

DR. JOHANNA BUDWIG

—

Using flax oil & quark as an holistic cancer treatment

By

Peter de Ruyter

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'Budwig' – A Deceptively Simple, Yet Powerful Holistic Cancer Treatment

Dr Johanna Budwig was a maverick doctor who used a simple mixture of quark and flaxseed oil as a potent, holistic cancer treatment. To her colleagues, this was seen as a ridiculously naive way of treating something as serious and potentially lethal as cancer.

Because they refused to look at, or accept her scientific reasoning for why these simple foods could have such a potent healing effect in cancer, she was scoffed at and denigrated for decades. Yet basic, sound science exists to back up her holistic cancer treatment approach, sometimes called the Dr Johanna Budwig cancer diet.

In this article, we'll look at some of the fundamentals underpinning the effectiveness of this Johanna Budwig protocol, such as:

- The reality that each cell in our body is ultimately only as healthy as its cell walls and membranes
- Such cell structures are primarily made up of cholesterol and omega 3 fatty acids
- In a healthy cell, these membranes carry a negative electrical charge, which polarizes with the positive charge found in the cell nucleus
- A prime way in which cells become cancerous is when the electrical charges on their walls and membranes become dysfunctional through a variety of noxious stimuli
- A major way to reverse such cell membrane dysfunction, and loss of electrical charge was found to be through the use of certain essential fatty acids – especially the ones originating from flaxseed oil

The Budwig Story

Dr Johanna Budwig was born in Germany, in September of 1908, and lived to a ripe old age of 95. During her life she did a lot of research into the healing – and damaging - properties of oils and fats. Whether oils retained the former or latter properties depended on how those oils and fats had been extracted, or further manufactured and

processed. She was recognized as a genius in this area of research, and was nominated for the Nobel Prize seven times.

In regard to an holistic understanding of how some oils could have a role to play in cancer treatment, Johanna Budwig used Dr. Otto Warburg's earlier research, which showed that cancer occurred when the body's cells were no longer able to use oxygen in a normal way.

What Causes A Cell To Become Cancerous?

Many factors can cause a malignant change to occur within cells, from chronic, bad dietary habits to exposure to various toxins – something we cannot escape in our modern world. Various pesticides, weedicides, plastics, heavy metals, fluoride, chlorine, solvents and a swathe of other modern chemicals are increasingly being shown to be carcinogenic.

However, one common feature is that in one way or another, these toxins will ultimately interfere with a cell's ability to utilize oxygen in a normal respiratory manner. Whether this is because such toxins cause genetic damage; switch certain genes on or off, or damage various enzyme pathways within a cell... the result inevitably is to cause these damaged cells to become **anaerobic** in their function – (causing incomplete or faulty metabolism due to a lack of oxygen).

It was during the fifties that Dr Budwig started to realize that cancerous changes were associated with the way cell walls and membranes were malfunctioning on an electrical level. The cell nucleus is known to have a positive charge, while the cell membranes – to a great extent made up of unsaturated fatty acids and cholesterol - are negatively charged.

Yes, cholesterol is a **critical** component of **healthy** function within our bodies, and the modern, medical obsession with keeping cholesterol levels at what are in fact dangerously low levels is seriously flawed. But that's another story for another article!

Unsaturated, Omega 3 Essential Fatty Acids Are Like A Battery

It's a known scientific fact that unsaturated fatty acids are rich in electrons, which in turn gives them such a high electrical potential. The problem starts when a range of extraction or processing techniques alters or destroys this unsaturated nature of certain oils, including the neutralization of those electrons. That's why margarines and other chemical or heat-treated oils, for example, are so dangerous to our health in the long term.

The major ramification of our modern oil and fat processing is that we are depriving *all* the cells within our body of their natural and functional 'building blocks'. Processed fats and oils are devoid of these clouds of electrons normally found in properly cold-processed natural oils, with flax oil being the richest source of such electrons.

The most important consequence of this is that our cells start to malfunction. Cell membrane fluidity becomes altered, and with that, a cell's ability to get oxygen and nutrients *into* it, and toxins *out* of it becomes compromised too. This results in a wide range of chronic health issues, with cancer being an end stage of this debilitating and degenerative process, accentuated by such toxic fats and oils in our diet.

Johanna Budwig also believed that the modern, processed fats and oils, devoid of electrons, and therefore without their normal electrical charge, influenced how such dysfunctional fats and oils subsequently were able to circulate within our hundreds of miles of blood vessels, causing a range of cardiovascular challenges. Interestingly, the Budwig protocol doesn't just help in cancer, but in cardiovascular disease too.

Modern Processing Techniques Of Oils And Fats Does More Harm Than Good

That's why Dr Budwig was so adamant that many of our modern fats and oils are a serious threat to health. Our cell membranes depend on a constant supply of these electron-rich, essential fatty acids found in oils that have been *naturally* extracted and produced. If our body-supply of these electrons is somehow interfered with on a regular

basis – as our modern diet does! – then the very building blocks that make up our cells are also affected in a very negative manner.

Being on a constant diet of the wrong fats and oils will instigate the creation of flawed cell membranes and walls, with dysfunctional electrical charges. Remember, the cell membranes are primarily made up of fats – unsaturated fatty acids and cholesterol – with the omega 3 fatty acids being the major building blocks.

Our Modern Diets Carry Much Of the Burden For Generating Cancer

Our modern diets, via margarines and so many other processed or hydrogenated fats and oils, supplies a preponderance of damaged essential fatty acids, which have had their electrons stripped from them. But it's precisely these electrons, with their great affinity for oxygen, which allows cells made from these electron-rich essential fatty acids to be able to function in the regular *aerobic* manner.

Over time, if the cell membranes no longer have access to adequate amounts of these electrons, then the cell can also no longer function in a normal way – it's as if it becomes starved of oxygen. Yet, if the cell is not to die it needs to somehow continue generating energy. Hence, as a last ditch effort at survival, these cells with dysfunctional membranes go into what is called an *anaerobic* (low oxygen) way of generating energy. And this is where the slippery slope towards cancer begins, augmented by a wide range of external toxins, radiation, pollution, lack of critical nutrients... and much more.

However, the problem goes deeper, because if the cell is only provided with inferior 'building blocks' – i.e. the trans fatty acids, so often found in hydrogenated and processed fats and oils – then the flexibility or permeability of cell walls and membranes, made from such inferior material, is also altered. This has major ramifications on how efficiently cells can subsequently draw oxygen and nutrients *into* themselves, as well as how well they can eliminate toxins and metabolic waste products *out* of themselves.

Push Cells Too Far And They Will Go Haywire

Combined, these major changes to normal cell function now start to have serious repercussion on the viability and usual behavior of such cells. Eventually, these dysfunctional, stressed cells can become malignant.

Unfortunately, although science has long known about the electrical potential of cell membranes, as well as aerobic versus anaerobic metabolism, many within the orthodox cancer research arena are still not adequately looking at cancer from this fundamental, cell wall and membrane function level.

However, Dr Johanna Budwig did understand this underlying way in which cells metabolize and function – or dysfunction - and was willing to point this out to her colleagues. Unfortunately, the more she tried to explain her perceptions and understandings about cancer, and subsequent alternative treatments, the more resistance, vilification and ire she drew from her colleagues.

History Repeats Itself

You may remember the story of Dr. Semmelweis, who was equally denigrated and persecuted, when in 1847 he dared to suggest that doctors should wash their hands with chlorinated lime water after doing autopsies, and before going to the labor ward to help women deliver their babies.

In those days, a high proportion of women giving birth in a hospital would get puerperal fever and die. This was due to the bugs these doctors were unknowingly transferring to their patients, after having spent time cutting up corpses before attending to the women.

However, at that time bugs had not yet been discovered. Hence, Semmelweis' suggestion to his colleagues to 'wash their hands' in this way was seen not only as an insult – after all, he was insinuating they were 'dirty' – but perceived akin to witchcraft; and from their perspective, without any 'scientific merit' whatsoever. Yet, how wrong those doctors of that era turned out to be!

Similarly, feeding cancer patients with some ridiculously simple foods, such as a bit of oil mixed in with quark was seen as irrational, if not crazy, and definitely 'unscientific.'

The problem is that despite the doctors of that era – and nowadays! – thinking themselves to be so scientific, they lacked the *fundamental* trait necessary to be a *genuine* scientist – an open sense of curiosity, and a willingness to look at *clinical* data or experience, even if it did not fit in with ‘existing theories’ or perceptions.

Clinical Experience Is As Important As Double-Blind, Placebo-Controlled Trials

Despite her colleagues’ repudiation of Dr Budwig’s cancer explanations and treatment, her genius was in understanding the connection between cells having access to a regular supply of electron-rich, essential fatty acids, and their subsequent ability to regain normal function and division capacity.

Nevertheless, despite her keen insights, and decades of successful *clinical* experiences with cancer patients, she was vilified and shunned for years because she dared to suggest that an electron-rich, unsaturated, essential fatty acid food such as flax oil, mixed with a protein-rich food such as quark, cottage cheese or yogurt could reverse something as serious as cancer.

Despite the seeming irrationality of her methods, Johanna Budwig’s concepts helped many cancer patients – often given up for dead by medicine – to reverse their situation and survive. This occurred again and again, despite numerous patients having been told by their oncologists to go home and put their affairs in order.

The Basis Of The Johanna Budwig Cancer Diet

Dr Budwig realized that simply giving cancer patients some flaxseed oil was not going to solve the problem of electron deficiency in their abnormally functioning cells. Oils are not water-soluble – unless you do something to them to alter this inherent property. Johanna Budwig realized that if you mix an oil like flax oil, with a sulfurated protein source such as quark, cottage cheese or yogurt, then that oil becomes more water-soluble.

In this more water-soluble format, the electron-rich essential fatty acids, provided by the flaxseed oil, are better assimilated, not only through the digestive system, but into the

very structure of cell walls and membranes too. Over time, these core ‘nuts-and-bolts’ fatty acids, constituting the cell walls and membranes in each and every cell of a cancer patients body – including cancerous cells – start to be replaced by the more electron-rich, omega 3 fatty acids. As this replacement occurs, so too does the electrical potential of such cells slowly return to normal.

The exciting point, however, *is that the function and behavior of a person’s damaged cells normalizes as its electrical nature stabilizes.* Instead of remaining an out-of-control cell, cancer patients find that their malignant cells can start to return back to normal.

The Dr Johanna Budwig Protocol – Preparation Details

Making the ‘Budwig mixture’ is remarkably easy to do, once you have some basic kitchen implements to help you mix the various ingredients.

Implements

- A hand-held, electric bar-mix blender (this is made of a small engine unit at the top, with a long spindle downwards, ending with a set of small blades. This type of hand-held blender is useful for blending small amounts in a narrow glass container or jar – do avoid plastic containers or bowls.)
- A small glass or ceramic bowl, or wide-necked, lidded jar, at least 15 – 20 cm deep and with a diameter of about 10 – 13 cm. This is big enough to make at least one serving at a time, yet also big enough for most hand-held blenders to be able to operate within.
- Cold-pressed and subsequently cold-stored flaxseed oil
- Quark, cottage cheese or yogurt – (sheep or goat’s milk yogurt is best for those who may be reactive to dairy).

Method

- The basic proportions are 3 dessertspoons (about 55 ml) of cold-pressed, preferably organic flaxseed oil, (which has always been cold-stored in a fridge) to 6 dessertspoons of quark or cottage cheese.
- Place the desired amounts of both ingredients in a small jar or glass bowl, and mix thoroughly with the hand-held blender for about a minute. If the mixture is too

thick – especially when using quark – then you can add a small amount of milk to dilute the mixture. Goat's milk would be best.

- If you have ended up using too much flax oil for the amount of dairy product chosen, then you will find that, upon standing, the oil will separate out from the Budwig mixture. Simply use less oil next time, or add some more quark or cottage cheese to the present mix in which this separation is occurring.

And that's it! No wonder her colleagues thought she was mad to suggest that something as simple as this could be a major factor in reversing cancer.

However, like anything else in life, there's seldom one magical solution, and we'll explore a few other holistic cancer concepts shortly, which Dr Budwig suggested as an adjunct to this special mix. But before we do so, just a few more comments on the 'Budwig' mixture are in order.

Additional Ingredients

Firstly, you can add quite an array of other nutritious things to the 'Budwig', such as a range of fruits or nuts (not peanuts!), even finely shredded, desiccated, organic coconut. You could also add certain spices such as cinnamon, turmeric, ginger, aniseed, caraway, or cardamom, and you can add about 1 teaspoon of raw, unprocessed honey to the proportions given above.

Note: the best honey is one that crystallizes. If, after standing for some months, honey won't crystallize, it inevitably means it has been heat-extracted, causing much of the nutritional value – especially its enzymes – to be destroyed. In that case you have nothing better than a form of sugar candy, with all the attendant immune suppressive effects of processed sugar.

However, if you do wish to add other things to the Budwig mixture, then this must always be done **after** the **initial** mixing of the flaxseed oil with whatever dairy product you choose to use – i.e. quark, cottage cheese or yogurt.

Flax *Lignans* Can Super-Charge The Healing Effects Of 'Budwig'

Flax *lignans*, produced in a very specific way from flaxseed *hulls*, have been shown to have a significant, positive effect on immune function, especially in conditions such as

cancer and AIDS. You can use simply, ground flax seeds, but even a large amount of such grinds will only supply a fraction of the necessary lignans which are the active ingredient to enhancing immune function, especially via boosting Natural Killer Cell function.

To explore this remarkable, healing substance, also obtained from flax seed, you might like to click on the following link: <http://www.self-help-ebooks-and-alternative-health-articles.com/cancer.html> and read a special article, titled: “*Flax Seed Hulls – a potent ‘food medicine’ for malignancies*”. Simply scroll down towards the bottom of that page, and you’ll find the link to the above article.

To *obtain* this uniquely manufactured Flax Lignans, you can go to: www.flaxlignanhealth.com. Beware imitations, especially if you’re dealing with a serious condition such as cancer. Please note, I have no affiliation, or gain no financial gain from recommending this product – I just know from my own clinical experience as a herbalist, that this particular product does work.

Simply add some of these specific flax lignans to your ‘Budwig’ mix, once it has been made – up to 2 or 3 scoop’s worth. The sicker you are, the more you would go towards the higher dose.

What About Yogurt?

Some experts in the field of holistic cancer and the use of ‘Budwig’, suggest that yogurt could be a secondary choice of a dairy protein with which to enhance the solubility of flaxseed oil. Remember, oils are not water-soluble, and therefore hard to absorb into the body. However, mixing it with a substance like quark, cottage cheese or yogurt – all rich in sulfur proteins – allows the oil to become more water soluble and hence absorbable.

If you do choose to use yogurt, you might like to first try a sheep or goat’s milk yogurt, simply because these are usually less allergenic for people. However, In the case of using yogurt, you would also need to increase the ratio of dairy to oil, as yogurt is less dense in the amount of sulfurated proteins.

Hence, when using yogurt as the dairy base within which to ‘dissolve’ the flaxseed oil, you would be looking more at about $\frac{3}{4}$ cup of yogurt for each 1 dessertspoon of flax oil. By the same token, this will depend to some extent on the thickness of the yogurt chosen.

One way to know if you have used too much oil for the amount of yogurt is by letting it stand for a hour or so, and if you see the oil separating out from the yogurt, then you know to use *more* yogurt – or *less* flax oil – next time.

Finally, it also needs to be understood that the yogurt chosen needs to be organic and 'live'. In other words, ensure it hasn't been pasteurized, or otherwise processed in ways that have destroyed a lot of the natural goodness of the yogurt. Here, you may wish to speak to the owner of the health food store, in order to obtain the best advice as to which yogurt products fulfill the necessary requirements of organic; unpasteurized, and definitely no added sugars, flavors, additives, preservatives, etc.

What Sort Of Dosage Of 'Budwig' Is Required For Effectiveness?

The above mixture of 'Budwig', made from 3 dessertspoons of flaxseed oil and 6 dessertspoons of quark could be taken once to twice daily, depending on the severity of your health issue. If you were to take this amount twice daily, that would amount to quite a lot of oil, and for some people this could cause nausea or other digestive upsets, especially if they have coexisting gallbladder or liver problems, or pancreatic or liver cancer.

One rule of thumb I've lived by, over the 30 years of being a natural therapist is: "***there is no 'standard' dose, because there simply are no 'standard' people!***"

It's always important to 'listen' to your body, and if you are getting 'feedback' that a dose of something is causing symptoms of its own, rather than saying with glee... "*oh, this must be the 'healing crisis' I've heard about... that's good isn't it??*" ...you might instead like to contact your therapist for further advice, while also cutting back on the dose of whatever seems to be causing the problem.

Sometimes 'Less Is More'

Another way of managing large doses is to break them up into *smaller* components, taken more *frequently* over a day. For instance, in this case of perhaps taking 6 dessertspoons of oil plus 12 dessertspoons of quark, split into two doses for the day,

you could break it down into much smaller quantities of the already mixed ‘Budwig’, but every two hours or so – a few **teaspoons** at a time.

Your body is still going to get the total amount of ‘Budwig’ daily, but in smaller, and better manageable amounts for your liver, gallbladder, or overall digestive system. And if your body tells you in no uncertain terms that even this is too much, then ‘listen’ to your system’s message, and simply stay within a dosage range that is comfortable for you.

Pushing your dose to a point of suffering constant nausea, or potentially provoking a gallbladder attack is not really going to help you get better any faster. In fact, it will no doubt have the opposite effect!

A final point on dosage is to **always** build up your dose slowly over at least a few days, if not longer. In other words, you may initially think of starting with no more than a teaspoon of ‘Budwig’ once or twice daily – as tolerated, and especially if you are seriously ill. And then, as your system seems comfortable with that dose, slowly keep increasing your dosage to as close to the recommended amount as possible.

How Long Do I Keep Taking ‘Budwig’?

Firstly, to answer this question, it’s vital to ensure you understand the real nature of cancer. From a naturopathic perspective, solid cancer tumors are not just a ‘localized’ disease, in the sense that you get a ‘lump’ somewhere, and that if you can somehow get rid of that lump, then you also have gotten rid of your cancer.

Generally speaking, this is the medical view of cancer, yet it’s a fatally flawed perspective. To explain why natural therapists see cancer in a completely different way would take an entire article of its own. Indeed I have written such an article, titled: “*A Naturopathic Perspective On Cancer*”, and which is available by clicking on the following link:

<http://www.self-help-ebooks-and-alternative-health-articles.com/cancer.html>

Simply scroll down towards the bottom of that webpage, and there you’ll find a link with the same title as above.

Now, to answer the question of how long to continue taking ‘Budwig’, the answer is that once you have had cancer – even if the doctors eventually pronounce you cured – it’s

critical that you continue on at least a maintenance dose of the natural protocols that helped get you well again.

As the above mentioned articles will clearly explain, cancer is a *systemic* condition, and it is vital the entire system is kept at a high level of functionality and health for the rest of your earthly Journey. This may sound rather excessive, but hard, clinical experience validates such comments for the greatest majority of people who have suffered cancer.

Once you are truly well again, and have been declared cured by medicine, then it is highly recommended you at least continue something like 'Budwig' on a regular basis, even if this is no more than say 3 times a week, and even at perhaps half the usual dose. But, do go and see a well-qualified natural therapist, knowledgeable in alternative cancer treatment, who can guide you in creating a robust health maintenance program, specific for someone who has had cancer.

How Long Can 'Budwig' Be Stored?

The *best* choice is to consume the 'Budwig' as soon as you have made it. Flax oil is remarkably prone to oxidation - (as happens when oxygen and iron combine to form rust). Hence, the longer you store the finished product - especially after it has been well and truly belted around with oxygen in the blending process - the more likely it is that the flaxseed oil will go rancid. And rancid oil is a potent source of free radicals – not something a cancer patient needs!

What About An Anti Cancer Diet Or Other Cancer Treatment Approaches?

Discussing a cancer diet is in itself a huge topic, and beyond the scope of this article. Aside from that, you'll find that every expert in the field of holistic cancer treatment will have their own pet ideas of what constitutes the 'ideal' cancer diet. However, it is possible to give some broad pointers as to how you might like to approach your dietary choices if you do have cancer.

As much as possible, choose from a range of old fashioned, healthy foods. In other words, foods that:

- have been organically grown – wherever possible
- haven't been cold-stored - often for months
- haven't been processed by such techniques as freezing, bottling, canning...
- and haven't been chemically adulterated by a range of flavorings, preservatives, colorings, enhancers, and so much more.

Sugars And Sugary Foods Can Be Lethal In Cancer

As much as possible do cut out coffee, but an occasional black tea – and definitely green tea! – is fine. Cut out sugars; cakes, candy; ice-cream, and all other *refined* carbohydrate such as *white* rice; *white* bread; *white* pasta – you get the idea.

Anything that quickly breaks down to sugars once ingested, only serves to spike your blood sugar levels, which in turn will activate cancer cells, while also depressing your immune function.

Because cancer cells are inevitably metabolizing **anaerobically**, (an inability to completely oxidize cellular 'fuel', due to lack of available oxygen) they are constantly craving simple sugars to help them metabolize as best they can. But, such **anaerobic** metabolism also produces much more toxin release into the body, with lactic acid as one example.

Soy Isn't All It's Cracked Up To Be Either

Try to stay away from soy products, be that soy 'milk'; soy 'cheese'; soy 'yogurt', and even too much tofu. All these modern forms of soy are highly processed substances, while excessive soy can also depress thyroid function. This is a serious situation, as a healthy thyroid is critical for a healthy immune system, and a healthy immune system is one of the most important allies you have in keeping cancer at bay, or helping to combat this insidious disease. The *traditional*, fermented form of soy, such as tempeh, is perfectly fine in moderate amounts.

To learn more about why a healthy thyroid is so important for everyone's health, you might like to read an eBook, titled: '*Sluggish Thyroid Syndrome – why tests keep coming back normal, yet you continue feeling unwell*'. You can read a sample from this

book at: <http://www.self-help-ebooks-and-alternative-health-articles.com/sluggish-thyroid.html>

In regard to what is best to drink, stay with good quality, filtered water. Distilled water is 'dead' water, and, over time, can act as a 'sponge' which soaks up many vital nutrients and minerals from your body.

Fats And Oils

Stay away from just about any oil or fat you can normally buy in a supermarket – especially canola oils, and *all* margarines, never mind whether the starting point was olives or something sounding equally healthy! It's not what they *sourced* the oil from; it's what they *do* to that oil to turn it into margarine. Instead, go to your local health food store and get your olive, macadamia, coconut, or sunflower oils there. They are much more likely to be fresher, and genuinely cold-pressed.

Some Controversial Issues To Consider

Some experts in the holistic cancer field claim that Dr Budwig recommended *against* the use of concurrent antioxidants, vitamin C or other natural, alternative healing techniques, along with the Budwig protocol. This is a controversial stance, and if this is indeed the case, then it also sets up a dilemma for those who wish to use alternative cancer treatment as a primary way in which to manage their cancer.

This is because many natural remedies such as intravenous vitamin C have shown great value in controlling if not reversing cancers. Similarly, for a wide range of alternative medicine techniques which incorporate nutrients, herbs, amino acids and other natural substances.

In this type of situation, it is important that the individual cancer patient does their own research into *alternative* healing techniques, or *complementary* medicine approaches to managing their particular cancer situation.

It's important to realize that such treatment decisions don't always have to be totally black and white, in the sense that one *only* does natural therapies, or *only* uses medical interventions such as surgery, chemotherapy or radiotherapy. In particular cases, there

may be a need, or room for combining the best from both worlds of healing – in other words a genuinely **complementary** approach.

This is especially the case when one considers certain modern medical techniques, such as IPT (Insulin Potentiating Therapy), or hyperthermia plus low dose chemo, which are increasingly being used in overseas countries such as Germany. Sadly, such alternative healing practices are almost unheard of within the more Americanized system of cancer treatment options.

To explore the above mentioned alternative healing techniques more deeply, you might like to read the article: “*A Naturopathic Perspective On Cancer*” as mentioned on page 13 of this article.

Having said all this, at the very worst it seems *highly* unlikely that using a ‘food-medicine’ such as ‘Budwig’ would cause any negation of most other natural protocols, let alone chemo or radiotherapy. Yet, at the very best, incorporating something like ‘Budwig’ into a more comprehensive and *complementary* protocol is more likely to augment the overall healing effects of whatever else you choose to use.

This issue of whether to solely use the Budwig protocol, or combine it with other natural or alternative healing techniques – or even medical approaches to cancer – is a thorny one which each cancer patient will have to come to their own conclusion about. However, there is that saying... ‘*don’t put all your eggs in one basket!*’

Which Cancers Respond Best To The Budwig Protocol?

Using ‘Budwig’ has been found to be a powerful alternative cancer treatment for a wide range of cancers. Hark back to the discussion we had earlier in this article, which boils down to the reality that *all* cells are made from cell walls and cell membranes. It’s when these walls and membranes become dysfunctional, that the stage is set for a higher likelihood of health issues such as cancer.

Hence, as the Budwig protocol focuses directly on repairing or maintaining optimal cell wall and membrane function, and since all cancers are ultimately made of cells too – albeit it highly dysfunctional cells – this natural, alternative cancer treatment of using the Budwig mixture aims at restoring *all* cell wall and membrane integrity, whatever the cancer type.

Indeed, over her five decades of working in the cancer arena, often with people already given up for dead by the oncologists, the Dr Johanna Budwig alternative cancer treatment has shown this to be the case. Many cancers, such as breast cancer, lung cancer, brain cancer, cervical cancer, prostate cancer, bladder cancer, bone cancer, and even cancers such as leukemia and Hodgkin's Lymphoma have all been found to respond favorably to the Budwig protocol.

Many who try her 'cottage cheese and flax oil' therapy have often found themselves starting to feel better within as little as a few weeks. Usually by 3 months of consistently using the 'Budwig', plus implementing some sensible dietary and lifestyle changes, many cancer patients have found their tumors to be shrinking, or their wellbeing significantly improved.

Interestingly, many other chronic health conditions, such as arthritis, eczema, psoriasis, heart disease, diabetes, acne, fibromyalgia, hypertension, and more, were found to resolve themselves on her program too.

What If You're Lactose Intolerant Or Allergic To Dairy?

This presents a potentially difficult situation for those who wish to use the Budwig protocol, but have serious reactions to either the lactose or the protein fraction found in dairy products. One option is to see if a local health food store does stock cottage cheese or quark made from goat's or sheep milk instead of cow's milk. The milk from these animals is inherently less reactive for some who suffer from dairy allergies or reactivities.

Another option is to take a 'Lactase' enzyme tablet or drops with each dose of 'Budwig' – especially if you know you are only intolerant of the lactose in dairy. These too can usually be obtained from a good health food store, or nowadays, you may be able to find a good source on-line.

One other option to think about and try is to use organic Kefir as the dairy protein source through which to make the flaxseed oil more water soluble. In some ways it is much like yogurt, but certain people who are sensitive to other dairy foods have found they have no problems handling Kefir as an alternative. It may be worth a try. In a number of countries, it may even be possible to find a Kefir based cottage cheese.

What Has Sunshine Got To Do With The Budwig Protocol?

Johanna Budwig was also a great believer in the use of sunlight as part of her holistic cancer treatment. We need to keep in mind that it was many decades ago when she used to advise her cancer patients to regularly sunbathe. Within today's climate of better understanding the multiple health benefits of vitamin D, it shouldn't surprise us that something like sunbathing, which – at this time of writing - is actually still frowned upon by modern medicine, can indeed offer much therapeutic benefit to those with a condition known to have an aspect of compromised immunity.

Dr Budwig may not have understood the biochemical basis as to why many of her cancer patients did better if they got some sun, but her clinical instincts and observations were correct. Her understanding, and explanation was that by taking the Budwig protocol, the electrical nature of cell walls and membranes was much enhanced. In turn, she surmised that electrons from sunlight only *added* to the electrons provided by the flaxseed oil, compounding the health benefits of both.

Future research may well prove this electron-perspective to be true. Nevertheless, modern research already vindicates the many health benefits of vitamin D, beyond just helping to maintain 'healthy bones'. Hence, another aspect to her success with cancer patients may well lie in the specific use of this 'sunshine vitamin' as part of the overall program.

Ultimately, those cancer patients who did incorporate some daily sunshine into their program seemed to benefit from this action, and with today's research vindicating the great value of vitamin D in so many health aspects, including immunity, we shouldn't be dismissive of this aspect to the Dr Budwig cancer treatment.

Some Concluding Thoughts

Who would have thought that the humble flax seed, mixed in with a bit of common ol' quark or cottage cheese could be the source of so much healing in fighting cancer. Yet, flax seed contains the precious omega 3 fatty acids, or essential fatty acids, which are such an integral component of every cell membrane and cell wall.

If you have healthy cell walls and membranes, you have healthy cell **function**. Despite current medical opinion, a healthy cell simply doesn't go haywire or cancerous, unless external factors or stimuli push it first into **dys**function, and ultimately into **mal**function – with cancer as one extreme example. That may seem a rather simplistic view of cancer, but that nevertheless appears to be at least one major core to this awful disease.

Ultimately, what Dr Johanna Budwig showed is that despite its seeming simplicity, there was enormous healing potency in changing the basic building blocks delivered to the body. When this was done in a consistent way, then, over time *all* cells within the body were able to start repairing themselves, including cancer cells.

The proof comes from Dr Budwig's clinical experience, that mixing a bit of flaxseed oil with a sulfur-rich dairy food like quark, cottage cheese or yogurt resulted in conquering malignancies in many cancer patients. Five decades of experience with thousands of patients proves this point – yet, generally speaking, modern medicine is still not willing to do serious research into this cancer treatment option.

But then, there's not much to patent in such a program, is there? Within the dollar-driven, Americanized research system, any treatment that can't ultimately be patented, thereby guaranteeing a return on research investment, is usually of no interest to organizations such as the FDA, NCI (National Cancer Institute) or NIH (National Institute of Health).

Magic Solutions Are Not Part Of An Holistic Cancer Treatment Approach

When treating people from a holistic or complementary medicine approach, it's always important to honor several layers to such a treatment program. There's no point in taking 'Budwig', yet continuing to eat the deficient and toxin-laden foods of modern time.

Similarly, we need to recognize that our current environments are especially poisonous – both indoors and outdoors; through our water and through our food, let alone the wide range of toxic personal products, lotions, hair dyes and more that we regularly apply in the name of vanity. So, one aspect that must, therefore, be looked at in anyone dealing with cancer, is to do a proper body detox.

Ignore The Mind:Body Connection To *Any* Disease At Your Peril

By the same token, science has also proved – through psychoneuroimmunology – that separating the mind from the body in any healing strategy is foolhardy. Both influence each other, and living with ‘toxic’ emotional patterns or wounds is not conducive to good health either. Hence, it’s important to not only detox on a physical, cellular basis, but on a mental and emotional level too.

Nor would it help to remain on the ‘stress-treadmill’ that so many modern people find themselves on nowadays. Especially when it is scientifically known how bad chronic stress is for healthy immune function. And remember, a failing immune system, unable to provide adequate surveillance for abnormal cells within our bodies is another major aspect to the progression towards cancer.

Equally, far too many people in our modern culture don’t get anywhere near enough exercise. We jump into our cars to go to the store down the road, rather than walk the few 100 meters to get there. The automatic exercise, via walking, that previous generations used to get is now no longer the case. And yet, more than enough research exists to prove that a certain amount of regular exercise is essential for helping to maintain optimal body function.

This doesn’t now mean you have to join a gym; pay expensive fees, or buy expensive ‘home gym’ equipment. Just make sure you get a good 20 minutes of ‘huff and puff’ walk daily. This is cheap, simple and easy to do. Afterall, walking is one of the most basic body movements we are designed for!

However, for those already greatly weakened by their cancer, or other diseases, exercise should only be undertaken slowly at first, and built up as the system can handle it. Remember, *over-exercising* is now also scientifically known to suppress immune function.

Finally, I hope this article has provided you with an interesting and time-tested, alternative cancer treatment option, which is simple to make, delicious to eat, and has shown remarkable success, even in many serious cases of terminal cancer.

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