

## **The importance of Keeping Healthy**

Without declaration of war we are in a very real war with life and freedom at stake. The evidence surrounds us and is clearly revealed in articles on this site.

To win any physical competition or struggle we need to keep healthy and that is why our enemy has, over time, put such huge effort into undermining our health system with influence obtained by large sums to manipulation of Universities and politics. Every dollar governments spend on health, or make tax free to big business gifts – every donation we make to cancer; heart; or to other health research, the international pharmaceutical conglomerate converts to chemicals designed to relieve symptoms while weakening our immune systems.

By advertising and entertainment, international industries have converted us to living unhealthy life-styles and to eating unhealthy foods. Every bite of white flour or sugar, or oils not certified Virgin cold-pressed, has been through up to eight processes to eliminate all health content and natural life forces. Almost every natural or processed food is contaminated with pesticides, growth hormones, artificial fertilizers, colors, preservatives, flavors etc; while being denuded of natural health nutrients. So-called freedom-of-speech and pliable politicians allow promotions to undermine health and understanding. It is almost impossible to avoid all unhealthy foods but with a little understanding, knowledge and care, we can greatly improve our health, welfare and vitality.

Now you know that this is not a health service! You should know that anyone who speaks of health, needs, for legal safety, to say words to warn that you should take no health action before consulting a qualified doctor; good advice. I consult doctors regularly because I need to know what the problem is before I help myself. This may require consulting more than one doctor and preferably doctors who advise blood tests and do not faint at the idea of using alternative medications. A healthy diet will solve most of our health problems.

You will find it is not just alternative medications that the health system rejects. If a leading, professionally trained doctor, finds a simple cheap preventative for a popular ailment; cancer, heart problem, etc; every effort will be made to discredit it and any doctor who uses it. This is real evidence that there is something really putrid in our social organization.

As well as consulting doctors I, for thirty years or so, when living in a city (most particularly one that puts the sedating/poison fluoride, in the water) have used a good water filter (osmosis type) along with a good multivitamin-mineral. This now includes a half-dozen supplement vitamins and minerals with a few extra for occasional use. Although considered a weak child with health problems I (still in good health) am comfortably past lifespan of parents and grand parents.

Feel welcome to enter our forum with information or experiences.  
HERE the Dr. Johanna Budwig Diet and other leads.

### **Dr Johanna Budwig diet**

**Cancer, Arthritis, Multiple sclerosis, Psoriasis, Eczema, Acne, ...**

### **Flaxseed oil and cottage cheese**

Six time Nobel award nominated doctor says this essential nutrient combination actually prevents and cures cancer!

Read Flaxseed oil Testimonials :

<http://www.geocities.com/HotSprings/1158/MAILBAG.HTM>

<http://www.geocities.com/HotSprings/1158/>

by Robert Willner, M.D.,Ph.D.

(author of "The Cancer Solution").

.Johanna Budwig Mix:

Put in your blender:

1 cup Organic cottage cheese (low fat, not too hard one, best make your own)(or yogurt)

2-5 Tabbsp. of flaxseed oil-

1-3 Tbsp. of freshly ground up flaxseed (coffee grinder (\$15) works fine)

enough water to make it soft

little cayenne

optional:

little garlic

little red pepper

little champagne

Make it very soft

Eat some of it every day.

(PS Adjust quantities for your taste !)

### THE BUDWIG FLAX OIL DIET

The Flaxseed (Linseed) oil diet was originally proposed by Dr. Johanna Budwig, a german biochemist and expert on fats and oils, in 1951 and recently re-examined by Dr. Dan C. Roehm M.D. FACP (Oncologist and former cardiologist) in 1990. Dr. Roehm claims: "this diet is far and away the most successful anti-cancer diet in the world".

Budwig claims that the diet is both a preventative and a curative. She says the absence of linol-acids [in the average western diet] is responsible for the production of oxydase, which induces cancer growth and is the cause of many other chronic disorders. The benefits oxydase ferments are destroyed by heating or boiling oils in foods, and by nitrates used for preserving meat, etc.

The theory is: the use of oxygen in the organism can be stimulated by protein compounds of sulphuric content, which make oils water-soluble and which is present in cheese, nuts, onion and leek vegetables such as leek, chive, onion and garlic, but especially cottage cheese.

Ferments of cell respiration closely connected with the highly unsaturated fatty acids, are also needed for proper oxydation. It is essential to use only unrefined, cold-pressed oils with high linolic acid content, such as linseed, sunflower, soya, walnut, and corn oils. Such oil should be consumed together with foods containing the right proteins otherwise the oils will have the OPPOSITE EFFECT, causing more harm than good.

The best combination is cottage cheese and linseed oil. The linseed should be freshly ground. Carbohydrates containing natural sugar, such as dates, figs, pears, apples and grapes, are also included in the diet. Honey is also beneficial. Most of the synthetic vitamin A preparations are bad because they contain oxidation products, but much

carotene as provitamin A (from carrot) is consumed. Vitamin B from buttermilk, yoghurt, and natural yeast is beneficial.

A person requires daily about 4 oz. of cottage cheese mixed well with 1.5 oz. of linseed oil and 1 oz. of milk. A blender or egg beater works fine. The mixture can be sweetened with honey or otherwise flavoured naturally. Fresh fruits can be added. Every morning 2 spoonfuls of freshly ground linseed oil should be taken in luke warm buttermilk or yoghurt.

{LifeTruth Editorial comment: Those master manipulators want us health poor; economically poor and poorly informed about life's most important issues. Not made clear the above advice seems to refer to health maintenance and that below more for those with diagnosed health problems. All ingredients should be as natural and free of preservatives and chemical additives as possible. Farming families should make their own cottage cheese, not difficult; supermarket cheese may contain preservatives, probably why the yogurt substitute is offered in this recipe. End comment.}

The diet is indicated for all kinds of chronic diseases, especially heart ailments (coronary thrombosis), gall disorders, diabetes, arthritis, and malignancies. It improves failing hearing and sight. It is the ideal nutrient for children and infants. It is suggested that this diet be supplemented with lactic acid ferments (4).

"What she (Dr. Johanna Budwig) has demonstrated to my initial disbelief but lately, to my complete satisfaction in my practice is: CANCER IS EASILY CURABLE, the treatment is dietary/lifestyle, the response is immediate; the cancer cell is weak and vulnerable; the precise biochemical breakdown point was identified by her in 1951 and is specifically correctable, in vitro (test-tube) as well as in vivo (real)... " (Roehm, "Townsend Letter for Doctors", July 1990)

#### GENERAL RULES

The patient has no nourishment on day #1 other than 250 ml (8.5 oz) of Flax Oil with honey plus freshly squeezed fruit juices (no sugar added!). In the case of a very ill person, champagne may be added on the first day in place of juice and is taken with the Flax Oil and honey. Champagne is easily absorbable and has a serious purpose here.

1) SUGAR IS ABSOLUTELY FORBIDDEN. Grape juice may be added to sweeten any other freshly squeezed juices.

2) Other 'forbiddens' are:

- All animal fats.
- All Salad Oils (this included commercial mayonnaise)
- All Meats (chemicals & hormones)
- Butter
- Margarine
- Preserved Meats (the preservatives block metabolism even of Flax Oil)

3) Freshly squeezed vegetable juices are fine - carrot, celery, apple, and red beet.

4) Three times daily a warm tea is essential - peppermint, rose hips or grape tea - all sweetened as desired with honey. One cup of black tea before noon is fine.

#### DAILY PLAN

Before breakfast - a glass of Acidophilus milk or Sauerkraut juice is taken.

Breakfast - Muesli (regular cereal) is overlaid with 2 tablespoons (30 ml) of Flax Oil and honey and fresh fruit according to season - berries, cherries, apricots, peaches, grated apple. Vary the flavour from day to day. Use any nuts except peanuts! Herbal

teas as desired or black tea. A 4 oz (120 g) serving of THE SPREAD (directions below). This is fine to eat 'straight' like a custard, or add it to other foods taken in the day as you will see.

Morning tea (10am) - A glass of fresh carrot juice, apple, celery, or beet-apple juice is taken.

Lunch - Raw salad with yoghurt-Flax Oil Mayonnaise (directions below). In addition to 'greens' salads, use grated turnips, carrots, kohlrabi, radishes, sauerkraut or cauliflower. A fine powder of horseradish, chives or parsley may be added for flavour.

Cooked Meal Course - Steamed vegetables, potatoes, or such grains as rice, buck-wheat or millet may be served. to these add either THE SPREAD or THE MAYO - for flavour and to up your intake of Flax Oil. Also mix THE SPREAD with potatoes for an especially hearty meal. Add caraway, chives, parsley or other herbs.

Dessert - Mix fresh fruit other than those used for breakfast with THE SPREAD, this time (instead of honey), flavoured using cream of lemon, vanilla or berries.

Afternoon Tea (4pm) - A small glass of natural wine (no preservatives) or champagne or fresh fruit juice with 1-2 tablespoons of honey-coated Fax Seeds.

Supper - Have this early, at 6pm. Make a hot meal using buckwheat, oat or soy cakes. grits from buckwheat are the very best and can be placed in a vegetable soup, or in a more solid form of cakes with herbal sauce. Sweet sauces & soups can always be given far more healing energy by adding THE SPREAD. Only honey or grape juice can be used for sweeteners. NO white sugar (or brown!) Only freshly squeezed juices and NOT reconstituted juices (preservative danger) may be used. These must be completely natural.

#### How to prepare 'THE SPREAD'

Place 250 ml (8.5 oz) Flax Oil into a mixer bowl and add one pound (450 g) of 1% Cottage Cheese (ie low fat eg Quark) and add 4 tablespoons (60 ml) of Honey. Turn on the mixer and add just enough low fat milk or water to get the contents of the bowl to blend in together. In 5 minutes, a preparation of custard consistency results that has NO taste of the oil (and no oily 'ring' should be seen when you rinse out the bowl).

Alternatively, you can use Yoghurt instead of Cottage Cheese in proportions of 1 oz (30 g) of Yoghurt to 1 tablespoon (15 ml) each of Flax Oil and of honey and blend as above.

NOTE: When Flax Oil is blended like this, it does not cause diarrhoea even when given in large amounts. It reacts chemically with the (sulphur) proteins of the cottage cheese, yoghurt, etc.

#### How to prepare 'THE MAYO' (Mayonnaise):

Mix together 2 tablespoons (30 ml) Flax Oil, 2 tablespoons (30 ml) milk, and 2 tablespoons (30 ml) Yoghurt. Then add 2 tablespoons (30 ml) of Lemon juice (or Apple Cider Vinegar) and add 1 teaspoon (2.5g) Mustard plus some herbs such as marjoram or dill. Next add 2 or 3 slices of health food store pickles (no preservatives! - read label!) and a pinch of herbal salts.

(The above mayonnaise plus lots of mustard and a few bananas is very tasty!)

Concluding remarks by Dr. Roehm - "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. It is a wonder. The champagne vehicle IS easier to assimilate and get someone almost on their death-bed going again. A retention enema

of 250 ml (8.5 oz) of oil is another route to get this precious life-furthering, ELECTRON-RICH oil into the body. It can also be applied to the skin for transdermal absorption. I'll answer your questions and give you "special orders" for you particular case.

You will have to remain on this diet for a good 5 years, at which time your tumour may have disappeared. Persons who break the rules of this diet, Dr Budwig reports, (ie eating preserved meats, candy, etc) will sometimes grow rapidly worse and cannot be saved after they come back from their spree (bon-bons mean bye-bye).

In 1967, Dr Budwig broadcast the following sentence during an interview over the South German Radio Network, describing her incoming patients with failed operations and x-ray therapy":

"Even in these cases it is possible to restore health in a few months at most, I would truly say 90% of the time".

"This has never been contradicted, but this knowledge has been a long time reaching this side of the ocean, hasn't it? Cancer treatment can be very simple and very successful once you know how. The cancer interests don't want you to know this.

May those of you who have suffered from this disease (and I include your family and friends in this) forgive the miscreants who have kept this simple information from reaching you for so long".

(signed) Dan C. Roehm, M.D. FACP

{LifeTruth Editorial Note: It will be obvious to readers that this medication and other effective health products are medically ignored or even legally banned in Australia, the USA and other nations where Internationals have control. This disgusting state of affairs can be easily fixed by people accepting their legal responsibilities. See article "The Democratic republic" in "SERVICES".}

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"The best, purest, most carefully prepared Flax Oil in America is, in my opinion", said Roehm, "is Omegaflo. Arrowhead mills label is most often seen in Florida (USA). Look for the Omegaflo".

"FLAX (LINSEED) OIL is readily denatured by oxygen, heat, and light. That's why it is used in paint. Rancid oil is bad for health, so oil MUST be carefully produced, packed under nitrogen in light-proof containers, refrigerated until used, used as fresh as possible, and stabilised with protein (THE SPREAD, etc) promptly once the container is opened..."

Flax Seeds may also be used. Seeds need only be cracked in a food blender, or they may be ground in a coffee grinder. One needs three times the amount of seed to get the oil equivalent. Seeds are high in calories, so one may gain weight. The seeds are also high in soluble fibre, so blending with liquid tends to produce ever-hardening "jellies". Fresh-cracked seed sprinkled on muesli & eaten promptly tastes great.

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Ed McCabe (p85, "Oxygen Therapies") discusses his point of view on essential fatty acids:

"The red blood cells in the lungs give up carbon dioxide and take on oxygen. They are then transported to the cell site via the blood vessels, where, they release their oxygen into the plasma. This released oxygen is "attracted" to the cells by the "resonance" of the pi-electron" oxidation-enhancing fatty acids. Otherwise, oxygen cannot work its way into the cell. "Electron rich fatty acids" play the decisive role in "respiratory enzymes, which are the basis of cell oxidation..."

"Don't eat anything hydrogenated like (like margarine, or fried foods) as it defeats oxygenation. Avoid products that say "hydrogenated".

"We should eat essential polyunsaturated fatty acids to enhance oxygenation. They can be found naturally in Carotene, Saffron, and Flaxseed oil."

## REFERENCES

1. "Promotion and Prevention of Tumour Growth Effects of Endotoxin, Inflammation, and Dietary Lipids", by Raymond Kearney, Ph.D, Department of Infectious Diseases, The University of Sydney, Sydney, N.S.W. 2006 Australia. International Clinical Nutrition Review, October, 1987 Vol. 7, No. 4.
2. Roehm, "Townsend Letter for Doctors", July 19903. Ed McCabe, "Oxygen Therapies"
4. "The natural way to better health and longer life", Bullivant.
5. Arlin J. Brown, "March of Truth On Cancer", (seventh edition). Summary of 79 nontoxic cancer treatments. Available from the Arlin J. Brown Information Centre Inc., P.O. Box 251, Fort Belvoir, Virginia, 22060. Ph: 1-703-752-9511.

## Who is Dr. Johanna Budwig?

Dr. Johanna Budwig is known and highly respected around the world as Germany's premier biochemist. In addition, Dr. Budwig holds a Ph.D. in Natural Science, has undergone medical training, and was schooled in pharmaceutical science, physics, botany and biology. In all courses, this brilliant scientist excelled.

She is best known for her extensive research on the properties and benefits of flaxseed oil combined with sulphurated proteins in the diet, and over the years has published a number of books on the subject, including "Cancer--A Fat Problem," "The Death of the Tumor," and "True Health Against Arteriosclerosis, Heart Infarction & Cancer."

Dr. Budwig has assisted many seriously ill individuals, even those given up as terminal by orthodox medical practitioners, to regain their health through a simple regimen of nutrition. The basis of Dr. Budwig's program is the use of flaxseed oil blended with low-fat cottage cheese.

In the mid 1950's, Dr. Budwig began her long and meticulous research on the importance of essential fatty acids (linoleic and linolenic) in the diet. Her subsequent discoveries and announcements sparked mixed reactions. While the general public was eager for this astounding information, German manufacturers of commercial dietary fats (margarine, hard shortening, vegetable oils) went to extremes to prevent her from publishing her findings. Fortunately, while Dr. Budwig's vital announcements were initially met with resistance backed by those with financial stakes in the commercial fats industry, her persistence paid off. Today, Dr. Johanna Budwig is world renowned for her important discoveries on the benefits of flaxseed oil. Her fame precedes her as she lectures all over Europe.

## Fats-Good and Bad

Dr. Johanna preaches against the use of what she calls "pseudo" fats. In order to extend the shelf life of their products, manufacturers use chemical processes that render their food products harmful to the body. These harmful fats go by a number of names, including "hydrogenated," "partially hydrogenated" and even "polyunsaturated." The chemical processing of fats destroys the vital electron cloud within the fat. Once the electrons have been removed, these fats can no longer bind with oxygen, and they actually become a harmful substance deposited within the body. The heart, for instance, rejects these fats and they end up as inorganic fatty deposits on the heart muscle itself.

Chemically processed fats are not water-soluble when bound to protein. They end up blocking circulation, damage heart action, inhibit cell renewal and impede the free flow of blood and lymph fluids. The bio-electrical action in these areas slows down and may become completely paralyzed. The entire organism shows a measurable loss of

electrical energy which is replenished only by adding active lipids to the diet. These nutritional fats are truly vital for man and beast alike.

Science has proven that fats play an important role in the functioning of the entire body. Fats (lipids) are vital for all growth processing, renewal of cells, brain and nerve functions, even for the sensory organs (eyes and ears), and for the body's adjustment to heat, cold and quick temperature changes. Our energy resources are based on lipid metabolism. To function efficiently, cells require true polyunsaturated, live electron-rich lipids, present in abundance in raw flaxseed oil. True polyunsaturated fats greedily absorb proteins and oxygen and pump them through the system.

Lipids are only water-soluble and free-flowing when bound to protein; thus the importance of protein-rich cottage cheese. When high quality, electron-rich fats are combined with proteins, the electrons are protected until the body requires energy. This energy source is then fully and immediately available to the body on demand, as nature intended.

#### Proven Benefits Still Pouring In

Since Dr. Johanna Budwig's findings on the benefits of flaxseed oil have been widely publicized, scientists around the world have eagerly jumped on the bandwagon. Studies conducted using flaxseed oil on numerous disorders have been pouring in from all over the world, showing impressive results, including anti-tumor activity, increased metabolism, greatly boosted immune system, reduced cholesterol levels, normalized blood pressure levels and inhibition of cancer cell growth. Books, research reports, articles and testimonials abound, all touting the healthy benefits achieved by supplementing the diet with organic, raw, cold-pressed flaxseed oil with low-fat cottage cheese. Dr. Budwig's research was based on using the ratio of 2 tablespoons flaxseed oil mixed with one-quarter cup of low fat cottage cheese.

Backed with all this extensive research, the indisputable fact is: Supplementing your diet daily with flaxseed oil combined with sulphurated proteins could very well be the most important thing you do for yourself every day.

A top European cancer research scientist, Dr Johanna Budwig, has discovered a totally natural formula that not only protects against the development of cancer but people all over the world who have been diagnosed with incurable cancer and sent home to die have actually been cured and now lead normal healthy lives.

After three decades of research Dr. Budwig, sixtime nominee for the Nobel Award, found that the blood of seriously ill cancer patients was always, without exception, deficient in certain important essential ingredients which included substances called phosphatides and lipoproteins. (The blood of a healthy person always contains sufficient quantities of these essential ingredients. However, without these natural ingredients cancer cells grow wild and out of control.)

Blood analysis 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 startling discovery led Dr. Budwig to test her theory. She found that when these natural ingredients were replaced over approximately a three month period, tumors gradually receded. 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.

Dr. Budwig then discovered an all natural way for people to replace those essential ingredients their bodies so desperately needed in their daily diet. By simply eating a combination of just two natural and delicious foods not only can cancer be prevented but in case after case it was actually cured. (These two natural foods, organic flax seed oil & cottage cheese) must be eaten together to be effective since one triggers the properties of the other to be released.)

After over 10 years of solid clinical application, Dr. Budwig's natural formula has proven successful where many orthodox remedies have failed. Dr. Budwig's formula has been used therapeutically in Europe for prevention of: Cancer! Arteriosclerosis, Strokes, Cardiac Infarction, Heartbeat (irregular), Liver (fatty degeneration), Lungs (reduces bronchial spasms), Intestines (regulates activity), Stomach Ulcers (normalizes gastric juices), Prostate (hypertopic), Arthritis (exerts a favorable influence), Eczema (assists all skin diseases), Old age (improves many common afflictions), Brain (strengthens activity), Immune Deficiency Syndromes (multiple sclerosis, autoimmune illnesses).

Thousands have flocked to hear Dr. Budwig lecture all over Europe. The many people Dr. Budwig's formula has helped testify to the benefits of her remarkable discovery. Following are a few examples: In one of my interviews with Dr. Budwig I was introduced to Siegfried Ernst, M.D.. He is a rare and dedicated man who counts among his personal friends the current Pope as well as many other dignitaries.

#### Testimonials :

Dr. Ernst: Seventeen years ago Dr. Ernst had developed cancer for which he had major surgery requiring removal of his stomach. Two years later he had a recurrence of the cancer and was offered chemotherapy as the only available remedy. There was little hope for survival as virtually all individuals with recurrence of this type of cancer rarely last a year. Dr. Ernst knew that chemotherapy was not only ineffective for his type of cancer but completely destructive of the quality of life, so he refused. He turned to Dr. Budwig and her formula for help. He religiously followed Dr. Budwig's formula and fifteen years later has not had any recurrence of cancer. As a matter of fact he seemed to me to be in perfect health and is tireless for a man in his late seventies.

Maria W. Maria tells her story in her own words: "I was told by the most expert of 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.

When I heard about Dr. Budwig's natural formula, I was skeptical but desperate for help. After four months on this regimen, the swelling under my left eye completely disappeared. The doctors at the University 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 ever had cancer. There is hardly any indication of a tumor remaining.' I never thought using Dr. Budwig's formula would be so successful. My whole family and I are very grateful."

Sandy A. An examination of Sandy A. revealed arachnoidal bleeding due to an inoperable brain tumor. The doctors informed Sandy that he was beyond medical help. At his expressed wish, Sandy was discharged from the hospital and sent home to die in peace.

A friend brought Dr. Budwig's formula to Sandy's attention. Sandy writes. "Since I went on the Budwig regimen, the paralysis of my eyes, arms, and legs has receded

daily. After only a short period of time, I was able to urinate normally. My health improved so rapidly that I was soon able to return to my work part-time. Shortly after that, I was again examined at the Research Center and my reflexes were completely normal. The Budwig diet saved my life! Ten years later, I was given a thorough examination at the Center as a follow-up. My incredible recovery has been written up in many medical journals and I have become what they call a 'textbook case,' and all because of Dr. Johanna Budwig's simple diet."

Timmy G. Seven years ago Timmy G. was diagnosed as having Hodgkins 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 Timmy failed to respond favorably to these heroic measures, he was discharged as incurable, and given six months to live and sent home to die. The desperate parents contacted specialists all over the world. A famous newspaper took up Timmy's cause and ran editorials pleading for someone to come forth who could offer hope for the life of a child. All the specialists who replied confirmed the cruel prognosis: There was no hope or help for Timmy.

At this dark hour the miracle the family had prayed for happened! Timmy's mother told her story to the press: "A friend sent me a printed piece about one of Dr. Budwig's speeches. This material gave us hope and I contacted Dr. Budwig. In just five days, (on the Budwig regimen) Timmy's breathing became normal for the first time in almost two years.

From this day on, Timmy began to feel good again. He went back to school, started swimming and by winter he was doing craft work. Everyone who knows him says how well he looks." At age 18 Timmy is showing great promise in his university work. He knows he owes his life to Dr. Budwig and thanks her daily in his prayers. One of the two foods in on Budwig's formula, cottage cheese, is available in nearly every grocery store in America. The other, pure organic linseed oil, however comes primarily from Europe. By simply mixing these two delicious foods together and eating them you will be providing yourself and your family with the optimal preventive nutritional protection against cancer and other disease.

Books to read:

["Flax Oil As a True Aid Against Arthritis Heart Infarction Cancer and Other Diseases"](#)

by Johanna Dr. Budwig

Amazon Price: \$5.56

[Read more about this title...](#)

"The Breuss Cancer Cure" : Advice for the Prevention and Natural Treatment of Cancer, Leukemia and Other Seemingly Incurable Diseases by [Rudolf Breuss](#)  
Amazon Price : \$11.00

["A Cancer Therapy" : Results of Fifty Cases and the Cure of Advanced Cancer by Diet Therapy : A Summary of 30 Years of Clinical Experimentation](#) by M. Max Gerson Amazon Price: \$24.95 [Read more about this title...](#)

Flax Oil by Dr Budwig

<http://www.amazon.com/exec/obidos/ISBN=0969527217/9789-9510244-200272>

<http://www.oxytherapy.com/mail-archive/oct96/165.html>

Flax Oil and Cancer -A Tape Transcription by Clifford Beckwith

<http://www.public.usit.net/spinner/Flax1.html>

Links to Other Flaxseed Oil & Health Sites

<http://www.public.usit.net/spinner/Flaxlink.html>

Dr. Budwig and The Healing Power of Flaxseed (Commercial site)

<http://www.barleans.com/budwig.html>

Essential Fatty Acids for Kids Superimmunity

<http://www.healthychild.com/efa.htm>

Flaxseed and the Immune System @ <http://www.flaxcouncil.ca/flaxnut16.htm>

The Importance of Omega-3 Fatty Acids for Adults and Children

<http://www.flaxcouncil.ca/flaxnut11.htm>

Essential Fatty Acids: Are You Deficient In These Key Nutrients?

<http://www.barleans.com/deficient.html>

Other Pages On This Site About Cancer:

What Doctors say about Chemo Therapy [here](#)

What Doctors say about Radiation Therapy [here](#)

What doctors say about Breast cancer ? [here](#)

Cancer cause : Dental Risk ? [here](#)

Govallo <http://home.earthlink.net/~emptherapies/vginet.html>

Burzynski <http://catalog.com/bri/bri.htm>

Cancer & Nutrition Articles

<http://drcranton.com/nutrition.htm> Nutrition In The News

Diet

Gerson

<http://www.gerson.com/history.html> <http://www.1999.com/gerson/>

<http://www.gerson.com/cnb104.html>

<http://gerson.org/booklist.html#acancertherapy>

Gerson Institute <http://www.gerson.org/index.html>

[HOME - The Cancer Homepage](#)

[http://home.online.no/dusan/diseases/cancer.cancer\\_dr.budwig.html](http://home.online.no/dusan/diseases/cancer.cancer_dr.budwig.html)

**LifeTruth addendum: A book called "How to Fight Cancer and Win by William L. Fischer also cover the Budwig diet; etc, and is a useful all round source of information.**

**An older book "World Without Cancer" Concentrates on a very different approach that also appears very effective, however you may need to grow your own natural Apricots for use of the natural kernels as almost all commercially grown Apricots are now Hybrid of some kind and useless. This cure/preventative is apparently so effective as had to be legally banned and claimed poisonous. It is safe, I have eaten quite a lot from time to time and know of others who do so without side effects. Limited supply, but I have kept free from cancers. Good things about these natural alternatives: almost free of side effects even with overuse; much cheaper; more effective and pleasant to use.**