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Budwig Protocol using curcumin to reverse cancer; healing properties also address chronic diseases

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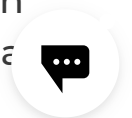
AUTHOR[Lloyd Jenkins, Ph.D, ND](#)**READ TIME**

4 Minutes

Dr. Johanna Budwig favored natural herbs and spices in her Budwig protocol. One of the main spices that can help reverse not only cancer but many other chronic health conditions is curcumin ([turmeric](#)). More and more healthcare professionals are discovering the many healing properties of it and currently there are more than 10,000 peer-reviewed articles published proving turmeric benefits, and effectiveness.

Cancer remedy

Curcumin shows great promise in the fight against cancer. It works in three ways to slash your risk of breast, prostate, bowel, stomach and a types of cancer at different stages. This common spice, literally [kills](#)



cancer cells and it can stop more cancer cells from growing. In laboratory studies, the turmeric (curcumin) herb reduced the growth of cancerous cells and **inhibited the growth of tumors** in the laboratory test animals.

At the **Budwig Center**, we provide a special fermented curcuma formula to all our cancer patients. We firmly believe that anyone with cancer will want to add this natural remedy to their daily foods, as studies have shown that curcumin can **reduce angiogenesis** (growth of new blood vessels) in tumors and **metastasis** (spread of cancer) as well as contributing to the death of cancerous cells.

Just to cite one study involving 44 men who had lesions in the colon that sometimes turn cancerous, when given 4 grams of curcumin per day for a month it **reduced the number of lesions by 40 percent.**

A July 2017 study by researchers at Baylor Scott & White Research Institute found that curcumin may even be able to **break through chemo-resistance in pancreatic ductal adenocarcinoma** (PDAC), an aggressive form of pancreatic cancer.

Alzheimer's remedy

Research indicates that **inflammation** and oxidative damage play a major role in **Alzheimer's disease**. That is where curcumin is especially effective as it can even **cross the blood-brain** barrier where most of the damage from Alzheimer's takes place. Amyloid plaques protein is the main feature of Alzheimer's disease and studies show that curcumin can help **clear these plaques.**

Pain remedy

Police are warning the public on the use of opioid pain killers. According to the CDC, drug overdose deaths from synthetic **opioids** like fentanyl.



increased by 72 per cent between 2014 and 2015. Fentanyl was taken by both [Michael Jackson and Prince](#).

Pain often is experienced by people with more advanced stages of cancer. This pain must be managed otherwise all the healing energy of the body is directed towards the pain and nothing is left to help reverse the cancer. We have had cancer patients in severe pain and using low dose morphine. By switching them to high doses of Curcuma100® they were able to reduce their pharmaceutical pain meds and often totally rely on curcumin to manage their pain.

Recently the [European Journal of Pharmacology](#) published research that [discovered curcumin naturally activates the opioid system in diabetic rats](#). Typically manipulated by drugs, this natural process serves as the body's inherent pain-relieving response.

Most often severe burn victims are treated with dangerous opioids and nonsteroidal anti-inflammatories. However, because of its anti-inflammatory benefits, [U.S. Army Institute of Surgical Research](#) suggests that, [curcumin should be used to treat burns](#) instead of these conventional medications.

Anti-inflammatory remedy

Inflammation is almost always involved in chronic diseases, such as [heart disease, cancer, metabolic syndrome, Alzheimer's](#) and various degenerative conditions.

Once again, this common spice, [curcumin](#), has shown to also have a [strong anti-inflammatory effect](#) that in many cases can even match the effectiveness of some anti-inflammatory drugs. In fact, in several studies, its potency has [compared favorably to anti-inflammatory pharmaceutical drugs](#) and without the side effects.



Arthritis remedy

It is estimated that more than [50 million adults have doctor-diagnosed arthritis](#), that is more than 1 out every 4 persons over the age of 18. In a study of patients with rheumatoid arthritis, curcumin was even [more effective](#) than an anti-inflammatory drug. In addition to offering Curcuma100® to our Budwig patients we also encourage them to make dietary changes and adopt the Budwig protocol that includes the consumption of flaxseed oil and cottage cheese. The high Omega 3 found in [flaxseed oil and cottage cheese is very helpful for arthritis](#).

Heart disease remedy

Even though cancer is becoming the most deadly disease, [heart disease](#) at the moment is still the number one cause of death around the world. A popular pharmaceutical drug that is prescribed for heart disease is Atorvastatin. [Curcumin proved to be as effective as this Atorvastatin drug](#) and without all the horrible side effects.

A study of some 121 patients who were undergoing coronary artery bypass surgery were randomized to a placebo or 4 grams of curcumin per day, a few days before and after the surgery. The conclusion of the study was that the curcumin group had a [65% decreased risk of experiencing a heart attack](#) in the hospital.

Depression remedy

Many who suffer from depression are put on Prozac. In a controlled trial, 60 patients were randomized into three groups and one group took Prozac, another group took a gram of curcumin and the third group took both Prozac and curcumin. After 6 weeks, [curcumin had led to improvements that were similar to Prozac](#). In addition, curcumin can boost the brain neurotransmitters serotonin and dopamine which makes us feel good.



Anti-aging remedy

There is much more that we could say about the benefits of curcumin. Let me conclude by saying that, since nobody wants to grow old and we are all looking for ways to slow down the horrible aging process, you will be happy to know that [curcumin may slow down the signs of old age](#). Every time we get sick, we speed up the aging process and if we are stricken with a chronic disease, the aging process is accelerated even more. Since curcumin is very helpful in combating many chronic illnesses, this also contributes to maintaining youthful health and vigor. No wonder, that curcumin plays a major role in the Budwig protocol.

