

# ***Our Strategy for Eliminating a Prostate Tumor***

## ***Discovered 9/2004***

In July, 2004, I began researching the Budwig formula for its multi-faceted health benefits. In September my husband's prostate tumor was discovered. Thanks to the Lord, once again, for faithfully going before us (Isaiah 52:12), for we were prepared for the next onslaught against his health. He continued his diet for reversing heart disease naturally (a diet including oatmeal, beans, brown rice, fresh and cooked fruits and vegetables; no white flour or pasta, sugar or other sweeteners, butter, margarine, oil, red meat, nitrates, preservatives, or dairy) since April, 2000; however, we added the Budwig Formula since we understand the (Barlean Company) flaxseed oil (omega 3's) /cottage cheese or yogurt (sulfuric protein) combination to be a water soluble, cleansing agent. His blood test results seemed to confirm there would be no adverse effects since his cholesterol levels, etc. (below) were pretty good considering the large amounts of oil, yogurt, and cottage cheese he was consuming daily. Additionally, we felt secure the formula would actually help his heart because of reading Dr. Johanna Budwig's book, *Flax Oil As a True Aid Against Arthritis, Heart Infarction, Cancer, and Other Diseases.*

The tumor was discovered by the physical examination of our family practitioner; and that continued to be the means of determining its shrinkage, which has decreased by about 90% in 13 months. We expect the originally large pea-sized nodule to finally succumb its last approximate 10% to the treatment by our next visit to his doctor in 2/2006.

We entered into this approach, confident that Jesus, our Great Physician, was guiding us to the solution and never experienced concern or fear once He gave us peace about following this path.

### **Budwig Formula**

- One tablespoon flaxseed oil (Barlean Company) - source of Omega 3's. The company has two types - one with lignans and one without. The one with lignans is better. We shake well to evenly distribute lignans before measuring. As it's shaken, the color becomes a golden brown.
- 1/4 cup cottage cheese or 3/4 cup yogurt - source of sulfuric protein. (Preferably low-salt, no- or low- fat, no- or low- cholesterol.)

We thoroughly blend with a hand mixer until we see no oil residue or bubbles.

### **How We Incorporated This Formula into His Heart-Healthy Diet**

**BREAKFAST:** For breakfast my husband eats whole grain oatmeal. We make this easily by placing 1/3 cup old-fashioned rolled oats, 2/3 cup water, and a dash of cinnamon in a personal-sized slow-cooker (Crock Pot) overnight. (We discovered that chopping an apple and adding that, not only adds a nice flavor, but is great for keeping the digestive/elimination system in good working order!)

**LUNCH:** Before leaving for work, he mixes 4 tablespoons of oil (1/4 cup) with 1 cup of Friendship brand no-salt cottage cheese (no-salt for heart-disease reversal) and places it in a small, glass container - avoiding exposing the mixture to as much oxygen, heat, and light as possible, as long exposure to oxygen and light affects the effectiveness of the oil negatively. He uses some on his oatmeal and the rest as a salad dressing for lunch. A large salad with a lot of dark greens (spinach, broccoli, etc. are very instrumental in his heart disease reversal) and the Budwig formula comprise his lunch.

DINNER: We cook a very light meal or soup (vegetable or bean soups as they are a part of his heart-reversal diet) for dinner. Usually, however, the daily Budwig Formula dinner-time shake was filling enough. To make the shake we mix (in a blender) 1 tablespoon of flaxseed oil, 3 tablespoons freshly-ground flaxseeds, 1/4 cup cottage cheese, 3/4 cup yogurt, 1 very-ripe banana (with brown spots! They're the sweetest!), fresh or frozen fruit to taste, and a small amount of juice. Adding the juice makes blending the shake easier. (We use a small coffee grinder to grind the seeds. It is our understanding that 3 tablespoons of seeds equals 1 tablespoon of oil. It is also our understanding that the seeds must be consumed within 15 minutes of grinding to get the full benefit.)

It was the above diet that we believe has helped reduce my husband's tumor. We also used Essiac tea (We purchase Barlean flaxseed oil and Essiac tea from Allen's Club, 877-752-8122) for eleven months, taking three 2 oz. servings per day.

We think the ground flaxseed has also played a significant part, making the total amount of oil consumed daily = 5 tablespoons of flaxseed oil + the 1 tablespoon of oil that we understand to equal 3 tablespoons of ground flaxseed (thus, 6 tablespoons daily). Once the tumor is gone, we will reduce the amount of formula consumed, but will continue using it daily - as one would use vitamins - for prevention purposes. Also, the Cliff Beckwith testimonies (available free from [www.beckwithfamily.com](http://www.beckwithfamily.com) on cassette or CD) made us recognize the importance of continuing on with the formula. (The testimonies are transcribed online)

### **Weight-Control and Miscellaneous Details**

We read somewhere that you can lose 6- to 10-pounds by eating your main meal before 2:00 p.m. and then very lightly in the evening. Since my husband is consuming a large number of calories in formula, we find that, by following the diet we presented above and sticking with just his formula shake in the evening for dinner and perhaps some healthy, homemade soup, he is keeping his weight under control.

For more tastebud enjoyment we sometimes add fresh fruit or spread on apple slices; or we use the formula as a vegetable dip.

In all our reading we gleaned a lot of important information and cautions and wrote an article titled, "Viewing the Budwig Protocol," which we have posted at [www.PAhomeschool.com/articles.html](http://www.PAhomeschool.com/articles.html). We have also listed sources at the end of the article where some cautions are detailed - especially in the Cliff Beckwith testimonies and on the German website where, among other things, we learned the counter-productive, detrimental part anti-oxidants can play (from certain levels on).

Was it cancer? One doctor told us that the presence of the tumor on his prostate made it likely that it was cancerous. We opted not to have a biopsy, however, because of the risks and because we were confident God was leading us in the direction of using Essiac tea and the Budwig formula. We have discovered once again that Jesus truly is the Great Physician and "...satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's." Psalms 103:5.

*This information is not intended to be medical advice. Please see your doctor for medical advice and help.*

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## HUSBAND

Test Name	In Range	Out of Range	Reference Range	Lab
LIPID PANEL				
TRIGLYCERIDES	104		<150 MG/DL	QHO
CHOLESTEROL, TOTAL	162		<200 MG/DL	QHO
HDL CHOLESTEROL		37 L	> OR = 40 MG/DL	QHO
LDL-CHOLESTEROL	104		<130 MG/DL (CALC)	QHO
CHOL/HDLC RATIO	4.4		<5.0 (CALC)	QHO

  

Test Name	In Range	Out of Range	Reference Range	Lab
PSA, TOTAL	1.7		< OR = 4.0 NG/ML	QHO
PSA VALUES FROM DIFFERENT ASSAY METHODS CANNOT BE USED INTERCHANGEABLY. THIS ASSAY WAS PERFORMED USING THE BAYER CHEMILUMINESCENT METHOD.				

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## HUSBAND

Test Name	In Range	Out of Range	Reference Range	Lab
LIPID PANEL				
TRIGLYCERIDES	71		<150 MG/DL	QHO
CHOLESTEROL, TOTAL	168		<200 MG/DL	QHO
HDL CHOLESTEROL		35 L	> OR = 40 MG/DL	QHO
LDL-CHOLESTEROL	119		<130 MG/DL (CALC)	QHO
CHOL/HDLC RATIO	4.8		<5.0 (CALC)	QHO
HOMOCYSTEINE, CARDIOVASCULAR	8.6		<11.4 MICROMOL/L	QHO
PSA, TOTAL	2.4		< OR = 4.0 NG/ML	QHO
PSA VALUES FROM DIFFERENT ASSAY METHODS CANNOT BE USED INTERCHANGEABLY. THIS ASSAY WAS PERFORMED USING THE BAYER CHEMILUMINESCENT METHOD.				

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## WIFE (same diet as husband minus 1 tablespoon oil and 3/4 cup yogurt.)

Test Name	In Range	Out of Range	Reference Range	Lab
LIPID PANEL				
TRIGLYCERIDES	61		<150 MG/DL	QHO
CHOLESTEROL, TOTAL	144		<200 MG/DL	QHO
HDL CHOLESTEROL	64		> OR = 40 MG/DL	QHO
LDL-CHOLESTEROL	68		<130 MG/DL (CALC)	QHO
CHOL/HDLC RATIO	2.3		<4.4 (CALC)	QHO

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## WIFE

Test Name	In Range	Out of Range	Reference Range	Lab
LIPID PANEL				
TRIGLYCERIDES	64		<150 MG/DL	QHO
CHOLESTEROL, TOTAL	135		<200 MG/DL	QHO
HDL CHOLESTEROL	58		> OR = 40 MG/DL	QHO
LDL-CHOLESTEROL	64		<130 MG/DL (CALC)	QHO
CHOL/HDLC RATIO	2.3		<4.4 (CALC)	QHO