

## About the Budwig Protocol - Flaxseed Oil & Cottage Cheese (FOCC)

**Dr. Maud Tresillian Fere** was a conventional medical doctor in all ways except for her view of cancer treatment. She strongly believed in the power of dietetic control combined with simple supplementary medication. In fact, using these methods was how she claimed to have healed her own cancer of the bowel.

Dr. Tresillian Fere stresses the importance of understanding exactly what goes into the food and drink you consume on a daily basis. She shares vital information on water, sources of the best carbohydrates and proteins, and what she calls “cleansing foods,” which are raw vegetables and fruits. In addition, she held that excessive sodium, along with breaking the Laws of Good Health as she describes them, were the most common cause of cancer development.

She also touts health habits such as getting plenty of fresh air, having enough sleep and relaxation, and maintaining a generally cheerful attitude.

Dr. Tresillian Fere’s cancer treatment also included a constant regimen of medicine made up of treatments such as iodine, stock vinegar, and acidulated water. She points out that these things are natural chemicals as opposed to drugs.

Further Reading & References

- Does Diet Cure Cancer? by Maud Tresillian Fere

### **Dr. Johanna Budwig/Flaxseed Oil & Cottage Cheese (FOCC)**

**Dr. Johanna Budwig, a German physician** and seven-time alternative Nobel Prize nominee, created what is now called **the “Budwig Protocol”** as a way to cure cancer. It mainly consists of a three-month flax oil-quark program, which is a combination diet of whole flaxseeds, flaxseed oil, and low-fat organic cottage cheese (known in Europe as “quark”).

The Budwig diet includes a long list of other recommended foods such as herbs, nuts, cocoa, and tea. She also provided a list of foods to stay away from, which include hydrogenated oils, hard-shell seafood, white breads, and soy products.

The Budwig program replenishes cells that are devoid of essential fats and oils, thereby allowing them to function once again. In turn, this leads to healing and recovery from a number of degenerative diseases including cancer.

Dr. Budwig held that cancer was caused by one of four things: a weak immune system, toxins, an improper diet, or oxygen deprivation (or a combination of any of these things).

Dr. Budwig states in her book, *Flax Oil As a True Aid Against Arthritis, Heart Infarction, Cancer, and Other Diseases*:

“I often take very sick cancer patients away from 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...in the hospital it was said that 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 the ...fats with their wealth of electrons, start reactivating the vital functions and the patient immediately begins to feel better.”

After three decades of research Dr. Budwig, a seven-time Nobel Prize nominee, found that the blood of seriously ill cancer patients was always, without exception, deficient in certain important essential ingredients such as phosphatides and lipoproteins. The blood of a healthy person always contains sufficient quantities of these essential ingredients. However, without these natural ingredients cancer cells grow wild and out of control.

In the course of her research, blood analysis showed a strange greenish-yellow substance in place of the healthy red oxygen carrying hemoglobin that belongs there. This explained why cancer patients weaken and become anemic. This startling discovery led Dr. Budwig to test her theory. She found that when these natural ingredients were replenished over approximately a three-month period, tumors gradually receded. The strange greenish elements in the blood were

replaced with healthy red blood cells as the phosphatides and lipoproteins almost miraculously reappeared. Weakness and anemia disappeared and life energy was restored. Symptoms of cancer, liver dysfunction and diabetes were completely alleviated.

Dr. Budwig then discovered an all-natural way for people to replace those essential ingredients in their bodies. Eating organic flaxseed oil & cottage cheese together made for an effective natural remedy since each triggers the release of the healing properties of the other.

In the mid 1950's, Dr. Budwig began her long and meticulous research on the importance of essential fatty acids (linoleic and linolenic) in the diet.

Her subsequent discoveries and announcements sparked mixed reactions. While the general public was eager for this information, German manufacturers of commercial dietary fats (margarine, hard shortening, vegetable oils) went to extremes to prevent her from publishing her findings.

Dr. Budwig preached against the use of these fats, which she called "pseudo" fats. In order to extend the shelf life of their products, manufacturers use chemical processes that render their food products harmful to the body. These harmful fats go by a number of names, including "hydrogenated," "partially hydrogenated," and even "polyunsaturated."

More than 50 years later, it has now become widely accepted that the hydrogenated "trans fats" made by these manufactures are profoundly harmful. There is no question that Dr. Budwig was right about this subject, yet her other findings, especially those concerning the benefit of the flaxseed oil/cottage cheese mixture, have not gained acceptance despite the testimony of many patients who controlled or reversed their cancers using the Budwig Protocol.

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

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

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

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

**Dr. Roehm, an oncologist, stated in the July 1990** issue of the Townsend Letter for Doctors: "What Dr. Johanna Budwig has demonstrated to my initial disbelief but lately, to my complete satisfaction in my practice is: **CANCER IS EASILY CURABLE**, the treatment is dietary/lifestyle, the response is immediate; the cancer cell is weak and vulnerable; the precise biochemical breakdown point was identified by her in 1951 and is specifically correctable."

Dr. Roehm further claimed:

"... this diet is far and away the most successful anti-cancer diet in the world."

General Rules for the Budwig Diet:

- The patient has no nourishment on Day 1 other than 250 ml (8.5 oz) of flax oil with honey plus freshly squeezed fruit juices (no sugar added!). In the case of a very ill person, champagne may be added on the first day in place of juice and is taken with the flax oil and honey. Champagne is easily absorbable and has a serious purpose here.
- Sugar is absolutely forbidden. Grape juice may be added to sweeten any other freshly squeezed juices.
  - Other forbidden foods are:
    - All animal fats.
    - All Salad Oils (this includes commercial mayonnaise)
    - All Meats (chemicals & hormones)
    - Butter
    - Margarine
    - Preserved Meats (the preservatives block metabolism even of flax oil)
- Freshly squeezed vegetable (and certain fruit) juices are fine – carrot, celery, apple, and red beet.
- Three times daily a warm tea is essential – peppermint, rose hips or grape tea – all sweetened as desired with honey. One cup of black tea before noon is fine.

#### Daily Plan:

- Before breakfast – a glass of acidophilus milk or sauerkraut juice is taken.
- Breakfast – Muesli (regular cereal) is topped with 2 tablespoons (30 ml) of flax oil and honey and fresh fruit according to season – berries, cherries, apricots, peaches, grated apple. Vary the flavor from day to day. Use any nuts except peanuts. Herbal teas as desired or black tea. A 4 oz (120 g) serving of “The Spread” (directions below). This is fine to eat straight like a custard, or add it to other foods taken in the day as you will see.
- Morning snack (10am) – A glass of fresh carrot juice, apple, celery, or beet-apple juice is taken.
- Lunch – Raw salad with yoghurt-flax oil mayonnaise (directions below).
- In addition to green salads, use grated turnips, carrots, kohlrabi, radishes, sauerkraut, or cauliflower. A fine powder of horseradish, chives, or parsley may be added for flavor.
- Cooked meal course – steamed vegetables, potatoes, or such grains as rice, buckwheat, or millet may be served. To these add either “The Spread” (see below) or “The Mayo” (see below) – for flavor and to increase your intake of flax oil. Also, mix “The Spread” with potatoes for an especially hearty meal. Add caraway, chives, parsley, or other herbs.
- Dessert – Mix fresh fruit other than those used for breakfast with “The Spread,” this time (instead of honey), flavor using cream of lemon, vanilla, or berries.
- Afternoon snack (4pm) – a small glass of natural wine (no preservatives) or champagne or fresh fruit juice with 1-2 tablespoons of honey-coated flax seeds.
- Dinner – have this early, at 6pm. Make a hot meal using buckwheat, oat, or soy cakes. Grits from buckwheat are the very best and can be placed in a vegetable soup, or in a more solid form of cakes with herbal sauce. Sweet sauces & soups can always be given more healing energy by adding “The Spread.” Only honey or grape juice can be used for sweeteners. NO white sugar (or brown!) Only freshly squeezed juices and NOT reconstituted juices (preservative danger) may be used. These must be completely natural.

#### How to prepare The Spread:

- Place 250 ml (8.5 oz) flaxseed oil into a mixer bowl and add one pound (450 g) of 1% cottage cheese (i.e. low fat Quark) and add 4 tablespoons (60 ml) of Honey. Turn on the

mixer and add just enough low fat milk or water to get the contents of the bowl to blend in together. In 5 minutes, a preparation of custard consistency results that has NO taste of the oil (and no oily 'ring' should be seen when you rinse out the bowl).

- Alternatively, you can use yogurt instead of cottage cheese in proportions of 1 oz (30 g) of yogurt to 1 tablespoon (15 ml) each of flaxseed oil and of honey and blend as above. Note: When flaxseed oil is blended like this, it does not cause diarrhea even when given in large amounts. It reacts chemically with the (sulphur) proteins of the cottage cheese, yoghurt, etc.

How to prepare the Mayonnaise:

- Mix together 2 tablespoons (30 ml) flaxseed Oil, 2 tablespoons (30 ml) milk, and 2 tablespoons (30 ml) yogurt.
- Then add 2 tablespoons (30 ml) of lemon juice (or apple cider vinegar) and add 1 teaspoon (2.5g) of mustard plus some herbs such as marjoram or dill.
- Next, add 2 or 3 slices of health food store pickles (no preservatives – read the label) and a pinch of herbal salts.

You will have to remain on this diet for a good five years, at which time your tumor may have disappeared. Persons who break the rules of this diet, Dr. Budwig reports, (i.e., eating preserved meats, candy, etc) will sometimes grow rapidly worse and cannot be saved after they come back from their spree.

In 1967, Dr. Budwig broadcast the following statement during an interview over the South German Radio Network, describing her incoming patients with failed operations and x-ray therapy:

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

“This has never been contradicted, but this knowledge has been a long time reaching this side of the ocean, hasn't it? Cancer treatment can be very simple and very successful once you know how. The cancer interests don't want you to know this. May those of you who have suffered from this disease (and I include your family and friends in this) forgive the miscreants who have kept this simple information from reaching you for so long.”

It is believed Dr. Budwig was referring to people above who had NOT previously been treated with radiation or chemotherapy. Flaxseed oil is readily denatured by oxygen, heat, and light. That's why it is used in paint. Rancid oil is bad for health, so the flax oil MUST be carefully produced, packed under nitrogen in lightproof containers, refrigerated until used, used as fresh as possible, and promptly stabilized with protein once the container is opened.

Flaxseeds may also be used. Seeds need only be cracked in a food blender, or they may be ground in a coffee grinder. One needs three times the amount of seeds to get the oil equivalent. The seeds are also high in soluble fiber, so blending with liquid tends to produce ever-hardening “jellies.” Fresh-cracked seed sprinkled on muesli & eaten promptly tastes great.

At one time, Dr. Budwig served as the Central Government's Senior Expert for fats and pharmaceutical drugs in Germany, therefore giving her a reputation during her life as one of the world's leading authorities on fats and oils. She held that the trans fats used in most deep-fried and processed foods actually work to suffocate cells. By depriving those cells of life-giving oxygen, the result is chronic or terminal disease.

Dr. Budwig held very strongly that her treatment regime could successfully treat cancer. Her views on trans fats, once controversial, are now accepted everywhere. She had 50 years of successes spanning over 2,400 people with cancer and other diseases to back up her claim. There are variations of the above protocol which are reportedly effective, and some leading alternative cancer clinics and doctors will encourage their patients to use the flaxseed oil/cottage cheese mixture along with other therapies.

Bill Henderson, perhaps North America's leading advocate of the Budwig Protocol, offers this recipe:

"One-third of a cup of flaxseed oil mixed with two-thirds of a cup of cottage cheese. Add berries, almonds and walnuts and a little stevia [optional] in the blender. Add a little fresh water. Adjust to taste. Blend on the 'liquefy' setting. Eat it as soon as it's blended. Order flaxseed oil from Barleans at 800-445-3529 or [www.barleans.com](http://www.barleans.com) . When you've gotten rid of your cancer you can scale back to a maintenance dose, which cuts the amount of flaxseed oil and cottage cheese in half." He adds that "Stirring isn't good enough. To mix it properly, you have to blend it. . . You may have heard that dairy products are bad for cancer patients, and I would agree with that. But when you mix cottage cheese with flax oil, it loses its dairy property. Dozens of people I know who are lactose-intolerant eat the Budwig protocol every day without any problems whatsoever." **SOURCE: Alternative Cancer Research Institute**

Henderson's Special Report, How to Cure Almost Any Cancer at Home for \$5.15 a Day, is available at [www.cancerdefeatedpublications.com](http://www.cancerdefeatedpublications.com) .

#### **Further Reading & References**

- Flax Oil As a True Aid Against Arthritis, Heart Infarction, Cancer, and Other Diseases by Dr. Johanna Budwig
- Cancer: The Problem and the Solution by Dr. Johanna Budwig
- The Oil Protein Diet Cookbook by Dr. Johanna Budwig
- Budwig Center: <http://www.budwigcenter.com/>
- Health and Well-Being, featuring Dr. Johanna Budwig: <http://www.lightsv.org/bud1.htm>
- Roehm, Townsend Letter for Doctors, July 1990
- "Promotion and Prevention of Tumour Growth Effects of Endotoxin, Inflammation, and Dietary Lipids", by Raymond Kearney, Ph.D, Department of Infectious Diseases, The University of Sydney, Sydney, N.S.W. 2006 Australia. International Clinical Nutrition Review, October, 1987 Vol. 7, No. 4.