

Cancer Diet Budwig Version

This diet is based on Johanna Budwig's book, "The Oil and Protein Diet", for cancer patients with a few alterations. On Budwig's diet, no animal products or fat are included except cheese. For this version, included are the following animal products only: raw liver juice, bone broth, and gelatin. The main component of the Budwig diet is flaxseed oil which works synergistically with the protein and sulfur in cottage cheese (FOCC). Only use non-fat cottage cheese (farmers' cheese) because there needs to be no other competing oils with the flaxseed oil. Also whole ground flaxseed is consumed throughout the day in mixes that you like best. Oleolux is the only other oil mixture allowed on the diet (see recipe). As a general rule, eat as much as you can, but don't over eat. Eat a raw salad, ferments, and bone broth--as soup or by itself--with meals everyday. Bone broth is essential, but you can use tea mixed with gelatin and a mineral supplement like Concentrace or Dolomite as a substitute in a pinch.

DAILY INTAKE

Up to 1 c. potato, sweet potato, beans or grain per day

Up to 1handful nuts (almond, walnut, brazil) preferably before midday

3-6T. raw liver or 1/2 c. liver juice per day

2-4 c. medicinal tea daily

4-6 T. ground flaxseeds in beverages or muesli (see muesli recipe below)

6 T.- 8T. flaxseed oil (in farmers' cheese)

MENU

First thing: in the morning a glass of sauerkraut juice, beet kvass, fermented juice, or lemon water with probiotic

Breakfast: FOCC Muesli (see following recipe)

Mid morning: liver juice (see following recipe)

Before lunch: fermented veg or fruit juice, or medicinal tea

Lunch soup and/or Salad with focc dressing (see recipe)

Dessert – focc w/ 3T. flaxseed oil and toppings (if none taken with lunch)

Mid afternoon - liver juice

A little later – fermented veg or fruit juice w/ ground flaxseed

Supper - Vegetable soup, well spiced, add Oleolux (see recipe) after cooking, or plate of vegetables and grain w/ Oleolux and broth side

Evening medicinal tea or wine or champagne with ground flaxseeds (don't omit seeds when drinking the champagne or wine)

Before bed—fermented veg juice, fermented fruit juice, or lemon water w/ probiotic

RECIPES

Flaxseed Oil with Cottage Cheese (FOCC)

6T. (1/3 c.) non-fat quark

3T. Barlean's Flax Oil

In a small bowl or pint mason jar, blend at low speed for a short time until the two are emulsified. The ratio of flax to cheese is always 2:1 cheese to oil. Instead of quark you can use fromage blanc, farmers' cheese, yogurt cheese (strained yogurt), or kefir cheese (strained kefir)--use commercial cottage cheese as a last resort only. If you are using *unstrained* yogurt or kefir the ratio is 6:1 (use 1 c. for 3T. oil).

6T. Cottage Cheese = 1/3 c. Cottage Cheese = 1 c. yogurt or kefir

Muesli

For muesli, add to the FOCC fresh or fermented fruit and properly soaked and dried nuts (brazil, walnut, or almond), 1-2 T. freshly ground flaxseeds, honey or stevia, and bee pollen if desired. The basic FOCC can also be added to cream soup, just make sure it is warm and not hot.

Salad Dressing

4 T. non-fat cottage cheese

2 T. flaxseed oil

2T. balsamic vinegar (make sure no sugar is added—Bariani is best), lemon juice, or raw apple cider vinegar.

Blend with an immersion blender until emulsified. Thin if necessary with kefir or yogurt (don't use water).

Oleolux

1 c. extra virgin coconut oil

1/2 c. flaxseed oil

10 cloves garlic

1 medium onion

Using a container in which you want to store your Oleolux, cool flaxseed oil (FO) in the freezer so that it is chilled, but not frozen. This will take about 30 minutes.

In a sautee pan, heat coconut oil on low heat. Add onion cut in half or into smaller pieces. Cook until the onion is slightly browned - about 15 minutes. Add garlic cloves (these can be sliced or chopped). Heat the garlic for about 3 minutes in the pan with the onion. Remove the onion halves. Pour the coconut oil through a sieve and allow it to cool to room temperature. Add the FO. Store in the refrigerator. Use Oleolux as you would butter; with whole grains, potatoes, broth, soups, and other vegetables. Don't heat the oil, but instead cook vegetables in a bit of water, strain, then add the oil afterward. The onion and garlic provide the sulfur components to increase the absorption of flaxseed oil like the cheese does in the FOCC.

Liver Juice

Raw liver juice is a most nutrient-rich food. Use only organic pasture raised beef, lamb, or goat liver. Freeze the liver for 2 weeks. Partially thaw and blend with sufficient water, strain and freeze in small ice cube containers. Drink dissolved in fresh juice such as carrot, beet, pineapple or tomato. Add therapeutic greens such as barley grass, parsley, or kale and ground flaxseed. If you don't want to do the cubes, liver may be placed in the blender with carrot, pineapple, or tomato juice (and seasoning of one's preference if desired), blended, then strained.

Fresh Raw Liver "Pills"

Freeze liver for 2 weeks. Partially thaw and mince. Place on a flat dish, and refreeze. After it is frozen, it can be cut into small pieces. This frozen liver may be chewed or swallowed whole.

Dessicated Liver Pills

This is a last resort option or if you are just beginning and waiting for the liver to freeze for 2 weeks. This dried version of liver is available from DrRons.com 877-472-8701.

Helpful Teas: parsley, ginger, sarsaparilla, sassafras, red clover, green tea, cleavers, nettle—add gelatin (Great Lakes Bovine Gelatin) to teas

ACTIVITIES AND THERAPIES

Sun:

20 min. per day between 11am-2pm is emphasized as being very important on this diet

Exercise:

Rebounding--10 minutes per day (good for the lymph system)

Plus your regular regimen

Coffee enemas, colonics, and saunas are also helpful

BOOKS BY JOHANNA BUDWIG

The Oil and Protein Diet (recipe book)

Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer, and Other Diseases

Cancer—The Problem and Solution