

Budwig Health Mix...posted compliments FactorReady.com...Spring 2016...

How the Budwig Diet Protocol for Cancer Works...by: Dr. David Jockers DC, MS, CSCS in Alternative Cancer Cures, Foods, Treatments/Healing...DrJockers.com (Spread the Word to Friends And Family By Sharing this Article)...Hippocrates might be credited with saying "Let food be thy medicine, and let medicine be thy food," but German biochemist Dr. Johanna Budwig (1908-2003) is known for making this belief a reality. One of the top experts on fats and oils in the 1950s, Dr. Budwig found that the right combination of quark or cottage cheese and flaxseed oil has therapeutic properties in preventing, treating, and even curing cancer. Known as the Budwig Diet, could this diet protocol beat cancer?

Dr. Budwig's Discoveries...How did Dr. Budwig derive her understanding that this simple strategy has major therapeutic properties? While researching the pathogenesis of disease and illness as a biochemist in Germany, Dr. Budwig observed that quark (a soft fresh cheese) contained the very same sulphhydryl groups found in cancer treatment drugs. These sulphhydryl groups are cysteine and methionine amino acids. While researching fats and oils, Dr. Budwig further established that essential polyunsaturated fatty acids, referred to as PUFAs, are major components of cellular membranes. Without a properly functioning cellular membrane, cells lose the ability to perform vital life processes such as cellular respiration and the ability to divide and form new cells.

The two essential polyunsaturated fatty acids critical for cell membrane support are: Linoleic Acid (LA): Better known as omega-6 fatty acids. Linolenic Acid (LNA): Commonly referred to as omega-3 fatty acids. Omega 3 polyunsaturated fatty acids have been recognized for their anticancer properties and roles in preventing sickness and disease.

Cottage Cheese and Flaxseed Oil Work to Re-energize Cells. A chemical reaction takes place when the sulphhydryl groups in quark or cottage cheese bind with the unsaturated fatty acids in flaxseed oil. This reaction allows the flaxseed to become water soluble and enter into a cell to supply energy. Imagine the cells in your body are the same as the battery in a car. Our cells also require electrical energy in order to run and energize all of our life-giving biological functions. In order for a dead car battery to be recharged, it requires jumper cables to supply an electrical current from a good battery. The combination of quark or cottage cheese and flaxseed oil work together and function like jumper cables. In her research, Dr. Budwig's cancer patients had improved oxygen supply to their cells and found relief from all forms of cancer including cancers of the gastrointestinal tract, brain, breast, and skin cancers.

How to Make the Budwig Diet Protocol a Lifestyle. Dr. Budwig advised specifics in order to beat cancer. The following is a list of guidelines for using her protocol:

- Drink only purified water
- Receive adequate amounts of sunshine to stimulate healing in the mind and body
- Eliminate all processed foods from your diet
- Do not consume sugar, meat, or animal fat
- Prepare only fresh and organic fruits and vegetables
- Prepare and eat foods immediately, never use leftovers
- Avoid all drugs (if practical and with permission of your local Doctor of course)
- Always grind flaxseeds fresh and consume within 15 minutes of grinding
- Mix quark or cottage cheese and flaxseed oil in a 2:1 ratio and blend until no visible oil remains floating
- Do not mix in added ingredients until final cheese mixture results

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Further Recommendations for the Budwig Diet...If suffering from cancer, Dr. Budwig recommended consuming up to 8 tablespoons of flaxseed oil (in the mixture) daily. Otherwise, 1 tablespoon per day of flaxseed oil can be taken to help prevent cancer. The pathogenesis of cancer can be stimulated by toxins in our environment and all sources of these toxins should be eliminated. This includes trans fats, genetically modified foods, and carcinogen-ridden cooking tools such as Teflon coated pans and plastic. Since Dr. Budwig's research, other cancer experts have introduced similar cancer treatment protocols designed to stimulate cellular health and function by improving cellular respiration, strengthening immunity, reducing body acidity, and limiting carcinogens in the body.

Help reverse Cancer Naturally with the Budwig Diet...Dr. Budwig's research has had a domino effect on influencing the scientific and medical community. Since her research, the last 50 years of science involves the study of fats and oils and the effects that these components have on our bodies. If you want to give Dr. Budwig's Diet protocol a try for beating cancer, you must begin by purchasing high quality ingredients to promote optimal health and healing. For example, the Barlean's cold pressed flax oil with no added lignins can be found in the refrigerator section of health food stores. It is contained in a dark bottle and should never be used past its expiration date. Nancy's brand of organic low fat cottage cheese contains probiotics and enzymes which even those with dairy sensitivities may tolerate. People living in many European countries will have access to quark. Purchasing lower quality cottage cheese inhibits the necessary chemical reaction from occurring between the sulphhydryl groups and fatty acids. Preservatives and hormones in poor quality cheeses coupled with high heat pasteurization processes destroy the quality sulfur-containing protein.

Step-By-Step Instructions for Preparing the Budwig Diet Mixture...Many have prevented and even reversed cancer naturally by implementing strategies of the Budwig Diet Protocol. Use these step-by-step instructions to prepare your own fresh Budwig Diet mixture. Remember, 1 tablespoon of flax oil plus 2 tablespoons of organic low fat cottage cheese or quark is recommended for every 100 pounds of an individual. The recipe can be adjusted according to dosage needs as well as for its intended purpose to treat the severity of cancer symptoms.

Place 1 tablespoon of cold pressed flaxseed oil into a glass container.

Mix in 2 tablespoons of organic, low fat (2% or less) cottage cheese OR quark.

Never by hand, and preferably using an immersion blender, blend the two foods for 1 minute.

This will result in a whipped cream like consistency.

Grind 2 tablespoons of either golden or brown flaxseeds in a coffee grinder for 1 minute until an airy, fluffy appearance results. Place ground flaxseed in a separate glass bowl. Add the cheese and oil mixture to the ground flax seed and stir with a spoon to combine.

Additional add-ins including organic fruits, nuts such as walnuts (no peanuts), and spices can be added on top for a tasty meal.

PS from Factor Ready: We should all consume this DIY (do-it-yourself) health mix, especially for cancer prevention and/or recovery aid. It synergistically adds anti-cancerous oxygen to our cellular system. Dr. Budwig reportedly had a documented 90% cancer cure rate over 50 years with more than 2000 patients, many of which had been declared terminal, with use of her overall diet, of which, this mix was the mainstay. More information may be found at BudwigCenter.com including a pdf download of their free Budwig Report Guide. Various alternative cancer protocols, such as Bill Henderson's, etc., mandate the Budwig Health Mix be utilized. His site is: Beating-Cancer-Gently.com. We highly suggest acquiring his book, "Cancer-Free" for details on

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all his recommendations. There is also a video demonstration on the mix itself at [YouTube.com](https://www.youtube.com) by Sandra Olson (and at her web site budwig-videos.com which offers full information on the complete Budwig diet). Also see books and the "A Day in the Budwig Diet" dvd offered at budwigdvds.com. Recommended mix additions can include 2 tbsp. of freshly ground brown flax seeds, and/or fruits such as blueberries, walnuts, raw honey, etc. It can easily serve as a breakfast meal or nightly snack and Stevia (such as SweetLeaf brand made with purified water, or TheraSweet from livingfuel.com) can be added if a sweeter taste is desired. Consume once daily or divide into two servings.

Two variations are...

Bill Henderson's Smoothie Recipe...

Cottage Cheese & Flaxseed Oil "Smoothie:" Use six tablespoons of low fat cottage cheese (organic preferred) mixed with three tablespoons of flax seed oil with an immersion electric hand blender. Put in a blender and liquefy with berries and nuts and a little stevia and pure water and consume promptly. Bill uses Barlean's brand oil which is available from various health outlets. If in a maintenance mode rather than therapy needs, this may be divided into 2 servings..

GreenDrinkDiaries.com Chocolate Pudding "CCFO"...

2/3 cup organic low fat cottage cheese (Nancy's brand is the best).

6 Tbsp organic flaxseed oil (I prefer Barleans for their quality and reputation)

10 drops of Stevita brand Naturally Flavored Chocolate Stevia Liquid

Directions: Mix cottage cheese and flaxseed oil using an immersion blender first. Make sure to scoop all of the cottage cheese mixture out of the blender head. The cups I use are the perfect size for making this without frustration. Once mixture is completely combined (you shouldn't see any trace of standing oil,) add 10 drops of chocolate flavored stevia and ENJOY.

FactorReady Notes: We personally use Nature's Way Efa Gold Organic Flax Seed Oil to prepare the Budwig mix (as the Barlean's brand mentioned is not available locally). Like Barlean's the Nature's Way is non-GMO, and cold processed from organic seeds. We do not have local access to Nancy's or other organic cottager cheese brands either, and therefore use the Daisy brand of low fat cottage cheese, as it is available locally and is Kosher and has no additives or preservatives.

Also recommended for anti-cancerous health is the Transfer Point brand Beta Glucan to safely boost the immune system function, as this is our first line of disease defense. See information at betterwayhealth.com on this and most all of Bill Henderson's protocol recommendations. Plus, we suggest utilizing a good all natural and whole food (not synthetic) multi-vitamin, such as megafood.com with extra Vitamin D3. Further suggestions at minimum would involve some fish oil and green tea. Do view the Health tab article at our FactorReady.com web site as well as various pdf Health articles under Downloads (in the Health Tips folders) and check back often for updates, etc. Stay Well, Stay Prepared and Stay Prayed Up!

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