



BUDWIG CENTER

Malaga, Southern Spain



Dr. Johanna Budwig

WELLNESS CANCER GUIDE – FEB 2013

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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 – Nutritional (Mineral) deficiency - 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. The baseline of cancer is simply the deviation of mineral proportions and the resulting electromagnetic relationships relative to the attraction/repulsion. 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.

The BUDWIG CENTER protocol is correcting the proportions of all the minerals so that they are correct to each other in the body, which causes the correct electromagnetism in the body and to provide the material for the reactions to take place

WHY KILLING THE CANCER IS NOT THE ANSWER

Most cancer clinics and anti cancer remedies are all about “killing” or “destroying” cancer cells. However careful 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???? If you want to use a non-toxic therapy to destroy cancer cells, that could speed up the ‘healing process’, however to rely only on therapies and remedies that destroy cancer is not the real answer

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 some 60 natural chemical elements, hormones, some 100 or more minerals, etc., so it can reproduce cells properly.

Dr. Budwig’s 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.



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

To illustrate this, imagine you are making thousands of photocopies. However the original document because of carelessness gets an ugly mark on it from food or drink. 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 and adequate minerals are not provided. The cells now have damage to them and each day the body produces an estimated 500 million new cells, many being diseased and distorted.

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’. It’s an endless task as each day the body will produce another 500 million defective “photocopies”. The BUDWIG CENTER protocol uses natural food based remedies such as **TRICAN** that literally shocks the body’s autonomous nervous system with high doses of minerals, and Vitamin E and D and corrects the original “document” or DNA of the cells with this 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

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

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.



TRICAN – A complete natural formula for total body nutrition



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.

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 THE TRICAN SHAKE

HOW TO PREPARE TRICAN

[Right after a meal consume or some fruit consume TRICAN. \(do not consume on an empty stomach\)](#)

Put 2 Tablespoons of organic cocoa (chocolate powder) into a glass, add 2 Tablespoons of pure ice cold water and stir until it becomes a paste then add 1 scoop of Plain (unflavoured) TRICAN and add 3 Tablespoons of water and stir until a paste, then add 2 drops of liquid Stevia and 1 ½ cups of water. Stir until all is blended together and enjoy. Drink the TRICAN mixture slowly because again if you drink it fast it will cause gas and pain. The first week many start off with 1 scoop of TRICAN, then after two days increase to 2 scoops per day and try to take up to 4 scoops per day. After the meal take 3 x Cod Liver Oil (which gives you the Vitamin D) capsules for each scoop of TRICAN (6 x Cod liver oil with 2 scoops, 9 x Cod Liver Oil with 3 scoops, etc, however start off slowly at only 1 x Cod liver with each scoop then 2 the next day and finally 3 x Cod Liver per scoop. If you take too much Cod Liver oil right away you will get diarrhea so adjust accordingly

If you are using Vanilla, Strawberry or Chocolate TRICAN then no need to add the Stevia nor the Organic cocoa powder) just put the TRICAN in the glass with 2 Tablespoons of ice cold water per scoop of TRICAN and stir until a nice thick paste and then add more cold water afterwards until it is liquid enough to drink

Do not use in carbonated beverages (soda, sparkling water, or seltzer).

Some people find the Chocolate and Vanilla flavor a little sweet so they add 1 or 2 teaspoons of natural apple cider vinegar to the mix or you could put 1 scoop of Chocolate or Vanilla and then 1 scoop of unflavored TRICAN for a balanced taste. (The unflavored will need some pure coco powder or some other natural flavors for taste).

When you consume the flaxseed oil and cottage cheese, make sure no less than 1 ½ hours have passed before consuming the TRICAN formula. 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

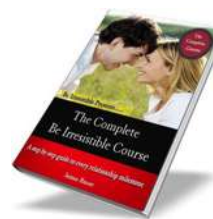
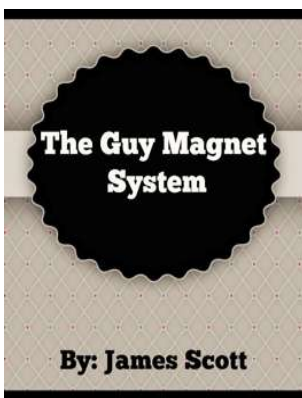
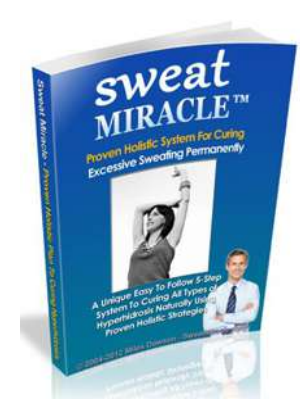
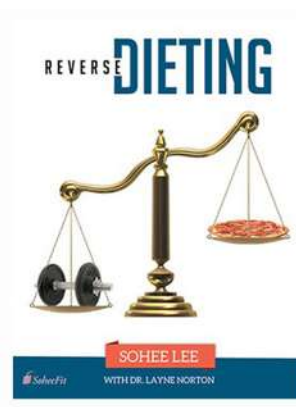
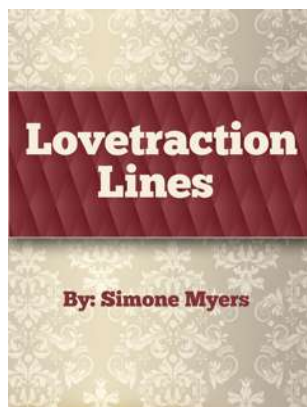
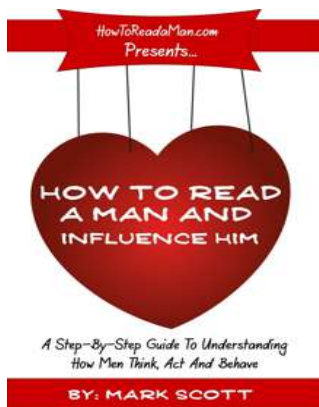
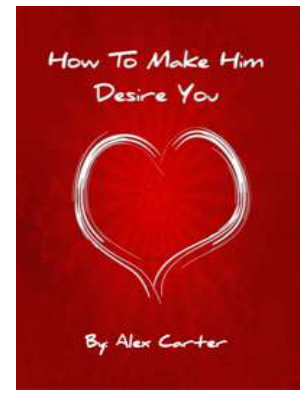
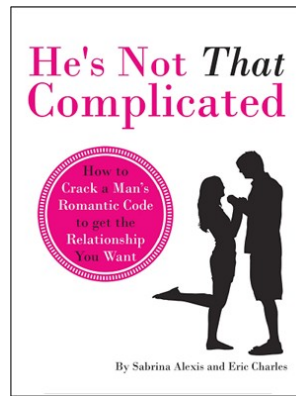
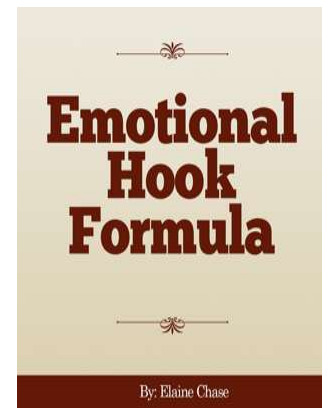
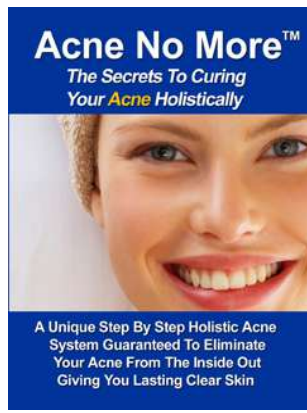
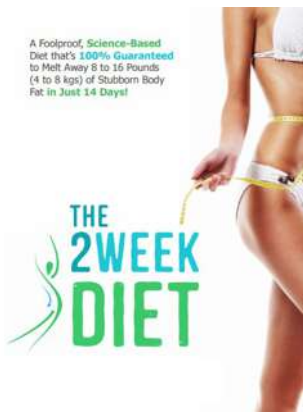
Cause No 2 – Weak Immune System –Although not a main cause a weak immune system is a contributing factor to an unhealthy body. Our immune system is weakened by such things as chemotherapy, radiation, severe negative emotional shock (death in the family, divorce, family problems, financial setbacks, etc.) 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.

Cause No 3 – Toxins – are another contributing factor and toxins come from 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

RECOMMENDED BOOKS

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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 high success rate when people come to us first for treatment and 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.

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, TRICAN mineral formula, selected Amino Acids, 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.



Dr. Johanna Budwig

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!

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, (Dr Lloyd Jenkins, ND) 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 its 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 batterycured.” 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. The BUDWIG CENTER also uses the PAPIMI electromagnetic unit which is about a thousand times more effective than magnetic beds, bracelets and the like for restoring the natural magnetic force our cells. We need to also give the body electron rich true foods to bring up that voltage.

Flaxseed oil and Cottage cheese or Quark is the best option. No other kind of cheese, dairy product nor Yogurt will work even if you use 3 times as much as some suggest as there is not the sulphurated protein in the yogurt and other dairy products. We had the yogurt and flaxseed oil mixture tested by a qualified medical doctor who is an expert in dark field blood work and he said that yogurt does not work at all. 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!

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. 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.
- When following the BUDWIG CENTER protocol which includes TRICAN, it is recommended you eat flaxseed oil and cottage cheese no more than **ONCE a day** if you can. Some can only eat half the portion once a day. Dairy can cause inflammation therefore we do not recommend any more dairy than absolutely necessary so once a day if adequate as we are using other remedies as well, such as the TRICAN. 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

REMEDIES AND THERAPIES THAT NULLIFY THE BUDWIG PROTOCOL

Remember we stated that “killing cancer is not the answer”. Therefore all herbal or natural products that are designed to kill cancer cells will actually work against the flaxseed oil and cottage cheese and TRICAN approach, which is to restore cells to health and allow diseased cells to die a natural death. Please do not add to the Budwig Center protocol any product that is a PH balance or

that states it will 'kill' cancer, such as: **Cesium chloride, Borax, Alkala, Coral Calcium**, or other alkaline products or supplements TRICAN is already properly pH balanced and these protocols would push TRICAN out of balance!! Do NOT take **Protocol, Cantron, Entlev or Cancell, Eniva Vibe liquid** (registered trademarks), **Paw Paw or Graviola, apricot seeds or Laetrile (Vitamin B17 injections), Artificial Oxygen infusions**, certain types of mushrooms that kills cancer, **Ellagic acid, Capsaicin, herbs that kill cancer**, includes Amazon Factor Protocol. These products work in the opposite manner as the Budwig Protocol. Do NOT take **Vitamin C or any other antioxidant supplements**. Do NOT take **Protandim** until two hours after you have completed the Budwig Diet for the day. They may nullify the beneficial action of the Budwig program and that would be a waste of time and putting yourself at risk

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 freshly ground flaxseeds hourly
- oat meal soup with freshly ground flaxseeds 3 x daily
- 250 g freshly ground flaxseeds 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.

THE PROPER ANTI CANCER DIET

FOODS THAT ARE ALLOWED...

- **Sweeteners** - **Honey** as in raw non-pasteurized honey, **dates, figs, berry** and **homemade fruit juices, Stevia**
- **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
- **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.
- **Chocolate** - Raw un processed cocoa (see Chocolate fudge in recipe section)
- **Coconut** - shredded (unsweetened coconut)
- **Tea** - Cup of black tea and all herbal natural teas are accepted (coffee is toxic and not recommended) Caffeine is not the problem, the amino acids in coffee is the problem
- **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
- **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. Dr. Budwig and Dr. Grunewald (her nephew) encouraged some protein in the diet. 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. Your consumption could include 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. 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.

- **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>
- **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>

- **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.
- **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 steam 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.

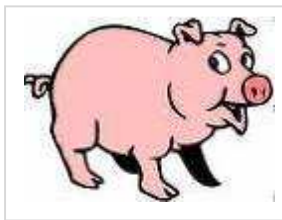
Case No. 3, a man who had lung cancer. On March 5th 1971 he was put on the operating table where they found lung cancer so widely spread that it was inoperable. The surgeon sewed him up and declared his case hopeless. On April 5th he heard about the asparagus therapy and immediately started taking it. 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

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:



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=WDBAG0KPLcs>

Deuteronomy 14:3-9 “You must eat no detestable thing of any sort. ⁷ 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. ⁸ 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. ⁹ “This sort out of everything that is in the waters YOU may eat: Everything that has fins and scales YOU may eat. ¹⁰ 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)
- **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.
- **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.
- **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)
- **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 cottage cheese instead)
- **NO white sugar or molasses.** Liquid Stevia is the best option. Stevia in the powder form is sometimes mixed with other artificial sweeteners, so be careful what you purchase
- **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

FULL BODY TEST – The first and most important step to take

Most clinics give more or less the same protocol to all there cancer patients. This may work, however a “personalized” program is proven to produce faster and better results. The BUDWIG CENTER using Energy Frequency diagnostic equipment that is able to do a complete body scan, to determine where the real cause of your problems originates from.



Our equipment will verify all the major organs (heart, lungs, liver, brain gallbladder, etc), the backbone, teeth, tendons, hormones, muscles, parasites, viruses, harmful bacteria, Candida, infections as well as your emotional state of health which could be a major contributing cause to illnesses

The body works like “domino effect”. For example one of our patients who is 62 years old, had a tooth that had died and there was infection, but he was not aware of it. This tooth corresponded to his heart and lungs, both which were struggling and it showed up on our diagnostic test.

products we recommended to reinforce the lungs within two weeks he said he felt he had the energy of a 30 year old!

This diagnostic test is done on all our patients that come to the clinic. Also for those in our Distance Home program, we are able to do the test using a hair sample in conjunction with a urine sample. For patients that come to our clinic we are able to go deeper (the body works in layers like the skin of an onion) however with the hair and urine sample sent to us we would be able to detect major basic health concerns and address them by recommending selected remedies. If you send a picture of yourself and your signature that is also helpful as it give us more of your energetic ‘signature’ and levels to evaluate.

This test can be done in conjunction with the Dr. Navarro test and/or can also replace the Dr. Navarro urine cancer test as it also detects cancer.

test as it is a total “body scan”. To benefit from this test you would need to send 2 or 3 hair samples. Even if your hair is colored with artificial dyes our test will still work but you could include 2 or 3 hairs from other parts of your body as well.



Urine Specimen bottles

Purchase two (2) plastic Urine Specimen bottle at the local pharmacy (drug store/chemist). There are two kinds of Urine Specimen containers. Only use the long tube like one (as shown here on the right), that look like a pencil and fill about 80% full of urine.

The other urine bottles (the one with the blue lid) often leaks and in the post that would be a real problem. Put 2 or 3 hairs taken from any area of your body into one of the tubes and in the other tube put the first urine of the morning.

You may want to collect the urine in a measuring cup first and then pour it into the tube to prevent spillage.

Fill the tube about 80% full. If you send it during the cold freezing winter there is no danger if the urine freezes it will still be good, but be sure not to fill the tube more than 80% so there is room for expansion in case of freezing. Write your name on the urine specimen tubes or you could write it on a sticker and apply or better still so your name is perfectly legible print out your name using your computer and printer and then stick it to the tubes with scotch tape. The 2 tubes and the Health Report are sent to the Budwig Center and the results are email backed to you. Patients can do this once a month and follow their progress and hopefully see their cancer markers go down and their health improve

ENZYMES and AMINO ACIDS

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 are 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.

AMINO ACID (ALBUMIN)

The most abundant protein component of blood, produced primarily in the liver, albumin helps to keep the fluid portion of blood within the vessels. Low levels of albumin in the blood or its presence in urine may signal edema (the accumulation of fluid) as in pedal edema (in the ankles) and fluid can begin to accumulate in the abdomen (ascites) or pulmonary edema (in the lungs), which may be symptoms of congestive heart failure, kidney or liver disease. Liver disease, kidney disease, and malnutrition are the major causes of low albumin. In malnutrition there is not enough protein in the patient's diet for the liver to make new albumin from. The normal value depends on the laboratory running the test. Most labs consider roughly 3.5 to 5 grams per deciliter to be normal. Albumin levels are also dependant on the state of hydration of the body. A person that is deficient of water ("dry") because of dehydration will have an artificially low albumin level. This returns to normal when the dehydration is corrected. Albumin fluctuates so widely because it is very sensitive to changes in hydration of the body. *Jeff Punch MD - University of Michigan*

The battle against germs is protein-based, because the immune system utilizes many protein-based substances to fight off the invasion by rapidly producing more protein-based substances to defend the body. One of the proteins that decrease when the immune system is engaged in battle is a crucial protein called albumin, and that's where the trouble lies. Albumin is an important protein that is found in most animal tissues, which is why Dr. Budwig did not encourage a vegetarian type diet for cancer patients. Albumin is assembled in the liver from more than 500 amino acids. The most abundant protein in the bloodstream, albumin's many important duties include: Protects easily damaged tissues from the free radicals that can destroy your cells and cause cancer by altering cellular DNA. Binds up waste products, toxins, and dangerous drugs that would otherwise damage the body and encourage disease. It also detoxifies the fluids surrounding cells. Helps to ensure that there are adequate amounts of certain key minerals in your bones. Albumin plays an indispensable role in maintaining the delicate chemical balance of the nourishing fluids (interstitial fluids) that surround and support the trillions of cells in your body. If these fluids are healthy, your cells will flourish. But if the fluids become polluted, or depleted of certain substances, your cells cannot help but fall ill, and disease will sweep through the body. Studies showed that people with an average albumin level of 39 grams/liter of blood (3.9 grams per deciliters) lived only to an average of 65 years old whereas people with a 55 grams/liter (5.5 grams per deciliters) of blood lived 120 years old

When the level of albumin in your blood drops, your risk of contracting a possibly deadly disease skyrockets. The BUDWIG CENTER using especially TRICAN is correcting the proportions of all the minerals so that they are correct to each other in the body, which causes the correct electromagnetism in the body and to provide the material for the reactions to take place. However in addition to consuming proteins some **amino acids (L-leucine, L-isoleucine and L-valine)** which form the albumin would be fine to include in your diet. They should not be used to replace protein nor the TRICAN which provides the correct electromagnetic field to cause the reactions to take place.

WHY ATHLETES CONSUME AMINO ACIDS

People with cancer are often low on energy and experience muscle loss. L-leucine is an essential amino acid, which should be taken along with L-isoleucine and L-valine. Food sources for L-leucine are meat, almonds, cashews, eggs, fish, chicken, lentils and liver. These amino acids serve as important fuel sources for skeletal muscle during periods of metabolic stress. These amino acids are important component of sports nutrition and health foods, as they increase energy, enhance endurance and aid in muscle recovery. Supplements of L-leucine is an essential amino acid, which should be taken along with L-isoleucine and L-valine. A good supplement will also have glutamine which is a preferred source of fuel for the intestinal cells and is in high demand by skeletal muscles following physical exertion. Vitamin B6 enhances amino acid metabolism.

Patients with cancer are characterized by decreased muscle protein synthesis and glutamine availability that contribute to an impaired immune response. These abnormalities worsen after surgical stress. Supplementation of L-leucine, L-isoleucine and L-valine nutrition **helped prevent muscle loss and immune weakness and fatigue**. 2006 May. *Department of Clinical, Technological and Morphological Sciences, Division of Internal Medicine, University of Trieste, Trieste, Italy.*

Oral branched-chain amino acid supplementation also improves the oxidized/reduced albumin ratio in patients with **liver cirrhosis**. *Hepatol Res. 2007; Fukushima H, Miwa Y, Shiraki M, Gomi I, Toda K,*

Kuriyama S, Nakamura H, Wakahara T, Era S, Moriwaki H. Department of Internal Medicine, Gifu University Graduate School of Medicine, Gifu, Japan. No major safety issues or side effects have been published in medical journals as of 2011.



As already mentioned nothing replaces natural food sources. 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. However to avoid less mess, no left over pulp and easier and faster juicing we have found the amazing **BLENDTEC** to be the best all around choice.

<http://www.youtube.com/watch?v=OjuM3B1NyX4>

<http://www.blendtec.com/>

<http://www.garraways.co.uk/c31340/blendtec-blenders.html>

Recipe: Put 1 glass (250 ml) of cold water and 3 ice cubes into jar. Then 1 medium size carrots (clean and cut into 2 or 3 portions). Now blend the carrots all on their own on **Nº 1** setting. The BLENDTEC

turns off automatically. Then add 1 apple (green if possible), ½ red pepper, ½ a cucumber with skin, 1 Tablespoon of olive oil, 1/8 teaspoon of Celtic or Himalayan salt, add 2 more ice cubes and Blend on setting **Nº 5**

This will be a little thicker than a juice but you gently chew it a little in the mouth and then swallow. More cold water could be added so it is not so thick. You have no waste and you will probably feel a burst of good energy right afterwards

The weak and those with advanced illness will probably only be able to consume ¼ glass of vegetable juice per day. Work up slowly 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 (such as a banana and a few grapes or berries) 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. We do not recommend you drink fruit juice but if you are using a BLENDTEC which keeps all the pulp and even the skin when a thin skinned fruit then 1 glass a day would be acceptable or added to the TRICAN. Rule of thumb; if the skin is thin, leave it in, such as kiwi, apple, apricots, peaches, grapes, berries, nectarines and pears. Many enjoy the TRICAN with cold water, ice and a banana (pre-blend the banana in water then add to the TRICAN mixture)

Drink 1 or 2 glasses (250ml) daily of **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 TRICAN 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 coffee enemas use up minerals and electrolytes and so it is recommended you drink a glass of vegetable juice to restore the electrolytes if you do coffee enemas. The Budwig Center does not encourage coffee enemas. But some do a few at the beginning to detox the liver and then let TRICAN and the program detox the body, which it does. Also generous consumption of Celtic sea or Himalayan salt and the TRICAN will provide the minerals and nutrition needed as well

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. Note: No citrus juices can be consumed at the same time as TRICAN.

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. 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.

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.

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.



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.

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., 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.

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>



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.

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.

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? 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 derivates 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

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 MESSAGES 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 stated; "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

RESONANCE FREQUENCY – Enhance the Remedies



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

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.

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.

MASTER MIX – is a frequency enhanced formula is a pre-mix of some 10 liquid elixirs such as **MAGNOLIA, IMMUNE X, ENDORPHIN, RECHARGE, LYMPH CLEAN, HEALER, BLOOD PURIFIER, etc**, along with selected frequencies that enhance the immune system, detoxify the blood, cleanses the lymph system, balances hormones, reduces inflammation and recharges the cells

DEEP BREATHING and HEALTH RESTORATION



In his ground breaking research Dr. Samuel West discovered the importance of activating the lymphatic system for better health and pain control. He found that 'trapped proteins' in the lymph system produces conditions that cause loss of energy, disease and death at the cellular level. He has had outstanding results by simply getting people to pump out the toxins the 'garbage' disposal system (our lymph system) with some simple and gentle movements.

This discovery is so simple that many actually discard it as being to 'simple or easy' to be of any value. However the results that people who did these exercises several times if possible per day are sometimes close to 'miraculous'

The benefits of Rebounding go WAY beyond exercise. A whole body exercise where EVERY SINGLE CELL is rejuvenated and oxygenated (in your muscles, bones, eyes, heart, lungs, kidneys, ears, glands - everything!

NASA research found rebounding to be 68% more efficient than running on a treadmill!

In his book "Jumping for Health, Dr Morton Walker claims that; Just 2 minutes of rebounding offers equivalent physiological benefits as: 6 minutes of running - 10 minutes of swimming and 22 minutes of walking!

Albert E Carter, Olympic athlete, journalist and lifelong rebound researcher has claimed that Rebounding to be "THE MOST EFFECTIVE EXERCISE YET DEvised BY MAN"

In just 2 minutes of rebounding – the entire lymphatic system is flushed out and the white blood cell count nearly triples, providing a greater defense system to destroy cancer cells.

DEEP BREATHING TECHNIQUE - TO ACTIVATE THE LYMPH

1. Stretching the arms to both sides then move your ARMS up while breathing in (through the nose) and at the same time make circles with your HANDS (deep breath from the lungs not the stomach, the expansion of the lungs squeezes the thoracic duct and creates more flow). Hold your breath shortly and count in your mind 1, 2, 3 then take another small breath...hold and if possible do that again
2. Next, move your ARMS down while breathing out (through the mouth..making a hissing sound) and makes circles with your HANDS as you move the arms down...again hold and count in your mind 1, 2, 3 and then expel a little more air from the lungs...hold and if possible do this again
3. After doing this a few times you may feel a bit light headed which is a sign your body is dispelling toxins. You will need to stop at that point. With time you will be able to do this longer. Three to five minutes at a time is a good goal
4. Think in your mind as you are doing this exercise: 'wash the cells, feed the cells, purify the cells' to help pump out the toxins

SOFT WALK on a rebounder/mini trampoline

1. Start off very gentle – for 15 seconds with both feet firmly on the rebounder "soft walk" on the surface gently raising each heel one at a time. Repeat these words as you do this 'wash the cells, feed the cells, purify the cells'
2. Never stress your body. As soon as you feel dizzy (a sign you are loaded with toxins) you stop. You could do some gentle deep breathing at the same time (its gets easier with practise)
3. Keep doing this "soft walk" several times a day if possible until you can do 30 minutes without fatigue. Listen to music that fits your mood to enhance the benefits

SEAT BOUNCES

If your legs become tired or you are not able to stand on the rebounder, sit on the rebounder, with your feet on the floor, use you hands and feet to gently bounce up and down. Make it more effective and fun by bouncing from one hip to the other. If you are wheel chair bound then just put

your feet on the rebounder and have someone else jump on it and it will help you activate the lymph system.

LOW JOG

1. After you can do up to 30 minutes of the soft walk and not feel tired start with the 'low jog'. Do a slow, steady jogging motion, move your arms up and down and do deep breathing. This is not about speed but endurance. You may not be able to hold your breath like when you did deep breathing without the jumping on the trampoline but it will still be beneficial
2. With time you can add motions, such as front kick, side kick, etc (see YouTube presentations here below)

AEROBIC LYMPHASIZING

1. After 5 minutes warming up with the 'soft steps' and 'low jog' you can now do faster and larger movements until you feel fatigue, then you return to the lower level aerobic lymphasizing - repeat slow fast slow fast fast slow gradually slow down, not too fast into the low jog and then the soft step. Breath normal
2. Do not do an Aerobic Lymph session and then get off the rebounder without doing these lower level low jog and then soft step, otherwise you will cause more stress and trapped proteins in your system. Always do the 'cooling down' program
3. When you step down, you should be able to speak calmly without any fatigue or stress and feel more energetic than before.
 - ✓ It may take patient months to be able to do this full cycle. Transition is important. Its not about speed but endurance
 - ✓ During lymphasizing one can use affirmations like e.g. "old toxins out, new fluids in" or "wash the cells, feed the cells, purify the cells"

BREAST CANCER

1. Hold your ARM of the affected side straight up in the air. Example: If you have cancer in the right breast, hold your right arm straight up in the air and then stroke the axilla (arm pit) of that affected side (right or left) gently in a downwards direction with the other hand
2. Repeat these words as you do this 'wash the cells, feed the cells, purify the cells'

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. 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. Every room at the BUDWIG CENTER where the patients stay is equipped with a rebounder. Some use it up to 5 times a day!

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 and lack of oxygen 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 and oxygen. 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 along with 'Deep Breathing' and use of the Rebounder/Mini Trampoline to cleanse the lymph system and increase oxygen uptake

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.

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.
- **Blue Light** - on the liver and abdomen and also on any area of pain for 10 minutes or more
- **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
- **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
- **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.

First thing to do is the Health Restoration/Trampoline/ Deep Breathing program at least once a day. 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.

The most abundant protein component of blood, produced primarily in the liver, albumin helps to keep the fluid portion of blood within the vessels. Low levels of albumin in the blood or its presence in urine may signal edema (the accumulation of fluid) as in pedal edema (in the ankles) and fluid can begin to accumulate in the abdomen (ascites) or pulmonary edema (in the lungs), which may be symptoms of congestive heart failure, kidney or liver disease. People with cancer are often low on energy and experience muscle loss. L-leucine is an essential amino acid, which should be taken along with L-isoleucine and L-valine. Food sources for L-leucine are meat, almonds, cashews, eggs, fish, chicken, lentils and liver. Do a blood test to make sure the albumin levels are not below 3.5

First thing to do is the **Health Restoration/Trampoline/ Deep Breathing program** at least once a day as already outlined here above in this GUIDE.

You need these products

- 1 x 500 mg of **Taurine**
- 8 x capsules of **Serrapeptase** (daily) between meals
- **4 x Amino Acids** (that contains L-leucine, L-isoleucine and L-valine)

- **Trican** (start at 1 and work up to 4 or more scoops per day)

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

Coconut Oil

Who would have ever thought that a food as simple as the coconut could provide such extremely beneficial health results? Dr Newport has done a tremendous amount of research about the effects of coconut oil on the human body. The central theme of her book is that when we consume coconut oil our body knows what to do with it in very special ways. One of the things it does with part of it is to create a substance called ketones. She explains that it has been known for many, many years that ketones are, in a sense, a backup energy supply to the cells in our bodies. She contends that in the brain, disease can begin and develop when, neurons, other brain cells, and possibly the synapses which connect brain cells, die or slip into a nonfunctional condition due to the lack of fuel. Ketones can enter the cells in our body and provide the fuel the cells need to survive and function. Cancer as well as other neurodegenerative diseases could be and have been shown to be helped by the use of this backup fuel system. In fact research has been done to prove that this can happen; moreover there is a case of a woman referenced in the book who had an aggressive stage 4 brain tumor called a glioblastoma who agreed to be part of this type of treatment. Within 3 months her tumor was no longer able to be found on MRI and PET scans. <http://www.nutritionandmetabolism.com/content/7/1/33>

Ruta 6c and Calcerea Phos 3 DH

With brain cancer there are clear risks that tumors can press against areas that could cause seizures and other harmful conditions. Ruta and Calc help reduce brain tumors and (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 Ca₃(PO₄)₂. Fifteen patients diagnosed with intracranial tumors were treated with Ruta 6 and Ca₃(PO₄)₂. 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 Ca₃(PO₄)₂ could be used for effective treatment of brain cancers, particularly glioma.

In the present study, we found that a combination of Ruta 6 and Ca₃(PO₄)₂ 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 (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 advice 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.

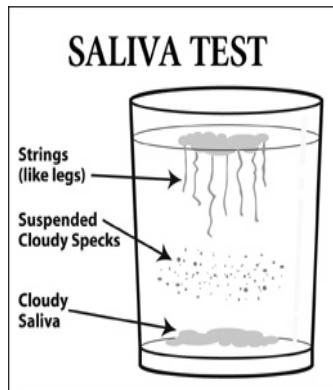
CANDIDA AND CANCER – IS THERE A LINK?

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.

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.



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

Cancer Cells Fight to Keep the Body Acidic – Apple Cider Vinegar – to the Rescue!

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 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 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)

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

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 – 50% apple cider vinegar and 50% water – mix in a spray bottle – apply 5 minutes before washing your hair. It not only makes the hair healthy and shinny 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. The **Philashave** Triple Head electric shaver from Phillips to be an excellent alternative. Many electric shavers just irritate 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

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. The BUDWIG CENTER will of course be testing for parasites



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]*

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 Tree 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 Tree 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.

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

COFFEE ENEMAS – why we do not recommend them

Coffee beans are toxic and should not be consumed when you have cancer. Many cancer clinics promote Coffee enemas. Just the same when mineral tests are done it is found that this form of cleansing is too aggressive. However a water enemas as part of the ULTIMATE LIVER CLEANSER is fine and is only for a very short period of time

Many who argue in favour of coffee enemas speak of the cancer cells that start to naturally die off and need to be cleansed from the body as soon as possible to avoid 'auto-intoxication' which can be

deadly. This is a valid concern and TRICAN as well as the ALOE MIXTURE are the products that will cleanse and detox the body effectively and not deplete any minerals but in fact replenish missing minerals in the body



WATER ENEMAS - 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.

You will need the following materials:

- ✓ An enema bag or bucket, preferably one of clear plastic that you can see through
- ✓ 3 cups (3 x 250 mil) of pure water
- ✓ Air mattress or towels (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)

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

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 as Vaseline, 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.

- Try to hold the water for 5 to 15 minutes. This is to cleanse the colon. 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. 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. Each time you will get more adapted at holding the water in the intestines for up to 10 or 15 minutes.
- ✓ 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. Be sure the source of your water is good clean chemical-free spring, well, or filtered water.

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. 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.



Dr. Marie Lopez oversees Hyperthermia

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.

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

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).

Power Up – Bring your Cellular Energy back to the Time of Youth!

First introduced to Japan 20 years ago is a revolutionary, technological breakthrough in electro-therapy via biophysics for energy, anti-aging (skin and hair), pH balance, pain and much more.

As Dr. Budwig re-discovered, our bodies are 'electric' and according to Nobel Prize winner Otto Warburg, when we are born a healthy cell will have an electrical charge of between -70millivolts and -100 millivolts. *(Note: cellular energy is healthy when it is in the negative (-) range not the positive (+) charge.)* As we age the electrical charge around the cell decreases; to as little as -35 millivolts by age seventy or so. When the cell is under some type of distress, the body needs to increase the voltage so healing can take place. Along with the increased voltage, the body also needs the raw materials, in other words proper nutrition (such as the TRICAN, Flaxseed oil and Cottage cheese and a healthy balanced diet) to heal. If the proper nutrition is not there, the body will not heal. If your body does not have the energy storehouse necessary to produce healing, the voltage in the cells lessens, and when that happens, the body will become diseased.

The specific type of disease that develops just depends on which energy meridian the voltage shortage occurs. A shortage along the heart meridian can lead to heart disease, while a shortage along the liver meridian can lead to liver disease. If the voltage reaches -30 mV, cancer will develop.

Energize a Sick and Tired Body with Power Up!



The BUDWIG CENTER uses an electronic device which focuses on these same ions, within every cell of your body which may create accelerated healing, pain relief, hours of energy, mental focus, pH balance. (There is also an optional facial skin feature to create a softer smoother youthful look)

Negative Ions and Electrical Fields:

Here is a simple explanation of how the Power Up machine works:

1. Cancer cells register -15 to -30 millivolts on the ORP (Oxidation Reduction Potential) scale
2. Healthy cells register from -70 to -100 millivolts.
2. Healing cells register -50 millivolts

Clearly we need activate the low -15 millivolt cells to a 'healing state' and bring the cells as close as possible to the -70 or more level. The Power Up machine increases the ATP to the cells to bring them back to the -70 to -100 millivolt level that you had as a child and when you were born. The Power Up is easy to use. All you do is sit (on a plastic or wooden chair) or lie on a plastic or wooden bed and relax, and allow a belt wrapped around your waist go to work on every cell in your body. The machine not only addresses your health but is also anti-aging and known to beautify the face and skin.

Many feel a slight tingle as the energy production of their bodies increase. If you have healthy capillary function you may feel nothing or at the most a slight stimulation in the fingertips. The device creates a cell vibration of 70,000 times per second which is best suited to your body, relaxing you, whilst stimulating your cells into action. The Power Up may enable the body to improve its ability for recovery, build a strong immunologic system and may enable continuous cell reactivation and thereby rejuvenation and wellness on multiple levels - including common challenges such as headaches, stress, depleted energy, insomnia, skin aging, weight loss, poor eyesight and mental focus.



If you take a fluorescent light bulb or tube, it will light up when you hold it and place it on different areas of the body. This leaves no doubt that the cells are now vibrating at a much higher level which will produce healing. If you pass the bulb or tube over your body, the areas where the light is dimmer indicate the areas that need to strengthen and heal.

It is critical to understand that ATP gives your cells energy. The Power Up is making the cells more permeable. It's activating the ATP to clean up the cells and reduce inflammation. Stress and toxic relations, toxic emotions and food, can all affect our pH. If you don't have a good alkaline balance in your body, mucus and high acids create inflammation that causes disease. The sodium potassium ratio is

very important for you to know because if you have a poor sodium potassium ratio then basically your cell membrane becomes stiff. It's inflexible, toxic. Think of it as "terrorism at the cellular level" so to speak. The device makes our cells more permeable, where toxins can get out, nutrition can get in, so we can start to assimilate our nutrients better and it helps our cells to communicate. Instead of being inflexible and stiff, the Power Up helps the mitochondria cells and boosts the electrical energy that we so need. That's why so many people are having such good results. Everybody can use more energy, have cleaner cells, and expel the inflammation (which leads to pain) and the mucus, and thereby reduce the chances of contracting numerous diseases. Many people have read or heard of the book "***The Body Electric***." Without the currents inside our bodies, we would die.

A main cause of aging and disease is due to lack of ATP, researched and testified to by Russian scientists. All immune deficient diseases, such as Fibromyalgia patients usually have seriously depleted ATP enzyme. The electric potential in the human body decreases with age. Reduction may cause illness. The Power Up increases the electric potential in the body, enhances oxygen reserves, boosts metabolism, enhances antibodies, and strengthens the immune system, all thereby resulting in increased health and revitalization.

Have you ever wondered why we love to be by the ocean or near a waterfall? It is because they are an electrical field filled with negative ions, also found in high plateaus and highlands. These negative ions heal our body as they uplift us mentally, emotionally and physically because they trigger serotonin within the body.

An Acidic Sick body carries a (+) Positive Potential cell which is harmful because nutrients, oxygen and H₂O cannot penetrate the cell. Waste and carbon dioxide remain trapped within the cell. The cell receives excessive sodium+/hydrogen+

However an Alkaline/Neutral healthy body carries a (-) Negative Potential cell which allows nutrition and oxygen to enter the cells and waste and toxins to leave the cells.

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.

CAUTION: For women with breast and/or lymphatic cancer or water retention (ascites), saunas, increase lymphatic inflammation, and lymphadema, which can raise CEA 15-3 levels, Saunas therefore is not recommended in these cases

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

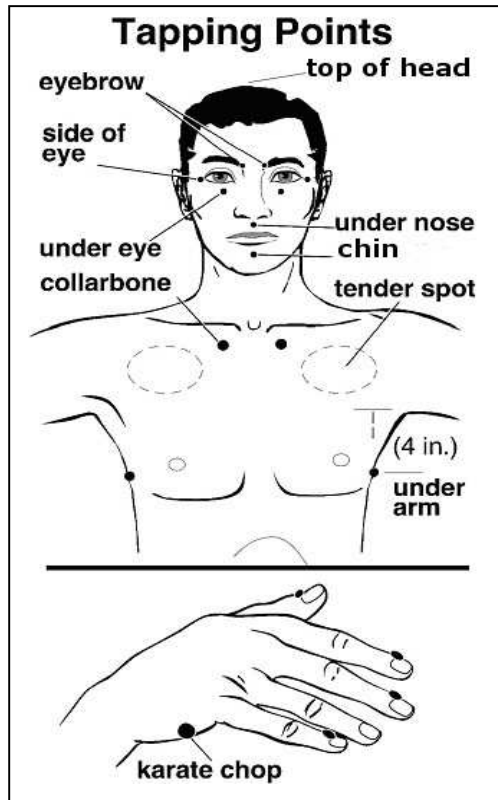
Even though the safety of hyperthermia is well established, hyperthermia there are some who caution using it along with an herbal remedy called Carnivora.



**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"

E F T - 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 emotional experiences.

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

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), **calyxes, 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).

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

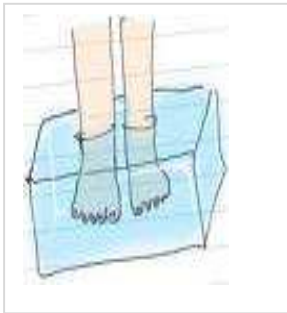
In blood, more than 95% of the oxygen binds to hemoglobin, the major protein of red blood cells, which serves as a carrier. When hypoxia (lack of oxygen) persists that situation, all bodily functions are disrupted. The loss of life opens the way for the emergence of diseases such as heart and circulatory disorders, chronic hepatitis, atherosclerosis, and even more serious diseases

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.

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 vigour.

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

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. After completing our Energetic Frequency tests what is recommended is exactly what the body needs to repair and heal itself. 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 for constipation 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. Apricot seeds are not recommended as they create cyanide poisoning, damages the nervous system, causes liver damage, reduces oxygen in the bloodstream, lowers blood pressure, causes neuropathy, interferes with mineral attractions response, which can raise CEA 15-3 levels. We only recommend the Flaxseed oil and cottage cheese ONCE a day as we are not in favor of more dairy than this as this can cause inflammation and should be kept to the minimum. Inflammation is a major cause of CEA 15-3 and other cancer markers. Mineral deficiency and toxic chemistry also

increases it because it changes the hormone manufacture and communication, causing increased CEA 15-3. Some people believe that bombarding with everything will increase ability to heal, they do not realize that it interferes with the natural biochemistries, which causes negative side effects and are incorrectly interpreted as cancer instead of inflammation or bad chemistry mixtures due to toxic chemistries. This is why we suggest the mineral testing. To see the levels of the chemistries and to see what is deficient or “Too much” causing toxic side effects. 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. 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 and a half 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. Do you recommend a Liver/Gallbladder cleanse?

Only if our Energetic Test equipment indicates that you need that. Our test will show if you have “stones/sediment” in the liver and gallbladder. In which case the most effective program is to take a product called SOLEAL. This natural food supplement is effective in cleansing the liver and gallbladder of “gallstones” and debris. Recommended dosage is 1 capsule with each meal (3 per day) for 60 days. A much more gentle approach but just as effective as compared to the “famous” Hulda Clark Epsom salts, grapefruit juice, olive oil and enema cleanse. *Ingredients: Rose hip (250 mg), Natural vitamin E (6 mg, 50% CDR *), Kiwi (5 mg) seed oil, Beta-carotene from marine algae (2 mg)* Box of 60 soft gel capsules – 3 boxes of 60 capsules needed for full cleanse

3. 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.

4. How Can I balance hormones naturally?

Once we do the Energetic Test we will know what will be needed and an effective remedy will be offered. **TRICAN** will balance the entire functioning of the body as it restores nutrition to the body on a deep DNA cellular level. **TURMERIC (Curcuma)** which is a totally natural herb that will help detoxifies the body and balances oestrogen levels so Turmeric 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. After completing our tests we will see the best approach to balance the hormones

5. 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

6. What can I do to overcome chronic constipation?

- First of all you need to do the **Deep Breathing/Trampoline/ Health Restoration program** already outlined in this Guide
- 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.
- 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. Is there any natural way to detect and eliminate breast lumps and cysts?

Extracts from the plant known as **virgin's mantle**, which is used as a medicinal tea in some countries, can kill cancerous cells in the test tube. Research by scientists at Aston University, Birmingham, and Russells Hall Hospital, Dudley, suggests it contains potent anti-cancer agents that act singly or in combination against the proliferation of cancer cells. Laboratory tests showed they arrested the growth of cells within five hours of application and caused them to die within 24 hours. The plant, which has the botanical name *Fagonia cretica*, is found in arid, desert regions of Pakistan, India, Africa and parts of Europe. <http://www.dailymail.co.uk/health/article-2191741/The-cup-herbal-tea-help-fight-breast-cancer-Plant-extract-kill-cells-test-tube.html>

http://www.amazingherbalremedies.com/natural_treatments.asp?health=778

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.

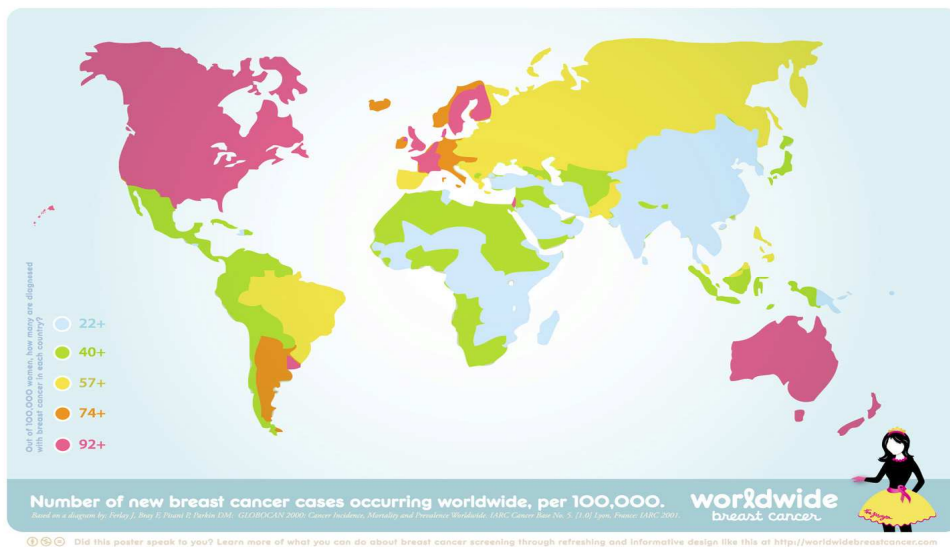
8. Is a microwave oven safe to use?

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!!!

9. What is the main cause of breast cancer?

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):



Breast cancer is the most common cancer in women worldwide. It is also the principle cause of death from cancer among women globally. Studies are linking this to wearing a bra. 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

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

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

Yes the Energetic Frequency test that we do at the BUDWIG CENTER can detect 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

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

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

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*.

12. 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/ennumbers.asp>

- o E132 Indigo Carmine / Idigotine Colour - Blue Same as E131
- o E142 Green S / Acid Brilliant Green BS Colour - Green Cancer
- o E210 Benzoic Acid Preservative - Benzoic Acid and its salts. Often added to milk products (cheese) and meat products. Headaches
- o E220 Sulphur Dioxide Preservative - Sulphur Dioxide and its salts Often added to milk products (cheese) and meat products. Headaches, Intestine Upset, Skin Disorders
- o E230 Biphenyl / Diphenyl Preservative - Biphenyl and its derivatives Headaches
- o E290 Carbon Dioxide Miscellaneous - Acids and their Salts Intestine Upset
- o **E621 Monosodium Glutamate (MSG)** Miscellaneous - Flavour Enhancers TOXIC
- o E622 Monopotassium Glutamate Miscellaneous - Flavour Enhancers
- o E623 Calcium Glutamate Miscellaneous - Flavour Enhancers

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

After having the Energetic Test with the BUDWIG CENTER it is recommended to send us a hair and urine sample once every 30 days so we can do a follow up test and see your level and cancer and the progress you are making. **Deep Breathing/Trampoline/ Health Restoration program** already outlined in this Guide keeps the lymph (rubbish disposal system of the body) cleansed. 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

14. 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

15. I feel very tired most of the time what could be the reason?

We would need to run our Energetic test on the patient or the hair and urine sample to see the underlying cause. Many are helped by doing **Deep Breathing/Trampoline/ Health Restoration program** already outlined in this Guide. **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

16. 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.

17. How much should I exercise?

Everyone can do the **Deep Breathing and Health Restoration program even while in bed**. Other 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.

18. Is there any natural method to adjust the thyroid?

First of all you need to do the **Deep Breathing/Trampoline/ Health Restoration program** already outlined in this Guide. 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.

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 or Himalayan 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 or Himalayan 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.

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 as mentioned earlier, every month you can have a Energetic Frequency test by sending a few hair samples along with a fresh (first urine of the morning) sample to the BUDWIG CENTER and we will email you back the results. If you have already done this test your information will be in our system and we can see the improvement and you of course should “feel” the improvements

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 when people come to us as their first line of defense. Yes it involves some dietary changes, some detoxification and taking remedies. 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 is still distorted and damaged and will continue to make more damaged cells and therefore more cancer cells. You really need to find out “why” you have cancer in the first place which is why the first step should be to do the Energetic Frequency test in person or by sending a Hair and Urine sample to our clinic.

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 Deep Breathing/Trampoline/ Health Restoration program already outlined in this Guide, along with 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!



Dr. Lloyd Jenkins, ND, PhD, EFT

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



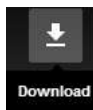
BUDWIG CENTER RECIPES

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. Often people contact us asking for meal plans and more recipes for variety. This is not needed as you can basically take your own favorite recipes and substitute some items and then continue enjoying these foods. For example replace sugar with Stevia or raw sugar cane sugar, replace refined vegetable oil with cold pressed oils, replace eggs with organic eggs, etc

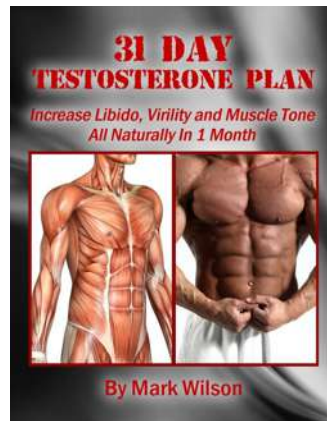
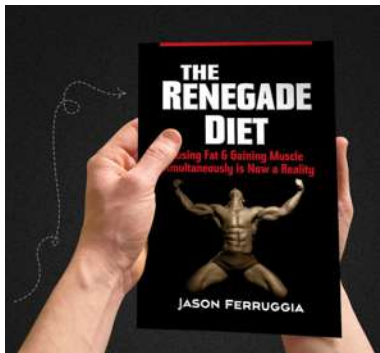
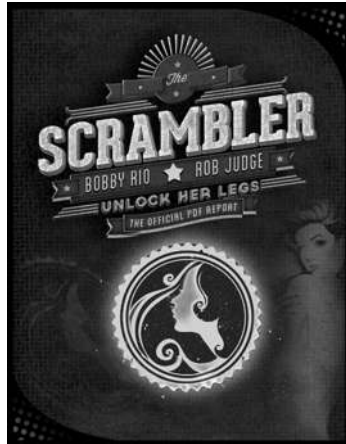
RECIPES: We are pleased to share some excellent recipes that give many healthy alternatives. Want more ideas? Just go to YouTube and see how to make all kinds of delicious and healthy meals for you and your family. Often you simply need to replace unhealthy ingredients with healthy ones

RECOMMENDED BOOKS

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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 water (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 1/2 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 1/2 cup of soaked cashews, 1/4 tsp nutmeg, 1/2 tsp cinnamon, 1/2 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

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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**

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²Ibid.

³Coats, Bill C. and Robert Joseph Ahola, *The Silent Healer: A Modern Study of Aloe Vera*. Fideli Publishing, Martinsville, IN, 2010. p. 6.

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⁷www.cancertutor.com/Cancer03/AloeArborescens.html

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¹⁰Karaca, K., et al., Int.J.Immunopharmacol., vol 17, p. 183, 1995

¹¹Sukai, R., 1989. Epidemiologic survey on lung cancer with respect to cigarette smoking and plant diet. Japanese Journal of Cancer Research 80, 513-520.

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