

January 2005

## Viewing the Budwig Protocol

As usual, when I discover something extremely beneficial, I try to touch every life I can with the information. In this case, I find myself repeating this “news” so much I am writing my interpretation of the information to pass out along with the websites I gleaned it from. Please correct me if you disagree with (or have additional information to consider) this summary of the websites I’ll list later. Certainly, I cannot say this is a cure-all for cancer since diet, emotional lifestyles, etc. figure into the mix; but so many have been helped that the joy has been spreading. Thus, it must be stated that the information provided needs to be scientifically substantiated despite numerous testimonies from people who seem to have benefitted from Dr. Budwig’s work. *Statements herein have not been evaluated by the FDA, are provided for information purposes only, and are not intended for medical claims or to take the place of a physician. These products and/or statements are not intended to diagnose, treat, cure or prevent any disease.*

This past summer we noticed my mother’s minister (diagnosed with cancer) improving in energy over a period of four Sundays, even while the debilitating, weakening process of chemotherapy continued on and on. He explained that he was on the Budwig Protocol and a diet similar to the one Bill is using to (as of 4/15/2000) reverse his heart disease.

To digress with a little bit of history here, first: Dr. Otto Warburg (1931 and 1944 Nobel Prize winner) stated, “...the cause of cancer is no longer a mystery, we know it occurs whenever any cell is denied 60% of its oxygen requirements.”<sup>1</sup>

Then, about twenty years later a (seven-time Nobel Prize nominee) German medical doctor and PhD scientist, Dr. Johanna Budwig, studied 1000’s of blood samples and discovered healthy people had a higher content of omega 3 oils in their blood than those who are ill.<sup>2</sup>

Dr. Budwig proclaims, *"It is amazing how quickly the tumor, for instance with colon cancer, is being eliminated. Even with an old patient of 84 years who was scheduled for an operation because of his colon threatening to become blocked, I was able to achieve the complete elimination of the tumor and the patient's restoration to health within a few days. These are not isolated cases, in fact 99% of the sick that come to see me to use the biological method of cancer therapy, are cancer patients who have had operations and radiation sessions, and who were diagnosed as being too far advanced for another operation to be of any help. Even in these cases health can be restored, usually within a few months, I would say in 90% of cases."*<sup>3</sup>

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<sup>1</sup>Otto Warburg, “The Prime Cause and Prevention of Cancer,”

<<http://www.alkalizeforhealth.net/Loxygen.htm>>, [http://www.healingcancernaturally.com/budwig\\_protocol.html](http://www.healingcancernaturally.com/budwig_protocol.html)>.

<sup>2</sup><[http://www.life-enthusiast.com/news/s\\_johanna\\_budwig.htm](http://www.life-enthusiast.com/news/s_johanna_budwig.htm)>.

<sup>3</sup>Dr. Budwig, "Der Tod des Tumors, Band II," (The Death of the Tumor, Vol.II) transcribed interview broadcast by the Süddeutscher Rundfunk Stuttgart (South German Radio Station), 11 Sep 1967, <[http://www.healingcancernaturally.com/budwig\\_protocol.html](http://www.healingcancernaturally.com/budwig_protocol.html)>.

Also, “a Purdue University study showed that kids low in Omega-3 essential fatty acids are significantly more likely to be hyperactive, have learning disorders, and to display behavioral problems. Omega-3 deficiencies have also been tied to dyslexia, violence, depression, memory problems, weight gain, cancer, heart disease, eczema, allergies, inflammatory diseases, arthritis, diabetes, and many other conditions. Over 2,000 scientific studies have demonstrated the wide range of problems associated with Omega-3 deficiencies.”<sup>4</sup>

Pertaining to Dr. Budwig’s method, Dr. Dan C. Roehm was quoted as saying, “cancer is easily curable” and “...this diet is far and away the most successful anti-cancer diet in the world.” He added, “I only wish that all my patients had a PhD in Biochemistry and Quantum Physics to enable them to see how with such consummate skill this diet was put together.”<sup>5</sup>

This is the simple formula by Dr. Budwig that can be created in a homemaker’s kitchen: she simply combined omega 3 fatty acids with sulfuric protein to produce a new food that was “different from either of its components”<sup>6</sup> and which brought oxygen to the cells. “...By combining the protein with the oil, the oil becomes water soluble in the body and can be absorbed more readily. It can enter the smallest capillaries, dissolving any of the undesirable fats and cleaning out the veins and arteries.”<sup>7</sup> What did she use? Flaxseed oil and the German quark - or organic, non-fat (if possible) cottage cheese in America. Is there an American company that provides quality flaxseed oil? Bruce Barlean (from the Barlean Company) traveled to Germany to meet Dr. Budwig. “At first Dr. Budwig seemed a bit suspicious of the fresh taste she experienced with the Barlean’s product,” says Bruce. Dr. Budwig (who we understand died in 2003 at the age of 96 -R.H.) soon endorsed the product... Barlean’s presses the flax seed on the same day orders are received, then ships them out the next morning via 3-day air to refrigerated shelves in retail stores. Consumers receive oils that are as fresh as those produced by small seed oil pressers a century ago.”<sup>8</sup> Some competitors also, we understand, overpress the flax, resulting in “damaged seed oil, increased temperature, induced deterioration...”<sup>9</sup> These higher temperatures are a concern because “the substance that is so important for respiration is very heat sensitive. It will be destroyed at approximately 42° C (or approximately 108° F).”<sup>10</sup> Allen (information on him later) cautions, “If you purchase flaxseed oil in a bottle from a store, make sure it has been stored in a refrigerator or freezer. Flaxseed oil is ultra-sensitive to light, air, and heat (in that order). Barlean’s provides a press date and a four-month expiration date (some marketers are using 6 – 9 month expirations). Also, it helps to know that one ounce of Barlean (company) flax oil equals two tablespoons.”

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<sup>4</sup> Teresa Gallagher, “ADDers Are More Likely to Have Fatty Acid Deficiencies,”  
<<http://borntoexplore.org/omega.htm>>.

<sup>5</sup> Dr. Dan C. Roehm, MD, FACP, “Townsend Letter for Doctors,” July 1990,  
<[http://www.life-enthusiast.com/news/s\\_johanna\\_budwig.htm](http://www.life-enthusiast.com/news/s_johanna_budwig.htm)>.

<sup>6</sup> Question 5, <[http://www.healingcancernaturally.com/budwig\\_protocol\\_iii.html](http://www.healingcancernaturally.com/budwig_protocol_iii.html)>.

<sup>7</sup> <[http://www.life-enthusiast.com/news/s\\_johanna\\_budwig.htm](http://www.life-enthusiast.com/news/s_johanna_budwig.htm)>.

<sup>8</sup> <<http://www.barleans.com/company/history.html>>.

<sup>9</sup> Ibid.

<sup>10</sup> Johanna Budwig, “Der Tod des Tumors - Band II” (“The Death of the Tumor, Vol. II”), page 158, Question 2,  
<[http://www.healingcancernaturally.com/budwig\\_protocol\\_iii.html](http://www.healingcancernaturally.com/budwig_protocol_iii.html)>.

To repeat, the omega 3's in the flax oil (FO) and the sulfuric protein in the cottage cheese (CC) *combine* to make a “new” water-soluble food that brings respiration to the cells. The body also converts it to EPA/DHA,<sup>11</sup> as well (which are reportedly good for the heart). Check the websites at the end for a list of diseases that this combination seems to help.

In a session where questions are answered on a *German* website (you have to get past a lot of strange beliefs and ideas unrelated to Dr. Budwig's Protocol)<sup>12</sup> frequently by direct translations of Dr. Budwig's books into English (only two of her many books are in English), much truth can be found. For example, read this answer to questions 3 and 4: Dr. Budwig's interpreter explains, “We take in too many ‘electron thieves’ because we eat foods and poisons which block cell respiration. Known ‘electron thieves’ are, for example, margarine, butter, animal fats, nitrates, radiation, and zycostatics (chemotherapy). They all prevent the uptake of electrons. Interestingly, belonging to this also are anti-oxidants like, for example, vitamins from a certain level on...”<sup>13</sup>

Dr. Budwig was very protective over her work and would take on anyone who would change it, according to two men I have met who had personal contact with her, Allen Wenzel and Cliff Beckwith. These two have been of immense help to me in my research.

Allen ([www.allensclub.com](http://www.allensclub.com)) got involved with this 13 years ago because of his caring heart which is manifested in his *much*-discounted flax oil prices. He warns to be careful – some companies try to make it *look* like they have kept the original lignans in the oil by adding ground flax seed afterward. He also can explain the details of the Barlean Company's cautions concerning the flax oil's heat, light, and oxygen exposure. He is such a knowledgeable resource and so willing to answer questions. He also has important information about the original formula of Essiac tea, which has been praised by thousands as being significantly beneficial too.

Clifford Beckwith ended up making a tape to help people in 1998 (which he has continued to update). He has given away 5500 copies since he produced it, and Dr. Budwig herself liked it so much she invited him to her 88<sup>th</sup> birthday party in Germany. This was quite a compliment since she was very particular about how her research was represented. To obtain a tape (or CD), you can find him at [www.BeckwithFamily.com](http://www.BeckwithFamily.com). He was diagnosed with prostate cancer at age 69 simultaneously with another man having the same kind; but that man died 6 months later. Mr. Beckwith is now 83. His tape (or CD) explains how much to take of the FO/CC and gives multitudinous testimonies of survivors. Mr. Beckwith has *crucial* information on his tape that space does not permit discussing here. He says the following on a portion of his tape/CD transcript that you can find in its totality online at [www.BeckwithFamily.com/Flax1.html](http://www.BeckwithFamily.com/Flax1.html): “Depending on the severity of the condition she had her patients use 3 to 6 tablespoons of flaxseed oil a day, with at least 4 oz or 1/2 cup of cottage cheese per day.

“I would use at least 1/4 cup cottage cheese per tablespoons of oil. If 4 or less tablespoons were used per day and I'd split that up so that I took them at 4 different times, although there are no specific guidelines. I have learned recently that Dr. Budwig recommends that the oil and the cottage cheese be thoroughly mixed

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<sup>11</sup>Teresa Gallagher, “ADDers Are More Likely to Have Fatty Acid Deficiencies,”  
<<http://borntoexplore.org/omega.htm>>.

<sup>12</sup> <[http://www.healingcancernaturally.com/budwig\\_protocol\\_iii.html](http://www.healingcancernaturally.com/budwig_protocol_iii.html)>.

<sup>13</sup> *ibid.*

before eating it. I have realized that an excellent approach would be to mix however many tablespoons of flax oil one plans to use each day in a bowl with at least a half cup of cottage cheese and some fruit (such as crushed pineapple or frozen strawberries), put it in the refrigerator, and eat a portion of it at different times during the day. For two and a half years I put a half cup of cottage cheese in a bowl, added 2 tablespoons of flaxseed oil, mixed in some crushed pineapple or frozen strawberries or honey and took it to school for lunch - that tasted good. An excellent method of mixing is with the use of a small hand-held blender. Milk or juice may need to be added to make the mixture thin enough so that the little motor may be able to handle it.

“After 3 months of treatment, the blood would be bright red, the tumors disappearing, and the amount of oil reduced to 1 Tbs. per day per hundred pounds body weight for maintenance. Yogurt will take the place of cottage cheese but more of it is needed; actually, about three times as much and if fruited yogurt is used it would need to be even more.

“Flaxseed oil is increasingly available in health food stores though it must be kept fresh and cold. It will keep a year in a freezer, 4 months in a refrigerator, but only 3 weeks at room temperature.”<sup>14</sup>

It is also significant to note that in the book, *How to Fight Cancer and Win*, a menu was given using Dr. Budwig’s methods for a *seriously ill* patient named Jane D. If our calculations are correct in sorting out the tablespoons of flax oil from the rest of the diet that day, it appears that she was given up to approximately ten tablespoons of flax oil.<sup>15</sup>

Finally, for those concerned with weight gain or loss, a thought-provoking article by Jade Butler, “Weight Loss with Flaxseed Oil, the Non-Fat Fat,” can be found at <http://www.barleans.com/literature/flax/61-weight-loss.html>

I hope this information has been as phenomenal to you as it has to me. May Jesus, our Great Physician, bless you and guide you; for He says to cast “all your care upon him; for he careth for you.” (I Peter 5:7) and “fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.” (Isaiah 41:10)

May the Lord guide you continually,

Rita

[www.Barleans.com](http://www.Barleans.com)

Barlean Flax Oil

[www.allensclub.com](http://www.allensclub.com) (We have not found lower prices or service as quick and amiable as Allen’s.) Order online or by phone: 877-752-8122) He includes Dr. Budwig’s book free with the first order: *Flax Oil As a True Aid Against Arthritis, Heart Infarction, Cancer, and Other Diseases*.

[www.ACCreatorsBlessing.com](http://www.ACCreatorsBlessing.com)

[www.life-enthusiast.com/news/s\\_johanna\\_budwig.htm](http://www.life-enthusiast.com/news/s_johanna_budwig.htm)

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<sup>14</sup> Cliff Beckwith, [www.BeckwithFamily.com/Flax1.html](http://www.BeckwithFamily.com/Flax1.html)

<sup>15</sup> William L. Fischer, *How to Fight Cancer & Win* (Baltimore, Maryland: Agora Health Books, 2000), p. 160

[www.BeckwithFamily.com](http://www.BeckwithFamily.com)

[http://www.healingcancernaturally.com/budwig\\_protocol.html](http://www.healingcancernaturally.com/budwig_protocol.html) (go to “Budwig Protocol” link as some of this site has some strange beliefs and ideas apart from Dr. Budwig.)

Essiac Tea

[www.sumeria.net/health/essiac2.html](http://www.sumeria.net/health/essiac2.html)

[www.allensclub.com](http://www.allensclub.com)

[www.ACCreatorsBlessing.com](http://www.ACCreatorsBlessing.com)

P.S. A note about diet (in a conversation with our heart disease/nutritional MD, he expressed a concern that the high incidence of prostate cancer in American males is likely related to the American diet - “Prostate cancer occurs almost exclusively in men over the age of 40 and is still rare until age 50. Almost half of all men under 70 have at least microscopic prostate tumors. By age 80 to 90, 70% to 90% of men have evidence of microscopic disease.”<sup>16</sup>):

Although Bill’s heart diet is an ideal lifestyle diet (given to him by our nutritional MD), certain super foods can be a start for working in harmony with the “Budwig Protocol.”

Dr. Steven Pratt makes the following statement in a website article titled, “SuperFoods Rx: Fourteen Foods that Will Change Your Life”(this is a separate article and was not written in conjunction with any Budwig Protocol information):

“Whether you're trying to prevent cataracts, macular degeneration, cancer, or cardiovascular disease, the same type of preventive dietary measures apply," he says. "The whole body is connected: a healthy heart equals a healthy eye and healthy skin. You'll hear about all these special diets for special health needs, but really, the same diet and the same lifestyle choices prevent the same diseases. With rare exceptions, you don't need 20 different preventive modalities -- just one really good diet." And that "one really good diet," Pratt says, should be founded on these ‘superfoods’:<sup>17</sup>

Beans	Pumpkin	Tomatoes
Blueberries	Salmon	Turkey **
Broccoli	Soy	Walnuts
Oats	Spinach	Yogurt”
Oranges	Tea (green or black)	

\*\* Please see the websites about the dietary precautions that should be coupled with the Budwig Protocol. They have cautions about animal products. As for my husband’s situation with reversing heart disease, our nutritional MD permitted him no red meat and just 6 ounces a month of fish, preferably salmon, and 6 ounces a month of white meat poultry and only after he became stable.

In the end, diet is an individual matter. It appears that, the better the diet, the better it will go; however, I must relate that during my queries I heard “by the grapevine,” (unable to be traced and documented) that one man’s prostate cancer had spread to the bone but was gone after nine months of taking (daily) ten

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<sup>16</sup> “Prostate Cancer,” December 2001, <<http://www.reutershealth.com/wellconnected/doc33.html>>.

<sup>17</sup> Dr. Steven Pratt, “SuperFoods Rx: Fourteen Foods that Will Change Your Life,” <[http://www.eyesight.org/Newsletter/Issue\\_19/issue\\_19.html](http://www.eyesight.org/Newsletter/Issue_19/issue_19.html)>.

tablespoons of Barlean (company) flax oil mixed with cottage cheese; and he did nothing else (not even radiation or chemo or a good diet).

Finally, may I say that meditating on, and memorizing, the following Scripture has brought much spiritual sustenance and unqualifying peace to my heart; may it do so for you as well:

“Bless the LORD, O my soul: and all that is within me, bless his holy name. Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.”(Psalm 103:1-5)

The information and testimony contained in this article are not intended in any way to be medical advice and is merely the interpretation of the author. Any decision involving illness should be made only after consulting your family physician. This information should not be used as a substitute for professional treatment.

You may access this article (as well as other encouraging articles) on our website at [www.PAhomeschool.com/articles.html](http://www.PAhomeschool.com/articles.html).