

[HOME](#) > [ARTICLES](#)

Budwig explains how to view cancer tumors

DATE

Updated September 27, 2019

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READ TIME

5 Minutes

Did Dr. Johanna Budwig recommend surgery to remove cancer tumors?

Dr. Budwig did not give a “yes” or “no” answer to that question, but instead said you must carefully examine each case one by one. If the cancer tumor is life threatening then for sure surgery would be advised.

It is normal to not want a cancer tumor in our body — especially in the area of the brain. However, just cutting out the tumor is not the true solution, as very often it will just grow back in the same area or some other part of the body.

We need to consider these aspects regarding cancer tumors:

- Tumors are not really your enemy.
- Tumors actually help remove [toxins](#) from your body.
- The body made the tumor in the first place, so if we give the body the right “tools” it will also remove the tumor.
- What dietary and lifestyle changes could be helpful in assisting our body to cause tumors to disintegrate naturally?



Our bodies are well designed and believe it or not, the body produced the tumor to act much like a “septic tank” or detoxification factory that absorbs surplus toxins, keeping them out of general circulation where they could do more harm. Tumors help your body expel poisons, therefore there is normally no big rush to cut it out unless the tumor is causing a life-threatening situation.

We have so many patients that come to the Budwig Center that has had a tumor removed and unfortunately it grew back again not long afterward. So, a better question to ask is “why did my body produce this tumor in the first place”? And what is the main cause of cancer and tumors?

The main cause of cancer seems to be from toxic overload. About 100 years ago 1 in 30 people developed cancer, but now we have 1 in 3 that are developing cancer. [1]

Why has cancer increased dramatically in the last century? Well, is it not true that we have seen a dramatic increase in chemical and environmental toxins in our air, water and food supply? In addition, emotional toxicity has increased with the hectic lifestyle and stress of our modern materially oriented world.

To begin with, if we look at the common foods most people consume, one of the worst toxins is white refined sugar which is like fertilizer for cancer tumors.

Consumption of refined sugar contributes to the formation of tumors because tumors ferment and to do so they need [glucose](#). Our great-grandparents consumed less than 2 kg or 4 pounds of sugar per year. Now in America alone, many consume as much as 80 kg or 176 pounds per year. We have gone from consuming 2 kg to 80 kg of dangerous white refined sugar annually!

In addition, most packaged and processed foods contain a host of carcinogenic chemicals and preservatives that if consumed over several years will cause a chemical toxic overload to our bodies paving the way for cancer to grow and thrive.



Five ways the Budwig Diet can help naturally disintegrate tumors

Stops feeding the tumor

The first thing we advise our cancer patients to do is to totally cut out all white refined sugar and all processed syrups and forms of refined sugar and replace it with stevia, fruit and raw honey. Basically, to be on the safe side, you need to prepare your own pastries and desserts as almost all store-bought pastries, desserts, ice cream, etc., are loaded with dangerous refined sugar.

Flaxseeds reduce tumors

Clinical studies show that flaxseeds and flaxseed oil will naturally reduce tumors.

Feeding laboratory rats injected with cancer cells, flax extracts saw lymph node [metastasis](#) significantly decreased by 52 percent and lung tumors decreased by 82 percent. [2]

In another study flaxseeds were fed to the mice in combination with tamoxifen (which is a chemotherapy drug). In the flaxseed-fed mice, tumors shrunk 74 percent. The tamoxifen produced a similar effect to the flaxseed shrinking of the tumors initially, but by the end of the experiment, the tumors of the tamoxifen mice had returned to their initial size. [3]

Clinical studies have shown that women who eat the most flax lowered their risk of getting breast cancer by 62 percent. Even those women with this genetic predisposition to cancer who eat large amounts of flax lignans reduced their risk of breast cancer by up to 70 percent. [4]

We encourage all our patients to consume the famous Dr. Budwig flaxseed oil and cottage cheese (quark) mixture and also to grind up a tablespoon of flaxseeds and sprinkle them over their salads.

Sauerkraut juice and baking soda baths



Tumors produce a harmful type of lactate that creates a very pH acidic body which cancer needs to survive. Drinking a ¼ glass of sauerkraut juice and taking baking soda baths around the same time, will apparently remove up to 85 percent or more of the harmful lactate from the cancer patient's body. This, in turn, will help reduce tumors. For brain cancer patients, regular consumption of coconut oil is also very helpful in reducing brain tumors.

Frankincense and myrrh essential oil

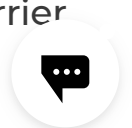
Everything in the universe oscillates at a certain frequency. Essential oils vibrate at some of the highest frequencies known to man and are even several times greater than the frequencies of herbs and foods. Pure essential oils create an environment in which disease, bacteria, virus, fungus, etc., cannot live. Therefore, the Budwig Center tests its patients to determine which appropriate essential oils to recommend.

Often frankincense and myrrh are found to be helpful. There was a patient with Stage IV lung cancer, with metastasis to bones, spine, ribs, hips, and pelvis who started taking a few drops every 2 or 3 hours sublingually and she applied it topically over the affected areas and on the bottom of both feet. Within four months along with a proper dietary and lifestyle changes the tumors receded.

Herbal formulas

Dr. Budwig had her patients not only drink warm [herbal](#) teas before each meal but she also skillfully used several types of herbal remedies. At the Budwig Center we have selected herbal formulas backed up by clinical studies that have been shown to:

- Inhibit angiogenesis (the process where cancer produces blood vessels and spreads).
- Inhibit the NF-kB factor in cancer cells (the process that cells use to protect themselves when they come under attack).
- Induce [apoptosis](#) (initiate normal death in cancer cells).
- Greatly stimulate immune activity and cross the blood-brain-barrier in cases of brain cancer.



Recently (July 2017) Janet, a patient from Canada, enrolled in our program. Janet was suffering from a tumor that has developed on the roof of her mouth. She really did not want to undergo a possible disfiguring surgery. After just 30 days on our herbal remedies and the Budwig program, Janet reported that the doctor could find no more trace of the tumor.

Tumors often grow bigger before they disintegrate

Very often patients will contact me with concerns that even after weeks of using the full Budwig protocol a scan sometimes indicates that the tumors have actually grown in size. With tumors, we need to understand that you have the mother and daughter cells, and both grow together. That could mean that for a short period of time the tumor will often get bigger before it gets smaller. Once the mother cells die off then the tumor will begin to shrink.

However also please bear in mind, that a regular scan, X-ray or echograph will not show the true condition of the tumor. These will only show a “mass” of cancer. But the scan does not indicate if cancer “dead,” “dying,” or “still alive.” Usually, only a PET scan will show the true condition of cancer. So, the mass may be bigger but a good portion of the tumor may already be starting to die off.

To find out the four main causes of cancer and how to protect you and your loved ones from this horrible disease, that has become like a plague, please download a free copy of *The Dr. Budwig Answer to Cancer* with our free Budwig Report at www.budwigcenter.com

You also can get a free weekly newsletter that will bring you the latest cutting-edge therapies for cancer using the proven Dr. Budwig approach.

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