

# *New Focus On The Wisdom Of A Forgotten Knowledge*

Today we hear a lot in the media and in health magazines about the benefits of Omega 3 oils and that the modern diet is seriously deficient with respect to these Omega 3 essential fatty acids (ESAs). This critically important Omega 3 fatty acid can be obtained by consuming fish (like salmon, herring and sardines, or fish oil), canola, hemp, mustard or flax oil, as well as in linseeds or chia seeds.

By far the most concentrated form of Omega 3 oil, and the one with the right balance of Omega 3, Omega 6 and Omega 9 (in the ratio of 52-62% : 17% : 13%), can be found in Flaxseed oil. As one of the Melrose flyers simply says “when it comes to Omega 3, the catch of the day isn’t always fish oil”.

Flaxseed oil, nature’s richest source of Omega 3, is gluten-free and suitable for vegetarians, has up to 50% more Omega 3 than fish oil and is essential for good health and well being.

We know now that a deficiency of Omega 3 and 6 results in progressively poorer health. In order to stay or become healthy again we must consume healthy fats in our daily diet because the good oils, rich in Omega 3 are every bit as important as protein, minerals and vitamins. The electron cloud within the flaxseed oil is also vital. Be mindful though, that the fat consumption per day does not exceed the 30% of total kilojoules (calories) allowed. Therefore, make sure that other fats in your diet are reduced and stay within the optimal 30% of total fat allowance.

Flaxseed oil contains naturally small quantities of lecithin and vitamin E. However a study conducted recently recommends that we should take additional vitamin E on a daily basis, when consuming oils rich in omega 3 and 6 fatty acids. One of the best food sources of vitamin E is wheatgerm, followed by hazelnuts, supplying over 20mg per 100g portion, almonds, brazil nuts.....

While all this knowledge makes hot news today, it is far from the latest news. For Dr Johanna Budwig had already discovered the health benefits of flaxseed 55 years ago. Dr Budwig, the “Flaxseed Lady” from Freudenstadt in Germany as she is lovingly called, was a brilliant scientist, six times Nobel Award Nominee, author of a host of books and countless scientific works and a Lecturer in many countries. She is credited with the honour of having found the deciding factor that will bring oxygen into the anaerobic cancer cells. This was perhaps one of the most groundbreaking and important medical breakthroughs of the 20<sup>th</sup> century. With Budwig’s theory, when high quality electron-rich fats (Omega 3 & 6) are combined with sulphurated proteins, the individual cells’ electrons are protected and the body’s need for oxygen is stimulated. Thus the uptake of oxygen and its usage for all growth processes, the formation of blood and many, many more health benefits are guaranteed.

Sulphurated proteins are particularly prevalent in cottage cheese. Thus the best and most effective combination for good health is that of cottage cheese and flaxseed oil. The correct oil:protein ratio is one part oil with two parts cottage cheese (1:2). The recommended maintenance diet

dosage for adults is usually 1 ½ tablespoons flaxseed oil and 3 tablespoons of cottage cheese. For serious health problems this amount is increased, always ensuring the flaxseed oil and cottage cheese intake remains true to that optimum 1:2 ratio (see **How much do I need?** on page 2).

Simply prepare the mixture quickly with a hand blender until it is nice and smooth. A little milk, water or Yakult will assist the process. Added fruit, fruit flavoured yoghurt and spices will give you a welcome change in your daily healthy mixture.

## **My recipe:**

1 ½ tbsp of Flaxseed oil

3 tbsp of low fat cottage cheese

Add a little milk or water to assist the blending process and to make it smooth and fully mixed.

Then add ½ bottle Yakult and 1 small (or ½ large) banana and mix in blender until homogenous

Banana is the best way to mask the flavour of the oil, should you have a problem with the taste of it.

Fresh fruit – a few raspberries, strawberries or blueberries or mango, or apple and cinnamon or fruit yoghurt will make the mixture more interesting on a daily basis for your health routine.

Top this mixture with a spoonful of ground hazelnuts or wheatgerm (vitamin E), or for a change with ground almonds, some chia seeds or flaxseed meal or muesli. The oil-cheese mixture also tastes excellent as a mayonnaise.

## **The basic mayonnaise recipe:**

2 tbsp of flaxseed oil

4 tbsp of cottage cheese

4 tbsp of plain yoghurt

Now add or omit any of the following to your own taste:

2 tbsp lemon juice or apple cider vinegar

1 small (or ½ large) banana plus some water

1 tsp of mustard

¼ tsp of honey

some dill, parsley or chives

some pickles (no preservatives)

a pinch of herbal salt, cayenne, garlic or majoram

a little champagne

Supplementing your diet on a daily basis with flaxseed oil combined with sulphurated proteins could very well be the most important (and yet totally delicious) healthy food you eat every day.

Enjoy!

## Health from Mother Nature

Whilst either “Naturopathy” or “Medical Information” would be an apt title and thoroughly correct, this absolutely phenomenal report is probably going to be the most interesting, radical and possibly the most disputed article by far that we will ever share with you, relevant to today’s times. Our Paparazzi found the links in the Internet and shared them with us, as he knows of our passion for all things Nature connected. With growing excitement we read the life-beneficial knowledge. So much so, that we regarded our decision to share this information with everyone almost as a duty.

### Who is Dr Johanna Budwig?

Firstly we would like to thank research scientist Dr Johanna Budwig, who is known and highly respected around the world as Germany’s premiere Bio-Chemist. A leading European cancer researcher, she regarded restoring people to health as her mission in life. In addition, this highly talented scientist holds a PhD in natural science, has undergone medical training and was schooled in pharmaceutical science, physics, botany and biology. In all courses this brilliant scientist excelled.

### Nobel Prize Nominee

Inextricably linked, a conversation about the “Flaxseed Lady” from Freudstadt in Germany automatically includes one or other of the Superlatives with which she is connected – six times Nobel Prize nominee, author of a host of books and countless scientific works, hated by opponents and loved by the thousands of patients who thank their lives to her Therapy. For, with just two delicious foods, Dr Budwig discovered a totally natural way to prevent or cure cancer ...

### Dr Otto Warburg’s preliminary studies

The 1931 & 1944 Nobel Prize winner states:

*“The cause of cancer is no longer a mystery.  
We know that any cell which is starved of 60%  
of its oxygen intake will become cancerous.”*

### Dr Budwig develops Oxygen Theory:

It is Dr Budwig who is credited with the honour of having found the deciding factor that will bring oxygen into the anaerobic cancer cells. In truth, this was perhaps one of the most ground-breaking and important medical breakthroughs of the 20<sup>th</sup> Century. Dr Budwig studied thousands of blood samples and discovered that healthy people always have a high content of Omega-3, essential for life, in their blood. The blood samples of cancer patients, in contrast, were always without exceptions deficient in essential fatty acids.

These highly unsaturated fatty acids were the deciding factor that triggered the desired effect of increasing the cell’s need for oxygen and thus stimulated its respiration, consequently creating a state of increased oxygen concentration within the cell. In combination with sulphurated proteins, this factor plays a decisive part of the chemical bonding between fat and protein, the uptake of oxygen, its usage for all growth processes, for the formation of blood and much, much more. By extrapolation of this theory, Dr Budwig developed a Fat-Protein diet and effected that cancer cells were once again able to “breathe”. And when a cancer cell begins to breathe again,

it loses its cancerous properties and becomes a healthy cell once more.

Doctor Dan C Roehm and Dr Robert E Willner, assured of the validity of Dr Budwig’s Therapy, have already helped many, many cancer patients.

About her own experiences Dr Budwig says:

*“Even in dire cases that are given up by  
orthodox medical practitioners, it is possible  
to restore health in a few months at the most. I  
would truly say 90% of the time.”*

Our energy resources are based on lipid (fat) metabolism. To function efficiently, cells require such true polyunsaturated, live electron-rich lipids: Linolenic acid (Omega-3) and Linoleic acid (Omega-6) that are present in abundance in raw flax seed oil. These true polyunsaturated fats greedily absorb proteins and oxygen and pump them through the system. Being electron-rich lipids, they are only watersoluble and free flowing when bound to sulphurated proteins, as found in cottage cheese. Thus the importance of protein-rich cottage cheese. When high quality, electron-rich fats are combined with proteins, as they are in the mixture of these two natural foods, the electrons are protected, the body’s need for oxygen is stimulated and the cells, with their high concentration of electrons is capable of easily assisting the oxygen to bridge the cell walls. Sulphurated proteins are found in cheese, nuts, onions, leek, chives and garlic, but is particularly prevalent in cottage cheese. Thus the best and most effective combination is that of cottage cheese and flax seed oil.

### Which oil? And why must it be stored cold!

It is especially important to use only a natural cold-pressed flax oil, containing a high concentration of Linolenic fatty acids. You can find this type of oil in most Health Food Shops. Although there are a number of brands available to the Australian market, try and find a shop that stocks Melrose Gold or Stoney Creek, brands that carry the recommendation of being the best quality around. Please note that exposure to oxygen, heat and light quickly de-natures any Flaxseed oil and turns it rancid, which is actually damaging to health. For this reason, regardless of whichever brand you get, the oil must be carefully produced and packaged and should only be bought from a store which has meticulously stored it in a refrigerator or freezer. Keep the bottle refrigerated at home too! Only open the bottle for very short times whilst measuring out the oil, then reseal the bottle and place it straight back in the refrigerator. The measured dose of oil should now be immediately mixed with protein (cottage cheese) to stabilise it. This mixture is best eaten as fresh as possible, preferably immediately, but can be made up for a daily ration providing the mixture too is stored in refrigerated conditions and eaten within the day.

### How much do I need?

The oil-protein mixture consists of a ratio of one part oil with two parts cottage cheese. Dr Budwig’s guidelines for the normal maintenance of health suggest a mixture of one tablespoon oil and two tablespoons cottage cheese per 50kg of bodyweight. Sick people require higher doses of up to 6 tablespoons of oil daily, freshly prepared and blended with the double quantity of cottage cheese. One can also use

Yoghurt in the blend, though if this is to replace the cottage cheese you will need to use triple the amount – and significantly more again if you decide to use a fruit-flavoured yoghurt! It is extremely important to use sufficient oil, in the correct oil-protein ratio and to use it for a long enough period of time.

The simplest and most effective way of preparing the mixture is to use a hand blender to stir it up like a smoothie. Once the mixture is made up in the correct ratio, feel free to add honey and spices, fresh fruits such as strawberries, pineapple or blueberries to taste, or even fruit juices and extracts. Please do not use re-constituted or concentrated juices that are generally full of preservatives, nor any kind of sugar, whether it is white, brown or raw. Depending on the brand of cottage cheese you use, it may be necessary to add a dash of low-fat milk and stir until there is no oily ring any more. Generally this occurs once the mixture reaches a smooth, pudding-like consistency or more liquid state.

#### **A supportive healthy diet.**

The effectiveness of the mixture is supported by a healthy diet. Honey and natural sugars found in dates, figs, pears, apples and grapes are an important component of the diet. Wheatgerm or nuts, with their high Vitamin E content, are necessary on a daily basis. Carotene, in the form of Pro-vitamin A from carrots, should also be consumed. Good sources of Vitamin B include Buttermilk, Yoghurt and natural yeast, and remember that eating plenty of vegetables and salads is also advantageous.

#### **Whom does it help, and how?**

Thanks to Dr Budwig's talented and inspirational research, we know that this oil-protein Therapy, consisting solely of two natural and healthy foods, is instrumental in the maintenance of good health, protects against the onset of cancer and, of utmost importance, it actually works to help those people who have been diagnosed with cancer to heal and live a healthy life. People from all over the world, who were given up by traditional medicine and sent home to die, remarkably were assisted back to health by Dr Budwig's amazing Therapy.

Dr Budwig regards the human body as an antenna, capable of attracting and capturing the life-giving and healing electrons whenever the ingested substances Sulphydryl (dairy products) and essential fatty acids (Flax oil) are combined in the right ratio. As these substances are the principal components of the Cottage Cheese - Flax oil Therapy, they stimulate the body's capacity to absorb and utilise these healing electrons and tumors slowly shrink. Unusual green subelements found in diseased blood are replaced by healthy red bloodcells. Fatigue and anaemia disappear and there is a renewed sense of energy and well-being. Symptoms of cancer, liver damage and diabetes (diabetics should be monitored by their doctor) are significantly reduced or eradicated. Dr Budwig's biological method also has been used effectively for a whole host of diseases and conditions, including arteriosclerosis, strokes, heart attacks, liver, lung, bowel, stomach tumors, prostate,

rheumatism, skin problems and immune deficiencies as well as multiple sclerosis. A group of therapists in Spain use the Omega-3 Therapy with a 95% success rate. Given these amazing statistics one asks oneself "Why then, is Dr Budwig's remarkable and highly successful Therapy still so largely unknown?"

#### **Business "Subterfuge"**

Dr Budwig warns about electron-robbers that block the cell's ability to breath. "Bad" fats such as margarine and animal fats, but also nitrates, high-dosed vitamins and other chemical or unnatural substances and processes are, according to Dr Budwig, to be avoided at all costs. Consequently, should a general knowledge and acceptance of Dr Budwig's Therapy lead to a rise in popularity of its use amongst society, then many branches of industry stand to lose millions of dollars, in particular the pharmaceutical and the fats and oils industries. The economic implications and ramifications are so far-reaching for these mighty economic giants, is it any wonder they will go to great lengths to discredit or hush-up and limit the spread of Dr Budwig's research and wonderful successes. Yet despite the antipathy of the industry magnates, Dr Budwig has managed to concentrate her brilliant knowledge into a single focal point, has proven her hypothesis and packaged the whole lot in this easy to understand and follow Therapy recommendation – flax seed oil and cottage cheese. And nobody, to the current day, has been able to turn up any real evidence of how or why the hypothesis should be overturned and the Therapy discredited. Besides, the success stories speak for themselves with a louder voice than anything else.

We hope that this information has been as phenomenal for our readers and our friends as it has been for us. We do ask though that you do your own research, for much has been left out and is of equally vital importance to the limited amount we were able to present in this article. We've annexed some web links to the scientific and theoretical reports and articles and to the testimonials of many people who even now, years later, tell of their experiences. We're happy to send you a copy of the source documentation by email, can be reached of an evening by phone and will gladly send copies of the information for the cost of printing and shipping.

#### **Wishing you the "Best of Health"**

Unfortunately it is legally necessary to post a disclaimer on any material not approved by the "Authorities". The information contained herein has been obtained from various sources. It is not intended for medical claims or to take the place of a physician. The products and statements are not intended to diagnose, treat, cure or prevent any disease.

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## **Budwig Postscript:**

### **Faith as small as a Mustard seed**

It was a little over four months ago that the first “Mustard Seed” of faith was, totally unexpectedly, planted in my life. Within ten days I knew that the knowledge I had gained was the first ray of hope, not only for me in our situation, but also that the implication of this knowledge with respect to other people’s lives could be huge and so very positive.

It was Easter when my German Shepherd became very sick and, according to my vet, had only hours to live. With the vet’s intense help (blood transfusions, drip, antibiotics, extremely strong antibacterial medication and chemotherapy) Samba survived. But the prognosis was not good and neither the vet nor I really believed in a recovery as the symptoms hardly changed.

In early June Stephen found an article about cancer that a Minister from rural Victoria had written. Stephen passed it on to me and I was instantly fascinated, wanting to know more about it. Consequently I read the night away, trying my best to comprehend the magnitude of what I read and to make sense of it all in my own mind. To understand that there really is such an incredibly simple yet unbelievably powerful healthy food which can help people to overcome all kinds of health problems.

In the 1950’s a brilliant scientist, Dr Johanna Budwig, found a way to bring oxygen into the cells with this phenomenal health food, was nominated six times for the Nobel prize and gave lectures all over Europe and Asia in the company of very elite scientists. Her theory was never, to this day, proven wrong. Statistically she healed 90% of cancer patients who came to her, patients who had been given up by orthodox medicine. And yet with all this success in people’s lives and the proven medical / scientific knowledge, hardly anybody knows about her and her simple cure. Why is it the best-kept secret? The answer may rest with industrial giants and pharmaceutical companies, whose reluctance to share this information may be based on the fact that they would miss out financially as natural remedies can’t be patented and thus sold for huge revenues these big players are accustomed to making...

Dr Budwig’s success lies simply in two natural foods: Flax seed oil and cottage cheese - that have been well mixed.

We gave our dog Samba this mixture and happily noted that after only a few days she lifted her head and even got her ball. The vet visit was scheduled in ten days. When we arrived, the first step was the weigh-in and everybody at the vet’s surgery was thrilled because Samba had put on 600g. Yet the most incredible was yet to come. As the vet examined Samba she looked up to me and said “If I wouldn’t know what I know, and you wouldn’t know what you know, and you would just come for the dog’s yearly check-up, then I would give the dog a clean bill of health.” I showed the keen vet the Budwig report. Samba hasn’t looked back since then...

With my belief strengthened I felt the need to tell a friend, Sylvie, who had secondary cancer in her lung and liver. This lady was in utmost danger because her mum and auntie died from this disease. She had just two weeks of the first cancer treatment behind her when she started the flax seed / cottage cheese mixture. The result after the chemo was eagerly awaited. Would it do as much good for Sylvie as for the dog? The oncologist was astounded and extremely happy, because the cancer in lung and

liver had shrunk by a third! Obviously for the oncologist to be as surprised and happy as he was, this amount of shrinkage does not happen very often as a normal result of the chemo prescribed by the oncologist. Sylvie continued with both the chemo and the Budwig diet. The test following the second round of chemo revealed that the cancer had shrunk by a further third in both lung and liver. We are hoping and praying that at the next test it will have shrunk the final third, that there will no longer be any evidence of cancer and that Sylvie can be healthy and happy once again.

A short time after Sylvie’s first lot of good news, she had a phone call from a relation interstate. This relative had just undergone a biopsy that showed primary cancer in the uterus and an operation had been scheduled for three weeks later. Sylvie shared the news about the Budwig diet and as a result this lady followed the information Sylvie had shared. When the operation was performed just three weeks later there was no longer any cancer to be found – an astounding and wonderful result.

One of my customers was also concerned about her health as a test she had showed abnormal cells. After using the Budwig diet for two months, there was a repeat of the test – results now showing there was no presence of abnormal cells any more.

A new customer told me that her niece’s husband had lung cancer and wasn’t expected to live. I passed on the Budwig diet. A phone call from the niece six weeks later informed me that her husband had lots of energy and felt and looked great. This man’s change was so dramatic that the niece’s daughter, who had breast cancer and had persistently resisted the niece’s initial attempts to persuade her to take the Budwig diet, now relented and started to take the mixture also. Two weeks later the niece rang once again to tell me that “We just came from the [husband’s] oncologist and he is very happy. There is no new growth. It looks like it is in remission”.

One of my other customers has severe rheumatoid arthritis, is on very heavy medication and is unable to perform regular household duties. This lady tried the Budwig diet and rang me a week later “Heidi you won’t believe it, after three days I felt fit to do some work. I was so thrilled I overdid it and the next morning my joints were burning like fire – something that normally takes three weeks to three months, with significantly larger doses of much stronger medication, to cause pain like this to subside. I took the oil / cheese mixture and three hours later the severe pain had already subsided! Six weeks after that phone call the lady was already able to walk approximately three kilometres to come and see me.

My own arthritis is greatly improved. Another customer’s psoriasis has disappeared. The extremely dry and flaky skin of a friend has become smooth, whilst somebody else’s white-tail spider bite is healing. A case of post-viral syndrome (the precursor to chronic fatigue) has experienced greater energy - the extreme tiredness has not reappeared. The bright red, itchy, sore welts of another lady have just about disappeared. And a gent who has the shingles is experiencing relief from the pain. Generally there is an overwhelming trend to a better general state of health, with more energy and a greater sense of well-being.

All this happened in just the last four months. It remains for everyone to inspect the seed of knowledge and then to pass it on to others who may need it...

We’re looking forward to hearing your story... Heidi

Extracts from the following websites have been used in compiling this information. Web links are provided below, however, original texts are zipped up into this file:

[http://www.eotr.com/Austrian\\_Club\\_Melbourne/ACM\\_Newsletters/Budwig/Budwig.zip](http://www.eotr.com/Austrian_Club_Melbourne/ACM_Newsletters/Budwig/Budwig.zip)

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<http://www.whale.to/a/bud.html>

## **The Budwig Diet by Robert Willner, M.D., Ph.D. (author of The Cancer Solution)**

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

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, six-time 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 more than 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, auto-immune 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.

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### **Testimony of Dr. Ernst M.D.**

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.

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### **Testimony of Maria W.**

Maria W. 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."

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### **Testimony of 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 'text-book case,' and all because of Dr. Johanna Budwig's simple diet."

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### **Testimony of 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 and can only be found in certain health food stores throughout the United States.

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.

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<http://www.beckwithfamily.com/>

<http://www.curezone.com/default.asp>

### **A Tape Transcription by Clifford Beckwith**

The following is presented for educational and informational purposes only and in no way should be construed as giving medical advice.

As I narrate this in July, 1998, seven and a half years have passed since I was found to have stage four prostate cancer.

As I learned later I should have been dead at least seven years. What follows is an account of things that were done by me and by many other people and the results that followed.

The accounts that follow are not to be considered as specific advice, but the information given may be used by any individual as he or she sees fit, as is the right of any person. In January 1991 I was diagnosed with Advanced Prostate Cancer. Bone scans and other tests indicated no spread so it was decided to operate. During the operation it was discovered that the cancer had spread to the Lymph glands making it stage four. The operation was not completed as that would not be the answer.

The only treatment used was Lupron and Eulexin to cancel the male hormones. I was told the male hormone does not cause cancer, but if cancer is present it is like throwing kerosene on a fire.

At the time of the operation my brother sent me a book entitled The Cancer Answer by Al Carter. He is a medical research journalist and very knowledgeable. He says scientists can cure cancer. "I know how, and I learned it

from them." It is available from American Institute of Reboundology, Inc. - 3585 N. University Ave., Suite 300 Provo, Utah, 84604. He also has a recent video tape on the immune system as it relates to Cancer. The book or tape can be ordered by calling 1 - 888 -464 - 5867.

He quoted from another book, "How to fight Cancer and Win" by Fischer. There are three chapters on oils describing the work of Dr. Johanna Budwig in Germany. She is a Biochemist and blood specialist who has been treating cancer of all kinds with nothing but cottage cheese and Flaxseed Oil for over 16 years. She says that people with cancer have blood that is low in Omega 3 and Omega 6 fatty acids and the blood has a greenish cast. Flaxseed oil is 56% Omega 3 and 16% Omega 6. Recently I read that most people have blood that is 80% deficient in Omega 3. Dr. Budwig has taken patients sometimes given only hours to live and restored them to health.

Doctors had attempted to treat patients with sources of Omega 3 but had not been consistently successful. Dr. Budwig's research found that in order for these fatty acids to be fully available to the body, they must be tied to a sulfur based protein; the best source of which is cottage cheese. Depending on the severity of the condition she had her patients use 3 to 6 Tbsps. 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 Tbs. of oil. If 4 or less Tbsps 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 before eating it. I have realized that an excellent approach would be to mix however many Tbsps. 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 a Tbsp. 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 lbs. 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.**

Barlean, in Ferndale WA, 1-800-445-3529, was, I believe, the first company in the US to process Flax oil for food and is an excellent source. Another source is Flora Inc. in Lynden, WA; 1-800-446-2110. Nature's Distributors in

Arizona, 1-800-624-7114, is also an excellent source. They have other products also, including "Companion Nutrients" that are capsules containing dried sulfurated proteins and enzymes which activate the essential fatty acids. They guarantee that one capsule will activate one Tbsp. of oil. We have recently learned that Omega Nutrition Canada, Inc. 1924 Franklin St. Vancouver. B. C. V5L 1R2 was the first company to process Flax oil in the Western Hemisphere. Omega Nutrition USA Inc. 5373 Guide Meridian, B22 Bellingham WA 98226 is the US outlet. Their toll free number is 1-800-661-3529. They have a variety of information available on the value and use of Flaxseed Oil and other products as do the other companies previously cited.

When I began looking for sources of Flaxseed Oil the sources were quite limited, but, as the realization of the value of this material has grown, there are now more companies producing it. I have been told by one company that, while they feel their product has somewhat of an edge, all these oils are good as long as they are cold pressed, fresh and kept cold.

This cannot be over emphasized I would be skeptical of any Flaxseed Oil that was kept on a store shelf at room temperature.

In "How to Fight Cancer and Win", an account is given of a young woman, 35, who had cancer so advanced she could no longer eat. She was given enemas of Flax oil and skim milk. In a short time she was able to eat and in three months she was home taking care of her family. The three chapters on oils are worth the price of the book. Unfortunately, this book is no longer published.

I immediately found a source of the oil and started. At the time I had no real guidelines so used 2 tbsps of oil a day for six months.

At the time of the attempted operation my PSA count was 75. It was six months before I had the second PSA. At 4:45 the following Monday a call came from the doctor's office and the office girl exclaimed

*"Mr. Beckwith! Your count is completely normal!"*

It was 0.1 and 0.1 to 0.4 is normal. From that time until this, October 1996, at 6 month intervals, the count has ranged from 0.0 to 0.16.

As I revise this in July of 2001 I want to say that the flaxseed oil was not the only thing that was being done. I was also on Hormone Blockade which is also very effective for awhile in lowering the PSA. At the time I discounted it a lot because we had seen the PSA brought down with flaxseed oil alone in a number of cases and when I asked the doctor if he had expected the counts to go down that much he said, "No Way!".

I have a cousin in California who lost his wife to cancer a number of years ago. He is militantly trying to get American doctors to look at this approach.

He's talked to a group in Spain using an Omega 3 approach that is getting a 95% cure rate.

Nothing in American medicine approaches that degree of success.

In 1994 he talked to Dr. Budwig. She said "I have the answer to cancer, but American doctors won't listen. They come here and observe my methods and are impressed. Then they want to make a special deal so they can take it home and make a lot of money. I won't do it, so I'm blackballed in every country."

Dr. Budwig has been nominated for a Nobel prize 7 times, but her methods have incurred the wrath of the establishment and she is passed over. Especially upsetting is her refusal to use radiation or chemotherapy.

In the summer of 1991 we were at a Bible conference in Northern Ohio. While there a friend told me that he knew a doctor in Northwest Ohio who had developed terminal cancer. He took a nutritional approach and apparently recovered in 5 months.

Now when a patient of his is diagnosed with cancer, he says:

*"I can tell you the standard treatments, and I can tell you what works. Which do you want?"*

Shortly after I found I had cancer my brother in California heard of a casual acquaintance who had prostate cancer and went to see him. He told him of these alternative approaches and his wife, who is an RN, practically threw him out. She said that if there were anything that would help, the doctors would be doing it and the only things that do any good are radiation, operations and Chemotherapy." About 4 months later I asked by brother how the man was getting along. He said "He died last week".

One of our teacher friends at Washburn had a friend in Knoxville who's husband was very ill with cancer. She told her about Flax oil in case the lady would want her husband to try it.

Then our friend said the conscientious little soul asked the doctor and the doctor said, "don't do that - you might make him sick" I asked our friend later how her friend's husband's was getting along and she said "she buried him last week." One can't get much sicker than that.

When we talk about these things there are a number of reactions. Some would not do ANYTHING that the that the doctor didn't tell them to do Some are very eager -How soon can I start? Can I get it tonight? In my case, I felt what in the world do I have to lose; it is a food, not a drug, and there are no side effects.

We have heard that in rare cases Flax oil can cause a slight rash. In those cases starting with a smaller amount will usually eliminate the problem. In cases of allergic reactions to dairy products, soft Tofu will work fairly well in the place of cottage cheese.

In the vast majority of cases we've known about there has been apparent recovery. Where it has not been successful those with cancer have not used enough in the first place, or switched to Flax flakes or capsules

Capsules scare me. In the first place, it takes a number capsules to make a Tbsp. and the sulfur based proteins are

still needed. Also, bottles of capsules are likely to sit around on shelves at room temperature. I knew of one man who was quite badly off and began using the liquid oil and began making dramatic improvement. About a year later I learned that he had died. I later learned that he had switched to capsules.

Shortly after I found out I had trouble we learned that a friend of ours had been having trouble since 1987. He'd been to the doctors; they had done various operations and tried different treatments but he didn't seem to be getting any better.

One day my wife and I visited him and talked about the oil. He decided to use it and began using it 2 tbsps a day [Now e know that probably was not enough quite]. The doctor said his bladder had crystallized and lost its elasticity. He couldn't stay out of the bathroom 15 minutes. He couldn't go to church or carry on other normal activities. The doctor said it was a condition he'd just have to live with. One day he went to the doctors for a physical and he told his wife that if he didn't get a good report he was going to quit using that oil. The doctor examined him and said, "Mr. C, you've had cancer in your bladder and it's gone. The bladder is elastic again and everything is back to normal.

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In December 1993 we were having a tree cut and the contractor and I were discussing the oil His assistant said, "I've heard of that. I knew a man out west who found out he had colon cancer. He didn't let the oncologist do anything. He just used Flax oil and cottage cheese and the tumors disappeared."

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While at Washburn as a counselor I knew the head cook had left because of cancer. I was visiting the school on records day in May 1993 and Nancy, Maxine's sister in law said, " Do you know if Maxine has ever heard about this?"

She called and Maxine hadn't heard of it. We visited her the next day and she wasn't able to do anything but lie around and hurt. She had had cancer in one place and had been treated with chemo and radiation. The next year it appeared in her back and was again treated and it disappeared. Now it had reappeared in her head. She had 18 shots of radiation and the doctor wanted to do the 19th but she said the 18th almost killed her and she refused it.

She decided to try the oil but didn't like it and didn't use it a lot. However, the cancer didn't get worse. When I told her about the man with colon cancer she said, "I'd better get with it and began to use it more heavily." Later when we talked with her she said she was feeling good and the counts were within a normal range. In march of 1994 her doctor moved out of town and her new doctor examined her and went over her records and said,

*"Maxine, this is a miracle! With all you've been through there is no way you should still be alive!"*

In April 1995 Maxine called and was exceedingly cheerful. She'd just had a complete physical and her blood work was



excellent. They had done an MRI on her head and everything was clear, and she was praising the Lord!

Lately, summer 1996, we heard that Maxine had stopped using the oil. She had another routine checkup and the counts were well above normal. For her condition, 35 or below is normal. She immediately began to use the oil again and the count was soon back down to 5. It seems the continuous use of Omega 3 is necessary to keep the body in shape to eliminate cancer cells. As I write this on Jan 10 1998 Maxine is doing fine. As this is revised in July of 2001 She is still doing fine.

In 1993 her faint hope was that she could see a couple of grandchildren graduate from high school. That has happened and she is doing very well.

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In the summer of 1991 we received a call from a man in Morristown who had prostate cancer. His PSA was 38. He started to use the oil but we didn't hear much more for some time. One day he called and said, "My PSA is down to 1.5. Do you think I need to worry about this anymore?" In Sept. 1996 he called and is still making it in good shape. He was on no other treatment. He since passed away with emphysema.

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In Feb. 1994 we were working in Maynardville and talking about Flax oil. One man expressed the wish that his Dad could hear about it. We sent information and the daughter-in-law, an RN., got the books. The father had prostate cancer, Soon the whole family was using the oil. The last time I talked to them the daughter-in-law told me,

*"Dad's doing fine. He's doing the same things he always did."*

I just heard he's still cancer free and enjoying life.

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A friend of ours in Bristol, TN has an uncle, 72, who was badly off with prostate cancer and preparing to die. He owned some service stations and was at the point where he was deciding who was going to get what and felt he didn't have long to go. He got the information and began using the oil. We didn't hear for some time, but one day I saw his brother-in-law and he said, "Oh, he's doing great! He's going to meetings and there's no more thought of dying. He's telling everyone about the value of Flax oil.

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In a Christmas letter, Dec. 1993, we heard that a friend of ours in Wooster, Ohio, was having a bout with ovarian cancer. The blood test for that condition is GAC 125 and the normal is 35 or below. Her count was 75. Later I learned she'd visited my sister in September and was very apprehensive. She'd had about 4 rounds of chemo and couldn't take that.

We sent information about Flaxseed oil in our Christmas letter. Joanie is an RN and she and her husband had been missionaries in Sri Lanka. They bought the books and started using Flax oil. In February she was feeling fine. On

May 12, 94, she had a checkup and the count was 2 and she was praising the Lord. In October 94 she had another physical and now the count was 1. Since then there's been no further indication of cancer.

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Since reading from Dr. Budwig, we've learned that one of the major problems with our diet is the use of hydrogenated and partially hydrogenated oils. That is the removal of electrons so the product will keep and not get rancid on the shelves. I've heard since that the worst food one can eat is margarine and that it is only one electron per molecule away from plastic. Not only do these foods have no real value but a burden is placed on the immune system to get rid of the material. For this reason I bake my own bread so I can use lard and we don't stint on the butter. I even hate to eat in restaurants because of the use of hydrogenated oils.

From physicals done in 1994 the doctor said that my bloodwork was excellent and Mary Anna's was the best he'd seen so far in her case. As I record this in October 1996 all physicals since then have shown the same result. Though as of July, 2001 I still have some cancer activity, I am in no danger. A body scan and other tests done in November were all normal. I quit the Lupron and Eulexin in October of 1995. For a man diagnosed with advanced, semi aggressive, prostate cancer to be alive in ten years with all tests normal is not common.

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In July 1994, we got a call from a lady in Jefferson City, TN. Her husband Roy had been found to have cancer all through his body. It was so extensive that no treatment was being attempted except for 5 shots of radiation in his right knee that were done in an attempt to reduce some pain. It hadn't worked and there were to be no more attempts.

He began to use the Flax oil rather heavily; I'm not sure of exact amount. I called his wife in September and she said they couldn't tell anything as yet as his condition was so massive. I called the day after Christmas and she said Roy had died on October 19.

He'd gone in for a check up and it was found the tumors had all disappeared except the ones in his lower back and right leg. Now the oncologists felt he was going to make it but convinced him that if they didn't give him a massive shot of chemotherapy, he might lose his right leg.

They gave the shot and it apparently killed him. He didn't even make it out of the parking lot. His wife never met the oncologist at the University of Tennessee Hospital who gave him the shot, nor could she find him afterward. She had a hard time finding someone at UT who would sign the death certificate so she could get the insurance and have things settled.

The doctors knew the tumors were shrinking during the time they were doing nothing. I wonder if they just couldn't admit that anything other than standard treatment could be effective. As Roy's wife told me about this she cried and said, "If only they had let him alone." Only the fact that

Roy knew the Lord somewhat eased the feelings she felt for UT. Today she wishes she'd had an autopsy but at those times it's hard to think straight.

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Sometimes I'm puzzled at the refusal of American Medicine to seriously investigate these methods that seem to have success. We hear blurbs on TV about some new procedure that seems to promise help down the road; one thought it might help one percent. I'm sure the oncology industry, with total income next to the energy companies, would like to find a cure for cancer, but only if it would require thousands and thousands of dollars in drugs and the services of at least two specialists.

Al Carter says that the only real defense against cancer is the immune system. Everyone gets cancer every day but if the immune system is where it should be those cancer cells are eliminated and we never know it. He says that once a person has developed cancer, even though treatments get it into remission, it will recur again unless the body conditions that allowed it to develop in the first place are corrected.

One of the properties of Flax oil seems to be a strengthening of the immune system. It seems important to use enough oil at first to get the immune system deficiencies repaired. In rare cases, the liver may not handle oil well. In these cases, start with small amounts and gradually increase it.

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Last Christmas a former shipmate sent me a newspaper clipping. It was a question written to the veterinary column. The question was "I have a pet squirrel that is losing its hair. Is there anything I can do?" The answer was, "Feed it Flax oil; it will build its immune system and it won't lose its hair."

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On August 1, 1995, a friend of my son's told me his sister, who had majored in cytology at a Wisconsin college, told him that during her class work she had studied cells from the bodies of people who had used Flax oil and those cells were covered with a fatty, protective covering that didn't allow the cells to be invaded and they were healthy. Then she studied cells from the bodies of people with cancer and those cells had either no covering at all or it was very thin. The difference was so pronounced that she began using Flax oil herself right away.

At this point the essential information has been given. The rest of this tape is an account of various situations and what has happened, both good and bad.

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When I first developed cancer, there was a young man in our community who had an advanced case of colon cancer. He'd had quite a lot of chemo and radiation and in a few weeks was scheduled for a colostomy. He decided he wanted to try this material, and did, for a short time.

The surgeons told him that if he got along well they could reverse the colostomy and I'm sure they told him that what

we were doing was foolishness. Later I learned that the colostomy could not be reversed. As far as I know there is no active cancer, but his life style has certainly been changed.

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The husband of a woman in our Sunday School class had known something was wrong for three years but wouldn't go to the doctor to confirm it. Finally he was diagnosed with very advanced colon cancer. We visited the family in the hospital one day when he was not expected to live through the night.

However, he did get home and began to use Flax oil, but not a lot. He did not like cottage cheese. One day the oncologist asked him to come in for a check up to see how much the tumors were growing.

They were not growing, there was no pain, and he had a good appetite. He felt good enough to work on a fence and drive his pick-up a little. He quit using even what little oil he did use because he didn't like cottage cheese and two years later he died from colon cancer.

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In early summer of 1994 I heard from a lady in my hometown. She had breast cancer, a tumor the size of a baseball, but a nurse friend who works in oncology, told her that it was slow growing and that if she started then at age 72 with standard treatment she'd be miserable the rest of her life.

She got a bottle of oil and used it. She told me that after one bottle the pain was gone. However the next bottle she got was rancid and she was told that that could hurt her. Consequently she didn't use it anymore. A few months ago she got fresh oil and began using it again. Recently we were in the area. The lady is 74 now. I couldn't contact her as she wasn't home, but I know she was working in her flower garden and I heard that she was doing well. I do know that she was not at death's door. Today, at 78, she is still making it, but has not stayed with the flax oil and may not make it much longer. She feels that the flax oil she did use is the reason she is still alive. Just before Christmas 1994 we heard of another lady in Massachusetts, a relative of a friend in Ohio, who had had exploratory surgery and was found to have breast cancer, one large and one small lump. After one round of chemo she heard of Flax oil and decided to try it. By the time the second round of chemo was due the small lump had disappeared and the large one was reduced by half. She declined further chemo and soon the larger lump had gone as well.

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Another member of the same family, a woman I had known as a beginning teacher when she was a senior in high school, was found to have breast cancer; one large lump. She used Flax oil and it was gone in three weeks.

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Just up the road from us lives a lady who is president of Kingswood School and we have known Miss Mary for many years. In July of 1994 we heard she had colon cancer

and went to see her. Part of the colon was removed and she was undergoing chemo. All she could do was sit and hurt. She'd decided against more chemo as it was just too miserable and decided to try Flax oil.

Later she told me, "When you walked in the door I expected to see an emaciated old man. You looked wonderful and that was enough for me."

Sometime later she told me she'd told her family doctor what she was doing and he said, "That won't help you any but it won't hurt you". Then she told her oncologist and he said "that won't do any good", then he examined her and said, "That last round of chemo must have been just right. It's killed the cancer".

Shortly after that we received a call from a lady at Kingswood School and she said "What's that stuff Miss Mary is taking that she heard about from you folks? She's doing everything she always did."

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We're beekeepers and a friend of ours, a retired serviceman, has had a bout with prostate cancer. He was treated at the Mayo Clinic and I believe operated on. The PSA was still rising, around 7.0. He started to use Flax oil and soon the PSA was 1.5. He's doing fine and really tickled.

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A few years ago my brother in California had a physical. Cancer was found through the spine, into his skull and in the bladder and one kidney. The prostate was greatly enlarged and the PSA was 785. The cancer had progressed to where he was unable to eat and weight dropped from 195 lbs. to 150 lbs. He improved to the point that he could eat and began using Flax oil as it should be used. Before long the PSA had dropped to 8, his weight had gone back to 185 and he was again working.

An herbalist friend told him he could get his own flax seed and boil them to get the oil and it would be cheaper. **He did not realize that heat destroys Omega 3.** The doctors had given him Stillbesterol as a hormone blocker. He'd quit that because of the side effects. **So he was, in effect, doing nothing.** He'd heard about Laetrile being used for cancer. It is present in apricot seeds that are sold by the pound in California. Roger ate apricot seeds as if there would be no apricot seeds tomorrow.

Apricot seeds also contain cyanide and he didn't let up until he had definite symptoms of cyanide poisoning. He passed away in October but at least some of the tumors had disappeared. I'm wondering today if he didn't contribute to his own passing by over doing it on apricot seeds and not using Flax oil properly.

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In early summer of 1994, Tom, a former teacher and friend, called us to refresh his memory on what we'd been using for cancer. He'd suddenly found himself unable to swallow freely and was diagnosed with cancer all through the esophagus with heavy involvement in the stomach area and elsewhere.

He'd been put on chemo but couldn't take that and came home. He was told he wouldn't make it for more than two to four months. He began using flax oil and cottage cheese to the extent he could get it down and didn't seem to be getting any worse. He used no other treatment. His problem was he couldn't get enough food down to maintain weight. A year later a feeding tube was placed directly into his stomach. I don't know what happened those last months or whether he stayed on the Flax oil. The doctors would probably have discouraged it. He passed away in late summer, 1966, about 18 to 20 months later than the time originally thought possible with standard treatment.

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In 1994, through another cousin, I became reacquainted with my cousin Emily whom I had not seen since 1942. Her husband Bill had had colon cancer for at least two years. Part of the colon was removed and he'd had a lot of chemo and perhaps radiation. At the time we were reacquainted, Bill's liver had become heavily involved.

Bill and Emily were studying and using nutritional approaches and Bill began to use Flaxseed oil and began to show improvement. He developed a fever and Emily became alarmed and called the doctor. He scolded Emily for not calling him sooner and put Bill back in the hospital.

Emily tried to smuggle Flaxseed oil and cottage cheese in to Bill and succeeded for a while but the doctor caught her and wouldn't let her do it anymore.

Bill stayed in the hospital for several months and went downhill. Finally he was sent home to die and was put under hospice care.

Now Emily could use the oil and try to get Bill well. She ran into a lot of opposition from the medical workers. Once the nurse put her arm around Emily and said, "Emily, you've got to prepare yourself, you know Bill's going to die," and again, "can he still eat? Is he constipated yet? You know he will be."

One day Bill had a bad day and didn't get out of bed. The nurse said, "He'll never get up again." The next morning Bill was downstairs having a good breakfast. Perhaps the worst problem was the insistence on trying to keep Bill sedated. Emily would say, "But Bill isn't in pain."

"No, but you know he will be, and we want to keep him comfortable." Then the hospice workers would tell the doctors that Emily was uncooperative and she would be scolded.

I have no doubt the medical people had Bill's best interests at heart as they saw it. By now Bill was addicted to drugs and he let them be given. Soon he could no longer function and died.

The real conflict the last months was between those who insisted Bill had to die because of standard expectations with standard treatment and those who thought he had a chance to recover.

Those who were giving standard treatment made it impossible for the alternative methods to have a chance. Of course, it seems to me that every death from cancer is

evidence of the failure of standard treatments, at least as far as a final cure is concerned.

Of those who have apparently recovered that we know of, a significant percentage were given up for standard treatment. Others abandoned chemo and radiation or never had it in the first place.

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Continue on to Part2 of the Testimonial Pt2 A few years ago the National Cancer Institute set up a project to test four materials on tumors in rats.

They were citrus, licorice, garlic and flax.

The project was abandoned because of "lack of funding" even though the doctor in charge knew that Flax was a very effective cancer fighter.

Incidentally, Al Carter says that when mice are used in experiments with cancer, a special breed of mouse with a weak immune system is used, because mice with a normal immune system cannot be given cancer.

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My sister's sister in law passed away from cancer recently. She had tried a nutritional approach and asked her oncologist whether he felt there was any value in nutritional approaches.

Her oncologist replied:

*"There probably is, but I will never admit it and I'll never use it."*

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My family doctor told me in 1994 that he was impressed with how well I was doing but was cynical unless he saw the results of objective tests.

There will never be objective tests, because in our society the purpose of objective tests is profit. If flax oil were officially found to be effective, it would destroy the financial structure of the drug and oncology industry.

That will never be allowed to happen. Now I may be naive, and I may yet die of cancer, but as of July 9, 2001, I have already lived about 10 years longer than my doctor really expected.

He told me a couple of years after I was diagnosed that most men who had the condition I had did not make it 6 months.

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In October 1994 a woman called us from Sandusky Ohio. She had ovarian cancer and a blood count of 1000.

She began using the oil somewhat but also said, "I told them I wanted the strongest chemo they had. I want to feel those cancer cells die."

Later we heard there was quite an improvement. In May 1995 I heard she'd gone back to work.

Later we learned there had been a real set back and she'd given up the Flax oil as she didn't feel it was helping. She passed away that summer.

Over the last five or so we have realized that where Flax oil and chemo are both used, length and quality of life seem to

be increased but death from cancer may still occur. I wonder if the chemo doesn't largely destroy what the flax oil builds.

The chapter on cancer treatment past and present in Al Carter's book "The Cancer Answer " really helps to understand the situation.

Where chemo and/or radiation has been abandoned or not used, results have been far more favorable, virtually 95% where the oil is used properly.

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A few years ago, through our church, we learned of a man who needed prayer. He'd been a missionary and pastor. Shortly thereafter I met his sister and wound up sending her brother a tape.

He began to use Flax oil. His sister told me a short while later that he was doing great and the doctors were amazed.

Then the word came that he was regressing and we learned that he'd switched to Flax flakes.

I contacted him and learned that when he was first diagnosed, he wasn't expected to make it very long. He switched back to Flax oil. He has since passed away.

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In April 1995 we heard from a man who's father had been in UT Hospital twice in 10 days and was not expected to live through the night because of advanced pancreatic cancer.

However he rallied, got home, found out about Flax oil and began to use it.

We have not talked with him directly but heard that in August 1995 he had a check up and the oncologist said,

*"we must have made a mistake in diagnosis - you couldn't have had cancer".*

Through a mutual friend we learned that in February 1996 a check up showed that everything was clear.

In September 1996 we learned he was back in the hospital and the doctors were giving him a new drug they felt would add a year to his life.

Someone who knows him felt there was a strong possibility that he had quit taking the flax oil.

He passed away soon after that. It seems that if Flax oil can build an immune system that will eliminate cancer cells, it must be continued.

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Early in the summer of 1995 we heard from one of our good friends in Morristown that her cousin's husband, an ex-service man, had an advanced case of lung cancer and there wasn't much that could be done about it.

They wanted us to send a tape, so we did. Later, we talked to them at length on the phone.

Her husband began using Flax oil 4 Tbs. Day.

That November we saw a segment on TV from the Thompson Cancer Survival Center which said that advanced lung cancer is incurable but there is a new drug

now that won't make one's hair fall out but will extend life, have fewer side effects, and give a better quality of life.

The next night we had a call from our cousin's friend. He said that he had just had a physical. The doctor read the X-rays and found the cancer gone.

*"I'm living proof that advanced lung cancer can be cured."*

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This is the first of an annual phone call. I'm aware of the fact that when a diagnoses of cancer is given, panic sets in and one really doesn't know what to do. I'm of the opinion that Flax oil should be used as a preventative for cancer by keeping up the body's supply of Omega 3.

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Recently the mother of one of my friends was talking with a lady at church about cancer. The other lady said, "I had cancer, but I don't have it anymore. I went to Mexico and a German doctor put me on Flaxseed oil".

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In March 1995, Nancy, the school secretary, went to the hospital with gall bladder problems. Before she left the hospital she had been operated on to remove a malignant tumor from her liver.

She immediately began using Flaxseed oil and cottage cheese.

In October she had another check up. A few days later she got the verdict, " everything is fine. See me next year." As of October 1996, everything is normal.

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By this time, July 10, 1998, I know of at least 62 people who have had cancer and now are apparently recovered. That is a very strong percentage of success.

I'm sure that if these successes had come about as a result of procedures developed by cancer researchers and cost a million dollars in drugs and services by specialists they would be shouted from the rooftops.

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Near Christmas, 1995, we received a Christmas card from the widow of one of my former shipmates. A note was enclosed that stated she'd had cancer and was operated on, but they hadn't been able to get it all.

She told the surgeon she didn't want chemo or radiation and he referred her to a doctor who put her on flax oil. She said she's doing well and felling fine.

That is the first I've heard of an American doctor suggesting or recommending the use of Flax oil. In her Christmas letter of 1997 was a note which said,

*"I'm doing fine. Thank God for doctors willing to suggest alternative methods!"*

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In May 1995, a young woman called us from Anderson County, TN., and said, "I'm terminal, I'm 35 and have 3 young children. My husband has deserted me. I've tried

using cottage cheese but I'm allergic to dairy products and can't use it. Is there anything else that will work?"

We'd learned two weeks before that soft tofu will work fairly well and we passed that on. We heard no more until March 1996.

We heard from a friend that the young lady had nine tumors in her chest and they had shrunk to pinpoint size.

She was almost well. However the oncologists persuaded her that she couldn't get well using Flax oil and that she should go to the Vanderbilt Medical Center and undergo further chemotherapy.

She was given a shot of experimental chemo and died, leaving 3 young children orphans.

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A short time ago we received a call from an RN in charge of a nursing home. She said "Dad's in his early 60's. He was told nine months ago that he couldn't live three months without chemo but he refused it. Now he's in a lot of pain and takes his anger out on Mom. She gives it back and I'm in the middle".

After talking with us, she ordered the oil immediately. A few weeks later she called and said,

*"I've got to tell you this. Dad's used the oil for 10 days, 3 Tbsp. A day. Already the pain is gone and today he told me this is the first day in a long time he hasn't felt sick. Today he has hope, and that's more than anyone else has been able to accomplish."*

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Of course, we have no real idea of what is happening elsewhere. Earlier versions of these tapes have gone all over the country. It isn't illegal to give information as long as we avoid giving specific advice.

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One lady in Blaine TN, got a tape for her mother. She was not expected to live long as her cancer was quite advanced. Today the doctor told her, "Everything looks great. See me next year."

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Several weeks ago a man called us from South Bend, Indiana. He said, "You'll enjoy this. I have a 13 year old dog. He has cancer.

He's eyes were dull and he was so weak he couldn't lift his leg. I should have put him to sleep but I didn't want to. I put a Tbsp. of Flax oil and a half cup of cottage cheese in his bowl and he wolfed it down. I did that three times a day for ten weeks.

Today he's running all over the place, his eyes are bright, his coat is shiny and he's gaining weight."

That was the 2nd dog I'd heard of in 3 days that showed improvement from using Flax oil. The other is owned by my cousin's daughter.

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Two years after I was diagnosed with cancer another teacher at Washburn was found to have very serious cancer. The doctor gave her 3 to 5 months.

She wouldn't consider doing what I was doing because the doctors didn't tell her to.

For 2 years she went through rounds of chemo, with the drug being changed as the previous one wore out.

(Chemo kills good cells as well as cancer cells, but the hope is the good cells regenerate faster.)

Finally the doctors said that they had done all they could do. The immune system was gone and the only thing left was to notify the doctors as the pain got worse and they would prescribe a stronger pain killer.

At last she began to use Flax oil but with the companion nutrients instead of cottage cheese. She went back the next month for blood tests and the white count was going up and the antigen count had dropped from 1000 to 700.

The doctors were mystified but 3 days later they called and told her they were encouraged by the improvement and wanted her to go back on chemo the next week. She did and died a short time later.

To me, this is an example of the real conflict. When things which can get people well oppose those things which provide the most income it is hard for me to believe that people's well being has first priority. As long as things which provide the most income are also things which get people well, there is no problem.

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Recently a lady came to the greenhouse in Augusta run by my niece and nephew. She told my niece that her brother, 43, had been diagnosed with cancer of the pancreas and liver and given but a short time to live.

My niece gave her a tape, and she and her mother went to her brothers that night. He immediately began using 4 Tbsp. of oil a day and in three and half weeks his count went from 560 to 280.

Three and a half weeks later it was 165. 100 is normal.

He had a standing appointment with his family doctor but was a week and a half late. The doctor assumed he had died.

The upshot of it was that the doctor wanted a tape to give to a lady in his church who had terminal breast cancer.

However, we have heard in recent days that the brother also began using tea from a Japanese mushroom and things have taken a turn for the worse. Somehow it has poisoned his system.

The family doctor had told him previously that it was the first time he'd seen a count come down when pancreatic cancer was involved.

We learned a short time later that he had died from the effects of the mushroom poison.

When properly prepared it may have value but I read in the Prevention magazine that if it is not prepared properly it can be dangerous.

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Recently I learned of a lady with an ovarian cyst that was malignant. A date was set in three and a half weeks for further examination and determination of the best course of treatment. Meanwhile she began using Flax oil heavily.

When the day came the doctor seemed to be taking a long time with the examination. She thought, "How awful can this be?" Finally the doctor said,

*"I can't find anything wrong.."*

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One thing we've learned lately is that some diabetes is caused by a lack of Omega 3 in the system. **When Flax oil is used in cases like that the need for insulin may change and a doctor needs to monitor that.**

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We were asked by a friend to send a tape to his son who's wife was badly off with cancer. We have just learned that the daughter-in-law had cancer through her lymphatic system and her brain.

She used 4 Tbsp. Of oil a day and today the tests for cancer are normal.

The doctors can't figure out what's happened and she is not saying anything. However, her husband, mother, father and sisters are all using Flax oil for prevention.

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In late February a doctor got on the Internet and said that people were using Flax oil for cancer and they were dying and the oil was a farce. Another doctor got on ABC 20/20 and said we ought to eliminate the quackery in cancer treatment and stay with standard methods.

As far as the use of Flax oil is concerned, people are not dying when it is used properly, and many of those using the oil have been given up by those using standard treatments.

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One of my friends received a Christmas card last year with a note that a cousin, 77, had found he had a PSA of 83 in September. He used nothing but Flax oil, cottage cheese and fruit and it had dropped to 13 by December. They were thrilled.

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We have a friend in Bristol, TN., who operates a wig shop and much of her business is the result of cancer patient's using chemo. She has shared tapes with anyone interested.

One day she called us, all excited, and said that she just heard from a friend of hers in Florida who has stomach cancer.

She'd just had the first checkup since she began to use Flax oil and the tumor had shrunk 2 inches in diameter.

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This August [1996] one of my friends wanted a tape for a lady in his church. She is 62 and was seriously ill with breast cancer and other involvement. One morning I called her and she said she'd seen the oncologist the day before

and he told her she couldn't live more than 4 to 6 months. She said as far as she was concerned personally it didn't matter. She was ready to meet the Lord but was concerned for the ones left.

The oncologist wanted to use chemo to shrink the mass and operate to prevent an eruption but said it would not extend her life nor improve the quality of life. After much prayer she decided against the chemo.

The oncologist called two days in a row very upset at the refusal and she agreed to have a checkup in mid-September. The doctor did some bloodwork and then told her he had a drug that strengthens the bones and could give her another 2 years. Then, looking at the floor he said that as he expected the count was going up. It had been 83, now it was 105. He still wanted to use the Chemo. After more conversation he told her that he could do some other things as she recovered. The nurse told her that she had more problems than she realized.

She now has used the Flax oil 9 weeks at 4 Tbsps day. She's been feeling good and her color was improving at 7 weeks.

Sunday October 13, she told my friend at church that she felt good, still had some problems but was improving.

Then she said that according to the doctor's expectations, by this time she'd be in bed with people waiting on her and close to the end. As it is, she is enjoying life and Praising the Lord! At this point, July 1998, I want to update this account. It may have some real significance.

After making rapid improvement, she apparently got tired of cottage cheese, which is understandable. She shifted to yogurt.

This seems to work, but yogurt has only one third the amount of protein and I don't know how much she used. Around Christmas 1996 she was taken to the hospital for radiation on a place in her backbone. It didn't help.

A massage of some type was done on her back that almost killed her. She got pneumonia and almost died.

She was sent home and placed on hospice care. Her daughter told me later the doctor had told the hospice nurse that her mother couldn't last thirty days. At this point she couldn't sit up in bed for more than a few minutes.

Now she began to use the protein again the way it should be used.

On the following Easter Sunday she drove to the Sunrise Service. I heard later that she was driving around Knoxville and felt elated that the tide had turned.

Then she again slacked off on the protein and went downhill. Now she tried the companion nutrients and again showed some recovery. However, she did not fully recover and passed away in the spring of 1998.

At the time she was put on hospice she was also put on narcotic patches for pain. She lived 26 months with the narcotic patches. One doctor told me that if a healthy person were on narcotic patches for an extended period of time there would be damage to several vital organs. "Of

course," he said, "If a person is going to die very soon it doesn't matter."

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In December of 1996 we learned of a man in Knoxville who was incapacitated with lung cancer.

His sister was aware of the effects of flax oil and got him to use it at four Tbsps. a day but with Companion Nutrients instead of cottage cheese.

He'd rather die than use cottage cheese. After Christmas 1997 he had a checkup and was found to be all clear. All that was left was a little scar tissue. It does seem to me that if researchers were more interested in getting people well than in making payments on the Mercedes and maintaining a life style, that there is enough evidence on this tape alone to warrant serious investigation.

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Some time ago a young lady in our Lions club asked me to send a tape to her father in Kentucky who had Prostate Cancer and I'd forgotten about it. I asked her how her father was getting along. She said,

*"Oh! Dad's had a complete recovery and he's thrilled."*

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At this point, March 25, 1997, I want to add a few updates. Recently a lady called us and said that her son, then 24, had a seizure at work. He had an MRI and then was taken to a major Cancer center in the Southeast. There he was diagnosed with an untreatable Brain Cancer.

He was told he could probably make it about three months. Make the most of each day.

A friend gave him a tape and he began using Flax Oil about four tablespoons a day.

After three months he returned for a check up and there appeared to be no change. A number of months more passed.

Yesterday we received a call from the young man's mother. They had just returned from the cancer center.

They were told there was no further cause for alarm. The doctor had no explanation.

**The young man didn't tell them that he had been using Flax Oil. Most people don't. No one wants to be ridiculed.**

Today, Aug. 17, 1998 I heard that the young man is doing really well. We've just heard that this young man had a checkup recently and finally asked the oncologist if he knew of flaxseed oil and what he thought of it.

He told the young man that if he was using flaxseed oil to keep it up and that he used it himself.

We have just learned on January 14, 1999 that Mitch has just had another check-up and the cancer has now disappeared completely.

*Praise The Lord!!*

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His mother told me that six months ago a dear friend of hers had been told that she had about four months to live.

She has been using Flax oil regularly since that time and today she appears to be well.

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Recently we heard of a man in Knoxville who had Pancreatic Cancer.

He had heard a tape and began using six tablespoons of Flax Oil a day and was clear in four months.

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Two days later I received a call from his sister in law. Her husband, the man's brother, had a similar condition. He was losing weight, was getting weak and was the color of a pumpkin.

He followed a similar regimen with the oil, and according to his wife, is today the picture of health.

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Recently a man called us from Rockford, Tennessee. His wife had Ovarian Cancer with a count of 238. 35 or below is normal. He said that the doctor had given them no hope at all.

He said there was a chemo which would add some months to her life.

She began using flax oil at three or four tbsps a day.

A few months later her husband called and said they had just come from the doctors. The count was now down to 8.

The doctor wanted her to take more chemo. She said she would if the count went up.

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Recently while undergoing a physical we were talking to a lady who told us that a friend of hers was trying an alternate method of cancer treatment and was doing great. It turned out to be the lady whose situation we were just describing.

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Recently we heard from a friend of ours about a young man they knew who had developed cancer. He was told that he couldn't make it four months.

He had read in a book about using Flax Oil and began using it.

Six months later he seems to be all clear.

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My cousin knows a lady in Ohio who has Leukemia who has been using Flax Oil and seemed to be well. She quit using it and in time there was a recurrence.

She told the doctor that she didn't want Chemo. She was given some chemical under another name, became upset, threw it out and went back to Flax Oil and today is again free of symptoms.

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I know there are different types of Leukemia. Some seem to be helped and some are not faring as well. Incidentally,

we now know of four people who have apparently recovered and then stopped using the oil.

After some months there was a recurrence.

All we can guess is that they felt this was a medicine like an antibiotic and once the symptoms were gone forget it.

**They didn't go back to it and died. It would appear that this material enables the body to fight Cancer and must be kept up.**

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In mid April 1997 a man in Opalika, Alabama had Prostate Cancer so advanced he couldn't walk. The doctor had called the family together and told them he couldn't make it through the night.

He had started using Flax Oil and by July seventh was out riding around.

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Very recently a woman we've come to know found she had Breast Cancer. She had undergone three rounds of Chemo and after each one, as I now understand is normal, the white count is taken to see how far it has gone down.

Then she found out about the Flax Oil and began to use it. She took two more Chemo treatments but now instead of going down the white count continued to go up. The tumors are shrinking and she is excited. She discontinued the Chemo and we just heard on Jan 11, 1998, that the tumor is continuing to shrink and they expect it to be gone by the February Check up.

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In November 1997 a man called from a neighboring town. His fiancée had just been diagnosed with a rare type of Bone Cancer for which nothing could be done around here. The following Sunday night she was anointed and prayed for at her church. He said that he believed she would be healed but didn't know how God would do it.

He said that Monday morning someone handed him a tape.

I now know of seven doctors who are using this material themselves and some on members of their families.

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We now know of over seventy five people who have seemingly recovered using Flaxseed Oil and are hearing of new successes each week.

For all this we give God the Praise and Glory!

We did not intend to do anything like this. It started with my hating to write a long letter to a friend and deciding instead to talk the message into a tape. Then someone else wanted to hear it. As we shared it we learned more and began updating.

**While I have concentrated on Cancer there is abundant evidence that the Omega three is very effective in the case of lowering Cholesterol and aiding recovery from Heart attacks.**

There is no monetary gain on our part from these tapes.



**Our only motive is a hatred of seeing people die when it doesn't seem to be necessary.**

We are helping distribute information and observations. As is the right of each of us, what anyone does with this is his or her own business.

*"It is now ten and a half years since I was diagnosed and with standard treatment I would have, according to my doctor's expectations, been on the wrong side of the grass for at least seven years with my wife financially destitute. "*

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On March fifth 1998 we learned of a man in a neighboring community who had cancer behind his lungs and around the heart and aorta.

He was on chemo and was given little time. He began using flax oil at four tbsps a day.

After a month he told me that his doctor had told him that he seemed to be doing well. About a month later his son came to get more oil. He said that his father was weak and that the only thing he was able to eat was the flax oil and cottage cheese but he was staying with that.

His last chemo would be in two days. A week later he called and said that his father had died Friday.

They had decided against any further chemo but while they were talking to the doctor the nurse came and got the father and administered the chemo according to her schedule.

One doctor felt he needed blood but the oncologist said he had pneumonia and put him on antibiotics.

He died a day and a half later. Then the son asked the doctor if he could see the X-rays as he wanted to know the extent of the pneumonia. The doctor looked at the films with him and said, "He didn't have pneumonia!"

Then the son said,

*"Where is the cancer?"*

The doctor looked again and said,

*"It isn't there!"*

The son told me that he felt the flax oil had done the job but that the chemo had killed him.

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Last winter a lady in our area contacted us. She had listened to a tape and was interested as her husband had a very advanced situation with lung cancer.

She was an RN. She told me that she had had her husband buried but now there was some hope. In a short time she told me that she could see improvement. One day we received an account of some supportive research that had been done at the University of Toronto and I called her as I knew she be interested in any scientific backing for this approach.

She told me that her husband was really going down. She said he had been doing really well but had decided that he

wanted to add standard treatment and had gone for radiation.

He had also started smoking again.

She said that the doctor had told her that to be smoking at the same time as taking radiation was very dangerous.

Her husband died within a week.

**We've realized one thing very much. That is the importance of using enough oil and staying with it continuously.**

With each passing week we hear of new successes.

They probably would add little new to this account but continue to emphasize the value of what seems to be happening.

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Very recently we have learned something which could be important. A lady we have known for a long time had been found to have colon cancer. She was not able to do much other than to sit and hurt.

She began using flax oil and before long seemed to have recovered and was carrying on with normal activities.

We had understood at the time that after the first three months the amount of oil that Dr. Budwig recommended was one tablespoon per day.

We have recently learned that she actually recommended a tablespoon per day per hundred pounds body weight and there is a question whether the amount of oil she was using was actually enough.

I know that she had been put on Tamoxifen but I don't know when. Some time later breast cancer developed and a mastectomy was performed.

She continued with one tablespoon of flax oil per day and later a mass was found in the lower abdomen. There was an operation to remove the mass. It was large and growing rapidly. The lady in question was naturally devastated by this development. She had a lot of faith in her doctor and concluded that the flaxseed oil was not good therapy for her. Recently in a newsletter of an organization called people against cancer, volume 4, number 2, July 1998 there appeared an article entitled "Should women with breast cancer play Tamoxifen roulette?" It was stated that one of the side effects of the use of Tamoxifen according to a Swedish study with 1400 patients was a 575% increase in the incidence of uterine cancer and that these cancers were frequently "high grade," according to a study published in the Journal of Clinical Oncology in March of 1994. The address of this organization is: People against cancer, 604 East Street, PO Box 10, Otho, Iowa 50569. Phone 515-972-4444, Fax: 515-972-4415.

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AS of January 3, 1999 there are some interesting and significant updates. A Week ago we received a call from Maxine. She had just had another check-up. It was fine.

Then her doctor told her he had just found out he has cancer.

She had not told him about her use of flaxseed oil but now she told him the full story of her use of it since June of 1992 and her belief that it was responsible for her remaining cancer free.

Of course, since May of 1992 she had done nothing else in the way of treatment. She had given up and decided to let nature take its course. Of course, the doctor knew her history.

*"Now she told the doctor that she was no doctor, but he had nothing to lose and he had better get with it."*

He told her that he would.

We know of a number of folks to whom doctors are giving experimental drugs.

At the same time these folks are using flaxseed oil and saying nothing. Some are doing quite well. Of course, the doctors will attribute any success to the use of the drugs while it may be due to the flax oil.

Doctors ignore results that we are seeing on the excuse that they are anecdotal and not the results of scientific double blind studies.

People who have cancer know that the results are real and are not about to ignore them.

Those of us with cancer cannot wait for the results of scientific studies which will never be done. We "grasp at straws" and where alternatives are known that give hope and a promise of success and can do no harm there seems to be no reason they should not be used.

Legislation had been introduced in congress to authorize these approaches and came within a few votes of passage but the medical and drug lobbies were too strong. It might help to write our lawmakers and urge passage of such legislation in the current session.

It does not seem logical that the medical profession, in opposing this type of legislation, is mainly concerned with "protecting" the best interests of the public.

I have heard of one situation where a man's girl friend was involved in a double blind study and was one of those being given a placebo.

He found out about flaxseed oil and he has her using it and telling no one.

She is interested in getting well. She may get well and those on the experimental chemo may not.

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One man was found to have colon cancer and it was decided to put a tube in the colon to prevent the colon from closing instead of a resection while a new drug was tried to see whether it would help shrink the tumors.

He began using flaxseed oil at four table- spoons a day and the tumors are shrinking rapidly and he is feeling great.

He found the tube uncomfortable and believes it was expelled in a bowel movement. He is still taking the pills.

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Lately we are reading about foods that are helpful in prevention of cancer. Flaxseed is one of those foods.

**I have read that the FDA has approved the use of flaxseed as a cancer preventative.** In all such references to work with flaxseed oil **I have not seen one instance where it is used with the sulfur based proteins** which Dr. Budwig found essential for consistently successful results.

I will add a word of warning. I don't know much about diabetes, but I have learned that one type of diabetes is caused by a lack of Omega 3 fatty acid.

Where that is the case, the use of flaxseed oil for cancer has also taken care of the diabetes. We have seen that a number of times.

However, with another type of diabetes the use of flaxseed oil can be very detrimental.

**If one has diabetes and uses flaxseed oil it is very important to have your doctor monitor the sugar levels closely, and if there is any change, follow his or her advice.**

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<http://artsministries.wordpress.com/cancer/>

(shortened for cancer section only - if you have a chance, we highly recommend you to read his site).

## **Cancer by KEN PAYNE**

April 12, 2008 by artsministries

*"WITHIN 20 YEARS, EVERY PERSON ON THE EARTH WILL BE AFFECTED BY SOME FORM OF CANCER"*

If you have cancer at this present moment and have merely one week to live, there will be millions of people around the world who will beat you into the cemetery even though they seem to be perfectly healthy at the moment. Our passing from this life is tenuous, unpredictable and often tragically sudden. This will be the case for those millions who will beat you to the grave. You are in fact much more fortunate than they, even with your terrible illness, because you will have had the opportunity to read this story. They won't. This is not just a story of cancer, it is a story of the current plight of our world and the catastrophe that confronts it. It is a story of how you can use your illness to great advantage and hope.

I did not think it would happen to me, but who does? There was no trace of cancer in my family tree although there were a few 'nuts' hanging off it over the years. My father worried himself to death with the possibility that he had prostate cancer which he did not have when he died. But there is no doubt his worry gene came my way, why shouldn't it, I had already copped most of the rotten fruit that had fallen off that family tree of ours. Why not a bit more? Men are warned continually by the media and the medical profession to have regular yearly blood tests for prostate cancer. I developed this paranoia of having regular PSA tests about 5 years ago to keep an eye on my prostate. I did far better than what all the media propaganda rubbish

suggested. I had no less than 16 blood tests for cancer in 3 years, plus all possible tests including 8 biopsies and many scans. I thought that would be the proper and sensible thing to do. If I had any symptoms of Cancer, the medical experts would find it with all those tests I had and all their modern sophisticated equipment wouldn't they? In a pig's ear they would.

All my tests, and there were many, all came back negative. In the middle of last year, my PSA, a blood test that is the first indicator of prostate cancer, started heading for the moon at the rate of 3 ng/ml per week. It is considered that if a man's PSA reading rises more than 2 per year, he has ten times more chance of dying of the disease than a man whose PSA remains normal when he has cancer. That simply meant that I had a million more chances of dying at the rate my PSA was rising. It had reached a reading of 41. Three months ago because of the sudden rise in my reading, I took a special test called the Free PSA test which supposed to be far more accurate than the ordinary PSA test. All the literature I had read told me this test was fool proof. Well, it only proved I was the fool. It was nothing of the sort. In my case, eating a packet of jelly beans would have proven a far more accurate test. The Free PSA result test came back at 22% which meant I was in the clear. Any reading over 15% was considered safe by all the experts whom we naturally take for granted, know what they are talking about. Nothing to worry about I thought, you beauty— Not much!!!

As my PSA continued to rise, I realized my Free PSA test result was nothing more than a bit of free false misinformation that was putting my life at risk. So I sought out a urologist who was so pleased to meet me, rather than shake me by the hand, he stuck a glove on one hand like a Pro golfer does, but instead of reaching for a 7 iron, he shoved his finger up an unmentionable part of my anatomy. I thought 'what a strange fellow, what a strange greeting, and what a strange custom.' He felt all around my prostate and declared, "That feels good to me." I replied saying, "It doesn't feel too good to me." Then he later put me out to it and shoved something like a coat hanger with a light on it up my toosh to have a look around, and he took numerous biopsy samples that left me bleeding like a stuck pig out of both holes from the front and the back. In fact I was so excited by the procedure, I went into a rigor [the shakes] for an hour or so that nearly shook the hospital off its foundations, so they kept me in for the night which was most unusual for a "simple 3-hour and off-home" procedure.

The biopsy samples revealed that I was 7 on the Gleason cancer scale which is borderline very serious, and rather aggressive. Then an MRI scan revealed that I had a small tumour at the back of the prostate that was contained within the capsule. Not much to worry about again I thought. Again—not much!!! A week later, a bone scan revealed that I was riddled with prostatic bone metastasis and that meant simply, all the negative tests I had been receiving were not worth a cold crumpet. It also simply meant that I had been given a death sentence. How did I get the spread of bone cancer in its advanced stage only three months

after they told me that the Free PSA test I took revealed that I was cancer free? Such an occurrence totally lacked logical, medical, or rational explanation.

My first reaction to the news was, "You beaut, I am going to die, that's something I've never tried before"

Upon questioning about the things that really matter in life, mainly the dying bit, my urologist informed me that the statistics of men with my problem were very simple. At least 50% would be dead within two years. That did not upset me too much because I already had my bags packed for my trip into the unknown, with the exception that such a trip was certainly not unknown to people like me, and millions like me. I informed the doctor that I was ready to go and the sooner I went the better. I told him I was going to take the quick way out and would not be taking any forms of treatments that were going to make my life more miserable than it already was, nor prolong it.

It was no surprise to me really that I had a serious illness. I had spent the last two years going through what most cancer sufferers must experience. A slow ebbing of strength. Everything becoming an increasing effort. A loss of interest in life. A loss of appetite and a loss of weight. Severe pain day and night. I told my wife several times that I knew I was dying and if I wasn't, I wished I was.

Toward the end of my two years of mysterious suffering leading up to the diagnosis, I made an entry into a diary I had been keeping on what I thought God was saying throughout all my suffering. This is what I wrote. "I have just finished a 2 year ordeal of hellish pain, fatigue, and bewilderment as if the very life blood had been drained from my body. I have begged God many, many times to let me die because I was so ill. On October the 24th I received the news that I was riddled with bone cancer as could easily be depicted in the x-rays of the bone scan. At least now, I knew the suffering was not in my head.

No matter what I have been through, or what I am going through, my first reaction to the news of my cancer was to die as quickly as possible. I believed the quality of life I was going through, and my inability to contribute to, or enjoy the simple things of life, would make death like all my Christmases rolled up into one. But can one ever walk away with immunity from the call that God has put on their lives, that being the saving of souls at all costs? I tried deliberately to ignore the fact that a message of salvation to cancer sufferers would be a message to the biggest congregation of people in the world. It has been estimated by a medical expert on 3ABN TV that within 20 short years, every person on earth will be directly affected by some form of cancer. So in regards to my own plight with cancer, the words of the apostle Paul flashed into my mind as recorded in the second epistle to the Corinthian Church. "We would not have you ignorant of the trouble that came to us in Asia, that we were pressed out of measure, above strength, inso-much that we despaired even of life. But we had the sentence of death in ourselves, that we should not trust in ourselves, but in God which raiseth the dead. Who delivered us from so great a death, and doth deliver; in whom we trust that he will yet deliver us."

The above scripture is I believe, very relevant to all who are seriously ill with cancer. Cancer is a sentence of death, and if we have that sentence upon us, it is a just reason and plain common sense to call out to God and to trust in Him, that He will yet deliver us. Countless thousands around the world have been, and are being, cured of cancer by the power of God. Many of course as we all well know, have not been.

I have lived for the greater part of my life in what can only be termed as border line-depression, anger, and unhappiness. This cuts right across the grain of what a Christian supposed to feel like, and I have often felt like jumping up and flattening the snouts of galoots who scream from the pulpit that we should be “full of the joy of the Lord.” I could not find one single prophet in the Old Testament who could boast of such credentials. Most of them were happy little souls just like me, who spent their lives cursing the day of their birth and begging God to let them die. I will defend my condition by declaring that Jesus was made perfect by the things that he suffered, as I hope to be, and what helped my suffering along a little was the fact that I found out that my father wanted my mother to kill me when she was carrying me in the womb. I was unwanted and threatened as a defenseless foetus, and I don't think even Jesus had to put up with that. At least that helped me to understand why I always wanted to punch people's lights out and why I was such a terrible father. So for the past several years I had been hanging onto a promise that God had given me that “He was going to give me blessings in proportion to all the misery I had suffered.”

His wonderful promise finally arrived wrapped up in terminal bone cancer. I was thrilled as you can imagine, but in God's purposes, there must be a reason for these things. On the bright side, it made me want to die more than ever. But in the back of my mind I heard a little whisper, “If you will only believe, you will see the glory of God.” I wrote a lot of successful little booklets on the plight of prisoners because I had spent 20 years working in maximum security, so I knew what I was talking about when writing those booklets. But how was I to write a booklet that made sense to the biggest congregation of people on the earth, those with cancer, and those millions who are just about to come down with it?

I had reached the point in my life where I couldn't care less, so I intended putting my feet up, opting out from my spiritual responsibilities, and shutting down the computer. I had had a gut full of suffering in this life and I wanted no more. But then it dawned upon me once again that within the next 20 years if Christ has not returned in the meantime, every person on earth will be affected by some form of cancer. The disease is spreading like wildfire, so in deciding to write this booklet, I am taking my feet back down again so to speak, coming out of my genre retirement, and addressing by means of this little booklet, those people who constitute the biggest congregation of people on the earth—cancer sufferers and potential candidates. If you are not a sufferer yet, that situation may change at any moment.

We all have cancer I have discovered. It is only when our immune system breaks down, when our cells become clogged with fat and are starved of oxygen that the cells begin to break down and cancer begins to manifest itself. Most people in Western countries eat a diet that is extremely high in acid content and this is another factor that makes a breeding ground for cancer cells. Our diets should be 50% acid and 50% alkaline, instead our diets are 90% acid.

Throughout the entire Bible, there is only one major theme that matters, and around which the entire gospel message revolves. It is simply this. Because the human race had fallen into sin, God sent His only Son to die at the hands of wicked men as a sacrifice for every sinner who ever lived. So what, you might ask. So what? Let me tell you something, and this might be the most important thing you ever read.

There is a place called heaven of which the Bible has much to say. It is not a fanciful delusion nor another fantasy that Hollywood would use to deceive and misguide us with, neither is it a place like Alice in Wonderland. It is described in John 14 as a “Place of many mansions that Jesus has prepared for those who simply trust in Him, where everything is ready, so that when He comes to get us or when we die, whichever comes first, we will live forever in His glorious presence.”

I often wonder why God has kept a miserable insect like me alive for so long. I have had some amazing escapes from certain death. Near fatal car smashes that defy description have nearly taken me. I hit a post at full speed one night that left the motor of my bike embedded into the post I hit. It should have chopped my leg off, and I hurtled twenty meters through the air after I hit the post not wearing a helmet, and landed in the middle of the tarred road knocked unconscious. Two of my mates came along an hour later and found me snoring. I should have been skinned alive hitting the road, but the next day I was walking around the place without a scratch. Huge branches have fallen from trees that I was cutting down with a chainsaw and missed my head by centimeters. I have suffered for 55 years from a tormenting neurological condition that has taken me many times to the extremes of my endurance. My heart has been misfiring for 40 years and every day of my life I have died a hundred deaths. I was the only survivor in our town when it was stuck with an outbreak of meningitis. There was the day on our new farm just after my wife left to go back to the city that I hit the reverse pedal on my new ride on mower accidentally that shot the mower down over an embankment and it landed on top of me trapping me underneath. All I could do for half an hour was twiddle my toes to try to find out if my foot had been cut off.

I recently performed an amazing stunt on a tractor by flipping it over it over backwards onto me and how I got from under it before it crushed me to death, only God knows. A local farmer who came down with his tractor to pull my tractor back onto its feet, stood there shaking his head and declaring. “You don't walk away from these.”

Two weeks later, I was washing the same tractor down with petrol. I intended selling the old mongrel because it tried to kill me, but it wasn't finished with me yet. I was washing all the old grease and oil off it in preparation for a quick sale. I was covered in petrol and held a bucketful in one hand whilst sloshing a paint brush with the other. The two alternator wires touched, and the tractor blew up in flames.

I stood there watching the old girl being cremated and shaking my head in disbelief that the flames had miraculously not touched me even though my body was the conductor that set off the explosion. How does a man saturated in petrol walk away from that?

I remember lying on a trolley outside the operating room at Monash Medical Centre early one morning waiting for my 6 by pass operation that I had hoped would put an end to the last 9 years of pain I had been suffering. Just before they gave me my lethal injection, I remember saying to God, "If I have to survive this operation to keep living the life I am enjoying, will you please let me die in there on the table." No such luck.

There are numerous other close encounters that I will not bore you with, but it remains to be said that if there is a God and He watches over us, He has kept me alive for a reason. I was beginning to find this concept a little difficult to accept 2 years ago when my present spate of health problems began to develop. We all know doctors these days have been systematised into computer-controlled robots who have a bad track record of not listening to what their patients are telling them, and most of the prescriptions they wrote out for me when I kept going looking for help, were ripped up before I walked out the door. They prescribed the most ridiculous medications when my symptoms were clearly those of cancer.

I am going to digress to tell a little story. About 6 years ago a friend gave me a print-out off a computer of a man in America called **Clifford Beckwith who was opened up for prostate surgery and closed again immediately considered by the surgeon to be a hopeless case. He was given 3-6 months to live.** Beckwith did some homework and tracked down the medical research work of Johanna Budwig, a German medical scientist who was curing many patients suffering from terminal cancer. Her magic formula was simply flaxseed oil and cottage cheese. Both people named in this paragraph can easily be googled up and researched.

Well the print-out the friend gave me was about 20 pages and told me not only of **Beckwith's remarkable recovery [he died 17 years later] but listed the testimonies of dozens of other cancer sufferers that had been cured by the oil and cheese diet.** Now it must be said that I print out and burn semi trailer loads of stuff off the computer and nothing lasts long in my office. Yet miraculously, Beckwith's article survived all those years and never ended up in ashes. When I found that I had cancer, I dug out the Beckwith article, studied it, and immediately went onto the oil and cheese in the prescribed doses.

**Within a matter of weeks, all my pain was gone. No more hot water bottles 24 hours a day, and no more pain killers every 4 hours. My appetite quickly returned, I was putting weight back on, even my urologist commented twice on how well I was looking, and my cancer reading had dropped from 41 to 0.40 within weeks.**

I was out in the paddock within two weeks with the chainsaw which I hadn't touched for 2 years, and although I had long given up painting, out came the brushes again and I completed 6 paintings in 2 weeks. Life was beginning to be worth living again. But I make no claims whatsoever at this point in time that I have discovered a cure for cancer. I would not expect anyone to be stupid enough to believe that. I am simply reporting what happened to me at this particular stage.

**As far as the physics of cottage cheese and flaxseed oil is concerned, it is simply this. Dr Budwig, the German medical scientist whose simple formula of the cheese and oil, healed thousands around the world of cancer, was nominated 7 times for a Nobel prize,** but the medical profession prevented her receiving the prize on each occasion, because the medical crooks in the chemo industry wanted nothing to do with a cancer cure. It would deprive them of billions of dollars profit. This has always been common knowledge. Dr Budwig discovered it was the sulphur in the low-fat cottage cheese that converted the flaxseed oil [which is extremely high in Omega 3,6, and 9 which the human body is unable to produce,] into a water-soluble compound that entered directly into unhealthy cells, cleaned them out, re-oxygenated them, then sent them on their way to destroy the cancer cells. That is the principle in an extremely simplified manner.

Flaxseed oil is also extremely high in vitamins and nutrients, and is in fact a complete food within itself. It should be taken even by 'healthy' people, that is, if there is any of them left in the world. **The oil is also an excellent aid in promoting cardio-vascular health, is good for the heart and arteries, and is guaranteed to get rid of most "itis" symptoms within 6 months, that is, every condition which is caused by inflammation.** Since taking the oil for my cancer I have received added benefits.

**My triglycerides have never been below 4 though I have tried everything to bring them down. Since taking the oil they are now 1.6 which is normal. So also in my blood pressure for the first time, and my cholesterol is at an all time low of under 4.**

For the people who do not have access to a computer to look up the two Google sites I gave on Beckwith and Budwig, let me make the following suggestions. People without health problems but who want to stay that way, are encouraged to take one tablespoon of pure organic cold pressed flaxseed oil once per day mixed with two tablespoons of low fat cottage cheese with a liberal dash of low fat yogurt thoroughly mixed for half a minute with a blender. It must be mixed into a smooth cream where there is no sign of the oil left around the edges. Now to this mixture, if required, can be added some honey for flavour,

or as I use, chopped up pieces of pineapple, strawberries and walnuts. It is absolutely delicious. For people with advanced cancer and who are desperate, up to 6 table spoons of the oil may be mixed with half a cup of cottage cheese per day as per instructions above. I am personally taking 2 table spoons of oil with 4 table spoons of cheese and it seems to be turning the tide in my condition.

Cancer as I see it, has three stages. Diagnosis, choice of treatment, and the fear of dying. Diagnosis takes care of itself, and sooner or later it will arrive automatically. Choice of treatment is a little more difficult especially in light of the fact that chemo therapy and radiation treatments kill more people than they cure. On a survey I conducted in health books and on the computer, I discovered almost 100% of oncologists interviewed said they would never accept chemo therapy as a treatment if they had cancer. The fear of death itself can aid in expediting the inevitable.

### Epilogue

One day recently a strange thing happened. I received a friendly call from a doctor who was the head of the MRI dept of the Latrobe hospital who was aware of my illness. He strongly advised me to have immediate surgical castration for my condition as such an operation had added 10 years of life to his dearest friend who had just died, and who had suffered the same condition that I had. I then visited a friend who has had the castration done a few years ago. I wanted his opinion. He spent about an hour giving me the same advice to have the castration as soon as possible. Castration, female hormones, or a coffin, are the only available treatments for prostatic bone cancer.

I was now totally confused. If this was God speaking to me through these two wonderful gentlemen, why was I feeling so uneasy about it all? The more the evening dragged on, the more I was convinced that if running the risks of castration with the possibility of it all back firing with side effects like hot flushes and depression and other problems as was very possible, I would be better off waiting on the front street for the first hearse to take me to boot hill. I had already made it painfully clear to my specialist that I much preferred death to taking any measures that would prolong the suffering of my life.

So I asked God one simple request that night before I went to sleep. "Lord, if this feeling I have that any treatment for my condition is wrong and that I am to trust you in all things, will you please give me one single word tomorrow when I visit the urologist that will place a little hope in my heart that will confirm I am doing the right thing in refusing treatment. All I am asking for is ONE word of encouragement."

I turned up at the urologist's office on time at 9.30 am and he must have hidden the scalpel and the strop he was using to sharpen it in the top drawer because I could not see them anywhere. I knew that he was most eager to use them on me and this was his big moment. It was the big moment of

decision because I had already pulled out of the operation once already. For some peculiar reason, I was not wanting to have it. I asked the urologist had he received the report on my latest bone scan that was taken 9 days before, and he said no. So I pulled out the two different bone scans that were taken just 3 months apart and he stuck them up on the place on the wall where they stick X-rays. He said there appeared to be no spread of the cancer and in fact in a few places there actually seemed to be a regression. That is exactly what I had deduced after looking at the X-rays a thousand times over the past week. But nothing would mean a thing until we got the official bone scan report. The urologist simply said "We will take another PSA blood test in 6 weeks—good bye." What, no scalpel? No pressure for an operation? That was miracle enough for me.

When I got home I rang my GP and asked him to fax me a copy of my bone scan results.

Remember two things if you will. The first is that I had asked God for just ONE word of encouragement and confirmation, and the second is that bone cancers simply DO NOT just disappear. This is a brief summary of the scan report.

"There remain foci of increased tracer activity within 7 of the original sites of cancer, but they remain unchanged from the previous study. There is less tracer activity within T5, right 5th rib, and right sacral ala. There are no new focal abnormalities."

Conclusions of Report: There has been some regression of the abnormalities in T5, right sacral ala, and the right 5th rib. Other pre existing abnormalities are unchanged. **There is no evidence of new metastasis.**

I asked God for just one word of hope remember? Well. I just listed six that I got I got for the price of one.

**These dramatic changes in 3 of the 11 sites of cancer have occurred in just 3 months.** If one was to jump to the obvious conclusion, the cancer in my body is being destroyed. All of my recent blood tests which are many, have all returned well within normal limits.

My urologist has asked me for all my X-rays, bone scan pictures, MRI's and other tests to take with him to Melbourne where he is to conduct a medical symposium in a couple of months, I am believing it will not be too long before he will have to return back to Melbourne with a miracle—a crystal clear X-ray of my bones, for am I not a member of Christ's body, His flesh and His bones? [Eph 5:30] If this were to happen, you can take it to the bank that the warnings and information I have given in this booklet are from God Himself, and the whole purpose of my life was to write it, in this, the darkest and latest hour of man's existence.

I have of course, like you, no idea how long it will be before I fall off the perch, but this is one thing I do know, the discovery of flaxseed oil and cottage cheese was a miracle in itself that I do not intend to go into. I have absolutely no doubts if I had not begun to ingest these substances, I would be probably dead by now, or else the blow flies would be circling in eager anticipation. The oil and cheese reversed a certain death sentence and gave me

at least enough time to write this booklet. **Within 3 short months as my recent bone scan has clearly revealed, my bone cancer is regressing.** What happens from here on is up to the good Lord, and may He bless you abundantly and open your eyes to the truth of eternal salvation.

So in conclusion, my two answers for cancers are these.

**Answer 1:**

**Flaxseed oil and low fat cottage cheese.** The cheese can be purchased at any grocery store or Super market. The oil companies that I have used with success are:

Melrose Flaxseed Oil, whose product can be obtained only in health food shops, and they are contactable on 03 9874 7800, or

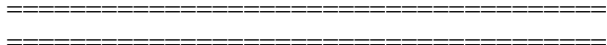
Stoney Creek Oil Products Pty Ltd. Phone 03 5463 2553. The advantage of the Stoney Creek Company is that they have a quick home delivery service and cheaper bulk rates.

**Answer 2.**

**God Almighty through His Son Jesus Christ.** He has no listed phone number but can easily be found on your knees, or according to the simple prayer already suggested.

That's the best prescription that I can give you. It does not, and will not, apply to those who ignore the simple truth of this message.

Email address: [wacka@dcsi.net.au](mailto:wacka@dcsi.net.au)  
Phone 03 56352426



**THE BUDWIG FLAX OIL DIET**  
**Dr. Dan C. Roehm M.D. FACP**  
**(Oncologist and former cardiologist)**

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 beneficial 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, poppyseed, 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.

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 Flax 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 dont 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

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"
- "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

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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..."*

*"Dont 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."*

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### **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.

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.**

Today, fresh expeller pressed flaxseed oil is available in most countries in the world, including USA and Europe. One of the best sources of Flax Oil is Barlean's in America, Budwig's commercial site oil in Europe, and in Australia Melrose GOLD or Stoney Creek.

### **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 1990
3. 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.

### **BOOKS TO READ:**

"Flax Oil As a True Aid Against Arthritis Heart Infarction Cancer and Other Diseases" by Johanna Dr. Budwig Amazon

"The Breuss Cancer Cure" : Advice for the Prevention and Natural Treatment of Cancer, Leukemia and Other Seemingly Incurable Diseases by Rudolf Breuss

"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

Flax Oil by Dr Budwig

<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>

<http://www.alternativehealth.co.nz/cancer/budwig.htm>

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### **OTHER IDEAS:**

What follows are some ideas and thoughts on it's use.

Dosage: The recommended dosage for health maintenance is 1 tablespoon of Flax oil to 1/4 cup cottage cheese per 100 pounds body weight.

In her book, Dr. Budwig says she uses 3 tablespoons of oil a day and sometimes up to 6 for people very seriously ill.

These dosages are just suggestions and in no way constitute medical advice.

For more information we suggest reading Dr. Budwig's books.

Dosage for Pets: A number of folks have written to us saying their dogs, up to 40 lbs. have recovered using 1 tablespoon of oil to 1/4 cut cottage cheese.

A Cocker Spaniel has shown a marked decrease in her breast tumors using this dosage in 2 weeks.

A German Shepherd with 33kg recovered from death's door with 3 tablespoons to a 1/2 cup cottage cheese within 6 weeks to full health (VET was amazed at the total recovery).

I don't like cottage cheese and/or It makes me sick: Cottage cheese contains sulfated proteins which are needed for the successful metabolism of the Flax Oil. If you cannot tolerate the cheese you can use EFA Companion Nutrients available from Nature's Distributors.

Some people have reported good results using plain yogurt, though you need to use 3 times the quantity.

**We do not recommend the capsules** as it takes approx. 14 of them to equal one tablespoon of oil and because they are often stored on warm shelves for periods of time.

I Don't Like the Oily Taste! Try a high lignin oil and shake well before use.

To me it tastes like hazel nuts. Of course if it tastes rancid or really bad then it probably is and you shouldn't use it.

There are a number of things you can try to make the oil more palatable.

1. Mix oil, cottage cheese, pineapple and a bit of honey in a dish; let sit for 15 minutes and eat. You should taste no oil.
2. Mix oil, cheese and ice cream in a blender.  
Add some chocolate syrup or fruit and blend.  
Makes a really good milk shake.  
If your weight conscious substitute a can of Ultra Slim fast instead of the goodies.

One man wrote to us and said he blends the oil and cheese with buttermilk and finds it quite tasty.

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[http://www.aspartame.ca/page\\_c1.htm](http://www.aspartame.ca/page_c1.htm)

NOTE Unfortunately it is legally necessary to post a disclaimer on any material not approved by the "authorities" such as the FDA and Health Prevention Canada therefore...

The information contained herein has been obtained from various sources.

It is not intended to be construed as any form of recommendation or replacement for advice from properly informed and honest health care professionals not blinded and misinformed by the medical/pharmaceutical cartels.

Please use your own judgement.

It has been provided in the interests of providing you an opportunity of being aware of other possible solutions to your health problems and I can guarantee will be received by the conventional and misled medical/pharmaceutical industry with strong disapproval.

They can't make money off it.

## **Two-Nutrient Cancer Breakthrough...**

Decades ago, European research scientist Dr. Johanna Budwig, a six-time Nobel Award nominee, discovered a totally natural formula.

It not only protects against the development of cancer, but fights existing cancer as well.

People all over the world who were diagnosed with incurable cancer and sent home to die have greatly benefited from this research and went on to lead normal lives-- thanks to this amazing formula.

After 30 years of study, Dr. Budwig observed that the blood of seriously ill cancer patients was deficient in certain nutrients. It was the lack of these nutrients that allowed cancer cells to grow out of control.

By simply eating a combination of two natural and delicious foods not only can cancer be prevented -- but in case after case it was actually healed!

*"Symptoms of cancer, liver dysfunction, and diabetes were completely alleviated."*

Remarkably, what Dr. Budwig discovered was a totally natural way for eradicating cancer. However, when she went to publish these results so that everyone could benefit -- she was blocked by drug manufacturers who stood to lose a lot of money.

**Since natural substances cannot be patented, drug companies won't make money by marketing them.**

**For over 10 years now her methods have proved effective -- yet she is denied publication -- blocked by the giants who don't want you to read her words.**

## **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!

Six time nobel award nominated doctor says this essential nutrient combination actually prevents and helps body to cure cancer!

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

(author of "The Cancer Solution").

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# BUDWIG DIET

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DR BUDWIG - "Highly respected, highly talented scientist holds a PhD in natural science, has undergone medical training and was schooled in pharmaceutical science, physics, botany and biology. In all courses this brilliant scientist excelled." and was six times Nobel Prize nominee.

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## EXECUTIVE SUMMARY

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### WHY AREN'T YOU TAKING IT YET????

For cancer cases there are so many accounts of how good it is, how successful it is, and in comparison how bad the chemo and radiation therapy statistics are - it is a no brainer choice.

For many other illnesses and physical problems (skin, body, joints, organs, sensitivities, chronic fatigue syndrome, diabetes, "...itis" problems, circulatory, etc) the Budwig diet is not just a health food but it works on a wide range of health issues - we are just amazed with each new success we hear about.

The Budwig diet is a health food for all body tissues EXCEPT CANCER - it kills cancer.

Budwig diet is suitable for lactose intolerant people too (it's in Budwig's book)

As Always - there is always **one exception** - which is one form of diabetes.

So if you have diabetes we recommend your doctor to monitor your sugar level carefully when you start (ie. cut down on other fats).

For all other people - why aren't you taking it yet????

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## QUANTITY

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For people with diagnosed cancer - 6 tablespoons of Flax seed oil plus 12 tablespoons cottage cheese EVERY DAY.

When cancer is in remission - reduce quantity to maintenance dose of 1 tablespoon Flax seed oil (per 50kg body weight) plus 2 tablespoons cottage cheese EVERY DAY.

For other health issues just use the maintenance dose or to your need – results should be seen/felt within a month of starting.

Instead of cottage cheese, you can use yoghurt (double the cottage cheese requirement), or soft tofu.

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## PREPARATION

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First mix Flax Seed Oil (cold pressed) with cottage cheese (or yoghurt, or tofu) with a shot of water or milk to make it easier for the blender.

There should be almost no visible oil left on top of the mixture.

To make it interesting, you can then mix in honey, or berries, stewed apples with cinnamon, mangoes, pineapple, apricots/peaches/cherries in natural juices, add some natural fruit yoghurt, or spices, or nuts, or make it as a mayonnaise or other savoury with pickled cucumbers, lemon, chives, parsley, mustard, etc.

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## REGIME

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TAKE IT FRESH EVERY DAY

MAKE IT FRESH EVERY DAY.

KEEP IT COOL IN THE REFRIDGERATOR

TAKE IT FRESH EVERY DAY

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### >>> CRITICAL WARNINGS !!!!! <<<<

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DON'T STOP TAKING BUDWIG

DON'T TAKE PROCESSED SUGARS IN ANY FORM

(raw sugar, cakes, biscuits, pavlovas, lemon meringue pies, icing sugar, prepared meals, low fat foods and drinks – usually high in sugar, etc.) - USE UNREFINED HONEY INSTEAD

DON'T HAVE PRESERVATIVES

(sodium sulphite and sulfates - used in many meats, sausages and many other foods).

DON'T HAVE PROCESSED HARMFUL FATS

(margarines - including: "hydrogenated, partially hydrogenated" fats) – use Grape Seed Oil, limited Butter, avocado, etc.

DON'T TRY TO SAVE TIME BY MAKING A BIG BATCH

Make a fresh mixture of Budwig every day (it is very sensitive when mixed and will go off after a day) and keep mixture cool in refrigerator.

DON'T FORGET TO KEEP THE FLAX SEED OIL COOL

And container closed (from air) in a refrigerator.

FINALLY - DON'T STOP TAKING BUDWIG

Take it for your life at a maintenance dose to keep cancer under control (and also for other health issues).

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**WISHING YOU HEALTH AND A LONG LIFE - GOD BLESS** Stephen Hatton

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