This is probably the most important article on cancer you will ever read

Two Doctors visited Dr. Johanna Budwig in the year 2000 and reviewed many of her documents and research. I was one of those doctors and what I learned from Dr. Budwig has had a tremendous impact on my work at our Clinic with Cancer patients and many other common illnesses.

While visiting Dr. Budwig we received a directly signed authorization from her to continue on with her treatments at our Clinic in Spain. Dr. Budwig claimed to have had over a 90% success rate with this protocol with all kinds of cancer patients over a 50 year period which is why BUDWIG CENTER teaches this as the basis of our program and why we named our center in honor of her work and research.

An independent clinic in Helsinki used Dr. Budwig's protocol and confirmed her high rate of success. Dr. Budwig was one of Germany's top biochemists as well one of the best cancer researchers throughout all of Europe. Born in 1908 and lived to be 95 (she died from an accidental fall).

She was nominated seven times for the Nobel Prize and Dr. Budwig is also a published author, holds a Ph.D. in Natural Science, and is one of the greatest authorities on diet and its relation to health and well-being. To say that she is a highly intelligent learned and accomplished scientist would be the understatement of the year!

DR BUDWIG HELPED EVEN THE TERMINALLY ILL

Clearly, Dr. Budwig understood the connection between diet and health. She recognized that with the advent and popularity of hydrogenated and over processed oils also caused an increase in the rates of several serious illnesses. Only cold pressed oils should be consumed, such as cold pressed sunflower seed oil, coconut oils, etc

Dr. Budwig worked with many patients who were terminally ill and some who had only hours to live. She gave them the combination of oil-protein plus organic foods, plus exercise, fresh air and used the healing powers of the sun to cure these "hopeless" cases who sometimes started to show improvement within days.

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 Dr. Johanna Budwig 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 mucus. Everything was blocked. It greatly encourages them when suddenly, in all these symptoms, the surface-active fats, with their wealth of electrons, start reactivating the vital functions and the patient immediately begins to feel better. It is very interesting to ask how this sudden change is possible. It has to do with the reaction patterns, with the character of electrons."

**Does her protocol work for all types of cancer?** Dr. Budwig explained in her books that her healing plan works on improving the cells of the body. It doesn’t matter where the cancer cells are located or what name if given to your cancer because the Budwig program gives cells what is needed in order for them to normalize in their functioning process. She discovered that for cells to function efficiently they require polyunsaturated live electron-rich lipids, present in abundance in crude flaxseed oil combined with a sulphur based protein found in cottage cheese. In addition the Budwig Formula has been therapeutically beneficial in the prevention and treatment of *Arthritis, Eczema (assists all skin diseases), Multiple sclerosis, Auto-immune illnesses, Ulcers and Diabetes.*

When it comes to the Budwig protocol a lot of people without knowing it are not following it properly. They may have read bits and pieces about how the program works on various internet web sites. And unfortunately there is a lot of erroneous or missing information on the exact diet and the do’s and don’ts of her regime.

Unfortunately many are following what they “think” is the Budwig protocol but there are some important parts of the “Budwig puzzle” that they are missing. Dr. Budwig stressed the need to follow her program in an exact manner otherwise the results would probably be very disappointing and even at times counterproductive. For example some supplements actually nullify the effectiveness of the Budwig protocol and could cause cancer to metastasis (spread). At our Center we teach you everything you need to do and not do to successfully recover your health.

The Budwig Center is also in contact with **Dr. Armin Grunewald** of Germany who is the nephew of Dr. Johanna Budwig and who is continuing her research. We have now added his dietary suggestions to the program. So what you read in this report will be the latest information and will be slightly different from many of the cookbooks and research of Dr. Budwig. See RECIPES at the end of this Report.

**BUDWIG PROTOCOL HAS STOOD THE TEST OF TIME**

Dr. Budwig’s cures are well documented and have stood the tests of opposition from the conventional medical establishment. She realized that the way foods are now processed eliminates virtually all of the essential fatty acids. So, Dr. Budwig decided to focus her career on finding the dietary solution or cure to the list of diseases that affect so many people in the world.

**Cancer cells use glucose as fuel**

So said German scientist Otto Warburg, Ph.D. back in 1931. He earned a Nobel Prize for his discovery. Now some new evidence suggests he knew what he was talking about. Even
before Dr. Warburg's discovery, Eskimos living in the Arctic Circle called cancer the "white man's disease", as it was virtually unknown to them.

Harvard-trained anthropologist Vilhjalmur Stefansson lived with these Eskimos for 10 winters (1906-1918) to document their lives and lifestyles. While there, Stefansson shared the typical Eskimo diet of almost-raw fish and blubber, supplemented by an occasional chunk of meat. There were no carbs, no vegetables, no fruits, no grains and no sugar. He and the Eskimos were lean, active, healthy — and cancer free.

But the tables started turning in the 1920s. As Eskimos began to adopt a Western diet, they started getting cancer, Stefansson noted in his 1960 report Cancer: A Disease of Civilization?

First, an Alaskan Eskimo died of liver cancer in 1933... then a second Eskimo died of colon cancer in 1933 in Labrador. Since then, cancer death rates have steadily risen even in the frozen northlands. Eighty years later, scientists are blaming cancer of the breast, gallbladder, prostate, colon, uterus, and pancreas on high sugar consumption. Sugar feeds cancer! Unfortunately even many doctors do not know this and tell their cancer patients to enjoy foods like ice cream and soda pop (fizzy drinks) which contain up to 10 teaspoons of sugar per serving! At the Budwig Center we will teach you how to replace harmful refined sugar with healthy alternatives even in your favorite recipes.

DANGERS OF COOKING OILS

Way back in the fifties, Johanna Budwig added her incredible research to the cancer equation. She said that in normal, healthy cells "we find a dipolarity between the electrically positive nucleus and the electrically negative cell membrane with its highly unsaturated fatty acid."

Our diets in this country (and in Budwig’s country at the time) lack these highly unsaturated fatty acids (as in margarine, mayonnaise, deep fried foods) and contain an excess of manmade oils known as trans fats (or partially hydrogenated oils). We are referring to the cooking oils sold in grocery stores. Most extract the oil from corn, sunflowers, plants, etc by using extreme heat and chemicals. They are no longer alive but dead oils that cause death to the user. They also are very tough (dead) oils in that they have a 20-year shelf life. These oils are very much like cholesterol and our bodies just can’t seem to tell the difference. These oils get into our cell membranes (where cholesterol should be) and destroy the electrical charge. Without the charge, our cells start to suffocate. Without the oxygen, the only way the cell can replicate is anaerobically. They impede the process of cellular exchange, or letting nutrition in and letting wastes out. Trans fats are also responsible for Type II diabetes, since insulin is a very large molecule it has a difficult time passing through a cell membrane created with manmade fats and not cholesterol. William L Fisher in his book “How to Fight Cancer and Win” did extensive research on refined oils and his conclusion was that if margarine went through one more process it would turn into plastic!

Dr Budwig stated that there are many reasons for a cell to lose its charge, but consuming peanut butter is a very common one. Can you believe it? Something as simple as peanut
butter causing your cancer? Most peanut butters are hydrogenated. Why? To keep from separating, increase shelf life, and more flavorful. Go look at your natural peanut butters. Many are kept in the refrigerator section because that is how they keep them from separating. Cold pressed sunflower seed oil is recommended especially if you have cancer or some grave illness. Dr. Budwig stated: "For example, in olive oil there is only one unsaturated bond in the fatty acid. A person who has a deficiency of vital fats does not absorb it. Thus today's publicity concerning olive oil does not help at all." ..... Of course a little olive oil will not cause any damage but it will not help much either in the recovery of your health. If you are at friends or in a Restaurant olive oil would be a better choice than refined cooking oil however. "Fatty acids with 18 links, like in sunflower oil or in flax oil with the higher level of unsaturation, are more important for people, particularly for the brain functions of man." "The dipolarity with a simple double-bond in olive oil is weaker than it is in sunflower seed oil, which is bonded twice. Thi double-bond is considered to be vital for man. However if the same chain length of 18 carbons has three unsaturated fatty acid compounds, then the electrical energy is as strong as a magnet, depending on the position of the double bond."

If you are interested in traditional medicine along with holistic natural medicine we are able to offer you both with the latest therapies with the best oncologists of Europe.

BUDWIG CENTER CONTINUES THE BUDWIG CAUSE

Our approach is based on the work of Dr. Budwig and teaches you how to successfully treat the cause of all types of cancer, such as breast cancer, lung cancer, brain cancer, prostate cancer, Bone cancer, Carcinoma, bladder cancer, cervical cancer, esophageal cancer, stomach cancer, Leukemia, Hodgkin's disease, skin cancer, etc., and other common serious illnesses such as such as Arthritis, Asthma, Fibromyalgia, Diabetes, Blood Pressure, Multiple sclerosis, Heart Disease, Psoriasis, Eczema, Acne, ...

Many of those whom have come to our center and followed the suggestions in our Wellness Course from all over the world and are now "cancer-free" and this includes people with all types and stages of cancer, including some people with "terminal" cancer.

TREAT THE CAUSE – NOT JUST THE SYMPTOM

Treating cancer is a race. It is a race between your cancer cells destroying your non-cancerous cells versus getting rid of your cancer cells quickly in order to protect your non-cancerous cells. The faster you get rid of your cancer cells the better your chance of winning the battle.

Just as a car would be immobilized if all four wheels where removed, once the 4 main causes of cancer are no longer there it will naturally go into remission. Cancer is not a death sentence but it does represent a formidable challenge and it requires a highly
skilled and disciplined approach using several different effective herbal compositions and therapies.

The important thing to remember about treating cancer and any illness for that matter is not to just put a “bandage” on it. You really need to remove the cause, otherwise sad to say the cancer will return within a few years.

When people have a tumour they are often encouraged to do everything to get rid of the tumour. However a tumour is the body’s way of encapsulating the unhealthy cells so they will not spread. The real concern should be to change the body’s internal environment so the tumours will naturally disappear. That is what we teach you to do in our Wellness Courses.

Here is a close-up image of a cancer cell, caught in the act of dividing, has won an international photography prize.

The School of Life Sciences researcher took the photo using a digital deconvolution microscope. http://news.bbc.co.uk/2/hi/uk_news/scotland

Researchers, starting over 100 years ago in the 1800s, have isolated the cause of cancer to be microbes which enter the cells and make them cancerous.

FOUR MAIN CAUSES OF CANCER

It may start when a cell is a torn, damaged or weakened in some way allowing the microbe to penetrate it. Basically cells are torn or damaged or weakened by four main causes. Unless these 4 main causes are “removed” the cancer will not be gone from your body. That is why often even after several sessions of chemotherapy, radiation and surgery the cancer “returns” because the “cause” was never eliminated.

Cause No 1 – Weak Immune System – usually caused by a severe negative emotional shock (death in the family, divorce, family problems, financial setbacks, etc.) overworked and run down over an extended period of time, pessimistic negative thinking most of the time, lack of rest, and improper nutrition that reinforces 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 2 – Toxins – such as dangerous chemicals (in the workplace, home or garden), microbes, parasites and fungus, etc. The late Dr. Hulda Clark who examined and treated thousands of cancer patients stated that “all cancer patients have both isopropyl alcohol (as found in many body care and household cleaning products) and the intestinal fluke (parasites, worms) in their liver”.

Cause No 3 – Improper Diet – An regular consumption of fizzy (soft) drinks, chips (crisps), store bought pastries, deep fried foods (French fries, donuts), prepared meats (hot dogs, sausages, bacon, ham) fast foods, food additives, etc.
**Cause No 4 - Oxygen Deprivation** – 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.

It may be a combination of all four of these “causes” or one in particular that a cancer patient can pinpoint as their main reason for having cancer. One thing for sure, your diet, lifestyle and state of mind are absolutely critical to prevent and/or win this battle. And another thing for sure you need to “remove” these four causes to win the battle against cancer.

**THE DR. BUDWIG PROTOCOL/FORMULA**

Some people take the Flaxseed oil or flax oil capsules. However this is not the best way to take it because the oils are not "body-compatible": water-soluble and bio available. They will not be stored in the body as well as if they were made water soluble. Johanna Budwig solved this problem with her simple recipe that combines **flax oil and quark/cottage cheese**. In this form, the oil becomes water-soluble. Now the oils will be absorbed and not get passed out of your body. Together they will bring the healthy charge back into each cell.

These 3 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
3- A masticator type juicer

The famous **Budwig Muesli** *(here are the precise instructions)*

- Blend 3 Tablespoons (British dessert spoons) of **flaxseed oil** with 6 Tbps **low-fat Quark or Cottage Cheese** with a hand-held immersion **electric** blender for **up to a minute**. 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.

- *Layer or stir in the following ingredients: Grind 2 Tbps of whole flaxseeds* and add. **Freshly ground seeds become rancid within 20 minutes, eat recipe immediately.**

- Add 1 teaspoons of **honey** (raw, unpasteurized 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, totalling 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] or milk. Fruits & their juices are proven cancer fighter.
• (Optional) you may want to add ground up **Apricot kernels** eat them ground up with Flaxseed oil and cottage cheese or on their own or in apple sauce. You can also add other organic raw nuts such as, ground hemp seed, ground almonds, sunflower seed, pumpkinseed and brazil nuts [no peanuts]. For variety, try vanilla, cinnamon, lemon juice, pure cocoa or shredded coconut. Others enjoy it with a dash of cayenne pepper.... be creative

• **IMPORTANT** – The Budwig Muesli should NOT be made ahead and stored.... make it and eat it within 20 minutes. The flaxseeds should not be ground ahead either

---

**DR BUDWIG MADE A DISCOVERY**

According to Dr. Budwig the reason for the anti-cancer activity of her approach is that flaxseed oil combined with quark or cottage cheese promotes bio-oxygenation. When she did her blood analysis it showed a strange greenish-yellow substance in place of the healthy red oxygen carrying hemoglobin that belongs there. This explained why cancer patients weaken and become anemic. This was a startling discovery for Dr. Budwig.

She found that when her patients consumed the flaxseed oil and cottage cheese and stopped eating the bad hydrogenated fats, the strange greenish elements in the blood were replaced with healthy red blood cells as the phosphatides and lipoproteins almost miraculously reappeared. Weakness and anemia disappeared and life energy was restored. Symptoms of cancer, liver dysfunction and diabetes were completely alleviated in many cases. Flaxseed oil enemas were also used for the very weak

**BUDWIG JUST GOT BETTER WITH TRICAN®**

Now the Budwig protocol just got better and more effective with the addition of TRICAN. Along with the flaxseed oil and cottage cheese we teach you how to rid the body of unhealthy anaerobic cells with a 2-step cancer destruction program! *(Anaerobic is a technical word which literally means without air or oxygen as opposed to aerobic)*

**Here is the 2- step approach**

First when you consume the flaxseed oil and cottage cheese. This gives a blast of oxygen that weakens cancer cells but simultaneously strengthens the healthy cells. *Many clinics are put all their attention on ridding the body of unhealthy cells but forget to nourish and fortify the healthy cells*

Step 2 is the use of TRICAN. The cancer cells are already weakened by the oxygen from the flaxseed oil and cottage cheese and then suffer a death blow by TRICAN which causes them to “self destruct”
All our cells in the body have a specific “life cycle” and when that time arrives they “self destruct” and are replaced by new healthy cells. However this programmed “life cycle” of each cell is somehow deactivated in cancer cells when they are damaged.

This is due to such things that we have already mentioned such as a very weak immune system, high level of toxins (parasites, microbes) improper diet, prolonged stress, negative emotional trauma, etc.

Once this happens these diseased cancer cells actually obtain a sort of “immortality” which is scary to say the least. That is why cancer is a very difficult disease and requires a comprehensive ‘plan of attack’ to win this battle. Fortunately TRICAN turns on the “programmed life cycle” once again of the cancer cell, inducing apoptosis (death to the cell) so that they can like normal cells live their “life cycle” and then self destruct. This is what Dr. Budwig was trying to accomplish with her approach. It will also work with chemotherapy.

**TRICAN®** is perhaps the world’s most powerful antioxidant with “off the chart ratings” when tested against other anti-oxidant supplements. It has been nicknamed the **“Safe Chemotherapy”** as it only removes the diseased cells but causes no harm to the healthy cells in our body.

To obtain the equivalent antioxidant protection of just one daily dose of TRICAN, (1 teaspoon) one would have to consume 44 ounces of orange juice and 26 teaspoons of concentrated green tea extract.

This totally natural mineral formula scavenges all species of free radicals that are implicated in over 50 disease states including cancer. Dramatic improvements in health have been reported with regular use. Patients have found when TRICAN is used along with chemotherapy it helps to clean out dead and dying cells from the body, speeding up recovery time.

Dr. Denham Harmon became very famous for having "discovered" free radicals and how they cause damage to our health, leading to serious illnesses, including cancer.

How do “free radicals” cause disease?

In a nutshell, this is how you could summarize his theory: The nucleus of an atom is surrounded by a cloud of electrons. These electrons surround the nucleus in pairs, but occasionally an atom loses an electron, leaving the atom with an "unpaired" electron. The atom is then called a "free radical", and it is very reactive.
A "free radical" is an atom with an unpaired electron in the outer ring. It is lacking an electron. Since electrons have a very strong tendency to exist in a paired rather than an unpaired state, free radicals indiscriminately pick up electrons from other atoms, which in turn converts those other atoms into secondary free radicals, thus setting up a chain reaction which can cause substantial biological damage.

It is these free radical molecules which rapidly react with other molecules, setting off a chain reaction of free radical formation, somewhat similar to an atomic explosion.

So now we have this molecule which is missing an electron and is dying to get its hands on an electron to help fill its need. This free radical now goes and steals an electron from another molecule that is more willing to give one up and thus it becomes satisfied, but now the victim molecule has become a free radical! This goes on for quite some time.

To slow down and eventually stop this free radical damage we use the potent anti-oxidant, TRICAN. Since free radicals cause the cell damage in the first place a mechanism or product that could put the “breaks on” on this process as TRICAN does it an intelligent and very effective approach. TRICAN scavenges all species of free radicals that are implicated in over 50 disease states.

Dramatic improvements in health have been reported with regular use and in conjunction with other supplements and therapies

**TRICAN** was designed to be used in conjunction with other supporting herbs and food supplements, a specific diet, detoxification and other holistic therapies. This approach has been very effective for **all forms of cancer (especially aggressive advanced stages of cancer where the person has lost their appetite, losing weight and/or not able to follow a strict diet). All illnesses that are related to viruses and fungus and/or where the cells have become anaerobic**

<table>
<thead>
<tr>
<th>Cancer – all types and especially aggressive and advanced stages</th>
<th>Mononucleosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Viral infections (including AIDS)</td>
<td>Endometriosis</td>
</tr>
<tr>
<td>Auto-immune disorder</td>
<td>IBS – Irritable Bowel Syndrome</td>
</tr>
<tr>
<td>Chrone’s Disease</td>
<td>UC – Ulcerative Colitis</td>
</tr>
<tr>
<td>Candida</td>
<td>Parkinson’s</td>
</tr>
<tr>
<td>Scars (disappear in about 3 months)</td>
<td>Psoriasis</td>
</tr>
<tr>
<td></td>
<td>Diabetes Type II</td>
</tr>
</tbody>
</table>
Safety of TRICAN

LD50 toxicity studies prove that TRICAN is up to 20 times safer than aspirin. Individuals and physicians can include this nutritional therapy as a nutritional adjunct to any treatment modality without fear of any harsh ill effects or contra-indications.

FOODS TO EAT AND FOODS TO AVOID

The Basic Rule with the Budwig diet is “if God made it then its fine and try to eat it in the same form that God made it”. There is a lot of confusion on what is acceptable and what is not. Therefore the comprehensive BUDWIG WELLNESS COURSE that is provided at our clinic or with our IN HOUSE program will clear away the mystery of what Dr. Budwig approved and disapproved. You will not be confused any longer.

The BUDWIG CENTER will provide you with a comprehensive list of foods to eat and foods to avoid when you work with our program.

Freshly-pressed vegetable juice from carrots and/or beet, celery, lemon, apple as well as green vegetables - lettuces or spinach [carrot & beet juices are especially helpful to the liver & are strong cancer fighters]. Vary vegetables.

With the juices you will consume a number of natural pure herbs, mostly in capsule as in this form it is easier to consume larger quantities needed.

Choices of cooked starchy foods - buckwheat (Johanna Budwig’s (JB’s) top choice-digests well & very nutritious), millet, brown rice, lentils, beans, peas, yams & potatoes.

Take any supplements that are approved in the Budwig protocol with soup. Add lightly cooked vegetables such as kale, tomatoes, spinach, beets, carrots, chard, cabbage, brussel sprouts, broccoli, onions, artichokes, asparagus, peppers, green beans, etc. Also, add healthful spices such as cayenne pepper, paprika, turmeric, sea salt & others. AFTER COOKING, add homemade Oleolux (we provide the oleolux recipe at the end of this book) 'to taste,' which adds more nutrition and satiates appetite. Use also on bread [whole or sprouted grain, homemade or Ezekiel] or rye or rice crackers with a little cheese.

Dr. Armin Grunewald, the nephew of Dr. Budwig is continuing her work and research. Dr Grunewald encouraged the consumption of protein, wild game once a week, organic eggs, wild fish (not farm feed), 100% grass feed beef are permitted. He said 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. Cancer patients particularly need protein. Of course nuts are also a good natural source. Cheese should be limited to 2 oz.
per day and goat cheese is preferred. 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.

**You Are What You Eat**

The World Cancer Research Fund, the UK’s leading independent cancer research foundation, states very plainly that 40% of cancers are diet-based. I suspect it is far higher. The Eskimos are a people that have been observed by medical teams for many decades and were found to be totally free of cancer. Alaska’s most famous doctor Dr Preston A Price claims that, “In his 36 years of contact with these people he had never seen a single case of malignant disease among the truly primitive Eskimos, although it frequently occurred when they were modernized”.

An interesting point to note is that when an Eskimo leaves his traditional way of life and begins to rely on a western/modern diet he becomes even more cancer prone than the average American.

The Indians of North America are another people who are remarkably free from cancer. The AMA went as far as conducting a special study in an effort to discover why there was little to no cancer amongst the Hopi and Navajo Indians.

In 1843, a French surgeon, Stanislas Tanchou, MD, formulated a doctrine that the incidence of cancer increases in direct proportion to the “civilization” of a nation and its people. This theory was embraced by John Le Conte, MD (1818-1891), first president of the University of California, and his enthusiasm led medical missionaries, ship surgeons, anthropologists and others to undertake an avid search for cancer among the Alaskan Eskimo (Inuit), northern Athapaskans of Canada and the native peoples of Labrador. The result was always the same: for 75 years, not a single case of cancer was documented among the tens of thousands of such people studied by competent medical examiners. The Harvard-trained anthropologist, Vilhjalmur Stefansson, for instance, lived for 11 years among the Eskimo and never saw a case. In later life, he wrote a book on the topic, Cancer: A Disease of Civilization?

Similar stories are told about the indigenous peoples of Africa and Asia. Albert Schweitzer, MD, the famous Nobel laureate, testified: “On my arrival in Gabon, in 1913, I was astonished to encounter no case of cancer....The absence of cancer seemed to me due to the difference in nutrition....” Is this beginning to add up to a pattern for you?

**Avoid these unhealthy foods**

- **NO** hydrogenated oils, **NO** trans-fats, *(cold pressed sunflower seed oil is a better choice than olive oil)*
• NO animal fats NO pork (pigs are the cleaners of the earth and their meat is loaded with toxins... ham, bacon, sausages, etc should be avoided)
• NO seafood (lobsters, clams, shrimp, all fish with a hard shell 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, whole Rye, Oat, Multigrain bread is good. Corn is very discouraged (because of mold and genetic modification issues).
• Butter (allowed in very small amounts)
• NO ice cream or dairy products (other than the cottage cheese and some goat cheese)
• NO cane sugar, white sugar, molasses, maple syrup, Xylitol, preservatives,
• NO processed foods (NO store bought pastries), make your own with healthy ingredients
• NO Soy* milk or Soy products (unless fermented or used for 2 or 3 weeks at the beginning if you cannot tolerate the cottage cheese)
• Avoid pesticides and chemicals, even those in household products & cosmetics. Good old vinegar, as well as baking soda are excellent household cleaners (look on the Internet for more info)
• NO microwave, NO Teflon or aluminium cooking ware or aluminium foil, instead use enamel cooking ware, stainless steel, ceramic, cast iron, glass and corning cooking wear are fine.

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) - potatoes are bad enough when consumed in their raw state, as their simple sugars are rapidly converted to glucose that raises insulin levels and can devastate your health. Better to eat yams and sweet potatoes. But when potatoes are cooked in trans fat at high temperatures, all sorts of interesting and very unpleasant things occur. Anything that is fried, even vegetables, has the issue of trans fat and the potent cancer-causing substance acrylamide. Foods that are fried in vegetable oils like canola, soybean, safflower, corn, and other seed and nut oils are particularly problematic. These polyunsaturated fats easily become rancid when exposed to oxygen and produce large amounts of damaging free radicals in the body. 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. Coconut oil is the very best choice of oils you use to cook with as it is not susceptible to high heat damage.

(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

EXERCISE - HOW MUCH?

Regarding exercise, Dr. Budwig wrote: "I would never allow a cancer patient with metastases to jog, ride a bicycle.... His body must relax." (if no metastases) using 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 (these will be done at the clinic) In your place of stay we recommend Far Infrared Sauna Detox 30 to 60 minutes session followed by skin brushing and a shower. Exercise is encouraged if you are not too weak. Individualize it according to your strength - DON'T OVERDO IT.

SUNLIGHT - Dr. Budwig emphasized that being in sunlight is very healthful for vitamin D and other benefits. Avoid sunscreen & sunglasses and expose as much of the body as possible. Near the noon hour is best as the beneficial rays are the strongest (harmful sun’s rays are more present earlier in the morning and later in the day)

VITAMIN D 3 there is an unseen epidemic of vitamin D deficiency in many countries today. This epidemic, by the way, is responsible for probably 80% of all cancers, at least a third of heart disease, perhaps a quarter or all diabetes cases, and countless cases of osteoporosis, depression, psychosis and kidney disorders. Dr. Garland delivered in Toronto as part of the University of Toronto School of Medicine’s "Diagnosis and Treatment of Vitamin D Deficiency" conference (2009) Dr. Garland presented data showing that raising one's vitamin D decreased breast cancer risk more than 77 percent. He claimed that breast cancer can be virtually "eradicated" by raising vitamin D levels. Exposure to sunlight is
the greatest source of vitamin D and population studies have previously suggested higher vitamin D levels may contribute to the lower incidence of breast cancer seen in sunny climates such as the Mediterranean. They found that women in the sunniest regions of the USA were about half as likely to die from breast cancer as were women who lived in less sunny regions. The danger is overexposure to the point of sun burn combined with a regular unhealthy high sugar, bad fat diet skin cancer and other cancers. (Prev Med. 1990 Nov;19(6):614-22 and Int J Epidemiol. 1990 Dec;19(4):820-4.). (CBN News 10/1/2007).

The Budwig Center includes the proper amount of Vitamin D in their comprehensive program and can give you more direction on that once a Health Check is completed.

THE CANCER MICROBE DESTRUCTION PROGRAM

As one of the causes of cancer is from toxins such as parasites, fungus, bacteria we need to address that right from the start.

Most of us think that only people living in Africa or South America have parasites. Well believe it or not about 85% of the entire world’s population is infected by different types of parasites and worms. These parasites are not your friends either as they can migrate to other areas such as your nose, ears, brain or your liver. According to the research of the late Dr. Hulda Clark she states “I see that all cancers are alike. They are all caused by a parasite. A single parasite! It is the human intestinal fluke. And if you kill this parasite, the cancer stops immediately. The tissue becomes normal again. In order to get cancer, you must have this parasite. How can the human intestinal fluke cause cancer? 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! 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 livers. The solvent, isopropyl alcohol, is responsible for letting the fluke establish itself in the liver. Many body care products contain isopropyl alcohol or the derivative, used in antifreeze, oven cleaners, wood finishing lacquers, but also in many personal care products such as mens shaving crème, skin creams, shampoos and hair conditioners.

In order to get cancer, you must have both the parasite and isopropyl alcohol in your body. Our parasites survive with us, but how they will thrive depends on our health. They do not thrive when we are healthy. Poor health and parasitism go hand in hand.”

PARASITES AND PETS

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.

But if you are ill it is best to board it with a friend until you are better. Your pet is part of your family and should be kept as sweet and clean and healthy as yourself. This is not difficult to achieve. Here is the recipe:

**Pet Parasite Program**

Parsley water: cook a big bunch of fresh parsley in a quart of water for 3 minutes. Throw away the parsley. After cooling, you may freeze most of it in several 1 cup Containers. This is a month’s supply. Put 1 tsp. parsley water on the pet's food. You don’t have to watch it go down. Whatever amount is eaten is satisfactory. All dosages are based on a 10 pound (5 kilo) cat or dog. Double them for a 20 pound pet, and so forth.

Next open up a **triple parasite herbal capsule** *(available from the Budwig Center)* and put just a small little amount into their food. Do this for 1 week every month.

Pets should not stroll on counters or table. They 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]*

Budwig Center can provide you with more information about our effective **triple herbal combo** preparation that destroys the adult parasites well as the babies and parasite eggs.

**WHOLE BODY, MIND, SPIRIT AND SOUL CANCER SUPPORT**

Our Budwig Wellness program shares with you full insight into the Budwig protocol and how to make it work best for your personal situation. *We will ‘hold you by the hand’ and guide you step by step up to your recovery.* Patients will be educated and trained on how to prepare many of the basic Budwig recipes.

Also, they'll benefit from several sessions of emotional healing if so desired, or learn of other ways to manage undealt with emotions which often contribute to cancer.

Many find that on top of the overwhelming bad news of discovering they have to battle cancer they now need to sort through the deluge of new information on how to treat it. For some it could take months of trial and error.

Many will find they'll have to completely embrace an entire new life style which can be challenging. Budwig Center demonstrates and explains clearly everything that needs to
be done in a timely matter in order to “get it right” from the beginning so no precious
time is lost.

After completing the tests we will know which herbal foods would best suit your current
state of health and work with the Budwig program. Then they can return home armed
with knowledge, confidence, determination, and a clear mind on how to get started
immediately. Furthermore we work with you and support you right up to the time of your
recovery so you are never alone or in the dark as what to do. If you develop pain, nausea,
vomiting, diarrhea, persistant coughing, or other systems, we are only an email or phone
call away

THE BUDWIG PROTOCOL HAS RECEIVED WORLDWIDE ACCEPTANCE

AT the **BUDWIG CENTER** we have over 30 years of research behind us and the Budwig
protocol has 50+ years of research and countless **TESTIMONIALS** to back it up. Here are
just a few:

**BRAIN TUMOR** - Latecia Spencer - Nov 2008 - Mother 5 children - husband walked out on her
when he found out she had brain cancer. **BUDWIG CENTER** provided herbs and the full Budwig
program and support at no cost to Latecia. On Saturday Sept 19th 2009 (11 months later) Latecia
wrote: "Hellloooo dr Jenkins, so good to hear from you Dr Loyd. I would love to help get the word
out the budwig diet, and how wonderful you have been to me. I have lost 75 pounds, i fееееel
grrreat! i even love to drink the kraut juice now. the kids think its gross. lol. my last scans look
amazing. no brain tumors!!! and no signs of cancer in the body. so im just taking one day at a
time, and LOVING LIFE A D MY BABIES!!! thank you for everything. ill get a pic to you soon. Many
blessings. Thank u for everything. Latecia. natimomof5@yahoo.com

**BRAIN TUMORS** - **DEBBIE EGAN** - Mother of 40 years old with multiple brain tumors - Came to
**BUDWIG CENTER** in the fall of 2008 for 2 week treatment *(Previously Debbie had some chemo and
radiation but was told she was terminal and there was nothing more to do)* On Thu, Dec 17, 2009
at 7:04 PM, <debbie@oliversbarbonalba.com> wrote:

Dear Dr. Lloyd, Robin and Christina, - I hope you are all keeping well. I am writing to you today
with some fantastic news.... I had my TAC head scan and Oncology consultant appointment
today and remarkably the 2 small tumours have disappeared completely and the bigger one, 2cm,
is now nothing but a hole with scar tissue and no trace of cancer cells etc. So in a nutshell the
brain tumours have all gone......... I also went to see my Radiologist today, the one I had told about
your Budwig centre prior to coming who was very interested to learn of it all when I came back, -
today he was pleasantly surprised/happy at the results. I do not have to go again until April 2010
which is good news. I will be having a full blood test, full CAT scan and a mammogram. best
wishes for 2010. Regards, Debbie

**BONE CANCER** - from Dr. Johanna Budwig's "*Der Tod des Tumors - Band II [The Death of the
Tumor, vol. 2]*) Evidently bone cancer at various sites, including the collar bone (p. 14) "The doctor
brought the X ray pictures into the room and said beaming with happiness "Mrs. K., you are a
wonder woman because almost half of the cancerous areas are healed. He showed the old and
new X ray pictures. The healed holes were clearly visible. Think about it, on the old picture there
was 3 cm of bone missing on the collarbone - on the new picture it was there again. I was amazed
at how many cancerous sites there were before."

**BREAST CANCER** - Dalis Jurado - Dear Dr. Jenkins,... I will like to share this great news....I had my cat, lab and mammography tests and thank to god, my family and especially to you. I am doing very well, no more breast cancer, I feel great and I am very happy to know that the breast cancer is no longer with me. I am using all your vitamins you recommend me, avoiding all the wrong food, using the great machine 3 times a week and now I will like to use it 3 times per month to prevent unnecessary virus and other illness. IMAGINE I am the only one who has not got cold or influenza in my family. Before I was constantly sick. I will like to ask you if I had to take forever and ever the cottage cheese with the flax seed oil? and also I had a little bit high the prolactin hormone, how can I balance my hormones?. Perhaps, next year I will go to Spain to visit you. I am praying that will be possible and to to thank you personally.. Indeed you have help me so much. God bless you always.. I admired my husband he has been my great support and he is a medical doctor as well and he strongly believed in your treatment and has support me 100%. I am honored to share my experience in your web, by the way your web is just fantastic, it shows how mariposas Clinic is giving hope and cure to many of us. Dalis Jurado (Speaks Spanish and English) From Panama dalis1_1999@yahoo.com

**BREAST CANCER** - Connie Davidson [mailto:constancedavidson@gmail.com]
Monday, March 29, 2010 4:26 PM " You have no idea how grateful I am to have you in my life. I consider you God sent. I knew about your center approx. 7-8 months ago, but at that time I did not see anything about Formula CT and, since I was already on a partial Budwig program for some time with no results (at least nothing that touched the cancer because I definitely feel it improved my overall health), I did not contact you. However, about two months ago I checked you out again and read about the addition of Formula CT. I feel it is no accident that I came back when you had a program that was more appropriate for my situation. I thank you so much for all you are doing for me and others, Dr. Jenkins. I really love this program as I can see just how deeply detoxing while at the same time rebuilding it is. I also thank you for your prompt responses...it means so much to have that reliability and support. I continue to work this program very faithfully...blessings to you. Connie

**BREAST CANCER** – Pain - From: Ryna Grewar
Sent: viernes, 31 de julio de 2009 17:31 To: Dr. Lloyd Jenkins

Hi Lloyd ..thanks for the advice. Laura just wanted me to tell you something about the magnet she has on her chest bone. She has been taking two ibuprofen a day since September last year because of the pain there, but since Wednesday she hasn't taken anything and the pain has gone - even when she coughs or presses on the bone!! Please tell me that this isn’t a coincidence! Today we had a visit with the oncologist who gave us the results of the PET scan: it just confirms what he originally said - numerous nodules on the lungs and one one the breast bone. The PET showed that the tumours were very 'active'. When I told him about the magnet he said that to also remember that she has been having the new treatment that will help (although as far as I know chemo and such-like only work on soft tissue and not on bone.) However he seemed of the opinion that if she can do anything to help herself and to make her feel better, then he was happy with that. Surprised me, really! Anyway, just wanted to let you know that and that she’s doing great with all her juices, teas, capsules and Budwig muesli! Best wishes..Ryna  *(Ryna continues to do well with the Budwig protocol)*

**BREAST CANCER** - In the summer of 2000, Magda, a woman in her late forties, from Belgium, was diagnosed with breast cancer. The clinic that diagnosed her prescribed hormone treatment. Magda felt uncomfortable with this treatment. As she had previously heard of Mariposas clinic (now Budwig Center) with an alternative cancer treatment approach, so she decided to visit us for
a consultation. When she came to us, it was very evident that she was extremely worried, especially because her family has a long history of breast cancer. Fortunatelly she had detected her cancer in the early stages. Our clinic did an in-depth analysis, using our special high blood resolution testing system as well as EAV (Electro-Acupuncture-bio-energetic natural medicine). Magda was immediately prescribed the detoxification program followed by certain dietary recommendations, along with homeopathic and herbal supplements. Within two (2) months, Magda returned to the original clinic that had prescribed the hormone treatment. They ran some standard cancer tests on her. To their surprise they could not find any trace of cancer any more. The doctors were very perplexed. They could not understand the tests. Magda is doing just fine and as a preventative measure she takes essential omega 3 oils and specific herbs.

BREAST CANCER - Antonia, a Spanish woman, in her early fifties, had undergone breast amputation for cancer June 2000 in Malaga, Spain. She had undergone chemotherapy, as well as hormone therapy. The oncology center recommended a five-year treatment for Antonia. Her family heard about the Mariposas Clinic in southern Spain and decided they wanted to look into this alternative approach. When Antonia came to our clinic, she was so weak she needed help to get from her car to the door of the clinic. After we did a high resolution blood test and EAV, we could see that her cancer was metastasizing (spreading). Even though she had rigorously followed the chemotherapy and hormone treatment. November 1, 2000 we started treating Antonia with our detoxification and five level holistic approaches. Six (6) weeks later, Antonia returned to our clinic for further testing. The first thing we noticed was that there was no more metastasis. She felt much more energy. She no longer needed anyone to help her walk from the car to the clinic. In fact she was already enjoying shopping and other common duties as before. Her entire physiological situation had vastly improved. Antonia is very convinced that our five level alternative approaches are making the difference and the laboratory test shows this clearly to be the case!

BASAL CELL CARCINOMA - Hi friends, I just want to report on a successful end to a basal cell carcinoma which had developed on my right hand. I showed it to a dermatologist who agreed with me that it was such. He scraped a sample and sent it to the pathology lab for analysis. His advice was to wait for the lab report before doing his next procedure. What I did was to make a poultice of ground flaxseeds and put it on the growth three times a day. I also rubbed flaxseed oil into my hands daily. Slowly and gradually the growth diminished in size so that by the time the path lab report was received, the growth had disappeared. The dermatologist was delighted with me that the carcinoma had dissolved under the flaxseed treatment.

COLON CANCER - This is a case of colon cancer, tumors on the liver and stomach as well as a myoma in the abdominal cavity. The colon cancer had already been present three years earlier. Dr. Budwig writes: "She came to the clinic in Gottingen. This Swiss patient was examined by several professors and was scheduled to be operated on Christmas Eve. It was feared that the tumor would cause a complete colon blockage. Upon my advice - I was active at the clinic at that time - did the patient only take my Oil-Protein Diet. The atony of the colon quickly subsided. Seven weeks later she was released without any detectable tumor. Interesting is perhaps that the Swiss customs official did not want to believe this was her passport! So much had her looks changed to her advantage." At home she was greeted thusly: "You look good, you look younger and more beautiful." The patient writes further: "It is simply wonderful! And the instrument of saving my life is Dr. Johanna Budwig." Dr. Budwig's "Der Tod des Tumors - Band II" (The Death of the Tumor - Vol. II - p. 111

COLON CANCER: Terminal when all hope seemed lost - I am a 42 year old male and was diagnosed with colon cancer in May 2004. I went the surgery, chemo and radiation route and almost said goodbye to everybody. There was no hope left by September 2004, I was very fatigued, by then bleeding constantly - not to mention the excruciating pain I felt due to the cancer having spread to my bones. In fact, I was busy getting my affairs in order. My son was 9 and my daughter only 2.
Glioblastoma Multiforme IV - Sep 4, 2002 - On February 10th 2002 I brought my husband to the emergency room with a splitting headache and projectile vomiting. We thought it was a bad migraine but later found out that it was a brain tumor. On February 12th he had surgery and the surgeon told us and the lab work later confirmed that he had a Glioblastoma Multiforme IV. It is the most deadly and fast moving brain tumor you can have. The surgeon removed all of the tumor he could see. The doctor told our family that Tom had about 26 weeks to live if he didn't take any radiation and if he did take radiation it might give him a year. Tom was in the hospital for eight days. We were not sure what to do so we took the doctor's referral and went to radiation about a week after he got out of the hospital. Tom only took five days of radiation and it made him feel terrible, and sapped all of his energy. After that some friends came forward and told us of some alternative ways people were fighting and winning the battle against cancer. Since the doctors did not hold out any hope we decided to throw our lot in with the holistic treatments and did not take any more radiation. We started the holistic regimen in March. Tom’s three month MRI looked good, his brain was clean and the hole where they removed the tumor was empty except for a tiny line around a portion of the inside of the hole. The doctor said that it could be scar tissue, a benign bit of tumor or a regrowth of the Glioblastoma. At the six month MRI his brain was completely clean. There was no cancer at all. The doctor said that it was a miracle. In 14 years of practice he had not seen anything like it. Tom walks at least 4 miles a day now and has started lifting weights too. We are having good results with the flax oil/cottage cheese, and will keep it up for the rest of our lives. Jul 28, 2003: Update on Tom's 16 month MRI - We just got the results from Tom’s 16 month MRI. He is still GBM (aggressive brain cancer) free; we still follow a holistic regimen, flax oil and cottage cheese every day, and have opted out of the conventional treatments. - Kelly & Tom

Hodgkins - At a tender age of seven years, young Tommy G. was sent to the Children's Hospital where he was diagnosed as having Hodgkin's disease. The child was operated on and underwent 24 radiation treatments, plus additional experimental therapies that the experts hoped would be of some small help. When Tommy failed to respond favorably to these heroic measures, he was discharged as incurable and sent home. His sorrowing parents were told his life expectancy was less than six months. He had burns and scars on his neck, under both arms and in his groin from the many radiation treatments he had undergone. His voice was hoarse and his breathing labored. Tommy's vocal cords had been severely burned by the radiation treatments. He was admitted to the hospital again, this time to die. After receiving treatment based on Dr. Budwig's research of balancing the fatty acids, the story continues. "We took Tommy home and started him on the formula. In just five days, Tommy's breathing became normal for the first time in almost two years. Three weeks later, his voice came back. From this day on, Tommy began to feel good again. 

Glioblastoma Multiforme IV - Sep 4, 2002 - On February 10th 2002 I brought my husband to the emergency room with a splitting headache and projectile vomiting. We thought it was a bad migraine but later found out that it was a brain tumor. On February 12th he had surgery and the surgeon told us and the lab work later confirmed that he had a Glioblastoma Multiforme IV. It is the most deadly and fast moving brain tumor you can have. The surgeon removed all of the tumor he could see. The doctor told our family that Tom had about 26 weeks to live if he didn't take any radiation and if he did take radiation it might give him a year. Tom was in the hospital for eight days. We were not sure what to do so we took the doctor's referral and went to radiation about a week after he got out of the hospital. Tom only took five days of radiation and it made him feel terrible, and sapped all of his energy. After that some friends came forward and told us of some alternative ways people were fighting and winning the battle against cancer. Since the doctors did not hold out any hope we decided to throw our lot in with the holistic treatments and did not take any more radiation. We started the holistic regimen in March. Tom’s three month MRI looked good, his brain was clean and the hole where they removed the tumor was empty except for a tiny line around a portion of the inside of the hole. The doctor said that it could be scar tissue, a benign bit of tumor or a regrowth of the Glioblastoma. At the six month MRI his brain was completely clean. There was no cancer at all. The doctor said that it was a miracle. In 14 years of practice he had not seen anything like it. Tom walks at least 4 miles a day now and has started lifting weights too. We are having good results with the flax oil/cottage cheese, and will keep it up for the rest of our lives. Jul 28, 2003: Update on Tom's 16 month MRI - We just got the results from Tom’s 16 month MRI. He is still GBM (aggressive brain cancer) free; we still follow a holistic regimen, flax oil and cottage cheese every day, and have opted out of the conventional treatments. - Kelly & Tom

Hodgkins - At a tender age of seven years, young Tommy G. was sent to the Children's Hospital where he was diagnosed as having Hodgkin's disease. The child was operated on and underwent 24 radiation treatments, plus additional experimental therapies that the experts hoped would be of some small help. When Tommy failed to respond favorably to these heroic measures, he was discharged as incurable and sent home. His sorrowing parents were told his life expectancy was less than six months. He had burns and scars on his neck, under both arms and in his groin from the many radiation treatments he had undergone. His voice was hoarse and his breathing labored. Tommy's vocal cords had been severely burned by the radiation treatments. He was admitted to the hospital again, this time to die. After receiving treatment based on Dr. Budwig's research of balancing the fatty acids, the story continues. "We took Tommy home and started him on the formula. In just five days, Tommy's breathing became normal for the first time in almost two years. Three weeks later, his voice came back. From this day on, Tommy began to feel good again.
He went back to school, started swimming, and by winter, he was doing craft-work. He will soon be twelve years old and is now a healthy, happy boy.

**KIDNEY and LUNG CANCER** - ROBERT DUCE - ritaduce@yahoo.co.uk

Came to Budwig Center Oct 2009 - Medical Community gave him 3 months to live

Monday, March 22, 2010 11:21 PM "Hi Lloyd, A quick update on Robert. The result on his bone scan came back showing no other cancer. The other good news was that the cancer in his lungs is stable. I think it really bucked Robert up. I believe the diet is working. Speak to you soon, Regards, Rita

**LIVER CANCER and STOMACH CANCER** - "I went to the hospital because I could not properly eat anymore. I was cut open and closed up again. They could not help me anymore because I had stomach and liver cancer... I immediately began with the Oil-Protein Diet. It was very agreeable and I felt better from day to day. Then I went for 5 weeks to the Black Forest to recuperate where I continued with the Oil-Protein Diet. It has worked well for me. Everything that I had before, restlessness, vomiting and loss of appetite has is gone. I am happy that I once again am healthy; because without this diet I would not live anymore today."

**LYMPH CANCER** Stage 4 - Ron Pendleton - Jan 2009 - I am the spouse of a stage 4 cancer patient, who, for the last month, has been on the Budwig regimen, with other supplements. Hubby did one chemo and some rads and said, "no more--this FEELS so WRONG to my body". Me, being a believer in "the doctor's always right and knows more" mentality, panicked and thought he'd just signed his death warrant. We must have had no less than ten phone calls from the "medical establishment" saying where was he? I found the Budwig protocol, and we went with that and the other protocols that have shown good results. Completely raw food diet. The outcome? Ron's lymph nodes are almost back to normal, he's at his ideal weight, and is healthier with GLOWING skin! This is a man of 68, who used to have a weak immune system. He's buffed it up with alkaline eating, and the barley supplements along with other stuff. He practices the martial art of aikido, and can go for three hours without getting tired. It's amazing how much energy he has. I'm a believer!!! I only wish I had this information for my father, who died in 1998 of melanoma. He went with the traditional routes of surgery and radiation. It was bloody awful. Elin Pendleton - Elin Pendleton [elinart@mac.com]

**LUNG CANCER** - Saturday Aug 19, 2000 I had a call from Casper, WY, that was exciting. The caller told me that in March, 2000 he was diagnosed with a serious cancer in his right lung and told that he did not have more than 1 to 3 months to live. He was given chemo and couldn't stand it. He was put on hospice with morphine patches in case the pain got too great. He was 73 and had just about decided to go to the hospital and die. At this point a rancher friend who had gotten an audio tape on Flaxseed Oil at a conference heard about his situation and gave it to him. He told me he listened to the tape and fell in love with what he heard and immediately began to use 6 tablespoons of flaxseed oil and cottage cheese a day. He said it "kicked in" right away, though usually it does not work quite that quickly. He had an appointment with the Oncologist before long and the doctor took X rays. The caller said he came out of the lab soon with a puzzled look on his face and asked him what, if anything, he had been doing. He told the doctor he had been using flaxseed oil. The doctor said that the tumor he had in his right lung had not changed, but the tumor in his left lung, about which he had not told him, had completely disappeared without a trace. He gave the doctor a tape and told me that the doctor and nurses were making tapes and distributing them. The caller said he was feeling good, continuing on the flaxseed oil and getting along well and seemed quite excited; as I was to hear it. We are praising The Lord for His provision.
LYMPHOMA - Hi Jennifer, my name is Jim, im from Australia and i have been fighting non hodgkins Lymphoma since i was 17 yrs old, i am now 42. This is my 5th reoccurrence and until i started the Budwig diet nothing did any good in keeping this disease at bay. I have been through all the chemo and radiation and cobalt and surgery, scans, tests, tests, tests, etc, etc. My onco told me that as i got older that the cancer would show up in places that are more difficult to treat, he was right, this time the cancer is in my left leg, wrapped around like a snake but growing in amongst the muscles and tendons and nerves so surgery was not an option and there was no way i was having any more chemo, the last lot nearly killed me. About 2 or 3 months ago i could hardly walk, was in constant pain, and was basically house bound. I started the Budwig diet and within a few weeks the pain began to ease and the massive swelling began to go, at the moment i can walk without pain, i can play ball with my 10 yr old son!, can drive my car again and go where i please, nothing the doctors did gave me this freedom. Please stick to the diet jen, i cant believe the relief and freedom its given me, when i was on chemo i went from 10 stone [i don't know lbs] to 6 stone in just over a month, my dad had to carry me to the car when they let me home for a weekend, i truly believe that the Budwig plan will save my life and i am willing to wager my life on it. . . I hope things work out for you and your family Jen, All the best, J. A., OZ.

MALIGNANT MELANOMA - A Mrs. Harriett had a malignant melanoma cut out of her thigh. About one and a half years later she had lymph node metastasis at her left temple, which was treated with radiation. Four months after that she had lymph node metastases at her left neck which were also brought under control with radiation. Two months after that she had several skin metastases over her body. That is when she came to Dr. Budwig, evidently on her own. What follows are excerpts of a letter from the woman's doctor to Dr. Budwig: "A patient of mine, Mrs. Harriett, has recently been treated by you..." A detailed history with dates follows as outlined above without dates."...After your treatment, all lymph nodes and skin metastases were in remission. Also, all blood test indicators were normalized. I have never seen this happening with metastasised malignant melanoma. I would be extremely thankful if you could tell me which therapy you used. Since I have another patient with the same illness, I would be glad to send her to you so as to extend her life. On the other hand, I would naturally also gladly treat this patient here if you would instruct me of the method you used." Dr. Budwig's "Der Tod des Tumors - Band II" (The Death of the Tumor - Vol. II - Page 85)

PROSTATE CANCER - About six years ago a good friend of mine was found to have PCa with a PSA of 10. He was scared to death and had an RP. The count was 0.0 and he was happy. A few months later it began to rise and again reached 10. He began to use Flaxseed oil and cottage cheese at one tablespoon per day. The count went to 13. We talked about it together and he went to three tablespoons per day and the PSA began to drop. The last time I saw him a few months back he told me he had just had a PSA and the count was 0.0. He weighs about 220. In April 2000 he will be eighty.

PANCREATIC CANCER - I had no doubts about beginning on the flax oil/cottage cheese regimen, as my husband had a very large, and metastasized pancreatic cancer, in 1994. He took many things in the alternative field, but NOTHING IN the medical field, (unless you want to consider his 3 weeks of IV treatments of Laetrile) He also took flaxoil/cottage cheese 3 times a day. To his surgeon's astonishment, he was well in 5 months after surgery. The surgeon had told us that he would die and that he might live 3 to 6 months - 3 being most likely. He had gotten ill at the end of December, 1993 and was in and out of the Hospital until May 25, he had exploratory surgery and got the grim reports I reports above. But after we got home and got him on the juicing, he just began getting better. I was making fresh vegetable juice and giving him 12 ounces about every 2 hours. And we followed the diet scrupulously - no meat, absolutely no pork, no sugar, no processed foods of any kind, etc. etc. and he just kept getting better. Finally in November 1994, I wrote to the surgeon and ask him if he would schedule a CT scan for when we had an appointment on December 5, 1994. He did that and when he came to give us the report, he was just shaking his head. He said "I don't know what to tell you folks, but there is no cancer in there. I even had the
radiologist come back and study that with me and we can see nothing abnormal in there of any kind. " So with that kind of encouragement, I felt confident to do basically the same thing. Except that in the meantime, I have learned a lot more about flaxseed oil/cottage cheese and so I am going mostly all the way with that. I guess you could say I have put all my eggs in that one basket. I know this is a long message and I am sorry. I hope it helps your mother. My husband was 54 the year he got sick. He is still well and still with me today. Hope this helps, Nan Parsons

**STOMACH CANCER**  Wafaa Zayat - wafaaiswise@gmail.com

" Dear Dr. Jenkins I would like to take the opportunity and talk about my own experience with the Budwig Protocol. I was diagnosed with a T3 adenocarcinoma of the stomach. When I told my doctor that I had cancer, he thought that I am a lunatic. I went to another doctor who did the endoscopy and the echo endoscopy just find out that my cancer i very fast and very aggressive. The doctors decided a surgery which was radical subtotal gastrectomy and it was successfully done. During that time, which was over 8 months I searched the Internet for some help to cure the cancer no one believed I had, I came across the Budwig Protocol among other healthy diets. I did not receive any chemotherapy or any radiotherapy and started my own list of food that fight cancer and the Budwig diet as well. I followed the program for the first year completely an I am still doing part of it until now. I thank God, the Almighty for all his blessing. It’s been eleven years now and I am cancer free. I sincerely thank God and all the people who helped put this program in use. Wafaa

**STOMACH CANCER** - "I went to the hospital because I could not properly eat anymore. I was cut open and closed up again. They could not help me anymore because I had stomach and liver cancer... I immediately began with the Oil-Protein Diet. It was very agreeable and I felt better from day to day. Then I went for 5 weeks to the Black Forest to recuperate where I continued with the Oil-Protein Diet. It has worked well for me. Everything that I had before, restlessness, vomiting and loss of appetite is gone. I am happy that I once again am healthy; because without this diet I would not live anymore today." Dr. Budwig's "Der Tod des Tumors - Band II" (The Death of the Tumor - Vol. II page 18 - excerpts)

**TUMOR** - Magda W. tells her story in her own words: "I was told by the most expert doctors that I would have to be operated on to cut out the cancerous tumor that was causing a swelling under my eye. They explained that the size of the tumor was much greater inside and that there was very serious bone involvement. The malignancy was too far advanced to respond to radiation treatment. The doctors planned to remove considerable facial tissue and bone. I was afraid for my life, but being a young woman, couldn't bear the thought of such disfigurement. After just four months of treatment, the swelling under my left eye completely disappeared. The doctors at the Hospital gave me many exhausting tests. One told me. "If I didn't have your previous x-rays and medical history in front of me, I wouldn't believe that you have ever had cancer. There is hardly any indication of a tumor remaining" – see REFERENCES at the end of this report*

You can access many more testimonials of the success of the Budwig program by clicking on the following link [http://www.budwigcenter.com/testimonials.php](http://www.budwigcenter.com/testimonials.php)

If you have a certain type of cancer and your testimonial is not in our list contact us directly as new testimonials and reports are coming in weekly

**IS THERE A LINK BETWEEN CANDIDA AND CANCER?**

Candida can be dangerous if left untreated. We all have yeast in our bodies and actually the right about of friendly yeast is needed for proper digestion. However when yeast
begins to grow out of control it mutates into a fungus. When that happens it creates canditoxin.

Canditoxin, when injected into rats, causes unsettled behavior, paralysis of the limbs and ultimately death. The Candida and bacteria associated with it can get into the blood stream from where it may find its way to other parts of the body leading to sore joints, chest pain, sinus and prostate problems and worse. Candida covers the intestinal walls which interfere with digestion and food nutrients. This prevents the body from functioning normally and can lead to numerous health problems. Cancer is believed to be a form of Candida fungus, therefore we need to take Candida overgrowth seriously. At the BUDWIG CENTER we teach you how to treat Candida and Cancer simultaneously.

It is well known that a yeast cell produces over 75 known toxic substances that poison the human body. These toxins contaminate the tissues where it weakens the immune system, the glands, the kidneys, bladder, and lungs, liver and especially the brain and nervous system. It is now suspected that many prostate problems are triggered and exacerbated by excess of yeast in our bodies. A special anti-candida food plan and selected herbs in conjunction with the Budwig protocol will also eliminate Candida from the body.

SIMPLE HOME SALIVA TEST

Try this simple test to see if you have Candida. First thing in the morning, before you put ANYTHING in your mouth, get a clear glass, fill it with non chlorinated water. Next work up a generous amount of saliva and spit 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, you will see strings (like legs) traveling down into the water from the saliva floating on the top, or "cloudy" saliva will sink to the bottom of the glass, or cloudy specks will seem to be suspended in the water. If there are no strings and the saliva is still floating after at least one hour, you are probably Candida yeast free. If your saliva falls to the bottom of the glass you have advanced Candida overgrowth.

ENERGY TESTING AND THERAPIES AT THE BUDWIG CENTER

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

SCIO ENERGETIC FREQUENCY THERAPIES
Vibration between two objects can be seen in everyday life, from a tuning fork to a guitar string. The destructive capabilities of resonance have been widely demonstrated, for example when an opera singer hits a particular note and breaks a glass. In this instance the musical tone sets the glass in motion, and as the motion builds the glass shatters.

Built in therapies you could receive and learn about are: Bicom treatment, meridian balance, nutrition, allergy desensitization, colour therapy, detoxification, emotional growth, homoeopathic, NLP, cranial sacral therapy, iridology, electro acupuncture, brain wave adjustment, skin therapy, null field therapy, colour program, TENS, affirmations. (most treatments are performed in a matter of seconds).

The QXCI/SCIO system supports a database containing static tri-vector field information (voltage, current and resistance vectors) on over 9000 substances and patterns. The patient is attached to the unit through electrical conducting head wrist and ankle bands. During the fully automated bio-resonance assessment process the database information is compared with that of the clients changing tri-vector fields through evoked potential electro physical reactions.

The Budwig Center uses HLB (High-Resolution Blood) analysis as well as the SCIO testing.

What is HLB? Well, most laboratories will magnify a blood sample up to 1,200 times and then work with these results.

Budwig Center is one of the few clinics in the world with this blood test. However by using a HLB microscope we are able to magnify a fresh and a dry blood sample up to 20,000 times its normal size. Then we apply the ‘darkfield diagnostic method’ developed by Dr. Günther Enderlein of Germany. Darkfield diagnostics is a relatively new approach, which enables the health care professional to see what your body is lacking and the state of the illness. The darkfield blood test is usually done on the first day of your arrival at our clinic so we are able to determine which supplements are
best suited for you. Also it gives us a very complete analysis of your current state of
health and wellness. Would you like to see a picture of your blood and learn what it
means? You will have that possibility during the Wellness course! This test measure the
level of cancer from a scale of 1 – 10 and also indicates if there is any metastasis
(spreading to other parts of the body)

Perfect Blood Sample

Very Unhealthy Blood Sample

- NO pain!
- Magnification up to 20,000 times!
- Only 2 drops of blood needed
- Fresh blood and dry blood analysis

Perfect Dry Blood Sample

Free Radical Damage

High Resolution Magnification of your blood will reveal your state of health with 90%
diagnostic accuracy:

- Weak and/or disturbed immune system
- Early aging symptoms
- Cancer and other acute or chronic illnesses
- Free radical damage
- Heavy metal intoxication

ELECTROMAGNETIC /BLOOD ELECTRIFICATION THERAPY

SCIENCE NEWS - March 30 1991, pg 207

Shocking Treatment Proposed For AIDS - “Zapping the AIDS virus with low voltage
electric current can nearly eliminate its ability to infect human white blood cells cultured
in the laboratory, reports a research team at the Albert Einstein College of Medicine in
New York City. William D Lyman and his colleagues found that exposure to 50 to 100

www.BudwigCenter.com
microamperes of electricity - comparable to that produced by a cardiac pacemaker - reduced the infectivity of the AIDS virus (HIV) by 50 to 95 percent.

(What started out as an electro-medicine treatment for AIDS / HIV, however, it has turned out to be an excellent cancer treatment because of the way it builds the immune system and destroys microbes)

**Blood Electrification using Electromagnetism**

Reports and Institutional Review Board studies clearly support claims made by Dr Bob Beck that his blood electrification device (an electromagnetic apparatus) has caused ‘complete spontaneous remission’ in literally thousands of AIDS patients, cancer patients, and chronic fatigue sufferers among others. Dr Beck discovered the possibilities offered by blood electrification after reading a short article in 1991 in a journal called Science News, March 30, 1991 Page 207 http://www.educate-yourself.org/be/besciencenews.shtml

Their experiments, described March 14 [1991] in Washington D.C., at the First International Symposium on Combination Therapies, showed that the shocked viruses lost the ability to make an enzyme crucial to their reproduction, and could no longer cause the white cells to clump together - two key signs of virus infection.

**Effective Cancer Microbe and Tumour Destruction**

Two medical doctors, Dr. Kaali and Dr. Lyman, discovered, in 1990, that a small electric current could disable microbes from being able to multiply, thus rendering them harmless. It was, in fact, the greatest medical discovery in the history of medicine because virtually all diseases are caused by, or enhanced by, a microbe.

What started out as an electro medicine treatment for AIDS / HIV, however, it has turned out to be an excellent cancer treatment because of the way it builds the immune system.

Some even claim that “Their discovery was a cure for almost every disease known to mankind.”

**Tumour Destruction**

Many cancer patients become more and more impatient as they adhere religiously to a strict anti-cancer protocol for months on end, only to see their tumours remain the same size or worse yet even grow in size. As already mentioned cancer cells form a hard shell that is hard to penetrate, interfering with the ability of the immune system to destroy them. To dissolve tumours you need a very potent approach. Electromagnetism in conjunction with selected herbs and supplements offers a powerful anti tumour protocol.

Electromagnetism disables the microbes in the cells. The electric current destroys a key enzyme on the surface of a microbe (this is what Kaali and Lyman discovered), and prevents the microbe from multiplying. The body safely excretes the disabled (i.e. attenuated) microbes because they are not able to "hang on" to any cells.
Additional products and therapies are needed to cleanse and detoxify the body to rid them of the cells that the Electromagnetism disables.

Specific enzymes in high doses weaken the fibrin coating around cancer cells and simultaneously boost the immune system to destroy weakened cancer cells.

Selected herbs, such as red clover tops and burdock root are also very effective helping to dissolving tumours. (Available with the Budwig clinical or Home program) Tumour destruction is speeded up with the combination of Electromagnetism and these selected herbs and enzymes. Many who use this Electromagnetic unit also feel a surge of energy and well being.

COMMENTS and TESTIMONIALS

“I just got my super Electro Magnetic device yesterday and have pulsed 3-5 minute sessions yesterday and 1-10 minutes session this morning.... The company suggests not pulsing more than 5 minutes as there is a great amount of heat generated in the paddle and he wasn’t kidding....it does get very warm but not to where it would burn you or anything.... I pulsed for 10 minutes this morning (9000 pulses) ..... I have 2 work related injury’s (back pain and neck pain) as of now my neck pain/stiffness is completely gone!.... My back feels great also,...not 100% but more than acupuncture, chiro, massage has ever done in 8 months of therapy... I can’t really describe the feeling I feel after pulsing but it’s like I want to get up and go running or go to the gym and workout for 5 hours... I now know what they mean when they say it “recharges your batteries” I feel like it was a great investment...C.Z - USA

Alice writes: “Since I have been the recipient of the Electro Magnetic benefits I decided to share my experience. As stated in my doctor’s report I was diagnosed with Metastatic Melanoma and given 6-12 months to live over three years ago. My journey since then has followed the traditional path of the disease with the exception of the use of alternative medicine.

Here is my story: Blood turned up in my stool, a second tumor appeared on my right shoulder and the swelling in the general area increased dramatically.

Sharp pain in my arm and fever across my chest brought me to my knees on occasion. Use of my arm became extremely limited and it appeared as though the doctor’s deadly prognoses was now rapidly on the move. It was at this dangerous, low point, that I began using the . Slowly, the tumors began to diminish, the feelings, (I believe you can feel cancer) though still there came and went more often. I do a considerable amount of deep breathing to disperse oxygen into my body. I remember the date distinctly since we were celebrating what I thought could be my last birthday on July 28, 2007. Since then the (electromagnetic) pulser, (glory to God!) has continued to erase the problem. In my opinion, it's benefits based on my personal experience can be summed up as working in 3 stages:

1. It curtailed the aggressive nature of the disease

2. Tumors diminished, pain ceased, other evidences and effects of the cancer were eliminated
3. Daily, frequent use has continued to help me maintain the status quo of good health. Clearly, for me the Electromagnetic unit has (by the will of God) saved me from premature death. My health is terrific, I swim daily, and enjoy long walks. We just returned from Africa and I have a good deal of stamina for a woman of 66. Warmest wishes for good health, Alice

**Malignant Cancer – 6 months to live**

My Dad had a melanoma removed from his back 2 years ago and was told nothing, but his family was told it would kill him. Last Jan /02 Two lymph nodes were removed under left armpit, size of hen eggs. **Malignant cancers.** Given six months to live, 88 years old -no treatment offered due to age. Used the ELECTRO MAG for 4 months, blood tests last week failed to show any trace of cancer. Very pleased as you can understand.

**Stomach Cancer Stage 4**

We are treating stage 4 stomach cancer, and an aggressive one at that. **She has not been able to eat solids for at least one month, not been able to walk unassisted for 4 weeks.** On first day used Magnetic Super Pulser 6 times for 5 minutes each, next day 7 times and the third day 8 times. She is passing very foul stuff in bowl movements. **She walked unassisted** to the toilet on the third day. Rolf.

[Please note that we have not verified these testimonials and are placed here as educational information only...we are not making any medical claims]

**There are several more heart-warming testimonials we can send you upon request**

![Image]

- Helps Dissolve Tumours
- Destroys Cancer Causing Microbes
- Increases Your Energy
- Effective Pain Management
- Accelerates Healing of bones and tendons

The earth is a huge magnet, but experts claim that the earth's magnetic shield has declined by 50 percent over the last 100,000 years, and in only the last 100 years it has declined a full 5 percent. Some experts say the Earth has lost up to 90% or its original magnetism and that life on earth will become impossible if this decline continues much further. Dr. Nakagawa, the Director of Tokyo’s Isuzu Hospital, verified that this "Magnetic field deficiency Syndrome" interferes with normal body functions. Japan’s equivalent of the food and drug administration has approved magnets in the treatment of injuries and magnets have long been used for a variety of applications there, as well as in the majority of countries.

Magnetic field generators have been installed in all manned spaceships after finding that bone marrow and cell production decline sharply and eventually cease, and the immune system is
quickly and severely depressed without the normal magnetic field. So you can see why the experts place so much importance on magnetism.

Could it be that by simply supplementing the earth’s natural energy field, many discomforts and health concerns could vanish by using magnets to approximate what the earth’s geometric field used to be? Well experiments in the laboratory have started to indicate a longevity factor in mice who are daily exposed to a stronger magnetic field.

Magnet therapy is now being studied and used as a treatment for severe depression. This treatment, called Transcranial Magnetic Stimulation (TMS) consists of electro magnets applied to the left, front part of the head for about 5 minutes, inducing an electric current that stimulates mood enhancing neurotransmitters in the brain painlessly.

**When Fighting Cancer Destroying the Microbes is an Intelligent Approach**

*Consider this analogy:* Suppose there was a large pond that was filled with all sorts of algae, and other single cell plants, plus microbes and slime. In fact, there are so many algae, etc. that the fish in this pond are very sick, plus they cannot see each other and rarely are able to reproduce.

What shall we do to save the fish? We could design new fish food for the fish. After much research we could design foods that might allow them to live longer. Or perhaps we could figure out some way to do surgery on the fish that may extend their lives.

Obviously, the best solution would be to get rid of the algae, slime, microbes, etc. Once the fish were living in pure and clean water, they would return to health.

In this example, the fish represent our immune system. The algae, microbes, slime, etc. represent the microbes in our body. The best solution to fixing our immune system might not be pills, but getting rid of the microbes in our body. That is exactly what this protocol does!

Therefore removing every type of microbe from the body of a person is a potent way to restore the immune system of that person. Continuous electromagnetic therapies in conjunction with immune boosting foods and supplements simply overwhelm the diseased cancer cells, causing *apoptosis* (death) and then with our detoxification protocol they are expelled from the body along with other harmful toxins.

It has been known for many decades that the immune system communicates with electrical signals. It is as if each white blood cell has a radio transmitter and receiver. However, microbes also are electrical in nature and it is possible that it is the electrical nature of microbes that interfere with the abilities of the immune system to communicate with itself.

**How to Dissolve Tumours – Naturally**

1. *Daily Electro Magnetic Pulsing* sessions for 5 minutes each up to 8 x day

2. *High Daily doses of Enzymes* (especially pancreatic and bromelin)
3. **Sodium Bicarbonate/DMSO cream** *(available from Budwig Center)*

4. **TumorControl** - A simple odorless, tasteless simple chemical compound that when tested on laboratory mice that had been injected with human cancer cells the tumors were debunked and shrank by approximately 70% in just 3 weeks with no side effects. (needs to be given under the direction of a Health Care Professional)

**HOW DOES TUMORCONTROL WORK?**

This compound works on the same basis as TRICAN, however the results are faster. To avoid some possible ill side effects we use it along with TRICAN and then a lower dosage can be used. All our cells in the body have a specific “life cycle” and when that time arrives they “self destruct” and are replaced by new healthy cells. However this programmed “life cycle” of each cell is somehow deactivated in cancer cells when they are damaged due to such things as very weak immune system, high level of toxins (parasites, microbes) improper diet, prolonged stress, negative emotional trauma, etc.

Once this happens these diseased cancer cells actually obtain a sort of “immortality” which is scary to say the least. That is why cancer is a very difficult disease and requires a comprehensive ‘plan of attack’ to win this battle

Fortunately Scientist have discovered TUMORCONTROL which turns on the “programmed life cycle” once again of the cancer cell, inducing apoptosis (death to the cell) so that they can like normal cells live their “life cycle” and then self destruct.

**NOTE:** TUMORCONTROL has few side effects when used properly with supporting supplements. It is potent and should only be consumed under the guidance of a Health Care Professional. It must always be taken in conjunction with Thiamine. Before taking TUMORCONTROL be sure to obtain all the basic instructions

**TESTIMONIALS – TUMORCONTROL (TC)**

Email, 17 April 2010  "Hello Jim...................Unbelievable news! After taking a 4 month break from TumorControl (TC, )*** decided it might be wise to take another 2 month round of TC before the last MRI. After being told there was nothing they could do for him about three and half years ago, he is now cancer free! Apparently the tumor has died and is no longer active. The MRI report states that there is "No evidence of tumor locally", so it appears the large tumor in ***’s head is gone or has died. Thank you for your efforts and help!"

Email 8 April 2010  - Hi. .... In the latter case I met the lady while she was undergoing chemo therapy and she and her daughter who has her medical power of attorney agreed to have her try TC. Well despite the fact that she was unable to quit smoking, her lung cancer is remission thanks very much to TC. Her doctors are aware she has been taking TC have little else to attribute her existence other than the TC. This lady also is a brittle diabetic yet somehow has managed to put her cancer in remission......
Email, 30 March 2010 - I would also like to tell you one of my secondary prostate cancer patients PSA is not now measurable, pretty amazing!!

Email, 16 March 2010 - The good news is that, after only ONE DAY on TC, the numbness and tingling (which has been steadily increasing in strength in the hand and arm of the side with the extremely cancerous breast) is at least 70% better. I keep thinking I might be kidding myself about this, but I keep feeling my fingers and for the first time in over a month they actually feel normal. Also the horrible gastritis which has been plaguing my guts for about three months seems to have done about 30-40% healing. And this is just two days now. Can this really be?

Email, 11 January 2010 (follow-up to this Pseudomyxoma email) - Hi Mr. Tassano. Just wanted to update you and let you know that my dad’s latest scan again shows no more tumor growth. It had enlarged prior to TC use but since he’s been on it the tumor has not gotten bigger according to the two scans over the past nine months. Doctor says he’s NEVER seen a cancer that slow moving. ;) ...

Email, 14 December 2009 - Hi Jim, ... I started TC in February with a PSA Doubling Time of less than six weeks. The following chart shows my PSADT since then. TC certainly affected my DT which was wonderful seeing as I am considered as now having Androgen Independent PC by Dr. ****.

Email, 15 September 2009 - Hello Jim! It's been about 6 months since our last update, and I wanted to let you know how .................has been doing. The large tumor in his head continues to shrink and has become inactive, or dormant. This is really amazing considering that he was only given 6 months to live in early 2007. TC & MMS are the only therapies we have used since last chemo in mid-2007 Thank you!

Email 6 September 2009 "After 11 chemo treatments after major tumor removal for stage 4 colon cancer my cancer markers stayed at or around 4.2. After taking TC every other day for 2 wks. it dropped to 2.1."

Email 16 June 2009 - " My Mom was DX with GBM in Feb 08. We started TC that May along with the standard treatment. She’s continued TC until now-- a small dose daily-- and she’s doing wonderfully! Just returned to work and excited to be expecting her first grandchild. I’m sure the conventional treatment along with TC killed the beast-- and hopefully it will continue to do that! Thanks for all of your help!

Email 14 June 2009 - " I take between 550 and 600 mg of TC daily Mon-Fri. I also take 2000 mg of green tea extract and 500 mg of Benfotiamine and 600 mg of R-Lipoic Acid daily. I have prostate cancer and have been on the TC protocol for about 16 weeks. I also take many other supplements including prostasol. I am having great results (my PSA has come down from 27 to 0.08). "

Email, 11 May 2009 - [I used] TC for a cat with a grape-sized tumor growing on the outside of its face next to its nostrils. It was considered inoperable as what was inside was extensive. The cat was give an appropriate amount in its drinking water. The tumor first developed a bloody crack. Within 4 or 5 months the tumor completely disappeared, leaving no visible trace. The cat never appeared to be ill during the entire process and is alive and well today.

Chat room post, 10 May 2009. - Mantle Cell Lymphoma - Began TC March 31, 2009. May 2009 - lymph nodes on left jaw reduced 50% by sight and touch. In March I was contemplating visiting my mother who does not know I have cancer. (I could not bring myself to tell her since she cannot do anything except be worried and upset.) I told my wife that we will have to tell my mom because the protuberance on my jaw is too apparent for her not to see. Today my wife and I think that we can avoid the confession since the lump is reduced enough that my mother will not notice it. The
other swollen nodes on my neck remain stable with no increase or reduction in size. Make of it what you will. I am hopeful.

email, 27 April 2009 - Thought I'd let you know NO CANCER. Looks like the TC works thanks. PL. From an earlier email: "I have colon cancer. It has infected (2) two lymph nodes and could metastasize to my liver or lungs. I heard about TC. I have nothing to lose why not try it. Thanks PL.

Contact; BudwigCenter@gmail.com for a comprehensive list of testimonials and reports on TC

The Theory of the Electromagnetism and Cancer

The human body generates an electromagnetic field, and this field can be detected with certain electromagnetic field meters. www.embslinstitute.org

What the Electromagnetic device does is disable from multiplying, every microbe in your body.

When a microbe that is in the bloodstream is disabled, the body will remove it. For many diseases that is all that is required for a cure. For cancer, it is a little more complicated than that. There are many things that can start the chain reaction that leads to cancer, but no matter what starts the chain reaction, the final step in the process is that a microbe gets inside a normal cell, thus breaking the Krebs Cycle and Electron Transport Chain (ETC). This makes the once normal cell anaerobic, and an anaerobic cell is defined to be cancerous.

North Pole Magnetism For Healing

Supplementing the body with Negative field energy has been shown to restore magnetic balance and encourage healing. You're body simply cannot function properly or do all it is capable of when it is Negative field deficient. Vitamins and food supplements are great, but they can provide much better results when your body is in proper magnetic balance. It is the NEGATIVE magnetic field that calms and normalizes metabolic function and what is used and recommended by our therapists at the Budwig Center. CAUTION: Bi-polar magnets (no separation of polarity) have been shown to over-stimulate causing accelerated cancer and micro-organism growth within the body. We don't sell any bipolar, bi-pole or quadra-pole products and don't recommend their use for magnetic therapy applications. Dr Philpott an expert in magnetism states that "A mixed positive and negative magnetic field serves no useful purpose".

Therapeutic magnets are classified by the FDA as "not essentially harmful". Immune deficiency syndromes, such as chronic fatigue and fibromyalgia, were first identified as magnetic field deficiency syndromes. Russians successfully used magnetic therapy during and after World War II, specifically to treat pain from amputation, and magnets have since been approved in countries throughout the world as a treatment for a wide variety of conditions that affect our health and well being.
Magnets are thought to modulate the pain receptors and/or reduce the neuron activity which causes pain, improves circulation and blood oxygen, alkalinizes body fluids, decreases toxin buildup in blood vessel walls (such as cholesterol plaque) relaxes blood vessels and muscles through increased cellular calcium and stimulates endorphins which naturally elevate our mood and kill pain.

Benefits of Electro Magnetic Therapy

- Magnets are thought to modulate the pain receptors and/or reduce the neuron activity which causes **pain**
- Helps to **dissolve tumours** (place device directly over the tumour area for 5 min per session)
- Improves **circulation and blood oxygen**
- Noticeable **increase in energy** after each magnetic session
- reduce **swelling and fluid retention**
- Alkalinizes **body fluids**
- **Decreases toxin buildup** in blood vessel walls (such as cholesterol plaque)
- **Relaxes** blood vessels and muscles through increased cellular calcium
- Stimulates endorphins which naturally **elevate our mood and kill pain**.

How to Use the Electro Magnetic Unit:

1. Because this device is a portable magnetic device it can safely be pointed at any part of your body, with a few exceptions (e.g. testicles or eyes, if you have had eye surgery).

2. First, are the **lymph nodes and organs**. The organs, especially the stomach, should also be pulsed.

3. Second, are any areas of the body where there is **inflammation, swelling or congestion**. This is a very good anti-inflammatory device; and for a cancer patient, there are likely to be a lot of microbes and/or cancer cells in those kinds of areas.

4. Third, are **any areas of known cancer cells and tumors**, and especially areas where there are dense concentrations of cancer cells.

5. Fourth, the liver. The **liver** is the organ in the body most responsible for getting toxins out of the body. Many cancer patients die because their liver is overburdened. One thing a person should do who is on a **strong cancer treatment or this treatment is point the magnetic pulser directly at their liver for a few minutes every day**. This should be done to stimulate and protect the liver.

Magnetism Therapy Speeds Healing

Pulsed electromagnetic fields are used in hospitals and treatment centers to improve the healing of fractures that have failed to heal properly after several weeks. And Aetna reports that carpal
tunnel syndrome, diabetic foot pain, fibromyalgia, multiple sclerosis, osteoarthritis, rheumatoid arthritis and tinnitus as well as all kinds of pain show promising improvement with magnetic therapy. Christiane Northrup M.D., in her book The Wisdom of Menopause details an electromagnetic stimulation therapy for patients with urinary incontinence (including both stress and urge incontinence) that incorporates a magnetic coil which emits electromagnetic pulses, to a seated individual, that induces contractions of the pelvic floor muscles.

**Magnetism helps Alkalize the Body**

A negatively charged field is said to encourage a more alkaline condition which can increase oxygen uptake, reduce swelling and fluid retention and relieve pain. A negative field discourages growth which allows it to act as an anti-viral, anti-fungal and anti-bacterial agent. When magnets help balance the blood pH, the body becomes an unfavorable environment for disease, which promotes healing. Magnetic therapy has been found to break down scar tissue and to detoxify the body which accelerates any kind of healing. Magnets encourage the migration of calcium, which helps heal bones, but at the same time, can help eliminate excess calcium from the joints and other parts of the body.

**Magnetic Therapies Used In Mayo Clinic**

The Mayo Clinic has published research that indicates that tiny nano-bacteria, no larger than a virus, inhabit these calcium 'reefs' that can form in any organ, artery or vein, as well as the joints. These nanobacteria, and their hard protective calcium shells contribute to a wide variety of health issues, from "hardening" of the arteries, arthritis to cataracts and hearing loss ("hard" of hearing). In fact they may be a factor in almost all chronic disease conditions.

**NATURAL PAIN RELIEF**

**PAIN CONTROL with Electronic Frequencies - Used by Professionals**

“Suffering from breast cancer and recent surgery, I was in a lot of pain. I did not want to rely on painkillers, so I tried every type of pain control system I could, herbal, homeopathic and magnetic but my pain persisted. When the therapist at Budwig Center connected me to the Professional PAIN CONTROL device and adjusted the frequencies, I finally felt a release from my terrible pain”. Ann Lee - Malaysia

Our PAIN CONTROL device is manufactured by the UK's leading TeNS company. There are many TENS models on the market probably a third of the price of this professional model, but nothing compares to the effectiveness of this professional model which has a 98% success record!

This is the model that professional physiotherapist use

Cancer pain is often a more difficult type of pain to control. This model offers the best all round pain management and treatment we have seen. This unit has a 98% success record with our customers. The physiotherapist’s choice, offers deep and powerful pain relief with long term therapeutic benefits.
New improved model - now runs from mains via AC adapter or 4 x AA batteries!

Press a button to turn it on. Adjust the intensity and enjoy the benefits. It even remembers the last programme you used and will always turn back on again at that same programme. Very neat design and you can lock the control system to avoid accidental adjustment.

**DANGERS OF PAINKILLERS**

Cancer patients can often have severe pain. At times it can become unbearable. However before reaching for pharmaceutical pain killers consider PAIN CONTROL using a TENS device. Paracetamol is an effective painkiller but it taxes the liver. The combination of alcohol and paracetamol is extremely dangerous. Wikipedia cites a death from only 12 tablets (6g) and the British Medical Journal report a death of an otherwise healthy 16 year old girl having taken 20 (10g). There are clear indications of liver dysfunction after 8 tablets (4g) in most people.

Combining pain meds with other drugs or alcohol is a deadly cocktail which takes thousands of lives every year. Codeine-based painkillers are addictive - and hard to get off. You can become addicted after only a week of continual use. Non-steroidal anti-inflammatory drugs (NSAIDs), which includes aspirin and ibuprofen, damage the gut and too many for too long can lead to internal bleeding. [http://www.patrickholford.com/index.php/blog/blogarticle/536/](http://www.patrickholford.com/index.php/blog/blogarticle/536/)

BUDWIG CENTER includes a PAIN CONTROL TENS device with their HOME and CLINIC program for those who have pain issues.

**EASY TO USE**

It’s therapeutic effects of increasing blood flow and reducing inflammation / swelling around the treatment area make it particularly effective for a much wider range of conditions.

Whilst it delivers many times the power of a standard TeNS the sensation is extremely gentle.

Can now be run from a mains supply (110 - 240 volt) or from 4 x AA batteries (rechargeable or standard alkaline) and it now has a memory to store & recall your favourite programme setting. It can be operated in either 4 pole (4 pad) or 2 pole (2 pad) treatment modes. In 4 pole mode, two sine waves are simultaneously delivered via two separate pairs of electrodes to interact externally. In 2 pole mode two sine waves are superimposed inside the device to form a new amplitude - modulated waveform.

Has 6 adjustable programmes, variable output in 15 steps plus timer function. Selectable (Beat) frequencies 2 - 160Hz (full TeNS range) Clear LED display, Treatment Timer (normal treatment 20 - 30 mins), Usage Timer (recall from memory) and Comprehensive, easy to follow instructions along with a Substantial Carry Case and a 2 year manufacturers warranty.

**EMOTIONAL HEALING**

German doctor Ryke Geerd HAMER, in the habilitation script he presented at [Germany’s] Tübingen University in October 1981, Dr. HAMER summarized his research with this statement: "I searched for cancer in the cell and I have found it in the form of a wrong coding in the brain."
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

Medical doctor and cancer surgeon Ryke Geerd Hamer has examined 20,000 cancer patients with all types of cancer. Dr. Hamer has come up with some revolutionary information. X-rays taken of the brain by Dr. Hamer showed in all cases a "dark shadow" somewhere in the brain. These dark spots would be in exactly the same place in the brain for the same types of cancer. There was also a 100% correlation between the dark spot in the brain, the location of the cancer and the specific type of unresolved conflict.

On the basis of these findings, Dr. Hamer suggests that when we are in a stressful conflict that is not resolved, the emotional reflex centre in the brain which corresponds to the experienced emotion (e.g., anger, frustration or grief), will slowly break down. Each of these emotion centres are connected to a specific organ. When a centre breaks down, it will start sending wrong information to the organ it controls, resulting in the formation of deformed cells in the tissues: cancer cells.

Dr. Hamer started including psychotherapy as an important part of the healing process and found that when the specific conflict was resolved, the cancer immediately stopped growing at a cellular level. The dark spot in the brain started to disappear. X-rays of the brain now showed a healing edema around the damaged emotional centre as the brain tissue began to repair the afflicted point. There was once again normal communication between brain and body. A similar healing edema could also be seen around the now inactive cancer tissue. Eventually, the cancer would become encapsulated, discharged or dealt with by the natural action of the body. Diseased tissue would disappear and normal tissue would then again appear.

Nearly every doctor will confirm that anxiety and stress are the primary reasons why most people get sick. That is why we have epidemic numbers of people who have serious health problems. Watch this short YouTube presentation on EFT at www.emofree.com

What about the feelings in our bodies which seem to connect with our words and images? How is it that we continue to make the same mistakes and tell ourselves what others have told us? If the saying that ‘You can if you think you can’ is true. Why is it that we find we really cannot? There must be some fundamental truth we are missing, a puzzle piece that has somehow been mislaid. We physically walk today because we learnt to walk before we can remember. When we dress we have no need to think about which leg to put into our trousers first or which shoe to put on first.
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 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?

With few exceptions the routine of our life is more or less identical and unconsciously competent and automatic. There are relatively few responses which no longer serve us well. Are all of our physical, emotional, spiritual, professional, social and financial responses similar to this? When you are traumatized from experiences in life such as accidents, illness, operations, emotional upsets, disappointments, surgery, chemical overloads and many other life situations, the resulting energetic shock from the trauma can block or interrupt the flow of information to and from some of the neurotransmitters that tell the brain how to regulate the chemistry of your body. The result of trauma is a body and mind out of balance.

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.

Many clinics today concentrate on the physical body only. Our immune system is often challenged and weakened by upsetting emotional trauma. “Everyone recognizes that stress plays a major role in nearly every disease. Even the conservative government public health agency CDC (Center for Disease Control) states that 85% of all diseases have an emotional element” says Dr. Mercola.

We have found that almost everyone that comes to our clinic with a chronic illness has had some serious negative emotional trauma in the past.

Every cancer patient has emotional issues that need to be dealt with, even though many patients will continually indicate that “they are just fine” in order to not trouble the family or a loved one. Past emotional hurts, anger, jealousy, conflict, trauma, etc. must be dealt with. Budwig 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. How it works is you sit in the specially designed magnetic chair for ten minutes with headphones on listening 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 chair rests on a platform of magnets and has two transducers connected to the base and the back and these transducers send you the balancing frequencies that your need. This is a permanent fix not temporary like most therapies.

We combine the Emotional ReMapping with EFT (Emotional Freedom Technique) sessions along with the frequencies from the BODY MASTER and Bach Flowers for incredibly effective results.

The synergistic combination of EFT, colored lights, sound, magnetism and vibration 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 three days.

The Original Bach Flower Remedies®
BUDWIG CENTER is also trained in the use of 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. 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.

The Bach Flower Remedies® are 100% safe and natural and work in conjunction with herbs, homeopathy and medications. They are safe for everyone, including children, pregnant women, pets, elderly and even plants.

Mental and emotional factors have been tied to cancer in several important ways. Like heart disease, cancer correlates positively with stress. Siegel cites two studies. In the 1970s, a study of mice bred to develop breast cancer, the cancer rate varied from 92 percent, for mice that were subject to stress, to 7 percent, for those that were not. In another experiment, in which rats injected with tumor cells and then given electric shock, 73 percent of the rats that could not escape the shock developed cancer. Of those that could, only 37 percent developed the disease, doing slightly better than the rats that received no shocks at all.

TAKE THE CANCER PERSONALITY TEST

There are five (5) negative emotional contributing factors that weaken the immune system, thus making a person more vulnerable to cancer and other illnesses. Have you had any of the following over an extended period of time in your life?

(1) Loss / Grief (relationship, status, etc.)

(2) Unfulfilled passion

(3) Unworthiness

(4) Avoidance of conflict

(5) Tension in parental relationship

Loss / Grief - This could be a great shock when one loses a spouse, child, friend, ... Grief of course is a normal process and is part of everyone's life. However, many fall prey to this destructive emotion only to realize years later how vulnerable they are and how easy it is to cross that line of no return. Loss of status, financial or otherwise could be just as devastating as a loss of a relationship.

Unfulfilled Passion - In his work as a psychologist in a New York City cancer hospital for over 30 years, Dr. Lawrence LeShan observed a common thread amongst cancer patients. The common thread was unfulfilled passion that had been suppressed for many years. For example, a child who wanted to learn the piano, but couldn't because either their parents could not afford those piano
lessons, or other priorities took precedence over theirs. This pattern of suppression would repeat itself over their lifetime. Oddly enough, studying piano later in life, or fulfilling a previously unfulfilled passion has an amazing curative effect.

**Unworthiness** - The personality predisposed to cancer is usually what I would call 'nice', a 'kind soul', or 'other-centered' someone who would put the needs of others before their own.

**Avoidance of Conflict** - These people avoid conflict and are unable to express hostility in their own defense. These people prefer order and avoid arguments, as arguments are unpredictable. Order to them means control, whereas arguments or expressions of hostility means loss of control. Many times I would walk into someone's house and move a small object on the table, and I could feel it and even see in their eyes that this makes them very uncomfortable. They are very tidy people, they are always striving for perfection; their dinner parties have to be perfect, their decor elegant, and their dress immaculate.

**Tension in parental relationship** – If you had loving parents that praised you and cared for you emotionally this is a treasure that you have been given. Your self-worth, self-confidence and emotional stability will have been established during those formative years. Did you parents often hug you, tell you how well you did when you completed a task, held you on their knee as they read you stories? These are simple things a parent can do but worth their weight in gold to a child. Parents who rarely if ever did these things will often result in children who grow up with feelings of unworthiness and self-dislike.

They are achievers with a tendency to **overdo and overwork**. It is hard for them to relax, and instead they do things to exhaustion and crash. Many of these individuals come from a parental relationship where, in order to get affection as a child they must achieve ie: please the parent; thus they become the best in their class, orderly, submissive. This behavior in turn creates friction, since from an early age their desires are suppressed even though most of them have a very passionate nature that is unfulfilled.

Most Carcinogenic personality profiles are very punctual.. Being late creates a lot of anticipatory anxiety in them and brings forth the possibility of losing control.

**How did you rate?**

---

**CHI – KINETIC MACHINE...**

Kinetic energy is transferred through the body via movement of the ankles, replicating ancient pulsing techniques; the sacrum is gently rocked as a wave movement oscillates to the cervical area releasing gravitational pressure and daily stresses that are placed on the body. The Chi is used successfully in Australian Hospitals to treat **Lymph oedema** and an array of testimonies recommends the Chi for alleviating the effects of painful ailments.
The Chi can be used to **relax muscles** prior to treatments and is fantastic in aiding **sciatic release** and **restoring the body's equilibrium**.

The Chi’s non-impact, no effort, chi stimulating exercise routine must be experienced!

The Zen Chi's rhythmic motion produces a movement through the body. The motion replicates an exercise movement and a great sensation of tingling can be felt through the whole body when a session stops.

*Chi Machine should not exceed the speed of 100 if you have any type of cancer*

**Not recommended if you have advanced osteoporosis**

**RID THE BODY OF EXCESSIVE TOXINS, PARASITES AND PATHOGENS**

**Budwig Center** uses the popular **Ionic foot spa system** that helps to relax and detoxify your body through the 2,000 pores on the bottom of each foot. A course of relaxing 30 minute Detox Foot Spa sessions leaves you feeling fresh and revitalized. Placing your feet in the warm, salty, ionised water activates an electronic array. This sends energizing electrical signals up through the lymphatic system to stimulate the detoxification process. The water in the Detox Foot Spa becomes an extension of your body. Then you sit back and relax for 30 minutes. We will have you drink at least 500ml (a pint) of pure water during the treatment. The water will change color during the treatment - most of this comes from the array.

<table>
<thead>
<tr>
<th>Color</th>
<th>Material Or Area Of The Body Being Detoxified</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black</td>
<td>detoxification of the liver</td>
</tr>
<tr>
<td>Black Flecks</td>
<td>Also from the liver, generally tobacco residue and/or cellular debris</td>
</tr>
<tr>
<td>Brown</td>
<td>Detoxifying from liver, cellular debris, tobacco</td>
</tr>
<tr>
<td>Dark Green</td>
<td>Gall bladder detoxification for increased bladder health and control</td>
</tr>
<tr>
<td>Orange</td>
<td>Joint detoxification for increased mobility and natural lubrication</td>
</tr>
</tbody>
</table>
Red Flecks | Blood clot material being extracted
--- | ---
White particles (clumpy) | Yeast buildup from the body
White Foam | Detoxification of lymphatic system
Yellow-Green | Removed buildup from the kidneys, bladder, urinary tract and female/prostate area

**SUNSHINE INDOORS – FIR CERAMIC RAYS**

On a cloudy day you can benefit from FIR CERAMIC RAYS. The normal human body temperature is 98.6 degrees with most of our body heat being radiated away from our bodies at an 8-10 micron wavelength. The Hot House directs an 8-10 micron wavelength back towards our body, therefore matching the radiant energy leaving our body.

This makes it best for our body's overall comfort. This offers direct heat on a specific area where cancer activity is present. It is best to be used directly on bare skin. A light cotton sheet could be put over the DOME and over the body area to create more heat and/or for privacy

**DOME FIR CERAMIC RAYS**

- They are a specific wavelength of light from the sun.
- They are the safest and most beneficial rays from the sun.
- They are part of the electromagnetic spectrum just below red light rays.
- They are not visible to the human eye, yet they can be seen with special cameras.

They are perceived as a gentle, comfortable type of radiant heat. Some research by NASA indicates that within the broad infrared spectrum the rays in the 8-14 Micron range are the Far Infrared (FIR) rays from the sun that safely reach the earth's service. The most effective in penetrating the human body and the most beneficial to the human body are in the 8-10 Micron Range. Due to this comfort and FIR’s ability to penetrate deep into our body and elevate the body's surface temperature, it locally increases circulation and reduces pain, which allows you to feel better.

The warming effect of FIR stimulates your metabolism and blood circulation. It also promotes the elimination of such things as poisonous carcinogenic heavy metals, toxic substances from food processing, lactic acid, free fatty acids, and subcutaneous fat associated with aging and fatigue, excess sodium associated with hypertension and uric acid (which causes pain). When these sebaceous glands are activated, you can eliminate through your skin and not your kidneys.

**HYPERTHERMIA and DETOXIFICATION**
**Using Fever Therapy to Treat Cancer**

We are surprised at how many people come to the BUDWIG CENTER and when we ask them if they sweat easily or often have a fever when they get sick most cancer patients say: "I cannot remember that I ever had fever."

This needs to be corrected as sweating and fever are Nature’s way of riding the boy of poisonous toxins.

In researching the benefits of hyperthermia/fever therapy, we came across the work of Dr. William B. Coley. He was not your ordinary doctor, but more of a ‘Sherlock Holmes’ of cancer.

In 1891, he began treating patients with a germ called Streptococcus pyogenes to induce a fever. His first patient developed a raging fever, and then the "miracle" occurred: the tumors of his tonsils and neck completely disappeared, and only a scar remained. This man, who could only swallow liquids and whisper when Coley started the treatment, made a complete recovery. (Ten years later he was still free of cancer.)

Over the years Coley published dozens of articles in the best medical journals. These recorded his success (and sometimes his failure) in applying the mixed bacterial vaccine to people with advanced cancer. In sarcomas, he claimed 41 percent complete cures. In other kinds of cancer there were many astounding remissions.

> Dr. Budwig writes in her book "Der Tod des Tumors (Bd. 2)" [The Death of the Tumor, Vol. 2] on page 143 on the subject of self-help and treatments she endorsed: "What other therapeutic measures are advisable, permitted, recommended? I always reply: Everyone should do what they can: cold water treatments*, hyperthermia**, homeopathy, phytotherapy (herbs)***, even psychotherapy, or sometimes even surgical intervention depending on the situation.

Whole-body and localized hyperthermia in conjunction with other anti-cancer therapies has been accepted as a proven natural cancer therapy. Millions of weak cancer cells are weakened even further by controlled high temperatures and when they self-destruct are naturally expelled from the body. However just heat therapy on its own is not enough. Studies show that its more effective when used in conjunction with other therapies. Budwig center teaches the practice of hyperthermia as an adjunct to other cancer treatments.

The principle of fever therapy is that cancer cells react more sensitively to the effects of excessive heat than normal cells. Also, tumours have an impaired ability to adapt their blood circulation to the effects of high temperatures and thus hyperthermia can cause a reduction of blood flow to a tumour. In addition, heat at this level pushes cancer cells toward acidosis (decreased cellular pH) which decreases the cells’ viability and ability to spread. It also activates the immune system, causing both increased production of interferon alpha, and increased immune surveillance. Tumour masses tend to have oxygen deprived (hypoxic) cells within the inner part of the tumour. These cells are very sensitive to heat.
The Lancet published the results of a six year cancer study comparing the effectiveness of hyperthermia. What seems to be the case is that hyperthermia overcomes tumour resistance to chemo and radiation; that it can help the performance of some chemo agents and that it helps destroy cancer cells in especially resistant phases of cell division. Issels also suggested that hyperthermia induces heat-shock proteins on the surface of the tumour, "tagging" them to be zapped by the patient’s own immune system.

Research has shown that high temperatures can damage and kill cancer cells, usually with minimal injury to normal tissues. It is proposed that by killing cancer cells and damaging proteins and structures within the cells, hyperthermia treatment may shrink tumors (National Cancer Institute [NCI], 2004)

A Connecticut nutritionist was diagnosed with a large malignant breast tumor. Her doctor determined it was an aggressive cancer that was growing very fast. She opted for Thermotherapy combined with natural supplements both which we use at Budwig Center. After a few weeks of treatment she was able to return home, and... She’s been cancer-free for over seven-and-a-half years.

Cancer cells are more sensitive to heat and it weakens them compared to normal healthy cells.

In conjunction with heat, infrared rays also enhance the detoxifying effect of each session. 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! At Budwig Center we put 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 pure spring water during each thermotherapy sauna session.

Starting in 1951, in his hospital in Germany, Josef M Issels, M.D. administered several 100,000 fever treatments without any adverse side effects or complications to thousands of his patients suffering from progressive metastatic cancer. Studies carried out in his hospital showed the remarkable immune enhancing effects of fever therapy. Dr Josef Issels says, "Artificially induced fever has the greatest potential in the treatment of many diseases, including cancer".

**SODIUM BICARBONATE (Baking Soda) CANCER THERAPY**

At the BUDWIG CENTER you will also learn about the Baking Soda therapy and be able to learn how to receive this with certain forms of cancer. Sodium bicarbonate is safe,
extremely inexpensive and unstoppably effective when it comes to cancer tissues. It’s an irresistible chemical, cyanide to cancer cells for it hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate. Studies have already shown how manipulation of tumor pH with sodium bicarbonate enhances some forms of chemotherapy.

When using these substances it is safer to change one’s vocabulary and not say one is treating and curing cancer. Far better to conceptualize that one is treating the infectious aspect of cancer, the fungus and yeast colonies and the yeast like bacteria that are the cause.

Sodium bicarbonate therapy is harmless, fast and effective because it is extremely diffusible.

A therapy with bicarbonate for cancer should be set up with strong dosage, continuously, and with pauseless cycles in a destruction work which should proceed from the beginning to the end without interruption for at least 7-8 days.

In general a mass of 2-3-4 centimeters will begin to consistently regress from the third to the fourth day, and collapses from the fourth to the fifth.

At the Budwig Center we focus on baking soda infusions for colon, rectum, ovarian, cervix and uterus cancer

Now Budwig Center has access to a new combination of Sodium Bicarbonate combined with DMSO. The challenge has always been to get the Sodium Bicarbonate into the cancer tumours and cells.

Now with the combination of DMSO which is one of the few natural products that can penetrate on a cellular level, combined with Sodium Bicarbonate, this can effectively be massaged over the cancerous areas. Breast, liver, lung, throat, stomach, and many other forms of cancer can now benefit from this Bicarbonate therapy. It can also be used internally in for mouth, vaginal, rectal and cancer of the cervix

REFLEXOLOGY

The OTO Electro-Reflexologist ER-839S is registered as Class 2A Medical Device CE. The OTO Electro-Reflexologist ER-839S is a compact physiotherapeutic device developed by a group of doctors and electronic engineers that helps improve blood circulation, reduce swelling, and ease aches & pains
The Reflexologist uses safe, low frequency electrical waves to stimulate all the nerves endings of the feet. This helps improve blood circulation, reduce swelling, and ease aches & pains.

**How It Works:** The Reflexologist has two large foot pads to place your feet and easy-to-use controls to personalise the level of muscle stimulation.

Simply plug The Reflexologist into the mains, place both your feet on the large foot pads and find a comfortable setting. Mild electrical impulses will stimulate the thousands of nerve endings in the soles of your feet, feeling like a pleasant “tingling”. This in turn works the muscles of the calf much like gentle exercise. Immediately the blood is circulated throughout the foot and pumped back up through the legs, improving your blood circulation and reducing fluid retention around the ankles. With regular use of The Reflexologist, you will experience a significant improvement in blood circulation and reduced swelling within 4 weeks.

**Benefits of the OTO Electro-Reflexologist ER-839S:**

- Relieves stress, fatigue, aches and pain.
- Improves blood circulation.
- Reduces swollen ankles / fluid retention
- Promotes better health and wellbeing.

"I would just like to say that I ordered the Reflexology machine last week for my father. He has used it 3 times a day every day for 30 minutes each time. He has bad circulation in his legs, and has been told by the hospital, there is nothing more they can do. But in this short space of time he has had more relief from this machine than the doctors have done in over 5 years. So much so that I am ordering another machine for my wife who has Rheumatoid Arthritis. I have always been cynical of "Testimonials", but I could not let the chance go by to tell others. Thank you is not enough." Barry Ledsom

**REBOUNDER**

Your body has about 60 trillion cells. The 2 to 4 G forces (gravitational pull) involved in bouncing with a “Rebounder” squeezes out toxins. Then, during the brief weightless period when the body is suspended in the air, the lower pressure in the cell promotes the movement of nutrients into the cells. Thus the flow of materials to and from cells is improved. It is like getting every cell in your body to exercise.
Increases Lymphatic Circulation

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 of one-way lymphatic valves. 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 wil

LYMPHATIC DRAINAGE AND MASSAGE

In addition to rebounding Budwig Center does regular lymphatic drainage and massage therapy

We make sure there are no trapped nerves or frozen muscles which could impede the free flow of energy. It’s important that the body is in optimum condition to benefit from the protocol.

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.

Cancer patients who undergo massage tend to report relief from the five most common symptoms of cancer and cancer treatment: pain, nausea, fatigue, depression, and anxiety. If it’s true that stress contributes to cancer, massage should be a great treatment.

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
As I mentioned, a huge benefit to massage is that it moves your lymphatics. Essentially, this means it prompts the flow of the fluid in your body's arteries and veins that passes through your lymphatic system. Your lymph tissues then trap waste products from this fluid and carry them out of your body.

*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.

**LYMPHATIC DRAINAGE with CUPPING**

On a deeper therapeutic level, massage cupping is very beneficial for many conditions such as high blood pressure, anxiety, fatigue, chronic headache, fibromyalgia and neuralgia. Contracted, congested muscle tissue will soften quickly with only a few minutes of Negative Pressure Massage Cupping.

Used on the back, the larger cups will mimic the rolling action of myofascial release without discomfort to the client. The variety of movements can be long and draining, circular and vibrational for stimulation and for areas of stubborn knots and rigid tissue.

The skin will redden with strong pressure, indicating that the circulation has been brought to the surface. Application of liniments, analgesics, tinctures, hydrosols and essential oils immediately post treatment will facilitate absorption of the product deeper into the tissue.

The increased blood supply to the local muscles and skin will bring nourishment and stimulate the circulatory and lymphatic systems to carry away stagnation and toxins.

Because the lymphatic system doesn’t have its own pump (like the heart), cupping is particularly effective in inducing the proper flow. The suctioning affect cupping creates forces the movement the lymphatic system needs to clean out toxins. It’s like clearing a traffic jam that bogged down the body.

Cupping can be used on the arms, shoulders, back, legs and even stomach to compel energy to move and force out stuck toxins. Cupping is also a fantastic alternative for anyone who is squeamish about being poked with needles during acupuncture.

**NATURAL OXYGEN THERAPY**

**Natural Oxygen from Pine Tree Needles**

*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 there is an oxygen deficiency in tissue it causes a reduction in energy production. Thus the biochemical reactions of assimilation and transformation of nutrients are not completed correctly. Waste, ill disposed, gradually accumulate and poison the body.

The brain and central nervous system, the major consumers of oxygen, are the first affected by reduced availability. Hence the firing several warning signs: chronic fatigue, nervousness, memory failures. When hypoxia (lack of oxygen) persists that situation, all bodily functions are disrupted.

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

The benefits of pine essential oils

How can we stimulate the uptake of oxygen by cells in a totally natural way? René Jacquier discovered that this was achieved with essential oils of pine resins are widely used in medicine and its benefits have been endorsed by numerous scientific research.

Biocatalytic oxygenation

From his investigations, René Jacquier obtained oxygenated derivatives that behave as authentic biocatalysts of oxygenation. Its mechanism is twofold: firstly, fixed hemoglobin attached itself more readily to the oxygenated pine needles than to oxygen all on its own.

Now the oxygen was in a form that it more easily transported itself to the tissues in a “vapour” form that is highly assimilated by the cells. Thus was born the Bol d’Air Jacquier (Natural oxygen rich air) invention.

The Breast Lump Detection Glove

Death from breast cancer can be avoided with early detection. Trained therapists at BUDWIG CENTRE are using The Breast Detection Glove and/or UltraSound specially designed to detect breast lumps. Class 1 medical device proven efficiency in a clinical trial in Rome under the direction of Professor Dr. Meggiorini.
It magnifies the sensitivity of the fingers allowing lumps the size of a grain of sugar to be detected which simply is not possible using bare hands.

**What Is The Glove Like?** The glove itself is a double layer of polyurethane with mineral oil between the layers. This allows for greatly enhanced ability to feel lumps. It is very gentle and non-intrusive and only takes about 15 minutes to complete the examination. With UltraSound if you feel some discomfort or pain that is a sign there are toxins trapped in the lymph glands

**What Did The Clinical Trial Show?**

In a clinical trial in Rome under the direction of Dr. Meggiorini 108 women were studied for nearly a year. These women all had previous lumps and were considered at high risk for developing breast cancer. They were split into two equal groups. Group A was tested with the Breast Detection Glove while group B examinations were done with bare hands. At the 6 month follow up, 84% (45 in each group) of these patients had recurrence of the lumps confirmed by mammography. In Group A, the group with the Breast Glove had a 100% detection rate according to Dr. Meggiorini. In group B, only 22 of 45 (less than 50%) women had detected lumps by using bare hands.

BUDWIG CENTER also uses a small but very effective hand held Ultra Sound unit to check for trapped lymph toxins in the breast and the entire lymph system. The Ultra Sound not only detects the affected areas but also breaks up the toxins so they can be expelled through the lymph system. A build up of toxins in the breast area could with time lead to breast cancer. Well over 90% of women tested with the Ultra Sound had some hard lumps and areas that needed some Ultra Sound combined with a special massage technique. One woman from Brazil has such hard lumps it was as though pieces of wood had been inserted in her breast. She was pleased to have had that checked and within a week her breasts were back to normal and the lymph system activated

**CONCLUSION**

Disease can be set off by a nutritional deficiency (not enough vitamin D, for example), or a dietary excess (too much homogenized milk). It can be caused by an emotional state such as anger or stress that then spreads to the tissues and begins to create dis-ease in the physical body. Most disease that's being "manufactured" in the bodies of people today is created through controllable factors: What people eat, what chemicals they expose themselves too, how much exercise they get (or not), their state of mind, what supplements they take (or don't) and so on.

There's a recipe for creating each disease. If you want to manufacture type-2 diabetes, for example, the recipe is very simple: How to manufacture diabetes:

- Drink lots of liquid sugars and high-fructose corn syrup
- Consume a huge number of empty calories (junk food)
• Avoid all exercise. Live a sedentary lifestyle
• Live indoors. Avoid sunshine and the natural world
• Maintain nutritional deficiencies in vitamin D, selenium, zinc and plant-based nutrients.

If you do this for long enough, you will begin manufacturing diabetes. And before long, you’ll be officially diagnosed with it by a doctor who will say something like, “You're diabetic.” (Which isn't really true. You are not defined by a disease. You're just expressing a certain physiology that's been named a disease.)

If you want to make cancer, there's a different recipe: How to make cancer:

• Expose yourself to radiation such as mammograms, CT scans, X-rays, etc.  
  (you may not be able to totally avoid but keep them to a minimum)
• Eat cancer-causing foods like bacon, processed meats and foods with chemical preservatives.
• Avoid all anti-cancer nutrients like superfoods, medicinal mushrooms, spirulina, etc
• Avoid sunlight. Remains deficient in vitamin D
• Use lots of toxic personal care products made with cancer-causing chemicals.
• Live a high-stress lifestyle.

Do these things for long enough and you'll get cancer or your cancer will come back.

Similarly, there's a recipe for every major degenerative disease, including kidney stones (drink lots of soda), brain cancer (drink diet soda), obesity (eat more MSG), liver disease (take more pharmaceuticals) and so on.

So if you want to make disease, it's a very simple matter to do so. Shockingly, most people are following these disease-making recipes right now! They're living the "Make More Disease" lifestyle! Every time they wolf down some bacon, or eat processed junk foods, or use conventional personal care products, they are creating disease in their bodies!

Disease doesn't appear immediately, of course. It takes many years for the daily poisoning of the body to be diagnosed as disease. But make no mistake about the origins of that disease: The body manufactured the disease over many years! Once you have had cancerous growths in your body, even if you have had the tumor(s) removed, or have been able to regress the tumor(s) by an aggressive nutritional and lifestyle protocol (like the Budwig Protocol), you have to take care for the rest of your life to make sure that you never again provide an environment that is conducive to the growth and proliferation of any remaining cancer or pre-cancer cells.


Cancer is NOT a death sentence; everyday people around the world are winning the fight on Cancer with this program. Cancer is however a formidable foe and it requires strict discipline and accurate knowledge of the Budwig protocol to win the battle. Too many combine the Budwig with other therapies and supplements which often makes the program ineffective or even counterproductive. Others do just the Flaxseed oil and...
Cottage cheese and juices. However there are plenty of herbal combinations and potent anti-cancer teas that are part of the approved Budwig protocol. We use selected herbal foods, herbal teas, homeopathic formulas that are Budwig approved in conjunction with detoxification.

Would you like some guidance?

You may be able to win the battle over cancer on your own by doing some research and self-discipline with a healthy diet. However would you like a little help? Do you feel more comfortable combining conventional therapy with the natural Budwig approach? Now you have that option as the Budwig Center has all the latest cutting edge therapies of both the conventional oncologist and the totally natural approach all “under one roof”! You can either come to our clinic or receive the program at home with our HOME PROGRAM

Here are just some of ‘life saving’ knowledge our comprehensive BUDWIG WELLNESS COURSE will share with you.

1. Natural remedies you could use to stop vomiting
2. How to use TRICAN and TUMORCONTROL with the Budwig protocol
3. A list of herbs that are acceptable with the Budwig protocol
4. The herb you use to control estrogen driven breast cancer
5. When should vomiting be considered a good “sign” and when is it not?
6. The natural approach you use to overcome long term diarrhea
7. The connection between coffee enemas and regular headaches
8. How to do a deep liver cleanse to rid the bodies of years of toxic waste and “stones” in the gallbladder
9. What to do when a cancer patient is very weak
10. How to get the benefits of the sun even if you live where it rains most of the time
11. Procedures that stop the spreading (metastasis) of cancer
12. What is the major cause of pain?
13. Four effective natural ways to dissolve tumours
14. Three natural things that will stop most pain
15. Two ways to stop extreme weight loss when you have cancer
16. Which sweeteners are allowed on the Budwig program
17. How to obtain an accurate cancer test every 3 or 4 months for $50 US without having to go to your doctor
18. Why many people get cancer again within 3 to 5 years after surgery or chemotherapy and how not to be one of them
19. Why breast cancer was originally called the “nuns disease”
20. How to heal emotionally and handle difficult people in your life

The Budwig Center offers a “no obligation” Health Diagnosis to anyone with cancer or chronic illness. Simply request it from Dr. Jenkins at BudwigCenter@gmail.com

Our goal is to help as many people as we can. If you are experiencing financial difficulties at this time and need our help contact us and we will do our best to help you just the same. Enroll in our HOME PROGRAM or come to our clinic for a week or two and receive full support right up to the day that you are ‘cancer free’
Help Us Spread the Budwig Message!

Dr. Lloyd Jenkins, ND, PhD, EFT

BUDWIG CENTER RECIPES

Most of the recipes below do not include any meat. However based on the research of the nephew of Dr. Budwig, Dr. Armin Grunewald, you can add some meat. In fact cancer patients need more protein than usual as the body is in a state of rebuilding. You can add wild game (maximum once a week), 100% organic eggs, 100% wild fish (not farm feed), 100% grass feed beef. Chicken is also acceptable if 100% organic and NOT corn feed. It may not be easy to find 100% grass feed and organic meats. Therefore fish is your best choice and easier to digest, as well as nuts and other plant based protein sources.

BREAKFAST

Dr. Budwig’s Muesli

- 6 tblsp, (90 ml) organic, low fat cottage cheese
- 3 tblsp (45 ml) flax oil

IMPORTANT: Blend in blender until no oil is visible.

- (Optional) if too thick add 2 tblps 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:
  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
  1 tsp (5 ml) of Celtic sea or Himalayan salt
• Take the pan out of the oven
• Next add 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
• Mix well and add the oil, honey, vanilla, salt to dry ingredients
• Now mix well and put into oven for 12 – 20 minutes...remove and stir about 3 times during the 12-15 minutes...until moderately brown
• Let cool and serve with Oat Milk

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

www.BudwigCenter.com
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 heath 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

www.BudwigCenter.com
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 no 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

MAIN COURSE

Lentils by christina Weeks

250g lentils
125g millet
2 carrots
4 tomatoes
1 red pepper
4 Tbsp (60 ml) of paprika
3 tbsp cumin (45 ml)
2 tbsp tarragon (30 ml)
1 potato
1 onion
¼ cup (60 ml) oil
Salt to taste

Boil lentils in water then rise, add water to pan just until it covers the lentils. Cook for 5 minutes

Meanwhile cut and chop, 2 tomatoes, and 1 potato and onion.

Add the carrots, onion and potatoes and millet. Cook for another 10 minutes. Now add the tomatoes, red pepper and mix well. Add 3 cloves of chopped garlic, 2 Tbsp (30 ml) of paprika, cumin and tarragon. Cook for a further 5 minutes add the oil last and serve.

**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.

**Taboulahh 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 tblsps (135 ml) Flax Oil
- 18 tblsps (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 PILAF**

- 2 cups (500 ml) bulgar,
- 1 tbsp. (15 ml) chopped onion,
- 2 tbsp. (30 ml) cold pressed sunflower seed oil,
- 2 cups (500 ml) water,
- Sea Salt, pepper, Sprinkle of chopped parsley

Saute onion about 8 minutes in oil (until almost tender). Add bulgur and cook until golden. Add water, salt and pepper. Cover and bring to a boil; reduce heat and simmer for 15 minutes. Garnish with parsley. May top with yogurt.

**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.)

**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

**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.

- 1-15 oz. can or 1 2/3 cups (420 ml) cooked garbanzo beans (chickpeas)
- 1/4 cup (60 ml) tahini (sesame seed paste)
- 3 tbsp (45 ml) Flax Seed oil
- 1/4 tsp. (1.2 ml) ground coriander
- 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
- dash of cayenne

In a blender or food processor, process the garbanzo beans, tahini, lemon juice, and flax 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)

**Guacamole**

A great dip containing healthful essential fatty acids

- 2 ripe avocados, peeled and quartered
- 1 tbsp.(15 ml)(packed) chopped fresh cilantro leaves
- 2 tbsp.(30 ml) Flax Seed oil
dash of sea salt
2 cloves garlic
pressed cilantro, cayenne and a wedge of lime for garnish
1 jalapeno pepper, seeds removed
2 to 3 tbsp.(30-45 ml) chopped onion
dash of cumin powder
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**

**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 teaspoons (10 ml) extra virgin sunflower seed oil
- 4 cups (1 ltr or 1000 ml) cooked black beans
- 2 medium red onions, chopped
- 2 cups (500 ml) water
- 1 jalapeño pepper, minced
- 2 large cloves garlic, minced
- 2 tablespoons (30 ml) sour cream or plain nonfat yogurt to top
- 1 teaspoon (5 ml) ground cumin
- 1/2 teaspoon (2.5 ml) chili powder

- Heat the cold pressed sunflower seed oil in a medium saucepan. Add the onions and jalapeño pepper. Sauté over moderate heat, stirring frequently, until the onions begin to brown, about 4 minutes.

- Stir in the garlic and reduce the heat to low. Cook, stirring constantly, for 1 minute. Stir in the cumin and chili powder.

- Combine the onion mixture, beans, and water in a heavy pot. Cook over low heat, stirring occasionally, until the beans are hot, about 5 minutes.

- If a smooth texture is preferred, transfer the soup to a food processor or blender and puree until smooth.

- Once the soup is removed from heat, stir in the flax oil.

- Top with a dollop of sour cream or yogurt.

SERVES 4

**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.(125 ml) filtered water
2 C (500 ml) 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 tblsps (30 ml) Flax Oil
- 4 tblsps (60 ml) organic, low fat cottage cheese
- 2 tblsps (30 ml) milk (preferably raw and/or unhomogenized)
- 2 tblsps 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
- 2tbsp 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. (15 ml) Spanish onion, finely chopped
- 1 tbsp. (15 ml) 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

**Easy Black Bean Soup**

- 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. I 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.

Serves 7 -10

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.

**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.

**Pinenut 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.

**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.

**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 bow, mash the avocado, ginger, garlic and Bragg’s together. Break greens and wakame up into bite size pieces. Toss all ingredients together thoroughly.

**Sweet Potato Salad**

- 1 large sweet potato
- 2 carrots
- 1 courgette
- Slice finely ½ onion and add 1 avocado in large slices. Mix well

Dressing:

- 6 Tablespoons (90 ml)(SoupSpoon UK) sunflower seed oil
- 1 teaspoon (5 ml) apple cider vinegar
- 1 teaspoon of celtic sea salt
Mock Meat Loaf - Recipe contributed by Michele Homer

- 1 teaspoon oregano
- Mix well and pour over salad

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.

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.
**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.

**Raw Chocolate**

- ½ cup (125 ml) of cold pressed olive oil into a food processor
- ¾ cup (185 ml) of shredded coconut
- 8 dates (be sure there is no sugar added as a preservative) – remove stones

Mix well

- 1 250g bag of preferred raw nuts (250ml almonds)

Mix well

- 1 TBPS (soup spoon) vanilla (optional)
- ½ cup (125 ml) of yogurt (preferably goat yogurt or kefir)

Mix well

- 1/3 cup (90 ml) of raw chocolate powder

Mix well

Put it the freezer overnight before serving

**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
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
- I 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

**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, putted, 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 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 1/2 lemon
- 3/4 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

**Exotic fish bake** by Christina Weeks

Serves 4-6

- 4-6 pieces of white fish or salmon
- 3 cloves of garlic
- 1 onion
- 1/4 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.

**Pizza**

**Base**

2 cups of spelt flour (500 ml)

1 teaspoon sea salt

2 tablespoons (30 ml) of olive oil

1 cup and a half (400 ml)

1 teaspoon of honey

Half teaspoon baking powder

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

**Topping**

2 tomatoes

1 tbsp (15 ml) olive oil

1 teaspoon of oregano

1 clove of garlic

Put the above 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.

---

**Acid Alkaline Balance Diet**

<table>
<thead>
<tr>
<th>Most Alkaline</th>
<th>Alkaline</th>
<th>Lowest</th>
<th>FOOD</th>
<th>Lowest Acid</th>
<th>Acid</th>
<th>Most Acid</th>
</tr>
</thead>
</table>

www.BudwigCenter.com
<table>
<thead>
<tr>
<th>Alkaline</th>
<th>CATEGORY</th>
<th>SWEETENERS</th>
<th>Processed Honey,</th>
<th>FRUITS</th>
<th>Plums,</th>
<th>Sour Cherries, Rhubarb</th>
<th>Blackberries, Cranberries, Prunes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stevia</td>
<td>Raw Honey,</td>
<td></td>
<td></td>
<td>Dates, Figs, Melons, Grapes, Papaya, Kiwi, Blueberries, Apples, Pears, Raisins</td>
<td>Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas</td>
<td></td>
<td></td>
<td></td>
<td>Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almonds</td>
<td>Chestnuts</td>
<td>NUTS SEEDS</td>
<td>Pumpkin Seeds, Sunflower Seeds</td>
<td>Pecans, Cashews</td>
<td>Walnuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Olive Oil</td>
<td>Flax Seed Oil</td>
<td>OILS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amaranth, Millet, Wild Rice, Quinoa</td>
<td></td>
<td>GRAINS CEREALS</td>
<td>Sprouted Wheat Bread, Spelt, Brown Rice</td>
<td>Buckwheat, Oats, Rye</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>MEATS</td>
<td>Venison, Cold Water Fish</td>
<td>Turkey, Chicken, Lamb</td>
<td>Beef</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goat Milk, Goat Cheese,</td>
<td></td>
<td>EGGS DAIRY</td>
<td>Eggs, Butter, Buttermilk, Cottage Cheese</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Herb Teas, Lemon Water</td>
<td>Green Tea</td>
<td>Ginger Tea</td>
<td>BEVERAGES</td>
<td>Tea</td>
<td>Beer</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Once you learn about the different therapies and treatments, it is entirely up to you if you would like to try certain therapies, supplements and treatments. Do not stop or alter any current medications, treatments or therapies that you have been prescribed without first consulting your Health Care Professional. The body’s ability and power to heal depends upon the totality of diet, nutrition, self-discipline, and lifestyle, as well as emotional and environmental factors and that there is no promised cure or guaranteed results when you apply what you will learn. The information provided in this Guide is not intended as a substitute for advice from a health care professional, and should not be used for diagnosis or treatment of any health problem.

No part of this report can be reproduced

without the written permission of Dr. Lloyd Jenkins

BUDWIG CENTER

www.BudwigCenter.com

BudwigCenter@gmail.com

Tel: +34 952 381 447

Direct Line to Dr. Lloyd Jenkins +34 677 026 818 (Spain)

Ahora tenemos esta Guía en español

References:

www.HealingCancerNaturally.com
Dr. Budwig’s "Der Tod des Tumors - Band II" (The Death of the Tumor)
files of Cliff Beckwith