



## BUDWIG CENTER

*Malaga, Southern Spain*



Dr. Johanna Budwig

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## REMOVE THE FOUR (4) CAUSES OF DISEASE

In order to overcome any disease it makes sense that you determine the basic “cause” in the first place. Once you know the cause and remove the cause the illness will naturally go into remission. Don’t believe that cancer or any other chronic illness you have is some kind of alien growth from planet Mars. It’s normal body tissue that has changed and started to do something else. It’s not a strange alien virus from outer space that landed in your body! Nature is not a fool and therefore if she switches on a mechanism, she has a reason for 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 cancer. 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 cancer and other diseases. Let’s look at the four main causes of disease and how effectively remove it from the body and not just put a “bandage” on it:



Cause No 1 – Improper Diet –Research and countless testimonials indicate that all illnesses including cancers are the result of a nutritional deficiency, especially to the nervous system, the result is a neurological deficiency. 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. In addition the toxic soup we live in today combined with negative emotional trauma further increases the breakdown of our cellular mechanism.

A regular consumption of white refined sugar, as 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). Also prepared meats (hot dogs, sausages, bacon, ham) fast foods, food additives, etc. 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. As well as refined oils and processed foods, toxins, stress and other factors, our body suffers from a mineral deficiency which causes an unbalanced chemistry, which will alter the instructions of the DNA when producing new cells. According to the research of Dr. Kelley these processed foods are dead and without enzymes or very low on enzymes. This lack of pancreatic enzymes is what starts off the cancer process. Dr. Kelley says to eat animal protein in the morning and noon meals but not in the afternoon or evenings. This would give the body time to break down the protein. Dr Kelley stated that cases of cancer would drop drastically if people followed this.

It’s the failure of the pancreases to produce adequate enzymes to digest the protein and clean up the worn out and dead cells of the body that starts the cancer and many other illnesses. By restoring the adequate nutrition to the body on a cellular level, the pancreas will start to work properly and generate adequate amounts of enzymes to digest the protein.

There is no need to kill cancer nor any other "Incorrect" cells, they die as a natural occurrence, like algae in a swimming pool when the pH balance is corrected

Most cancer clinics and anti cancer remedies are all about "killing" or "destroying" cancer cells. However the research shows that killing cancer cells is not the real answer. How can you kill a cell made by the body as per DNA instructions without expecting the body to manufacture more after you killed it????

We need to understand that the "cancer" cell is the result of the problem, not the cause. Therefore, upon killing the cancer cell, "the result of the cause", the cause was never addressed nor corrected. Therefore, the body continues to manufacture cancer cells uninterrupted. Over time, the body produces more cancer cells, the doctors then say, "Oh my goodness, the cancer came back. How did that happen, I thought we got all of it out !!" They did not realize that they removed the "by-product" of the condition instead of correcting the real true "cause". Killing the cancer with harsh chemicals also weakens and kills normal cells and causes biochemical stress, including mineral chelation, taking minerals out of the body. If we keep in mind our body is somewhat like a 'chemical laboratory', the intelligent and effective approach is to supply the body with all the chemical elements, hormones, minerals, etc so it can reproduce cells properly. Here is a list of some 60 chemicals present in the human body [http://en.wikipedia.org/wiki/Composition\\_of\\_the\\_human\\_body](http://en.wikipedia.org/wiki/Composition_of_the_human_body)

Dr. Budwig was not into 'killing' cancer cells and tumors. Her approach was to give the body adequate nutrition. The true remedy is proper nutritional restoration to the nervous system and cell nutrition throughout the body which in turn causes corrective domino - effect reactions. Upon nutritional correction, the body resumes correct DNA instructions leading to correct cell production. When the body's environmental factors are correct, the body no longer manufactures the cancer cells, the existing cancer cells are no longer able to exist in the corrected environment and die in a natural manner and are eventually replaced by normal cells.

**Note on SCANS:** When the cancer cells die, or go necrotic, they remain and show up on CT & MRI scans, which may actually present a false reading as the doctor will only see cancer cells, be they dead or alive, there is no difference noticeable on a CT or MRI scan. However, PET scans indicate that they are *dead* cells. The body will eventually break them down, it takes time. So if you really want to make sure of the level of your cancer you need a PET scan and not a CT or MRI scan



DNA like a giant photocopy machine makes 500 million new copies of your cells every day

This change alters the DNA instructions, which causes the body to manufacture cells, hormones and chemistry differently, in a mass production method. To illustrate this, imagine you are making thousands and millions of photocopies. However the original document because of carelessness gets a mark on it from food or some other product. Now every copy that is produced will show up with that unsightly, horrible unwanted mark on it. That's what happens to our 'original' DNA that produces cells when harmful foods and lack of nutritional foods are not provided.

The cells now have damage to them and each day the body produces some an estimated 500 million new cells. These 'new cells' are a mirror image or 'photocopy' of the original cells. If

the original is damaged then the copy will be damaged or lacking as well. That is why we need to correct the 'original document', the DNA. Otherwise it will keep on producing millions and trillions of defective 'copies'.

Its an endless task as each day the body will produce another 500 million defective "photocopies". The TRICAN corrects the original "document" or DNA of the cells with a blast of ultra high nutrition. That way the DNA will now start producing healthy cells instead of distorted and diseased cells. That is the real solution to the problem



**TRICAN** Nutritional formula of amino acids and minerals



When a doctor sees that "differently manufactured cell", they call it a tumor or cancer, and remove it as though that is the disease. If hormones are made incorrectly, the results include diabetes, high cholesterol, high blood pressure, etc. In reality, these are not diseases because the body created them as a result of the incorrect chemistry. The only way to eliminate the problem is to correct the deficiency.

To correct this problem, the BUDWIG CENTER provides its patients with a highly nutritional powder mix called TRICAN that literally shocks the body's autonomous nervous system with high doses of minerals, amino acids and Vitamin E and D.

This harmonizes with the approach of Dr. Budwig who would supply highly nutrition food such as the flaxseed oil and cottage cheese to her patients to restore the health of the cells

Also she would apply flaxseed oil and Wheat Germ oil which is rich in Vitamin E to get that into the body and highly charge it with live energy and she encouraged sunbathing to cause the body to produce Vitamin D in great quantities

We have an abundant amount of encouraging testimonials on the effectiveness of TRICAN shake formula for cancer and other chronic illnesses, please request a copy.

## HOW TO MAKE TRICAN SHAKES

The BUDWIG CENTER protocol restores the nutritional deficiency to the cells with the Dr. Budwig flaxseed oil and cottage cheese. Dr Budwig discovered that when unsaturated fats have been chemically treated that their unsaturated qualities are destroyed and the field of electrons in each cell is removed. As Dr Budwig put it, "the battery is dead....." Without the proper metabolism of fats in our bodies every vital function and every organ is affected. This includes the generation of new life and new cells. Our bodies produce over 500 million new cells daily. In addition to the flaxseed oil and cottage cheese we restore the patients health with a highly nutritional powder mix called **TRICAN** that literally shocks the body's autonomous nervous system with high doses of minerals, amino acids and Vitamin E and D.

Each food product works with a different approach and should be eaten separately. When you consume the flaxseed oil and cottage cheese, make sure no less than 1 hour has passed before consuming the TRICAN formula.

## **ALWAYS TAKE TRICAN AFTER A MEAL** (in other words do not consume between meals)

1 or 2 scoops of TRICAN to 1 glass 8oz/250ml in cold water or juice, such as apple juice or carrot & 1 green apple juice, or apple sauce. Optional ½ tsp Xylitol or Demerara sugar for taste. TRICAN should only be blended for about **5 seconds**, otherwise it could incorporate too many air bubbles and then when the person drinks it they will have gas, or bloated feeling.

Do **not** mix TRICAN with acidic/citric juices like orange, grapefruit or pineapple). Do not use in carbonated beverages (soda, sparkling water, or seltzer).

**Note:** Many people have read or heard that sugar feeds cancer. This is only partly true. Many foods are broken down and produce glucose (sugar) in the body. The body needs glucose to function properly. However there is a big difference between natural unrefined glucose/sugar as found in fruit and foods in their natural state and that of white refined sugar which should be totally avoided. White refined sugar and chemical sugar substitutes lower the immune system and cause havoc with our health. The body needs natural complex sugars. Demerara (raw sugar cane) sugar also called panela) from Guyana and Barbados sugar or Turbinado sugar are raw and unprocessed and in small quantities is acceptable. London Demerara and brown sugar should be avoided as they are simply white refined sugar with molasses added. Sugarcane is rich in calcium, chromium, cobalt, copper, magnesium, manganese, phosphorous, potassium and zinc. It also contains iron and vitamins. Working synergistically, these nutrients provide a supremely health-promoting food which has been studied for its role in fighting cancer, stabilizing blood sugar levels in diabetics, assisting in weight loss, reducing fevers, clearing the kidneys, preventing tooth decay, and a host of other health benefits. (more on this later)

### **Other combination you can use with TRICAN**

#### **Chocolate Shake**

- Put 1 ice cube in the blender
- Add 3 ounces of water
- 1 or 2 scoops of TRICAN
- Add 1 Tablespoon of natural pure cocoa (organic chocolate powder). If you are using the TRICAN chocolate formula then no extra cocoa would be added
- ½ teaspoon of Xylitol or Demerara raw sugar (Optional)
- Add 3 ounces of your favorite juice (i.e. grape, banana, mango, berries, watermelon) or other beverage. (Do not use acidic/citric juices like orange, grapefruit or pineapple). Do not use in carbonated beverages (soda, sparkling water, or seltzer). If you experience gas or bloating then just mix with water for 5 seconds
- Place cap on blender. Start blender, open the top and pour the TRICAN powder into the blender while it is running. Blend for about 5 seconds. NOTE: if you put the powder in the blender before turning it on then it will splatter and clump up. Blend it only long enough to mix in the powder (approx. 5 seconds). If you blend it too long it may incorporate too many air bubbles and will cause a bloated feeling. Additional Note: Any amount of liquid is fine, there is no wrong amount. More liquid will just produce more volume.
- Then drink as usual and swallow the 3 cod liver oil soft gels with it each scoop

NOTE: Start off with just 1 scoop of TRICAN per day and then gradually increase by 1 scoop every 2 days until you reach the goal of 4 scoops per day. For the very weak and children may have to maintain the 1 or 2 scoops a day for a longer period of time. If you can afford it you can take as much as 8 scoops per day (children half that). Always take 3 cod liver oil pills per scoop. However if you consume 4 to 8 scoops of TRICAN per day you may have to lower the dosage of cod liver oil to avoid diarrhea. Each person is different, so adjust as per your circumstances. For good health and maintenance and non chronic illnesses, 1 scoop of TRICAN per day is recommended

Cause No 2 – Weak Immune System –Our immune system is often weakened in the first place by a severe negative emotional shock (death in the family, divorce, family problems, financial setbacks, etc.) 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 research in United States consulted with over 30,000 cancer patients. He concluded “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 cancer. The BUDWIG CENTER encourages the consumption of natural food products, homeopathic formula and herbs that boost the immune system, such as colostrum, Transfer factors, olive leaf extracts, probiotics, etc

Cause No 3 – Toxins – such as dangerous chemicals (in the workplace, home or garden), microbes, parasites and fungus, etc. The late Dr. Hulda Clark who examined and treated thousands of cancer patients stated that “all cancer patients have both isopropyl alcohol (as found in many body care and household cleaning products) and the intestinal fluke (parasites, worms) in their liver”. There are some 3200 toxins in 1 cigarette. 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 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. Prolonger stress and negative emotional trauma is also toxic to the body. A whole chapter is devoted this subject as research indicates up to 85% 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 solutions that are available.

Cause No 4 - Oxygen Deprivation – refined vegetable oils like Trans fats (margarine, refined vegetable oils) use in deep fried foods 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. However the point to keep mind when purchasing cooking oils is the method of extraction that was used. Most commercial oil manufacturers use high heat and chemicals to extract the oils form the plants. Chemically processed fats and oils are not water-soluble 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 (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'.

## CANCER REMISSION IS THE GOAL

The entire purpose of our approach at the BUDWIG CENTER is to naturally help the body send cancer or whatever chronic illness you have into remission in the shortest time possible. In other words we want you to "get on top of the disease" as soon as you reasonably can, before it gets on top of YOU!! With cancer there is never even a day to waste. This "fast track" potent anti cancer protocol that we have put together when followed properly to date has been reported to have between 83% and 90% success rate. This holistic program renders a higher success rate when people come to us first for treatment. Also when people are not too weak and can still do most of the therapies, have a good appetite, digest well and not in constant severe pain, the success rate is greater.

Also people who 'cherry pick' the protocol, by taking only part of the program and mixing and matching with other programs usually do not get such good results. Our approach is much like a fine tuned watch that needs all the parts and requires an accurate adjustment to work right. The combination of Dr. Budwig's flaxseed oil and cottage cheese and anti cancer diet along with unique resonant frequency enhanced homeopathic formulas, pure enzymes from juices, TRICAN amino acid/mineral formula, selected herbs and essential oils, in the right proportion as well as cleansing and detoxifying the body is the key. With Cancer or any serious illness one does not have time to "reinvent the wheel" and "experiment" with several different "remedies". Using a time test approach in the field of alternative medicine clearly puts one in the best possible position to eventually be able to say "**Now it's Cancers Turn to Die!**"

## DR BUDWIG'S WORLD FAMOUS FORMULA

Dr Budwig has been nominated seven times for the Nobel Prize. And she claimed to have over a 90% success rate with this protocol with all kinds of cancer patients over a 50 year period.

Amazingly, Dr. Budwig found that after **only three short months** on her flaxseed oil-quark combination, cancer patients began to improve. She was even able to help the patients whose doctors had told to "go home and die." Clearly, Dr. Budwig had hit on something big in the world of cancer research!



**Dr. Johanna Budwig**

Following is a quote from one of her books: "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. The very first thing that these patients and their families tell me is that, 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 surface-active fats, with their wealth of electrons (*from the flaxseed oil and cottage mixture and flaxseed oil enemas*), start reactivating the vital functions and the patient immediately begins to feel better...."

Dr Budwig was born in Germany in 1908. I visited Dr. Budwig in August 2000 and she passed away a few years later in 2003 at the age of 95. She has been referred to as a top European Cancer Research Scientist, Biochemist, Blood Specialist, German Pharmacologist, and Physicist. In Germany in 1952 she was the Central Government's Senior Expert for fats and pharmaceutical drugs. She's considered one of the world's leading authorities on fats and oils. Her research has shown the tremendous negative effects that commercially processed fats and oils have in destroying cell membranes and lowering the voltage in the cells of our bodies, which then result in chronic and terminal disease. We must not forget that we are body electric.

Dr. Budwig began collecting and meticulously analyzing literally thousands of blood samples, both from healthy specimens and from the seriously ill. She found that seriously ill people without exception were deficient in albumin, phosphatides and one of the important essential fatty acids (linoleic acid which is found in abundance in flaxseed oil). Without albumin (a combination of linoleic acid and sulphur-based protein which is provided when flaxseed oil and cottage cheese/quark is mixed together) blood analysis shows a strange greenish-yellow substance in place of the healthy red oxygen-carrying hemoglobin that should be there. The cancer patient becomes progressively more and more anemic, sinks into lethargy and finally dies.

### **Dr. Budwig 's protocol and how it works**

The cells of our body fire electrically. Each cell has a nucleus in the center of the cell which is positively charged, and the cell membrane, which is the outer lining of the cell, is negatively charged. Dr Budwig discovered that when unsaturated fats have been chemically treated that their unsaturated qualities are destroyed and the field of electrons removed.

Now when that happens, the fats ability to associate with protein and thereby to achieve water solubility in the fluids of the living body---all this is destroyed. As Dr Budwig put it, "the battery is dead...." When the electrons are destroyed the fats are no longer active and cannot flow into the capillaries and through the fine capillary networks. This is when circulation problems arise as well, which explains why the flaxseed oil and cottage cheese has proven very effective in reversing heart disease

Without the proper metabolism of fats in our bodies every vital function and every organ is affected. This includes the generation of new life and new cells. Our bodies produce over 500 million new cells daily. Dr Budwig points out that in growing new cells, there is a dipolarity between the electrically positive nucleus and the electrically negative cell membrane with it's high unsaturated fatty acids. During cell division the cell and new daughter cell must contain enough electron rich fatty acids in the cells surface area to break away and divide off completely from the old cell. When this process is interrupted the body begins to die and tumors are formed. In essence, these commercially processed fats and oils are shutting down the electrical field of the cells allowing chronic and terminal diseases to develop.

A very good example would be tumors. Dr Budwig noted that "The formation of tumors usually happens as follows. In those body areas which normally host many growth processes, such as in the skin and membranes, the glandular organs, for example, the liver and pancreas or the glands in the stomach and intestinal tract---it is here that the growth processes are brought to a standstill. Because the dipolarity is missing, due to the lack of electron rich highly unsaturated fat, the course of growth is disturbed---the surface-active fats are not present;



the substance becomes inactive before the maturing and shedding process of the cells ever takes place, which results in the formation of tumors.”

Dr Budwig gave us hope by pointing out that this can be reversed by providing the cottage cheese and flax seed oil, which revises the stagnated growth processes. This naturally causes the tumor or tumors present to dissolve and the whole range of symptoms which indicate a “dead battery ....cured.” Dr Budwig discovered that when she combined Flaxseed oil, with its’ powerful healing nature of essential electron rich unsaturated fats, and cottage cheese, which is rich in sulfur protein, the chemical reaction produced makes the oil water soluble and easily absorbed into the cell membrane.

Dr. Budwig also emphasized the importance of sun bathing and eating unprocessed food. Live foods are electron rich as they come from the sun. The electrons from the sun are absorbed into the food. The electrons act as a high powered electron donor and a solar resonance field in the body to attract and store the suns energy into the body from the raw foods. So that means that the greater the store of the light energy in the body the greater the power overall of the magnetic energy of the body for greater healing. Our bodies are electromagnetic fields. We are a body of frequencies and vibrations and pure energy. We are body electric! We have somewhere between 70 to 100 trillion cells in our body. The cells all fire electrically like spark plugs in a motor. The cells look like a grape the center has a positive charge the skin has a negative charge. The skin protects the grape as the outside of the cell membrane protects the cell. That cell is a little electromagnetic field. They are all firing at -70 to -90 mille volts DC in our body. When we take in certain harmful foods into our body we could be knocking out that charge and it will go down to -60 or -50, etc and when you do not feel well the cells are probably firing at around -50 and when they go to -30 you have cancer. We need to give the body electron rich true foods to bring up that voltage.

Flaxseed oil and Cottage cheese is the best option. Yogurt may not work even if you use 3 times as much as some suggest as there is not the sulphurated protein in the yogurt. It’s a bit risky to use yogurt when you have a serious illness. I would recommend homemade KEFIR cottage cheese if you are lactose intolerant or have problems purchasing low fat cottage cheese or Quark in your area. The flaxseed oil has to be broken down to become water soluble. The flaxseed oil should disappear into the dairy and become white and no oil showing once you mix it. That is a way of knowing of the dairy product you are using is appropriate or not. (see the KEFIR Cottage Cheese recipe later on in this Guide)

After many years of clinical research, Dr. Budwig found that by combining flaxseed oil with the sulphurated amino acids found in cottage cheese – the flaxseed oil would become water-soluble, and immediately available for use by the body’s cells.

The first ingredient is sulphur which helps to detoxify the body and prevent the growth of cancer cells. The other important ingredient in the whey (the liquid part) of cottage cheese, is dextrorotatory lactic acid. This positive form of lactic acid – when given in high doses - normalizes the cell’s pH to healthy levels of around 7.4pH.

Finally, the whey of cottage cheese stimulates the growth of various cells of the immune defense system including lymphocytes, macrophages/monocytes, humoral immune response, and antibody response.

All the cells, muscle masses, brain, nerves, organs, blood and lymph of the body needs electrically-charged, highly-active lipids. Every breath we take, every muscle we move, every time the heart beats depends on this energy source found only in cold pressed natural oils, especially flaxseed and fish oils. Lab animals fed a diet high in bad fats greedily consume as much as five to six times as much food as animals feed a normal diet. This proves that ‘cheap’ bad fats are actually very expensive, both in terms of costs and in terms of health. Which is why there is so much obesity today, as people consume bad fats the body craves more and more to try and satisfy its need for essential oils to function. References: *Budwig, Dr. Johanna, Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer, and Other Diseases, 1992, pages 5-59.*

The Budwig flaxseed oil and cottage cheese like the TRICAN program is not about ‘killing’ cancer or destroying but restoring the natural function of the cells and causing natural cancer remission. We have found that, the Dr. Budwig program to be very successful however just the same, like many natural programs all on their own; take more time than most people want to or have time to wait to “turn things around”. Maybe today cancer is more aggressive and there are more toxins in the world compared to the time of Dr. Budwig. In the past, people had their own gardens, there were no mobile (cell) phones, microwave ovens, fast food, and we mostly ate nutritious home cooked meals, no one sat for hours in front of computers and televisions and so on. All we know is that when cancer has metastasized and is aggressive more than one remedy is often needed. For these reasons we use several clinically tested anti cancer programs that conform to the Budwig protocol all in one! In addition to the flaxseed oil and cottage cheese we encourage the use of homeopathic remedies that boost the immune system, detox the body and balance hormones, as well as herbal remedies, colostrums, olive leaf extracts and probiotics that also enhance the immune system and restore cellular energy. Iodine supplementation is important as 95% of the world in general is deficient. Ultra high nutritional TRICAN and natural juices as well as detoxification, sun bathing, saunas, grounding the body, etc which you will read about in this GUIDE.

**NOT JUST FOR CANCER! Here is a basic list of diseases that have been effectively treated using the flaxseed oil and cottage cheese Budwig protocol as well as TRICAN and other homeopathic and herbal remedies at the BUDWIG CENTER**

Acid Reflux Disease (GERD)	Bone Cancer	Diarrhea
Acne	Bronchitis	Diverticulitis
Allergies	Cancer	Eating Disorders
Alzheimer's Disease	Celiac Disease	Eczema
Anorexia Nervosa	Cholesterol	Endometriosis
Arthritis	Crohn's Disease	Enlarged Prostate
Asthma	Dandruff	Erectile Dysfunction (ED)
Back Pain	Depression	Fibromyalgia
Bad Breath (Halitosis)	Diabetes	Gallstones

Gout	Joint Pain	Rheumatoid Arthritis (RA)
Heart Disease	Kidney Stones (Renal Calculi)	Scabies
Heartburn	Migraine	Sinus Infections
Hemorrhoids	Multiple Sclerosis (MS)	Sleep Disorders
Hepatitis	Obesity	Social Anxiety
Hiatal Hernia	Osteoarthritis (OA)	Strep Throat (Sore Throat)
HIV/AIDS	Osteoporosis	Tennis Elbow
Hypertension (High Blood Pressure)	Ovarian Cyst	Tuberculosis (TB)
Hyperthyroidism	Pain	Ulcers
Hypothyroidism	Parkinson's Disease (PD)	Urinary Tract Infection (UTI)
Infertility	Pneumonia	Varicose Veins
Iron Deficiency Anemia	Premenstrual Syndrome (PMS)	Vertigo
Irritable Bowel Syndrome (IBS)	Psoriasis	Warts
	Restless Legs Syndrome (RLS)	Yeast Infection (Candidiasis)

### What you need to follow the Budwig food plan:

**These 2 appliances** are needed with the Budwig Protocol – We provide these during your stay

1- A coffee bean grinder to grind the whole brown flaxseeds

2- An immersion hand-held mixer (a stick-shaped mixer) to blend and bond the flaxseed oil [FO] & cottage cheese [CC] together

**Note:** Whenever Tablespoons are mentioned it is the standard US tablespoon which is the equivalent of the British “dessert” spoon) 1 US Tablespoon = 15 ml and 1 British Tablespoon is 18 ml - 16 tablespoons = cup and 4 tablespoons = ¼ cup.

### Three (3) Steps to to make the Budwig flaxseed oil and cottage cheese (Quark) mixture (often called Muesli)

**Step 1** - Blend 3 Tablespoons (British dessert spoons) of flaxseed oil with 6 Tbps low-fat Quark or Cottage Cheese. (Maximum 2% fat, however less is better otherwise the oil will not mix well and the product will not bring the oxygen to the cells)

If you have a reaction to the dairy in the Cottage cheese this would indicate a problem with your duodenum. Replace the cottage cheese with Soy yogurt or Soy milk for

about 2 or 3 weeks and then the problem should be cleared up. No Soy is encouraged other than in this temporary situation)

Use ONLY a hand-held immersion electric blender (do not mix by hand) for up to a minute on low speed if your blender has variable speeds. If the oil does not disappear you may need to add 2 or 3 Tablespoons of milk or natural yogurt. Avoid adding water or juices when blending FO with CC or quark. The mixture should be like rich whipped cream with no separated oil. Once the FO and CC is blended fruit and fruit juice can be added

VERY IMPORTANT: Many people do not understand that you must blend ONLY the flaxseed oil and cottage cheese on their own FIRST before adding any other products....

**Step 2** – Once you have mixed the flaxseed oil and cottage cheese with the electric blender, you can simply use a large stirring spoon and stir in the following ingredients Grind 2 Tbps of whole flaxseeds and add. Freshly ground seeds become rancid within 20 minutes, eat recipe immediately.

**Step 3** - Add 1 teaspoon of honey (best is raw, unpasteurized as it has all the enzymes)

(Optional) Add various **fruits** such as fresh [or thawed-out frozen if necessary] berries, all kinds, which contain strong cancer-fighting ellagic acid (especially raspberries). Add other fresh fruit if you like, totaling 1/2 to 1 cup of fruit. If mixture is too thick, add 1 or 2 Tbs of fruit juice [e.g. dark grape, blueberry]. Fruits & their juices is proven cancer fighter. (Optional) you may want to add ground up 6 x **Apricot kernels** eat them ground up with Flaxseed oil and cottage cheese or on their own or in apple sauce. You can also add other **organic raw nuts** such as, ground hemp seed, ground almonds, sunflower seed, pumpkinseed and brazil nuts [no peanuts]. For variety, try vanilla, cinnamon, lemon juice, pure cocoa or shredded coconut. Others enjoy it with a dash of cayenne pepper....be creative

- **IMPORTANT** – The Budwig Muesli should NOT be made ahead and stored....make it and eat it within 20 minutes. The flaxseeds should not be ground ahead either.
- Dr. Budwig recommended you eat this mixture two times per day if you can. Some are not able to take that much and can only eat it once a day or even half the portion once a day. Those who find it hard to eat often find that by adding extra fruit and making it into a drink will have an easier time eating it that way
- *Please do not add to the Budwig program any Artificial Oxygen infusions therapies or Laetrile (Vitamin B17 injections) or Vitamin C infusions or any supplements NOT approved by the Budwig protocol. They will nullify the other foods and herbs in the program*

### **Transition diet (for the very weak)**

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

For the very weak you will probably need to start off with this “Transition Diet” which is 1 to 3 transition days according to individual prescription:

- oatmeal mucilage with Linomel\* mucilage, hourly
- oat meal soup with Linomel (Freshly ground flaxseeds can be substituted for Linomel) 3 x daily
- 250 g Linomel\* daily with juices, as prescribed
- Fermented (papaya juice) is highly important.
- 10 am freshly pressed carrot juice
- Make sure to serve a hot beverage such as green tea or herbal tea at least 3 times a day. Even seriously ill patients tolerate this transition diet well

## **INTOLERATE TO COTTAGE CHEESE OR QUARK OR DAIRY PRODUCTS**

The solution to this seems to be a homemade **Kefir type cottage cheese**. Those who do not like the regular cottage cheese or have intolerance seem to handle this Kefir blend very well

### **Making home-made kefir (to use as the basis for kefir quark)**

Kefir is easy to make yourself as well. Put Kefir grains in a jug, fill with whole farm milk that has not been processed in any fashion. The natural fat content of the milk would not be a problem as it will be transformed with the Kefir process. Try to avoid using store-bought milk, organic milk or raw organic farmer’s milk is best and goat milk would be excellent and leave for 4 days. Pour the kefir through a sieve to save the kefir grains. Strain the kefir through a kitchen towel, piece of plain white/natural real linen fabric, some unbleached, 100% cotton muslin (old, well washed muslin pillowcases will do), or similar cloth. You can also use a metal mesh coffee filter which reportedly also works fairly well to drain homemade quark or cottage cheese. Do not for convenience’s sake use paper towels, apparently these have chlorine (and possibly other) residues left in them from the paper-making process.

Line a colander with the fabric, and let the whey drain out (for about 12 hours) until you have a quark- or cottage-cheese-like mass (make sure the cloth contains no detergent residues or similar irritants/toxins).

The kefir grains are re-used to make a new jug of kefir. Never throw away your grains. The kefir grains grow with every batch you make and you can share them with all your friends. Kefir is like love - if you look after it well, it will grow and grow and you can share it with everybody. Also make sure to use the whey. Whey is reputedly very healthy and contains many minerals and other nutrients, so drink it or use it as well. You should also find recipes for cooking with whey on the Internet. You should be able to purchase the Kefir grains off the internet or obtain them from a friend who has them already.

## **Aloe Arborescens with Honey and 1% Alcohol Remedy**

**Ancient folklore remedy - Aloe Arborescens, raw honey and 1% pure grain alcohol - proposed as a powerful natural treatment against cancer and totally cleanses the body**

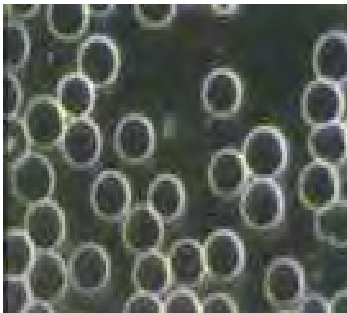


**Aloe Arborescens**

Hippocrates, father of modern medicine, used at least 14 different formulas containing aloe, 2400 years ago. Alexander the Great was exhorted by his teacher Aristotle to conquer the island of Succotra where a rare plant called Aloe succotrina grew, so he could have aloe for his soldiers. At least that's the story that's been handed down. This early Mediterranean variety of aloe was known to be so potent that Alexander never left on a military mission without hauling a whole forest of the plants with him.

In Brazil, a humble monk named **Romano Zago** has uncovered a powerful yet simple cure for cancer based on just three ingredients... one of them being whole **Aloe Arborescens** (not just the gel, but the whole leaf, including the skin and the sap).

This Aloe cure works to help reverse not just cancer, but have used the Brazilian plant recipe to provide the body's immune system a potent remedy for **over 100 types of illnesses**, including cancer, diabetes, depression and obesity.



**Normal Healthy Blood**

However we are not talking about just any kind of Aloe plant. Romano Zago stated "Recent studies administered by the Palatinin Salzano Venezia Institute in Italy have discovered that **Aloe arborescens is 200% richer** in medicinal substances than Aloe vera and contains more than **70% of anti-cancerogenous properties** (active ingredients) as opposed to Aloe vera, which contains 40% of these properties."

Zago comments: "This remedy **acts like a broom cleaning your blood thoroughly**. Do you understand now why it is a preventative remedy also? With your blood clean every organ functions well. It is like a motor car. If you use a good fuel, your car runs longer without giving you major headaches. But if you risk inferior fuel anything can happen ...The remedy operates a complete cleansing of the organism, thanks to the **honey which attains the furthest zones of our body**. The aloe vera, carried by the honey, is an important agent of healing.



**Sick Unhealthy Blood**

As for the alcohol, it dilates the blood vessels, and facilitates this operation of general cleansing. In the space of 10 days, the blood is completely purified.'

We can also add that the remedy acts as a preventative. True, when the blood is purified, the whole organism works marvellously." <http://www.aloedecaus.com/father-romano-zago>

The Aloe arborescens (produces a red flower when it blooms) immune formula is unmatched in its potency to provide the human body a **complete spectrum of phytonutrient and nutraceutical**



**properties** needed to support a healthy immune system while gently eliminating waste particles. This returns the body to a normal state of structure and function. There are different types of Aloe plants but the best choice is the Aloe Arborescence

A number of recent worldwide clinical studies offer scientific evidence supporting the fact that Aloe Arborescens has a high concentration of complex sugars called **glucomannan polysaccharides** and as many as 200 biologically active phytonutritional compounds that work in synergy to promote the modulation of innate immunity and macrophage function. In test after test, it has also been shown to kill a broad range of viruses, fungi and monilia (a particularly active fungus that attacks the mucous membranes). Consequently, it provides extraordinary support for the gastrointestinal tract, mucous membranes and connective tissue.

The human body heals itself from within and, because of its more than 200 phytotherapeutic substances, the juice from the whole leaf of Aloe Arborescens provides the perfect complement to the biological requirements of the body. In Aloe, you will find a true arsenal of useful substances that are essential for good health, such as enzymes, vitamins, proteins, amino acids, minerals, monosaccharide oils, polysaccharides, anthraquinone compounds, etc. The cleansing initiated by this recipe of Aloe will detoxify the body, renew the blood and strengthen the immune system so the body can restore itself to health.

At the request of many people and organizations, Ramano Zago has given lectures and conferences in Portugal, Spain, Switzerland, France, Italy and Brazil about the ability of the human body to heal and regulate itself when supplied with the cell-required concentrated micronutrients found in the polysaccharides (complex sugar molecules) of this Aloe plant species and the recipe.

Fresh aloe gel used as a topical may be the best skin cream on earth. Aloe Vera (Barbadensis) - The Medicine Plant, uses a simple homemade formula based on this amazing plant has cured many types of cancer: skin cancer, throat cancer, cancer of the uterus, breast, prostate, brain, liver as well as intestinal cancer, leukemia, etc. While reportedly in many cases the cancer was permanently cured, in others it returned. Therefore this is "not" a "stand alone" remedy but should be used if at possible with other time tested proven anti cancer remedies, such as the flaxseed oil and cottage cheese mixture and TRICAN ultra high nutritional formula

That is why the BUDWIG CENTER encourages everyone to take ALOE remedy for good health and if you have a serious disease do the 10 day Aloe detoxification program before starting on the TRICAN and other remedies and then they will work faster and more effectively. Your body will be well cleansed and ready for complete healing

Bill C. Coats, expert on aloe vera and author of *The Silent Healer: A Modern Study of Aloe Vera*, tells the story of the old rancher whose prize bull was bitten by a huge rattlesnake. The bull's leg was swollen to three times its normal size, and the poison was taking a serious toll. It looked like the animal was going to die. The rancher sliced two oversized leaves of aloe, wrapped them as a poultice around the bull's leg. A short time later the bull could walk again. Within 24 hours he was completely healed.

An **AIDS** study provides one of the most dramatic clinical proofs about aloe. Nearly everyone in the study who was on the daily aloe regimen got better, as indicated by skyrocketing white T-cell counts.

**Stage 4 Lung Cancer** Healing - excerpted from a letter sent to Luis Quiroz Ravines of [themiracleofsharing.org](http://themiracleofsharing.org)

“My mother was diagnosed with Stage 4 non-small cell carcinoma (lung cancer) back in January of this year which had metastasized to her eye. She first did 6 weeks of radiation for the tumor in her eye and then began her chemotherapy which was scheduled for 4 cycles.

In June my sister went to a party and ran into this friend of ours who mentioned the recipe she found after she found out about my mom. As soon as we received it I bought everything we needed to prepare it and made sure she began to take it right away. By this time my mom had already started her chemotherapy cycles.

During **chemo my mom didn't experience any chemo side effects**. She wasn't nauseous, she didn't lose her hair or lose any weight. It was all the opposite. Her hair only thinned but she still had a full head of hair, her blood levels were always perfect. The doctor was always amazed at her results every time he saw her and her blood was drawn. To make this long story short my mom's chemo was cut short and the doctor decided to test her after her 3rd cycle because he was so amazed at her results and how well she was doing.

My mom had her PET scan in July and the scan came back negative. There was not a trace of cancer anywhere in her body. Her doctor is still amazed and she is doing great. We owe my mom's health and recovery to all of our faith and this heaven-sent tonic.”

One patient from this trial also had **advanced liver cancer** and was given less than two months to live. His liver was four times normal size. He kept drinking the juice, improved gradually... one year later his tumors were gone.

Pathologist H. Reginald McDaniel, M.D., also involved with this trial, was initially skeptical. Seeing seriously ill patients improve was good. But what really sealed it for him was a disease of his own — **viral pneumonia** which conventional medicine couldn't cure. He drank aloe, and his cure made him an aloe advocate.

**Various cancer patients have experienced remarkable reversals** in health status after adding aloe to their protocol. It was, in fact, triumphant accounts of Aloe vera enhancing the efficacy of previously failed treatments that spurred the glyconutrient movement. -*Disease Prevention and Treatment* by The Life Extension Editorial Staff

Ivan Danhoff of the North Texas Research Laboratory in Grand Prairie, Texas, discovered large 9,000-molecule Aloe Vera polysaccharides, he freeze-dries to inactivate enzymes, called "Albarin" used in I.V. **treatment of terminal cancers**. He was in application and raided by the FDA. in October 2001 at the Medical Centers for Preventive & Nutritional Medicine in Florida, after having put **94 of the first 100 cancers studied into remission in terminal patients given 2-3 months to live, with 80% of remaining patients in remission**. - *Anti-Aging Manual: The Encyclopedia of Natural Health* by Joseph E. Mario

Acemannan, extracted from the aloe vera plant, appears to be one of its most active ingredients. It is used both orally and intravenously, and has uses from **antiviral, antifungal, and antibacterial to helping with symptoms from AIDS and cancer**. - *Smart Medicine for Healthier Living : Practical A-Z Reference to Natural and Conventional Treatments for Adults* by Janet Zand, LAc, OMD, Allan N. Spreed, MD, CNC, James B. LaValle, RPh, ND

Taken internally, 98 or 99 percent pure aloe vera juice is known to aid in the healing of stomach disorders, ulcers, constipation, hemorrhoids, rectal itching, colitis, and all colon problems. Aloe vera can also be helpful against infections, varicose veins, skin cancer, and arthritis, and is used in the treatment of AIDS. We have had excellent results using colon cleansers containing psyllium husks in combination with aloe vera juice. We have found this combination to be good for food allergy and colon disorder sufferers. - *Prescription for Nutritional Healing, 4th Edition: A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements* by Phyllis A. Balch, CNC

Most of aloe's leaves boasts at least 75 known nutrients — including 20 minerals, 12 vitamins, 18 amino acids, 200 active plant compounds such as phytonutrients, enzymes, proteins, oils, monosaccharides and polysaccharides.

*Avoid coffee and tea, because caffeine destroys the beneficial properties of aloe and honey. Avoid coca-cola for the same reasons, throughout the cure. Aloe has a much more tonic effect anyway than these modern stimulants and you will soon prefer to do without them.....follow the Budwig food program*

You can purchase the Aloe and leaves already prepared. However be very careful

Buyer's Guide to Prepared Aloe - Most store-shelf aloe juices don't go much beyond soothing minor cuts. They're processed, heated, and diluted. Nor do you have control over previous light exposure. Also, it's perfectly legal for aloe juice products to claim "Made with 100% Aloe Vera" on the bottle, when in reality, it may be 99% water and just 1% aloe vera juice. That's why so many of these products use thickeners to make the product resemble a gel. Watch for carageenan, guar gum, and xanthan gum. Also beware of artificial sweeteners (sucralose) and high fructose corn syrup, and preservatives (sodium benzoate). Don't waste your money on these. **With our program we will help you locate the very product approved by Romano Zago and that is ready to use**

**The treatment has worked on all types of cancer:** cancer of the skin, of the throat, of the breast, of the uterus, the prostate, the liver, etc. Zago speaks even of curing several with leukemia.

The mixture is bitter, but unctuous and savoury as well, thanks to the honey. The fresh enzymes in the aloe clean the organism of all toxins. Contrary to synthetic medicine and chemotherapy, there are no side effects with aloes, except for some diarrhoea or a rash which only lasts a few days and is a welcome sign that the body is being purged of poisons. In fact, aloe stops diarrhoea caused by chemotherapy, soothing tissues burnt by radiotherapy and eliminating constipation. Aloe, like apple, always restores balance.

Containing 8 of the 9 enzymes needed by the body per day, aloe is a complete food, like a banana or an avocado. When a person has trouble digesting or is extremely weak, after an operation or chemotherapy, aloe pulp provides easy liquid nourishment, its passage acting like a balm on inner scars, regenerating tissue and restoring vigour. A natural antihistaminic for asthma and allergies, aloe cures urticaria and of course saves lives.

Zago came to administer the last rites to people on their deathbed and cheerily suggested the remedy to everyone's surprise, curing the person in a month!....

**But nothing works 100 percent of the time.** Body chemistries vary. And frankly, some people's biochemistry may be so out of balance that nothing can heal it. Therefore its important to

continue consuming the Flaxseed oil and cottage cheese daily and the TRICAN. Combining all of these three remedies together will provide a much greater possibility of healing the body. If for some reason you are not able to consumer the flaxseed oil and cottage cheese then you still have two effective remedies to fall back on. Once in a while we have patients that have an adverse reaction to the TRICAN. In which case they could rely on the ALOE VERA and the flaxseed oil and cottage cheese

**Duration of the Treatment**

It is necessary to keep an interval of TEN DAYS between taking of each mixture, which should last you 10 days. Then take a 10 day rest as the Aloe plant being very medicinal you need to let it do the healing and cleansing. With these intervals of ten days, repeated ingestion of the Aloe Arborescens will do no harm. For this reason, in case the recommended medical tests cannot be done, one is in no any danger (and has no reason to be fearful) when repeating the treatment (even when unnecessary), as long as the 10-day rest interval is respected. You can do it two or three times and in the meantime do the Dr. Navarro Urine Cancer test and before you start and then every 6 weeks to see your progress with the full Budwig, Aloe and TRICAN protocol

**SIDE EFFECTS and BENEFITS:**

You most likely will experience a loose bowel or even diarrhea for the first two or three days. Therefore this remedy is best done before you travel to the Budwig Center or after the two week clinical program. As regards side effects as a result of aloe, Zago points out that the latter should not frighten anyone. They represent in fact the expulsion, the complete liberation on the part of the organism of impure substances, and above all, when verified, have a limited duration of one to three days maximum. Those who take the aloe-based drink can thus experience skin rashes, diarrhea or, in more serious cases, vomiting; but all, according to Zago indicate that one is on the road to recovery. This remedy acts like a broom cleaning your blood thoroughly. Do you understand now why it is a preventative remedy? Actually every adult living the toxic world of today would do well to do this total body and blood cleansing remedy at least for 10 days. With your blood clean every organ functions well. It is like a motor car. If you use a good fuel, your car runs longer without giving you major headaches. But if you risk inferior fuel anything can happen ...The remedy operates a complete cleansing of the organism, thanks to the honey which attains the furthest zones of our body. The aloe vera, carried by the honey, is an important agent of healing. As for the alcohol, it dilates the blood vessels, and facilitates this operation of general cleansing. In the space of 10 days, the blood is completely purified.' We can also add that the remedy acts as a preventative. True, when the blood is purified, the whole organism works marvellously." Aloe has been credited to help with over 100 ailments such as:

Stops the growth of tumor cells	Controls high blood pressure	Parkinson's disease, sexual aid
Lowers cholesterol / triglycerides	Supports heart function, boosts physical endurance	arthritis, rheumatism
Cures ulcers, IBS, Crohn's disease, and other digestive disorders	Prevents candida infections	psoriasis, sinusitis
	Stabilizes blood sugar / insulin levels / diabetics	catarrh, fungus, Candida

## THE PROPER ANTI CANCER DIET

### FOODS THAT ARE ALLOWED...

- **Sweeteners - Honey** as in raw non-pasteurized honey, **dates, figs, berry** and **homemade fruit juices, Xylitol** (made from Birch trees), **Demerara (raw sugar cane) sugar**. Demerara (also called panela) sugarcane is from a tall grass with a stout, jointed and fibrous stalk that looks similar to bamboo. Only use Demerara sugar from Guyana and Barbados sugar or Turbinado sugar. London Demerara and brown sugar should be avoided as they are simply white refined sugar with molasses added. As a member of the grass family, Demerara juice has a high potency equivalent to wheatgrass juice, only with less chlorophyll and more sugar content. However, sugarcane juice contains only about fifteen percent total sugar content, all the rest of the juice consists of water brimming with an abundance of vitamins and minerals. Sugarcane is rich in calcium, chromium, cobalt, copper, magnesium, manganese, phosphorous, potassium and zinc. It also contains iron and vitamins. Working synergistically, these nutrients provide a supremely health-promoting food which has been studied for its role in fighting cancer, stabilizing blood sugar levels in diabetics, assisting in weight loss, reducing fevers, clearing the kidneys, preventing tooth decay, and a host of other health benefits. Sugarcane juice is consumed worldwide, and due to its known health benefits. Sucking or chewing on an exposed end of the raw sugarcane and the locals drink it with a pinch of sea salt and lemon juice, for a natural high-energy drink. Several scientific studies have revealed that sugarcane is extremely high in a unique mix of compounds called polyphenols a powerful antioxidant resulting in a very low glycemic index. To give you a comparison, the glycemic index of refined sugar is 64, compared to raw sugar cane which has a glycemic index of 30 to 40 (nearly half that of refined sugar). Sugar cane sugar would not feed cancer just as the glucose or natural sugar from fruits and vegetables do not feed cancer. The antioxidants in sugarcane juice also help to fight against viral and bacterial infections, boost the immune system, and protect against diseases of the liver. It also improves kidney function by clearing the urinary flow and is believed to be a good treatment for fevers, as it boosts the body's protein levels. An Australian study also showed that it stabilizes blood sugar levels and promotes weight loss in obese rats. Numerous studies since the 1930's have shown that sugarcane juice has a protective effect against tooth decay, owing to its high mineral content. It cures a sore throat, cold and flu. Unlike table sugar, it has no simple sugars. Diabetics can therefore enjoy it without worrying about soaring blood sugar levels (those with type 2 diabetes should still have limited sugarcane juice). It's recommended for fevers which cause great protein loss from the body. Liberal consumption of sugarcane juice provides the body with protein during febrile disorders. It also brings down high body temperatures during fevers. The easily digestible sugar in sugarcane juice helps in speedy recovery from jaundice. The steep fall in glucose levels during jaundice; may be replenished by having 3 to 4 glasses of sugarcane juice daily. It's good for the digestive system and also helps with constipation because of its high potassium content. Regular intake of sugarcane juice strengthens the stomach, kidneys, heart, eyes, brain and sex organs. It lowers body cholesterol- both LDL and triglycerides. The Budwig Center is not recommending cancer patients to drink sugar cane juice except in the cases of jaundice where it could be temporarily consumed. However this information is to educate our readers and

patients on the benefits and wisdom of using Demerara sugar as a sweetener in recipes, drinks and mixes. READ more on this link;

[http://www.processedfreeamerica.org/index.php?option=com\\_content&view=article&id=535:raw-sugarcane-juicenatures-perfect-wonder-food&catid=37:health-news&Itemid=72](http://www.processedfreeamerica.org/index.php?option=com_content&view=article&id=535:raw-sugarcane-juicenatures-perfect-wonder-food&catid=37:health-news&Itemid=72)

- **Herbs** in their natural form (pure nothing added)
- **Nuts** (raw unroasted) are fine except peanuts (fungus issues)
- **Seeds**- all seeds good, sunflower seeds are very complete and filling
- **Chocolate** - Raw un processed cocoa
- **Coconut** - shredded (unsweetened coconut)
- **Tea** - Cup of black tea is accepted (coffee is toxic and not recommended) Caffeine is not the problem, the amino acids in coffee is the problem
- **Flour** - Any flour is permissible as long as it's 100% whole grain. Except corn because of mold/fungus and genetic manipulation. Most cancer patients however are gluten intolerant and do better on Spelt and sprouted grains in bread, such as Ezekiel or other sprouted bread products.
- **Sprouted bread** as in Ezekiel bread or other brands is the best choice. The sprouting creates amino acids which break down the gluten. Potato bread, rye, pumpernickel, oatmeal are other choices. In Europe you can purchase these sprouted breads in health shops or at: [http://www.auravita.com/search/Grain-Sprouted Bread.html?RefId=200&Adid=SRCH241314&kwid=241314](http://www.auravita.com/search/Grain-SproutedBread.html?RefId=200&Adid=SRCH241314&kwid=241314)
- **Leafy vegetable and carrot juices** are encouraged. Carrot juice with 1 green apple (not red apples) Leafy green vegetable juice with some of the following: Lettuce, 3 cabbage leaves, tender beet tops, celery leaves, Swiss chard, escarole, endives, romain, ¼ of a green pepper, water cress, medium green apple. (No Spinach but you can eat Spinach on its own). You can add 1 Tablespoon per day of pure **chlorophyll** to the juice mixture as well, especially if you are anemic this is very effective



**Steam your vegetables;** Raw vegetables are hard to eat and often hard to digest. Steaming vegetables is the best option and its actually better as steamed vegetables release 5 times the amount of vitamins than most raw vegetables. Cooking food at temperatures of more than 105 F (41 Celsius) is destroying 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 left over has the vitamins in it and it is dumped down the drain and you lose a lot of nutritional value. Invest in your health by investing in a Food Steamer <http://www.amazon.co.uk/Steamers-Cookware-Kitchen-Home>

- **Skins** on most vegetables and fruits hold most vitamins and nutrients, try to include them as part of your meal instead of discarding them.
- **Vegetarian** - The nephew of Dr. J Budwig is Dr. Armin Grunewald does not agree with a vegetarian diet when you have cancer. He is continuing her research with the



BUDWIG FOUNDATION and has introduced some updates. Dr. Armin Grunewald encouraged the consumption of protein as the body is rebuilding and needs the energy and enzymes. Lamb is the best of all meats, chicken is least nutrition of all. Medium /rare is most healthy. The body does not require a lot of meat, 3 - 6 oz weekly is fine. Too much protein as in meat, eggs, etc can cause pain. Eat carbohydrates first to allow minimal acids to help break it down.

- **Pickles** - 2 or 3 slices of health food store pickles (no preservatives! - read label!)
- **Jams**- made with no sugar or chemicals added. There are brands made in France that are only sweetened with pure apple juice
- **Freezing cottage cheese /Quark** as well as fruits and vegetables is ok.
- **Flaxseed oil** - VERY IMPORTANT: The flaxseed oil must always be kept in the refrigerator. It will keep for 12 months in the freezer. Arrange to purchase as direct as possible from a manufacturer (like Barlean's) and when it arrives put it right away in the refrigerator. Barlean's offers a discount for people with cancer, so tell them you are using the Budwig Center protocol and they should give a good discount. Or arrange with the local health shop to keep a supply in the refrigerator for you.
- **Water** - Drink only reverse osmosis or distilled water as they have all the harmful chemicals, pesticides, etc removed from them. Some people worry about not getting our minerals because of drinking reverse osmosis or distilled water. Its much better to get your minerals from Celtic sea salt and the TRICAN formula
- **Meat choices** - You best choice is fish (not farm feed) and fish with fins and scales such as salmon, trout, etc. Fish without fins or scales will be scavengers and cleaners of the sea, rivers and oceans. Shell fish, octopus, eels, fish with no fins and scales should be avoided as they are bottom feeders and toxic to eat. With your consumption of protein twice a week you could have wild game or 100% grass feed beef or chicken is also acceptable if organic and NOT corn feed. If the chicken looks yellow they are corn feed. Corn has issues of fungus and genetic modification. Organic free range (not anti biotic) eggs 2 or 3 times a week is acceptable as well. Eggs are incredible healthy and if a person is thin and weak raw eggs in the Budwig flaxseed oil and cottage cheese mixture would be a good addition. With the high doses of enzymes you NEED protein with each meal.

• **Eggs "Sylvester Stallone Style"** - You could mix up 1 or 2 raw eggs in a glass of juice with each meal. When consuming raw organic eggs, wash the shell with soapy water and spray with some 3% hydrogen peroxide (optional), rinse and dry and then crack open into a glass. Smell the egg and if it smells fresh pour it into the shake and blend or simply stir it in a glass of juice, such as grape juice. Most patients will not even know its there unless you tell them. It has slight vanilla flavor.

- **Oils** - cook with cold pressed oils such as Olive Oil, sunflower seed oil & Organic Butter. Research indicates that coconut oil causes inflammation of the liver. Cancer patients with pancreatic, liver or gall bladder cancer (coconut oil closes off the bile duct) often have serious side effects when consuming any form of coconut oil products
- **Dairy** – Normally it is best to avoid all dairy, except what you use for the mixture with flaxseed oil. In which case the 'negative' aspects of the dairy as somewhat neutralized by the chemical reaction when mixed with flaxseed oil. However Dr. Budwig did allow small amounts of dairy in some of her recipes, such as Organic Kefir, a little butter,

some natural yogurt, homemade ice cream or pudding as per Dr. Budwig's recipe. She also allowed a small amount of other *cheeses about 2 ounces (56 grams) per day of a high quality cheese, like Emmentaler, Goat, Gesha, Gouda, Herb Cheese, Sbrinz, Camembert, Gervais, Brie.* However many have opted not to eat any additional dairy products. It would be discreet to limit your intake and have cheese as a treat now and then. *For the most enzymes and nutrients, don't heat the cheese and be sure not to buy processed cheese*

- **Food choices** - Choices of cooked starchy foods - buckwheat (Johanna Budwig's top choice-digests well & very nutritious), **millet, brown rice, lentils, beans, peas, yams & potatoes.** Take any **supplements** that are approved in the Budwig protocol with soup. Add **lightly cooked vegetables** such as kale, tomatoes, spinach, beets, carrots, chard, cabbage, brussel sprouts, broccoli, onions, artichokes, asparagus, peppers, green beans, etc. Also, add healthful spices such as cayenne pepper, paprika, turmeric, sea salt & others. AFTER COOKING, add homemade Oleolux 'to taste,' which adds more nutrition and satiates appetite. Also **rye or rice crackers** with a little cheese, guacamole, tomatoes, or even the Budwig mixture of flaxseed oil and cottage cheese, etc.

**ASPARAGUS** – Take 4 TBPS of asparagus (green is the preferred choice but if not available white will do). If possible purchase fresh or frozen asparagus, steam cook and then blend. Put in the fridge and eat 4 level TBPS in the morning and 4 level TBPS with the even meal. If no fresh or frozen asparagus is available choose asparagus preserved in a jar (avoid canned if at all possible due to lead used to seal canned goods). Wash the asparagus with fresh water to remove the salt used to preserve it before blending



**Asparagus for cancer** printed in Cancer News Journal, December 1979. "I am a biochemist, and have specialized in the relation of diet to health for over 50 years. Several years ago, I learned of the discovery of Richard R. Vensal, D.D.S. that asparagus might cure cancer. Since then, I have worked with him on his project, and we have accumulated a number of favorable case histories. Here are a few examples.

Case No. 1, man with an almost hopeless case of Hodgkin's disease (cancer of the lymph glands) who was completely incapacitated.

Within 1 year of starting the asparagus therapy, his doctors were unable to detect any signs of cancer, and he was back on a schedule of strenuous exercise.

Case No. 2, a successful businessman 68 years old who suffered from cancer of the bladder for 16 years. After years of medical treatments, including radiation without improvement, he went on asparagus. Within 3 months, examinations revealed that his bladder tumor had disappeared and that his kidneys were normal.

Case No. 3, a man who had lung cancer. On March 5th 1971 he was put on the operating table where they found lung cancer so widely spread that it was inoperable. The surgeon sewed him up and declared his case hopeless. On April 5th he heard about the asparagus therapy and immediately started taking it. By August, x-ray pictures revealed that all signs of the cancer had disappeared. He is back at his regular business routine.

Case No. 4, a woman who was troubled for a number of years with skin cancer. She finally developed different skin cancers which were diagnosed by a skin specialist as advanced. Within 3 months after starting on asparagus, her skin specialist said that her skin looked fine and no more skin lesions. This woman reported that the asparagus therapy also cured her kidney disease, which started in 1949. She had over 10 operations for kidney stones, and was receiving government disability payments for an inoperable, terminal, kidney condition. She attributes the cure of this kidney trouble entirely to the asparagus.

Patients usually show some improvement in from 2-4 weeks. It can be diluted with water and used as a cold or hot drink. It has been reported by the US National Cancer Institute, that asparagus is the highest tested food containing glutathione, which is considered one of the bodies most potent natural anticarcinogens and antioxidants. Again no one should rely "only" on this remedy but it's a very good one to add to the program

## ENZYMES

The Budwig program includes juices as they are rich in natural enzymes as well as daily intake of natural and unpasteurized apple cider vinegar and aloe vera. Dr. Kelley and Dr. Beard both found that cancer was linked to a lack of certain enzymes, especially pancreatic enzymes. Juicing and drinking apple cider vinegar in water is the most natural way to obtain the enzymes instead of taking artificial enzymes.

If large doses of enzymes in powder or pill form are consumed then the work of the pancreas is done by them and the pancreas does not 'step up to the plate to do its job'. That's why enzymes in the form of natural foods as in juice and apple cider vinegar is the preferred way to obtain them. However some enzymes in pill or powder could be taken for a month or two when tests done on a person shows a real lack. Juicing, apple cider vinegar and some enzyme supplements for a month or two as well would be advisable. So if you are taking enzymes or take enzymes for the first month to aid in digestion that would not be a problem. Taking enzymes between meals would not make the pancreases lazy being there is no food in your system and it helps remove the fibrin coating on cancer cells. However it would be best to finish up your supply of enzymes you may have on hand and then get your enzymes through your food, juice and apple cider vinegar instead of in pill form. But to use enzyme supplements as a main way of correcting the body's need is not the best approach. Here is why. To illustrate, imagine someone out of work. You provide them with food, shelter, etc and so they keep on living. However you have to keep this going on and on for who knows how long? However if you train this unemployed person and find him employment, then he/she can operate on their own, independently, which is practical and logical. When TRICAN is consumed the high nutritional amino acids and minerals, etc nourish all the cells and correct the DNA that makes the new pancreatic cells so it is now able to work independently making healthy enzymes like before.



Dr. Budwig was in favor of letting 'food be your medicine and medicine be your food' to quote the Father of Medicine, Hippocrates. Steaming our vegetables and juicing allows you to absorb the optimal amount of enzymes and other nutrients from the vegetables and also consumer a large amount of these electron life enzymes in an efficient manner. This would especially be required for the very weak and those cannot digest easily. Drinking juice is the best way to get plenty of natural nutrients into the body.

You could not get such high amount into your body from eating vegetables and salads on their own. Juices push the pH alkaline up as well. **Using a quality juice maker such as Champion, Samson or similar auger type mechanism** is preferable to use. The cheaper juicers with a centrifuge spin type system will destroy enzymes as it creates too much heat. Put the pulp through a second time to get as much of the nutrition from your vegetables

The weak and those with advanced illness will probably only be able to consume ¼ glass of vegetable juice per day.

Work up slowing to as much as 1 or 2 glasses of 8 oz (250ml) per day. Some go up to higher amounts however with our complete program it may not be necessary to drink high amounts of vegetable juice. Each person is different, body weight, etc all play a roll, so go accordingly to how you feel.

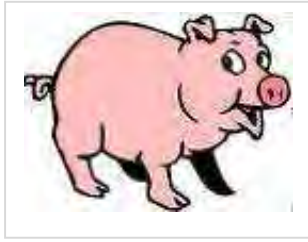
#### **What kind of juice?**

Concentrate on leafy green vegetable juices and carrot/apple juice. Some fruit juice could be made to take with the TRICAN formula if you find it is easier to take that way. Normally you would simply eat fresh fruit daily, especially in the morning as the body is in a cleansing mode. However if you want to drink 1 glass of fruit juice per day with TRICAN that would fine. The best juice combination is **Carrot juice with 1 green apple (green is better than red apples)**

And **Leafy green vegetable juice** with some of the following: Lettuce, 3 red cabbage leaves, tender beet tops, celery, Swiss chard, escarole, endives, romain, ¼ of a green pepper, water cress, medium green apple. (No Spinach but you can eat Spinach on its own)

Some clinics encourage 8 to 12 glasses of carrot and vegetable juice per day. To drink that much juice basically your entire day is taken up preparing and making and drink juice. Consuming a healthy diet as per Dr. Budwig and drinking the CELL SYNERGY shakes would not require high doses of juices. One or two glasses per day would be adequate. Some take a carrot/apple juice one day and a vegetable green juice the next day. Or others like to drink one of each daily. Bear in mind that for each coffee enemas it is recommended you drink a glass of juice to restore the electrolytes. Also generous consumption of Celtic sea or Himalayan salt and the TRICAN will provide the minerals and nutrition needed as well

**AVOID THESE UNHEALTHY FOODS** according to Dr. Budwig



We know many patients are very worried they are going to have to live on “tree bark” and “carrot juice” for the next twelve months. This is not true. Our program is not so much about doing without or eating terrible tasting food, but adopting alternatives and often very delicious and practical food choices with a wide variety of recipes (see recipes at the end of this Guide). Here are the basic foods to avoid:

- Avoid fizzy soft drinks. A fizzy (soft) drink can contain up to 10 teaspoon of white refined sugar and don't forget that if you put a nail in most cola drinks it will dissolve.....so what is that doing to your bones, teeth and organs? You can make a refreshing drink in the summer with some sparkling water, fruit juice and ice.
- Avoid chips (crisps), store bought pastries, deep fried foods (French fries, donuts).
- Sea food (all sea food with a hard shell, like lobsters, shrimp, clams, etc) prepared meats (hot dogs, sausages, bacon, ham) fast foods, food additives, etc is a sure recipe to develop a host of chronic illnesses.
- Pork is a toxic animal by the nature of its digestive system. The digestion system of pigs is very different from most other animals in that the food it eats ferments and becomes highly toxic in its stomach and stays there for hours.

Pigs (like flies and vultures) are the cleaners of the earth and shell fish (lobsters, shrimp, clams, all fish with a hard shell) are cleaners of the sea and they retain a high quantity of toxins in their system. Pork as in ham, sausages, hot dogs and bacon are not only loaded with toxins but have additional harmful chemical food additives (such as nitrates which apparently are very damaging to the prostate) as well. We know that these foods “taste” good....”toxins are indeed tasty” but they are also very “dangerous” and especially if you have a serious illness they should be avoided. It is reported that Jews and other cultures that avoid pork products for religious reasons have very little arthritis. Arthritis is connected to toxins and parasites, especially the roundworm *Trichinella spiralis*. Not sure how true this YouTube presentation is (may be pork from an third world country) but it shows someone pouring a cola drink over a pork chop and tapeworms start to come out after 2 minutes  
<http://www.youtube.com/watch?v=WDBAGOKPLCs>

**Deuteronomy 14:3-9** “You must eat no detestable thing of any sort. <sup>7</sup> Only this sort YOU must not eat out of those that chew the cud or that split the hoof, cloven: the camel and the hare and the rock badger, because they are chewers of the cud but do not split the hoof. They are unclean for YOU. <sup>8</sup> The pig also, because it is a splitter of the hoof but there is no cud. It is unclean for YOU. None of their flesh must YOU eat, and their carcasses YOU must not touch. <sup>9</sup> “This sort out of everything that is in the waters YOU may eat: Everything that has fins and scales YOU may eat. <sup>10</sup> And everything that has no fins and scales YOU must not eat. It is unclean for YOU.

- **No hydrogenated oils, NO trans-fats** - cold pressed sunflower seed oil or almost any cold pressed oils are acceptable such as olive oil. Virgin Coconut oil is one of the few oils that will not break down under higher heat and so may a good choice when cooking. Although as most of your food will be steamed there would be very little need to heat food at higher temperature. Some who have pancreatic and liver issues

find coconut difficult for their body to digest. (Coconut oil is helpful as a sun protector when you sun bath however and an excellent under arm deodorant)

- **NO seafood** – fish with fins and scales are recommended but no lobsters, clams, shrimp, all fish with a hard shell and that do not have fins and scales are cleaners of the sea and are loaded with toxins..
- **White regular pasta is eliminated, as is white bread,** (Spelt pasta and bread is a better choice than wheat as many cancer patients have an intolerance to wheat. Look for 'sprouted' Spelt or Rye bread as the gluten is digested in the sprouting process and easy therefore to digest. You can also eat whole Rye, Oat, Multigrain bread that does not have sugar. Sour Dough breads are also a good alternative but 'sprouted' bread is the first choice. Corn is discouraged (because of mold and genetic modification issues).
- **Butter** (allowed in very small amounts, on a special occasion as in some of the Budwig recipes)
- **NO ice cream** (Make your own healthy *Budwig Ice Cream* – see recipe at the end of this report. 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. How about some diethyl glycol -- a cheap chemical used to take the place of eggs, which 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. Ethyl Acetate's vapor has been known to cause chronic lung, liver, and heart damage. There are quite a list of other unsavory ingredients littering many of today's most famous grocery store ice creams. Here are just some of them: 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](http://www.naturalnews.com/023849_ice_cream_ingredients)
- **NO dairy products** (other than the cottage cheese and some cheese. Some goat cheese as a treat 2 oz is allowed. If you have an intolerance to cottage cheese some find that they do better with Kefir instead
- **NO white sugar or molasses.** Demerara Sugar contains trace amounts of minerals and vitamins and since Demerara sugar is unrefined, its producers claim it contains more nutrients than processed sugars. Xylitol is derived from Birch trees or corn and is controversial as a sweetener for Cancer patients. Used in small quantities may not do any harm if you can obtain the Birch tree product and permits you to make desserts that all the family can enjoy. It may be hard to determine if the source of the Xylitol is corn or birch trees and so Demerara raw sugar would be the best choice
- **NO processed foods** (NO store bought pastries), make your own with our recipes
- **NO Soy\*** milk or Soy products (a little natural fermented Soy sauce would be fine). If you cannot tolerate the cottage cheese this is problem with the duodenum. Probably the Whey Cottage cheese will work best for you as already mentioned. Many of the **soy products** available in the food supply 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 have significant amounts of glutamate in them and have effects similar to MSG. Even traditionally fermented soy



products have a down side 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 calcium from the system. Even if you use organic and do it all yourself there is the issue that soy in it as it's a thyroid inhibitor.

- **Avoid pesticides and chemicals**, even those in household products & cosmetics. Good old fashioned vinegar, as well as baking soda are excellent household cleaners (look on the Internet for more info on natural cleaners and pesticides, etc)
- **NO microwave** – (read more on the dangers of microwave later on in this Guide)
- **NO Teflon** – Have you ever noticed that Teflon pans start to peel and the Teflon is gone. Where do you think it went? Into your body. Teflon is especially dangerous for the reproductive system
- **No aluminium cooking ware or aluminium foil.** We recommend and provide during your stay at Budwig Center enamel cooking ware. Stainless steel, ceramic, cast iron, glass and corning cooking wear are fine.
- **Avoid leftovers** - food should be prepared fresh and eaten soon after preparation to maximize intake of health-giving electrons & enzymes. You are more at risk with food poisoning from leftovers. When a person is already weak and fighting a serious illness you do not want to get food poisoning. If however it does happen, 6 drops of Lugol's iodine in juice in the morning and then in the afternoon should correct it immediately.

### The Five Absolute Worst Foods Anyone Can Eat

- (1) **Doughnuts** are fried, full of sugar and white flour and most all varieties contain trans fat. Store-bought doughnuts are made up of about 35 percent to 40 percent trans fat. An average doughnut will give you about 200 to 300 calories, mostly from sugar, and few other nutrients.
- (2) **Soda** - one can of soda has about 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine, and is loaded with artificial food colors and sulphites. The diet varieties are also problematic as they are filled with harmful artificial sweeteners like aspartame. Studies have linked soda to osteoporosis, obesity, tooth decay and heart disease, yet the average American drinks an estimated 56 gallons of soft drinks each year. Plus, drinking all that sugar will likely suppress your appetite for healthy foods, which pave the way for nutrient deficiencies.
- (3) **French Fries (and Nearly All Commercially Fried Foods)** Anything that is fried, even vegetables, has the issue of trans fat and the potent cancer-causing substance acrylamide. They are also very susceptible to heat-induced damage from cooking. What is not commonly known is that these oils can actually cause aging, clotting, inflammation, cancer and weight gain.
- (4) **Chips (Crisps)** - most commercial chips, and this includes corn chips, potato chips, tortilla chips, you name it, are high in trans fat. Fortunately, some companies have caught on to the recent media blitz about the dangers of trans fat and have started to produce chips without trans fat. However, the high temperatures used to cook them will potentially cause the formation of carcinogenic substances like acrylamide, and this risk remains even if the trans fat is removed.
- (5) **Fried Non-Fish Seafood** - this category represents the culmination of non-healthy aspects of food. Fried shrimp, clams, oysters, lobsters, and so on have all the issues of trans fat and acrylamide mentioned above, plus an added risk of mercury. Seafood is loaded with toxic mercury and shellfish like shrimp and lobsters can be contaminated with parasites and resistant viruses that may not even be killed with high heat. These creatures, considered scavenger animals, consume foods that may be harmful for you. Eating these foods gives you a quadruple dose of toxins--trans fat, acrylamide, mercury and possibly parasites or viruses--with every bite. If you have a taste for seafood, there's an easy solution. It's best to avoid your local fish fry and eat the delicious wild red Alaskan salmon that was proven through independent lab testing to be virtually free of harmful levels of mercury and other contaminants. --Dr. Mercola, October 18 2003

## HOW TO OVERCOME NAUSEA and VOMITING

**Nausea** – You may have to back off the program for a few days if you get very ill because of the die off. So start off slow and if you have a strong reaction back off for 4 or 5 days if necessary. Ease off on all the remedies and follow some of the suggestions here:

**Epsom Salts** (Magnesium Sulphate) mixed with water, sipping it through the day. This relieved the symptoms. Nausea might have something to do with the gallbladder or the liver. - ¼ teaspoon of Epsom salts in 1 glass (250ml) of water and sip on it throughout the day Early signs of magnesium deficiency include loss of appetite, nausea, vomiting, fatigue, and weakness. As magnesium deficiency worsens, numbness, tingling, muscle contractions and cramps, seizures (sudden changes in behaviors caused by excessive electrical activity in the brain), personality changes, abnormal heart rhythms, and coronary spasms can occur. Severe magnesium deficiency can result in low levels of calcium in the blood (hypocalcemia). Magnesium deficiency is also associated with low levels of potassium in the blood (hypokalemia).

**Lemon Juice** - most who experience nausea find that happens if they eat the fso and cc in the morning. So eat your fso and c cheese at noon or evening. If you have nausea drink the juice of a lemon is usually very effective.

**Peppermint tea** very good if very ill. 2 teaspoons of dry peppermint leaves to 2 cups of water, boil and strain and add a little Xylitol or raw Demerara sugar and lemon juice if desired. Could drink up to a gallon (4 Liters) of this tea if necessary in a 24 hour period of very sick according to Dr. Gerson. It washes out the duodenum and bile which makes it work better

Eat **oatmeal** as your meal when weak and suffering from nausea. Also eat **raw grated carrots, apple sauce, mashed bananas, watermelon** may be all you can eat with bad nausea

"Gastrolyte" from a drug store. It comes in a packet and get mixed with water. It hydrates, provides electrolytes and settles the tummy down. It is very similar to a product for children called Pedeolyte. It is very light and easily tolerated by someone who is very ill.

**Vomiting** - Some have nausea and then vomiting. This may happen to everyone once in a while, especially if you forgot to take the precautions mentioned above. A very effective homeopathic remedy is **PSN** just ½ a dropper full usually stops nausea and vomiting. Drink the juice of one pure lemon before taking the products. Some find they can only tolerate the flaxseed oil and cottage mixture at noon and evening but not at breakfast

**Cloves** – chew on a fresh clove will help or take 1 x 500 mg of clove capsule 3 x day with water  
Clove oil – few drops stops vomiting and an infusion will relieve nausea

**Ginger tea** – put the juice of a thumb nail size of fresh ginger in hot water...let sit for about 5 or 10 minutes and drink the tea or you can use 1 teaspoon of ginger powder in hot water, let sit for 5 minutes and sip on it

## ARE YOU GROUNDED?

In today's world, we walk in shoes that have rubber or leather soles, we sleep in beds not in contact with the ground, and when we do walk barefoot in our houses we walk on carpet or wood, etc. We spend very little time in contact with the Earth.



Why is this important? Inflammation is a recognized major underlying problem of many diseases including cardiovascular disease, arthritis, lupus, MS, eczema, fibromyalgia, and diabetes, etc. Heavy metals, pesticides, chemicals, and solvents contribute to the inflammation.

Being disconnected from the Earth also contributes to the inflammatory process.

Inflammation is a good thing in an acute situation. It is desirable that the immune system is called into action in response to pathogens or physical injury.



*Free Radicals*

As part of that response, cells release free radicals to help destroy pathogens and help heal damaged tissue. A free radical is an atom or molecule which is missing an electron. Free radicals will seek out free electrons in order to become stable.

Damaged tissue and pathogens, providing a ready supply of electrons, attract the free radicals. As the pathogens die and the diseased tissue disappears, the excess free radicals produced by the immune response are neutralized by the body's free electrons, many of which are supplied by antioxidants.

This response is essential and normal. Sometimes, however, the inflammation response doesn't wind down; rather, it continues and begins to attack the surrounding normal tissue, producing chronic inflammation, as the body sends more and more free radicals to respond to the newly destroyed normal tissue.

Your body is now attacking itself and you have what doctors call an autoimmune disease. This pattern becomes a vicious cycle. This causes several auto-immune diseases, such as fibromyalgia, chronic fatigue, etc

The premise of "Earthing" or "Grounding" is that, if one is not grounded, one's body has a shortage of free electrons with which to quench the chronic inflammatory response. Your immune system is out of control, and you are on the way to chronic illness.

#### **Body Grounding – The Earth's Antioxidant - Just How Do We Ground Ourselves?**

- Walking barefoot on grass
- Swimming in the ocean, sea, river or lake
- Walking on a wet sand at the beach
- Walking outdoors with leather soled shoes

If you can't regularly walk on the grass or beach, there are various other ways to ground yourself. There are special bed sheets, bed pads, electrode patches, and sandals, pads to sit

on while at work or home, and foot pads to use when seated. These are grounded directly into the earth outside a window by a wire and metal rod or by connecting into the ground part of a grounded outlet. Here are two useful links:

**UK** <http://www.groundology.com/products.php>

**USA** <https://shop.earthing.com/shopdisplayproducts.asp?category=ALL>

Body grounding (or Earthing) is nothing short of a way to absorb the Earth's healing energy right through your skin. Lest you think this is nonsense or pseudo science, Dr. Sinatra is a board certified FACC cardiologist with 30 years experience in medicine.

The Earth has a vast reservoir of electrons, and connecting to the earth will supply the needed free electrons to quench the inflammatory problems. Using thermographic images, researchers have demonstrated that, in a short period of time, people who are grounded (by sleeping on a grounded pad or by having grounded electrode patches placed on the areas of inflammation), experience a decrease in inflammation.

Dr. Sinatra performed an experiment on heart rate variability (HRV). In general, those people who have a low variability of heart rate are more prone to cardiovascular problems. Grounding was found to improve HRV after only 40 minutes. More research is needed to see what effect sleeping on a grounded bed may have! Many patient stories shared in this book described a decrease in high blood pressure, lower blood viscosity, decreased menopausal symptoms, fewer arthritic symptoms, better sleep, better athletic performance, and much more.

Not only do we expose ourselves to unhealthy [water](#), air, food and an extremely positively charged lifestyle, even worse we wear **insulating plastic shoes**, which completely separate us from the healing power of the great Earth. The super destructive effect of electronics surrounding us – our cell phones, TVs, microwaves, radios and millions of wireless equipment – bombard us with millions of positively charge particles and destabilizing particles.

We have completely insulated ourselves from the earth's unlimited supply of electrons that heal and rejuvenate us ever since we began wearing rubber soled shoes in the 1960s.

### **Body Grounding - The Body Electric...**

Our bodies are made up mostly of minerals and water, excellent conductors for electricity and in fact we are very much “electrical beings,” from head to toe. Electricity figures prominently in every chemical reaction in our bodies.

The electrical nature of the human body requires that we have access to what you might call “clean electricity.” Our house current is actually a source of electromagnetic pollution. It is alternating current rather than the direct current that are body generates.



## Earthing protection against IMFs:

Another benefit of earthing is that it protects us from Electromagnetic Fields or better known as [EMFs](#). Migraines, insomnia and various other ailments are not necessarily due to weak immune systems, but they could more likely be the result of extreme exposure to EMFs, which

### Watch this video and find out more

<http://www.naturalnews.tv/v.asp?v=A00F1D400296C55EF47A086352ADD577>

## DR. BUDWIG ENCOURAGED DAILY SUNBATHING

We all felt an increased feeling of general well-being, a feeling of lightness, more energy, better circulation and, when in the sun, I felt the healing power of the sun affecting my skin much differently than before. Also, every week or two, I become aware of feeling better in different ways.

Old aches go away, my skin improves and I am able to do things better. One woman felt so good about it that she gave the Budwig flaxseed oil and cottage cheese to her children who spent plenty of time outdoors and said that right away she could see improvements in their skin tone.

As she spoke, I saw that her own skin had more color and was radiant” *And this was only about two days after she started on our program!* We want you to get a reasonable amount of sunshine everyday that you can.



Dr. Budwig as we already stated was a big fan of sunbathing. BioPhotons are the smallest physical units of sun light that our cells must have besides sunbathing drinking fruit and vegetables is another source as they are loaded with biophotons. You are absorbing pure sunlight when you eat and drink these natural foods. They are like a bio laser light that travels into the body in the form of waves from cell to cell.

When you take in the bio photons they regulate the functioning in the cells, creating order and transmitting information and communication between the cells. The light is also stored in the DNA and the higher the level of light you have in your cells the more energy you have. The vitality is then present. The cells absorb the sunlight into the body and emit this light back out of the cells and the stronger and healthier you are going to become. Maybe that is the aura that surrounds the body that can be seen with a Kirlian camera. You can enhance the intake of bio photons by ‘grounding’ your body every day. Grounding puts you in contact with the earth when you stand barefoot on the grass or wet sand or in a body of water.

One of the significant aspects of Dr. Budwig's work is that she has discovered, (or rather rediscovered) the affinity of the human body with the sun. If the body has the right balance of oils and proteins, it has a magnetic field (MORE on the importance of Magnetic Therapy later on) which attracts the photons in sunlight and thus is open to the healing powers of the sun.

You absorb the sunlight through our eyes. The real foods and sun go hand in hand to heal you. A 80% raw and 20% cooked is the best way to go but some find they can manage about a 70% raw and 30% cooked. Eating steamed vegetables is better and easier than pure raw vegetables in most cases. Most who try to consume high amounts of raw vegetables experience severe gas and digestive issues. By adding some fresh vegetable juice and steamed vegetables (which have the same benefits of raw) to the program you can achieve this higher level of raw food intake

One patient commented "I tried Dr. Budwig's methods for general health improvement, and I was amazed that within even less than the three days she predicted, I felt an incredible improvement in so many areas that it would take too much time to describe it here. I then recommended it to several members of our Ashram and those who took it seriously had similar experiences to mine. Now eminent cancer treatment researcher Lothar Hirneise strongly advises to simply get out into the light, quote: "We are all children of the light, we need the light. We need no sunburn ... but we definitely need light. Go outside. We don't need the sun, we need light. Even if it's raining today, go outside. And tell this to your patients. Even when they are in a coma must they be wheeled out. You must go twice daily into the light." So that's what I would do. Don't fret or worry about lack of direct sunlight. There is still plenty of natural light penetrating through the clouds. In fact I've read you even get a tan when shielded from direct sunlight, only much more slowly.

Sunbathing is the best natural way to increase the Vitamin D production in the body. Is it not dangerous however to sunbath? Is there not more skin cancer with those who expose themselves regularly to the sun? Actually there is less skin cancer in areas like Australia and Spain where people get more exposure to the sun. The 'real' cause of skin cancer is for two main reasons; first people get 'too much sun'. They lie in the sun too long and lather their bodies with sun tan lotions which most often contain isopropyl alcohol derivatives which are cancer causing. Some virgin coconut oil would be the best sun tan protection. Staying in the sun too long and especially getting sun burnt is not wise and can lead to skin cancer. Dr. Budwig only recommended 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. True the sun blocking lotions may protect against burning but the skin is still being harmed from too much sun because after about 30 minutes of direct sun exposure the immune system is challenged and your skin is being damaged. Second the diet is a major contributor to skin cancer and all cancers. 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 sunshine, avoid sun tan lotions (contain many harmful ingredients) and eat healthy food have a much lower risk of cancer, including skin cancer. If you are prone to skin cancer on your face, it would be wise to avoid exposing that area of the body when sun bathing

Try to sunbath 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 there from the sunlight. Shower with water only and use soap only on the arm pits and groin area within 24 hours of sunbathing and using the FIR lamp
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If you live in a area that gets very little sunshine it would be wise to invest in the **LDP mineral FIR lamp**

## FAR Infrared Mineral Lamp – gold medal winner “miracle lamp”

Near Infrared rays are not recommended and could actually promote cancer. Only FAR (FIR) infrared rays products should be used.



Do not use the infrared bulbs sold in hardware stores as these are ‘near’ infrared rays. The FIR Lamp emits the beneficial photon rays of the sun along with minerals, whose frequency has a beneficial effect on the whole organism, when transmitted through thermic radiation.

Far Infrared Mineral Heat Lamps are known as "miracle lamps" for a reason. Over the years, the treatment of over millions of patients has proven that these lamps have a remarkable effect on 100 chronic conditions and has won several awards.

The FIR mineral lamp was exhibited at the 1986 Zagreb International Fair in Yugoslavia and won a gold medal in competition with 560 inventions from 18 countries.

This absorbed energy promotes circulation and metabolism and strengthens the immune system. The curing plate is the key component for the lamp, and is coated with a special mineral formation of 53 elements that are essential to the human body they include:

aluminum, antimony, arsenic, barium, boron, cadmium, calcium, carbon, chromium, cobalt, copper, iodine, magnesium, manganese, molybdenum, nickel, phosphorus, selenium, silicon, sodium, sulfur, tin, titanium, zinc, and zirconium, bonded onto an iron plate .3 to .6 millimeters in thickness. The remaining seven elements are suspected to be bismuth, germanium, lithium, potassium, rubidium, strontium, and vanadium, although verification has not been available.

These lamps would be excellent to use when applying the Eldi Oils as explained here below

## FLAXSEED OIL MASSAGES AND ENEMAS

As a helpful (but not inexpensive) adjunct to Dr. Budwig’s oil-protein diet in the treatment of cancer, she developed a proprietary oil blend she named Eldi-Öl (Elektronen-Differenzierungsöl: Electron Differentiation Oil or short ELDI oil in English) in the late 1960s. She created these Eldi oils after performing precise spectroscopic measurements of the light absorption in different oils, specifying that the oils contained “pi-electron clouds from alpha-linolenic acid (ALA, an omega 3 fatty acid) and linoleic acid (LA, omega 6) plus vitamin E in its natural complex, etheric oils and sulfhydryl groups.”

Dr. Budwig believes, as stated in Krebs - Das Problem und die Lösung (Cancer - The Problem and the Solution) and in other books she wrote, that man depends on the vital electron-rich forces built up in seeds from solar energy (which controls all growth). She writes re cancer and Eldi oils among other things, “The disease of cancer is an illness of the whole organism. Cancer treatment must allow vital processes to recover in their entirety and thus conquer the cancerous ailment. The oil-protein diet I developed is able to break down and expel tumors



and metastases via the immune defence. To further activate this process I have developed oils for external application - the ELDI oils ... to offer the electron systems of the fatty acids of flaxseed oil in their active and effective form in a commercial product. ... Electron systems activate the respiratory function of the cell and [support] blood (hemoglobin) formation." ***Eldi Oils for External Use (Massage, Oil Packs & Enemas) in the Budwig Cancer Treatment - by Healing Cancer Naturally copyright © March 2007***

She continues: "The sun is a preferred treatment modality, as is Eldi oil, used externally to stimulate the absorption of the long-wave band of the sun. ... I have used ELDI oils extensively since 1968 for massaging the entire body as well as in the selective (targeted) application of oil packs. Where required I use these ELDI oils rectally (as enemas/infusions). ... Cancer treatments which inhibit growth and are thus "hostile to life" as well as dietary fats which impede respiratory function cause pain in a sick person. The ELDI oils I invented produce the opposite effect. ... As a matter of fact, the practical application of the oils both on the inside (flax oil/quark) and on the outside (as Eldi oils) allows to largely eliminate all narcotic substances. ... US pain institutes report: 'What this lady does with her ELDI oils, none of us manages to do via pain killers'."

On the importance of using Eldi oils for a cancer patient implementing the Budwig protocol. Judging by her available German books published after 1968 it appears that Dr. Budwig used Eldi oils with next to all her cancer patients, at least the serious cases (which she may have seen most of). Starting in 1968, she also added ruby laser (light) treatments. Use the FAR Infrared sun lamps to help the Eldi oils to go deeper into the skin.

### **Making your own Eldi oil as an alternative**

Some people will find that at the prices quoted plus shipping, the commercial oil from Germany will be too costly for them and hence may think of trying to make their own Eldi Oil. Dr. Budwig developed the Eldi oils by making exact spectroscopic measurements regarding the light absorption of the various oils and we do not have the exact recipe today. We only know the two basic or main ingredients, flaxseed oil and wheatgerm oil, which are listed on the bottle, but we do not know their proportion or correct ratio however a 75% flaxseed oil and 25% wheat germ oil seems to be a fairly good guess if you were to make it yourself. Also you could add about 3% DMSO to the mixture, DMSO is famous for helping anything you put on the skin to penetrate much deeper into the skin and it's a sulphur based element. Dr. Budwig's oil contained a sulfhydryl group and may explain also why it helped with pain as DMSO is known to be a natural pain relief substance

### **How to Use the Eldi Oils**

- For the very weak or sick two times a day, i.e. morning and evening, rub Eldi Oil R into the skin over the whole body, a bit more intensely on the shoulders (armpits), breast and groin (where the lymphatic vessels are) as well as the problem areas, such as the breast, stomach, liver, etc. Once a day would be adequate for most cancer patients.
- Leave the oil on the skin for about 15-20 minutes. If possible lay in the sun or use the FAR Infrared natural sunlamps during the 15 to 20 minute oil massage session
- Follow with a warm shower without washing with soap. Follow up with another shower, this time using a mild soap, and then rest for 15-20 minutes.

The purpose of the shower, once the body has been oiled and the Eldi Oil has penetrated the skin, is so that the warm water will open the pores and the oil may penetrate the skin more deeply. The second shower, where one washes with soap, cleanses the skin so that clothes and linen will not become overly soiled. Using 3% additional DMSO would also be helping the oil penetrate deeper into the cells

### **Instructions for applying Eldi Oil packs**

Take a piece of cloth made of pure cotton. Cut to size to fit the body part, such as the knee or wherever the cancer is. Soak the cotton, place on the knee etc., cover the cotton with a plastic sheet and wrap it up with an elastic bandage. Leave on overnight. Remove in the morning and wash the knee or area; repeat in the evening. Keep reapplying the same procedure for weeks. You can also use Eldi Oil R for these local applications. The oil pack is only suitable for local problems (no metastases).

### **Instructions for using Eldi Oil R rectally as oil enema or infusion**

Between 3 and 5 pm is the ideal time to do this procedure:

Simply warm up 500 ml of flaxseed oil or the 75% flaxseed oil and 25% Wheat Germ oil and 3% DMSO or the Eldi oil purchased directly from Germany (see details below) Put the glass container in water and warm it up until it is close to body temperature. Then take an enema of 250 ml.

Inject the lukewarm Oil via irrigator, enema syringe etc. Use long rubber tip if preferred. If possible, have patient positioned with knees and elbows on the floor and buttocks slightly raised. When all the oil has been absorbed, have the patient first lie on their right side for 15 minutes and then on their left for another 15 minutes. Hold the oil in the body for 30 minutes if possible. Use your own judgement as to frequency of application. As a basic rule of thumb do these oil enemas 3 days in a row, twice a month (3 days each time) for 3 to 6 months. It is excellent for making fast headway with a very sick person. If you are not in an advanced stage or very weak you could do the 3 day oil enemas once a month for 3 to 6 months

Note by experienced Budwig diet user: Dr. Budwig did not leave exact indications for the use of the enema (such as regarding any particular symptoms that suggested that the patient should use it) but it is assumed that the enema was mainly used in very severe situations where the patient could not eat flax oil/cottage cheese (quark). While Dr. Budwig did not give a precise description of the enema process, the following gives a guideline as to when and how to use them: Take about 250 ml (sigmoid colon level) of oil and retain it for a while to allow more absorption time. To purchase the ELDI oils you can contact Gesundheitsprodukte/Reformwaren Th. Mr. Bloching - Birkenweg 3, 72250 Freudenstadt, Germany Tel.: +49 7441-2877 Fax: +49 7441-85765

## **EVERY MUSHROOM HAS A REASON TO BE!**

Have you ever wondered why there is such a variety of mushrooms? Logically they must all have some purpose. Mushrooms are often classified as a vegetable, but they are actually fungi. There is an estimated 38,000 species of mushroom, only about 3,000 are edible, about 700 have known medicinal properties, and less than one percent are recognized as poisonous. But even these poisonous mushrooms when properly elaborated in a laboratory are proving to have some outstanding health benefits.



Mushrooms have been used in Traditional Chinese Medicine for thousands of years.

Each time we get sick, our immune system weakens and may become more inadequate or subject to malfunction. Selected mushrooms have been effectively used to boost the immune system to fight a host of diseases, including even deadly cancer.

Now a European laboratory has extracted the medicinal qualities of the **Amanita** mushroom, which one should never eat as it is a poisonous mushroom. The laboratory has made a homeopathic formula from the mushroom extract.

Several doctors working in cancer clinics for the past 5 years are reporting very positive results in treating every type of cancer. Often in a matter of days tumors start to dissolve and patients feel their condition changing. Dr. Papisotiriou and Dr. Jabob tested the Amanita Mushroom homeopathic on several patients and reported outstanding results. Cancer cell lines with a tumor reducing effect lasted 48 hours after just one dosage. In talking with Dr. Jacobs she has found the Amanita Mushroom extract has helped all types of patients in various stages of cancer when used along with other supporting products to be very effective over the past five years in her clinic

The European laboratory have made it to safe specification without losing its potency and the doctors using the formula have reported no side effects to date This therapy does not affect the activity of somatic cells and works by greatly enhancing the immune system

A cancer clinic in Denmark recently reported (Oct 2011) *“My patient taking the **Armanita** seems to do very well, and her tumors are falling off like never before. She has a breast cancer with massive spread above the skin on the breast surface bilaterally, mostly on the left side. She also has brain and bone metastasis.”*

*“One of my patients tried Amanita [with some other natural remedies] with very severe cancer in breast with cutaneous spread, bones, brain, liver and lungs. Her tumor marker Ca 15-3 has been going down from 120 to 90 in a couple of months.”*

*“I have another patient with head and neck cancer with also a lung adenocarcinoma. He seems to do well on Amanita, with palpable tumor shrinkage.”*

**Clinical Study conducted by Isolde Riede, PhD** - Independent Cancer Research, Ueberlingen, Germany (no competing financial interests exists)

Isolde Riede, PhD reported in THE JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE Volume 16 Number 10, 2010 pp. 1129-1132 the following:

Within a lifespan, several tumor cells arise in the body, Not every mutation leading to a tumor cell develops into a massive tumor. Immune cells usually recognize and lyse (destroy) tumor cells. Only if the tumor cells grow faster than the immune system can digest them will a cancer disease be established. AMANITA treatment already showed good results in prophylaxis or cure of a number of tumor cases. Body weight remained constant throughout the therapy. No lymph node swelling nor infections. The erythrocyte cells

count was in the normal range. Without Amanitain, the LDH levels remain within the normal range, indicating that the immune system does not efficiently lyse (destroy) tumor cells. Upon Amanitin uptake, the leukocyte cells count ceases and the lysis of the cells occur, indicating that presumably tumor leukocytes lyse (die). The lysis shows that amanintin might not only interrupt the activity of tumor growth, but could alter antigen expression, and thus the immune system might attack the tumor cells more efficiently.

With approximately 1-200ml (4 x 50ml) of A. Phalloides D2 the tumor growth of...can be arrested. Amanita therapy also shows good results in...colon, carcinomas, mammary carcinoma or tongue toot tumor. Amantin stops the activity of the tumor cells, and then they lyse (die) and migrate (leave the body). Thus homeopathic dilutions of A. Phalloides offer a strong tool for the therapy of cancer.

*Comment from Budwig Center: During this clinical study no other anti cancer remedies were used. Some essential fatty acids, iron and zinc were provided. Amanita used along with the full Budwig protocol will logically produce excellent results*

### How does it Work?

The Amanita detects cells that send out a higher amount of signals, which is the case with cancer cells as they are multiplying faster than normal cells. The Amanita extract increases the immune system and identifies these cancer cells that send out the high volume of signals and causes natural apoptosis (death) and then leaves the body. According to Dr. Isolde Riede, PhD "Amanitin stops the activity of the tumor cells, and then they lyse (die) and migrate. This homeopathic-type dilutions from Armanita Phalloides offer a strong tool for the therapy of cancer. Armanitas phalloides contains amanitin, inhibiting RNA polymerase II. Partial inhibition with amanitin influences tumor cell—but not normal cell—activity. The immune system might recognize and lyse (dying) tumor cells, and partial inhibition of tumor cell activity raises the possibility for stabilization of the disease. This therapy does not affect the activity of somatic cells, especially the immune cells." Dosage: 20 drops per day 20 minutes or more before meals

### RESONANCE FREQUENCY – Enhance the Remedies



*Wine Glass shattered by 'resonant frequency' sound that matches the same frequency of the glass*

In 1992, Bruce Tainio of Eastern State University in Cheney, Washington, built the first frequency monitor in the world. Tainio's monitor determined that the average frequency of the healthy human body in the daytime is in the range of 62 to 72 Hz.

When the frequency drops, the immune system is jeopardized. If it drops to 58 Hz, cold and flu symptoms start appearing, 55 Hz trigger diseases like Candida and at 52 Hz, it's Epstein Bar. Cancer is at 42 Hz and below.

The study of frequencies raises crucial questions regarding the frequency of substances we ingest or absorb on a daily basis.

Many pollutants lower our body frequency. Processed or canned foods have a frequency of zero.

Pure essential oils start at a frequency of 52 Hz and can go up as high as 320 Hz.

Clinical research shows that essential oils have the highest frequency of any natural substance known to man. They create a condition where bacteria, virus, fungus and disease simply cannot survive.

Perhaps this is another reason why the Dr. Budwig flaxseed pure oil has been effective in fighting cancer and fifty other common ailments. Essential oils carry a strong frequency.

Everything in the universe vibrates at a frequency. Living creatures, plants, objects, everything has a frequency, even disease. Microorganisms (pathogens and microbes), including viruses, bacteria and fungi each have a specific vibration or signature to which they can be exposed, resulting in their ultimate death or deactivation.

Click on this link below and you can see a slow motion video of a wine glass being shattered by scientist at Salford University of England. A loudspeaker is subjecting the glass to a very loud sound with a frequency that matches exactly the resonant frequency of the wine glass.

Watch what happens when the volume is increased. *“Disease organisms such as those of tuberculosis, cancer, sarcoma, typhoid and others may be observed to succumb when exposed to certain lethal frequencies peculiar to each individual organism, and directed upon them by rays conveying a wide range of waves.”* The Smithsonian Institution, Annual Report 1944

<http://www.acoustics.salford.ac.uk/feschools/waves/wine1video.htm>

## Some Frequency Enhanced Remedies

**IMMUNE X**– greatly enhances the immune system and create cellular energy

Immune is a potent immune strengthening remedy. It is made with three specially processed essential oils of Clary Sage, Chamomile and Angelica Root, and proprietary energizing techniques. Immune X works to increase the ability of your immune cells to respond to cancer cells. It greatly improves the ability of the immune system to target cancer cells, so that the immune system can work better.

**RECHARGER**- The effectiveness of RECHARGER increases the vibrations per minute of the cellular energy in your body to the optimal levels. RECHARGER significantly boosts the life force energy in the body . According to Dr. Bryon Gentry who wrote Miracles of the Mind, optimal vibrations per minute for health are 108,000. But to improve health, much higher vibrations may need to be used. RECHARGER can increase these up to 400,000 vpm.

**PROSTATE RD** - especially recommended for prostate cancer and enlarged prostate issues. Lowell had the first success story in mid-December he visited a naturopath to try to learn why his prostate had shut off urine flow. She analyzed him with her Quantum Bio Feedback diagnostic machine. And told him he had cancer in numerous organs including the prostate. For two months he took daily a high dose of bloodroot tablets. And then went in for another checkup. The analysis came back that the cancer was still there and had actually spread to

another organ. It was at this point that he found out about PROTATE RD. Two weeks later he had another analysis by the naturopath. No cancer was found in his body.

**TUMOR CONTROL** - for all types of cancer – especially brain, bone, throat, etc where swelling and inflammation is a problem. TUMOR CONTROL transfers to the body, when you take small amounts of it, instructions that tell cancerous cells to die a natural death, to initiate apoptosis.

**CANDIDA ELIMINATOR** – homeopathic formula designed to control Candida overgrowth so common in people with severe illnesses. Almost without exception people with cancer also have issues with Candida. You can do the Candida Test as explained in this GUIDE to determine the level of Candida if any in your body

**MAGNOLIA** - Effective for all cancers and tumors, including brain, bone, throat, etc. Magnolia is an herbal extract focused on supplying honokiol from the bark of the magnolia officianalis tree along with other synergistic nutrients in a highly absorbable, liquid solution that is frequency enhanced to make it even more powerful. It fights cancer in several ways that do not cause an inflammatory response of the immune system to get rid of the dead cancer cells. **Benefits:** Has the ability to prevent tumor growth (formally known as antiproliferative activity) in mice with angiosarcoma, an extremely malignant and aggressive cancer that usually grows and spreads alarmingly fast. Another in vitro study 2 discovered one of the key ways that honokiol helps conquer many types of cancer. It prevents a cancer-sustaining enzyme called PLD (phospholipase D) from doing its job. Left unchecked, PLD keeps cancer cells from dying off (a natural process known as apoptosis). So when honokiol blocks it, cancer cells breast, kidney and colon, lung, pancreatic, and prostate, to name a few) die.

**FEM BALANCE** - balances female hormones, estrogen driven breast cancer. FEM BALANCE is especially recommended for those who suffer from Breast Cancer. If estrogen levels are too high, the message FEM BALANCE delivers to your body is to reduce estrogen production. If levels are too low, it would increase them. It works on the entire female hormonal system. When dealing with a hormonal cancer like estrogen receptive breast cancer, use 2 bottles of FEM per month to make and keep the estrogen levels low. This is also an excellent product for anyone with PMS or post menopausal symptoms. Typically it takes about 4 months to balance out the female hormones. You can use just a bottle a month if there are no big issues you are dealing with. Use 2 bottles per month for at least 2 months if there are issues like a hormonal cancer or bad PMS that you are dealing with. After menopause, one bottle a month can be used on an ongoing basis to keep your hormonal levels as optimal as possible.

**LYMPH CLEAN** – For lymph system, detoxify, all cancers, especially breast, lymph. This elixir supports the ability of the Lymph System to detoxify you body. **LYMPH CLEAN** comes in 2 ounce dropper bottles which supply energetic frequencies which signal your body to improve and balance the flow of your lymph system. But it does more. It delivers energies to your body that improve the efficiency of the lymph system. That increases its ability to detoxify, and to get rid of more toxins.

**StressD** - especially for high stress and anxiety, parasites, yeast, mold. While this does have nutrients that help you cope with stress, it is primarily an immune system booster. It also works to balance and help normalize emotions. Users report feeling “dark clouds” lifting from their outlook within moments of use. This effect can be tracked to the high purity essential oil

component, which brings with it the nurturing focus of tens of thousands of medicinal flowers. StressD functions as an exceptional detoxification support and helps create an internal environment that's inhospitable to parasites, yeasts, molds and other pathogens. Daily use helps keep your system clear of unfriendly visitors and will help make your body your temple again. More importantly of course, it is very effective in fighting cancer.

**HEALER**— recommended for brain, throat cancer, advanced cancer, immune and anti-inflammatory. Also improves kidney function when used with Kidney Care. Because of its ability to influence every cell in your body to make the best choice possible in each and every action it makes, HEALER has a profound healing effect on the body. This comes from the function of the quantum energies that are captured in it - energies that work at creating perfect cellular chemistry. Scientists are understanding more and more about the inner workings of the universe. Healer is able to, better than any other product, take advantage of the deeper understanding of what is going on at a fundamental level in nature. Thus it has the ability to turn around severe health conditions and restore the body to a level of health whereby a person can truly enjoy every day of their life.

**COLON BOOSTER** – especially designed to cleanse and activate the intestinal track. Years of constipation and stress will cause a build up of toxins resulting in poor health, tiredness, Candida overgrowth, etc. Colon Booster will help people achieve three bowel movements a day which is the ideal bowel activity for better health

**MASTER MIX** – This frequency enhanced formula is a pre-mix of some 10 liquid elixirs as outlined above that combine many of the remedies such as **MAGNOLIA, IMMUNE X, ENDORPHIN, RECHARGE, LYMPH CLEAN, HEALER, BLOOD PURIFIER, etc**, along with selected frequencies

## **PSORNIUM ( PSN) The Remedy from India**

Psorium homeopathic Immune Boosting formula has yielded some impressive results so far:

- 5 year survival rate of the most difficult forms of cancer raised by 44%
- Homeopathic remedy with little or no adverse side effects
- Works by activating T cells, macrophages, dendrite to boost the immune system
- Reduces cancer-related pain, cough, dyspnea (*shortness of breath*), nausea and vomiting
- Helps overcome fatigue, constipation and improving appetite, and weakness so often common with fighting cancer
- In a clinical study of 44 patients with pancreatic cancer (one of the most difficult to successful treat) 39% recovered and are still alive and well after 5 years - probably the highest ever recorded 5 year survival on Pancreatic Cancer published so far in medicine history!!

The following text is partly derived from the article "**Psorium Therapy in Treating Stomach, Gall Bladder, Pancreatic, and Liver Cancers: A Prospective Clinical Study**" by Aradeep Chatterjee et al from Calcutta, India





*Most of the clinical studies have been conducted on terminal and the most difficult types of cancer and on older people. Results on younger people and more general types of cancer render even better results.* The investigational anticancer product used in this alternative cancer therapy is derived from the sphere of homeopathy. PSN is an alcoholic extract of the scabies, slough, and pus cells.

According to the pre-clinical data, PSN activates different immune effectors cells (e.g., T cells, and accessory cells like, macrophages, dendritic cells, and natural killer cells) which can trigger a complex antitumor immune response. The formula PSN when used in a rat model study, daily oral administration of PSN at doses up to 0.5 ml/Kg body weight/day for 2 weeks resulted in no adverse side effect. Published retrospective and prospective studies also support the efficacy of PSN Therapy in treating patients with various malignancies.

At the ASCO (American Society of Clinical Oncology) congress in Chicago from June 4th to 8th 2010, the world's most prestigious congress of clinical oncology with 30 to 35,000 participants, was published on the poster section a rather sensational result in the treatment of non-small cell lung cancer with an increase of five year survival from an expected <1% to 44%!! There are also extremely good results with all types of cancer but even those more difficult types such as Pancreatic and liver cancer as well as gastro-intestinal cancers.

### **Clinical Studies Yield Impressive Results**

In an observational, open level and single arm study on 158 patients with histological confirmed stomach, gall bladder, liver and pancreatic cancer, complete tumor response occurred in 28 (17.72%) cases and partial tumor response occurred in 56 (35.44%) of cases. The participants' eligibility criteria included histopathology/cytopathology confirmation of malignancy, inoperable tumor, and no prior chemotherapy or radiation therapy. The primary outcome measures of the study were (i) to assess the radiological tumor response (ii) to find out how many participants survived at least 1 year, 2 years, 3 years, 4 years and finally 5 years after the beginning of the study considering each type of cancer.

PSN was administered orally to all the participants up to 0.02ml/Kg body weight as a single dose in empty stomach per day for 2 years along with allopathic and homeopathic supportive cares. There were 42 stomach cancers, 40 gall bladder cancers, 44 pancreatic cancers and 32 liver cancers included in the final analysis of the study. Some other homeopathic medicines were also used for supportive care.

(5.95%) participants were dropped out from the study as they opted for conventional cancer treatments, among them 4 of stomach, 2 of gall bladder, 3 of pancreatic, and 1 of liver cancers. Among the 158 participants, 84 (53.16%) were male and 74 (46.84%) were female. According to the AJCC TNM staging system, 39 (24.68%) were diagnosed at stage-III, and 112 (70.89%) were diagnosed at stage-IV. The participants' Karnofsky status was between 40–70%, and Eastern Cooperative Oncology Group (ECOG) status was between 2-3. Among the 39 participants (24.68%) who were diagnosed at stage-III, 13 (33.33%) had complete response and 16 (41.03%) had radiological partial response. Among the 112 (70.89%) participants who were diagnosed at stage-IV, 12 (10.71%) had radiological complete response and 38 (33.93%) had radiological partial response

In this study, no adverse side effects were observed from the Formula PSN-6x. At least 60% participants of stage-III and at least 45% participants of stage-IV reported that the therapy was effective in reducing their

cancer-related pain, cough, dyspnea, nausea and vomiting, fatigue, constipation and improving appetite, and weakness. These were also confirmed after examining the participants clinically. Improvements were also observed in the lab investigations like Complete Blood Count (CBC), Liver Function Test (LFT), Kidney function test, AFP level, and CA 19.9. These lab investigations were done as a part of their routine clinical checkups. Among the 158 participants, 98 (62.03%) were aged 65 years or more. Better outcomes were observed among the participants below 65 years of age than the participants who were over the age of 65. The outcomes did not vary significantly while considering gender.

The cumulative 5-year survival was 39.24% for patients who received PSN treatment, compared with an estimated 5-year survival of 23% for stomach cancer, 10% for liver cancer, <4% for pancreatic cancer and <15% for gall bladder cancer for patients taking conventional therapies. 28 patients (17.72%) had a complete recovery from their cancer in this study.

PSN in the treatment of Non Small Cell Lung Cancer(NSCLC) In another phase II, open-level, single arm, and single stage study, also performed by Dr Chatterje et al, 95 participants were included with NSCLC. According to the AJCC TNM staging system, 58 (61.05%) of them diagnosed at stage IV. According to the RECIST criteria, complete tumor response occurred in 19 (20%) cases and partial tumor response occurred in 28 (29.47%) cases. 82 (86.32%) of them survived at least 1 yr, 70

(73.68%) survived at least 2 yrs, 58 (61.05%) survived at least 3 yrs, 49 (51.58%) survived at least 4 yrs, and 42 (44.21%) of them survived at least 5 yrs. These participants did not receive chemotherapy, radiation therapy, or any other investigational cancer treatments. Participants reported no side effects from the PSN

Regarding pancreatic cancer: 44 patients participated in the study with PSN-6x D6, 0,02 ml per kg body weight in the morning on empty stomach. Survival after first year 34, after 2 years 28, after 3 years 27, after 4 years 21, and after 5 years 17 of the patients were still alive, equal to a 5-year survival of 39% - Probably the highest ever recorded 5 year survival on Pancreatic Cancer published so far in medicine history!!

*These results were examined by a very critical an independent expert commission at the National Cancer Institute in Bethesda, near Washington DC, USA, who has accepted the results, so that Dr. Chatterjee was able to present the results at the ASCO conference. There are plans to make more research on PSN on the famous MD Andersson Cancer Institute in Houston, Texas, USA. The treatment is suitable for many more cancer types, but research has so far been focused on the more difficult cancers.*

#### **INSTRUCTIONS / DOSAGE**

Always take 20 drops per day on an empty stomach 2 hours after food or 20 minutes or more before food. It may be best to put the drops onto a spoon, please avoid metal spoons, instead plastic, glass or wood is advised and then put directly in the mouth and hold for 1 minutes and then swallow. Safe for pregnant and or nursing mothers. Some people can feel tired and have light influenza symptoms because of activation of the immune system. This is a very good sign and should not last very long. PSN can be taken along with chemotherapy and radiation and in fact it will help support the immune system which is often ravaged during chemotherapy. There is no problem in taking the PSN along with all natural, herbal or pharmaceutical products.

**NATURAL PAIN REMEDIES** - Many people are told that their pain is due to cancer progression. In a large percentage of cancer patients, the pain is due to muscle spasms caused by mineral deficiencies that were never corrected.

These deficiencies advance to cause pulling a disc out of alignment, affecting nerves and muscles, resulting in pinched nerves. The spine is never attended to and the pain is treated as

though it were cancer related, spurring a vicious cycle of incorrectly treating pain with incorrect treatments, causing a snow ball effect in severity without correcting the problem.



We have seen patients who are receiving pain management go for a spinal alignment and walk out with reduced or no pain. Proper nutrition and spinal adjustments cause good results.

Remember that pain is the body sending a signal to the brain that a cell is not receiving nutrition. Each cell gets nutrition through blood flow. A cut is where the other side does not receive nutrition, which is why you do not feel pain immediately upon getting cut. There is no pain at first because the biofeedback has not determined the lack of nutrition yet.

When the cell has been depleted of nutrition, it will produce lactic acid, which triggers the nerve to send a message to the brain.

When your stomach is empty, and requires nutrition, it sends messages to the brain, we then have hunger pain. The TRICAN nutritional powder will often correct pain issues

Upon eating, the lactic acid is mixed with the nutrition and used, which stops the message to the brain, causing the pain to diminish and go away.

When we have a cut, the blood does not provide nutrition to cells on the other side, when the brain provides the message through pain, we use pain killers instead of providing the nutrition the body is asking for. After the pain wears off, the nutrition still has not been provided, therefore, the pain returns. As healing occurs, the area is starting to receive nutrition, causing the pain to reduce until the flow is back to normal, which then there would be no pain. Some areas are sore a while until all healing mechanisms are complete.

Pain killers will temporarily stop the pain like masking tape. As the pain killer wears off, the area did not receive the nutrition it asked for, now needs more than it did previously, now requiring more nutrition than it did before, causing more pain than previously. We incorrectly interpret that pain gets worse due to progression. The fact is that the progression is due to the lack of satisfying the body's request to resolve the problem.

Providing specific nutrition for the good cells and to correct the amino acid deficiency helps to correct the ECO SYSTEM for the good cells, causing the incorrect cells to die off and break down because they cannot survive in the "Corrected" ECO SYSTEM. The result is that the good cells are satisfied and have stopped producing lactic acid , the incorrect cells have reduced their lactic acid production because they are dying off.

Pain depends on many factors such as the type of cancer, the stage of the disease, and the patient's tolerance. Cancer pain can result from the following:

- Blocked blood vessels causing poor circulation
- Bone fracture from metastasis
- Infection
- Inflammation

- Psychological or emotional problems
- Side effects from cancer treatments (e.g., chemotherapy, radiation)
- Tumor exerting pressure on a nerve

## NATURAL REMEDIES FOR PAIN

- **Pain Control** is a homeopathic beryllium formulation designed to reduce pain, inflammation, fatigue, and is stated in homeopathic literature to reduce cancer tumors. Homeopathy has been around for about two hundred years.
- **Pain Control ER Massage Oil** – a potent natural blend of essential oils that offers almost instant relief when gently applied over the areas of pain.
- **TRICAN** – usually in a few weeks of consuming the TRICAN pain will greatly diminish as the body receives full nutrition and naturally corrects the cause of pain
- 1 x **Olive Leaf Extract**, 3 x **Colostrum** and 1 x **Probiotic** together on an empty stomach once a day is a potent combination that when used along with CELL SYNERGY has proven very effective in reducing pain
- **Apple Cider Vinegar** – rub natural apple cider vinegar directly over the area of pain for temporary relief
- **Castor oil packs** also help with pain over liver or area of pain cover with plastic and medium temperature heating pad over the area. Not too hot and not too cold and leave it for about 1.5 hours and can reapply every 4 hours. Severe pain in the liver and pancreas and other pain is greatly helped with the castor oil
- **Laetrile as in Apricot seeds** especially in the case of bone cancer. Consume 6 per day
- **Coffee enemas** also have brought relieve to many who suffer pain as one of the causes is bacteria which is reduced by coffee enemas that detoxify the liver. (see more on that later on in this report)
- **Eldi Oil enemas** as already discussed (use pure flaxseed oil if Eldi oil not available) to energize and restore the bodies functioning, especially in cases where the patient is not able to eat the flaxseed oil and cottage cheese mixture

## HOW TO STOP EXCESSIVE WEIGHT LOSS

**60% of all cancer death is from starvation... cachexia!**

**TRICAN** for Ascites and excessive weight loss) Cachexia (ka-kek'-sia)

Research funded by Department of Veterans Affairs, and the American Liver Foundation, stated that wasting disease is a condition which affects about 80% of patients with upper gastrointestinal cancer and 60% of patients with lung cancer... most of whom have already experienced significant weight loss before cancer diagnosis. Starvation occurs when the body cannot make enough ATP to recycle the cancer poison. After only 24 hours of not eating properly, the body is nearly depleted of its ATP reserves. The body must make more ATP in order for the body to function at all. The body goes into an energy conservation mode, called starvation, at this time. Liver and pancreatic enzyme production is significantly lowered to insufficient amounts during this conservation mode. The body then takes the energy it requires for ATP manufacture from itself... it begins to digest its organs and muscles.

Cancerous cells dump a metabolic poison called lactic acid (or lactate) into the body. However, lactic acid is not a foreign substance to the body. Red blood cell production, heart activity

and muscular activity in general are just a few of the metabolic processes that produce lactic acid as its metabolic waste. ATP is what the body produces to recycle lactic acid back into energy: glucose.

The body can normally produce enough ATP to maintain the constant recycling process. What the body cannot endure is the enormous amount of metabolic poison that cancer puts in the system.

TRICAN will reverse wasting disease "cachexia" that often affects cancer patients and contains the key nutrients allowing the body to reverse wasting disease. Wasting disease/cachexia is triggered at this point and the body begins to digest its protein and fat to make biologic fuel.

## **ASCITES - THE NATURAL ANSWER TO FLUID RETENTION**

Ascites is a buildup of water and fluid in the stomach or lungs caused by cancer. Usually a sign of a lot of cancer. It is one of the tougher issues to have if you've got cancer. And there hasn't been a whole lot to do about it, other than getting fluid drawn when the stomach or lungs get too full. And of course, knocking out that cancer. Although, killing the cancer may be one of the causes leading to ascites or fluid buildup in other parts of the body, edema. Dr. Hamer, the oncologist mentioned in the Psychological section of this report, mentioned in an article how this fluid buildup frequently occurs when you are killing off the cancer.

The fundamental reason this accumulation of fluid occurs has to do with acidity. Thus, we discuss it here in the pH section. There is so much acid being produced by the cancer, or by the killing off of the cancer cells, which produces acidic waste, that the body dilutes this acid buildup with fluid. The buildup is so acidic, it would be harmful if it was not diluted. So your body produces fluid to dilute the acid in an attempt to protect itself. Sometimes it is a poorly functioning liver that is the reason the body can't get rid of the acids. Sometimes a poorly functioning kidney. Sometimes there is just too much acid for an okay functioning detox system to handle.

The acid either comes from the metabolic waste of a large amount of cancer cells, as they produce energy using lactic acid fermentation. Other times the acid is from the dead cancer cells which are toxic and acid, on top of the acid that the still live cancer cells are producing.

### **You need these 3 products**

1. *500 mg of **Taurine***
2. ***Trican** (start at 1 and work up to 4 or more scoops per day)*
3. ***Serrapeptase** - Take 60,000 or 80,000 ui of Serrapeptase twice a day. Once in the morning, once at night - always empty stomach. We do recommend enteric coatings as these contain phthalates, known to be toxic. They are banned in childrens toys, so have no place in the human body. They are absolutely not required when high strength Serrapeptase is taken on an empty stomach. There is no published data showing enteric coatings are needed. It is a marketing angle to charge a premium, and*

is based on research on animal enzymes in the 50s. Plant based enzymes are resistant to stomach acid, similarly, that's why a raw food diet brings so many advantages because of the naturally occurring enzymes. Read more and find out how to order at (UK) <http://www.seventhwavesupplements.com/pc/viewPrd.asp?idproduct=14> USA the best product we found was at <http://www.seacoast.com/serretia/arthur-andrew-medical/90-caps/p7326>

The Budwig Center uses the above combination and we also we provide Alkala pH formula to “force” the body into a healthy PH balance that helps offset the excess acidic build up that is happening with Ascites.

## **VITAMIN D – A Must to Prevent and Treat Cancer**

Getting enough Vitamin D is vital for fighting cancer, providing energy and enhancing the immune system. However always choose a ‘natural’ form of Vitamin D3 as high doses of synthetic Vitamin D3 has been known to cause health problems.

Many who lack energy are low on Vitamin D. In fact, a lack of it may contribute to cancer. There is more cancer (and MS) in the higher latitudes of the North because weaker sunlight produces less vitamin D. Vitamin D has been used to treat breast, prostate and other cancers. Vitamin D is really not a vitamin. In fact, it is a steroid hormone, with a wide array of bioactive properties.

Vitamin D’s link to certain cancers have been tested and confirmed in more than 200 epidemiological studies, and understanding of its physiological basis stems from more than 2,500 laboratory studies, according to epidemiologist Cedric Garland, professor of family and preventive medicine at the UC San Diego School of Medicine.

Dr. Garland is regarded as the top epidemiologist on vitamin D and its relation to health. He led one of the latest studies on vitamin D for cancer prevention and his results, which were published in the Annals of Epidemiology, were nothing short of astonishing. Garland wrote:

“It is projected that raising the minimum year-around serum 25(OH)D [vitamin D] level to 40-60 ng/ml would prevent approximately 58,000 new cases of breast cancer and 49,000 new cases of colorectal cancer each year, and three quarters of deaths from these diseases, in the US and Canada.” According to Dr. Garland: "The first event in cancer is loss of communication among cells due to, among other things, low vitamin D and calcium levels. In this new model, we propose that this loss may play a key role in cancer by disrupting the communication between cells that is essential to healthy cell turnover, allowing more aggressive cancer cells to take over."

- Some 600,000 cases of breast and colorectal cancers could be prevented each year if vitamin D levels among populations worldwide were increased, according to previous research by Dr. Garland and colleagues.
- Optimizing your vitamin D levels could help you to prevent at least 16 different types of cancer including pancreatic, lung, ovarian, prostate, and skin cancers.



- A large-scale, randomized, placebo-controlled study on vitamin D and cancer showed that vitamin D can cut overall cancer risk by as much as 60 percent! This was such groundbreaking news that the Canadian Cancer Society has actually begun endorsing the vitamin as a cancer-prevention therapy.

- Light-skinned women who had high amounts of long-term sun exposure had half the risk of developing advanced breast cancer (cancer that spreads beyond your breast) as women with lower amounts of regular sun exposure, according to a study in the American Journal of Epidemiology.

- A study by Dr. William Grant, Ph.D., internationally recognized research scientist and vitamin D expert, found that about 30 percent of cancer deaths -- which amounts to 2 million worldwide and 200,000 in the United States -- could be prevented each year with higher levels of vitamin D.

Some health practitioners recommend 4000 to as much as 10,000 units a day on an ongoing basis. And some recommend 50,000 units a day for short periods of time like when your are fighting cancer.. Most people don't get enough vitamin D from the sun, even in the south. Vitamin D Emulsified Forte is the best source for a supplement because of its increased absorption and assimilation. Also, it is very easy to take. One drop supplies 2000 IU.

The Budwig Protocol requires taking high doses of natural Vitamin D as found in natural Cod Liver oil (we use only certified pure no PCB'S Cod Liver oil) and Shark Cartilage as well as plenty of sunbathing

## **BRAIN CANCER – Natural Proven Remedies**

Brain cancer seems to be on the increase and even young children seem to be affected more by this. At the Budwig Center we use a multi faceted approach that involves hyperthermia, TRICAN, Life S brain formula, Ruta 6 Homeopathic formula, Dr. Budwig champagne and flaxseed oil mixture, as well as the Amanita Mushroom, enzymes, MSM in high doses (passes the brain barrier and detoxifies at the same time) as well as proper diet



**Dr. Budwig's Champagne / CAVA / or Sparkling White wine and flaxseed oil (for Brain Cancer)**

**Take for 6 months**

In a ½ cup (125 ml) of French Champagne or Spanish Cava to which the label indicates "Brut Reserve Natural" (not just Brut or Natural but Brute Reserve Natural which has no sugar added) mix in 2 tablespoons (British dessert spoons) of flax seed oil. Drink once a day only 10 minutes before noon meal.

**Life S Brain** - is a herbal formula designed to increase circulation. It contains some of the most powerful herbal circulation enhancers known. Cayenne, Wasabi Japonica, Cinnamon Bark, Ashwagandha Root, and the B vitamin Niacin - in a base of Beet Root Powder. Use of these herbs increases the ability of the body to oxygenate the cells, and enables more cancer killing



nutrients to get into cancer cells. Thus helping to increase the efficiency of all the other supplements and medications you take.

**Ruta 6c and Calcerea Phos 3 DH** - selectively induces cell death in brain cancer cells but (induces) proliferation in normal peripheral blood lymphocytes: A novel treatment for human brain cancer 6 of the 7 glioma patients showed complete regression of tumors."

Abstract - Ruta, isolated from a plant, Ruta graveolens. Laboratories treated human brain cancer and HL-60 leukemia cells, normal B-lymphoid cells, and murinemelanoma cells in vitro with different concentrations of Ruta in combination with Ca<sub>3</sub>(PO<sub>4</sub>)<sub>2</sub>. Fifteen patients diagnosed with intracranial tumors were treated with Ruta 6 and Ca<sub>3</sub>(PO<sub>4</sub>)<sub>2</sub>. Of these 15 patients, 6 of the 7 glioma patients showed complete regression of tumors. Normal human blood lymphocytes, B-lymphoid cells, and brain cancer cells treated with Ruta in vitro were examined for telomere dynamics, mitotic catastrophe, and apoptosis to understand the possible mechanism of cell-killing, using conventional and molecular cytogenetic techniques. Both in vivo and in vitro results showed induction of survival-signaling pathways in normal lymphocytes and induction of death-signaling pathways in brain cancer cells. Cancer cell death was initiated by telomere erosion and completed through mitotic catastrophe events. We propose that Ruta in combination with Ca<sub>3</sub>(PO<sub>4</sub>)<sub>2</sub> could be used for effective treatment of brain cancers, particularly glioma.

In the present study, we found that a combination of Ruta 6 and Ca<sub>3</sub>(PO<sub>4</sub>)<sub>2</sub> taken orally can either block the progression of or completely regress human glioma brain cancers, with minimal or no side effects. The patients diagnosed with glioma, when treated with Ruta 6, showed better results compared with patients having other types of intracranial cancers. Although the number of patients in our group was small, the outcome of homeopathic treatment was highly encouraging and novel. Scientific paper, University of Texas: <http://www.virtualtrials.com/pdf/ruta6.pdf>

Ruta 6 Booklet: In India, 78.9% brain tumor cases: no recurrence of the tumor(s)[http://www.virtualtrials.com/pdf/Ruta\\_Booklet.pdf](http://www.virtualtrials.com/pdf/Ruta_Booklet.pdf) (Please note: This file downloads quite slowly!) The National Cancer Institute (NCI) of Bethesda, Maryland, is - among other institutions - in the process of funding the research on lung cancers by Banerji's methods.

Ruta, Rue or, commonly known as Jackman's Blue, is a powerful herb of ancient pedigree, once used for a wide assortment of medicinal purposes, but now grown mainly as a decorative plant. Dr. Pathak's six year research on cancer cell lines has established on a cellular and molecular level the reasons why and how Dr. Banerji's Ruta extracts work in putting the intracranial glioma tumors into remission. The primary effect of this particularly diluted solution is to immediately strengthen the chromosomal DNA segments called the Telomeres.

**Dosage** - *Ruta 6 comes either in pills or liquid... and Calcerea comes in tablet form or powder form - see instructions on how to take each of these. You would of course only take one or the other*

For any kind of brain tumor, we prescribe:

**Ruta Gr.6 CH** in liquid, 10 drops a dose, two doses daily, morning and evening,

**Calcarea Phos 3 DH**, in powder, ¼ teaspoon a dose, two doses daily, noon and night.

**Ruta Gr.6 CH** in pills, 5 pills a dose, two doses daily, morning and evening,

**Calcarea Phos 3 DH**, in tablets, 2 tablets a dose, two doses daily, noon and night.

Please continue the medicines for three months and then review the case.

In severe cases we advise the medicines to be taken every three hours alternately. This treatment has done good / cured many cases & we have been using this regimen for more than 30 years with great success.

It is not recommended to mix with food or water 15 min before and after each dosage.

Also patients have been told to avoid coffee and mint as they may interfere with their remedy.

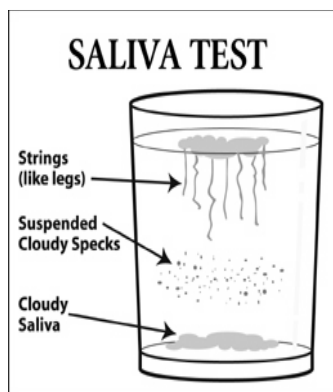
## CANDIDA AND CANCER – IS THERE A LINK?

The major waste product of Candida is *acetaldehyde*, which produces ethanol. Ethanol may be great in cars, but in your body it causes excessive fatigue, and reduces strength and stamina. In addition, it destroys enzymes needed for cell energy, and causes the release of free radicals that can damage DNA. Ethanol also inhibits the absorption of iron.

Because iron is one of the most important oxygen supports in the blood, ethanol in your body creates low oxygen levels. And you know what happens when your body can't oxygenate well. Deal with Candida if you want to beat cancer.

Almost without exception people with cancer also suffer from Candida. *Candi Eliminator* is a frequency enhanced remedy in liquid drops

### Candida And Fungal Infections May Cause Cancer... Eliminating These Fungal Infections Is Vital For Getting Rid Of Cancer



Some doctors theorize that Candida or other systemic fungal infections cause or at the very least contribute to the development of cancer. This makes sense.

A body wide Candida infection plays havoc on the immune system. Not only does the immune system become overwhelmed and worn out from fighting the infection, but Candida (or other fungus) **excrete toxins** that further weaken and harm the body.

**There is a simple test to tell if you have Candida overgrowth.**

First thing in the morning, before you put ANYTHING in your mouth, get a clear glass of water. Better still; leave it by your bed the night before. Work up a bit of saliva, and then spit it into the glass of water. Check the water every 15 minutes or so for up to one hour.

If you have a candida yeast infection, strings (like legs) will travel down into the water from the saliva floating on top. Or "cloudy" saliva will sink to the bottom of the glass, or cloudy specks will seem to be suspended in the water. If nothing develops in 30 to 45 minutes, you are probably candida free.

Some doctors implicate fungi as a cause of **leukemia**. In 1999 Meinolf Karthaus, MD, watched three different children with leukemia suddenly go into remission upon receiving a triple antifungal drug cocktail for their "secondary" fungal infections.

In 1997 Mark Bielski stated that leukemia, whether acute or chronic, is intimately associated with the yeast, *Candida albicans*, which mutates into a fungal form when it overgrows. Milton White, MD, believed that **cancer is a chronic, infectious, fungus disease**. He was able to find fungal spores in every sample of cancer tissue he studied.

Author Doug Kaufmann asserts that fungi in foods may play a role in cancer. He has seen children become free of their documented leukemia once the child's parents simply changed the child's diet. Kaufmann's diet is based on the widely published problem of mycotoxin contamination of our grain foods.

Grains such as corn, wheat, barley, sorghum, and other foods such as peanuts, are commonly **contaminated** with cancer-causing fungal poisons called mycotoxins. One of them, called aflatoxin, just happens to be the most carcinogenic substance on earth.

He says we consume, on average, from 0.15mg to 0.5mg of aflatoxin per day. So it is not sugar alone that is the problem in our western diet, but fungal toxins that are found in the sugary grains. More than once has Kaufmann interviewed a caller (on his health talk show) who absolutely craved **peanut butter** and **popcorn** just prior to their diagnosis of cancer.

Kaufmann feels that *antibiotics* may play a role in this. Antibiotics destroy the normal, protective gut bacteria, allowing intestinal yeast and fungi to grow unchecked. Resulting in *Candida* overgrowth. This can lead to immune suppression, symptoms of autoimmune diseases, or even cancer.

"If the onset of any symptom or disease, cancer included, was preceded by a course of antibiotics," he says, "then look for a fungus to be at the root of your problem."

People who suffer from *Candida* will need to stay away from wheat products. Consumption of 'sprouted' spelt or rye breads will be most suitable for them. Oats and other grains would be recommended. If you suffer from *Candida* the BUDWIG CENTER has very effective and all natural remedies that have helped countless others with this same condition, which can be fairly debilitating when left unchecked. Apple Cider Vinegar is one if not the most effective remedy for *Candida*. *See more on Apple Cider Vinegar later on in this GUIDE.*

## **pH Balancing Is a Must to Regain Your Health**

**Maintaining proper body cell and tissue pH is critical for staying healthy and creating an inhospitable environment for cancer cells and virus-bacteria-fungus to multiply.**

If you have ever maintained a swimming pool, you will have had to verify the pH of the water on a regular basis and have had to add different chemicals to keep it at pH neutral. Our bodies are in effect like a swimming pool, as we are 80% water and our pH needs to be kept at 7.4 neutral to be healthy. When we were born our pH was slightly alkaline. The 'perfect' neutral state of 7.4 pH is what we want to maintain to fight off chronic diseases. Excess acidity, such as 7.0 or even lower 6.7 pH is a condition that weakens all body systems. Excess acidity forces the body to borrow minerals – including calcium, sodium, potassium and magnesium – from vital organs, bones and teeth to buffer (neutralize) the acid and safely remove it from the body. When the body is mostly in an acidic state, it will suffer severe and prolonged 'corrosion' and unfortunately this condition may go unnoticed many years. Everyone knows that cancer needs an acidic and low oxygen environment to survive and flourish. Research has proven that terminal cancer patients have an acidity level of 1,000 times more than normal healthy people. The reason is simple. Without oxygen, glucose undergoing fermentation becomes lactic acid. This causes the pH of the cell to drop. Sometimes, the level can even fall to 6.0 and 5.7 or lower. The basic truth is that our bodies simply cannot fight diseases if our pH is not properly balanced.



**Note:** Always check your PH levels 2 hours after a meal or food consumption.

#### The Dangers of Acidosis are:

- Lowers the body's ability to absorb minerals and other nutrients
- Acidosis over an extended time frame can result in rheumatoid arthritis, diabetes, lupus, tuberculosis, osteoporosis, high blood pressure and most cancers.
- Lowers energy production in the cells
- Lowers the body's ability to repair damaged cells
- Decreases the body's ability to detoxify heavy metals
- Permits cancer tumour cells to thrive
- More susceptibility to fatigue and illness.
- Contributes to anxiety, diarrhea, dilated pupils, extroverted behavior, fatigue in early morning, headaches, hyperactivity, hyper sexuality, insomnia, nervousness, rapid heartbeat, restless legs, shortness of breath, strong appetite, high blood pressure, warm dry hands and feet.

#### Alkalisng Program with the *Alkalizing Homeopathic agent "ALKALA"*

The Budwig Center in Southern Spain has developed a protocol that brings the acidic pH state of patients to the ideal neutral state 7.4 sometimes in a matter of days using homeopathic ALKALA and TRICAN (both come in a powder form that you add to water). Research strongly supports the concept that if the pH of the body is brought to the neutral pH state, most if not all diseases and illnesses will be halted and healing can then take place



When this homeopathic formula is consumed the Acidification of the blood lowers the blood-pH value until it and the tissue-pH value reach the same level. When you start on our program the acid substances will be discharged from the tissue into the blood, the pH value of which drops for a short time to very low values. Next there is an excretion of the pathological substances of the tissue via blood, liver, kidneys, and skin during this period. Do not be surprised that there will be an apparent pungent and acid smell. This is a good sign!

### **Cancer Cells Fight to Keep the Body Acidic**

Some clinics and health Centers teach that with a diet high in alkaline forming foods you can bring the body into a pH neutral. This may be true with some illnesses, but cancer and chronic diseases are different. Cancer and diseased cells can only thrive in a pH acidic state and it fights hard to stay acidic. The secret is to deprive the diseased cells of a favourable environment, and to do so the tissue-pH value must be changed from acid to alkaline. Sounds simple enough but again this is very hard to do. Why? Because all alkaline-forming nutrition loses its intended effect soon after entering the bloodstream, as it is used up in the blood for buffering, before it can reach the tissue.

### **APPLE CIDER VINEGAR – Discover it ...Again!**



Babylonians fermented the date palm into vinegar as far back as 5000 BC. Egyptian ruins dating back to 3000 BC turn up vessels with vinegar remains in them

Early Greek and Roman artwork depict vinegar vessels in the scenery. Hippocrates (5th century BC) mentions the health benefits of using vinegar to treat disease and infection, as well prescribing it for an overall elixir to balance the body's natural fluids (potassium also helps our cells maintain ideal fluid levels by acting as an electrolyte).

If you had to choose just one remedy that could help with the majority of common ailments what product would you choose? It would have to help with common sicknesses such as Arthritis, sinus infections and sore throats, cholesterol, acne, allergies, fatigue, strengthen the immune system, promote weight loss, improve digestion and cure constipation, gout, prevents bladder stones and urinary tract infections, improve circulation, insomnia, dandruff control, help reduce an enlarged prostate, increase libido, Psoriasis.

As well as **Candida** (anti-viral, anti-fungal and anti-bacterial properties), detox the liver, balance PH, help with depression, complexion, varicose veins, and even reduce wrinkles. You would find all and more with good old natural unpasteurized apple cider vinegar

Almost everyone has heard of Apple Cider Vinegar and may even have tried it at some time. However unless a person consumes Apple Cider Vinegar in the proper ratio and on a daily

basis, they may not have noticed any benefits. This "Report" will give you all the basic information you need to 'rediscover' the incredible benefits of Apple Cider Vinegar. The health benefits of Apple Cider Vinegar have been documented for centuries as one of the best all around natural food remedy for a host of illnesses.



Without a doubt everyone should be drinking apple cider vinegar every day to prevent and/or overcome illnesses!

The health benefit of Apple Cider Vinegar has been documented through thousands of years. It's known to have anti-fungal, anti-bacterial, and anti-viral properties which is especially beneficial for combating Candida which 90% of the population suffer from.

It also contains important minerals, trace elements and vitamins as well as acetic acid, propionic acid, lactic acid, enzymes, amino acids as well as roughage in the form of potash and apple pectin.

Another apple cider vinegar health benefit is that it's loaded with nutrients! Apple Cider Vinegar's content includes: Vitamin C, Vitamin E, Vitamin A, Vitamin B1, Vitamin B2, Vitamin B6, Provitamin beta-carotene, Vitamin P (bioflavonoids) ACV also contains many vital minerals and trace elements such as potassium, calcium, magnesium, phosphorous, chlorine, sodium, sulfur, copper, iron, silicon and fluorine that are vital for a healthy body. In addition to its excellent potassium supply, apple cider vinegar also contains trace minerals including calcium, magnesium, phosphorus, boron, - all important in the formation and maintenance of strong, dense bone structure. Add sulphur to the list too.

How about the tannins in the apple skins? Tannins (also found in tea, coffee and red wine, as well as other fruits and vegetables) are present in apple cider vinegar and are effective antioxidants.

Raw apple cider vinegar is brimming with enzymes. Did you know that our bodies produce a finite amount of enzymes naturally, and that rest of these powerful little digestive aids must be obtained from the foods we eat? Cooked foods have no enzyme activity. Raw foods contain some enzymes. Raw, fermented foods, like apple cider vinegar are the most bountiful source of enzymes.

Another nutritional reason why apple cider vinegar is so good is that it is rich in potassium - in an ideal dose for the human body. Potassium acts like an electrolyte, which means that in the presence of sodium and chloride, it conducts electricity in the fluids of our bodies. Electrolytes are essential in allowing fluids into your cells and transporting waste products out.

Some enzymes require the presence of potassium in order to perform their functions. Potassium helps relieve muscle cramping, fatigue and heart arrhythmia. It keeps our soft tissues (internal and external) soft and supple. This is major. It helps prevent hardening of the arteries! Arteries are just one of the soft tissues in our bodies. It's been reported that raw apple cider vinegar is good for helping reduce high blood pressure, most likely due to the potassium content, wouldn't you think?

### Here are some of the health benefits of Apple Cider Vinegar:

Arthritis	Circulation greatly improved (helps with libido)
Reduce sinus infections and sore throats	Shiny Manageable Hair
Balance high cholesterol	Dandruff Control
Cure skin conditions such as acne	Psoriasis
Protect against food poisoning	Candida
Fight allergies in both humans and animals	Gout
Prevent muscle fatigue after exercise	Cleanses the Liver of Toxins
Strengthen the immune system	Balances PH Level
Increase stamina, especially when taken with honey and cayenne capsules	Depression relief
Increase metabolism which promotes weight loss	Energy increases remarkably (
Improve digestion and cure constipation	Rosy Cheeks and Complexion
Alleviate symptoms of arthritis and gout	Wrinkles are reduced
Prevents bladder stones and urinary tract infections	Varicose Vein remedy
Weight Loss or Weight control	Tendinitis

#### **APPLE CIDER VINEGAR COCKTAIL**

Mix 1 teaspoons of Raw, natural, unpasteurized Apple Cider Vinegar into 1 glass (250ml) of water and drink a glass of this mixture before or after each meal

½ teaspoon of Raw Honey (leave out the honey if you want to lose weight or suffer from Candida)

*Note: The ACV is incredible for detoxifying the kidneys as well, therefore do not exceed the recommended dosage otherwise you may find the kidneys detox too quickly and you could feel some pain and discomfort*

**Buying the right Apple Cider Vinegar is extremely important.** The mother must be present and you want your vinegar pure. In other words you want it organic and don't want it pasteurized. You can find this kind of Apple Cider Vinegar in the health food stores, online, or at a local apple orchard. You'll also find that you'll save a lot of money by buying it at an apple orchard. Some supermarkets are wising up and realizing that people want organic foods these days, so you might be able to find the right kind in your local supermarket. Some of these live organisms remain in the vinegar, adding to its incredible health-giving properties (kind of like



the live cultures in yogurt). When you buy raw, unfiltered apple cider vinegar it will look cloudy, not clear. Sometimes you'll see a little blob or stringy substance which has settled to the bottom of the bottle. That's it, that's the mother! It may look a little unappetizing, but it's totally harmless and actually desirable to have it in there!

**Honey:** You also need to buy the right honey to enjoy the maximum health benefits of Apple Cider Vinegar Cocktail. Look for Raw Honey not the processed kind you'll find in that little plastic bear in your super market. Most people will have to go to their local health food store to find this type of honey.

**Water:** The most important tip I can offer about water here is make sure you use either spring water (free of chemicals) or distilled water. Never use tap water! All tap water is treated at Water Treatment Plants and are full of chemicals to kill bacteria. These chemicals can have an adverse reaction on the health benefits

For more remedies [http://www.homeremediesweb.com/cellulite\\_home\\_remedy.php](http://www.homeremediesweb.com/cellulite_home_remedy.php)



**EMOTIONAL HEALING with E.F.T.  
(Emotional Freedom Technique) "TAPPING"**

The immune system is challenged if during weeks, months and sometimes years you have to face negative emotional experiences.

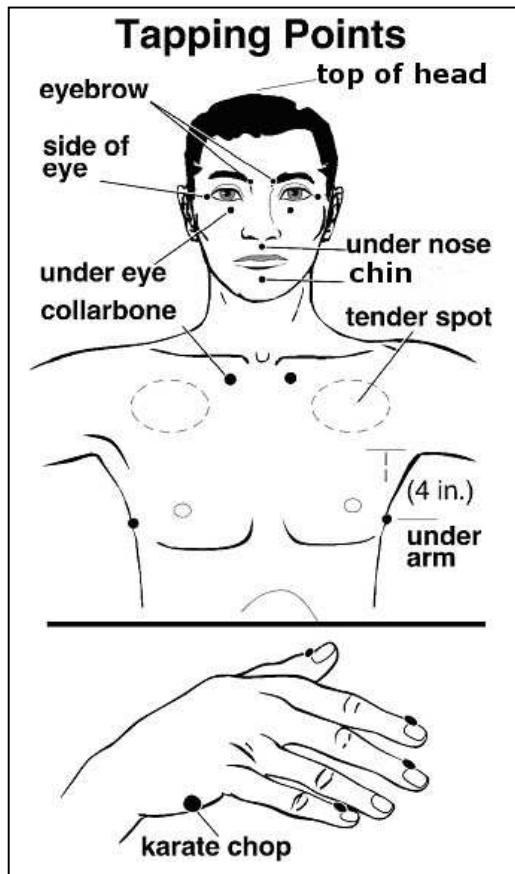
Severe negative emotional shock (death in the family, divorce, family problems, financial setbacks, etc.) often will precede cancer. Ed Sopcak a cancer researcher in United States consulted with over 30,000 cancer patients. He concluded "most all the cancer patients I have spoken with had a major stress in their life six months to 3 years before they were diagnosed with cancer.

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

Dr. HAMER from his personal experience--he himself has had a cancer--and from those patients he took care of in many university clinics.

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 cancer 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 myself 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 myself 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?



EMOTIONAL REMAPPING EQUIPEMENT USING SPECIALLY DESIGNED GLASSES, MUSIC AND LIGHT FREQUENCIES

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.

Our Cancer Center is one of the few clinics in Europe that has the **EMOTIONAL Re-Mapping** system that basically is like pressing a "Restart" button on your past and current negative

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**Emotional Remapping** is based on the concept that when you think of a certain negative experience or person that has caused you some negative emotional damage (made you angry, felt deceived, abused, cheated, manipulated, sad, rejected, etc) and you see DARK colors (no matter what the color) then you still have some unhealthy feelings and trapped negative energy in your body

Healing the physical body starts with 'emotional healing'. At the Budwig Center you will receive several sessions (if needed) of **Emotional ReMapping** to clear away past hurts that have left emotional 'scars' deep within your body.

When you can think of a negative experience and you see pale, pastel colors, whites, light yellows, pinks, light blues, light ANY color then you are "healing" and the negative emotion is no longer damaging your body and is leaving the body

Often patients will associate a certain color with a certain emotion. For example they might say I saw a lot of dark Red when I thought of so and so. This may or may not represent anger as it depends on each person. **Colors** are always tough to pinpoint an emotion, simply because both are subjective and vary from person to person. Physical attributes (such as how physically the human eye changes subtly from one person to the next) and life experiences (from the way you grew up and were taught colors to life experiences that you may subconsciously associate colors with)... kinda like how when some gets sick and they drink a lot of Gatorade,... now they unconsciously associate Gatorade with being sick... kind of the same thing. What I may see as pink, because of my astigmatism, you may see as red, which have 2 different meanings.

Most color psychology will class colors in these categories:

**Red:** Excitement, Lively, Easily Bored, Hasty, Passionate

**Pink:** Sensitive, Kind, Sweet Disposition, Romantic

**Yellow:** Happy, Playful, Optimistic, Spontaneous

**Blue:** Calm, Trustworthy, Loyalty, Daydreamer or sometimes Serious, Conservative

**Gray:** Reserved, noncommittal

**Green:** Safe, Goodwilled, Generous or sometimes Stubborn

**Brown:** Dependable, Loyal

**Purple:** Negotiator, Well Liked, Mysterious

**Orange:** Gregarious, Dynamic, Fun

**Emotional ReMapping** is more about DARK (negative energy) or LIGHT (positive, healing energy) colors. Therefore the typical color interpretations do not really apply in this type of therapy. While doing the therapy you think of negative past experiences and forgive the person who hurt you and forgive yourself for any role you might have knowingly or unknowingly played in this event, the colors get lighter and paler. This is a sign you are healing and overcoming this negative emotional experience.

How it works is for ten minutes with headphones on you listen to beautiful relaxing music while wearing uniquely designed dark glasses which enables you to watch an amazing light show generated by your brain waves.

The overall effect cancels out the stressed excess energy in your body, smoothing out the - edges and bringing you back into a state of balance that allows the body to heal itself on all levels. The synergistic combination of EFT, colored lights, sound, magnetism stimulate all the senses of the body gently brings you back into a state of Balanced Energy as the brain begins to correct the chemistry of the body over the next few days after each session.



The Bach Flower Remedies® allow peace and happiness to return to the sufferer so that the body is free to heal itself. Each of the 38 remedies discovered by Dr Bach is directed at a particular characteristic or emotional state. To select the remedies you need, think about the sort of person you are and the way you are feeling.

We combine **EFT Tapping** with **Emotional ReMapping**, **Visualization** sessions and **Bach Flower** remedies. The Bach Flower Remedies® which are a safe and natural method of healing. They gently restore the balance between mind and body by casting out negative emotions, such as, fear, worry, hatred and indecision which interfere with the equilibrium of the being as a whole.

### **Does the Location of the Cancer Have any Significance?**

Dr. Hamer claims that unexpected experiences which upset us, although they may be of very varying intensity, some peter out in a minute, others can last for years. We have to look past our intellectual conflicts or problems. I had a middle aged woman from Kentucky come who lost her young son in a car accident. She said she could not “stomach” the loss of her son. Guess what type of cancer she had? Yes stomach/colon cancer. Another young man who came to clinic had been the victim of fraud for a considerable sum of money. He was not able to “swallow” that. He had oesophagus cancer. There is for sure some relationship between the type of cancer and past negative experiences. Here is the basic theory of Dr. Hamer:

The subcutaneous skin (the conflict is affection of integrity i.e. experience of attack, vexation, contamination, mutilation etc), pericardium (attack against the heart, real or, more often, in the form of heart disease diagnosis), alveoli (feelings of intense danger, fear of dying and especially fear of suffocating), pleura (attack against the thoracic cavity, can be real, but mostly regards being diagnosed with some condition in this tract), mouth sub-mucosa (absorption conflict, in the nutritional sense, or of aggression of

integrity at that site), **palate, pharynx, tonsils** (all concern feelings of problems with intake of a piece, in the real or symbolic sense), **one third esophagus** (not being able to swallow a piece, and again, in the real or symbolic sense), **large flexure** (inability to digest a piece, real or symbolic), **intestine, half rectal mucosa** (both indigestion vexations, but with the nuance of fear to fail for the two first parts of the small intestine, and of saturation, of dirty, ugly, vile or abject action for the third part, including appendix), **liver parenchyma, pancreas parenchyma** (both concern fears of starving, or expresses a conflict of deficiency, in the real or material sense), **peritoneum** (attack against the abdominal cavity, may be a real blow, but is often the consequence of being diagnosed with some abdominal condition), **kidney collecting tubes** (correspond to a conflict of dispossession in a large sense; means of existence, material possession, but also "destruction of one's creation"), **bladder sub-mucosa** (conflict of something dirty, in a real or symbolic sense), **uterine mucosa** (improper sexual conflict, or loss/separation of a descendant), **ovary/teste germinal tissue** (severe conflict of an affective loss), **uterine tubes** (sexual conflict of a dirty coloring), **prostate** (sexual conflict experienced as dirty or devaluing, or a conflict concerning descendants or assimilated), **hypophysis** (feeling too small to touch a piece, real/symbolic), **thyroid acini** (lack of rapidity to reach a piece always escaping us, real/symbolic), **breast acini** (conflict of relational nature, affective but not sexual; the right breast concerns the partner and the left one the child, the mother and the "nest"), **lachrymal glands** (conflict of not being seen, of being ignored) and **middle ear** (not being able to catch or swallow a bait, in real or symbolic sense, but with an auditive coloring; heard, but ill-experienced refusals, orders or quarrels).

The body tissues responding with ulceration are: The **superficial skin** (epidermis) (the conflict is separation, experience of loss of contact), **muscles, ligaments, tendons** (all concern lack of liberty, in the real or symbolic sense), **bones** (profound self-devaluation of various kinds, nuance towards reduced strength and power), **marrow** (self-devaluation with nuance towards reduced affection and security, but is automatically concerned by the bone ulceration), **vessels** (the coronary ones: conflict of having to fight for the territory, the rest: devaluation, the nuance for the arteries is experiencing "lack of punch", as for the veins, it's "having one's nose to the grindstone"), **endocard** (devaluation as to the efficiency of the heart), **ganglions** (devaluation, the nuance being one of insecurity), **spleen** (devaluation/insecurity linked to the notion of blood, weakening and/or fear following a wound, can also follow blood disease diagnoses), **respiratory tracts except alveoli** ("smelling" threats, feeling threatened, territorial threats), **mouth superficial mucosa** (certain relational conflicts), **teeth** (feeling unable to bite, including for attack/defence, also symbolically), **two thirds esophagus** (conflict of having to swallow a piece), **small flexure, stomach bulb** (both intrusions and territorial vexations), **anus** (feminine conflict of feeling unable to find a place within the territory), **bile canals, pancreas canals** (both territorial rivalry; frontier quarrels), **kidney parenchyma** (conflict related to a notion of liquid; drowning, inundation, alcoholism etc), **calyces, pelvis, ureters** (all conflict of territorial marking), **bladder mucosa** (territorial marking conflict as well, for the woman with a nuance of inability to find her territorial place), **uterine cervix, vagina** (both sexual frustration conflicts), **uterine unstriped muscle** (fertility conflict), **ovary/teste interstitial tissue** (loss conflict or, in a lesser proportion, sexual conflict of a shameful nature), **thyroid canals** (incompetence of acting before a danger), **suprarenals** (conflict of "taking the wrong road" or lack of dynamism to react), **breast canals** (affective separation, and again, the right breast concerns the partner and the left one the child, the mother and the "nest"), **conjunctiva, eyelids, cornea, crystalline** (all visual separation conflicts, real or symbolic, the two latter react to a more profound kind) and **retina** (conflict of "fear from behind"; a danger threatening us but we cannot see it).

## CLEANING AND PERSONAL HYGIENIC PRODUCTS

**Dangerous chemicals** (in the workplace, home or garden), microbes, parasites and fungus, etc, all challenge the body and interfere with its proper functions. The late Dr. Hulda Clark who examined and treated thousands of cancer patients stated that "all cancer patients have both isopropyl alcohol (as found in many body care and household cleaning products) and the intestinal fluke (parasites, worms) in their liver".

Most commercial cleaning products are loaded with harmful toxins can be replaced with vinegar, baking soda, borax and dish soap. Look on the Internet for practical suggestions and alternatives.

SHAMPOO – 10% baking soda and 90% water - mix in a dispenser bottle

HEALTHY HAIR – 10% apple cider vinegar and 90% water – mix in a spray bottle – apply 5 minutes before washing your hair. It not only makes the hair healthy and shiny but controls dandruff. Rinse and then use a natural shampoo (i.e. baking soda) to clean your hair

DEODORANT – Also use totally natural aluminum free deodorant. The hard natural salt stick is good. Some spread on a thin layer of natural virgin coconut oil under the arm pits for a totally natural and very effective deodorant. Most natural deodorants require washing mid day and reapplying again as they are not as potent as chemical deodorants

**Be careful what you put on your skin.** Underarm deodorants, hair sprays, men’s shaving cream, sun-tanning lotion, rubbing alcohol, (the list is endless) often contain isopropyl alcohol and other harmful chemicals. Look for reasonable alternatives. Not all toxins can be avoided, unless you move to a secluded island, but try to avoid unnecessary daily exposure. It doesn’t make sense just to save time that we poison ourselves day in and day out

Men’s shaving cream for example often contains some form of isopropyl alcohol. Imagine day after day putting this harmful chemical on the skin. I have found the **Philashave** Triple Head electric shaver from Phillips to be an excellent alternative. Many electric shavers I used before just irritated the skin. This brand with triple heads and all you need is to put water on your skin and on the shaving heads (waterproof model) works very well. You will also save a bundle of money as well on blades and lotion

### Tea Tree Essential Oil



As already mentioned, cancer patients are almost always deficient in Albumin. The JSMA published an important paper in 1993 showing the astonishing relationship between poverty and cancer. During a study over 18 years and more than 20,000 participants, advanced personal hygiene was discovered as an important aspect of overcoming cancer. Specifically cleaning the hands, fingernails and nasal passageways was emphasized.

These are the parts of the body that are most easy to contaminate and thus infect the body with toxic pathogens which lower the concentrations of albumin and the albumin/globulin A/G ratios in the body. Well-known for its antiseptic and germicidal properties, Tea Tree Oil has been used therapeutically by the aboriginal people of Australia for centuries.

**Mix 25% of Tree Tea Oil and 75% of any cold pressed oil** (sunflower, coconut or olive). Wash your hands then apply a few drops of this mixture to disinfect them and protect against harmful pathogens



Replace your first-aid spray and anti-bacterial ointments with tea tree oil for cuts, scrapes, infections, irritated hair follicles, blisters, boils—even acne. It’s safe for use on broken skin and can be used without diluting. A drop or two is all you need to disinfect and heal.

On minor burns and sunburn, add Tea Tea Oil to Vitamin E oil or aloe vera gel for soothing relief. This combination makes a refreshing aftershave, too, and, unlike most store-bought lotions, it has no dangerous chemicals to soak into your skin.

Instead of toxic wart remover, apply Tea Tea Oil (TTO) regularly onto both plantar and seed warts. Since warts are caused by a virus, TTO’s anti-viral characteristics go to work, dissolving most warts within a few weeks. If you shower in a dorm, campground, or other public facility, consider spritzing your feet and freshly shaved legs with a mixture of water and a few drops of TTO to prevent warts. And be sure to treat your razor with TTO before shaving. Other skin ailments helped by TTO include eczema, seborrhea, and psoriasis. Apply oil directly to affected areas or mix with aloe gel or grapeseed oil. For psoriasis, add TTO and a cup of sea salt to a warm bath and enjoy the soak. Use tea tree oil on chicken pox and shingles (both caused by the same virus). TTO applied directly and regularly will minimize infection and reduce scarring, and its anti-viral capability may speed healing as it soaks through the skin into the bloodstream. Also add a few drops plus a cup of oatmeal (blended in a blender) to a warm bath for soothing, healing relief.

## PARASITES AND PETS

Believe it or not about 85% of the entire world’s population is infected by different types of parasites and worms.



According to the research of the late Dr. Hulda Clark she states “In order to get cancer, you must have the human intestinal fluke parasite.” This parasite typically lives in the intestine where it might do little harm, causing only colitis, Crohn's disease, or irritable bowel syndrome, or perhaps nothing at all. But if it invades a different organ, like the uterus or the kidneys or liver, it does a great deal of harm. If it establishes itself in the liver, it causes cancer!

That it only establishes itself in the liver in some people. These people have isopropyl alcohol in their bodies.

All cancer patients have both isopropyl alcohol and the intestinal fluke in their liver. Most of us think that only people living in Africa or South America have parasites. These parasites are not your friends either as they can migrate to other areas such as your nose, ears, brain or your liver. Our effective triple herbal combo preparation destroys the adult parasites well as the babies and parasite eggs. Pets should not stroll on counters or table.

Pets have many of the same parasites that we get, therefore every pet living in your home should be cleared of parasites and maintained on a parasite program. Monthly trips to your vet are not sufficient. You may not need to get rid of your pet to keep yourself free of parasites.

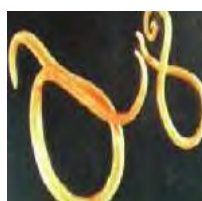
***Parasites - Triple Herbal Anti-Parasite Formula detoxifies parasite adults, babies and eggs***



Ascaris Lumbricoides



Intestinal Fluke



Roundworm

[center.com](http://center.com)



Hollywood movies exploit the natural love we have for animals, but they often go overboard. To protect your health animals should eat out of their own dishes, not yours.



They should not sleep on your bed. The bedroom should be off limits to pets. Don't kiss your pets. Wash your hands after playing with your pet

NEVER, NEVER share food with your pet. Don't keep a cat box in the house; install a cat door. Wear a dust-mask when you change the cat box. *Dr. Clark's Pet Parasite Program [As in "The Cure for All Cancers", 1993 edition]*

### Health Benefits of Raw Lemon Juice

Raw lemon juice is known for its antioxidant and anti-cancer properties. It also rich in Vitamin C that is essential for our immune and digestive systems.



#### Health benefits of lemon juice:

- **Blood purifier** - Raw lemon juice is a great.
- **Blood sugar balance** - The acidity of raw lemon juice lowers the impact of any meal on your blood sugar.
- **Detoxification** - Raw lemon juice cleanses the kidneys and the digestive system. It helps the body to get rid of toxins.
- **Weight control** - The pectin in lemon peel is a great source of fiber that helps overweight people lose weight.
- **Osteoporosis** - Being rich in Vitamin C, raw lemon juice helps the body absorb calcium and fight osteoporosis. Two tablespoons of raw lemon juice diluted in a glass of warm is good for pregnant women, as it helps build the bones in the unborn child.
- **Insomnia** - in case of insomnia, raw lemon juice helps to improve sleep.
- **Brain and Nerve food** - The potassium found in raw lemon juice helps the brain and nerve cells, improves concentration, memory and calms the mind.
- **Immune System** - Raw lemon juice strengthens the immune system which in turn helps fight many illnesses including cancer
- **Infection** - When sickness has developed raw lemon juice is an excellent fighter of infection, as it is rich in citric acid.
- **Hair** - The external use of raw lemon juice makes hair shiny and stronger.
- **Acne and Pimples** - Applying raw lemon juice to the face is a popular remedy for acne and pimples.
- **Rheumatic and Bone-Related Diseases:** A few drinks of lemon juice is the surest remedy for rheumatic fever, painful joints, lumbago and sciatica. This would involve no cardiac complication.
- **Cough and Cold:** hot water lemon and a little honey (optional) is one of the most effective remedies for cough and cold.
- **Corns** : Apply lemon juice few times a day and see the miraculous results. Bind the corn and leave it overnight and get rid of the trouble soon.

- **Common cold:** Lemon juice taken three or four times a day along with garlic or ginger juice cures such troubles speedily.
- **Prickly heat:** An age old remedy, taking lime juice diluted with water a few times in a day, ensures relief from it.
- **Cardiovascular diseases and hypertension :** Person suffering from these problems must have lemon juice at least a couple of times in a day. In case they can, they should also have a few drops of garlic and honey added to this potion.
- **Menorrhagia And Haemorrhage**
- **Asthma:** Having half-teaspoonful of lemon juice, washing it down with luke-warm water before each meal provides quick relief to Asthma. Repeating it as the last dose of the day and starting the day with it also gives very positive results
- **Headaches :** Lemon tea relieves headache as it detoxifies the liver which is the main cause of headaches
- **Nausea, vomiting and Travel sickness :** Having a glassful of lemon juice diluted a bit with water
- **Sun-stroke or heat-stroke :** Lemon or lime (musambi) juice prevents sun stroke or heat stroke.
- **Whooping Cough**
- **Low Vitality :** People suffering from this problem should have lemon-honey mixed water for immediate cure.
- **Lemon juice as beautifier :** Lemon has been an old remedy to cure skin blemishes and a beautifying agent. Rubbing your face with the peel of lemon after 10 minutes of your having applied a little of fresh cream is an ideal astringent to bring back your youthful looks. It removes all the blemishes and wrinkles. While applying either fresh cream or rubbing it off with the lemon peel make sure that your strokes are far away from the nose. In short, they should be in the opposite direction you feel your wrinkles are forming in. Adding a few drops of lemon juice to the water you take bath which keeps your skin glowing

Lemon also tends to remove toxins and poisons from the system, as well as **reduce any radiation which might be present in the body**. If you have had chemotherapy and radiation then this lemon remedy would be well worth doing.

**Drink the juice of 1 lemon in a glass of water once a day, preferably first thing in the morning.** *After consuming the lemon juice, take some pure water...rinse the mouth and swallow so that you do not have lemon juice on your teeth which in high amounts could be hard on the enamel over a period of time*



### **OREGANO TEA FOR THE LYMPH SYSTEM**

Apparently there is nothing better to cleanse and detoxify the lymph system than oregano tea. **CAUTION:** If you have high blood pressure you will not be able to take more than 1 cup per day and you should monitor you blood pressure. If it goes up too high, stop the oregano tea consumption and take Cardio Clean from Budwig Center

Drink 3 cups of this tea, warm or cool for 3 weeks minimum

#### **How to Make the Oregano Tea**

Put 3 teaspoons of ground up dry oregano (sold in most Supermarkets) into 3 ½ cups of water

Bring to a boil - Let simmer for 10 minutes - Strain out the oregano and drink the tea

Both men and women with cancer or poor health would do well to drink this tea for no less than 3 weeks. However especially women suffer from lymphatic congestion due to wearing a bra. There was no breast cancer until the bra was introduced into womens fashions and in countries was women do not wear a bra breast cancer is almost unheard of. Wearing a loose elastic type bra (when you really have to) and going braless at home and as much as possible is wise. Especially avoid the bra with the hard wire or plastic that gives more lift.

Five minutes a day on a mini trampoline is also one of the most effective ways of decongesting and moving the lymph system

## **FAR Infrared Sauna – Detoxify Heavy Metals**

Sweating and fever are Nature’s way of riding the body of poisonous toxins. Interestingly many people with cancer 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 cancer cells are weakened even further by controlled high temperatures and when they self-destruct 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 and get rid itself 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 reverse osmosis water during each thermotherapy sauna session. To induce a natural artificial fever and sweating, even in those who normally do not sweat or experience fever by drinking a natural herbal tea blend and rubbing the body with this compound before each session.

**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 along with 2 or 3 ginger capsules will help generate sweating and an ‘artificial fever’. If you sweat very easily this step may not be necessary.

**Step 3** – Undress completely and remain in the Hyperthermia unit 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 unit so that it will keep on 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 will 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 and once a week air out in the sunshine

*Even though the safety of hyperthermia is well established, hyperthermia is absolutely incompatible with an herbal remedy called Carnivora.*

## **COFFEE ENEMAS is still one of the most effective ways to detox the liver**

Coffee beans are toxic and should not be consumed when you have cancer. However you are allowed coffee in another “way”. Yes a coffee enema is still one of the most effective ways to detox the liver. Also research is now indicating that it even helps detoxify the lymph system.

Some may find this concept a little awkward or distasteful, but the research done at the BUDWIG CENTER confirms that coffee enemas are effective

If you are strong enough to do this therapy then by all means start as soon as you can. As the cancer cells start to naturally die off with our program they need to be cleansed from the body as soon as possible to avoid ‘auto-intoxication’ which can be deadly.



This procedure when followed properly is not dangerous. Use plenty of lubricate on the nozzle and the anus and do not push the nozzle into the body quickly but gently as per instructions here below.

You will be surprised at just how easy this procedure is. The patient will almost immediately feel lighter and better and if in pain will experience less pain.

Most patients get into the routine of daily coffee enemas and even look forward to the benefits

**Electrolytes** – for every coffee enema you do, you should drink 1 glass (8 oz / 250 ml) of freshly made carrot which has one medium green apple added to it or 1 glass of leafy green vegetable juice consisting of some or all of the following: Lettuce, 3 red cabbage leaves, tender beet tops, celery leaves, Swiss chard, escarole, endives, romain, ¼ of a green pepper, water cress, medium green apple, along with the consumption of the CELL SYNERGY, Celtic Sea or Himalayan salt as well.

**How often should one do coffee enemas?** Once a day the first week, then every second day the following week and then once a week as maintenance for two months would be reasonable. Once the body is highly nourished with the CELL SYNERGY and the full Budwig

program the liver, the parasites and detoxification will occur naturally. A coffee enema is best done earlier in the day or early afternoon. Also it is best right after a bowel movement. To enhance the benefits of the coffee enema, we recommend a pure spring (bottled drinking water or distilled water) enema to cleanse thoroughly the bowels beforehand followed immediately by the coffee enema

The Green tea enema is not as effective for detoxifying the liver but is an excellent option from time to time. It is a low-volume enema that remains only in the sigmoid colon. There is a duct between the sigmoid colon and the liver called the entero-hepatic circulation system. When the stool reaches this point, it contains many toxins, which are sent to the liver for detoxification. The coffee enema will increase the transit time in the bowel. The caffeine that is absorbed into the entero-hepatic system causes the liver ducts, including the bile ducts, to empty (it actually causes the liver to “vomit” out toxins) into the sigmoid colon and be eliminated. Releasing the toxins in the liver ducts, makes room for toxins from the body to enter the liver for detoxification. The alkaloids in the caffeine stimulate the production of glutathione-S-transferase, which is an enzyme that facilitates the liver detoxification pathways.

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

You will need the following materials:

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

**Note:** Most pharmacies (except in the UK) carry the enema kits. Purchase the one with a bag and a tube and the nozzle. Do not use the one that is just a big pear shaped bulb.

Supplier in the **UK:** Manifest Health Limited: [www.manifesthealth.co.uk](http://www.manifesthealth.co.uk)

Supplier in **Canada:** <http://drlwilson.com/articles/COFFEE%20ENEMA.HTM>

Supplier in **USA:** <http://www.enemaequipment.com/>

Procedure for Water Cleansing Enema

- Pour 2 or 3 cups of pure room temperature water into the enema bag, Loosen the clamp to allow the water to run out to the end of the catheter tip to get rid of any air bubbles and re-clamp the bag when all the air has been removed from the enema tubing
- Use a coat hanger to hang the enema bag at least three feet above your back as you will be positioned on the floor on all fours. Maybe put the enema bag on a door knob or towel rack. Do not hang it too high, as on a shower head, because it will be too forceful and the hose won't reach. It should flow very gently into the rectum and distal sigmoid colon only. It is not a high enema or colonic.
- Place yourself on all fours, like a dog or horse, on a thick towel or air mattress. Lubricate the end of the tube and the anus, and then gently insert the catheter into the rectum about 4 or 5 inches (10 cm). Use lubrication, such food grade vegetable oil, olive oil, a vitamin E capsule, or KY jelly should be fine, unless you are chemically sensitive. It is generally a good idea to avoid petroleum products.
- After gently inserting the tube into the rectum release the clamp but not fully open...this could be too much at one time and cause stomach pain... let the first (2 cups maximum) of water flow in slowly. Clamp the tubing off as soon as there is the slightest amount of discomfort or fullness. Do not change positions or use an incline board to cause the enema to enter further into the colon; this defeats the purpose of this type of enema.
- You do not have to hold water in your body very long. This is to cleanse the colon. However for the coffee try to retain the enema for a minimum of 12 or more minutes so it can reach the liver and cause it to expel its toxins. Sometimes there will be an immediate urgency to get rid of it and that is fine. Or there may be a sharp pain, try to suffer through it. If you have sharp pains use less liquid next time. Water helps to clean the stool out of the colon with the initial water enema so that next time around you can hold more of the enema longer. Never force yourself to retain it if you feel that you can't. When you have clamped the tubing, remove the catheter tip and void when you have to.

#### Procedure for the Coffee Enema

- ✓ Put 4 cups (4 x 250 ml) of clean water into the coffee machine and use 4 tablespoons of coffee (organic if possible). 4 cups will probably yield about 3 cups of coffee due to heat expansion and evaporation. Do not use a paper filter they are filled with chemicals. Use a nylon or metal permanent filter or use the type of coffee machine that uses no filters
- ✓ Allow coffee to cool down to a very comfortable, tepid temperature. Test with your finger. It should be the same temperature as a baby's bottle. It's safer to have it too cold than too warm; never use it hot or steaming; body temperature is good. Do the same with the water. Some make the coffee extra strong and then add a little cold water to cool it down, but if you make the coffee well in advance then it will have time to cool down is best. If you cannot wait, put some ice cubes in to cool it down faster
- ✓ Now REPEAT the procedure for the water enema with the coffee. Use old towels and for greater comfort use a pillow and bring along some appropriately relaxing literature
- ✓ When you have finished your session, rinse out the bag and tubing with boiling water or better still hydrogen peroxide (Agua Oxigenada in Spanish) and hang it up to dry. If you feel wired or hyper, or have palpitations or irregular heartbeats after a coffee enema, you should reduce the amount of coffee, usually by half for a few days or weeks. Or consider that you really need organic coffee. Be sure the source of your water is good clean chemical-free spring, well, or filtered water.

### **Detoxify the Liver with the "Ultimate Liver Cleanse"**

**Note:** This intensive liver cleanse is NOT recommended for anyone with Pancreatic, liver or gallbladder cancer, nor for people that are very old and weak.

The liver performs between 500 and 3000 functions per day. If you have a healthy clean liver you will usually feel good, sleep good and avoid many health issues. With the Ultimate Liver cleanse you will rid your liver/gallbladder of hundreds of “stones” even thousands of “stones”, if you do enough cleanses. You will be able to see them and even count them (if you catch them in a strainer).



They are called gallstones by the medical profession but 99% of them are not actually hard.

They are waxy plugs that clog the gallbladder and the liver’s bile ducts, preventing normal liver function and normal glucose metabolism.

They are made of cholesterol which is produced by the liver. Because they are not literally “stones” and are soft, some have reported ridding their body of “stones” the size of half a walnut.

We have people who have gotten out stones the size of a golf ball without any pain or discomfort, incredible as this may sound.

Therefore during the first weekend at the clinic if you are not too weak this 2 day **Ultimate Liver Cleanse** will be encouraged.

Some of these gallstones may be clogging up the gallbladder, often necessitating a visit to the doctor, and sometimes even requiring gallbladder surgery. We have heard of people who were scheduled for gallbladder surgery and who were able to cancel their appointment after doing **The Ultimate Liver Cleanse**.

Even people who have had their gallbladder removed can get stones out because gallstones also clog up the bile ducts in the liver. Gallstones can slow the detoxification function of the liver by preventing toxins from entering it. They can also prevent normal glucose metabolism.

Glucose is stored as glycogen in the liver. Sugar which cannot get into the liver to be stored backs up into the circulatory system and shows up as high blood sugar. This is known as Type II diabetes. The sugar converts to fat, depositing itself in the blood vessels and organs, creating the “complications” of Type II diabetes as the years go by.

Cleaning the liver with The Ultimate Liver Cleanse can help prevent Type II diabetes and can even help reverse it, in some cases. The results are often dramatic. So, here goes. It won’t be easy, but it will be worth it. results are often dramatic. So, here goes. It won’t be easy, but it will be worth it.

## SUPPLIES



1 measuring cup, 1 sheave (optional) which is a container with small holes to collect stones in the toilet if you want to see how effective this treatment is

1 enema bag (2-litre capacity) available at the pharmacy, 2 liters of pure water, 6 red or pink grapefruit, 12 oranges, 1 bottle of Oral Grade Epsom salts (magnesium sulfate), 1 cup of extra virgin olive oil. One ½ liter jar with a lid to shake the olive oil and grapefruit juice.

We recommend you make all the citrus juice for the entire program at one time. Then you can clean up the juice machine and put it away and the juice is ready for when you need it.

**Here is the breakdown:**

- 4 glasses (250ml per glass) of citrus juice (50% orange and 50% grapefruit juice)
- 3 glasses of citrus juice will be mixed with 6 Tablespoons of Epsom salts
- 1 glass of citrus juice to be kept aside to be mixed with 1 glass of olive oil

**DAY 1**

**Morning up to 2 pm.** From the time you get up in the morning until 2 pm you may **drink apple juice** or water, (never cold, maybe cool but cold liquids are not healthy to drink)

**PLEASE** do not take any supplements, Budwig mixture or herbs, etc during this 2 day cleanse (if you are on medication you should consult with your doctor about suspending them for 2 days or simply continue taking them) Some people say they get better results when they drink a lot of apple juice (non sweetened and preferably homemade apple juice) before a cleanse. No food at all to be eaten. No drink is to be taken after 2 pm (except a little water if you are very thirsty).

**4 pm.** Take 3 water enemas starting at 4 pm. (see instructions under “coffee enema” on how to do an enema, if you are not sure of the procedure)

**6 pm.** Dissolve 2 tablespoons (British dessert spoons) of oral Epsom salts in 1 cup (250 ml.) of orange juice mixed 50/50 with grapefruit juice (drink at room temperature or cool, but not cold). This will relax you. It will also relax the bile ducts in the liver so that even the biggest stones will pass unnoticed. The most you will ever feel when you pass the stones is a train of marbles flowing up the right side of the abdomen below the ribcage. No pain or discomfort will be felt. The liver is a big organ, the largest organ in the body.

**8 PM** Repeat this procedure of 2 tablespoons (British dessert spoons) of oral Epsom salts in 1 cup (250 ml.) of grapefruit and orange juice. You may get a colon flush from the Epsom salts. Visit the bathroom when necessary.

**9:45 pm.** Place 2 or 3 pillows or cushions on the bed under your pillow as you may feel better being slightly raised after drinking the olive oil and citrus juice. Squeeze the juice of 2 or 3 red or pink grapefruit, (lemon juice or orange juice can be added) and a little water can also be used. Strain out the pulp. Add one full cup of olive oil to the citrus juice. Stir the mixture for a minute (put in a ½ liter jar with a lid and shake well). Do not store ahead in the fridge, this mixture should be room temperature or cool, cold liquids will hurt the stomach. Your goal is to drink the whole thing. If you can't drink it all after a few minutes, or if you start to gag, that's OK. Lie down quietly on your back with your head up high on the pillows and don't move for at least 20 minutes. After 20 minutes you can change your position. The Epsom salts will make you fall asleep. You may get a

colon flush after midnight. Visit the bathroom when necessary. When you start to see yellow and green stones floating on the top of the toilet you know the program is working. The stones float because they are cholesterol and cholesterol is fat. Fat is lighter than water and will always float to the top when mixed with water.

## DAY 2

**6 am or later** (set your alarm the night before) Mix 2 tablespoons of oral Epsom salts in 1 cup of grapefruit and orange juice. You may go back to bed. You may now also drink some pure water as you will probably be thirsty. Wait until you get a colon flush. You may have to visit the bathroom more than once. Then take 3 water enemas following the above procedure. The enemas will flush the stones out. Those who do this cleanse without the 6 water enemas do not have the incredible results as those who do the water enemas. Observe their size and color and make notes of approximately how many stones you got out so that you can compare the results with subsequent cleanses. Even if you got out only small yellow and green stones or only chaff the cleanse was a success. The larger stones will come out during later cleanses. If you want to save the larger stones to show your friends and family you can fish them out of the toilet with rubber gloves and place them in a plastic container in the freezer. They will eventually start to melt, even in the freezer.

**Afternoon.** It will take until late morning or early afternoon for the last stones to be flushed out. You should rest during the afternoon. The effects of the magnesium in the Epsom salts will encourage you to follow the body's need for rest and sleep at this time. You may want to break your fast during the afternoon or early evening about 3 PM. It is best to start back with a very light meal such as a light soup.

You may want to do a liver cleanse once a month. Some have reported ridding up to 2,000 stones or more from their gallbladder/liver. This may require 10 or more cleanses. You know your liver is clean when you get little or nothing out during 2 consecutive cleanses. Once all the stones are out you may want to do a liver cleanse every 6 months as a maintenance program to keep your liver clean and healthy.

Ultimate Liver Cleanse is the best liver cleanse available anywhere. Hundreds of people are using it to help detoxify without any side effects or problems. Liver cleansing with The Ultimate Liver Cleanse promotes detoxification. It clears gallstones out of the gall bladder and the liver. The liver is the largest internal detoxifying organ. The gallstones are a waxy consistency and are made of cholesterol which is manufactured in the liver. 95% of gallstones are not hard stones at all, contrary to what the medical profession would like you to think. You can read some remarkable liver cleanse success stories at <http://curezone.com/forums/fm.asp?i=331385>

## SUMMARY - ULTIMATE LIVER CLEANSE

### SUPPLIES

1 measuring cup, 1 sheave (optional) which is a container with small holes to collect stones in the toilet, 1 enema bag (2-litre capacity) available at the pharmacy, 2 liters of pure water, 6 red or pink grapefruit, 12 oranges, 1 lemon, 10 apples (to make the apple juice) 6 Tablespoons (British Dessert spoons) of Oral Grade Epsom salts (magnesium sulfate), 1 cup of extra virgin olive oil. One ½ liter jar with a lid to shake the olive oil and grapefruit /orange juice.

### DAY 1

**Morning until 2 pm.** From the time you get up in the morning until 2 pm you may **drink apple juice** or water. Stop all supplements and the flaxseed oil and cottage cheese. Drink all fluids at room temperature or cool (put 1 ice cube in if you like) but never cold. This will cause stomach pain and is not healthy to drink cold drinks

**4 pm.** Take 3 water enemas starting at 4 pm.

**6 pm.** Dissolve 2 tablespoons (British dessert spoons) of oral Epsom salts in 1 cup (250 ml.) of orange juice mixed 50/50 with grapefruit juice. For practical purposes make all the juice and Epsom salts now. 6 Tbps of Epsom salts and 1 liter or 4 glasses of grapefruit/orange/lemon juice. Mix 3 glasses of the juices with the 6 Tbps of Epsom salts and mix 1 glass of the juice with 1 cup of olive oil

**8 PM** Repeat this procedure of 2 tablespoons (British dessert spoons) of oral Epsom salts in 1 cup (250 ml.) of grapefruit and orange juice.

**9:45 pm.** Squeeze the juice of 1 red or pink grapefruit, 2 oranges, 1 lemon enough for one full cup (250 ml). Add one full cup of olive oil to the juice. Stir the mixture for a minute (put in a ½ liter jar with a lid and shake well). Drink the whole thing. If you can't drink it all after a few minutes, or if you start to gag, that's OK. Lie down quietly on your back with your head up high on the pillows and don't move for at least 20 minutes. After 20 minutes you can change your position.

## DAY 2

**6 am or later** (set your alarm the night before) Mix 2 tablespoons of oral Epsom salts into 1 cup of grapefruit and orange juice. You may go back to bed. You may now also drink some pure water as you will probably be thirsty. Then take 3 water enemas following the above procedure.

**Afternoon.** It will take until late morning or early afternoon for the last stones to be flushed out. I always prefer a light soup when I resume eating after a liver cleanse. A salad and easy to digest foods could be consumed around 3 or 4 PM.

## **OXYGEN DEPRIVATION THE CAUSES AND SOLUTIONS**

Trans fats (margarine, refined vegetable oils) use in deep fried foods and processed foods (mayonnaise, refined vegetable oils) actually suffocate the cells when ingested depriving the body of life giving oxygen. Consume only "cold-pressed" oils, especially sunflower seed oil and of course the flaxseed oil with the cottage cheese. Some olive oil and other "cold pressed" oils could be used in moderation according to Dr. Grunewald

**Biocatalytic oxygenation** helps the body produce its own natural oxygen as does the flaxseed oil and cottage cheese. *Five to ten minutes without oxygen and we would die.* Our bodies can survive for weeks without food, a few days without drinking, but cannot stop breathing. At the heart of the tissues, oxygen is involved in the conversion of glucose into energy in the foods. It all starts at the point of breathing in oxygen



In blood, more than 95% of the oxygen binds to hemoglobin, the major protein of red blood cells, which serves as a carrier. When hypoxia (lack of oxygen) persists that situation, all bodily functions are

disrupted. The loss of life opens the way for the emergence of diseases such as heart and circulatory disorders, chronic hepatitis, atherosclerosis, and even more serious diseases such as cancer or multiple sclerosis

Artificial forced oxygen is not a recommended anti-cancer therapy and Dr. Budwig spoke against it. Therefore oxygen / ozone type infusions are not recommended. It is strongly recommended NOT to do any these infusion type oxygen therapies. You are counting on oxidation, not oxygenation for the electron rich oil (flaxseed and fish oils) to have its effect. In the case of cancer, the defective cancer cells lose their ability to breathe correctly because of the junk fats that are consumed in the typical Western diet and artificial oxygen will not correct this but only complicate it. Rely on natural oxygen not artificial to restore the proper functioning of the cells

No amount of oxygen in the air will help a person with cancer because the condition of cancer causes a problem with a cell's ability to utilize oxygen. The Budwig Protocol restores the cell's ability to breathe. That allows the oxygen we take in via respiration to work the way it was intended. **Biocatalytic oxygenation** invented by René Jacquier using vaporized pine needle extracts acts as a twofold mechanism. Firstly, fixed hemoglobin attached itself more readily to the oxygenated pine needles essence than to oxygen all on its own. Secondly this process stimulates the body to make and use its own natural oxygen more efficiently.

#### **WHY ARTIFICIAL OXYGEN THERAPY IS NOT RECOMMENDED FOR CANCER**

If you have cancer, then oxygen is not a good thing. Dr. Budwig wrote that forced artificial oxygen could be dangerous for cancer patients unless they had healed the cell membrane through a diet like hers so that the cells would be able to absorb the oxygen. Here is why

Let's say that for some reason, your airway was obstructed, maybe by a piece of food. You might have all the air in the universe in the room, but that air doesn't do you any good because it cannot reach your lungs. Before any of the oxygen in the room will do you any good, the obstruction must be removed. The reason that oxygen therapy is not a good idea is because the ability of the cells to "breathe" has been impaired. Crisco, corn oil, and other bad fats have done this to the cells. When you stop eating the bad fats and start eating flax oil with cottage cheese, you are giving the cells what they need in order to "breathe" properly.

It is strongly recommended NOT to do any oxygen therapies because you need low oxygen levels present within the mitochondria, not high levels. You are counting on oxidation, not oxygenation for the electron rich oil to have its effect.

In the case of cancer, the defective cancer cells lose their ability to breathe correctly because of the junk fats that are consumed in the typical Western diet.

No amount of oxygen in the air will help a person with cancer because the condition of cancer causes a problem with a cell's ability to utilize oxygen. The Budwig Protocol restores the cell's ability to breathe. That allows the oxygen we take in via respiration to work the way it was intended.

The idea that cancer can't survive in an oxygen rich environment is incorrect. Cancer cells can do just fine in such an environment. They are largely, but not necessarily entirely, glycolytic, meaning that they can generate all their energy needs by the fermentation of sugar. This does not mean that oxygen can kill them. By converting to a mostly anaerobic form of energy production, the cancer cell assures its virtual immortality. The native mechanism that kills sick cells, called apoptosis, depends on nearly fully functioning mitochondria. The presence of oxygen does not ensure functioning mitochondria. Cancer cells tend to be relatively hypoxic, meaning they are low in oxygen. The introduction of oxygen is not enough to kill them in most cases. In some cases it can spur their activity. It is not oxygenation that kills cancer cells, it is oxidation. Ironically oxidation does not even require oxygen. It is a term in chemistry that names 1/2 of a "redox" (oxidation-reduction) reaction that involves electron flow from one molecule to another.

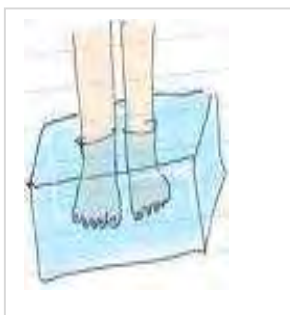
Oxygen won't kill cancer cells. This is an idea that is prominent on the internet, but is without merit. Cancer cells outgrow their blood supply. This decreases oxygen uptake. The cells are forced to go anaerobic and become fermenters. This is a survival mechanism. The cancer cells would love to have more oxygen since glycolysis is very inefficient. People confuse oxygenation with oxidation. It is oxidation which many alternative therapies use to kill cancer cells. That is why antioxidants are not allowed in the Budwig Diet. Hyperbaric oxygen could, quite likely, fuel increased tumor growth. What you want is oxidative stress driven by an excess of free electrons. Without enough oxygen present to accept these electrons the result is, hopefully, mitochondrial membrane leakage which results in apoptosis (natural cell death).

### **Cayenne Pepper – improves circulation to improve oxygenation**

Cayenne in powder and capsules has been prized for thousands of years for its healing power. Many herbalists believe that Cayenne is the most useful and valuable herb in the herb kingdom, not only for the entire digestive system, but also for the heart and circulatory system. It acts as a catalyst and increases the effectiveness of other herbs when used with them. It is a very high source of Vitamins A and C, has the complete B complexes, and is very rich in organic calcium and potassium, which is one of the reasons it is good for the heart. Cayenne can rebuild the tissue in the stomach and the peristaltic action in the intestines. It aids elimination and assimilation, and helps the body to create hydrochloric acid, which is so necessary for good digestion and assimilation, especially of proteins. It has traditionally been used for overcoming fatigue and restoring stamina and vigor. It is a natural stimulant without the threatening side. The remarkable ability of Capsicum to stimulate organ secretion and even heart action makes it one of the strongest natural stimulants known. For external bleeding, take cayenne internally and pour cayenne directly on the wound.

Most pain is associated with bacterial activities and again cayenne has a long history of pain control as well. Take 1 capsule 3 x day with food (if you feel a burning sensation, drink more water and it should go away. Not to be used if you have a hiatus hernia)

**Cold feet?** Rub some cayenne pepper on the bottom of each foot and then put on your socks and walk around for a minute or two. The cayenne will enter the 2,000 pores on the bottom of each foot. Do this once a day and in a short time you will have toasty warm feet.



Stop when they are warm enough and repeat if they start to get cold again after a few days. Caution be sure to wash your hands carefully always after using cayenne

To detoxify the liver **Milk Thistle** (Silymarin) supports and regenerates the liver. It is 10 times more potent as an antioxidant than vit E. By inhibiting the action of the enzyme largely responsible for inflammation of the liver. By helping the liver to synthesize new proteins and ultimately regenerate.

## THERAPIES AND EQUIPMENT USED AT OUR CLINIC

### HYPERTHERMIA THERAPY

“Give me a chance to create a fever and I will cure any disease,” said Parmenides, a Greek physician and philosopher (540-480 B.C.). Fever is a very “natural” way for the body to “pasteurize harmful bacteria” and destroy it. The healing effect of heat was first mentioned in the early civilizations of ancient Egypt, where baths in hot desert sand were prescribed for the ill. Then the doctors of ancient Greece started consistently using this therapeutic approach and named it ‘overheating’ (in Greek: hyperthermia). Fever was considered to be a purging agent that purifies and detoxifies the body



Heat, i.e. hyperthermia, has also been shown to be of great use in treating cancer. The reason for this is that tumor cells are extremely sensitive to heat. The American surgeon William Coley (1862-1936) had already observed that cancer patients often recovered completely if they had suffered a severe post-surgical infection of the wound accompanied by high fever. This led the physician to conclude that the increase in body temperature not only mobilized the body's own immune system, thus fighting off the infection, but also weakened the tumor and cancer cells at the same time.

### The effect of hyperthermia

Healthy tissue can handle high temperatures, but not cancer cells because of their primitive blood supply. What happens is that cancer cells experience a build-up in heat from the hyperthermia, which leads to an inadequate supply of oxygen and a depletion of nutrients in the tumor. These deficiencies lead in turn to disturbances in the metabolic processes of dividing and maintaining cells, including the failure of the repair systems of the cells. Thus thermal cell components (i.e. those parts of the cells damaged by hyperthermia) cannot be replaced, and this can lead to natural early death of the cancer cells.

Also results from studies show that cancer cells form a special type of protein structure on the surface of the cells when heated to a temperature of approx. 42° C, which does not happen with healthy cells. These protein structures – also known as heat shock proteins – are recognized by the body's immune system as foreign substances, thus enabling the immune system to destroy them.

### **Local-regional hyperthermia used at our Clinic**

The impressive effects of hyperthermia have been proven again and again in scientific studies. For example, the university hospital in Erlangen published a study on the effects of regional deep hyperthermia in patients with cancer of the bladder.



*Dr. Marie Lopez oversees Hyperthermia*

The results show that five years after treatment 80% of those participating in the study who received hyperthermia treatment were alive. The tendency toward invasive growth and metastases was also able to be considerably reduced by hyperthermia. The evaluation of the study showed that there was a direct connection between the frequency of hyperthermia treatment and the survival rate: the more often patients received overheating treatment, the better they became.

Local Hyperthermia equipment is a serious medical device (valued at €250,000).

We use local/regional hyperthermia on only the affected organ or tissue, with temperatures reaching between 42 and 44 degrees Celsius. There is less of a strain on the body than with whole body hyperthermia since it does not affect as much of the healthy tissue. At our clinic we have used local-regional hyperthermia to treat metastases in the peritoneum, recurring tumors in different organs.

In particular in the female breast, brain tumors, tumors in the ears, nose and throat areas, the prostate gland and inoperable tumors.

Further studies in Holland and Italy confirmed these results. National and international studies have shown that cytostatics are significantly more aggressive at temperatures above 40°C than at normal body temperature. For instance, it was able to be proven that in some cases the tumor completely receded in patients with certain types of cancer. For patients with other



types of cancer hyperthermia treatment was able to prolong their lives and considerably improve their quality of life. This was proven in a randomised study with over 340 patients who had sarcomas in the soft parts of the body.

## PAPIMI – Pulsed Electro Magnetic Therapy



Dr. C. Andrew L. Bassett, a physician researching the use of pulsed electromagnetic fields for the past 30 years at Columbia University's Orthopedic Research Lab, Dr. Bassett notes that approximately 10,000 of the 12,000-plus orthopedic surgeons in the U.S. have used pulsed electromagnetic fields on at least one patient.

Many such surgeons have incorporated the therapy on a more regular basis.

He estimates that a total of at least 65,000 patients nationwide have received the treatment, with a probable success rate of between 80 and 90 percent. *Orthop. Review*, 15(12)1986 781-795.

### WHAT IS PAPIMI THERAPY?

The PAP-IMI machine is a high-tech, non-invasive, electromagnetic therapeutic device, which was invented by a Greek mathematician and physicist, Dr Panos Pappas.

The PAPIMI is a another effective device (worth \$80,000 / €60,000) and was found to surpass all the other corresponding devices by being one hundred to one thousand times faster and more efficient.

The PAPIMI device creates a pulsed electromagnetic field which is applied to different parts of the body, and which may help stimulate and activate the normal healing process and the growth and repair of tissue. Amazing results have been shown in the relief of pain, reduction of swelling and increased range of motion, as well as in a great variety of physical or health disorders. PAPIMI treatment can provide lasting biological results, and has been used successfully in Europe for the past 12+ years. It is even used by professional sports teams in Europe, U.S.A and Canada for pain relief and healing, and the Austrian Olympic team uses the PAPIMI device as part of their preparation for the Games.

Scientists are trying to unravel the DNA mystery of why we age and become ill. They know that the ATP cellular energy production slows down the aging process to a crawl. PAPIMI increases cell energy production (ATP - the fuel that fires all cellular process 24 hours a day); enhancing our cells ability to detoxify and repair and process oxygen. This in turn dramatically enhances the immune system. Mitochondrial dysfunction causes disease..NOT the other way around! *Restore the mitochondrial and you are restoring health!*

Research suggests that the power of the earth's magnetic field has been diminishing steadily over the years—10,000 years ago the magnetic field measured 5.0 on the Gauss scale. Today, it's a mere 0.5. Since all living things draw energy from this magnetic field, *we're not getting*

*nearly the amount of electrical energy that our bodies need and we're meant to receive. Dr. Nakagawa, the Director of Tokyo's Isuzu Hospital, verified that this "Magnetic field deficiency Syndrome" interferes with normal body functions, which could be a reason for many sicknesses of today. In fact magnetic field generators have been installed in all manned spaceships after finding that bone marrow and cell production decline sharply and would eventually cease, in astronauts who leave the healthy magnetic field of the Earth. *The definition of death in all mammals is the absence of electrical impulses in the brain and heart.**

### **How Does the PAPIMI Work?**

Every cell in the body has an electrical charge, giving an electrical signal. Disease, aging or injury can disrupt these signals, and when tissues are stressed, the cells' electrical signal is diminished. The result of this is that the body is unable to repair the affected tissue, leading to pain, inflammation and loss of function.

The PAPIMI Pulsed Electro-Magnetic Field is believed to help raise the cellular electrical signal, which may therefore help the healing process. It induces negative ions into the body at the cellular and sub-cellular level, which help the electrical charge of the cells to increase, and may therefore accelerate healing.

The PAPIMI device has been trialed and researched and has had significant clinical results. The PAPIMI has been compared with corresponding modern devices at Health, Pain and Research Centres in the United States, North Mexico, Canada and Europe.

NB: We do not use PAPIMI on pregnant women, or people with a pacemaker, certain metal implants or heart conditions.

Pulsed electromagnetic fields began in 1974, and that 250,000 non union patients have received the treatment since. The FDA approved PEMF use in 1982, although it remains widely unused due to physician misunderstanding and lack of knowledge concerning the treatment. A. Bassett, ;Therapeutic Uses of Electric and Magnetic Fields in Orthopedics,; in D.O. Carpenter ; S. Ayrapetyan, (eds.), Biological Effects of Electric and Magnetic Fields. Volume II: beneficial and Harmful Effects, San Diego: Academic Press, 1994, . 13-48.

PAPIMI therapy is unique in that it merges traditional and non-traditional medical care. The non-traditional aspect is that it harnesses the body's own ability to heal itself; however the PAPIMI technology has also gone through scientifically rigorous clinical trials, with successes and patient benefits reported in many prestigious medical journals.

### **The Procedure**

The procedure is non-toxic, non-invasive and usually painless. (Discomfort may be felt in damaged tissues, which will help to pinpoint the problem.) The person to be treated remains fully clothed and lies on a massage table. The transmitter loop is then passed over various parts of the body, emitting an ionic magnetic field in short pulses. These electromagnetic pulses penetrate deep tissue, passing completely through the body. You can feel the magnetic pulse especially in any area where you have some health issues. It can be used over any area of the body

## Here are some reported positive results using PAPIMI Pulsed Magnetic therapy in clinical studies:

### **Cancer (breast)**

This article reports on the case of a 48-year-old-woman with breast cancer who was treated successfully with magnetotherapy. Infiltration showed a marked decrease following 30 whole body exposures to an eddy magnetic field for 60 minutes. One metastatic node disappeared while the size of others was reduced following 60 such exposures. A total regression of tumor and metastases was seen following the completion of a course of 110 exposures. N.G. Bakhmutskii, et al., "A Case of Successful Treatment of a Patient with Breast Cancer Using a Rotating Electromagnetic Field," Soviet Medicine, 8, 1991, . 86-87.

This study examined the effects of a rotational magnetic field on a group of 51 breast cancer patients. Results showed a significant positive response in 27 out of 51 of them. N.G. Bakhmutskii, et al., ;The Assessment of the Efficacy of the Effect of a Rotational Magnetic Field on the Course of the Tumor Process in Patients with Generalized Breast Cancer,t;Sov Med, (7), 1991, . 25-27.

### **Cancer (Walker's carcinoma)**

Results of this study indicated that exposure to a rotational magnetic field inhibited Walker's carcinoma tumor growth as much as 90 percent in some cases. N.G. Bakhmutskii, et al., The Growth Dynamics of Walker Carcinosarcoma During Exposure to a Magnetic Eddy Field,;\_ Vopr Onkol,37(6), 1991, . 705-708.

### **Cancer Tumors - Antitumor agents (into cells incorporation of)**

Results of this study indicated that pulsed magnetic field stimulation increased the incorporation of antitumor agents into cells, and thus increased antitumor activity shifting the cell cycle to a proliferative from a nonproliferative phase. Y. Omote, "An Experimental Attempt to Potentiate Therapeutic Effects of Combined Use of Pulsing Magnetic Fields and Antitumor Agents," Nippon Geka Gakkai Zasshi, 89(8),August 1988, . 1155-1166.

### **Cancer (different forms of)**

This study examined the effects of whole body magnetic fields (16.5-35 G, 50-165 Hz) on patients suffering from different forms of cancer. Treatment consisted of 15 cycles, each 1-20 minutes in duration, and was coupled with more traditional cancer therapies. (Tests with Natural Alternative therapies will be forthcoming). Results showed that the magnetotherapy had overall beneficial effects, particularly with respect to improved immune status and postoperative recovery. V.A. Lubennikov, et al., "First Experience in Using a Whole-Body Magnetic Field Exposure in Treating Cancer Patients,"\_Vopr Onkol, 41(2), 1995, . 140-141.

### **Cancer (lung)**

Results of this study found that 20-30 sessions of magnetotherapy administered preoperatively exhibited antitumor effects in patients suffering from lung cancer. L.S. Ogorodnikova, et al., "Morphological Criteria of Lung Cancer Regression Under the Effect of Magnetotherapy," Vopr Onkol, 26(1),1980, . 28-34.

### **Cancer (tongue)**

Results of this study proved that the combination of weak pulsed electromagnetic fields with antioxidant supplementation is beneficial in the treatment of patients suffering from tongue cancer, improving speech, pain control, and tolerance to chemotherapy. U. Randoll & R.M. Pangan, "The Role of Complex Biophysical-Chemical Therapies for Cancer," Bioelectrochem Bioenerg, 27(3), 1992, . 341-346.

### Cancer (various malignancies)

Results of this Russian study indicated that the use of whole body eddy magnetic fields, coupled with more conventional cancer therapies (including magnetotherapy) is effective in the treatment of patients suffering from a variety of different malignancies. V. Smirnova, "Anti-Tumorigenic Action of an Eddy Magnetic Field," *Vrach*, 2, 1994, . 25-26

### SCIO ENERGETIC FREQUENCY AND BIO RESONANCE EQUIPMENT



Is a specially designed computer generated program that enables us to determine exactly that is just right for your body. On the very first day you will learn about and personally experience the benefits of this equipment as you will receive a full head to toe analysis with this program so that we can then recommend what supplements and therapies would be best for you based on your health status.

Vibration between two objects can be seen in everyday life, from a tuning fork to a guitar string.

The destructive capabilities of resonance have been widely demonstrated, for example when an opera singer hits a particular note and breaks a glass. In this instance the musical tone sets the glass in motion, and as the motion builds the glass shatters.

The QXCI/SCIO system supports a database containing static tri-vector field information (voltage, current and resistance vectors) on over 9000 substances and patterns.

The patient is attached to the unit through electrical conducting head wrist and ankle bands. During the fully automated bio-resonance assessment process the database information is compared with that of the clients changing tri-vector fields through evoked potential electro physical reactions.

The device "pushes" against the organ or cell being tested. If the organ or cell "pushes" back with full force it will give a reading of 100%. If the organ or cell is low on energy it may only "push" back 70% or less. The goal during your stay at the Budwig Center is to increase your internal cellular energy levels so they react with a high energetic response to the Quantum test which is done on the final day of your stay

At the BUDWIG CENTER a test is done when you arrive and then a day or two before you leave. In almost all cases an improvement is noted already during the 19 day sessions

### REBOUNDER

**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.



### **Increases Lymphatic Circulation**

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, cancer 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 cancer would want to obtain a Rebounder and do daily sessions. Even 3 or 5 minutes will make a remarkable difference.

### **LYMPHATIC DRAINAGE, MASSAGE and CANCER**

Did you know that a soothing massage can actually speed up Cancer Recovery? “Anybody who has had a good massage can tell you it feels great, but could a massage actually be used as part of a treatment arsenal against a potent enemy like cancer?” says Lee Euler in his 15th edition of Cancer Defeated Newsletter



“It's almost hard to picture if your idea of a massage involves velvety music, candles, and the relaxing scent of lavender. Yet, it's actually this form of treatment — one that goes back to ancient times — that's showing promise as part of a cancer-recovery regime. The body's lymphatic system is a network of vessels that transports nutrients and drains toxin products from tissues.

It does not contain its own pumping mechanism and relies on external pressure including breathing and muscular contraction to propel its contents through a system

**Benefits:** Whatever your style, all types of massage are known to help the return of venous blood to the heart. (Arteries take fresh, oxygen-rich blood away from the heart and into the tissues. The veins return the "used" blood to the heart to be re-oxygenated.)

Massage also frees endorphins (our body's pain-killing chemicals), stimulates lymph movement, and stretches tissue throughout the body.

**There's more to massage than we think**

Along with feeling pretty good, massage therapy offers profound benefit to both your hormonal and immunologic systems. It also stimulates your lymphatics to get rid of toxins found in your body.

In fact, quite a bit of research is coming out to support the decline in anxiety due to massage. A 2005 study in the International Journal of Neuroscience proved that when women diagnosed with breast cancer received three 30-minute massages a week for five weeks, they ended up less depressed, less angry, and with more energy than the control group. More importantly, dopamine levels, natural killer cells, and lymphocytes reportedly increased for the massage therapy group.

Anybody battling a serious disease is likely to benefit from the power of touch. Most patients have to deal with all kinds of pain, from medical procedures to exams to treatment. Massage therapy is sometimes the first really pleasant touch a patient is able to experience. It's energizing, stimulating, and reportedly helps people feel less like patients and more like whole individuals.

### **How to "milk" your lymphatic's**

Think of your lymphatics as a trash-disposal system for your body. Lymphatic drainage, courtesy of massage, is like emptying the trash — you push it out of your body. You can also get a good dose of lymphatic drainage through exercise. Either way, you're helping your immune system. But you might be surprised to learn that some people fear massage can SPREAD cancer. Let's deal with that. . .

### **Quashing the fear that massage spreads cancer**

For years, there's been a widespread myth that all massage was contraindicated (i.e. bad) for anybody with cancer. This was based on the underlying fear that massage could speed along the process of cancer metastasis.

From the outside, it made sense. After all, it was a known fact that massage promotes circulation. It was also a known fact that cancerous cells travel throughout the body via the bloodstream. It seemed to make sense that better circulation would simply move cancerous cells more quickly through the body.

Well, here's the truth about metastasis: Yes, cancerous cells are loosely attached to tissues within the body and are more likely to break off than normal tissue cells that are well-connected to their neighbors. Yes, detached cancer cells can enter the bloodstream or the lymphatic system and travel to other parts of the body, eventually lodging in organs and sowing new tumors.

But if increasing blood flow significantly contributes to a rise in metastasis, then doctors should warn cancer patients against any type of cardiovascular activity — including deep breathing and exercise. Patients would practically have to lie still all day to avoid speeding up blood flow. Yet doctors usually encourage people with cancer to exercise whenever possible. And rightly so. There's abundant evidence that exercise is effective as prevention AND

treatment for a number of different types of cancer. This is widely accepted by mainstream medicine.

The bottom line is this: the improved circulation you get from massage therapy doesn't pose a danger of spreading cancer. It's a benefit. Besides, the cause of metastasis is much more complex than just "loose cancer cells in the blood."

**Precautions:** A trained massage therapist will avoid the areas of the body that are cancerous.

The first contraindication is the actual tumor site of the cancer. You can still get a massage, but any massage therapist worth his or her salt will know NOT to massage the tumor site. You don't want to put any pressure on the site that might disturb tissues in the vicinity of the tumor.

The final contraindication: when it hurts. It's just a fact, some cancer treatments leave you aching. Eventually, massage might help you overcome this, but in the first few days following chemo, radiation, or especially surgery, it may hurt too much to be touched.

## FREQUENTLY ASKED QUESTIONS...

It is only normal when you have a "life threatening" illness to have a zillion questions. Most of the common questions like you see listed here below are answered. We of course cannot answer all the questions you will have on this "journey" to good health until you are registered with either our Home program or the Clinical program. Then you can ask all the questions you need to in order to understand the program correctly

### **1. Do I need to obtain other supplements beside what the BUDWIG CENTER provides?**

Normally, no as our program is very complete. What we send you is based on your HEALTH REPORT and we have carefully selected the remedies appropriate for your condition. We may encourage you to pick up some natural items locally like some chlorophyll if you are anemic or some Epsom salts to do the Ultimate Liver cleanse, etc. Most herbal, mineral and homeopathic formulas we send you will be only temporary as well and when you finish them in most cases you will discontinue using them. At the beginning of your program we make sure the body has enough iodine, minerals, stronger immune system, hormonal correction, etc to make the program work faster and more effectively. Also Dr. Budwig was very adamant not to use any vitamin supplement with her flaxseed oil and cottage cheese mixture. It could upset the effectiveness of her protocol. Only foods and juices should be consumed at the same time you eat the flaxseed oil and cottage cheese. Always be sure at least an hour or more has passed after consuming the flaxseed oil and cottage cheese mixture before taking the TRICAN and any other food supplements, herbal medicine and/or homeopathic remedies

### **2. Is a 'needle biopsy' a dangerous procedure?**



The Budwig Center does not give any medical advice and we always recommend you do your own research on these matters. As many cancer tests are not 100% accurate, biopsies (where some tissue is removed and examined) is a very accurate way of determining the level of cancer if any. However there is a down side. For educational purposes only we can share with you the research we have uncovered. The tumor unless it is pressing in an area that is life threatening is really your 'friend', because it encapsulates all the toxins and cancer cells within a restricted area. Many have found that when they have a biopsy and not one but often several needles puncture to the tumor, this causes these toxins to leak out and cancer to spread to the rest of the body. Several have reported a lot of pain and discomfort after a biopsy. Using the full Budwig protocol which addresses the original cause of the cancer will debunk all tumors and the body will natural cause them 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 right back. The DNA of the cell reproduction has not been corrected by providing adequate nutrition as would be if a person is consuming the TRICAN and the flaxseed oil and cottage cheese along with a healthy diet. Removing the lymph system also takes away the protection that it affords to prevent cancer from spreading to the rest of the body.

### 3. How Can I balance hormones naturally?

**TRICAN** will balance the entire functioning of the body as it restores nutrition to the body on a deep DNA cellular level. However you could take a bottle of **TUMERIC** which is a totally natural herb that will help detoxifies the body and balances oestrogen levels. It is highly recommended if you have breast or prostate cancer. It helps with balancing the oestrogen levels, a natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns. However to more serious issues like oestrogen positive driven breast cancer, hot flushes and hormone replacement therapy, "**Hormone Mend Formula**" is used at our Cancer Center which is a proprietary blend of whole pituitary substances. It stops hot flushes in just a few days in most cases as it balances. Hormone Mend nourishes key components of the endocrine system, affecting the body's ability to deal with stress and illness. Too much or too little hormone can be harmful to the body. This product has successfully helped many people who were candidates for "hormone replacement therapy". Women who experienced "hot flashes" during the change of life have found relief, sometimes in just days after starting to take Hormone Mender. It fortifies the immune system, increases stamina and balances metabolic energy and hormones. A must to add when dealing with breast cancer. Iodine is also needed for thyroid and hormone balancing. **3 drops of iodine in water** or juice once a day in conjunction with Iodine painting...see below for more details on 'iodine painting'. Also Melatonin 3 grams per day has proven helpful in treating hormonal related breast. Cancer and could be taken as well if you have insomnia issues

### 4. How can I gain weight and increase my appetite on this program?

TRICAN will help correct weight issues especially when taking with Colostrum, and probiotics. Weight lifters eat six (6) times a day you will need to do the same. As already mentioned, Dr. Armin Grunewald (the nephew of Dr. Budwig) also encouraged the consumption of protein, wild game, organic eggs, wild fish (not farm feed), 100% grass

feed, organic chicken (NOT corn feed) are acceptable sources. Cancer patients particularly need protein. Of course nuts are also a good natural source. You need more protein when you have cancer because your body is fighting cancer and needs rebuilding. A strict vegetarian diet is not recommended when you have cancer. Tahini (sesame seed puree) on a rye cracker or sprouted bread with a dash of celtic sea salt is high in protein and calcium and makes a very nice end of the day snack as well. Eat 2 x avocados per day (nice with a little lemon juice on them). Also lots of sweet potatoes these are higher calorie foods that are alkaline. Add some Quinoa... there are 382 calories in one cup. You can add quinoa to soups. Or, have you tried millet? There is 600 calories in one cup of dry millet (150 calories in 1/4 cup). I have made millet for breakfast on occasion when I am feeling like I need a little filler but usually I fix only the 1/4 cup. Cashews....raw (unroasted and unsalted) help put on healthy weight. Keep in mind that if someone is taking medication that might be blocking good digestion. There are various natural ways to try to improve digestion. One liver cancer patient ate a bite of fresh papaya, with its natural enzymes, with each bite of food to improve digestive ability. Dr. Budwig recommended herbal teas. Peppermint tea and slippery elm tea are both helpful for digestion. Please do not add extra honey to your diet. That's not a good solution. However, you could add more flax oil in Budwig ice cream, more oleolux in your steamed vegetables and soups and more raw nuts which contain healthy fats. Lots of raw, non roasted, non salted cashews are very good for weight gain (no peanuts allowed). Plus, Dr. Budwig recommended a natural old-fashioned oatmeal gruel with freshly ground flaxseeds added after cooking. She also recommended ground flaxseeds in champagne,(or sparkling wine) which helps the seeds to be absorbed. Each of these foods can benefit someone who is losing weight. Another suggestion is to drink half a glass of water with a teaspoon of lemon juice to stimulate digestive juices a half hour before mealtime. Especially before bedtime is a good time to eat because without any exertion the weight is easy put on

## 5. What is the main cause of breast cancer?

### Symptoms of Breast Cancer

- Itching in the armpit or around the breast region
- Ridges and thickened areas of the skin of nipple or breast
- Appearance of a bruise that does not go away
- Nipple getting inverted
- Breast is warm to the touch
- A discharge from the nipple

BE CAREFUL – the type of bra you wear! We always recommend that all women and especially those with breast lumps and cancer stop wearing the brassiere or wear it as little as possible. Women find that after not wearing a bra for some time they get used of it. If this is not practical wear a bra that is very loose and is not tight around the rib cage.

There is a whole series of new bras on the market that are excellent such as **GeniBra, AireBra and Belvia Bra**. They do not have the metal or hard plastic wire underneath. The breast needs to move when you bend or stretch, so it should not be too tight around the chest area. The bra will cut off the movement of the lymph system trapping the toxins in the fatty tissues.

[http://featuresblogs.chicagotribune.com/features\\_julieshealthclub/2008/11/can-cancer-vani.html](http://featuresblogs.chicagotribune.com/features_julieshealthclub/2008/11/can-cancer-vani.html)

Breast cancer is the most common cancer in women worldwide. It is also the principle cause of death from cancer among women globally. The UK and USA have one of the highest incidence rates worldwide (together with the rest of North America and Australia/New Zealand), making these countries a priority for breast cancer awareness. You will notice in countries where women rarely wear a bra there is much less if any breast cancer. View the map below to see how your country is impacted by breast cancer (The darker areas being the highest per capita):



## 6. What can I do to overcome chronic constipation?

- Cod Liver Oil – as taken in the Budwig program will normally solve any constipation issues. Increase dosage if you suffer from constipation and lower dosage of Cod liver oil if you get diarrhea.
- A coffee enema or even just a water enema will usually solve the problem
- A Castor Oil enema (should only be done once in 30 days) is a very effective remedy for serious constipation. First do a water enema and then warm up the castor oil and insert with a bulb type enema system, hold for 15 to 20 min.

- Epsom Salts - drink 1 teaspoon in a glass (250ml) of water. Drink 1 to 3 times per day until you achieve results.
- Constipation and other bowel disorders can be a sign of a possible serious organ dysfunction. If you do not respond to the inclusion of dietary fiber in your diet, an ample amount of water intake and moderate exercise, you may need medical attention, as a variety of diseases can cause irregularity of the bowels.
- Water – Drinking water on an empty stomach first thing in the morning would be an ideal time. Drink at least 2 liters per day as constipation is often linked to dehydration. Add an 1/8 of a teaspoon of Epsom salts to the water. This is very effective. If no results within 3 or 4 hours repeat
- Lemon – Before breakfast juice of ½ of lemon in 1 cup of warm water (could sweeten with a little raw honey)
- Prune juice or stewed consumed at room temperature
- Papaya juice or fruit consumed at room temperature
- Apples – 2 peeled and eaten
- Figs – soak overnight in a glass of water and drink the water and then eat the figs first thing in the morning
- Raw Fruit – eat at least 3 raw fruits every day especially first thing in the morning on an empty stomach
- Beets – 2 small beets, scrub clean and eat raw in the morning
- Sunflower seeds – eat a handful of shelled, raw, unsalted seeds every day

## 7. Are there any safe pre-cancer breast tests that can be done?

The Dr. Navarro cancer test (see below) is very accurate for all types of cancer. We need to be very careful with submitting to CAT scans and Mammograms. First of all there is the issue of radiation. <http://www.preventcancer.com/patients/mammography/dangers.htm> "Radiation from routine mammography poses significant cumulative risks of initiating and promoting breast cancer. Contrary to conventional assurances that radiation exposure from mammography is trivial— and similar to that from a chest X-ray about 1/ 1,000 of a rad (radiation-absorbed dose)— the routine practice of taking four films for each breast results in some 1,000-fold greater exposure, 1 rad, focused on each breast rather than the entire chest (2). Thus, premenopausal women undergoing annual screening over a ten-year period are exposed to a total of about 10 rads for each breast resulting in a cumulative 10 percent increased risk over ten years of premenopausal screening, usually from ages 40 to 50 (4); Estimates are that this exposure to radiation accounts for up to 20 percent of all breast cancers annually in the United States. Most patients have no awareness of the dangers of ionizing radiation due to medical imaging scans. Virtually no patients — and few doctors — realize that one CT scan exposes the body to the equivalent of several hundred X-rays, for example. Most women undergoing mammograms have no idea that the radiation emitted by mammography machines actually causes cancer by exposing heart and breast tissue to dangerous ionizing radiation that directly causes DNA damage. Even low doses of radiation can add up to significant increases in lifelong cancer risk. A study published in the New England Journal of Medicine (2007) found that survivors of the 1945 atomic bombs unleashed on Japan during World War II still faced significant increases in lifetime cancer risk. And the levels of radiation to which these particular study subjects were exposed is equivalent to receiving only two or three CT scans, explains an ABC News story (<http://abcnews.go.com/Health/Cancer...>). Read more here :

<http://www.jmbblog.com/americans-exposed-to-atomic-bomb-levels-> A new report released by the National Council on Radiation Protection and Measurement reveals that Americans' exposure to radiation has increased more than 600 percent over the last three decades. Most of that increase has come from patients' exposure to radiation through medical imaging scans such as CT scans and mammograms.

In a Swedish study of 60,000 women, 70 percent of the mammographically detected tumors weren't tumors at all. These "false positives" aren't just financial and emotional strains, they may also lead to many unnecessary and invasive biopsies. In fact, 70 to 80 percent of all positive mammograms do not, upon biopsy, show any presence of cancer. (There is also a very concerned risk that crushing the breast tissue will spread the cancer cells if they are present). At the same time, mammograms also have a high rate of missed tumors, or "false negatives." Dr. Samuel S. Epstein, in his book, *The Politics Of Cancer*, claims that in women ages 40 to 49, one in four instances of cancer is missed at each mammography. The National Cancer Institute (NCI) puts the false negative rate even higher at 40 percent among women ages 40-49. National Institutes of Health spokespeople also admit that mammograms miss 10 percent of malignant tumors in women over 50. Researchers have found that breast tissue is denser among younger women, making it difficult to detect tumors. For this reason, false negatives are twice as likely to occur in premenopausal mammograms.

New Screening Technologies - While screening is an important step in fighting breast cancer, many researchers are looking for alternatives to mammography. Burton Goldberg totes the safety and accuracy of new thermography technologies. Able to detect cancers at a minute physical stage of development, thermography does not use x-rays, nor is there any compression of the breast. Also important, new thermography technologies do not lose effectiveness with dense breast tissue, decreasing the chances of false-negative results. Some doctors are now offering digital mammograms. Digital mammography is a mammography system in which x-ray film is replaced by solid-state detectors that convert x-rays into electric signals. Though radiation is still used, digital mammography requires a much smaller dose. The electrical signals are used to produce images that can be electronically manipulated; a physician can zoom in, magnify and optimize different parts of breast tissue without having to take an additional image *Read more at:* [http://www.healthy-communications.com/mammograms\\_cause\\_breast\\_cancer.htm](http://www.healthy-communications.com/mammograms_cause_breast_cancer.htm)

## **8. Is there any natural way to detect and eliminate breast lumps and cysts?**

At our Cancer Center we have developed a very effective therapy using a form of massage and Ultra sound based on the research of experienced massage therapists and breast cancer expert who had this to say: "I'm a retired massage therapist. My wife had 2 scary mammograms several years ago. I combined several types of massage. When we went for the surgery they did another mammogram and to their surprise both times the lumps were gone. Most women find the breast and lymph massage a nice experience, some women do get embarrassed, you have to reassure them the feelings are natural and the massage is a natural effective lymph drainage and breast wellness treatment. Try to have them just relax and enjoy the experience. If must stay on the lumps for several minutes at a time. The breast massage should last for 10-20 minutes to an hour depending on size of breast. However this time is cut in half when combined with Ultra Sound and "cupping".

Also give a light touch massage of the rest of the body focusing on glands and joints. The results are truly outstanding and totally natural and no pain as opposed to submitting to a mammogram.

#### 9. Is a microwave oven safe to use?

No it is not safe; microwave food is “distorted” food. When I asked HSI Panelist Dr. Allan Spreen, about microwave cooking, and the Soviet research in particular, he told me that an issue of "Health & Healing Wisdom" reported that Soviet research on the neurological effects of microwaved foods prompted a ban on all microwave apparatus in 1976. The ban was lifted in the 1980s after the fall of Communism. Dr. Spreen says “What studies exist are all bad news for microwaving -- they universally describe some type of damage. One study showed breakdown of vitamin B-12 to inactive degradation products in microwaved foods. There's also a problem with release of potentially toxic molecules into the food from packaging designed to help brown food during microwaving. This includes items such as pizza, French fries, waffles, popcorn and breaded fish -- and these findings were determined by the U.S. Food and Drug Administration (FDA)! **A doctor in Spain bought two African violet plants the same day and put them in the same area of the house and he watered one with natural water and the other with previously micro waved water. The micro waved watered plant died!** If you have a microwave oven wrap it up in gift wrapping and give it to your worst enemy!!!

#### 10. Should I have my amalgam (mercury) fillings removed?

Dr. Gerald H. Smith, *Author of Reversing Cancer: A Journey from Cancer to Cure* stated: “The latest scientific evidence shows that the mercury in dental fillings could be behind many unsuspected diseases from hair loss and infertility to Lou Gehrig's disease”

Sweden has banned mercury amalgam dental fillings, effective January, 1997, after determining that at least 250,000 Swedes have immune and other health disorders directly related to the mercury in their teeth. Denmark will ban amalgams beginning in January 1999. In 1991, Germany's Health Ministry recommended to the German Dental Association that no further amalgam fillings be placed in children, pregnant women, or people with kidney disease, and in 1993 this was extended to include all women of child-bearing age, pregnant or not. Austria is also phasing out mercury fillings.

It is estimated that 70% of all medical illnesses are directly or indirectly caused by human intervention in the dental structures (teeth and jawbones). This includes: impacted teeth, infected root canal teeth, new and recurrent decay around old fillings, cysts, bone infections in areas of previously extracted teeth, granulomas and areas of bone condensation to osteitis represent some of the more common factors. Mercury  
[http://www.icnr.com/cs/cs\\_21.html](http://www.icnr.com/cs/cs_21.html)

According to the observations made by the internationally recognized medical researcher, Yoshiaki Omura, MD, all cancer cells have mercury in them. Since mercury is the second most toxic substance on this planet next to plutonium, its presence provides a strong initiating factor for disrupting cell function. Dr. Omura's clinical observation concludes that one of the primary reasons cancer returns is because residual mercury reignites a



pathological environment even after surgery, chemotherapy, radiation, and alternative therapies report a positive effect. A single dental amalgam filling releases as much as 15 micrograms of mercury per day. The average individual has eight amalgam fillings and could absorb up to 120 micrograms of mercury per day. In contrast, eating mercury-tainted seafood will expose you to about 2.3 micrograms per day -- and that is enough for scientists to call for a world-wide warning. Mercury vapor from the amalgams passes readily through cell membranes, across the blood brain barrier, and into the central nervous system, where it causes psychological, neurological, and immunological problems. Mercury can persist in your body for years unless it is actively removed. After removing fillings, **TRICAN and Chlorella** are excellent products to cleanse the body of mercury and other heavy metals. However these products should not be taken until the mercury fillings are removed,

**Note:** Be sure to look for a dentist that will use what is called a “rubber damn” placed in the mouth to catch the mercury shavings when they drill. Also 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. If you have pure gold or pure silver (that is not mixed with mercury) it’s up to you if you want to change them, but there does not seem to be much concern at this time. 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. You can make an appointment directly with Antonio (speaks English and Spanish) at +95 261 17 99 or +95 261 19 96 (Spain) Located at *Enrique de Egas 18 – 1E, Malaga.*

## 11. What food additives should I avoid?

MSG is a neurotoxin, potentially toxic to everyone -- potentially toxic even to those people who do not respond with adverse reactions such as migraine headache, asthma, nausea and vomiting, fatigue, disorientation, and depression. We know that MSG kills brain cells in laboratory animals. We know this from studies wherein MSG was given in food and from studies where MSG was given in drinking water. We know that MSG causes macular degeneration (retinal degeneration). We know that in one well done 2002 study (Ohguro et al. A high dietary intake of sodium glutamate as flavoring (Ajinomoto) causes gross changes in retinal morphology and function. *Experimental Eye Research* 75:(3),2002) no retinal damage was observed when MSG was fed to laboratory animals for a short period of time (a month), but that as time during which MSG was fed to those animals increased to 3 months and 6 months, so did observable damage. We know that learning disabilities and endocrine disorders such as gross obesity and reproductive disorders often follow the death of brain cells in animals. We also know that children and the elderly are most at risk from the toxic effects of MSG.

**These ALWAYS contain MSG:** Glutamate, Monosodium glutamate, Monopotassium glutamate, Glutamic acid, Calcium caseinate, Textured protein, Hydrolyzed protein (**any** protein that is hydrolyzed), Yeast extract, Yeast food, Autolyzed yeast, Yeast nutrient



**FOOD ADDITIVES** (Here is a partial list of the most dangerous. In Europe they are identified with E numbers. See complete list of safe and unsafe food additives at:

<http://curezone.com/foods/enumbers.asp>

- E102 Yellow and Orange Forbidden in some parts of the western world!
- E103 alkanet, alkannin Yellow & Orange Forbidden in some parts of the western world!
- E104 Quinoline - Yellow and Orange May increase hyperactivity in affected children.
- E110 Sunset Yellow FCF / Orange Yellow S Colour - Yellow and Orange
- E120 Cochineal / Carminic Acid Colour - Red Same as E104
- E122 Carmoisine / Azorubine Colour - Red
- E123 Amaranth Colour - Red Very Dangerous
- E124 Ponceau 4R / Cochineal Red A Colour
- E127 Erythrosine BS Colour - Red Same as E104
- E131 Patent Blue V Colour - Blue
- E132 Indigo Carmine / Idigotine Colour - Blue Same as E131
- E142 Green S / Acid Brilliant Green BS Colour - Green Cancer
- E210 Benzoic Acid Preservative - Benzoic Acid and its salts. Often added to milk products (cheese) and meat products. Headaches
- E220 Sulphur Dioxide Preservative - Sulphur Dioxide and its salts Often added to milk products (cheese) and meat products. Headaches, Intestine Upset, Skin Disorders
- E230 Biphenyl / Diphenyl Preservative - Biphenyl and its derivatives Headaches
- E290 Carbon Dioxide Miscellaneous - Acids and their Salts Intestine Upset
- **E621 Monosodium Glutamate (MSG)** Miscellaneous - Flavour Enhancers TOXIC
- E622 Monopotassium Glutamate Miscellaneous - Flavour Enhancers
- E623 Calcium Glutamate Miscellaneous - Flavour Enhancers

## 12. Is there any natural product to help prevent or stop metastasis?

The TRICAN formula used at the Budwig Center will cause cancer to go into natural remission. Another herb that helps is **Cinnamon**. Cinnamon has shown to reduce proliferation in cancer cell and in leukaemia lymphoma. Cinnamon also combats insulin resistance which has shown a link in diabetes type 2 and cancer as well as heart disease. In the cinnamon study, the USDA researchers used cancer-cell cultures that were undergoing exponential growth. In this case, the researchers used three types of human cancer cells: two representing leukemia and one representing lymphoma. The idea was to see whether a cinnamon extract could inhibit the proliferation of these cancer cells, and if so, how. The results were striking: over a 24-hour period (the time required for one doubling of the cell population), the cinnamon extract dramatically reduced the rate of proliferation in all three types of cancer cells. It did this in a dose-dependent manner, i.e., the higher the concentration of cinnamon extract, the greater the reduction in proliferation rate. At the highest cinnamon concentration used, the cell counts were reduced by about 50% compared with the untreated control cells. Thus, although the control cells proliferated to about twice their original number during the 24-hour period, only about half as many cinnamon-treated cells as control cells were counted, meaning that their proliferation had been effectively halted—not bad for a common kitchen spice! Take one or two bottles and then rely on the TRICAN to correct the cells

## 13. Should I buy all organic?

Most hard vegetables like carrots, radishes, etc hold any pesticides and chemicals in the fibre or pulp. When you juice these vegetables the pulp is what the juice machine expels. Therefore it is not critical to use organic vegetables if they are difficult to find



Here are the items known to be sprayed with a higher level of pesticides to protect them & are safer to buy organically raised.

*Spinach, Green peas, Celery, Bell Peppers, Green beans, Green onions, Potatoes, (scallions), Squash, Apples, Peaches, Nectarines, Pears, Cherries Strawberries, Blackberries & Raspberries.*

### How to Remove Pesticides from Fruits and Vegetables

Another option is to remove the pesticides and bacteria following these guidelines:

If you can find a trustworthy source of organic fruit and veg then we recommend that. However it may be very difficult and too expensive. Don't worry too much as there is an alternative, remove the pesticides using this proven homemade solution.

Remember a quick rinse is never enough. All produce are covered in chemicals, bacteria, soil, mold, possibly insect parts and the like. This includes pre-washed bagged salads, on account that E. coli bacterium tends to grow rapidly on vegetables.

Most of us wash or clean our fruits with dish washing liquid; however, dish washing liquid is not as effective as it was once thought to have been and it not recommended for human consumption. There is a more effective way to clean fruits and veggies, which will in turn reduce residues and remove most pesticides.

Wash your fruit and vegetable to remove any dirt and then soak in a large container of fresh water to which ¼ glass of 3% hydrogen peroxide and 3 Tablespoons of Baking Soda has been added and let soak for 10 minutes. Rinse and consume

### **14. I feel very tired most of the time what could be the reason?**

**Iron** – if you are very weak you may need iron. Many cancer patients get weak and it is often due to a lack of iron. Iron has long been known to be important for red blood cell function because of its fundamental role in the haemoglobin molecule. Our Center uses Iron IV's and a natural iron supplement with good results. (avoid synthetic iron as it may not be absorbed well and is notorious for causing constipation). 1 Tablespoon (British dessert spoon) of **Chlorophyll** daily is effective as well. In susceptible groups, such as the elderly and teenage women, up to 50% of Americans have been found to be deficient in iron. Also be sure to consume 5000 to 10,000 i.u. of **Vitamin D3** which also helps with energy. The high amounts of Cod Liver Oil and the TRICAN in the Budwig program should also quickly take care of the issue

### **15. What is the best water to drink?**

You can drink reverse osmosis, distilled or pure spring water (use only filtered bottled water if you do not have access to these other choices). Don't worry about getting your minerals from water. Generous consumption of natural Celtic sea salt or Himalayan salt is a source of all the some 100+ minerals your body needs.

## 16. How much should I exercise?

Morning Exercise is recommended if not too weak. Individualize it according to your strength - DON'T OVERDO IT. At our gymnasium you can use a **CHI Energy** / Lymph drainage machine and/or **rebounder** [a mini-trampoline] because it helps clear the lymph system and promotes better drainage; the **Reviber** is another effective device for circulation and lymph activation. **FEVER THERAPY** with **FIR Sauna Detox session** is also very beneficial and we place a portable model in your place of stay. A good walk everyday in garden or beach like settings are also very good for the body and "soul" and for many people a good walk at the pace their body can handle should be done every day.

## 17. Is there any natural method to adjust the thyroid?

Dr. Brownstein specializes in thyroid issues (energy, weight loss or gain) and tests his patients and found that over 95% of them were deficient in iodine. Many of his patients have seen 3, 4 or more specialists (endocrinologists) who cannot figure out their health issues, specifically the thyroid. All cells in the body need iodine for proper functioning. Dr. Brownstein believes that iodine deficiency is a major cause of breast cancer and other diseases of the reproductive organs such as ovarian, uterus and prostate cysts and cancers. Most people who suffer from cold hands and feet are iodine deficient. Iodine levels in US soil have fallen 50 per cent over the past 50 years and soil in the US is deficient in iodine. The Great Lakes region has some of lowest soil iodine levels in the world and this results in high levels of cancers related to iodine deficiency. Women with large breasts need more iodine than women with smaller breasts. Other medical authorities agree that iodine deficiency can lead to fibrocystic breast disease and/or ovarian cysts Iodine can similarly reduce uterine fibroids and one of the first conventional medical treatments for severe fibroids was to paint the uterus with iodine. "Of all the elements known so far to be essential for health, iodine is the most misunderstood and the most feared. Yet, it is by far the safest of all the trace elements known to be essential for human health."

**How to test your iodine levels** – when you awake in the morning, take your temperature. Put the thermometer in your mouth or under your arm for 10 minutes. Afterwards record your temperature. Constant basal body temperature should be 98.4 (36.89 Celsius). If it is below 97.8 (36.56 Celsius) you have low thyroid function and need to supplement iodine. If it is higher than you have a low grade infection and would again need iodine and Borax water consumption. Take your temperature during 10 days and write it down to see if it's consistent. Women who still menstruate should start on day 1 of their period and check for the next 10 days. Another method, although not as accurate is to paint Lugo's iodine over an area the size of about 5 cm. If it gets itchy more to another areas for a few days. Check each morning before you shower to see if the iodine has disappeared or not. Once the iodine no longer disappears you can put off painting. It means your iodine level is okay, maybe you really don't need any more for now. If you are putting 3 drops of iodine in water or juice each day then stop that as well. Two months later start up again.

I have suggested that people put iodine into a nebulizer for aerosol treatment for transdermal effect into the lung tissues in the case of lung cancer, emphysema, asthma

and tuberculosis. Dr. Michael B. Schachter says, "The treatment dose when a person is iodine insufficient is generally between 12.5 mg and 50 mg daily. At that quantity however, the patient needs to be monitored closely with awareness of possible side effects and detoxification reactions."

One lady reported "After supplementing with iodine, I began getting hot flashes and night sweats and stopped menstruating. I also had difficulty sleeping through the night. Proceed with caution. It took about three months for the hot flashes and night sweats to stop, I'm now sleeping through the night, and I have begun menstruating again. I still supplement occasionally with iodine, but very small amounts.

The Lugol's iodine the BUDWIG CENTER uses is 5% so then 2 drops is 25 mg. Dr. David Brownstein recommends AT MINIMUM 2 drops per day or 12.5 mg - 25 mg of iodine/potassium iodide (Iugols or iodoral), optimally he recommends 50mg which is 4 drops per day. We usually recommend 3 drops per day but if you have not side effects take 4 drops along with iodine painting as outlined here below

Dr. Brownstein recommends at minimum 100 mg for very severe conditions like Breast Cancer. So even 100 mgs is safe. That would be 8 drops of 5% or 8 iodoral tabs.

#### **18. What are the benefits of drinking Borax/Boron water?**

Borax/Boron is effective against Viruses, Fungus and Harmful Bacteria that causes infections and a host of serious illnesses. Many people die needlessly of pneumonia (James Brown died from pneumonia). Even health experts such as Dr. Batmanhelidj (Your Body Cries for Water) got pneumonia, and so did Bob Hope and Buddy Ebsen (Beverly HillBilly). Borax water would have been a simple easy remedy if they have had known about it.

Boron (Borax) is a natural mineral compound, discovered over 4000 years ago. Borax is usually found deep within the ground and when Borax is added to water it converts some molecules to hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>). The pH of borax is about 9.5, which is ideal in helping to alkalize the body. It may sound strange to talk about taking a product that is considered a "cleaner". Well when added to water it becomes a very effective "cleaner" of the many harmful viruses, bacteria and fungus in the body. Here are some additional benefits:

- ✓ Immediately more energy from the first week of use
- ✓ Candida (causing bloating, thrush, gases) and fungal infections disappear
- ✓ Pain gone or reduced (pain is often caused by too much harmful bacteria in the body or/and a pH acidic body)
- ✓ pH levels normalize (BORAX water is 9.5 alkaline).
- ✓ Most illnesses thrive in an acidic body
- ✓ Increased libido and has been called natural "Viagra"
- ✓ Combats osteoporosis
- ✓ More regular bowel movements
- ✓ helps against all viral infections, colds, flu, chronic cystitis, e-coli bacterial infection, etc
- ✓ Urinary tract infections and all other bacterial infections clear up

**INSTRUCTIONS: Drink always on an empty stomach...** add ¼ teaspoon of BORAX powder into a liter (quart) of water. Best time to drink is when you rise first thing in the morning 10 minutes before breakfast...or 2 hours after a meal. Drink 1 to 3 cups per day, but **ALWAYS** on an empty stomach. If you have infection or chronic Candida, virus, etc try to drink 1 liter per day until the problem is under control

**External Use:** Pour Borax water directly over affected areas of the body that have fungus and infection. Pour over areas affected by athlete's foot. One man had tried every type of remedy imaginable and nothing was working. His toes were even wet from the infection oozing out. He was desperate. He poured Borax water over his foot. Went to bed and the next morning his feet were dry. Borax water works fast. Pour it over any area (except the eyes) where you have fungus and infections

Never would it take boron/borax without first diluting it with water. Once it is properly diluted it is as safe as table salt. You may experience some headaches or a little sharp pain now and then in the kidneys as the BORAX WATER detoxifies the body. You can find Borax In the laundry detergent section of your local grocery store. One brand Name very common is: 20 Mule Team (USA), BORAXO (USA, MEXICO) **WARNING!!! DO NOT CONFUSE BORAX WITH BORIC ACID!**

#### 19. I find it hard to swallow pills?

If you have trouble swallowing pills, such might be the case of little children, have them tip their head back. This will open up the throat better and with a glass of water the pill will slip down much easier. For children or people that is too weak to swallow the pills you can open up the capsule and put it in juice. Mango juice or any other juice will mask any bad taste and make it easier to swallow pills over just plain water.

#### 20. Is salt good or bad for us?

We all know already that our body is 75% water. Well, maybe not all of us know is that this water contained in all of our tissues, cells, blood, etc. is a salty water solution, very similar to the seawater... So, why are we often told that salt is not good for our health?

Dr. F. Batmanghelidj MD, the author of "You are not sick, you're thirsty!" explains that salt has many other important functions than just regulating the water content of the body. Here are only a few of it's invaluable benefits. First, Dr. F. Batmanghelidj MD explains that salt is not bad for you. It does not raise the blood pressure. It is the insufficiency of other minerals that normally hold on to and keep water inside the cells that causes a rise in blood pressure. Given in conjunction with other minerals, salt will actually lower blood pressure to normal levels. Be sure when you purchase your salt that it says "unrefined" because if it does not say this, then it is refined. Refined salt is usually white in color. It may say Sea Salt on the package....because almost all salt comes from the sea, but it has been heated, processed and all the vital mineral removed from it and sold to the vitamin/mineral companies.

- ✓ Salt can be very effective in stabilizing irregular heartbeats and, contrary to the misconception that it causes high blood pressure (in conjunction with water and the other essential minerals)
- ✓ One or two glasses of water with a little salt will quickly and efficiently quiet the racing and "thumping" heart and, in the long run, will reduce the blood pressure. Talk with your doctor about the right balance of water and salt for your diet.
- ✓ Salt is a strong antihistamine. It can be used to release asthma. Put it on the tongue after drinking a glass or two of water. It is as effective as an inhaler, without the toxicity. It can also stop persistent dry cough and clear the lungs of mucus plugs and sticky phlegm, particularly in asthma, emphysema and cystic fibrosis sufferers.
- ✓ Salt is a strong antiseptic
- ✓ Salt is vital for extracting excess acidity from inside the cells, particularly the brain cells. If you don't want Alzheimer's disease, don't go salt-free and don't let them put you on diuretic medications for long!
- ✓ Salt is vital for the kidneys to clear excess acidity and pass the acidity to the urine. Without it the body will become more and more acidic.
- ✓ Salt is a strong anti stress element for the body. It is essential in the treatment of emotional and effective disorders. Lithium is a salt substitute that is used in the treatment of depression. It also essential for preserving the serotonin, melatonin and tryptamine levels in the brain - essential antidepressant neurotransmitters.
- ✓ Dr. F. Batmanghelidj MD also believes that salt is vital for the prevention and treatment of the cancer. Cancer cells - he explains- cannot live in an oxygenated environment. When the body is well hydrated and salt expands the volume of blood circulation to reach all parts of the body, the oxygen and active immune cells in the blood reach the cancerous tissue and destroy it.
- ✓ Salt is also important for sleep regulation - it is a natural hypnotic. If you drink a full glass of water, then put a few grains of salt on your tongue and let it stay there, you will fall into a natural, deep sleep.
- ✓ Salt is a vitally needed element for diabetics. It helps balance the sugar levels in the blood and reduces the need of insulin.

Did you know that the salt companies actually don't make their greatest profits selling salt? Most of the salt sold goes to chemical laboratories and manufacturing companies. Selling salt is actually a side line for salt companies; they make most of their profits pulling out the minerals and selling them back to us through health food stores. Naturally sun dried sea salt is charged with energy. However, these charged minerals are exactly what your body craves. When charged calcium enters your body, scientists can trace where it goes. And where does it go? Directly to a site where there is a break or a fracture. Charged minerals go right to where they are needed. Dr Langre, in his book Seasalt's Hidden Powers, makes the following points:

Our bodies are like the ocean and at the level of our biochemical function, we either get the nutrition we need to maintain this "ocean atmosphere" or we suffer. 2. Violent prisoners given Celtic Sea Salt in their diets showed improved behaviors within a few short weeks. 3. Salt is needed for digestion. 4. The sodium of Celtic Sea Salt acts differently in your body than the sodium in refined salt. 5. People who dislike salt or have a phobia or intolerance to salt do not realize that they are, in fact, ill. Celtic Sea Salt is "guiltless salt." Use it on everything. I go pick tomatoes with a little bowl of ground Celtic Sea Salt and

most never make it back home. Get yourself a mortar and pestle and order the coarse salt and grind it up. Yes, it contains moisture and sticks together. Consider this a benefit, for it shows you that it is charged with mineral salts, especially magnesium, which a healthy body needs. You can order this salt from [www.healthfree.com](http://www.healthfree.com).

**Warning!** At the same time you must not overdo on salt. Always make sure you drink enough water to wash out the excess of salt. As a rule of thumb, per day you need about 3-4 grams for every 10 glasses of water. An easier calculation is a quarter teaspoon of salt per quart of water. Consult your doctor to determine the correct balance of salt and water for your diet!

**21. Is there any reliable cancer marker test I can do before starting this program and during the program to track my progress?**

Yes a very popular test is the **Dr. Navarro test** <http://navarromedicalclinic.com>

**And it has been estimated to be 95% accurate!!**

<http://navarromedicalclinic.com/preparation.php>

HCG Specimen Test Preparation

**Materials Needed**

1. Acetone - can be purchased from the Pharmacy or Hardware or Paint Store. **Nail Polish Remover is NOT A SUBSTITUTION.**
2. Alcohol - either Ethyl or Rubbing
3. Coffee Filter - White or Brown
4. Sandwich Plastic bag
5. Any glass container or glass jar
6. Glass Measuring Cup
7. Measuring spoon

**Precaution:**

- Before collecting the urine sample, make sure that there is NO sexual contact for 12 days for Female patients 24 hours for Male.
- DO NOT SEND URINE IF THE PATIENT IS PREGNANT.
- Additional Interferences with the Test:
  1. Thyroid Hormones
  2. Steroidal compounds (i.e. prednisone)
  3. Female hormone supplements (estrogen, testosterone, progesterone)
  4. Vitamin D (as well as cod liver oil, Shark liver oil)

If you are using these compounds you must **wait for three days** after you stop taking them and resume after urine extraction.

**Preparation Steps**



1. From an early morning urine, take 50 ml (1.7 oz) and add 200 ml (7 oz) of acetone and 5 ml ( 1 teaspoon) of alcohol. Stir and mix well. \* Note: 1 ml = 1 cc
  2. Let it stand in the refrigerator or cool place for at least 6 hours until sediments are formed. Throw off about half of the urine-acetone mixture without losing any sediment. Shake the mixture and filter the remainder through a coffee filter making sure all the sediments are on the filter paper.
  3. When filtration is over, air dry indoors the filter with its sediments.
  4. Include: Patient's Name, Address, Gender, Date of Birth, Email Address, Date when specimen was created, a brief Clinical History and/or diagnosis.
  5. When dry, fold, wrap it with a sandwich plastic bag.
  6. Include Copy of the Payment Check or a copy of the receipt of the Western Union or MoneyGram or **Paypal** [www.paypal.com](http://www.paypal.com) when using this option, please pay \$55 (to cover the PayPal service fee) to [payments@NavarroMedicalClinic.com](mailto:payments@NavarroMedicalClinic.com)
- Also include the Patient Name in the Memo Field.
  - If you do not have PayPal find a friend that does as this could expedite the process
  - Mail it using the First Class Mail or Global Priority to:

**Navarro Medical Clinic**  
[efnavmed@gmail.com](mailto:efnavmed@gmail.com)

Dr. Efren Navarro, MD  
 3553 Sining Street  
 Morningside Terrace  
 1016 Santa Mesa, Manila  
 Philippines

1. If you send a check send \$50, payable to Erlinda Suarez. Mail payments to:

**Erlinda Suarez**  
 631 Peregrine Drive, Palatine IL 60067-7005  
 To see other Payment Methods - <http://navarromedicalclinic.com/payments.php>

Please allow 3-5 weeks for test result by email

### **Navarro Test Readings:**

Comment from Dr. Efren Navarro: "When a report comes with an index of + 4, the result is above 50 IU and is positive. When a report comes with an index of +/-3, the result is below 50 I.U. and is essentially negative. Levels can reach as much as 10,000 int. units or more especially in testicular cancer, some uterine cancers, (H mole and choriocarcinoma) and germ cell tumor. Most other cancers have results anywhere from 50 to 80 or 90 I.U. The test cannot stage the cancer but when done on a serial basis, say once a month, one can monitor the progress of the disease. Here is a table of interpretation. You want to go down to 49 or less then you are in the "safe zone"

### **INTERPRETATION of READINGS of Chorionic Gonadotrophin Urinalyses**

Inde x	Int. Units	Reading	Interpretation
0	Zero	(-)	Negative
1-3	1-49	(+/-)	Doubtful
4	50-400	(+)	Faintly Positive
5	401-999	(++)	Definitely Positive
6	1000-3000	(+++)	Moderately Positive
7	3001-5000	(++++)	Markedly Positive
8	5001- 10,000	(+++++)	Very Markedly Positive
9	over 10,000	(++++++)	Excessively Positive

## CONCLUSION...

This “fast track” potent anti cancer protocol that we have put together when followed properly to date has a reported an average of 90% success with all types of cancer and other chronic illnesses. Yes it involves some dietary changes, some detoxification and taking several different remedies per day. However compared to chemotherapy, surgery and other traditional approaches to cancer this holistic approach is a “walk in the park”.

When you are told you have cancer it can be a tremendous shock and fear often overwhelms a person. If you do decide to treat your cancer with chemotherapy, surgery and radiation you would be wise to add the natural approach as well. Why? Because often with traditional therapies, some cancer ‘seeds’ are still left in the body. Also the very original cause of the cancer is still not addressed. The damaged DNA of the original cells are still distorted and damaged and will continue to make more damaged cells and therefore more cancer cells.

Many people that contact the BUDWIG CENTER have already done traditional therapies and now they want to be sure they have ‘got it all’ or in many cases the cancer has returned and now they want a different approach. Some do the traditional and natural together. This is called ‘integrative medicine’, combining the two. This is becoming very popular. The BUDWIG CENTER does not give any advice on medical matters and your decision on how you want to ‘fight’ this cancer is a personal and family decision. Our program will work along with allopathic medicine or all on its own and we respect the decision of each person.

The entire purpose of our complementary, natural approach is to cause the cancer or disease to go into remission in the shortest time possible. **In other words we want you to “get on top of the disease” as soon as you reasonably can, before it gets on top of YOU!!** With cancer there is never even a day to waste. The combination of natural foods, selected herbs, homeopathic remedies that boost the immune system, the amino acid/mineral TRICAN formula and all in the right proportion as well as cleansing (physically, emotionally and mentally) is the key. With Cancer or any serious illness one does not have time to “reinvent the wheel” and “experiment” with several different “remedies”. Using a time test approach that combines several holistic approaches in the field of alternative medicine clearly puts one in the best possible position to eventually be able to say **“Now it’s Cancers Turn to Die!”**

Cancer is NOT a death sentence; everyday people around the world are winning the fight on Cancer with this dynamic protocol. Just the same cancer is however a formidable foe and it requires strict discipline and accurate knowledge of the Budwig protocol and other complimentary remedies to achieve success. We are pleased to share this “Life Saving” information with you and remember that once you register with us we guide you and support you right up until the day you are declared “Cancer Free”

Let’s begin that journey together today!



Lloyd Jenkins, ND, PhD, EFT

***“When the solution is easy God is speaking” – Albert Einstein***

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## **BUDWIG CENTER RECIPES**

Most of the recipes below do not include any meat but can be eaten along with meat. However it must be truly 100% organic. This is not always that easy to find. You can add wild game once a week, wild fish (not farm feed) and 100% grass feed beef. Organic chicken is also acceptable if NOT corn feed. As this may be difficult you will probably find it best to eat mostly nonfarm feed fish. Fish with fins and scales are what is recommended. Bear in mind also that these are simply a few recipes to guide you. You can basically take your own favorite recipes and substitute some items and then continue enjoying these foods. For example replace sugar with Stevia, replace refined vegetable oil with cold pressed oils, replace eggs with organic eggs, etc

***RECIPES: We are pleased to share some excellent recipes that give many healthy alternatives. Want more ideas? Just go to YouTube and see how to make all kinds of delicious and healthy meals for you and your family. Often you simply need to replace unhealthy ingredients with healthy ones***

## **BREAKFAST**

### **Dr. Budwig's Muesli**

- 6 tblsps, (90 ml) organic, low fat cottage cheese
- 3 tblsps (45 ml) flax oil
- 2 tblsps ground flax seeds

**IMPORTANT: Blend in blender until no oil is visible.**

- (Optional) if too thick add 2 tblsps plain yogurt/or kefir
- 1 tsp (5 ml) fruit juice or grated apple
- 2 tblsp (30 ml) ground flax seed
- *Normally fruit should be eaten all on its own and not combined with any other foods. Fruit passes through the stomach in about 10 minutes whereas other foods take much longer. When fruit is mixed with other foods the fruit has a tendency to ferment, causes stomach bloating and gas. This is not healthy. Here is some options of what you can put in the Muesli and kids will love it too!*
- A teaspoon of organic cocoa, a few drops of vanilla flavored liquid Stevia, then add some walnuts. It tastes like chocolate pudding with nuts.

### **Avocado Moose Breakfast**

Add the following into your blender:-

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

### **GRANOLA**

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

- Heat oven to 200 C / 350 F degrees
- Put 4 cups (500 grams or 100 ml) of Oatmeal flakes into a large oven pan and heat for 10 minutes
- During those 10 minutes mix together the following:
  - ½ cup (125 ml) of shredded unsweetened coconut
  - ½ cup of (raw unroasted) sunflower seeds

- 1/3 cup (90 ml) of almonds
- 1/3 cup of sesame seeds
- 1 tsp (5 ml) of Celtic sea or Himalayan salt
- Mix the following before adding them:
  - 1/3 (90 ml) cup of cold pressed sunflower seed oil
  - ¼ cup (60 ml) of raw natural honey
  - 1 tsp (5 ml) of vanilla
- Now mix well and serve with Oat Milk

### **Apple Muesli**

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

- 2 tablespoons (30 ml) oatmeal
- 4 teaspoons (20 ml) water
- 2 apples
- Juice of ½ lemon
- ¾ cup (185 ml) yogurt
- 1 tablespoon (15 ml) raisins
- 2 tablespoons (30 ml) organic flax oil
- 2 tablespoons (30 ml) honey
- 3 tablespoons (45 ml) chopped walnuts
- Soak the oatmeal overnight in the water.
- Grate the apple or process in a food processor.

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

### **Quick and Easy Oatmeal Porridge**

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

SERVES 2 TO 3

### **BREAD SOURDOUGH**

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

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

### **Bread Recipe**

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

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

### **BUDWIG SODA BREAD**

- Preheat the oven to 220 C / 350 F
  - 500g (4 cups) of Spelt Flour (organic is much tastier and recommended)
  - 1 tsp (5 ml) of celtic sea salt
  - half tsp of baking powder
  - ½ tsp (2.5 ml) of baking soda
  - 1/4 cup (1.2 ml) of cold pressed sunflower seed oil
  - 1 cup (250 ml) of kefir or yogurt (add ¼ cup (60 ml) more if mixture seems too dry)
1. Mix dry ingredient in mixing bowl
  2. Add 1/3 cup (90 ml) of cold pressed sunflower seed oil or olive oil and kefir, mix quickly to a soft dough
  3. Divide into 2 parts-
  4. Place into 2 oiled loaf pans
  5. Bake for 25-30 minutes or until center is cooked (try putting a knife through and if nothing sticks to it it's cooked)

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

In a mixing bowl measure:

- 1 ½ cups (375 ml) oatmeal
- 1 ¾ cups (450 ml) oat milk (sold in health food shops)
- ¼ cup (60 ml) sunflower seed oil or olive oil
- 3 free range eggs
- 1 grated apples (not the skin)
- 1 tsp. (5 ml) Vanilla
- ½ teaspoon (2.5 ml) baking soda
- Mix well, then add:

1 cup (250 ml) oat flour (you could grind oats in coffee grinder to make flour)

½ tsp. (2.5 ml) Sea Salt

Handful of raisins (optional)

3 tsp. (15 ml) Baking powder

Stir well and spoon onto hot grill or frying pan, turning when bubbles appear on dough and pancake is golden brown. Do not stir mixture more than once as you lose the effect of the baking powder.

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

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

### **Flaxseed Sprouts.**

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

**Low-Carb Breakfast Recipe** - from Hannelore Volkman, Fillmore, New York

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

### **Exotic porridge**

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

**Rice pudding** - You can have this for breakfast or desert, hot or cold

- Boil plain brown rice (organic if possible) and drain.
- Add your almond or oat milk.
- Add some cinnamon, raw chocolate

### **CREAM OF BUCKWHEAT**



- Soak 1 c. of Buckwheat overnight (or min. 3 hrs.) Drain water and rinse. Place in blender with:
- ½ apple, some cinnamon, ½ c. of water from soaked raisins and extra honey or water as you wish
- Serve with extra apple slices and cinnamon

## **MAIN COURSE AND FILLING SNACKS**

### **Pizza**

#### **Base**

2 cups of spelt flour (500 ml)

1 teaspoon sea salt

2 tablespoons (30 ml) of olive oil

1 cup and a half (400 ml)

1 teaspoon of honey

Half teaspoon baking powder

Mix all the above until it forms a dough spread it out on a flat tin or the base of a wide pan use oil on fingers to spread it out. Add a little oil and flour to base of tin first.

#### **Topping**

2 tomatoes

1 tbsp (15 ml) olive oil

1 teaspoon of oregano

1 clove of garlic

Put these ingredients into a food processor or use your hand blender to mix add first to the pizza base (in the centre first then spread out towards edges)

Then add favorite veggies i.e peppers, mushrooms, onion extra tomatoes, olives and some goat cheese or any other permitted cheese.

### **Flaxseed oil and Cottage cheese salad dressing.**

I use 2 tbsp (30 ml) flaxoil, 1 cottage cheese, 1 yogurt, 1 tsp (5 ml) (apple cider vinegar, 1 tsp lemon juice, 1 tsp raw honey, 1 tsp mustard, 1 clove garlic chopped and sometimes a little onion. Makes a nice honey mustard. You can add 1/4 tsp (1.2 ml) turmeric and 1/4 tsp ginger. (Honey not candida friendly)

### **Patata Batata by Christina Weeks**

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

Add water to ceramic pan (fill it a quarter full only), let it boil meanwhile chop the normal potato into very thin slices add to the water then chop the sweet potato in the same way and add that.

Let those cook until nearly soft meanwhile chopping up the pepper and onion into very fine slices, add those and a little sunflower oil meanwhile chop up the garlic into the pan (keep stirring) then add the herbs mix well and serve.

### **Taboula by Christina Weeks**

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

Boil the bulgar as you would rice when it is round and fluffy it is ready! Drain off the water if necessary.

Meanwhile chop up the veggies and herbs into small pieces (leave cold) and add to the bulgar, mix well and add oil and salt to taste

### **Steamed Vegetable Soup**

Steam random veggies, throw them in the blender, and make soup. Use either a small white potato or ½ sweet potato (sweet potatoes are a better food), onion, and then carrot, green pepper, turnip, asparagus, broccoli, cauliflower, zucchini (any or all - whatever I find in the garden)

or fridge). Add 1 teaspoons (5 ml) of sea Salt, 3 Tablespoons (15 ml) of Nutritional Yeast flakes, 1/4 teaspoons (1.2 ml) cayenne pepper, 1/2 Tablespoons (7.5 ml) Kelp Granules (optional), and blend it to death along with the water that you steamed with. Add ground flax seeds to each bowl. The potatoes are comparatively high calorie, but the rest of the veggies are extremely low calorie, so you can eat as much of this soup as you want. It's a great way to include veggies that you don't necessarily care for - it all tastes the same when it's blended up. You could include grains as well - you would want to blend them so that you would have a liquid diet.

### **Salads, Dressings & Dips**

#### Miso-Ginger Dressing

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

### **Dr. Budwig's OleoLux (replaces Butter)**

- 9 tbsps (135 ml) Flax Oil
- 18 tbsps (270 ml) Coconut Oil, no chemicals
- half a medium onion
- 10 cloves of garlic.

Heat the coconut oil, add chopped onion and garlic, and cook until lightly browned. Strain through sieve, and let cool slightly. Add to flax oil, and refrigerate.

### **Sesame Seed Dressing** (Flax for Life! book)

- 3/4 cup (185 ml) orange juice (not candida friendly)
- 1/4 cup (60 ml) flax oil
- 3 tablespoons (45 ml) sesame seeds

Blend all ingredients together vigorously in a mixing bowl, shaker bottle or blender. Delicious over salad or fresh cut-up fruit

### **Herbal Bouquet Salad Dressing**

- 2 cloves garlic, crushed 1/4 teaspoon (1.2 ml) dried oregano
- 1/4 cup (60 ml) organic flax oil
- 1/2 teaspoon (2.5 ml) dried savory
- 1/4 cup (60 ml) extra virgin sunflower seed oil
- 1/4 teaspoon (1.2 ml) ground coriander
- 4 tablespoons (60 ml) lemon juice

- 1/8 teaspoon (.6 ml) dried sage
- 1/2 teaspoon (2.5 ml) dried basil
- salt or salt substitute to taste
- 1/2 teaspoon dried chervil
- 2 teaspoons (10 ml) Dijon mustard (Not candida friendly)
- 1/4 teaspoon (1.2 ml) dried thyme
- Combine all ingredients in a blender or food processor and process to an even consistency. Makes about 3/4 Cup (185 ml)

### **BULGAR RICE PILAF**

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

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

### **BULGAR SALAD**

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

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

### **Tahini on Crackers**

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

### **Fresh Mexican Salsa**

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

- 3 tomatoes, diced 1 small jalapeño pepper
- 4 sprigs fresh cilantro
- 1/2 cup (125 ml) tomato sauce
- 1/2 medium onion, diced
- 3 tablespoons (45 ml) organic flax oil
- 1 scallion, chopped
- Combine the tomatoes, cilantro, onion, scallion, and jalapeño pepper in a blender or food processor and process to desired consistency, chunky or saucy.
- In a separate bowl, combine the tomato sauce and flax oil. Stir to a uniform consistency.
- Mix everything together and chill until ready to serve. Makes 2 Cups

### **Guacamole**

A great dip containing healthful essential fatty acids

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

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

### **Soups, Vegetables & Entrees**

#### **Cream of Broccoli Soup**

1 med onion, sliced 1 tsp (5 ml) salt  
 1 med carrot, sliced generous pinch of cayenne pepper or black pepper if not want Night Shades  
 1 stalk of celery with leaves, sliced 1 C.(250 ml) veg stock or more water  
 1 -2 cloves of garlic 1/2 C Raw milk--- or water  
 1/2 C.(125ml) filtered water  
 2 C (500ml) broccoli coarsely chopped

Simmer, covered, onion, carrot, celery, garlic, broccoli in water for ten minutes.

Transfer to container of electric blender; add broccoli, salt, cayenne. Cover and run motor on high. Remove cover and, with motor running, add stock and milk.

#### **Split Pea Soup**

A warming and nourishing soup

- 5-1/2 cups (1375 ml) water

- dash of cayenne
  - 1-1/2 cups (375 ml) split peas, rinsed and drained
  - 1/2 cup (125 ml) chopped green bell pepper
  - 1/2 cup (125 ml) minced carrot
  - 1/2 cup (125 ml) quartered and thinly sliced carrot
  - 1/2 tablespoon (7.5 ml) onion powder
  - 3 tablespoons (45 ml) organic flax oil
  - 1/2 teaspoon (2.5 ml) dried dill weed or 1 tablespoon (15 ml) minced fresh dill
- Bring the water to a boil in a large pot. Stir in the peas with the vegetable stock or bouillon cube.

Cover and cook over low heat for 1 hour.

- Add the remaining spices and vegetables. Cover and simmer for 20 to 25 minutes.
- Remove from heat and cool to serving temperature.
- Stir in the flax oil and serve. SERVES 6

**Whipped Acorn Squash and Yams** A twist on tradition by adding flax oil.

- 2 large acorn squash, halved
  - Dash of cinnamon
  - 2 large or 4 medium yams
  - grated nutmeg
  - 1/2 cup (125 ml) fresh orange juice
  - 3 tablespoons (45 ml) organic flax oil
  - 1 tablespoon (15 ml) honey
- Bake the squash and yams for 45 minutes to 1 hour or until tender.
  - Scoop out the squash from the skins and place in a large mixing bowl or food processor. Remove the yam flesh from the skins and add to the squash.
  - Add the orange juice, spices, and flax oil. Whip or mash together.

SERVES 6

**Dr. Budwig's Salad Dressing/ Mayonnaise**

- 2 tbsps (30 ml) Flax Oil
- 4 tbsps (60 ml) organic, low fat cottage cheese
- 2 tbsps (30 ml) milk (preferably raw and/or unhomogenized)
- 2 tbsps of Lemon juice or Apple Cider Vinegar.

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

**The Vitamin Lady's Juice combo**

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

### **Our Family's Favorite Avocado Recipe**

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

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

### **Chunky Avocado Dressing & Dip**

Blend FOCC base:

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

Then STIR in:

1 small mashed avocado  
 1/2 tsp (2.5 ml) diced garlic  
 1/4 cup (1.2 ml)diced onion  
 1/4 cup (5 ml) diced tomato  
 1 tsp (5 ml)lemon juice

- 3 cups (750 ml) Water
- 2 jar Black Beans
- 2 Stalks celery, chopped
- 1 Onion, chopped
- 1 tbsp (15 ml )cold pressed sunflower seed oil
- 2 Cloves Garlic



- 1 tbsp Fresh Ginger, chopped fine
- Black pepper to taste

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

### **ROASTED MILLET**

Raise your top rack as high as it will go, get the broiler going.

On a steel, high-edged baking sheet, sprinkle some millet.

Pop it under the broiler for a very short period of time.

You don't even need to brown it completely to enhance the flavour. Although, millet on it own (simmered) has a wonderful, earthy flavour. A neat trick with any grain is to grab a few garlic flowers & stems, bruise it with the back of your knife and place it in your cooking grain. After its done, pull out the garlic flowers and discard. It will impart a nice garlicky aroma

### **Borscht**

Blend the following ingredients well in a blender

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

Pour the mixture into a bowl.

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

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

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

Dice or grate:

- ¼ head cabbage
- 1-2 carrots

- 1 bunch parsley

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

### **Cold Creamy Carrot Soup**

- 3 cups (750 ml) fresh carrot juice
- 1 large avocado
- handful of alfalfa sprouts cut into thirds
- small sprig of parsley or cilantro leaves

1. Make carrot juice.
2. Cut avocado in half.
3. Place carrot juice and avocado in blender, and blend until smooth.
4. Put sprouts and parsley on top of the soup.
5. Note: Any combination of vegetable juice can be used to make soup.

### **Exotic fish bake** by Christina Weeks

Serves 4 -6

- 4-6 pieces of white fish or salmon
- 3 cloves of garlic
- 1 onion
- ¼ broccoli
- 6 chopped green beans
- 1 chopped carrot
- 3 tbsp (45 ml) coconut oil or another oil
- 1 cup (250 ml) coconut milk If available in carton or oat milk
- 1 teaspoon nutmeg
- Sea salt to taste

#### **Topping**

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

First of all cook the broccoli, carrot and green beans in very little water until they start to soften then add fish, onion and garlic and the oil cook on a low heat for 5 mins, add the alternative milk of choice and nutmeg and salt.

Then for the topping mix all the ingredients in a mixing bowl with fingers until it's a crumble like texture add to the pan of fish as a topping and bake in oven until golden brown.

### **Zucchini Surprise**

- 3 shredded zucchini
- 2 red apples cut in small pieces
- 1 avocado cut in small slices
- cumin to taste
- sea salt to taste

1. Mix all ingredients together and serve.

### **Nut dressing, spread or dip.**

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

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

### **Lentils Soup**

250g lentils

2 carrots

1 onion

2 garlic

4 Tbsp (60 ml) of paprika

3 tbsp cumin (45 ml)

4 tomatoes

1 red pepper

¼ cup (60 ml) oil

Salt to taste

Boil lentils in water and salt then add carrots, onions and garlic to soup until the lentils are soft.

Meanwhile cut and chop, tomatoes, and red pepper.

Add the fresh tomatoes and pepper to your dish at the end with a drizzle of oil and more salt if needed.

### **Black Bean Soup**

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

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

• Cook the bean in water and salt in a large soup pan. Add the onions and garlic and boil until beans are soft. Add the cumin.

While the soup is cooking, chop up the avocado, celery and tomato and put together in a separate dish

Serve the soup in bowls and add the fresh veggies to each portion

- Add a drizzle of olive oil and salt if needed.

### **FISH VERACRUZ**

2 tbsp. water

1 medium onion sliced in small pieces

2-3 cloves of garlic crushed

(chilli optional if you like it spicy)

1 green pepper sliced

2 bay leaves

1 tsp cumin

1 tsp oregano

Make tomato paste with 5 fresh ripe tomatoes (or use 1 x 300gr. Jar of tomatoes)

500g firm white fish (cut in bite-size pieces)

1-2 tbsp chopped fresh coriander (cilantro)

Lemon juice

Salt to taste (1 tsp)

Olive oil (optional)

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

### **QUINOA SOUP**

In a sauce pan, put 3 tbsp of water, 2 cloves of garlic and some cumin

When heated, add carrot, celery and the soaked quinoa from the night before (about 8 hrs.)

Add double the amount of water to quinoa and allow to boil for 15 min. covered

When the Quinoa is soft, add ½ cup of Oatmilk, some feta cheese and fresh chopped coriander and serve.

### **Hummus**

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

- 1 2/3 cups (420 ml) cooked chickpeas (soaked overnight preferably)
- 1/4 cup (60 ml) tahini (sesame seed paste)
- 1/4 tsp. (1.2 ml) ground coriander
- ¼ olive & sunflower oil
- 1/4 tsp. paprika
- 2 tbsp. (30 ml) minced fresh parsley for garnish
- 3 tbsp. (45 ml) lemon juice
- 2 medium cloves garlic
- 1/4 tsp.(1.2 ml) ground cumin
- 1/4 cup minced scallions (optional)
- dash of cayenne

In a blender or food processor, process the cooked chickpeas, tahini, lemon juice, and oil until the mixture reaches the consistency of a coarse paste. Use as much of the garbanzo liquid or water as needed. Add the garlic, coriander, cumin, paprika, and cayenne and blend thoroughly. Transfer the

hummus to a bowl and stir in the scallions. Cover the hummus and refrigerate. Garnish with parsley before serving. Makes about 2 1/2 cups (375 ml)

### **Pine nut Basil Dressing**

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

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

### **Sea Vegetable Slaw**

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

1. Mix all ingredients in a bowl, and serve.

### **Live Food Fruit & Nuts**

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

1. Process the apples in a food processor.

2. Process the almonds in a food processor.

3. Blend the processed apples and almonds in a bowl, and add spices to taste.

### **Simple Wakame Salad**

- 1 clove garlic, grated
- 1/2 teaspoon (2.5 ml) grated ginger
- 1/2 avocado
- sea salt to taste
- 3 cups (750 ml) greens (sunflower, buckwheat, spinach, lettuce, etc)
- 1 cup (250 ml) soaked wakame seaweed

(optional): tomatoes, walnuts, pecans, almonds or pine nuts

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

### **Sweet Potato Salad**

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

Dressing:

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

### **Mock Meat Loaf** - Recipe contributed by Michele Homer

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

1 pound raw walnut. Put each item in a food processor individually. When each item is processed, place in a large bowl. Mix together and refrigerate overnight. Next day, shape into a loaf.

**To add to your rice, baked potato or other grains permitted.**

### **ALMOND DRESSING/DIP**

Blend with hand blender or food processor:

1 cup of soaked almonds, Little garlic, ½ lemon's juice, 2 tbsp oil, ½ cup water, 1 tsp salt

### **GUACAMOLE DRESSING/ DIP**

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

Make a raw sauce with the following:

### **Tomato sauce**

- 1 cup (250 ml) of chopped tomatoes per person

- 1 garlic glove or as required
- 1 green or red pepper
- 3 mushrooms
- oregano or fresh coriander ( you can change the herbs but these are the most popular

### **Homemade sauerkraut (and sauerkraut juice).**

Utensils:

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

Ingredients:

- 1.5 kg (3.3 lb) cabbage (after outer leaves and cores have been removed).
- 1 tablespoon (15 ml) Himalayan Crystal Salt or Celtic Sea Salt

Directions:

Discard outer leaves. Cut heads into four wedges. Discard cores. Shred. Put a layer of shredded cabbage in a suitable fermentation container. Add some of the salt, mix. Compress cabbage firmly (using clean fist) until salt and pressure draws juice from cabbage. Repeat above step with another layer of cabbage, some salt and compressing it. Repeat until all cabbage and salt is in the container.

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

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

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

Keep kraut in a warm place.

The ideal fermenting temperature range is 70-75°F (21-24°C). The sauerkraut should be ready in 3-4 weeks.

If it is 55-65°F (13-18°C), it will take 5-6 weeks.

If it is below 55°F (13°C), it may not ferment.

If it is above 80°F (27°C), it may spoil.

## **DESSERT**

### **Yummy Goop**



- Dates
- Pinenuts (soaked overnight)
- Apples (optional)

Ratio of 3 parts pinenuts to 1 part dates

1. Soak pinenuts overnight
2. Put dates and nuts in the Champion juicer.
3. Garnish with apples

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

Mix all ingredients in a bowl, and serve.

Banana Split by Christina Weeks

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

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

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

### **Banana Chocolate Cake**

Mix together with hand blender:

1 cup, 8 ounces,(250 ml) olive oil

2 organic eggs

3 or more ripe bananas, depending on size

1/3 cup(90 ml), or 5 dessert spoons yogurt

Pour liquid mixture into mixing bowl, and add:

2 1/2 cups or 20 ounces (25 ml) spelt flour

2 teaspoons (10 ml),bicarbonate of soda

1/4 teaspoon (1.2 ml) Celtic sea salt

5 or 6 dessert spoons (90 ml) of cocoa, depending on your taste for chocolate

2 teaspoons (10 ml) stevia powder or more to taste

Mix well and add slowly 1 cup (250 ml), 8 ounces, boiling water-

Pour into large cake pan, about 30cm. by 25cm. or large tube pan with hole in center.

Bake for about 30 min. at medium heat. 200 degrees C. until inserted toothpick or small knife comes out clean.

### **Avocado Moose Desert by Christina Weeks**

1 Avocado

1 Banana

1-2 TBS (15-30 ml) of either or all of the following oils cold pressed sunflower seed oil, flaxseed or organic coconut oil.

1 tsp (5 ml) of raw organic chocolate powder (optional)

1 cup (250 ml) of walnuts.

### **Ice Cream Basic Vanilla** (and you can add berries, nuts and juices to make it another flavor)

3 Tbsp (45 ml) flaxseed oil

3 Tbsp milk (OAT OR ALMOND)

1 Tbsp (15 ml) honey

100 g. (125 ml) Quark

1 tsp (5 ml) ground vanilla

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

### **Mango passion**

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

### **Watermelon wonder**

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

### **Kiwi delight**

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

### **Tomato cooler**

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

### **Cream green cooler**

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

### **Fennel and apple**

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

Remember that you can add nuts and seeds, spices and fresh herbs. I love coconut powder, carob powder, cinnamon and all-spice.

Apples, pears, bananas are staple fruits for smoothies so experiment with as many variation as you like.

### **Peach with mint**

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

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

### **Red Power Punch**

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

### **FRUIT LAYER CAKE**

Same base as “Apple pie”

Place a layer of fruit slices of your choice (kiwi, nectarine, peaches...)

Sprinkle some raisins and coconut over the base

Blend 3 tbsp of quark with vanilla and honey or water and stevia to sweeten

Add ground almonds (from coffee grinder) into the quark “whipped cream” and place as another layer

Top off with another layer of the slices of fruit of your choice and maybe some more ground nuts on the top.

Serve with a few extra fruit

### **Lemon Cheesecake – contributed by Christina Weeks**

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

Grind 3 TBPS (45 ml) of flaxseeds with the coffee grinder (3 TBPS per person)

Add 1 handful of raw oats (1 handful per person) along with the ground flaxseeds into the food processor along with 1 banana and some cold pressed sunflower seed oil and blend for 2 minutes

Put into dish as a base and pat down and freeze (optional)

Add ½ cup (125 ml) of cottage cheese and 3 TBPS (45 ml) of flaxseed oil (as per the Budwig recipe) into a blender and blend with the rind of a whole lemon and add the juice as well

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

### **Carrot Fruit Cake - Recipe contributed by Laurie Godbois**

Cake:

- 1 cup(250 ml) dried figs, soaked
- 1 cup raisins, soaked
- 1/2 cup (125 ml) pitted dates

- 4 cups (1 ltr or 1000 ml) shredded carrots
- 3 cups soaked nuts (750 ml)(almonds, walnut, or cashews)
- 1/2 teaspoon (2.5 ml) each: ginger, cloves, cardamom

Topping:

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

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

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

**Carob Pudding - Recipe contributed by Lena Aurora**

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

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

**Hot Carob Cereal** (from *The Healing Power of Flax* by Herb Joiner Bey, N.D)

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

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

**APPLE PIE**

BASE: 1 cup of soaked almonds and walnuts blended with 8-9 dates and juice from 1 orange

FILLING: 3 cups of shredded apples, 1 cup of soaked raisins

1 ½ cup of soaked cashews, ¼ tsp nutmeg, ½ tsp cinnamon, ½ cup of water from soaked raisins

2 tbsp honey

Blend last 5 ingredients and then mix this sauce with apples and raisins. Place over the base and decorate with fruit if you wish or coconut

### Raw Chocolate

Blend well

- 1 250g bag of preferred raw nuts (250ml almonds) or Cashews
- 8 dates (be sure there is no sugar added as a preservative) – remove stones
- ½ cup (125 ml) of cold pressed olive oil into a food processor

Then add

- ¾ cup (185 ml) of shredded coconut
- ½ cup (125 ml) of yogurt (preferably goat yogurt or kefir)
- 1/3 cup (90 ml) of raw chocolate powder

Mix well - Put it the freezer overnight before serving

\*Footnotes:

1 Brewer, A. Keith Ph.D The High pH Therapy for Cancer, Tests on Mice and Humans Pharmacology Biochemistry & Behavior v. 21, supp 1 pg. 15, 1984

2 Moss. Ralph W. Losing the War on Cancer Townsend Lettter for Doctors & Patients pg. 33 June 2004

3 Richardson, Joseph G. Health and Longevity University of Pennsylvania. Pg. 378 1909

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**

<sup>1</sup>Quillin, Patrick, *Beating Cancer with Nutrition*. Nutrition Times Press, 2005. p. 236.

<sup>2</sup>Ibid.

<sup>3</sup>Coats, Bill C. and Robert Joseph Ahola, *The Silent Healer: A Modern Study of Aloe Vera*. Fideli Publishing, Martinsville, IN, 2010. p. 6.

<sup>4</sup>Ibid.

<sup>5</sup>Zago, Father Romano, *Cancer Can Be Cured!* 2000, p. 21-27

<sup>6</sup>[http://www.naturalnews.com/027142\\_aloe\\_vera\\_cancer.html](http://www.naturalnews.com/027142_aloe_vera_cancer.html)

<sup>7</sup>[www.cancertutor.com/Cancer03/AloeArborescens.html](http://www.cancertutor.com/Cancer03/AloeArborescens.html)

<sup>8</sup>[http://www.naturalnews.com/027142\\_aloe\\_vera\\_cancer.html](http://www.naturalnews.com/027142_aloe_vera_cancer.html)

<sup>9</sup>Hart, LA, et al., *Int.J.Immunopharmacol.*, vol. 12, p, 427, 1990

<sup>10</sup>Karaca, K., et al., *Int.J.Immunopharmacol.*, vol 17, p. 183, 1995

<sup>11</sup>Sukai, R., 1989. Epidemiologic survey on lung cancer with respect to cigarette smoking and plant diet. *Japanese Journal of Cancer Research* 80, 513-520.

<sup>12</sup>Imanishi, K., Ishiguro, T., Saito, H., Suzuki, I., 1981. Pharmacological studies on a plant lectin, Aloctin A. *Experientia* 37, 1186-1187.

<sup>13</sup>Murray, RK, et al., *Harper's Biochemistry*, p. 648, Lange Medical, Stamford, CT 1996

<sup>14</sup>[http://www.naturalnews.com/034738\\_aloe\\_vera\\_cancer\\_AIDS.html](http://www.naturalnews.com/034738_aloe_vera_cancer_AIDS.html)

<sup>15</sup><http://www.naturalnews.com/001560.html>

