a rich source of choline, lutein and zeaxanthin. Choline is essential for cardiovascular and brain function. Eating more of it may mean less inflammation, heart disease, diabetes and Alzheimers. If you decide to consume raw eggs, the only danger is the shell. Wash the egg shell properly so no manure is on it. Crack it into a glass, smell it, if it smells fresh, add a little fresh fruit juice and drink it down.

Fermented foods are recommended and especially sauerkraut and **sauerkraut juice**. Dr. Budwig had all her patients drink a glass of fresh sauerkraut juice first thing in the morning. She recommended you add a little pineapple juice if you found 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. Insomnia and Indigestion plague many of us as we get older. Usually insomnia is related to poor, slow digestion. There seems to be no better remedy than starting your day with a glass of sauerkraut juice and 3 to 6 capsules of a quality probiotic to fix this problem. If the indigestion persists first thing in the morning drink 1 glass (8 oz / 235 ml) of Aloe Vera juice (50% Aloe Vera gel from the inside of the Aloe Vera plant leaf and 50% water and a little fruit juice for flavor, for 1 week to dislodge old fecal matter build up on the insides of the intestinal walls, then get a colonic to remove this debris. This has worked wonders for many who for years have suffered from bloating and indigestion. Usually after this treatment people who were lactose intolerant and had difficulty eating the Flaxseed oil and cottage cheese mixture, can now enjoy it.



Steamed and raw vegetables are good for you. However, cooking food at temperatures of more than 105 F (41 Celsius) destroys important enzymes in the food. Most people put their ovens at 350 F so very little real food value is left. Boiling food is not much better as the water you throw down the drain has most of the vitamins in it. Invest in your health by investing in a Food Steamer <http://www.amazon.co.uk/Steamers-Cookware-Kitchen-Home>

Vegetable Juices – Consume daily carrot juice and other green juices.



Nuts - If you're looking for a nutritious, quick snack, nuts (raw, organic and in moderation) are a great option. Don't worry about nuts making you fat. That is a myth. Nuts contain 'healthy' fats, fiber, plant sterols and many vitamins and minerals and help reduce substantially chronic illnesses. In fact if you want to lose weight consume Macadamia nuts and cold pressed Macadamia oil in your salads and cooking as it can stand higher temperatures. A recent study involving more than 13,000 people, published in the Journal of the American College of Nutrition found out that nuts

1. Decreased body mass index and waist circumference and lower weight
2. Lower systolic blood pressure
3. Decreased prevalence of cardiovascular disease, type 2 diabetes, and MetS [metabolic syndrome]."

Contact an importer or wholesale outlet for nuts that are organic and raw, not irradiated or pasteurized. You need to be cautious with the quantity of nuts you eat, but this is not because they will make you "fat," as many believe. Instead, the reason for moderation is that almost all nuts are top heavy in omega-6 fats and can upset your omega-6/omega-3 ratio.



Walnuts have a higher concentration of Omega 3 fatty acids. A cracked whole walnut looks much like the human brain, and it so happens that walnuts can be used to treat brain injuries and enhance cognitive function, which is why it's referred to as a "brain food." In a study conducted at the Lipid Clinic in Barcelona, Spain, 21

men and women with high cholesterol were given a regular low-calorie diet or one where one-third of the monounsaturated fats were replaced with walnuts.

After 4 weeks, the participants switched to the other diet. Along with the reduced levels of cholesterol, the walnuts were found to increase the elasticity of the arteries by 64% and to reduce levels of vascular cell adhesion, a key player in the development of atherosclerosis, or the hardening of arteries. A study on walnut reported the following "A form of vitamin E called gamma-tocopherol, found in high abundance in walnuts, has been found to help fight breast, prostate, and lung cancer. When the blood of those who consumed walnuts was dripped over cancer cells, it caused the cancer cells in a petri dish to die within a few hours"

Herbs and Herbal teas – such as Chai tea, Jasmine tea, Basil, cinnamon bark, clove, fennel seed, dandelion, fenugreek seed, ginger, spearmint, star anise, turmeric and thyme,

Avoid leftovers Food should be prepared fresh and eaten soon after preparation to maximize intake of health-giving electrons and enzymes. You are more at risk with food poisoning from leftovers, which is something you especially don't want if you already weak and fighting a serious illness.

Spelt pasta and sprouted grains in bread, such as Ezekiel or other sprouted bread products

Skins on most vegetables hold most of the vitamins and nutrients. Try to include them as part of your meal instead of discarding them. Just to illustrate that, an earthquake cut off a wealthy family from the rest of the population and by the time the rescue workers arrived they had all died except the maid. They asked the maid how it was that she was still alive. The maid did not know but she said all we had to eat was potatoes, so they had me peel the potatoes and cook them. They would not give me any. I ate the peelings and they ate the potatoes!

Salads – Raw fresh green salads and coleslaws are highly recommended. Try to have one or two salads per day. Again organic when possible. Avoid Iceberg lettuce it has almost no nutrition and often causes heartburn

Meat - Dr. Budwig, 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.*" Lothar Hirneise spent many years working with Dr. Johanna Budwig. In the book "**Cancer Cause and Cure**", Lothar interviewed Dr. Johanna Budwig and on page 56 of this book Dr. Budwig stated: "*I reject frozen and preserved meat. Fresh meat is OK.*" If you decide to eat meat choose, free range organic **Poultry (chicken, duck, turkey)**. Avoid non organic red meat that contains artificial hormones and anti-biotics. Processed meats have several harmful preservatives. Try to obtain your protein mostly from plant sources (nuts and seeds and plant oils), organic free-range eggs and fresh wild fish with fins and scales. Hemp oil and hemp seeds (cold pressed). Good sources of additional protein are **Spirulina** (containing about 65% protein - higher than any other natural food - far more than animal flesh (20%), eggs (12%), whole milk (3%), soybeans (35%), peanuts (25%) or grains (8 to 14%) and over 26 times the calcium in milk), **fish** (with fins and scales). There are also many vegetarian sources of protein such as hemp, lentils, nuts and seeds.



Coconut oil is most important when fighting brain cancer. It helps reduce the inflammation as well. Start off slowly by adding just 1 tablespoon (British dessert spoon) to your diet. If you don't like the taste then apply it topically and don't worry your skin will absorb it. Some people do not really like the flavor of the coconut oil although it is very mild. Apparently in Canada they sell pure virgin coconut oil that is odorless.

Dr. Budwig was a strong proponent of **Coconut oil**. She used it in many of her recipes. See **OLEOLOX-FAT** at the end of this book in the recipe section. Dr. Bruce Fife, author of **The Healing Miracles of Coconut Oil** states, "Coconut

oil is the healthiest oil on earth." Coconut oil contains Lauric acid which has been shown to activate 20% of otherwise dormant thyroid hormone, naturally increasing metabolism! This is amazingly good news for people with thyroid problems and for those trying to lose weight as it keeps the cravings at bay while increasing metabolism and flushing toxins out of your body!

You can reap the rewards of coconut oil by applying to your body daily as a moisturizing regimen. Apply coconut oil with a few drops of tea tree oil to control dandruff and make your hair shiny and easier to manage. Even butter or cooking oils can be replaced with coconut oil in baking or blending up smoothies. In fact cook only with coconut oil as it is one of the few oils that does not break down when exposed to high heat.

WHAT THERAPIES ARE COMPATIBLE WITH THE DR. BUDWIG PROGRAM?

Budwig-friendly 'alternatives' to so-called "indispensable" medications include treatment modalities which are either natural or in other ways 'biological' and which support (or at least don't hinder) the body's self-healing at a causal and cellular level (instead of merely addressing/suppressing symptoms while flooding the body with foreign toxins as drugs tend to do. Such bio-logical modalities in the larger sense include phytotherapy (herbs), hydrotherapy, homeopathy, colour therapy, psychological, mental (guided imagery, visualization, affirmations etc.), energetic (Qigong et al.) as well 'healing tones music' (provided by Budwig Center), as well as numerous other approaches that enhance vital processes. They can be as "simple" as the immune-enhancing humour therapy (laughter), prayer, massage, foot reflexology as well as E.F.T. (Emotional Freedom Technique) etc.

<http://www.healingcancernaturally.com>

BUDWIG CENTER CANCER CLINIC THERAPIES

Bio-Magnetic Therapy products astonishing benefits – The basic approach of Dr. Budwig also involved pH balancing. Although BioMagnetic therapy did not exist in the time of Dr. Budwig it would not conflict with her approach as it involves no electricity, no chemicals and nothing is ingested. These are not electro magnets but the standard Neodymium type. We do not use nor encourage electromagnetic therapies. Viruses like cancer live in an acidic pH environment. Bio-Magnetic therapy changes that to a pH neutral state resulting in the neurosis (death) of the cancer cells because they simply cannot exist in a pH neutral environment. Our Bio Magnetic therapist after 10 years of treating people from all over the world, using a therapy that involves the application of special Bio Magnets placed strategically on the body of patients has helped with basically most types of illness with a very high success rate. [Here are some of the common health problems that our therapist has treated with astonishing results:](#)

Allergies	Attention deficit hyperactivity disorder (ADHD)	Candida Albicans
Anxiety disorders	Bipolar disorder	Crohn's disease
Arthritis	Cancer	Cystic fibrosis
Asthma	Chronic fatigue syndrome	Depression
		Diabetes

Eating disorders		Muscular dystrophy
Endometriosis	HIV/AIDS	Narcolepsy
Emotional Issues	Infertility	Obesity
Epilepsy	Inflammatory Bowel	Obsessive compulsive disorder (OCD)
Eczema	Low Libido	Polycystic ovary syndrome
Fibromyalgia	Lactose Intolerance	Psoriasis
GERD (Gastroesophageal Reflux Disease)	Lupus	Papilloma
Growth hormone deficiency	Migraine Headaches	Rheumatoid
Heart diseases	Mono(nucleosis)	Ulcers
	Multiple sclerosis	

HOW DOES BIO MAGNETISM WORK?



Bacteria and parasites live and grow in an alkaline environment while viruses and fungus live and grow in an acidic environment. They cannot live in a pH neutral (7 pH) environment. The Bio-magnetism Therapist applies sets of magnets by pairs, always one positive polarity and the other negative polarity. This creates an ideal pH neutral field and as the harmful pathogens cannot survive in that environment (they need an acid or alkaline terrain) and hence rapidly die off. When **BioMagnetism** is combined with the Dr. Beck and Dr. Budwig protocol the results are longer lasting as you continue to destroy any leftover pathogens and any future harmful viruses that invade the body.

When we expose ourselves to toxins and have a regular diet of acidic junk foods we create an ideal terrain for these harmful pathogens to remain in our body and cause severe health issues.

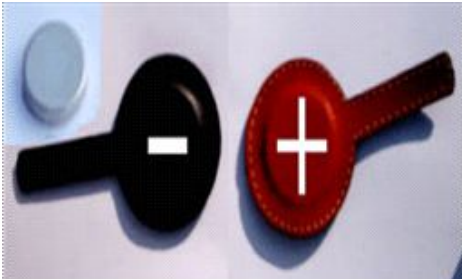
However even people that take extreme caution with their food choices and environment fall prey to these nasty pathogens. Viruses and harmful bacteria are easily picked up as we interact with others, from animals (saliva, urine, and feces), decaying soil, ticks, mites, public areas (hospitals, spas, pools, public toilets, etc.), travelling abroad and sexual contact. They are everywhere and we have a constant battle with them which is why we need to constantly fight them off using bio magnetism.

The only true solution to enable the body to heal itself is to destroy these harmful pathogens. However that is much easier said than done. These harmful viruses, bacteria, parasites and fungus are very clever and when you attack them in one area they move and hide in another. In addition they work together so that when you destroy one but not the other, they reappear.

The BUDWIG CENTER has researched several different therapies over the past 30 years to find one that is fast and effective in destroying these harmful pathogens. The very best therapy we have discovered is BIOMAGNETISM.

Biomagnetism or Biomagnetic Pair Therapy is a new revolutionary, scientific and therapeutic approach to healing that differs from Traditional Medicine, Homeopathy, standard magnetic treatments (blankets, necklaces, wristbands, Papimi, etc), Herbs and Naturism.

BIOMAGNETISM – A FAST AND POTENT THERAPY



Biomagnetic Pair Therapy or Biomagnetism is a therapeutic system developed by Dr Isaac Goiz Duran, MD based on his discovery of the first Biomagnetic Pair BMP on 1988. You may not have heard of this incredible therapy because Dr Goiz has made a lot of inroads in the Spanish speaking world but is almost unknown to other languages and cultures.

Dr. Goiz has very successfully treated more than 350,000 patients with Biomagnetism and has trained more than 20,000 Medical Doctors and other Health Therapists from many different countries.



BioMagnetic treatment at BUDWIG CENTER

The admirable simplicity of this system allows working with powerful but inoffensive magnets of different forms from which amazing results are obtained. It's totally different from magnetic therapy; the only similarity is the use of magnets. Biomagnetism is a comprehensive alternative therapy for diagnosing, healing and preventing disease. It is in no way similar to magnet therapy.

He found that by using specially designed magnets (minimum 1000 gauss strength) placed by pairs (Positive and Negative) on specific areas of the body to fight these harmful viruses, bacteria, parasites and fungus he was able to effectively help literally thousands of people with all types of health issues.

Several patients commented that even during the magnetic treatment session, they felt an energy surge as the body was reacting to the destruction of these harmful pathogens.

People, who have spent a literal fortune on therapies from both the medical and naturopathic approach with no tangible positive results over many years, have reported instant improvements in their health even after just one session of Biomagnetism.

What to Expect with a Biomagnetism Session

Lying down on the massage table, fully clothed, we scan the whole body for pH imbalances. Is a noninvasive, low cost, safe therapy, with no side effects. Most conditions improve or resolved in 1-3 treatments, some may require 3-5 while a few chronic or long term conditions may require more than 5.

The most effective and fastest results are obtained when you come to our clinic for a full session. However for those who cannot travel to the BUDWIG CENTER in Spain for this treatment we can help them with a "Distance Program".

Each treatment session at the BUDWIG CENTER of Par Biomedics lasts about an hour. The therapist will first locate specific areas or points that need treatment which corresponds mostly to organs and tissues that suffer distortion.

COLLOIDAL SILVER

Ionic Colloidal Silver to help the immune system and is a potent natural anti-biotic, in fact, Colloidal Silver is the most powerful natural antibiotic known to man.



Colloidal Silver Maker provided to all who enroll in the BUDWIG CENTER programs



It is estimated to kill over 650 different disease-causing pathogens (bacteria, viruses, fungus and yeast).

Colloidal Silver also stimulates the production of healthy stem cells. Colloidal silver is the result of an electromagnetic process that pulls microscopic particles from a larger piece of silver into a liquid, such as water.

As tiny particles, the silver can more easily penetrate and travel throughout the body. Colloidal silver works as a catalyst, disabling the enzyme that all one-celled bacteria, fungi and viruses use for their oxygen metabolism.

In short, it suffocates the bad microbes. Faced with colloidal silver instead of antibiotics, these disease causing pathogens don't have the capacity to develop resistant strains.

Colloidal silver is virtually nontoxic, making it safe for children and adults, as well as pets. Drink 8 to 16 oz. (2 to 4 glasses) of self-made Silver Colloid daily. Keep it in your mouth and swish it around for a while first, before swallowing it. Colloidal silver is an antimicrobial nutrient and is perfectly safe for humans, pets and plants. Its main purpose is to kill the microbes in the blood and most of those in hiding. It stimulates white blood cell production, thus boosting the body's ability to attack cancers and pathogenic

microorganisms and stimulates red blood cell production, thus boosting life-giving oxygenation of the body's cells, tissues and organs

HYPERTHERMIA

The BUDWIG CENTER also offers hyperthermia, which is an artificially induced fever. Dr. Budwig encouraged this therapy. And studies indicate an average of 83% reduction in tumors using hyperthermia. Hippocrates noted that "illness not cured by heat is incurable." In 1927, Julius Wagner-Jauregg received the Nobel Prize in medicine for work involving the therapeutic application of hyperthermia. Fever has long been a misunderstood and mistreated symptom. Most orthodox doctors try to combat and suppress fever, with drugs. However, the fact is that fever is a constructive, health-promoting symptom, initiated and created by the body in its own effort to fight infections and other conditions of disease and to restore health.

Fever speeds up the metabolism, inhibits the growth of invading virus or bacteria, and accelerates the healing processes. Hyperthermia is a therapeutic procedure used to raise the temperature of cancerous tumor to at least 108°F for one hour.



It is based on a simple and easily verifiable scientific fact that a temperature of 108°F kills cancer cells but not normal human tissue cells. In normal tissues, blood vessels open up (dilate) when heat is applied, dissipating the heat and cooling down the cell environment.

Unlike healthy cells, a tumor is a tightly packed group of cells, and circulation is restricted and sluggish.

When heat is applied to the tumor, vital nutrients and oxygen are cut off from the cancer cells. This results in a collapse of the tumor's vascular system and destruction of the cancer cells.

All we need is some way to raise the body's temperature, and we create a selectively negative environment for the renegade cancer cells, which can be mopped up by the immune system.

There are several other methods used to induce hyperthermia, such as full-body submersion in hot water, ultrasound, and saunas, to name a few. There are few side effects and the body has the ability to recover from the low dose radiation in most cases.

Dr. A. Lwoff, a famous French bacteriologist, has demonstrated in repeated scientific experiments that fever is indeed a "great medicine," and that it can help to cure many "incurable" diseases. Renowned oncologist, Dr. Josef Issels, stated: "Artificially induced fever has the greatest potential in the treatment of many diseases, including cancer." Keep in mind that this remark was made by one of the leading cancer specialists in the world!

Hyperthermia gives tumors a “triple whammy” by:

1. Removing accumulations of toxic chemicals that cause tumors and disease
2. Improving circulation so that tissues are both nourished with oxygen and flushed of acidic wastes
3. Weakening or even killing tumor cells that have a lower tolerance for heat than healthy cells.

Over 2,000 years ago, the famous Greek physician, Parmenides, stated “Give me a chance to create fever, and I will cure any disease.” This traditional wisdom has certainly stood the test of time. *Source - Chapter 6 – NON-Toxic Treatments Cancer – Step Outside the Box page 194*

VISUALIZING – Imagine Your Cancer Into Oblivion



Lothar Hirneise who trained under Dr. Budwig is a strong proponent of visualization techniques for restoring your health. He works with the Jack Black **Mind Store** system. Lothar claims that visualizing is an important tool in recovering your health but it must be done properly. At the BUDWIG CENTER we share with you an incredible Visualizing technique that you will benefit from doing on a daily basis.

HEALING TONES – Music to heal your DNA

No matter what language you speak, everyone all over the world can listen and enjoy the pleasant sounds of music without any language barriers. However only recently have we discovered or should I say rediscovered the power of certain music tones that promote healing



Have you ever noticed how your favorite music can make you feel better? Well, new research studies now show how music can make you smarter too! Scientists at Stanford University, in California, have recently revealed a molecular basis for the **Mozart Effect**, but not other music. Dr. Rauscher and her colleague H. Li, a geneticist, have discovered that rats, like humans, perform better on learning and memory tests after listening to a specific Mozart sonata.

<http://www.howtolearn.com/products/mozart-effect>

Apparently, Aristotle knew the power of music could heal the sick.

"Since ancient times, music has been recognized for its therapeutic value. Greek physicians used flutes, lyres, and zithers to heal their patients.

They used vibration to aid in digestion, treat mental disturbance, and induce sleep. Aristotle (373–323 BCE), in his famous book *De Anima*, wrote that flute music could arouse strong emotions and purify the soul. Ancient Egyptians describe musical incantations for healing the sick."

Special music tones are being used in clinics and health centers to heal, repair, protect against disease, to soothe postoperative pain, lower blood pressure, and boost immunity.

In fact, a recent study by the UK-based *Journal of Advanced Nursing* has uncovered that by using "Healing Tones" daily chronic pain and other painful conditions reduced by up to 21% and depression by 25%

The scientific reason is that selected tones of music can balance hormones, boost the release of endorphins, giving you a greater sense of peace ... which could lead to faster recovery and give you more profound healing.

How these frequencies relate to your body is no great mystery. Think of sound and vibrations. Ever "feel" heavy bass in the pit of your stomach? That's because the vibrational aspect of the bass is exciting the cells in your body. When properly tuned for healing those same vibrations resonate throughout and can realign your cells ... promote healing ... and may increase the cells' chance of pushing out certain diseases and health risks.

Musical tones recorded in frequencies that positively affect the body. Glass can shatter when a certain frequency strikes it. Tones excite molecular structures – like the bass in your stomach. Even a microwave excites molecular structures – that's how it heats food! Frequencies are all around us and they're even inside of us ... part of our DNA. **Healing Tones** is a selected combination of frequencies combined with music to correct misalignments – it was designed to put you back together and help repair damaged DNA – the genetic blueprint of life."

- It helped Lisa W. get rid of the tinnitus that'd been bothering her for months...after just a couple of days of listening!
- It helped eliminate the knee pain that had Lynn immobilized...in just a few hours!
- And it helped Mike M. regain full range of motion and become pain-free (in spite of a pinched nerve in the neck and lower back spasms)—just in the time it took to drive home from the grocery store!
- Gave a mother of five renewed energy
- Calmed a 10-year-old boy with autism...
- Improved a man's focus at work and even lower his blood pressure...
- Relaxed a woman's son with ADHD—and her stressed-out co-workers, too...
- Put a busted-up trauma patient who suffered a motorcycle accident to sleep...
- Let a woman wake up without searing pain in her back for the first time in years...

...and dozens more incredible healing breakthroughs!



Center.com

Healing Tones is a beautiful creation of instrumental music with underlying healing frequencies. The selected 396, 417, 444 and 528 Hz are the basis of the Healing Tones and necessary for DNA restoration. You can actually feel the hope and healing resonate in your body the moment you hear the songs. When you lie in the sun or outside in nature as recommended by Dr. Budwig put on some earphones and enjoy the benefits of "Healing Tones" daily. These are not the frequencies available on YouTube FREE of charge. No, in

fact they simply run a loop of a single sound in the corresponding frequency. They are not only boring but have little health benefit.

Do not be surprised after listening for several days in a row that you notice some additional benefits such as: less feelings of fear, guilt, procrastination, additions, depression, pain and more feelings of peace, forgiveness, productivity, creativity,

Begin your journey of healing today by using the “Healing Tones” along with the full original Dr. Budwig program. Note: These “**Healing Tones**” are provided free of charge to everyone that enrolls in any of the Budwig programs.

FAR INFRARED SAUNA

Another therapy used at the BUDWIG CENTER is FAR Infrared sauna therapy. Dr. Budwig was in favor of Hyperthermia and heat therapy. One of the most effective ways to detox the body from harmful heavy metals is by doing FAR INFRARED sauna therapy. Everyone with any chronic illness should invest in a FAR INFRARED DRY SUANA. At the BUDWIG CENTER all our rooms are equipped with a portable blanket type sauna and we encourage all our patients to purchase a portable blanket type FAR Infrared sauna to use daily at home. Sweating and fever are Nature’s way of riding the body of poisonous toxins and heavy metals. Interestingly many people with a degenerative disease and other ailments do not sweat or do not sweat easily. Poisonous toxins are trapped for years in the body.



The benefits of high temperatures is that millions of weak degenerative cancer cells are weakened even further by controlled high temperatures and when they self-destruct these are naturally expelled from the body. The idea is to heat the body to temperatures - between 107 and 113 degrees F (about 41 to 45 Celsius). Typical sweat produced under normal conditions and regular steam saunas contains 97% water and 3% toxins.

Sweat produced from a Far Infrared sauna is found to be 80-85% water and 15-20% toxins!

The BUDWIG CENTER puts a lot of emphasis on detoxifying your body to get rid of an accumulation of potentially carcinogenic heavy metals: *Such as lead, mercury, zinc, nickel, cadmium, as well as alcohol, nicotine, sodium, sulfuric acid lead, copper, aluminum, pesticide residues, petroleum-based toxins, chloride, fluoride, as well as fat and cholesterol.* Drink plenty of pure water during each sauna session.

CAUTION: For women with breast and/or lymphatic cancer or water retention (ascites) a sauna, increases lymphatic inflammation, and can cause lymphadema, which can raise CEA 15-3 levels. Saunas therefore are not recommended in these cases

Step 1 Place a towel on the bottom of the Infrared blanket so it will warm up with the blanket for about 10 min.

Step 2 Drink at least 2 cups of Ginger Root tea right before the session or 2 cups of Oregano tea (avoid oregano tea if you have high blood pressure) along with 2 or 3 ginger capsules to help generate sweating and an ‘artificial fever’. If you sweat very easily this step may not be necessary.

Step 3 Undress completely and put a towel under you and over you and then remain in the sauna blanket for approx., 30 minutes at 50 Celsius and work up to 60 Celsius for 60 minutes. Put a towel around your neck so all the heat stays right inside the blanket. Also put a blanket over the entire sauna unit so that it will keep all the heat in and give you a very good session. If you develop symptoms, such as: feeling faint, nausea, do not start sweating after 10 minutes, develop a headache, vomiting or general malaise the session should be stopped.

Step 4 After the session you will have a warm to cool shower to close the pores of the skin. Wipe down the blanket with 3% hydrogen peroxide after session and once a week air out the sauna blanket in the sunshine for 30-60 minutes

Sauna and Flaxseed oil – Another effective way to combine the benefits of FAR Infrared sauna and flaxseed oil is to apply flaxseed oil over the entire body front and back and then have the patient sit in an Infrared sauna for 30 minutes (more or less time depending on the condition of the patient). Or if you have the blanket type sauna, open the sauna blanket and put an old towel down and then an old cotton bed sheet. Apply the flaxseed oil to the back and legs of the patient and then have the patient lie on to an old cotton bed sheet. Apply more flaxseed oil over the front of the patient then wrap the old cotton bed sheet over the patient, close the sauna blanket and cover the entire outside of the sauna with a blanket to keep all the heat in. Give a 30 minute of more, (depending on the condition of the patient) sauna session at the heat level that they can withstand. This treatment is recommended 2 or 3 times a week for all cancer patients and every day for the very ill.

Everyone that enrolls in any of the BUDWIG CENTER programs will automatically receive a list of all the suppliers for all the different therapies and equipment needed.



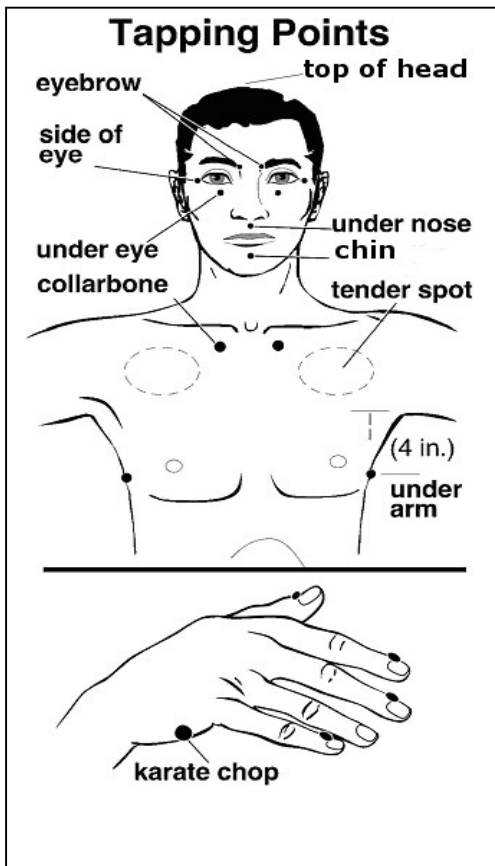
EMOTIONAL HEALING with E.F.T. (Emotional Freedom Technique) “Tapping”

Dr. Budwig was very aware of this larger energetic-emotional-mental-spiritual picture of health and illness, as can be seen from statements like the following: “It is very important to view the person as a unit consisting of body, emotion, and mind/spirit. However, the factor that is primarily effective at any one moment can vary greatly among individuals. ... In a human being, all three factors belong together. [People] do not get sick the same way. The individual's life [vital] function always plays a very significant part.”

The BUDWIG CENTER places a lot of emphasis on combining natural healing remedies with emotional healing. Research shows that the immune system is challenged if during weeks, months and sometimes years you have to face negative emotional experiences.

Severe negative emotional shock (death in the family, divorce, family problems, financial setbacks, etc.) often will precede degenerative diseases.

Ed Sopcak, a Cancer researcher in United States, consulted with over 30,000 degenerative disease patients. He concluded that 'most all the cancer patients I have spoken with had a major stress in their life six months to 3 years before they were diagnosed with degenerative disease and tumor activity.



Medical doctor and cancer surgeon Ryke Geerd Hamer has examined 20,000 degenerative disease patients with all types of degenerative diseases.

Dr. Hamer, from his personal experience--he himself has had a cancer -and from those patients he took care of, Dr HAMER established over the years that there is always a definite syndrome at the source of cancer and not just a kind of stress. It requires a strong stimulus, a brutal psychic trauma, which hits the patient as a major event in his life, an acute dramatic conflict, lived in a complete psychic isolation.

The Body-Mind Connection The importance of adding emotional healing and sessions of well-being to a successful degenerative disease treatment program is emphasized by the research of the John Hopkins Hospital which stated that: 'Cancer is a disease of the mind, body, and spirit.

A proactive and positive spirit will help the cancer warrior be a survivor. Anger, resentment and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life'

EFT - WHO'S WRITING ON THE WALLS OF YOUR MIND?

PAST INFLUENTIAL WRITING - My teacher said I was thick and that I would never amount to much and he was right. My friends said I was easily influenced and I am.

My Mum reacted as if whatever I did was never good enough - and it never was. My closest friend told me I was too soft and I am. Why are other's observations or predictions still happening? Could it possibly be anything to do with me? Was it what was said, or how I perceived life for me which became the mechanism of a self-fulfilling prophecy?

This happened, or is still happening, for me as long as I continue to hold onto these beliefs. This is often an unconscious process which was intended for a positive purpose.

My knee jerk reactions can be triggered by my self-talk, the images created in my mind as well as taste, touch, smell or gut feelings.

PRESENT WRITING - When we think of the 'here and now' we may well ask who is currently writing on the wall of our mind? Are we still stuck in the mire of an old self fulfilling prophecy? Why do we continue to believe what was said to us? Did we just believe negative suggestions or did we also absorb positive messages? From where do the images we keep seeing originate?

Basically, the idea is that most emotional issues involve a disruption to the free flow of the subtle energies that circulate throughout the body.

In short, when emotional stress occurs those subtle energies have been short-circuited. Correct this disruption and the problem reduces or disappears. This process is like an emotional version of acupuncture except that needles are not used. Instead, you stimulate certain energy meridian points by tapping on them with your fingertips.

Interestingly, since our emotional stressors are often linked with our physical ailments, we often find that diseases and other symptoms fade upon proper use of this process.

There are tens of thousands of psychologists and medical doctors that are currently using this exciting innovation in medical care. Past emotional hurts, anger, jealousy, conflict, trauma, etc. must be dealt with.

Please click on this [link below](#) and you can access a complete EFT Seminar with incredible information that will get you started without delay

http://www.2011tappingworldsummit.com/Access2011VIP/2011_goldpass.html.

FILOPUR SWISS WATER FILTER



FILOPUR Water purifiers are high quality Swiss made products, the result of 25 years of experience in the domain of drinking water purification. The body of an adult consists of around 70% water; the body of a newly born consists of over 90% water, as does our brain. A reduction of the water balance in our bodies can lead to serious physiological disorders. A continuous and sufficient level of water consumption is vital to our health. Water is the most important transport agent within our bodies. It brings nutrients to the cells and drains off metabolic residue and toxins.

Blood contains the largest amount of water, followed by the brain. Thus, it is a proven fact that water drinking increases the power of thought.

Microfiltration: **FILOPUR** uses the smallest pore size of 0.4 microns and effectively eliminates bacteria, giardia, cyst and larger particles from the tap water. Mineral salts, which are healthy for the body, remain in the water as they are in the ionic and molecular range and therefore can pass the filtration. The **Filopur C1** filter consists of several layers for a deep bed filtration. To do so, the nine layers fulfill

three different functions: After the pre-filtration the water passes the deep bed filtration prior exiting through the post-filtration. It removes water hardness, nitrate, inconvenient smells and flavors, chemical impurities and reduces harmful bacteria content up to 100%

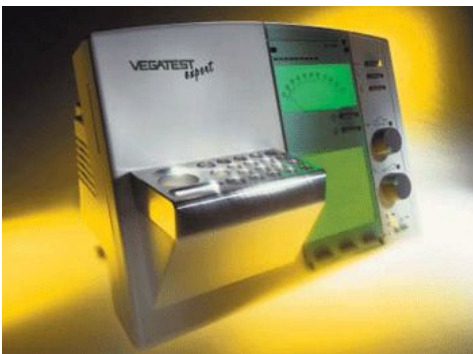


FILOPUR also comes in an under counter model

Activated carbon: Activated carbon is made out of coconut shell and has the strongest physical adsorption forces of all known materials. Adsorption is a chemical reaction which leads to a bonding of organic compounds on the activated carbon. The activated carbon eliminates organic compounds and other chemical substances from the water. For example chlorine, fuel or diesel but also substances such as herbicides, pesticides and atrazine are being removed. Silver ions: There are silver ions mixed in the activated carbon. These ions have a bacteriostatic effect and effectively avoid a contamination of the filter. The FILOPUR C1B filter consists of 9 layers and three filtration stages: The pre-filtration for particle filtration, the deep bed filtration and post-filtration. The deep bed filtration is achieved by making use of several layers and combines three different technologies in each layer.

The BUDWIG CENTER has invested considerable time into researching the best water filters on the market and this compact easy to install **FILOPUR** water filter made with Swizz high quality came out as one of the best and affordable water purifying systems we have come across. You can order the FILOPUR Swizz water filter at our *STORE*: www.BudwigCenter.com

“VEGA EXPERT” CANCER TESTS



When a patient seeks treatment for a certain illness most clinics give more or less the same protocol to all their patients. This may work some of the time, however a ‘personalized’ program is proven to produce faster and better results.

The BUDWIG CENTER using the **VEGA** Energy Frequency Bio-Resonance equipment is able to do a complete body scan. This is high quality German technology and is very accurate when used by a properly trained therapist.

We monitor the progress of all our patients, even at a distance (using hair and urine samples that hold the DNA of the patient) so that we can see how our program is causing the cancer to go into remission.

The VEGA TEST will help determine the real origin and true cause of your health problems and at the same time recommend remedies that your body ‘personally’ needs to heal itself.

Our VEGA equipment at the BUDWIG CENTER will verify all aspects of your health such as the major organs (i.e. heart, lungs, liver, brain gallbladder, etc), the backbone, teeth, tendons, hormones. Also muscles, parasites, viruses, harmful bacteria, Candida, infections as well as your emotional state of

health which could be a major contributing cause to illnesses. The body works like a complete unit, for example all our teeth correspond to specific organs in the body. When all conventional diagnostic tests (physical and biochemical) reveal no clues to the cause of a patient's complaints, the disorders are most likely functional in nature rather than morphological.

This VEGA test is done on all our patients that come to the clinic and with a urine or hair sample sent to us we would be able to detect major health concerns and address them by recommending selected remedies. Apparently everyone has their own personal finger print and eye 'print' that is unique to them and in fact each one of us has a unique 'energy signature' in the universe, there is no one else exactly like you....Our high tech VEGA test will pick up not only the pathological indications but also your personal energy field in the urine or hair sample. This is known as *Quantum Physics*

From an energetic standpoint, the human body, when weakened or shifted from equilibrium, oscillates at a different and less harmonious frequency than when healthy. This abnormal frequency reflects a general state of cellular energetic imbalance within the physical body. When a weakened individual is unable to shift his/her energetic mode to the needed frequency (which allows their immune system to properly defend the body), a certain amount of subtle energetic help may be needed. If this same individual is supplied with a dose of the needed energetic frequency, it allows the cellular bioenergetic systems to resonate in the proper vibrational mode, thereby throwing off the toxicities of the illness.

EVERYONE SHOULD USE A MINI – TRAMPOLINE



Every room at the BUDWIG CENTER is equipped with a mini trampoline. In his ground-breaking research, Dr Samuel West discovered the importance of activating the lymphatic system for better health and pain control. He found that 'trapped proteins' in the lymph system produces conditions that cause loss of energy, disease and death at the cellular level. He has had outstanding results by simply getting people to pump out the toxins from

the 'garbage' disposal system (our lymph system) with some simple, gentle movements.

Ten minutes of jumping on the rebounder effectively flushes the body's lymphatic system, a key part of the immune system. Unlike the circulatory system, the lymphatic system lacks a pump to move the lymphatic fluid. This discovery is so simple that many actually discard it as being to 'simple or easy' to be of any value. However the results with people who did these exercises several times per day are sometimes close to 'miraculous'

The benefits of Rebounding go way beyond exercise. It is a whole-body exercise where EVERY SINGLE CELL is rejuvenated and oxygenated (in your muscles, bones, eyes, heart, lungs, kidneys, ears, glands - everything!

NASA research found rebounding to be 68% more efficient than running on a treadmill!

In his book 'Jumping for Health', Dr Morton Walker claims that just 2 minutes of rebounding offers equivalent physiological benefits as: 6 minutes of running, 10 minutes of swimming and 22 minutes of walking!

Albert E Carter, Olympic athlete, journalist and lifelong rebound researcher has claimed that Rebounding to be 'THE MOST EFFECTIVE EXERCISE YET DEvised BY MAN'. Start off at 2 minutes of rebounding per

day and work up to 10 minutes per day so that the entire lymphatic system is flushed out and the white blood cell count nearly triples, providing a greater defense system to destroy cancer cells.

Your body has about 60 to 80 trillion cells. The 2 to 4 G forces (gravitational pull) involved in bouncing with a 'Rebounder' squeezes out toxins. Then, during the brief weightless period when the body is suspended in the air, the lower pressure in the cell promotes the movement of nutrients into the cells. Thus the flow of materials to and from cells is improved. It is like getting every cell in your body to exercise. Trampoline use helps the lymphatic system eliminate toxins by increasing the gravitational pull as you bounce. The lymphatic system is the metabolic garbage can of the body. It rids the body of toxins, fatigue substances, dead cells, diseased cells, nitrogenous wastes, trapped protein, fatty globules, pathogenic bacteria, infectious viruses, foreign substances, heavy metals, and other assorted junk the cells cast off. Especially women with breast tumors would want to obtain a Rebounder and do daily sessions. Even 3 or 5 minutes will make a remarkable difference. Every room at the BUDWIG CENTER where the patients stay is equipped with a rebounder. Some use it up to 5 times a day!

DR. BUDWIG STRONGLY ENCOURAGED SUNBATHING

Southern Spain has 325 days of sunshine.

This makes it an excellent location for the BUDWIG CENTER.

We want you to get a reasonable amount of sunshine everyday if you can. Sunbathing is the best natural way to increase the Vitamin D production in the body. Even if it's a cloudy day, go outside. The fresh air is a natural anti-biotic and you will feel better after being outside.



Is sunbathing dangerous? Does it not lead to the risk of skin cancer?

The 'real' cause of skin cancer is for two-fold. First: people get 'too much sun'. They lie in the sun too long and get sunburnt which can lead to skin tumors. Dr Budwig recommended only 10 to 15 minutes full exposure of the body to the sun. After that it's best to go in the shade or cover up. People also lather their bodies with suntan lotions which most often contain isopropyl alcohol derivate which are very dangerous. Some virgin coconut oil is the best protection. True sun-blocking lotions may protect against burning, but the skin is still being harmed because after about 30 minutes of direct exposure the immune system is challenged and your skin is being damaged. Second: diet is a major contributor to all degenerative diseases, including skin tumors. Bad trans fats (deep fried foods) and refined sugars (pastries, sweets, soft drinks, ice cream, etc) all weaken the immune system. People who get a limited amount of sun, avoid sun tan lotions and eat healthy food have a much lower risk. If you are prone to skin tumors on your face, it is wise to avoid exposing that area of the body when sun bathing

Dr. Budwig encouraged her patients to try to sunbathe in the nude or close to it so the entire body benefits. Be careful about washing your body with soap the same day as can wash away the vitamin D that is being formed. Shower with water only and restrict the use of soap to the armpits and groin area within 24 hours of sunbathing or using an FIR lamp.

FAQ: FREQUENTLY ASKED QUESTIONS ABOUT THE DR. BUDWIG

Credit for the information in the FAQ is a summary of sources from www.HealingCancerNaturally.com, *Cancer, The Problem and the Solution* by Dr. Budwig, Lothar Hirneise, Dr Willner, M.D., Ph.D. (*The Cancer Solution*)

- **Where I live I cannot find cottage cheese or quark so what other kinds of dairy cheese can I use?**

German quark, Italian ricotta, the French fromage blanc, Spanish queso fresco are creamy soft cheeses made with whole or skimmed milk. So where available, low-fat cream cheese is an acceptable substitute for fromage blanc, as fromage blanc when made from skimmed milk is very similar to low-fat quark. However only use low fat or better still zero fat dairy for the purpose of keeping the ingestion of respiratory poisons low. Dr. Budwig was concerned about consuming too much animal product in general as she terms them "respiratory poisons". So it is advised to use low-fat quark (cottage cheese) for the preparation of the flaxoil/cottage cheese mixture. However always be sure there is no sugar added. We have never read that Dr. Budwig recommended or sanctioned the use of yogurt as a suitable substitute for quark in the Budwig Diet. She was adamant on using quark (cottage cheese) right up to publishing her last book in September 1999. That is not to say that she necessarily was opposed to yogurt, she just did not mention it as an option. At the Budwig Center we do not use nor recommend yoghurt in the place of quark. We have read that if you beat the yoghurt enough times that it will blend with the flaxseed oil but if you examine that mixture with a magnifying glass or microscope, you will see tiny oil specks floating on top, so it does not mix completely. Some use goat's milk kefir, even though Dr. Budwig refers to dairy without mentioning goat milk, perhaps due to the fact that goat milk is not traditionally used in Germany though she does mention sheep's milk as being ok. Since goat milk fat is different and is generally seen as healthier. Just the same it is best not to take a chance in the case of cancer, stick with the low fat principle of the Budwig Diet. There are cases, however, where goat milk is indeed the only milk available, such as in the South African hinterland. In fact, Allan in SA who healed himself of "terminal" colon cancer and now looks after a group of Budwig diet followers reports that "We use goat milk with great success and some people prefer full-fat goat milk to low-fat cow milk while on the Budwig protocol." Perhaps turning the goat milk into kefir type cottage cheese would be an option if you had no other choice. <http://www.stacymakescents.com/kefir-cottage-cheese>

- **How can I consume the FSOCC (Flaxseed oil and Cottage cheese) if I have a dairy Lactose Intolerance/Sensitivity?**
- Use organic milk and raw dairy products wherever obtainable.
- Change to yogurt quark you simply strain off the whey from yoghurt to obtain homemade yoghurt quark or allow fermenting longer.
- Buy products with live cultures (such as Nancy's Cottage Cheese, see www.nancysyogurt.com which also provides a store locator).

- Scrap about a teaspoon of lemon rind into the mix along with some pure lemon juice or blend in ¼ of a lemon, peel and juice without the pips. This seems to help those who feel some nausea with the mixture
 - Those with a dairy intolerance often are able to tolerate Kefir Cottage cheese. Use or make your own kefir cottage cheese <http://www.stacymakescents.com/kefir-cottage-cheese>
 - Use EFT (Emotional Freedom Technique) which has healed lactose intolerance.
 - Consume only the LINOMEL (a mixture of 2 Tablespoons of freshly ground flaxseeds with 1 teaspoon of honey and 1 teaspoon of milk or yogurt or kefir) for 2 weeks and then you should be able to eat the FSOCcheese mixture
 - If intolerance to dairy persists, then first thing in the morning drink 1 glass (8 oz / 235 ml) of Aloe Vera juice (50% Aloe Vera gel from the inside of the Aloe Vera plant leaf and 50% water and a little fruit juice for flavor, for 1 week to dislodge old fecal and mucus matter build up on the insides of the intestinal walls. Then after the 7 days on the Aloe Vera drink, get a colonic to remove this debris that the Aloe Vera has dislodged. This has worked wonders for many who for years have suffered from bloating and indigestion. Usually after this 7 day Aloe Vera drink and a colonic treatment, people who were lactose intolerant and had difficulty eating the Flaxseed oil and cottage cheese mixture, can now enjoy it. At the Budwig Center most patients get a colonic as part of the detox program.
- **Would apricot kernels or laetrile (Vitamin B17) interfere with the effectiveness of the Budwig Protocol?**

Combing through some 14 books by Dr. Budwig, one researcher commented, “ I was able to obtain there isn't a single mention of Vitamin B 17 or its synonyms Amygdalin/Laetrile/Nitrilosides to be found.” What we do know is that laetrile naturally occurs in many foods that are allowed in the Budwig diet. In fact flaxseeds themselves, a mandatory daily menu item, are a good source of vitamin B17. Dr. Budwig generally speaking favoured a gentle approach that did not include taxing the body by overdoing any one item or substance but rather stressed the importance of a varied natural diet. So it would seem that low-level consumption would not interfere or might be beneficial, but we do not really know. stay-informed.blogspot.com/2006/12/is-cancer-merely-vitamin-deficiency.html writes on flaxseeds as a source of vitamin B17:

- **Should I worry about consuming organic foods?**

Yes as much as possible always purchase organic foods. Research shows that organic crops and foods contain up to 69 percent more natural antioxidants than conventional crops grown with pesticides. A team of UK researchers reviewed data from over 300 studies examining the differences between organic and conventionally grown crops. And they found that the antioxidant boost you get from switching to organic products could be the equivalent of eating one or two extra servings of fruit and veggies every day. Just by going organic, you could also significantly reduce your exposure to nitrates, nitrites, and toxic heavy metals--like lead, mercury, and cadmium. Those pesticides and herbicides that literally coat our food and dig their way into its DNA are riddled with heavy metals. And as I've mentioned here before, that can lead to some pretty serious conditions--like Alzheimer's and even heart disease.

- **Why did Dr. Budwig discourage consuming vitamin pills and food supplements with her program?**

As per Budwig reference works we find these comments: “Vitamin pills are fragmentized nutrients and they are in most cases synthetic. Not to forget, vitamin pills do give you something extra: Fillers and other additives. The list is very long. Some of them are harmful - maybe many of them. One of them is Talc which is akin to asbestos.” Dr. Budwig herself said: “High doses or levels of antioxidants (antioxidant supplements) [might] reduce the effectiveness of or interfere with the Budwig Protocol [though] I am in no position to make a definite statement on it. I have read it in the review of Dr. Budwig's last book by her publisher Sensei Verlag and also read it alluded to in one or two places in Dr. Budwig's [German-language] books such as in references found in her book "Fotoelemente des Lebens" (Photo Elements of Life) p. 5. I translated part of the text so that it can be seen in context: "These highly unsaturated fatty acids proved to be essential for humans, necessary for life, not replaceable. Since these essential highly unsaturated fats easily take up oxygen in their "unsaturated" electron rich double bonds, it came to pass that with advancing civilization the preservation, the protection against oxygen became customary. Several methods were used which inactivate or, as the case may be, destroy this oxygen affinity, these photoactive electron systems. These methods include for example high heat, treating the fats with water, or the addition of chemical substances which are antioxidants. All this destroys the negatively charged highly active pi-electron systems. Thus the interaction in the exchange of photons and electron energy in the living substrate is largely destroyed." Dr. Budwig talks about "the addition" of chemical substances which are antioxidants. This rules out antioxidants that are naturally occurring in foods. She obviously refers to man-made antioxidants which are synthetic. But what about the "natural" antioxidants that are extracted by some means from plants and then marketed in pills, etc? Going by the quote from the book review referred to in the first paragraph above, and which I repeat below, it would seem that they too are suspect in high levels. "How then do we get sick? Because we take in too many of these 'electron thieves' or in other words, because we eat foods and poisons which block cell respiration. Known electron thieves are for example margarine, animal fat, butter, nitrate, radiation and cytostatics (chemotherapy). They all prevent the uptake of electrons. Interestingly, belonging to this also are antioxidants, like for example vitamins (from a certain level on). Therefore be careful about using high doses of vitamins." So my interpretation is she meant man-made antioxidants in pills and added to oils and possibly to other foods. Naturally occurring antioxidants in [unprocessed] foods are not what she was referring to.

Cliff Beckwith, who kick started the interest in Budwig in the USA (although fully concentrating on the flaxoil/cottage cheese component only) and who kept his "medium aggressive" prostate cancer under control for many years, reported in November 2006. "On my 82nd birthday, about three years ago (Cliff turned 85 on January 5, 2007), my PSA was normal for a man my age. It was 6.7. It was then, totally unaware of the danger of heavy use of antioxidant supplements, that I began heavy use of ellagic acid and lycopene 5 months later. That canceled the value of the flax oil for nine months and that is not good with an aggressive cancer. Cliff Beckwith talked about his situation, the worsening of which he attributed to taking large amounts of antioxidants. <http://www.healingcancernaturally.com>

Some add enzymes to the program. This is not recommended as this is like deciding between success with the Budwig protocol and failure. It is probably THE MOST IMPORTANT part of the protocol - eating as raw as possible and making absolutely sure that enzymes are in abundance. Pineapple and papaya are two excellent foods for this purpose. I also believe probiotics as found in kefir and yoghurt to be important. (credits: AC)

- **Was Dr. Budwig in favor of high doses of Vitamin C infusions?**

Linus Pauling, himself a Nobel Prize winner (but not for his advocacy of Vitamin C) was a contemporary of Dr. Budwig. Surely she would have heard of his work regarding Vitamin C as a treatment for cancer. Did she have anything to say about it? Apparently, Vitamin C makes the blood alkaline. From what I have read by Dr. Budwig, she mentions antioxidants in general, not the individual ones. Linus Pauling sure did great work. So did Johanna Budwig. Pauling knew of Budwig's work and did not use it. Budwig knew of Pauling's work and did not use it. Based on the point of view of Dr. Budwig in regards to anti-oxidants (Vitamin C is an anti-oxidant) using the two therapies at the same time would not be advised. If a person absolutely wanted to do sessions of Vitamin C infusions, they would be advised to stop consuming the Flaxseed oil and Quark mixture during that period of time.

- **Would Ozone and similar high-oxygen treatments be acceptable?**

Here are some excerpted and translated by Healing Cancer Naturally © 2006 from Dr. Budwig's books Das Fettsyndrom and Der Tod des Tumors. From Das Fettsyndrom pp. 76 ff.: "By using concentrated oxygen, aerosols, hydrogen peroxide injections and other methods attempting to counter tissue hypoxia or anoxia, numerous attempts are being made to force the blood to take up more oxygen. But trying to accomplish this via an unbiological route is the wrong way to go. Such approaches must lead to setbacks and do more harm than good. Such approaches are wrong, particularly with cancer patients! The important issue to address is the question why the blood doesn't take up sufficient oxygen in the first place. The link between insufficient oxygen and disease has been firmly established. Insufficient oxygen can result in anything from mild fatigue to life-threatening disease. Dr. Otto Warburg was awarded the Nobel Prize in 1931 and again in 1944 for discovering the cause of cancer. He said, "Cancer has only one prime cause. The prime cause of cancer is the replacement of normal oxygen respiration of body cells by an anaerobic (oxygen-less) cell respiration." Once the level of oxygen available to a cell drops below 60% of normal, the cell is forced to switch to an inferior method of energy production -- fermentation. The cell can never be returned to the proper oxidation system, and loses its governor on replication. It begins to reproduce copies of itself wildly, a condition we call cancer. Dr. Warburg pointed out that any substance that deprived a cell of oxygen was a carcinogen. Dr. Budwig discovered that when she gave her patients the flaxseed oil and quark, this natural food immediately increased the oxygen production in the body. I came across this comment on artificial exterior oxygen therapies: "OXYGEN THERAPY - WARNING! I've been a fan of Earth Clinics remedies for a long time. But one remedy I have to warn against is the oxygen therapy for cancer. I have breast cancer and tried the HBOT (oxygen tank). It was \$6,000 for 40 sessions. At the end of these sessions my tumor grew from a large grape size to a large grapefruit size. In addition I tried soaking in Hydrogen Peroxide and taking Bill's spray. This irritated the tumor and sprouted another tumor in my lymph node area under my arm. Later from a doctor I found out that a lot of cancer patients using external remedies applied cause the tumors to grow out of the skin...] and cause other more serious problems. So I just want to warn those of you with cancer to be weary."

- **Did Dr. Budwig use herbal remedies?**

Yes and Johanna Budwig wrote another (mostly) cookbook aimed at the homemaker, KREBS EIN FETTPROBLEM. In it, she highly recommends lavishly using freshly harvested pot herbs, wild herbs and wild vegetables, to be used both as seasoning and in salads. She writes that salads from wild vegetables are particularly important, with dandelion being number one in terms of health benefits. She mentions

plants such as stinging nettle (the medicinal benefits of *Urtica* are powerful and wide-ranging), young primrose leaves (high Vitamin C content), the tips of hops tendrils (used as salad or cooked like asparagus), Lesser celandine (*Ranunculus ficaria* - use first young shoots), willow flower herb, shepherd's purse, *Stellaria media* (common chickweed), watercress ("very healthy"), yarrow, ribwort, meadow salsify (*Tragopogon pratensis* - use young shoots). These are of course all plants native to Germany and not necessarily growing in every part of the world. If one lived in very different climates, one could familiarize themselves with the edible flora native to the part of the world they live in and integrate that into their diet to the extent possible. She also favored selected mushrooms. At the BUDWIG CENTER we provide natural herbs and mushroom extracts in our program.

- **Was Dr. Budwig in favor of surgically removing tumors?**

In an interview with Lotar Hirneise, Dr. Budwig stated "I can't make a general statement here. I totally reject radiation and chemo; I also reject hormonal treatment for abdominal cancer. However, operations must be considered very individually. This also applies for tumors in the intestine. No doubt what Dr. Budwig was saying of course, is that it would be advisable if the tumors were causing a life threatening condition preventing a person from breathing, digesting or eliminating. Lothar Hirneise who worked closely with Dr. Budwig for several years sees the role of tumours in positive terms. Lothar claims that of the role of tumors act as "handy" toxin reservoirs the body devises and uses to store surplus toxins which it has been unable to excrete, thus keeping these toxins out of the general circulation. Based on the research of French Dr. Kousmine, this view of the positive detoxification role of tumors implies that (only very generally speaking), tumors should perhaps not be surgically removed before an intense detoxification program has been concluded (in fact they may vanish by themselves at that point). That tumors (also) serve as "toxin tanks" is confirmed by physicians such as holistic MD Dr. Dietrich Klinghardt and others who report that tumor dissections have revealed large quantities of heavy metals such as mercury concentrated in the tumor's center. Dr. Klinghardt writes inter alia that "top German toxicologist Max Dauderer, M.D. ... performed serial biopsies on malignant tumors in patients, that were [dental] amalgam carriers and found predictably Amalgam in the tumor. The concentration is highest in the center of the tumor (malignant melanoma, brain cancer, bladder, stomach, colon and tongue cancer (exactly as [Prof.] Omura did with his bi-digital O-ring test, a variation of A.R.T.). Dauderer also found the following other toxins concentrated in the center of these tumors: other metals - formaldehyde - solvents." In her book "The Cure For All Diseases", Hulda Regehr Clark, Ph.D., N.D., concurs that "[m]ost solid malignant tumors contain fiberglass or asbestos. ...a tumor ... contains freon, other toxins, and later propyl alcohol! Since tumors are often large, many centimeters in diameter, and toxins do not occupy much space, there is much unidentified substance.... In the later stages of cancer the tumors are more and more infected with the common bacteria *Salmonella*, *Shigella*, and *Staphylococcus aureus*." Lothar Hirneise continues: "Moreover, [doctors] tell patients that once the tumor is gone, they're healthy. That is not only untrue, it is stupid. By the way, I know a lot of doctors and I have a lot of friends who are doctors, and over a beer they confide in me that they would never use chemotherapy on themselves or their family.If I ask them for examples of patients that have been cured thanks to their treatment, they become silent. On the other hand, I can cite thousands of patients and cases that got better even though those same doctors gave up on them. I know them, I shake their hands every day.'

- **What role do Essential oils play in the fight against cancer?**

Interestingly enough, the frequency of essential oils are 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. Therefore no anti-cancer and tumor activity program would be complete without the introduction of the appropriate essential oils

A healthy body, from head to foot, typically has a frequency ranging from 62 to 78 MHz, while disease begins at 58Hz. During some testing with frequency and the frequency of essential oils it was measured that: Holding a cup of coffee dropped one man's frequency from 66 Hz to 58 MHz in just 3 seconds. It took three days for his frequency to return to normal.



Another man drank the coffee and his frequency dropped from 66 MHz to 52 MHz. After inhaling the pure therapeutic grade essential oil, his frequency returned to 66 MHz in just 21 seconds.

In another case: A man's frequency dropped from 65 MHz to 48 MHz when he simply held a cigarette. When he smoked the cigarette, his frequency dropped to 42 MHz, the same frequency as cancer

It is important to change the combination of oils you consume every week otherwise the diseased cells build up a resistance to the same 'frequency' of the oils and they are less effective. We have chosen the best combinations of anti-cancer oils such as Clove, Frankincense, Myrtle, Sandalwood, Lemon, Lavender, Pine and Balsamic Idaho, etc., and prepared four (4) different weekly portions. These combinations are carefully selected in the right proportions to give the most effective results. Each week you rotate from Formula 1 to 4 and then start over again back to Formula 1 changing to a new formula each week (4 week cycle)

Apply the oils topically (on your skin) over the affected area (i.e. breast, lymph glands, abdomen for colon cancer) **or on the bottom of your feet**

- ✓ Massage 3 drops of essential oils with a little cold pressed oil (coconut oil would be excellent) on your skin , (starting with Formula 1 for 7 days and then switch to Formula 2 for the next 7 days and then Formula 3 for 7 days and then rest for 7 days.
- ✓ After a 7 day rest start up on Formula 4 for 7 days and then start back on Formula 1 for 7 days, then Formula 2 for 7 days. This makes 3 weeks so you need to stop and give a 1 week rest. Then start up with Formula 3 and repeat the same instructions of rotating the Formula every week for 3 weeks and 1 week rest.
- ✓ Next mix **Lemongrass oil** 50/50 with cold pressed oil such as coconut, grape seed, sunflower, olive oil, etc and apply some Lemongrass essential oil over the affected area topically once a day.

(Do not apply oils under the arm pit or in the groin area as the skin is very sensitive there and it could cause a rash)

- **Is a 'needle biopsy' a dangerous procedure?**

Although we could not find any direct reference to this question in the books of Dr. Budwig, over the years in treating hundreds of people at the BUDWIG CENTER we have patients report back to us that when they have a biopsy, several needles puncture the tumor, this causes these toxins to leak out and degenerative diseased cancer cells to spread to the rest of the body. Several have reported a lot of pain and discomfort after a biopsy. We had a man from Greece come with a small tumor on the neck. He had a biopsy done and it swelled up like a coconut on the side of his neck and 2 months later he was dead! Using the full Budwig protocol addresses the original cause of the degenerative disease and the body will naturally cause tumors to shrink and leave the body (as all dead cells and toxins do through the eliminatory system). Many who come to our clinic have already had a tumor removed and almost inevitably it grows back because the real true cause of the cancer has not been corrected. Removing the lymph system also takes away the protection that it affords to prevent the cancer cells from spreading to the rest of the body.

- **Is it important to shun toxins and man-made chemicals as much as possible?**

Dr. Budwig advised her patients to avoid chemical toxins such as conventional household cleaners, dishwashing liquids, detergents, chemical-based cosmetics & hair-dyes, drugs and fumes, smog, smoke incl. cigarettes etc. Ingest and use only natural organic food (chemical-free, preservative-free, pesticide-free, pure water, truly natural body care products and herbal preparations (it may be best [not least for our battered environment] to use only traditional or basic recipes such as oatmeal scrubs, sea salt/baking soda for tooth brushing and gargling, etc.). (Also compare Nutrition and Cancer Causes pages.) Avoid mercury amalgam fillings, other metal fillings, aluminum pots and pans, and other sources of heavy metal poisoning. Avoid all fluorescent lighting except perhaps the full-spectrum tubes or better still use LED lamps. Wear glasses and sunglasses as little as possible, especially when outside, to allow the highly beneficial and vitally needed full light spectrum to enter your eyes and bathe your skin. Avoid UV-filtering sun shades. Use plants or other healthy/ecological air filters and get water and shower filters (The Budwig Center recommends the Swiss made **FiloPur** water and shower filter) because apparently the skin absorbs toxins [as well as nutrients] from what is applied to it, incl. water. Chlorine reacts with organic substances, causing formation of chlororganic substances (e.g. chloroform, chlorphenols, dioxins). Chloroform has long been known to be a potential cancer causative agent in animal experimentation.

- **Should I have my amalgam (mercury) fillings removed?**

YES, YES, YES.....if you have black 'mercury/silver fillings this is dangerous to your health and your chances of recovering your health are in jeopardy until you have them replaced with a holistic natural ceramic substance. Every time you drink some hot liquids a little bit of the mercury from your fillings is released into your body. Note: Be sure to look for a dentist that will use methods that prevent the harmful mercury vapor and fillings from going down your throat as it is removed. Some use a 'rubber damn' placed in the mouth to catch the mercury shavings when they drill. Usually an assistant needs to be on hand to vacuum the shavings at the same time, so they do not go down your throat. Natural

ceramic resin type material should be used to replace the metal fillings. Gold is more resistant but some studies suggest that no metals of any kind should be used if possible in the mouth. The Budwig Center works with a bio-logical dentist who is bi-lingual and near to the clinic that works with the full natural protocol and fees are very reasonable compared to USA and the UK. Arrangements can be made beforehand if you would like to have some mercury fillings removed during the two week clinical program. Telephone: **+34 95 261 17 99 or +34 95 261 19 96 (Spain) Located at Enrique de Egas 18 – 1E, Malaga.**

- **What herbs and organic natural food supplements would be acceptable?**

I3C (Indole-3-carbino, a compound naturally found in broccoli). I3C or DIM is beneficial if you have a hormone-sensitive cancer.

All herbs such as Astragalus (be sure when you use herbs that in a tablet or capsule form that it is not combined with anti-oxidants)

Mushroom and mushroom extracts such as AHCC (see more on that later)

GINGER - People with chronic illnesses, indicates that their body is too Yin (cold) from a yin and yang Chinese Medicine balance perspective says Dr. Chang of Taiwan. In sum, then, by assigning a food a value as hot or cold, we mean that a heating food has the capacity to increase the metabolism of the body (whatever they may be). Conversely, a cold food slows down metabolism. Ginger has been shown to reduce the stickiness of blood platelets and may thereby reduce the risk of atherosclerosis. It is an outstanding source of manganese, magnesium, potassium, copper, and vitamin B6. Ginger is one of world's healthiest foods to be consumed freshly grated, dried ground, or as a tea.

BEE POLLEN – *(please note that some people have an allergy to certain bee products)*. Dr. Budwig was not in favor of vitamin supplements, but instead encouraged her patients to look for these vitamins and minerals in their food. Bee pollen contains trace amounts of minerals and vitamins, is very high in protein and carbohydrates, and contains all the ingredients necessary for a balanced diet. Twenty-two nutrients required by the human body are found in this “perfect” food, including all of the Bcomplex vitamins, vitamin C, D, E, K, and Beta Carotene (vitamin A), plus numerous minerals, enzymes and coenzymes, plant-source fatty acids, carbohydrates, proteins, and 22 amino acids (including all eight “essential” amino acids that the body cannot manufacture for itself). Needless to say, bee pollen is one of the most complete foods available. According to researchers at the Institute of Apiculture, Taranov, Russia, “Honeybee pollen is the richest source of vitamins found in Nature in a single food. Even if bee pollen had none of its other vital ingredients, its content of rutin alone would justify taking at least a teaspoon daily, if for no other reason than strengthening the capillaries. Pollen is extremely rich in rutin and may have the highest content of any source, plus it provides a high content of the nucleic RNA and DNA.” www.shirleys-wellness-cafe.com/bee.htm NOTE: Do not give bee pollen to infants under 18 months old.

ARTEMESIA - is a natural Chinese herb and would be Budwig compatible. Apparently 90% of the world population has parasites. Artemesia or Artemisinin is a simple plant that grows in Southeast Asia and it goes by different names, such as sweet wormwood, or Artemisia annua.

It has been used for years to treat intestinal parasites. The World Health Organization lauds it as a safe malaria treatment. Drs. Henry Lai and Narendra Singh, bio-engineering professors at the University of Washington, reported on the active agent of this Asian herb, artemisinin and reported: it “might provide a safe, non-toxic, and inexpensive alternative for cancer patients.”



In a recent study published by Life Sciences, they reported “ it was found that artemisinin (the derivative), coupled with Iron, can kill 98% of breast cancer cells in 16 hours”.

Donald, a 47-year-old mechanic who is in great shape had a newly diagnosed lymphoma and came to see Dr. Rowen just after his oncologist had biopsied the tumor. There was an ugly egg-sized mass on the left side of his head with a gaping hole from the biopsy and an angry redness from inflammation.

Here is what By Robert Jay Rowen M.D. reported: “Immediately put him on a derivative of this Chinese herb, and he took it for two weeks. At the end of that time, the lump developed a little depression in the center, but the perimeter had grown just slightly. Dejected that it didn’t significantly regress, he elected to stop further use of the product and take a “wait and see” approach. Four weeks later, I received a call from Donald. The tumor was gone! Returning with his wife and a big smile a few days later, I couldn’t believe my eyes. The skin was smooth, no mass was present, and the angry redness was fading fast.

At about the same time, I continued to follow a long-term patient, a delightful 47-year-old female got it all” at her mastectomy. When she came to me, she had developed metastases in her spine, which caused her to limp.After a short course of artemisinin derivatives, she reported back to me that physically she couldn’t tell she had ever had cancer. She felt totally well. The CT scan showed regression, but there was no way to tell if the remaining lesion was a tumor or healing scar tissue. Results like this with absolutely no toxicity are simply amazing by any standards, convention or unconventional.

Carol came to see me with an unsightly, massive open, and oozing cancer engulfing what had been her whole left breast. She had been fighting the cancer for two years and, convinced on her own that doing conventional therapy was a death sentence, she explored nearly every option she could. She started an artemesia derivative and sent me photos one month later showing exceptional healing.”

To date, with the exception of patients very near death, taking artemisinin or derivatives have stabilized, improved, or remitted every cancer patient that followed my suggestions” says Dr. Rowen. Artemisinin also has remarkable anti-inflammatory and anti-parasitic properties. They also found that artemisinin cures malaria almost 100 percent of the time.

The International Journal of Oncology 18; 767-773, 2001 by Efferth, et al. reported “Cancer’s resistance to common chemotherapy drugs shows no such resistance to artemisinin. It does not have the chemical structure a cancer cell requires to develop resistance! “

Dr. Hoang of Hanoi of Vietnam, whose family of physicians has been using artemisinin reported “for about 10 years in treating cancer we have 50 to 60 percent of 400 cancer patients that have achieved long-term remission utilizing artemisinin together with a comprehensive integrative cancer strategy.”

Dr. Singh is currently following many cancer patients. While not reporting remissions or apparent cures, he says “all patients are responding and have at least stabilized and I have found no type of cancer unresponsive to Artemisia derivatives in his studies.” And the beauty of this treatment is that it is non-toxic, so you can continue taking it indefinitely with no expected sided effects.

3 Things to Keep in Mind

- 1) Artemisinin cannot be taken simply on its own. You need to combine it with omega 3 oils to absorb properly. Take 4 drops under the tongue before, during or after consuming the Flaxseed oil and cottage cheese mixture
- 2) No artesinin should be taken within 30 days of radiation therapy because of possible free iron leaks to the surrounding tissues after radiation therapy.

Full Instructions on How to take Artemesia comes with every order

- **What if I have a hormone driven cancer (breast, prostate, ovarian) does the benefit of the cottage cheese with flax oil outweigh the possibility of growth hormones in non-organic milk?**

For hormone-sensitive cancers, estrogen receptive tumors the estrogen-likeness of flax is a "good" thing. It loosely "fills" the estrogen receptor in the tumor so that "real" estrogen cannot and in that sense it is an estrogen blocker. Read: mercola.com/2004/feb/21/soy_flax.htm. Dr. Budwig did not concern herself with this and no artificial hormones were ever recommended by Johanna Budwig. HER2Nu (estrogen positive) breast cancer patients respond exactly the same to the protocol as non-HER2 patients. Fortunately, scientists have identified and isolated remarkable chemicals in cruciferous vegetables such as broccoli, cabbage, and watercress that can protect against cellular changes that lead to colon, breast, thyroid, and other cancers.¹⁻¹² Many studies have demonstrated that specific compounds isolated from these vegetables—including diindolylmethane (DIM) and its precursor, indole-3-carbinol (I3C)—have unique cancer-fighting benefits. These compounds have been found to alter estrogen metabolism in both men and women, thus protecting against hormone-dependent cancers such as those of the breast, cervix, and prostate. You would do well to add these vegetables to your daily food choices. Also you can obtain cruciferous vegetables, I3C or DIM (indole 3 carbonol) in tablet form, which are beneficial to consume if you have a hormone-sensitive cancer. (credits: AC)

- **What natural food product can I take to offset the harmful effects of chemotherapy?**

AHCC Mushroom and CHEMOTHERAPY - In his book *Budwig-Compatible Cancer Pain Management: Natural Alternatives to Pain Medication* Leonard (leonardleonard1 at earthlink.net) commented that Mushrooms: MAITAKE (alleviated pain in 83% of patients), CORDYCEPS, shiitake & reishi help with pain. As mushrooms are a natural food it should not conflict with the Budwig program. This would especially be recommended to patients who decide to combine chemotherapy and the Budwig program together. If you are on chemotherapy AHCC would be imperative to add to your daily routine. As many know our immune system is suppressed by chemotherapy, radiation and surgery. This is why often tumors will

spread even more aggressively we might add following these treatments. This is not your standard mushroom you find in the forest. Nor is it the same as the standard Shitake, Maitake and Reishi mushroom variety. The AHCC is made especially made in a laboratory in Sapporo, Japan. It is a type of HYBRID of Shiitake and other types of medicinal mushrooms with historically proven health benefits. The proprietary hybrid is cultivated under laboratory conditions in a liquid medium, rather than in the soil or wood growth medium that is natural to these fungi. This material is harvested and enzymatically modified through a fermentation process to break the large polysaccharides normally found in medicinal mushrooms. The safety of this new compound has been well established, both by itself and in combination with other therapies. Patients have been followed for up to 8 years, and after discontinuing use, the immune system doesn't "crash" from exhaustion or hyper stimulation.

Consuming AHCC in conjunction with chemotherapy is therefore very important. A study published in 1998 in the prestigious journal ***Anti-Cancer Drugs*** showing how AHCC worked in combination with a widely used form of oral chemotherapy is particularly important. This study demonstrated that AHCC enhanced the beneficial effects of the chemotherapy, while reducing detrimental side effects. The Anti-Cancer Drugs study concluded, "Taken together, the combination of Active Hexose Correlated Compound (AHCC) plus chemotherapy, brought about good therapeutic effects, not only on primary tumor growth, but also on reducing metastasis and these effects were mediated by HOST immunity which was restored or activated by Active Hexose Correlated Compound."

No undesirable side effects were reported with the use of AHCC

RESULTS FROM TAKING AHCC

"I began taking 3000mg daily of AHCC a week prior to chemotherapy treatment for ovarian cancer. I continued on this dosage throughout my 4 months of chemo and suffered almost no side effects. I did lose most (although not all) of my hair, but was never once nauseous, maintained a healthy appetite and very little fatigue. I can honestly say that I breezed through the chemotherapy and I can only put this down to the incredible immunity boost of the AHCC. People were amazed at how well I felt. The chemo was successful and I now continue to take them as part of a healthy eating regime. They are my secret weapon!" - *Sam D - Gloucestershire, UK*

"Ten years ago I had lung cancer and was told I might live 8 months. I was on the product nine months and the cancer was gone! No chemo, no radiation, just good nutrition and this mushroom product! Now ten years later another tumor formed in my eye area and I started on AHCC two months ago. The tumor is GONE. I will continue this product the rest of my life! Thank you for making this product affordably available!" *Mavis W - Ozark, AL*

"I have a friend who had cancer and said she believes AHCC has kept her cancer free for 20 years. I decided to take it too as I had breast cancer and follicular non-hodgkins lymphoma at the same time. After surgery, radiation and chemotherapy I felt so lousy. I deal with neuropathy, shingles, dry mouth, fatigue, plus other problems. I changed my life and take AHCC for my immune system. I believe it has helped me be cancer free also." - *Arlene S - Fond Du Lac, WI*

"As the daughter of a **breast cancer** survivor, I was extremely motivated to find an herbal solution to augment my mother's treatment as well as bolster both of our immune systems. After rigorously investigating available avenues, I concluded that AHCC was the best option. I am happy to report that we are both healthy — "and it is 14 years later!" *Rebecca K, Ph.D - Santa Cruz, CA*

Prostate Cancer – "In 2006 my psa-test was 1.8 ng/ml, in 2008 it jumped to 3.5, my family doctor let me go to a urologist. He checked the psa again, dre (digital rectal exam), but at that time I could feel the symptoms like frequent urination, dripped, burning sensation and blood in the urine. After taking AHCC for 1 month, the prostate symptoms were gone. The urologist said that my cancer is not growing and I told him I had regular intake of AHCC." *Ken S- Costa Mesa, CA*

Bile Duct and Liver Cancer – "I just wanted to give a testimonial about using your wonderful AHCC product. My name is Alina and I have been battling bile duct and liver cancer for the past 4 years. Over those past 4 years and 6 months I have taken your AHCC product daily along with my scheduled weekly conventional chemo and radiation treatments. During this time I have endured the following. 65 chemo treatments and 15 Proton radiation treatments with NO HAIR LOSS. I maintained a great appetite without the use of a doctor prescribed medication to increase my appetite. Blood work continues to be good on a weekly basis and energy level has been good and I am able to take lengthy daily walks of at least 1 hour. Weight has been maintained at a good level. All of the time I know that all of the items mentioned above would not be able without the daily usage of your AHCC product! AHCC continues to be a part of my daily routine and has proven to work for me!" *Alina T - Sherman, TX*

Lung Cancer - "I have been battling stage IV lung cancer for the last 2 years, I had already 75 chemo treatments without stopping, and my blood is still perfect, like a healthy person. These pills are amazing!!!" *Laura P - Miami, FL*

Hepatitis - "Received HCV in a blood transfusion in 1989. ALT levels reached 660 in Oct 2002. Read about AHCC in a newsletter and started taking it. By Oct 2004, ALT levels returned to normal (49) and remained in the 40-70 range since with a 1 gram daily maintenance dosage. An additional benefit is that I rarely get sick, and when I start to get sick I double up on AHCC and recover quickly." *Dan B - San Diego, CA*

Suggested usage:

The dosages used in the previously mentioned clinical studies, as well as in earlier research, fall into two categories: the first is preventative and the second is therapeutic or as a treatment.

1. As a form of prevention, take one gram per day or one 500 mg pill in the morning and one at night. (total 1000mg). This dose will help increase your natural killer cell activity level and help build-up your immune system for general health and well being. There are actually several studies that show that patients who use AHCC will go on to develop fewer cancers.
2. For therapeutic use, take 3 grams (1500mg) per day (two pills in the morning, two in the afternoon and two at night) for three weeks and then one gram per day thereafter (one in the morning and one at night).

Taking a higher dose in the beginning, or for the first three weeks, NK cell activity will build up quicker or reach its peak at a faster RATE. Maintenance of that increased activity level will be achieved by taking one gram per day.

ASTRAGALUS - Reduces side-effects of chemotherapy and radiation

Astragalus is a herb and therefore would comply with the Budwig protocol. And if you have had or will have radiation and/or chemotherapy would be Astragalus is excellent for the following reasons:

- boosts the immune system
- Doubled survival rate of patients undergoing radiotherapy treatment according to MD Anderson
- benefits liver function and used for hepatitis
- reduces side-effects of chemotherapy and radiation
- reduces metastatic spread and increases survival times.
- Helps with heart disease, high blood pressure, diabetes and respiratory infections
- Is a general tonic and to treat burns and abscesses

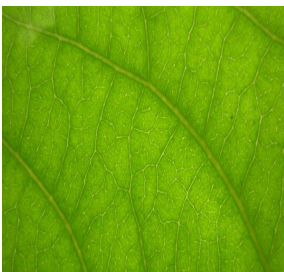
Original Chinese studies dated back to 1981, when a study by Hou et al showed that Astragalus taken orally induced greater quantities of interferon and leukocytes in the blood stream. In a 1994 Italian study (Morazzoni, Bombardelli) breast cancer patients were given a combination of ligustrum and Astragalus. Patients given this mix showed a decline in mortality from 50% to 10%.

In another study of patients with advanced non-small-cell lung cancer all undergoing chemotherapy, the group taking the dual herb mix showed an average life span increase of 130%.

One extremely important conclusion from several US studies is that Astragalus seems to help the immune system differentiate between healthy cells and rogue cells, thereby boosting the body's total 'cancer fighting system'. One effect of this is the added benefit of improving the effectiveness of radiotherapy and chemotherapy treatments. In Chinese hospitals Astragalus is now routinely used to help people recover from the negative effects of radiotherapy and chemotherapy. There are no known conflicting effects with drugs. Astragalus should be taken with meals at a total intake of 2,000 to 3,000 mgs per day. Other immune boosting herbs that could be taken after chemotherapy and radiation are: Cat's claw, turmeric (curcumin), Aloe Vera and Echinacea.

- **What can I consume to increase my red blood platelets if I suffer from anemia (low iron)?**

CHLOROPHYLL



If your red blood cells/platelets are low, causing anemia, consuming ½ glass to 1 glass of liquid chlorophyll per day will usually raise the red blood cell level in a few days. One of the best health benefits we gain from following a raw, living foods diet are the numerous health benefits from chlorophyll. We recommend you add some to your leafy green drinks, carrot juice or simply drink with water. Or if you do not have time to make vegetable juices, ½ glass of pure chlorophyll in water or juice is an excellent daily option

What is Chlorophyll? Chlorophyll is a naturally occurring molecule that gives plants their green color. Chlorophyll is also the molecule that is responsible for facilitating one of the most incredibly miraculous processes on earth – the process of photosynthesis. Photosynthesis is the process that converts sunlight energy, water and carbon dioxide into our primary source of fuel – glucose. All animals and humans obtain their life-sustaining energy supply from plants, making photosynthesis to be (one of) the sources of all life. Without plants there would be no life.

Chlorophyll – The Green Blood of Plants

One of the most interesting aspects of chlorophyll is how closely it resembles our red blood cells, known as hemoglobin, the pigment that gives our blood its red color as well as oxygen-carrying capacity. We had a patient at the BUDWIG CENTER that needed an operation but the doctors told her that they would not be able to do so unless she accepted a blood transfusion, being her hemoglobin count was too low. The patient did not want a blood transfusion due to the high risks involved. Instead she drank ½ glass of chlorophyll and in three days her red blood count was normal and the operation went ahead without the blood transfusion. The hemoglobin of the red blood cell and the chlorophyll of the plant are virtually identical in molecular structure. Chlorophyll is a natural blood cleanser and blood builder.

As Approximately 50% of all blood transfused patients die within one year after and the other 50% have weakened immune systems related to how much blood they received it is wise to look for natural alternatives. And despite what the doctors may say to you, blood transfusions carry a high risk of contracting other diseases and especially viruses, fungus and parasites. In addition to the liquid chlorophyll, here are some good alternatives

- ✓ Consume the following **foods rich in iron**: Squash and Pumpkin Seeds, Nuts (Cashew, Pine, Hazelnut, Peanut, Almond), Beef and Lamb (Lean Tenderloin), Beans and Pulses (White Beans, Lentils), Kidney beans, Garbanzo beans (Chickpeas), Lima beans, Navy, Black Beans (Frijoles Negros), Pinto, and Black-eyed Peas. Quinoa Oatmeal, Barley, Whole grain Rice, Bulgur, Buckwheat, and Millet, Cooked Swiss Chard, Cooked Turnip Greens, Raw Kale, and Raw Beet Greens, Cocoa Powder (*raw chocolate – see Fudge recipe in BUDWIG GUIDE*)
- ✓ **Certain drugs** can be given (your doctor will know best which ones to take) For example “Eprex” will stimulate red blood cell production, “Trombopoietics” will stimulate platelet production, and “G-CSF” will promote growth of white blood cells. On the other hand, Hemostatic agents can be given to control minor bleeding. People can also look into stem cell transplant to replenish healthy blood cells destroyed by chemotherapy.
- ✓ **Vitamin deficiency anemia**. In addition to iron, your body needs folate and vitamin B-12 to produce sufficient numbers of healthy red blood cells. A diet lacking in these and other key

- **What is one of the best herbs to take if you have cancer and pain?**

The Curcumin herb may provide the most effective health benefits in existence. Researchers are even calling this powerful natural herb the solution to the basic cause of most diseases

Most people notice improvements within just 14 days and pain reduced in 3 to 4 days

What so much interest in Curcumin? Because this natural compound has proven effective for:

- ✓ Fast and effective natural anti-cancer and tumor reduction

- ✓ Greatly reducing pain
- ✓ Anti-aging by eliminating free-radicals that accelerate aging
- ✓ Improving mobility in our joints
- ✓ Sharpening our memory by renewing brain cells, thus better concentration
- ✓ Improving the entire circulatory system, thus supporting the heart and brain
- ✓ Balancing blood sugar levels
- ✓ Combatting heartburn, indigestion and help overcome constipation
- ✓ Supporting healthy cholesterol levels



Curcuma 100® works 24/7 renewing and repairing our cells, enhancing our immune system, as well as recharging our energy, making it an indispensable food to consume daily for the recovery of our health or disease prevention.

Dr. Leigh Erin Connealy, Medical Director of the Center for New Medicine in Orange County, California, stated “this natural substance is a superhero when it comes to the root cause of today’s most common health challenges.....Study after study reveals it’s amazing healing powers.”

Curcuma 100® is a unique blend of curcumin concentrate and natural pure frequency enhanced mineral water from the deep aquifers of Germany

Countless studies show just how incredibly beneficial curcumin is for our health as it contains many natural medical properties (1). The US Library of Medicine, National Institute of Health stated:

Therapeutic roles of curcumin: Lessons learned from clinical trials.

“Extensive research over the past half century has shown that curcumin (diferuloylmethane), a component of the golden spice turmeric (*Curcuma longa*), can modulate multiple cell signaling pathways. Extensive clinical trials over the past quarter century have addressed the pharmacokinetics, safety, and efficacy of this nutraceutical against numerous diseases in humans. Some promising effects have been observed in patients with various pro-inflammatory diseases including **cancer, cardiovascular disease, arthritis, uveitis, ulcerative proctitis, Crohn's disease, ulcerative colitis, irritable bowel disease, tropical pancreatitis, peptic ulcer, gastric ulcer, idiopathic orbital inflammatory pseudotumor, oral lichen planus, gastric inflammation, vitiligo, psoriasis, acute coronary syndrome, atherosclerosis, diabetes**, diabetic nephropathy, diabetic microangiopathy, lupus nephritis, renal conditions, acquired immunodeficiency syndrome, β -thalassemia, biliary dyskinesia, Dejerine-Sottas disease, cholecystitis, and chronic bacterial prostatitis. Curcumin has also shown protection against hepatic conditions, chronic arsenic exposure, and alcohol intoxication.

<http://www.ncbi.nlm.nih.gov/pubmed/23143785>

Regular Curcumin does not absorb very well

Regular Curcumin does not dissolve in water therefore it is very poorly absorbed into the bloodstream and very little benefit is obtained by just swallowing a few curcumin food supplements or using it in our food. Until now very little of the outstanding benefits of curcumin were obtainable. However a private European

laboratory has produced **Curcuma 100®** which is a unique product that makes the curcumin 100% bio-available to the body. This is a major break-through health restoration.

Because Curcumin is fat soluble the best time to consume Curcuma 100® is at the same time you consume natural fats, such as nuts, avocados, cold pressed oils and the famous Dr. Budwig Flaxseed oil and cottage cheese (Quark) mixture.

Here are the benefits of Curcuma 100®

- **Curcuma 100® helps fight cancer in all its forms**



Although Curcuma 100® is very new, some twenty people with different forms of cancer who consumed it have reported that their tumors have begun shrinking and they are experiencing a general overall improvement in less than a month by taking only a few teaspoons daily. A man named Peter has been using pain killers for some 10 years now and as finally had to resort to morphine to deal with his severe pain. After just 3 days on Curcuma 100® he no longer needs morphine.

Even though regular curcumin is not very easily absorbed on its own it still appears to have been effective in fighting all types of cancer.(2)

Therefore we are very excited to see how effective this new Curcuma 100® will prove to be in the fight against cancer. Anyone with cancer will want to add this natural remedy to their daily routine as studies have shown that curcumin can reduce angiogenesis (growth of new blood vessels in tumors), metastasis (spread of cancer), as well as contributing to the death of cancerous cells (3).

In laboratory studies the curcumin herb reduced the growth of cancerous cells and inhibited the growth of tumors in the laboratory test animals (4).

Just to cite one study involving 44 men who had lesions in the colon that sometimes turn cancerous, 4 grams of curcumin herb per day for 30 days reduced the number of lesions by 40% (5)

Now that concentrated, highly bio-available curcumin in the form of Curcuma 100® is available we are confident we will be getting reports back of even more dramatic health benefits over the next few months.

- **Natural Anti-Inflammatory Compound**

Short term inflammation is a necessary function of the body to control harmful pathogens. However when it becomes chronic (long-term) the body starts to attack itself and that causes a host of horrible health problems. It is now believed that many of the chronic Western diseases such as heart disease, cancer, metabolic syndrome, Alzheimer's and various degenerative conditions are due to long-term, inflammation (6).

The good news is that curcumin is a strong anti-inflammatory and in many cases can even match the effectiveness of some anti-inflammatory drugs (7). Curcumin blocks NF-kB, a molecule that travels into the

nuclei of cells and turns on genes related to inflammation. NF-kB is believed to play a major role in many chronic diseases (7). In several studies, its potency has compared favorably to anti-inflammatory pharmaceutical drugs... except without the side effects (8).

However due to the body's inability to absorb curcumin no dramatic results were obtained in giving curcumin to patients suffering from these conditions. Thus the need for a more absorbable product such as Curcuma 100®

- **Curcuma 100® Increases the Antioxidant Capacity of the Body**

Studies indicate that ageing and many diseases are triggered by free radicals or oxidation. Free radicals are highly reactive molecules with unpaired electrons. This natural herb, Curcumin happens to be a potent antioxidant that can neutralize free radicals due to its chemical structure. And more than that, it also boosts the activity of the body's own antioxidant enzymes (9).

So you might say that Curcuma 100® delivers a one-two punch against free radicals. It blocks them directly, then stimulates the body's own antioxidant mechanisms.

- **Curcuma 100® Helps for Heart Disease**

Cancer is fast becoming the number one killer but, heart disease is still the biggest killer in the world (10). There are many things that contribute to heart disease and once again curcumin may help reverse some of these contributing factors

How curcumin helps with heart disease, is by improving the function of the endothelium, which is the lining of the blood vessels. If you do research you will discover that endothelial dysfunction is a major driver of heart disease and involves an inability of the endothelium to regulate blood pressure, blood clotting and various other factors (11).

We know exercise is good for maintaining a healthy heart and interestingly one study shows that curcumin is as effective as exercise. Also another study showed that it works as well as the drug Atorvastatin (12).

Probably one of the ways curcumin is important in fight heart disease is because it also reduces inflammation and oxidation as already mentioned.

Just to emphasize this, in one study, involving 121 patients who were undergoing coronary artery bypass surgery were randomized to placebo or 4 grams of curcumin per day, a few days before and after the surgery. Believe it or not the curcumin group had a 65% decreased risk of experiencing a heart attack in the hospital (13).

If regular curcumin can produce those benefits it is safe to conclude that a more bio-available form of curcumin, Curcuma 100® should results in even more noticeable health improvements.

- **Curcuma 100® Improves Brain Function and Reduces Risks of Brain Diseases**

The neurons in our brain are capable of forming new connections, and in certain areas of the brain, they can also multiply and increase in number.

What drives this process? BDNF (Brain-Derived Neurotrophic Factor), which is a type of growth hormone that functions in the brain. Apparently many common brain disorders such as depression and Alzheimer's disease are caused by a decrease in this BDNF hormone (14).

The good news is that this humble curcumin herb can increase brain levels of BDNF (15). Now that we have the potent bio-available Curcuma 100® we may be able to delay and/or even reverse many brain diseases and age-related decreases in brain function

It would then also no doubt help improve memory and make you smarter as well, due to the positive effects on BDNF levels.

- **Curcuma 100® helps combat Alzheimer's**

Research indicates that inflammation and oxidative damage play a major role in Alzheimer's disease. As already stated, curcumin has beneficial effects on both.

Alzheimer's disease is the most common neurodegenerative disease in the world and a leading cause of dementia. Unfortunately, there is not effective drug yet available to combat Alzheimer's yet.

Therefore, preventing it in the first place is of utmost importance and the wisest approach.

Once again our humble curcumin herb has been shown to cross the blood-brain barrier where there is the Alzheimer's causes the most damage (16). Curcuma 100® will be a very effective tool for people suffering from brain cancer as very few anti-cancer remedies can pass the brain barrier.

Amyloid plaques protein is the main feature of Alzheimer's disease and studies show that curcumin can help clear these plaques .

With a more concentrated and highly bio-available form of curcumin as in Curcuma 100® now available it will be exciting to see how people with Alzheimer's respond

- **Arthritis Patients Respond Very Well to Curcuma 100®**

In a study of patients with rheumatoid arthritis, curcumin was even more effective than an anti-inflammatory drug (15). There are several different types of Arthritis, but most involve some sort of inflammation in the joints. Arthritis being a common disorder characterized by joint inflammation therefore curcumin is ideal

As we already established that curcumin is a potent anti-inflammatory, we are not at surprised that it could help with arthritis. Several studies have supported this statement.

Study after study has seen the tangible benefits curcumin has in treating arthritis without any of the harmful side effects of drugs .

- **Depression helped with Curcuma 100®**

Just when you thought that there was nothing else curcumin could help with, studies show it even helps in treating depression. In a controlled trial, 60 patients were randomized into three groups (16).

One group took prozac, another group took a gram of curcumin and the third group took both prozac and curcumin. After 6 weeks, curcumin had led to improvements that were similar to prozac. The group that

took both prozac and curcumin achieved the best results. So according to this study, curcumin is as effective as an antidepressant.

This totally makes sense because depression is also linked to reduced levels of brain-derived neurotrophic factor and a shrinking hippocampus, a brain area with a role in learning and memory. Because curcumin boosts BDNF levels, potentially reversing some of these changes.

Another added bonus is that curcumin can boost the brain neurotransmitters serotonin and dopamine which make us feel good.

- **Delay Aging and Age-Related Chronic Diseases**

The icing on the cake is that Curcumin can also help slow down aging and many of the horrible diseases that come with age. Because curcumin helps prevent major illnesses that are very common as we age, such as heart disease, cancer and Alzheimer's... it's a very popular anti-aging supplement.

As already mentioned oxidation and inflammation are believed to play a major role in ageing, therefore curcumin may have effects that go way beyond just prevention of disease (17).

Because curcumin is not very easily absorbed by the digestion system, it is very important to consume Curcuma 100 that is 100% bio available otherwise most of the curcumin just passes through your digestive tract. *See References at the end of this report*

When a person has cancer there are hundreds of questions that come to our minds. How would Dr. Budwig have answered these questions? The BUDWIG CANCER CENTER provides a free DR. BUDWIG CANCER GUIDE to everyone that enrolls in any of their clinical or home programs. You will get many more answers to questions like these:

- **How did Dr. Budwig use flaxseed oil with her patients?**
- **When should I do the Flaxseed oil Enema that Dr. Budwig recommended?**
- **How can I overcome nausea and vomiting?**
- **How much should I exercise?**
- **Is it good to do Coffee Enemas?**
- **Why is Skin Brushing so important?**
- **Would Fish oil be a good substitute for flaxseed oil or to add to the daily Food Plan?**
- **Should I avoid all fruits, juices, honey, etc., because sugar feeds cancer?**
- **Does the FSOCC thin the blood which could pose a problem if I have an operation?**
- **Is there any difference between golden and brown flaxseeds**
- **How can I buy fresh flaxseed oil and keep it fresh?**
- **Why did Dr. Budwig have some patients consume champagne with flaxseeds?**
- **What special program is suggested where the liver is affected?**
- **Should I continue to take medication on the BUDWIG program?**

- **How can I do the Budwig program when I am traveling?**
- **What can I do for intestinal gas, bloating and constipation even though I am on the program?**
- **What can I do when I get constipated?**
- **Why is “Grounding” so important in the fight against cancer?**
- **What precautions should a cancer patient take with pets?**
- **What Scans are useful to detect cancer and tumors?**
- **Is there a connection between breast cancer and bras?**
- **Why should we avoid mammograms?**
- **What natural approach do you recommend for insomnia?**
- **What natural remedies did Dr. Budwig recommend for severe pain?**
- **What did Dr. Budwig do for the very weak and in advanced stages?**

Conclusion

When a person follows the Dr. Budwig protocol very carefully they too can expect to have the same outstanding results as Dr. Budwig had. However, remember that Dr. Budwig warned about modifying or adding things to her program that could nullify the incredible successful results she had. You will find many different web pages on the BUDWIG diet and program. Be careful as many of them have not followed the true Dr. Johanna Budwig system and therefore will not produce the excellent results. The Budwig approach does not just put a ‘bandage’ on the problem. We get right to the very cause of the illnesses and do everything we can to help your body remove the cause. Our program begins the day you enroll in our program and ends the day you recover your health! Products and remedies along with courses on emotional healing techniques are immediately sent right to your home. All patients receive regular newsletters and support on an ongoing basis

Like Dr. Budwig we have turned around “hopeless” and “terminal” cases. It’s not just a matter of changing from “negative thinking” to “positive thinking” – though that’s part of it. More importantly, it’s a matter of changing false thinking to true thinking. Many, if not most patients, believe their disease is a powerful, almost invincible enemy. But the great American pioneer O. Carl Simonton, M.D., pointed out that the truth is quite different: these cancer cells are, in fact, weak, abnormal, and deformed.

The BUDWIG CENTER strongly encourages you to learn EFT and do at least 5 minutes (more is better) every day of your life on positive thoughts and you will start to see a shift in your entire outlook and overall well-being. The brain controls the body and just to prove that, 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 that he was passing the boxes to. Finally when he passed them the last box they quickly closed the door on him and said “you can freeze to death you loser”. 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

and dead. However the strange thing is, they had turned off the freezer unit and it was warm in the truck box. 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 'he did'. It was so powerful in his mind. So the lesson is this; Your brain runs your body, think positive, think that your body will heal, tell your brain to heal your body and it will"

We have all heard the expression "You are what you eat", but also its just as true that "You are what you think". Day after day what your thought patterns are will eventually be your manner, your personality and how you come across to others. Every emotion is preceded by a thought..... 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.

"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" - Ghandi

You can find out more about our HOME DISTANCE and CLINICAL programs at:

www.budwigcenter.com/our-fees

Please feel free to contact us for more information.



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4 Aenold J Clean out your arteries---at home, without a needle, and at a fraction of the cost. Health Sciences Institute Members Alert August 2003 pg 1-4 © 2004 Dr. James Howenstine - All Rights Reserved *Dr. James A. Howenstine is a board certified specialist in internal medicine who spent 34 years caring for office and hospital patients. After 4 years of personal study he became convinced that natural products are safer, more effective, and less expensive than pharmaceutical drugs* **Footnotes on Aloe Vera, Honey and Whisky Remedy**

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