



BUDWIG CENTER

JULY 2014 – GUIDE



Dr Johanna Budwig

The Three Main Causes of All Diseases	Page 2
How to make the Flaxseed oil & cottage cheese mixture (Budwig muesli)	Page 5
Foods to Avoid	Page 8
Foods Allowed	Page 10
Supplements – The Most Effective Ones to Take	Page 11
How to prepare TRICAN	Page 17
Essential oils are essential	Page 27
RIFE TIME - De-vitalizes dangerous pathogens	Page 34
Hyperthermia - Tumors ‘hate’ Heat	Page 41
Big Berky Water Filter	Page 42
How to Activate the Lymph System	Page 43
Ascites – Natural Remedies	Page 45
Brain Tumors	Page 46
Cleaning and Personal Hygiene	Page 47
EFT Emotional Healing	Page 50
Frequently Asked Questions	Page 52
Coffee Enemas	Page 61
Future Tests	Page 64
Budwig Recipes	Page 66

INTRODUCTION

REMOVE THE THREE (3) MAIN CAUSES OF ALL DISEASE

In order to overcome any disease it makes sense that you determine the basic “cause” in the first place. Once you know the cause and remove the cause the illness will naturally go into remission. Don’t believe that degenerative diseases and tumor activity or any other chronic illness you have is some kind of alien growth from planet Mars. It’s normal body tissue that has changed and started to do something else. It’s not a strange alien virus from outer space that landed in your body! Nature is not a fool and therefore if she switches on a mechanism, she has a reason for it. The approach at BUDWIG CENTER is much like that of a wise gardener who does not cut off the weeds at the top but “pulls them out by the roots”, because he knows that unless he gets the “roots” the weed will grow back. The same is true of degenerative diseases and tumor activity. We must remove the “root” cause otherwise a year or so later, sad to say it comes back. If you do decide to go down the road of chemotherapy, radiation and other traditional therapies, you will still need to do the complimentary, natural therapy, to truly remove the cause of the degenerative diseases and tumor activity and other diseases. Let’s look at the three main causes of disease and how to effectively remove it from the body and not just put a “bandage” on it:

Cause No 1 – Virus/Fungus - Dr. Royal Rife was a microbiologist who knew that degenerative diseases and tumor activity was caused by very unique viral microbes which were inside of diseased cells. Dr.Rife called them BX and BY viruses. The area of the diseased cells favors an ideal environment for hosting fungus and once degenerative diseases and tumor activity reaches Stage III and IV there is usually both viruses and fungi together. That is why some anti-degenerative diseases and tumor activity protocols work on certain levels and not on others. Therefore the BUDWIG CENTER includes in all its programs the RIFE TIME device that will effectively de-vitalizes pathogens (parasites, fungi, bacteria, and viruses)...*More on this later*

Cause No 2 - Toxins – The second major contributing factor of all diseases are toxins. Toxins come from dangerous chemicals (in the workplace, home or garden). The late Dr. Hulda Clark who examined and treated thousands of patients with degenerative diseases and tumor activity stated that “all degenerative disease patients have both isopropyl alcohol (which is a type of industrial wood alcohol found in many body care and household cleaning products) and the intestinal fluke (parasites, worms) in their liver”. Toxins are everywhere, in fact in just 1 cigarette that are some 3200 toxins! Heavy metal poisoning is common as is infection from root canals. If you have a root canal you would be wise to get the dentist to X-ray that area to see if there is any infection there. If for example the tooth is infected and corresponds to the breast (each tooth corresponds to a part of the body) this could be a contributing factor to breast cancer. Prolonger stress and negative emotional trauma is also toxic to the body. A whole chapter is devoted to this subject as research indicates up to 85% of chronic illnesses have a link to past or present negative emotional experiences. Hormone Replacement therapy and hormonal imbalance also is ‘toxic’ to the body and there are several natural and totally effective alternatives solutions that are available.

Why do some people get degenerative diseases and tumors or another major illnesses and others do not? We may all be exposed to parasites, viruses, fungus, as well as harmful toxins. However if we have good nutrition and a strong immune system, the body fights these intruders off. Our immune system is weakened by such things as chemotherapy, radiation, severe negative emotional shock (death in the family, divorce, family problems, financial setbacks, etc.) being overworked and run down over an extended period of time, pessimistic negative thinking most of the time, lack of rest, and improper nutrition that weakens the immune system. Ed Sopcak a Cancer researcher in United States consulted with over 30,000 patients with degenerative diseases. He concluded “most all the patients I have spoken with had a major stress in their life six months to 3 years before they were diagnosed with the cancer”.

Cause No. 3 Nutritional Imbalance - Consuming foods that are YIN (cold) is what most people are consuming today. Studies show that when a person is ill their ‘inner temperature’ is cool/cold and a YANG (warm) food choice is needed according to Chinese Medicine (see *YIN/YANG food chart later on in this Guide*). Also refined vegetable oils like Trans fats (margarine, refined vegetable oils) used in deep fried foods (French fries, fried chicken, pastries) and processed foods (mayonnaise, refined vegetable oils) actually suffocate the cells when ingested, depriving the body of life giving oxygen. When you see vegetable oils in the grocery store that are labeled 100% pure Corn Oil or Sunflower seed oil, etc.; that is very misleading because it sounds good and healthy, but they are not. Why? Because the method of extraction that was used.



Most commercial oil manufacturers use high heat and chemicals to extract the oils from the plants. Chemically processed fats and oils are not water-soluble and when bound to protein; they end up blocking circulation, damage heart action, inhibit the cell renewal process and impede the free flow of blood and lymph fluids. The bio-electrical action of these areas slows down and may become completely paralyzed according to Dr. Budwig. Caustic corrosive chemicals such as sodium hydroxide (better known as *Draino*) are used in the refining process. The vegetable oil is basically ‘killed’ by submitting it to extremely high temperatures of up to 518 degrees F for as long as an hour.

Removing these harmful pseudo (fake) fats from the diet and introducing true nutrition such as flaxseed oil and other cold pressed oils is a giant step forward in overcoming cancer and other common illnesses.

Consume only cold pressed oils, such as flaxseed, olive, sunflower, virgin coconut (this is the best oil for cooking as it can take higher heat and does not break down) safflower, etc that are ‘cold pressed’ and/or ‘virgin’ or ‘extra virgin’.

Believe it or not many people living the western affluent world suffer from malnutrition. Research and countless testimonials indicate that all illnesses including cancers are linked to nutritional deficiency, especially to the nervous system; the result is a neurological deficiency.

If a person has a degenerative disease virus/fungus in his body and at the same time consumes unhealthy foods (mostly acidic forming instead of alkaline forming), that creates an ideal environment for the virus/fungus to grow and spread. This nutritional deficiency causes structural changes in the amino acid, hormones, biofeedback communication, all cellular nutritional mechanisms, DNA instructions and replication, causing a change in cellular manufacturing instructions and supply.

A regular consumption of white refined sugar, as in fizzy (soft) drinks (*1 soft drink contains up to 10 teaspoons of white refined sugar*), chips (crisps), store bought pastries, deep fried foods (French fries, donuts) are dangerous fake foods that cause severe damage to your health. Also prepared meats (hot dogs, sausages, bacon, ham) fast foods, food additives, etc. need to be replaced with healthier choices. Most foods are cooked at 350 to 400 F, but whenever we cook our food over 105 F (40 Celsius) instead of steaming our foods, we destroy many of the important enzymes.

The BUDWIG CENTER protocol is correcting the proportions of all the minerals so that they cause the correct electromagnetism in the body and provide the right material for the reactions to take place. Some patients are mystified as they have eaten healthy all their lives, exercised, never smoked or abused alcohol but are now with a deadly disease. This could be due to other factors like; undue stress, excessive toxins in their environment and/or their digestive systems were not working properly to process the healthy foods they were eating, etc.

Welcome to the Budwig program

The one or two-week healing session at the BUDWIG CENTER gives you all the information you need to take control of your own healing and an opportunity to experience the protocol and receive first-hand answers to your questions, as well as giving your body a powerful kick-start to initiate the healing process. Throughout your healing process, remember that your greatest healer is yourself.

The 1 or 2-week program at the BUDWIG CENTER does not mean that the program only lasts 1 or 2 weeks! No from the day you enrol and right up to the day you recover your good health we are there to support you with emails, Newsletters, future VEGA tests and remedies and suggestions!

The Budwig healing program consists of various aspects (explained in detail in this GUIDE) which are designed to detoxify the body and stimulate the immune system to help the body heal itself:

When you arrive at the Budwig Center apartments which are right next door to our Center, you will find the kitchen stocked with the basic healthy foods, such as the flaxseed oil, cottage cheese (Quark), whole grain rice, oat milk, Spelt pasta, Stevia, cereals, honey, Tahini, Spelt bread, organic eggs, cold pressed oils, etc, etc. This saves you searching for these basic foods in the nearby stores. All you will need to purchase are fresh vegetables, fruit and fish, etc., at the local markets.

All the rooms are equipped with a blender (to make the FSOCCheese mixture), rebounder (mini-trampoline) a blanket type sauna that you put on the bed and do a 20 minute session daily
...instructions on how to use these a given later in this GUIDE

BUDWIG CENTER is located about 15 minutes from the beach and you are encouraged to walk there and back on a regular basis if your health permits.

Right from day one you will have the full body VEGA test and personalised remedies will be prescribed to aid your recovery. With our associating with BioMedic clinic, additional therapies are tailored to your individual circumstances after a consultation with Dr Marie Lopez MD (who is a medical as well as a naturopathic doctor).

Each day at the clinic, you will receive various therapies such as: sessions of Hyperthermia, Par biomagnetic acid/alkaline balancing, cold laser, IV infusions of homeopathic remedies, emotional healing therapies, a teaching session on the full Budwig protocol, E Power belt cell energy restoration, PAPIMI ultra high magnetic machine therapy, Reflexology machine therapy, Oxygen production by breathing in pine needle oil extract distillate, RIFE TIME sessions, etc.

DR BUDWIG'S WORLD-FAMOUS FORMULA (Budwig Muesli)

The flaxseed oil and cottage cheese (quark) mixture – also known as Budwig Muesli – (together with the anti-degenerative disease diet) is the mainstay of Dr Budwig's protocol.

Step 1 Blend 3 US Tbs (UK dessert spoons) of flaxseed oil with 6 US Tbs low-fat Cottage cheese or Quark. (Maximum 2% fat. If there is too high a fat content the oil will not mix in and the muesli will not bring the oxygen to the cells.)

Do not mix by hand. Use ONLY a hand-held immersion electric blender for up to a minute on low speed. If the oil does not disappear you may need to add 2 or 3 US Tbs of milk or natural yogurt. The mixture should be like rich whipped cream with no separated oil. **Do not add anything else until the 'whipped cream' stage has been reached.**

If you have a reaction to the dairy in the cottage cheese this might indicate a problem with your duodenum. Replace the cottage cheese with Soy yogurt or Soy milk for about 2 or 3 weeks and then the problem should clear up. (Soy products are not recommended other than in this temporary situation.) You might also try Kefir cottage cheese as an alternative. Dairy contains 'casein' which can cause inflammation and some people have a lactose intolerance which may be aggravated by consuming the FSOCC. And although Dr. Budwig's program has several favorable testimonials from people with brain, breast, ovarian, lymphatic and prostate cancer, because of these issues some prefer not to consume the FSOCC but to rely on all the other BUDWIG CENTER remedies and/or use an alternative to the FSOCC called **Celltramax** sold at: www.celltramax.com

Or substitute with:

2 US Tbs of **whey protein** (Solgar cold processed brand) in **water, or almond or oat milk**, together with **3 capsules of Cod Liver or Krill Oil**

Step 2 Separately grind **2 US Tbs of whole flaxseeds** in a coffee grinder and stir into the creamy flaxseed oil and cottage cheese mixture.

NB Ground flax seeds become rancid within 20 minutes, so eat the recipe immediately and do not grind or store seeds ahead of when they are needed.

Step 3 Add 1 teaspoon of honey (best is raw, unpasteurized honey as it contains all the health-giving enzymes).

You can also add **organic raw nuts** such as ground hemp seed, ground almonds, sunflower seed, pumpkin seed and brazil nuts (but not peanuts). For variety try vanilla, cinnamon, or shredded coconut. Some people enjoy it with a dash of cayenne pepper ... be creative!

- Flaxseed oil must always be kept in the refrigerator or it will keep for 12 months in the freezer. Arrange to purchase as directly as possible from a manufacturer (like Barlean's who offer a discount for people with cancer so tell them you are using the Budwig Center protocol) or arrange with the local health shop to keep a supply in the refrigerator.
- **IMPORTANT** The Budwig Muesli should NOT be made ahead of time and stored. Eat it within 20 minutes of preparation. The flaxseeds should not be ground in advance.
- When following the BUDWIG CENTER protocol which includes TRICAN, it is recommended you eat flaxseed oil and cottage cheese no more than **ONCE a day**, and at a separate time (at least 1 ½ hours apart). Since dairy can cause inflammation, we do not recommend more dairy than absolutely necessary.
- Some people who find it hard to eat have half a portion once a day.
- Occasionally people can feel nauseous after eating Budwig muesli in the morning. In this case try having it at lunchtime or in the evening – or try some of the solutions to overcome nausea recommended in the FAQs in this book.
- Cottage cheese/quark can be frozen if necessary.

Two appliances are needed with the Budwig Protocol (we provide these during your stay)

1 A coffee bean grinder to grind the whole brown flaxseeds

2 An immersion hand-held mixer (a stick-shaped mixer) to blend and bond the flaxseed oil and cottage cheese together

Note Whenever Tablespoons (Tbs) are mentioned it is the standard US tablespoon (= 15 ml) which is the equivalent of the British dessert spoon. (1 British Tablespoon is 18 ml). 16 US Tbs = 1 cup.

REMEDIES AND THERAPIES THAT NULLIFY THE BUDWIG PROTOCOL

Please do not add to the Budwig Center protocol any product on this list: Do **NOT** take Cesium chloride, Borax (except for a short time to overcome an infection), Coral Calcium, or other alkaline products or supplements (TRICAN is already properly pH balanced and these protocols would push TRICAN out of balance!) Do **NOT** take Protocel, Cantron, Entlev or Cancell, Eniva Vibe liquid (registered trademarks), no more than 12 apricot seeds per day. No Laetrile (Vitamin B17 injections), If you decide to do several sessions of infusions of Vitamin C stop consuming the Flaxseed oil and cottage cheese at the same time as they cancel each

other out. If you take **Protandim**, wait for two hours after you have completed the Budwig Diet for the day.

THE COMPLETE BUDWIG DIET

Our program is not so much about doing without, or eating terrible tasting food, but adopting a wide variety of alternatives which are practical and often delicious (see recipes at the end of this Guide).

Some basic guidelines for food preparation are:



Steam your vegetables. Raw vegetables are good for you, but can be hard to eat and often hard to digest. Steaming vegetables is the best option as steamed vegetables release 5 times more vitamins than most raw vegetables. Add some YANG foods with it, such as curry, onions, garlic, ginger, cayenne, etc

However, cooking food at temperatures of more than 105 F (41 Celsius) destroys important enzymes in the food. Most people put their ovens at 350 F so very little real food value is left. Boiling food is not much better as the water you throw down the drain has most of the vitamins in it. Invest in your health by investing in a Food Steamer <http://www.amazon.co.uk/Steamers-Cookware-Kitchen-Home>

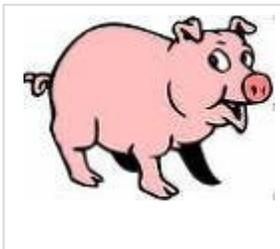
- **Skins** on most vegetables hold most of the vitamins and nutrients. Try to include them as part of your meal instead of discarding them. Just to illustrate that, an earthquake cut off a wealthy family from the rest of the population and by the time the rescue workers arrived they had all died except the maid. They asked the maid how it was that she was still alive. The maid did not know but she said all we had to eat was potatoes, so they had me peel the potatoes and cook them. They would not give me any. I ate the peelings and they ate the potatoes!
- **Fruit** – instead of consuming fruit juices (which removes the pulp), its better to simply eat the whole fruit with the pulp. All fruits are acceptable
- **NO microwaving** - Microwaving destroys many of the health-giving benefits of food
- **NO Teflon** - When Teflon pans start to peel and the Teflon disappears, it has gone into your food and therefore into your body. It is especially bad for the reproductive system.
- **NO aluminium cooking ware or aluminium foil.** We recommend and provide during your stay at Budwig Center enamel cooking ware. Stainless steel, ceramic, cast iron, glass and corning cookware are fine.

- **Avoid leftovers** Food should be prepared fresh and eaten soon after preparation to maximize intake of health-giving electrons and enzymes. You are more at risk with food poisoning from leftovers, which is something you especially don't want if you already weak and fighting a serious illness. (If however it does happen, 6 drops of Lugol's iodine in the morning and then in the afternoon should correct it swiftly.)

AVOID THESE UNHEALTHY FOODS according to Dr Budwig

NO pork - Pigs are toxic animals by nature of their digestive system. The food they eats stays in the stomach for hours, ferments and becomes highly toxic .

Processed pork in such things as ham, sausages, hot dogs and bacon, are not only loaded with toxins but have additional harmful chemical food additives (eg nitrates which are damaging to the prostate).



We know that these foods taste good – *'toxins are indeed tasty'* – but they are dangerous and should be avoided especially if you have a serious illness. It is reported that Jews and other cultures that avoid pork products for religious reasons have very little arthritis which is connected to toxins and parasites, especially the roundworm *Trichinella spiralis*. We don't know how true this YouTube presentation is (may be pork from an third world country) but it shows someone pouring a cola drink over a pork chop and tapeworms start to come out after 2 minutes <http://www.youtube.com/watch?v=WDBAG0KPLcs>

- **NO seafood** - Fish with fins and scales are recommended, but no lobsters, clams, shrimp or any other fish with a hard shell. Just as pigs (like flies and vultures) are the cleaners of the earth, shell fish are cleaners of the sea and retain a high quantity of toxins in their system. Eat fresh wild fish, not farmed fish.
- **Limit consumption of Red Meats. Poultry (chicken, duck, turkey)** could be eaten once a week as they are very YANG (warm according to Chinese medicine). Make sure its free range and organic. Avoid red meat that contains artificial hormones and antibiotics. Processed meats have several harmful preservatives. Obtain your protein mostly from plant sources (nuts and seeds and plant oils), organic free-range eggs and fresh wild fish with fins and scales. Hemp oil and hemp seeds (cold pressed) are particularly recommended because as well as containing all the essential amino acids and essential fatty acids necessary for human life, they also contain a rare protein known as globule edestins that is very similar to the globulin found in human blood plasma. Once or twice a month some red meat (lamb is a good choice) from organic grass feed source would be acceptable.
- **NO hydrogenated oils, NO trans-fats** - Instead, cold-pressed sunflower seed oil or almost any cold pressed oils (including olive oil) are acceptable. Virgin coconut oil is a good choice when cooking because it is one of the few oils that does not break down under higher heat (although if you aim to steam most of your food there is very little need to heat food at higher temperatures or to consume too much fat). Those with pancreatic and liver issues may find coconut difficult to digest. (Coconut oil is also helpful as skin protection when sunbathing.)

- **NO chips (crisps), deep fried foods (French fries, donuts)** NO store-bought pastries (make your own with our recipes)
- **NO fizzy soft drinks** A fizzy (soft) drink can contain up to 10 teaspoons of white refined sugar. Similarly avoid fruit juices from concentrate which also has a high sugar content and no remaining vitamins (also all fruit is YIN (cold)).
- **Avoid white bread and white pasta** - Spelt bread and whole grain Spelt pasta are a better choice than wheat as many ill people have intolerance to wheat or gluten. Our VEGA test can determine which foods you have intolerance to. Look for 'sprouted' Spelt or Rye bread, as the gluten is digested in the sprouting process making the bread easier for you to digest. You can also eat whole Rye, Oat, and Multigrain bread that does not contain sugar. Sour dough breads are also a good alternative, but 'sprouted' bread is the first choice. Corn is discouraged because of mold and genetic modification issues.
- **NO dairy products** – other than the cottage cheese in the Budwig Muesli. Occasionally some high quality cheese (such as Emmentaler, Gesha, Gouda, Herb Cheese, Sbrinz, Camembert, Gervais, Brie) or goat cheese (2 oz) is allowed as a treat – but if you can cut it out altogether, so much the better. (For the most enzymes and nutrients, don't heat the cheese and be sure not to buy processed cheese.)
- **Butter** should be avoided, but is allowed in very small amounts on a special occasion – and on that basis it is included in some of the Budwig recipes. Instead make your own Oleolux (see Recipes at the end of this book)
- **NO ice cream** Make your own healthy **Budwig Ice Cream** instead (see recipe at the end of this booklet). Many commercial ice creams today are simply chemical concoctions presented in appealing packaging designed to sell a product that is not fit for human consumption. Everything from hydrogenated oils, high fructose corn syrup, and dry milk solids are used to produce something still allowed to be called ice cream. Some pretty frightening sounding chemicals like caroxymethyl cellulose, butyraldehyde, and amyl acetate are additives in some commercial ice creams. Diethyl glycol – a cheap chemical used in place of eggs – is also used in anti-freeze and paint removers. Aldehyde C-17, flavoring for cherry ice cream, is an inflammable liquid used in dyes, plastics, and rubber. Piperonal, used in place of vanilla, is a lice killer. Ethyl Acetate, a pineapple flavor, can also clean leather and textiles and its vapor has been known to cause chronic lung, liver, and heart damage. Other unsavory ingredients contained in many of the most famous grocery store ice creams include: mono and diglycerides, disodium phosphate, benzyl acetate, mono stearate, propylene glycol, sodium benzoate, polysorbate 80, potassium sorbate, modified corn starch and soy lecithin. Learn more: http://www.naturalnews.com/023849_ice_cream_ingredients
- **NO sugar or molasses** - It does not take very long for the tastebuds to stop craving sugar, but if you must have something sweet, Xylitol (only use Xylitol made from birch tress) or liquid Stevia are good options. (Stevia in powder form is sometimes mixed with other artificial sweeteners, so be careful).
- **Cocoa and Chocolate** – avoid all chocolate with refined sugar. Ideally make homemade chocolate fudge
- **Tea - Black tea** is YIN(cold according to Chinese medicine) and best to limit its consumption and favor Chai tea, Ginger and Jasmine tea

- **Coffee** - Although some reports show that coffee has some health benefits there is an issue of toxins. Best to avoid or reduce to 1 cup per day
- **NO soy** milk or soy products (except for a little natural fermented soy sauce, or as a temporary solution if you are intolerant of cottage cheese in the Budwig Muesli). Many of the **soy products** available in the West have been treated with harsh shortcuts and are genetically modified. They can have suppressive effects on the thyroid and, by extension, the immune system. They contain significant amounts of glutamate and have effects similar to MSG. Even traditionally-fermented soy products have a downside and are linked to various forms of neurological atrophy. Broad based population studies in China have indicated increased incidence of Alzheimer-related syndromes in populations with the greatest consumption of soy. In addition the phytic acid in soy can chelate (remove) calcium from the system. Soy is also a thyroid inhibitor.
- **NO processed foods** – they contain unhealthy quantities of salt, sugar and preservatives.

The Five Absolute Worst Foods Anyone Can Eat

1. Doughnuts
2. Soda
3. French fries
4. Chips (crisps)
5. Fried non-fish seafood

Vegetarian diet?

Dr Armin Grunewald, the nephew of Dr J Budwig, is continuing her research with the Budwig Foundation and has introduced some updates. He does not agree that patients should have a wholly vegetarian diet. Raw vegetables are also very YIN (cold) but steam cooked Vegetables are much better for your health. He encourages the consumption of protein as the body is rebuilding and needs the energy and enzymes. Good sources of additional protein are fish (with fins and scales – which Dr Johanna Budwig also recommended), organic free range (not antibiotic) eggs everyday is fine. There are also many vegetarian sources of protein such as lentils, nuts and seeds. A vegetarian diet is often too YIN (cold) and ill patients need a YANG (warm) diet

FOODS THAT PROMOTE HEALTH (allowed)...

Nothing replaces natural food sources, and Dr Budwig was in favor of letting ‘food be your medicine and medicine be your food’ (to quote the Father of Medicine, Hippocrates). Everything included in the Budwig Daily Schedule is allowed and is positively good for you, such as asparagus and all fresh fruit and vegetables (especially if organic). See below for positive information about some of these products.

Start by favoring foods that are YANG. As per the YIN/YANG FOOD CHART, eat mostly food that are in the category of Neutral, Warm and Hot, especially if you are in an advanced stage of illness

- **Herbs and Herbal teas** – that are YANG are: Chai tea, Jasmine tea, Basil, cinnamon bark, clove, fennel seed, dandelion, fenugreek seed, ginger, spearmint, star anise, turmeric and thyme,
- **Nuts and Seeds** (raw unroasted) are fine. Favor those which are YANG, ie. Chestnuts, pinenuts, pistachio nuts, walnuts (no peanuts because of fungus issues).
- **Spelt pasta and sprouted grains in bread**, such as Ezekiel or other sprouted bread products (the sprouting creates amino acids which break down the gluten). Potato bread, rye, pumpernickel, oatmeal are other choices. Most patients do better if they avoid wheat products. If you are gluten intolerant avoid rye and barley too. If you can tolerate wheat, make sure the flour is whole grain and unprocessed. In Europe you can purchase sprouted breads in health shops or at:
<http://www.auravita.com/search/Grain-SproutedBread.html?RefId=200&Adid=SRCH241314&kwid=241314>
- **Unsweetened coconut** - shredded

SUPPLEMENTS – THE MOST EFFECTIVE ONES TO TAKE

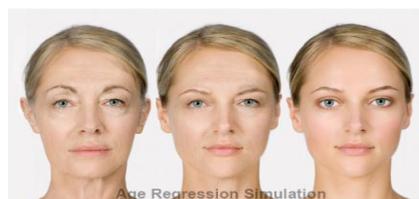
Often our patients ask us which supplements are the most effective. Here is a list of the supplements we would recommend to all patients beside the ones recommended by the VEGA test

STEM CELL and TELEMERE SUPPORT

Today, there is a quiet revolution in full swing all around us that some are calling the “greatest discovery of our time”!

In a University of Pittsburgh School of Medicine study, scientist found that mice injected with **stem cells** appeared to have *‘sipped from the fountain of youth’*. Using two groups of mice, the ones injected with stem cells in comparison, showed improved health and saw a three-fold increase in their life span!

NOW YOU CAN TURN BACK THE CLOCK - ON DISEASE AND AGING



According to Johnny Huard, a stem-cell expert at the McGowan Institute for Regenerative Medicine in Pittsburgh, finding this “cellular control switch” inside our cells and understanding how I can influence it to extend our “health span” and reverse disease is the greatest discovery of our time. Researchers from the University of California at San Francisco to Harvard University all agree that this breakthrough will change life as we know it.



Did you know that inside every one of your cells, there are hibernating bits of DNA that can replace old, diseased cells with new, healthy cells? Many scientists believe that ability allows you to reverse virtually all chronic diseases, as well as allow you to reach 100-years-old without showing any signs of aging.

Maybe you watched *Diane Sawyer* reading the nightly news on **ABC**, announcing to the world the results of a breakthrough Harvard study that made old mice young again.

At the beginning of this experiment the mice were old in every measurable feature. These mice had lost their intelligence. Every one of them had performed poorly on the standard memory tests like remembering their way out of a maze or where their food or water was. And tests showed that they all had atrophied or shrunken brains.

As with humans when we get old, they had lost their desire for sexual activity and had become infertile. Their hair had changed from glossy and youthful to dull and gray (sound familiar?). Their vision was dimming, with the same kind of loss of peripheral vision that we see in humans with age.

Not surprising considering the mice were the equivalent of humans in their 80s and 90s.

They were injected with stem cells and then, as if by miracle, each and every one of these signs of aging was completely reversed. They became sexually potent again, and the females actually became fertile and produced healthy offspring again — at the equivalent of a very old age, which is totally unheard of.

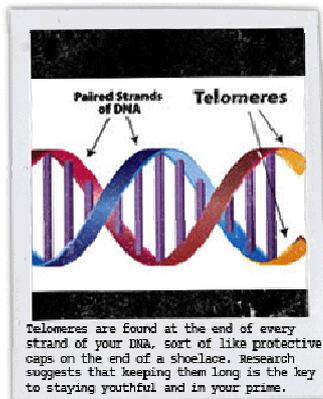
Not only did their intelligence come back, it reverted them back to their youth. Yes, and even the atrophy of the brain — the shrinkage — reversed and even their hair became shiny and thick again. And their eyesight was restored.

According to the tests, their shrunken organs, like their spleens and even their testes and brain, grew in size. Key organs functioned better, and the mice got their sense of smell back. The males also produced new sperm cells, and their mates gave birth to larger litters. With all these incredible improvements the mice went on to live long, healthy lives.¹

All these 'miracles' happened because Dr. Ronald DePinho, professor of genetics at Harvard Medical School and director of applied cancer science at the Boston-based Dana-Farber Cancer Institute, "flipped a switch" inside their cells.

Institutions like Harvard, the University of California at Berkeley and dozens of others have revealed the details of how it all works in prestigious journals like the *Journal of the American Medical Association (JAMA)* and *Nature*. They've even recognized the researchers who made the discovery. But it has not become 'mainstream' knowledge as of yet.

The theory is that the shorter your telomeres, the "older" your cells and therefore your body act, regardless of your actual age. Now by slowing the loss of your telomeres, you may be able to extend your lifespan and feel younger longer... and most importantly wipe out disease in the process.



But slowing the loss of your telomeres is just the first step. To get the results Dr. DePinho achieved with the mice, you need to go one step further. There's a "switch" in your cells that actually triggers your telomeres to regrow and get longer. And that's how Dr. DePinho worked his magic.

This switch is an enzyme called telomerase, and it programs your telomeres to get longer.

You see from the chart that at the end of each strand of DNA is a little bit of genetic material called a telomere (TEE-loh-meer). The Telomere are the "caps" at the end of each chromosome.

As you well know your chromosomes are the blueprints of life and are packed together in the nucleus, or center, of every one of your cells. The length of these telomeres determines how old or young your cells act. As your cells divide, the bad news is that the telomeres get shorter, and your body produces cells that are older, weaker, and more decrepit.



Now cheer up because regardless of your family history or current state of health, these bits of DNA — when turned on — can replace any sick cells with younger, disease-free cells. After Dr. DePinho and his colleagues had taken mice and made them young again, he said the study produced results that were the equivalent of finding the famed "**fountain of youth**" that Ponce de Léon searched and never found. The "switch" Dr. DePinho turned on, is a gene inside your cells' DNA.

The discovery that made this new therapy possible was the very discovery that won the Nobel Prize in Medicine in 2009.

Three Year Clinical Trial Turns Back the Clock on Disease and Aging

Dr. Al Sears M.D. who operates a clinic in Royal Palm Beach, Florida has been testing these very same techniques with a select group of his own patients for three years. Here is what Dr. Sears had to report: "With the first "activator" designed to turn on your "fountain of youth" gene, we've helped an elite group of patients "grow younger" as they age. I call them "elite" because the cost of this therapy was VERY expensive when it first became available. I had

high-level politicians, Hollywood stars, real estate tycoons and famous doctors coming to my clinic for this first-ever, age-reversing therapy. During the course of their treatment, we saw remarkable changes. Changes like:

- Incredibly fast and longer-lasting fat loss...
- Sharper eyesight and improved vision...
- Thin, graying hair turning black and lustrous...
- Increased muscle mass and increased testosterone...
- Bigger lung volume, with increased endurance and oxygen delivery...
- Elimination of joint pain and improved flexibility...
- Easing depression with a brighter, more positive mood, and an overwhelming sense of optimism..."

Stem Cell and Telomere Support comes 60 capsules to a bottle. This supplement is now automatically part of the BUDWIG CENTER Program - Take 2 capsules daily

SELENIUM

Selenium is possibly the most powerful anticancer nutrient there is according to researchers like Dr. E. J. Crary, who states, "Selenium is the most potent broad-spectrum anticarcinogenic agent that has yet been discovered." That's right. The trace mineral, selenium, has been shown in multiple studies to be an effective tool in warding off various types of cancer, including breast, esophageal, stomach, prostate, liver, and bladder cancers. The scientific and medical literature is filled with studies that demonstrate selenium's anticancer effects in humans. For example, in an epidemiological study, Dr. Raymond Shamberger categorized the states and cities in the USA according to whether there was high, medium, or low selenium availability in the diet. He demonstrated an inverse association between selenium availability and age-adjusted mortality for all types of cancer. To put it simply, the more selenium available, the lower the levels of cancer.

In a worldwide study Dr. Gerhard Schrauzer, M.D., Ph.D. (professor of medical chemistry at the University of California at San Diego) analyzed the blood-bank data from 27 countries around the world. He compiled a list in order of their blood selenium levels disclosing an inverse proportional relationship to cancer incidence, reporting specifically that areas with low levels of selenium in the diet had higher levels of leukemia and cancers of the breast, colon, rectum, prostate, ovary, and lung. In other words, the number one nation in blood selenium level (Japan) had the lowest cancer level (and consistently has rated highest in longevity) while the number two selenium level nation had the second lowest cancer rate, etc. etc.

It is an essential component of a powerful antioxidant manufactured by the body. This antioxidant, called glutathione peroxidase, defends specifically against peroxides, a type of free radical that attacks fats. Like other antioxidants, glutathione peroxidase also reduces the risk of developing cancer and heart diseases and stimulates the immune system's response to infections. This important enzyme is selenium dependent, with each molecule of the enzyme containing four atoms of selenium.

“It contributes towards the death of cancerous and pre-cancer cells. Their death appears to occur before they replicate, thus helping stop cancer before it gets started,” according to the late Dr. James Howenstine in *A Physician’s Guide to Natural Health Products That Work*. Selenium research over the past 20 years has focused heavily on a novel form of selenium: methylselenocysteine (MSC). A relatively simple organic selenium compound, MSC is formed naturally in various plants, including garlic, broccoli, wild leeks, and onions grown on high selenium soil.

A new compound for chemoprevention of breast cancer,” *Nutrition & Cancer* 2001, 40:12-17) Methylselenol is also known to inhibit angiogenesis (creation of new blood vessels) in beginning cancer tumors and represents the safest and most effective anti-cancer form of selenium available today. One of the most important blind studies on selenium and cancer was a double-blind intervention trial conducted by Dr. L.C. Clark (and colleagues) at the University of Arizona Cancer Center. When all the results were tabulated, it became clear that the selenium-treated group developed almost 66% fewer prostate cancers, 50% fewer colorectal cancers, and about 40% fewer lung cancers as compared with the placebo group. Only 200 mcg daily supplementation of selenium has been documented to dramatically reduce cancer incidence, when in a grown, food-formed variety. A daily intake of 400 mcg was recommended by Dr. Schrauzer, mentioned earlier in this article. A daily intake of 600 mcg has been documented for residents of Japan on a traditional Japanese diet where cancer incidence is lowest and longevity is the greatest in the world. If every man, woman, and child supplemented with 200 mcg of selenium, we could almost wipe out the cancer epidemic over night!

Some of the best natural sources of selenium are Brazil nuts, garlic, broccoli sprouts, and brussel sprouts. All of these foods contain selenium in the form of MSC. Although garlic has the greatest concentration of MSC, you are not likely to eat enough of it to produce the desired results, so Brazil nuts, broccoli sprouts, and brussel sprouts are your best choices. Source -*Chapter 12 – Fantastic Foods & Super Supplements Cancer – Step Outside the Box* page341

TRICAN

Dr Budwig’s approach gives the body adequate nutrition which then restores the nervous system and cell nutrition throughout the body. Also a very good remedy when the patient is experiencing **Cachexia**. (this is a condition where the liver is not working properly and the person just gets very thin and wastes away) This leads to the body correcting the DNA instructions which then start to produce undamaged (healthy) cells. When the body’s environmental factors are balanced, the body no longer manufactures diseased cells; existing diseased cells are no longer able to exist in the corrected environment and die in a natural manner and are eventually replaced by normal cells.

The BUDWIG CENTER protocol uses natural food-based remedies such as **TRICAN** that shocks the body’s autonomous nervous system with high doses of minerals and Vitamins E and D. This blast of ultra-high nutrition corrects the cell DNA which will now start producing healthy cells instead of distorted and diseased cells.

Take **TRICAN** immediately before, during or after midday and evening meals – or with some (non-citrus) fruit. Do not consume on an empty stomach. Do **not** consume with citrus fruit or citrus juices.

Make up the TRICAN by putting ½ scoop or more (scoop supplied in the TRICAN tub) into a drinking glass, mixing it to make a paste with a small amount of pure water, and then adding enough pure water (approx 1 cup) to make a drinkable consistency. (You can also try using a Protein shaker or Cocktail mixer.) Making the TRICAN in advance and keeping it in the fridge can help soften the minerals in the powder. Xylitol or Stevia can be added to taste.

Drink the TRICAN mixture slowly (if you drink it fast it can cause gas and pain). If initially TRICAN is not to your taste, then immediately after taking it you can eat something or drink some of your cider vinegar and honey mixture or something to mask the flavour. You can also take TRICAN with a small amount of home-blended fresh fruit juice, made with a banana and a few grapes or berries, or any thin-skinned fruit ('if the skin is thin, leave it in') such as kiwi, apple, apricots, peaches, grapes, berries, nectarines and pears. Many enjoy TRICAN with cold water, ice and a banana (pre-blend the banana in water then add to the TRICAN mixture).

Request a file of several Testimonials on the effectiveness of TRICAN from:
PlanetBudwig@BudwigCenter.com

MELATONIN

Did you know that if you sleep with a nightlight, you are increasing your risk of cancer? It has been shown that light exposure at night suppresses your production of melatonin. This, in turn, can lead to increased risk of cancer. Your bedroom should be 'totally dark'.

Melatonin is a hormone which modulates our neurotransmitters. It is produced from the amino acid tryptophan by the pineal gland (a pea-sized gland in the brain) when the lights go out at night. It's the reason you get sleepy when it's dark. Melatonin also is produced by the retina and, in vastly greater amounts, by the gastrointestinal system. Melatonin levels peak during the night but also increase after eating, which explains why you get sleepy after a meal. Melatonin is highly fat soluble and also water soluble, thus enabling it to easily penetrate the cell membrane, cytoplasm, and nucleus.

According to Dr. Eileen Lynch, "Melatonin's amphiphilicity, or ability to both absorb and repel water - in conjunction with its ability to act as a weak preventive antioxidant, a weak metal ion chelator, and in certain circumstances, a direct free radical scavenger – enables it to counteract oxidative stress within the chaotic tumor microenvironment."

www.lef.org/magazine/mag2004/jan2004_report_melatonin_01.htm

Due to the fact that over 75% of cancer cells exhibit oxidated DNA damage, the statement by Dr. Lynch above is very important. As a free radical scavenger, melatonin rivals vitamin C in its ability to counteract the oxidating effects of toxins. Not only does melatonin act as a free radical scavenger; it also is a hormone that kills cancer cells!

According to Dr. Lynch, "Melatonin plays a critical role in the host defense system against cancer's progression by activating the cytokine system, which exerts growth-inhibiting properties, and by stimulating the cytotoxic activity of macrophages and monocytes."

Multiple studies have indicated the cytotoxic effects of melatonin, including a 2002 article in *Tumor Biology* published by Dr. K. Winczyk and colleagues entitled "Possible involvement of the nuclear RZR/RORalpha receptor in the antitumor action of melatonin on murine Colon 38 cancer." In another article by Dr. P. Lissoni and colleagues in the 1989 *European Journal of Cancer & Clinical Oncology*, melatonin has also been shown to boost the immune system. In his 2004 report to the American Association for Cancer Research, Dr. David E. Blask reported that melatonin puts breast cancer cells to sleep, and it also slows breast cancer growth by 70%. Breast cancers get "turned on" by linoleic acids (omega-6 fats); however, melatonin interacts with linoleic acid. At a news conference, Dr. Blask stated, "This breast cancer rev-up mechanism gets revved down by melatonin. Nighttime melatonin is a relevant anticancer signal to human breast cancers. Ninety percent of human breast cancers have specific receptors for this signal."

Blask's team exposed lab mice with human breast cancers to constant light. Guess what happened: tumor growth skyrocketed. Dr. Blask asserts, "With constant light, tumors grow seven times faster and soak up incredible amounts of linoleic acid. During the day, the cancer cells are awake and linoleic acid stimulates their growth. At night cancer cells go to sleep. When we turn on lights at night for a long time, we suppress melatonin and revert back to the daytime condition." www.webmd.com/content/article/71/81159.htm

Additional research corroborates the fact that melatonin can kill many different types of human tumor cells, including a groundbreaking 2000 study performed by three Russian physicians, Riabikh, Nikolaeva, and Bodrova. A report by Dr. R.M. Sainz et al in the 2003 issue of *Cellular Molecular Life Science* indicates that melatonin is a naturally produced cytotoxin which can induce tumor cell death (apoptosis). Interestingly, Dr. Lissoni also discovered that melatonin inhibits angiogenesis, which is the development of new tumor blood vessels. (Dr. P. Lissoni, et al, *Neuroendocrinology Letter*, 2001)

A growing body of evidence linking increased light at night (LAN) to certain types of cancer has led researchers to suspect it could be connected to the steady increase in cases of childhood leukemia. Scientists presenting research at the First International Scientific Conference on Childhood Leukemia said that light at night and working night shifts (which disrupts the body's circadian rhythm, or internal clock) have both been associated with an increased risk of breast and colorectal cancer.

You have to wonder if the rapid growth of television and video games over the last 30 years has contributed to the growth in childhood leukemia. Children are staying up later and later, and this LAN may be suppressing the natural production of melatonin that would otherwise fight the free radicals that damage DNA and lead to cancer. Is it just a coincidence that

childhood leukemia has literally exploded at the same time as the escalation of television and video games?

“Compared with other working women, female night-shift workers have about a 50% greater risk of developing breast cancer,” says William Hrushesky of Dorn Veterans Affairs Medical Center in Columbia, S.C. That presumably explains why the original Harvard study of nurses, which was led by Eva S. Schernhammer, found that shift workers had an elevated risk of breast cancer. (Science News, 1/17/01, p. 317) More recently, Schernhammer and her Harvard colleague Susan E. Hankinson found that women who happen to have above-average melatonin concentrations are relatively unlikely to develop breast cancer. “Those with higher levels seem to have lower breast cancer risk,” said Schernhammer.

Melatonin should probably be taken 30-45 minutes before sleeping.

You can find melatonin in any health food store. Cherries are a good natural source of melatonin, thus they are a great bedtime snack. – *Source Chapter 12 – Fantastic Foods & Super Supplements Cancer – Step Outside the Box page 326*

CHLOROPHYLL



One of the best health benefits we gain from following a raw, living foods diet are the numerous health benefits from chlorophyll. We recommend you add some to your leafy green drinks, carrot juice or simply drink with water. Or if you do not have time to make vegetable juices, ½ glass of pure chlorophyll in water or juice is an excellent daily option

What is Chlorophyll? Chlorophyll is a naturally occurring molecule that gives plants their green color. Chlorophyll is also the molecule that is responsible for facilitating one of the most incredibly miraculous processes on earth – the process of photosynthesis. Photosynthesis is the process that converts sunlight energy, water and carbon dioxide into our primary source of fuel – glucose. All animals and humans obtain their life-sustaining energy supply from plants, making photosynthesis to be (one of) the sources of all life. Without plants there would be no life.

Chlorophyll – The Green Blood of Plants

One of the most interesting aspects of chlorophyll is how closely it resembles our red blood cells, known as hemoglobin, the pigment that gives our blood its red color as well as oxygen-carrying capacity. We had a patient at the BUDWIG CENTER that needed an operation but the doctors told her that they would not be able to do so unless she accepted a blood transfusion, being her hemoglobin count was too low. The patient did not want a blood transfusion due to the high risks involved. Instead she drank ½ glass of chlorophyll and in three days her red blood count was normal and the operation went ahead without the blood transfusion. The hemoglobin of the red blood cell and the chlorophyll of the plant are virtually identical in molecular structure. Chlorophyll is a Blood Cleanser, Blood Builder and Oxygen Booster. Chlorophyll delivers a continuous energy transfusion into our bloodstream, replenishing and increasing red blood cell count. And since hemoglobin carries oxygen to our cells, increasing

hemoglobin thereby increases the ability of red blood cells to carry oxygen and delivers us increased levels of oxygen – and this is a very good thing. All these benefits direct effects on strengthening our immune system and enhancing overall energy levels and wellbeing.

Healthy blood flow and an abundance of oxygen also help the body to cleanse itself of toxic impurities, lending to chlorophylls detoxification properties. Chlorophyll has also been shown to improve the detrimental effects of radiation, and has also been linked to disease prevention. Chlorophyll binds with toxins like heavy metals and helps remove them from the body. Chlorophyll can also stimulate bowel movements and is a great aid in colon cleansing.

IODINE (Lugol's)

Dr. Brownstein specializes in thyroid issues (energy, weight loss or gain) and tests his patients and found that over 95% of them were deficient in iodine. Many of his patients have seen 3, 4 or more specialists (endocrinologists) who cannot figure out their health issues, specifically the thyroid. All cells in the body need iodine for proper functioning. Dr. Brownstein believes that iodine deficiency is a major cause of breast cancer and other diseases of the reproductive organs such as ovarian, uterus and prostate cysts and cancers. According to many researchers, including eye doctor and nutritional expert Dr. Gary Price Todd, at least three eye diseases are associated with hypothyroidism (under-functioning thyroid): macular degeneration, diabetic retinopathy, and glaucoma. Along with the effect it has on the eyes, it can also contribute to many other physical ailments and diseases. Most people who suffer from cold hands and feet are iodine deficient.

Put 3 drops of Lugol's iodine in water or tea and once a week paint Lugo's iodine over any area of the skin the size of about 5 cm. If it gets itchy move to another areas for a few days. Check 24 hours later before you shower to see if the iodine has disappeared or not. Once the iodine no longer disappears you can stop painting. It means your iodine level is okay. If you are putting 3 drops of iodine in water or tea each day then stop that as well. Two months later start up again.

Stomach pains, Urine Infections, Salmonella, e-coli (which often causes stomach pain) - Drink a glass of water to which 6 drops of Lugos Iodine has been added in the morning and 6 drops again in the evening. Usually in one or two days the problem is solved.

GINGER

People with chronic illnesses, indicates that their body is too Yin (cold) from a yin and yang Chinese Medicine balance perspective says Dr. Chang of Taiwan. It also means that the best results of healing will often occur with the use of more yang therapies, diets and healing methods.

In sum, then, by assigning a food a value as hot or cold, we mean that a heating food has the capacity to increase the metabolism of the body (whatever they may be). Conversely, a cold food slows down metabolism.

GINGER – Chinese Medicine recommends high doses of fresh ginger root and ginger root powder. Aromatic, pungent and spicy, ginger adds a special flavor and zest to stir fries and

many fruit and vegetable dishes. Ginger's benefits as a healing food are well-known in Asia where it is frequently called "the universal medicine." Ginger is regarded as an excellent "carminative" (a substance which promotes the elimination of intestinal gas) and "intestinal spasmolytic" (a substance which relaxes and soothes the intestinal tract). Ginger's anti-vomiting action has been shown to be very useful in reducing the nausea and vomiting of pregnancy. Ginger's effectiveness as a digestive aid is due largely to its active phytonutrient ingredients: "gingerols" and "shogaols." These substances help to neutralize stomach acids, enhance the secretion of digestive juices (stimulating the appetite), and tone the muscles of the digestive tract. But that's not all. Both gingerols and shogaols have been shown to fight cancer as well. Gingerols are phytonutrients responsible for ginger's distinctive flavor. Scientific research has been shown that gingerols have antibacterial properties to inhibit the growth of "helicobacter pylori," involved in the development of gastric and colon cancer and suppress the growth of human colorectal carcinomas. Lab experiments presented by Dr. Rebecca Lui (and colleagues from the University of Michigan) at the 97th Annual Meeting of the American Association for Cancer showed that gingerols kill ovarian cancer cells by inducing apoptosis (programmed cell death) and phagocytosis (self-digestion). In a 2007 study published in the Journal of Agricultural and Food Chemistry, Dr. Chung-Yi Chen (and colleagues in the American Chemical Society) presented compelling evidence that ginger's shogaols effectively induce apoptosis in cancer cells. A 2007 Rutgers University study supported the cancer-fighting properties of both shogaols and gingerols.
<http://pubs.acs.org/doi/abs/10.1021/jf0624594>

Ginger has been shown to reduce the stickiness of blood platelets and may thereby reduce the risk of atherosclerosis. It is an outstanding source of manganese, magnesium, potassium, copper, and vitamin B6. Ginger is one of world's healthiest foods to be consumed freshly grated, dried ground, or as a tea. Remember that the phytonutrients in ginger are heat sensitive, so for maximum effectiveness, you should eat fresh ginger root and/or take a ginger supplement (such as ginger root powder or ginger extract).

In 2010, a man named Bill, a former Stage IV cancer patient who believes he cured his cancer with ginger. For a 150 pound person, Bill recommends taking between four and six grams of ginger root powder per day. The ginger root should be taken for one to three days. His exact words are, "I had previously been using ginger root powder in 500mg capsules for stomach upset. But then tried it successfully at a higher than label dosage instead of antibiotic. When prostate cancer spread to and blocked my colon, I tried ginger. I took up to **six capsules, four times a day**. I was very lucky. It worked!"

Adults – start off with 2 capsules with each meal and work up to 6 or 8 capsules of Ginger root per meal for a total of 18 to 24 per day. It would also be good to consume some fresh cut Ginger root raw, unheated with your food. Instead of capsules you can mix ginger powder directly into your food (try different combinations to see what suits you best, such as mixing in with the FSOCcheese or guacamole, etc) 1 teaspoon of fresh Ginger powder equals 3 capsules
Children and light weight people - reduce this dosage by half. Always work up slowly giving the body time to adjust.

YIN and YANG FOOD CHART

Cold (These are foods with an innate temperature of cold-cool-neutral-warm or hot when digested)

Alcohol*	Melons	Salt and Sugar (refined)*
Banana / Grapefruit / Cantaloupe	Mushrooms (fresh)	Tomatoes / Radish
Bamboo shoots	Pastries (all sweet foods are cold)	Wheat Grass
Cashews	Pastas	White Bread
Kiwi	Pickled Vegetables	Watermelon
Lettuce	Pharmaceutical drugs*	Zucchini

Cool

Apple / Apricots / Oranges	Grapes	Pineapple / Plums / Papaya
Asparagus	Honey (pasteurized)	Raspberries
Arugula/Basil/Radicchio/Endives	Maple Syrup*	Tangerines / Lemons
Chives/Purslane/Watercress	Noodles (whole grain)	Sprouts
Barley / Buckwheat	Propolis / Pollen	Strawberries
Cantaloupe / Cherries	Parsley	Spices
Cucumbers / Corn	Plums / Peaches / Pears	Spinach / Kelp / Seaweed
Cocoa (Chocolate) / Coffee*	Peppermint	Sour (all fermented foods)
Eggplant	Peppers (fresh green, red, yellow)	
Ginseng (American)		

Neutral

Beans / kidney /red /black /lentils	Green beans/Broad beans/Chickpeas	Pumpkin / Peas
Beef (grass feed free range)	Figs / Dates	Potatoes / Sweet potatoes / Yams
Beetroot/Broccoli /Cabbage	Honey (raw unpasteurized)	Quinoa
Cabbage/Celery / Carrots	Hawthorn	Radish leaf / Lotus root / Taro
Chlorophyll (liquid)	Kale /Leeks / Bok Choy /collards	Rice / Rye
Chestnuts	Licorice	Sunflower seeds/ Black Sesame seeds
Dairy	Mushrooms (dried)	Squash
Fish (that have fins and scales)	Millet	Wine (Red Organic)
Goji Berries	Olive/Olive oil/Sunflower oil (cold pressed)	Wheat / Spelt wheat /Spelt Pasta
	Oats	

Warm

Almonds	Ginseng (Asian)	Poultry (chicken,duck,turkey organic)
Black radish / Burdock	Garlic	Rosemary
Coconut	Guava	Spearmint / Skullcap
Coriander	Hazel nuts / Pistachios	Sesame Seed oil (cold pressed) Tahini
Chestnuts	Mustard greens / Milk Thistle	Sugar (unrefined Brown)
Dill / Fennel / Dandelion	Mutton (Lamb)	Stevia
Eggs (all kinds)	Nutmeg	Walnuts
Ginger (fresh)	Onions / Nettles	Xylitol (from Birch trees)

Hot

Aniseed (anise)	Cinnamon / Cumin / Turmeric	Ginger (dried)
Pepper (black), Mustard	Peppers (hot chili) / Chili / Cayenne	Cloves

**None of these are recommended if you have a chronic illness*

When a person is sick the very first thing we do is take the temperature. Let us also assume that the patient's temperature is 97.6° Fahrenheit. Most people know that the "average" body temperature in healthy adults is given as 98.6° (37° Celsius)

We may assume that 98.6° is the actual optimum temperature for healthy functioning of the body. Lesser or higher temperatures are signs that the metabolism is disordered. So, if the reading was 96.6 o, it would mean that the person's temperature was two degrees below the normal average.

So what? We realize that life is carried on within rather narrow limits of temperature--95° to 105°, that if the temperature goes outside those limits for any extended time, life will end.

Therefore, a temperature two degrees below normal means one that is two degrees deficient within the ten degrees that sustains life--or that the body is operating at 20 percent lowered efficiency. If you tried to operate any machine with 20 percent of its power source gone, the other parts would become stressed and overheated, and the machine would break down and wear out much sooner than if it were operating at 100 percent of its energy levels.

<http://www.origin-point-medicine.org/#!psoriasis-for-42-years/c1j93>

Among healing methods, the most yang are those involving heat and dryness. Dry Infrared saunas, hyperthermia, fever therapy, sweating, heating herbs like ginger and burdock, coffee enemas, hot baths, exposure to the sun, Far Infrared heat lamps (do not use regular infrared lampsonly use FAR Infrared lamps) and 1 day fasting are examples. Other are chiropractic manipulation, biofeedback, acupuncture, acupressure, some psychotherapy such as 'Tapping' or also called EFT (Emotional Freedom Technique), and some color therapy with reddish, orange or yellow light. At the BUDWIG CENTER you will benefit from Hyperthermia, the Therapeutic Healing blanket and sauna therapy as well as Red light therapy which assists the first chakra and organs such as the liver, kidneys and adrenal glands. We recommend herbs that are more yang, such as ginger, burdock, dandelion, milk thistle, skullcap, nettles and black radish.

This is exactly what most people need. Since most bodies today are yin, most illness has a yin cause at its basis. For example, a friend is a cancer counselor who has observed the results of many alternative cancer therapies. She reports poorer results with the Gerson therapy and related approaches that rely on raw foods and juices. This therapy used to offer excellent results. Most likely, this is because more bodies were more yang at the time Dr. Gerson developed the therapy in the 1920s and 1930s. Yin therapy may get rid of tumors which are yang, but cannot fully rebuild a body that is more yin as does

VITAMIN D3

An ever growing number of studies show that vitamin D has tremendous protective effects against a variety of different cancers, including pancreatic, lung, ovarian, breast, prostate, and skin cancers. For example, a 2007 study published in the American Journal of Preventive Medicine¹² concluded that a serum 25(OH)D level of more than 33 ng/mL was associated with a 50 percent lower risk of colorectal cancer.

Another 2007 study published in the American Journal of Clinical Nutrition found that after four years of follow up, cancer-free survival was 77 percent higher in women who received 1,100 IU vitamin D and 1,450 mg calcium per day, compared to those who received either a placebo or calcium by itself. According to Carole Baggerly, founder of GrassrootsHealth, as much as 90 percent of ordinary breast cancer may in fact be related to vitamin D deficiency. Breast cancer has even been described as a "vitamin D deficiency syndrome," much like the common cold and seasonal flu.

Getting enough Vitamin D is vital, providing energy and enhancing the immune system. Many who lack energy are low on Vitamin D and a lack of it may contribute to degenerative diseases and tumors. There are more degenerative diseases and tumors (and MS) in the higher latitudes of the North because weaker sunlight produces less vitamin D. Most people don't get enough vitamin D from the sun, even in the south. Vitamin D has been used to treat breast, prostate and other degenerative diseases and tumors. Vitamin D is really not a vitamin it is a steroid hormone, with a wide array of bioactive properties.

Some health practitioners recommend 4000 to 10,000 units a day on an ongoing basis and others suggest 50,000 units a day for short periods of time. Be sure to take a little **Vitamin K** as well (see dosage on the bottle) which, according to studies, is essential for the proper absorption of high doses of Vitamin D.

BEE POLLEN

Bee pollen contains trace amounts of minerals and vitamins, is very high in protein and carbohydrates, and contains all the ingredients necessary for a balanced diet. Twenty-two nutrients required by the human body are found in this "perfect" food, including all of the Bcomplex vitamins, vitamin C, D, E, K, and Beta Carotene (vitamin A), plus numerous minerals, enzymes and coenzymes, plant-source fatty acids, carbohydrates, proteins, and 22 amino acids (including all eight "essential" amino acids that the body cannot manufacture for itself). Needless to say, bee pollen is one of the most complete foods available.

According to researchers at the Institute of Apiculture, Taranov, Russia, "Honeybee pollen is the richest source of vitamins found in Nature in a single food. Even if bee pollen had none of its other vital ingredients, its content of rutin alone would justify taking at least a teaspoon daily, if for no other reason than strengthening the capillaries. Pollen is extremely rich in rutin and may have the highest content of any source, plus it provides a high content of the nucleic RNA and DNA."
www.shirleys-wellness-cafe.com/bee.htm

NOTE: Do not give bee pollen to infants under 18 months old.

ASTRAGALUS

Astragalus is excellent for the following reasons:

- boosts the immune system
- Doubled survival rate of patients undergoing radiotherapy treatment according to MD Anderson
- benefits liver function and used for hepatitis
- reduces side-effects of chemotherapy
- reduces metastatic spread and increases survival times.
- Helps with heart disease, high blood pressure, diabetes and respiratory infections
- Is a general tonic and to treat burns and abscesses

Original Chinese studies dated back to 1981, when a study by Hou et al showed that Astragalus taken orally induced greater quantities of interferon and leukocytes in the blood stream. With cancer you have a two-fold problem, the immune system is weak, BUTthe cancer evades the immune system because of the low immune system response capacity. But,

not only does it increase the number of various white cells and in particular the 'hunter' T-cells it also helps identify the viruses, bacteria and other rogue cells. The University of Texas has shown that Astragalus seems to be an adaptogenic herb 'offering up' viruses, bacteria and even cancer cells to be seen by the immune system.

In a 1994 Italian study (Morazzoni, Bombardelli) breast cancer patients were given a combination of ligustrum and Astragalus. Patients given this mix showed a decline in mortality from 50% to 10%.

In another study of patients with advanced non-small-cell lung cancer all undergoing chemotherapy, the group taking the dual herb mix showed an average life span increase of 130%.

In China, Astragalus is widely used in the treatment of hepatitis. It seems to reduce toxin levels significantly, boost interferon levels and inhibit viral protein expression whilst having little or no effect on normal DNA. (Zhang 1995, Fan 1996)

One extremely important conclusion from several US studies is that Astragalus seems to help the immune system differentiate between healthy cells and rogue cells, thereby boosting the body's total 'cancer fighting system'. One effect of this is the added benefit of improving the effectiveness of radiotherapy and chemotherapy treatments. In Chinese hospitals Astragalus is now routinely used to help people recover from the negative effects of radiotherapy and chemotherapy. There are no known conflicting effects with drugs. Astragalus should be taken with meals at a total intake of 2,000 to 3,000 mgs per day.

Other immune boasting supplements that could be taken after chemotherapy and radiation are: Cat's claw, astragalus, turmeric (curcumin), Aloe Vera and Echinacea.

ARTEMISININ

- Donald's tumors gone in just 4 weeks!
- Diane with stage IV breast tumor goes into remission
- Carol with unsightly, massive open, and oozing cancer in her whole left breast explored nearly every option she could for two years, then she started an artemesia derivative and one month later showed exceptional healing.
- Has been able to kill 98% of breast degenerative cells in 16 hours.

Artemisinin is a natural chinese herb that aggressively fights tumors. In a recent study published by Life Sciences, they reported " it was found that artemisinin (the derivative), coupled with Iron, can kill 98% of breast cancer cells in 16 hours".

Donald, a 47-year-old mechanic who is in great shape had a newly diagnosed lymphoma and came to see Dr. Rowen just after his oncologist had biopsied the tumor. There was an ugly egg-sized mass on the left side of his head with a gaping hole from the biopsy and an angry redness from inflammation.

Here is what By Robert Jay Rowen M.D. reported: “Immediately put him on a derivative of this Chinese herb, and he took it for two weeks. At the end of that time, the lump developed a little depression in the center, but the perimeter had grown just slightly. Dejected that it didn’t significantly regress, he elected to stop further use of the product and take a “wait and see” approach. Four weeks later, I received a call from Donald. The tumor was gone! Returning with his wife and a big smile a few days later, I couldn’t believe my eyes. The skin was smooth, no mass was present, and the angry redness was fading fast.

At about the same time, I continued to follow a long-term patient, a delightful 47-year-old female with stage-4 breast cancer. Diane was diagnosed only two years before with the promise of “we got it all” at her mastectomy. When she came to me, she had developed metastases in her spine, which caused her to limp.After a short course of artemisinin derivatives, she reported back to me that physically she couldn’t tell she had ever had cancer. She felt totally well. The CT scan showed regression, but there was no way to tell if the remaining lesion was a tumor or healing scar tissue. Results like this with absolutely no toxicity are simply amazing by any standards, convention or unconventional.

Carol came to see me with an unsightly, massive open, and oozing cancer engulfing what had been her whole left breast. She had been fighting the cancer for two years and, convinced on her own that doing conventional therapy was a death sentence, she explored nearly every option she could. She started an artemesia derivative and sent me photos one month later showing exceptional healing.”

To date, with the exception of patients very near death, taking artemisinin or derivatives have stabilized, improved, or remitted every cancer patient that followed my suggestions” says Dr. Rowen. Artemisinin also has remarkable anti-inflammatory and anti-parasitic properties. They also found that artemisinin cures malaria almost 100 percent of the time.

What is Artemisinin?



Artemesia or Artemisinin is a simple plant that grows in Southeast Asia and it goes by different names, such as sweet wormwood, absinthium , armoise , wermut , absinthe , absinthites , ajenjo , pelin otu , aci pelin , ak pelin , buyuk pelin , vilayati afsanteen, qinghaosu, mugwort or Artemisia annua. It has been used it for years to treat intestinal parasites. The World Health Organization lauds it as a safe malaria treatment. Drs. Henry Lai and Narendra Singh, bio-engineering professors at the University of Washington, reported on the active agent of this Asian herb, artemisinin and reported: it “might provide a safe, non-toxic, and inexpensive alternative for cancer patients.”

How Artemisinin destroys tumors?

Some seven years ago, Dr. Lai, reported the following “ I was aware of the high accumulation of iron in cancer cells and my colleague, Dr. Singh, conducted experiments in laboratory cancer cells documenting a 100% kill rate of breast-cancer cells in just hours. More importantly, it left normal breast cells and white blood cells unscathed. It has an intermediate half-life, is very safe, and also can cross the blood-brain barrier which is very important in treating Glioblastoma multiforme (GBM), the most common and most aggressive malignant primary brain tumor”

Dr. Lai and Dr. Singh both observed: “Cancer cells have an unusual high level of iron and in order to reproduce cancer cells need more iron than normal healthy cells. Artemisinin works well in an iron rich environment. Artemisinin works by releasing an avalanche of free radicals when exposed to an oxidizing agent like iron. The free radicals attack and kill iron-rich cells. Since cancer cells tend to contain much more iron than normal cells do, they are particularly attractive to artemisinin. When exposed to cancer cells artemisinin gets activated and sends out free radicals that attack those cells, destroying the cancer in the process. When the artemisinin products contact the iron – boom! A huge burst of free radicals is unleashed, virtually blowing up the cell harboring the free iron and destroying the malaria parasite and cancer virus. “

The International Journal of Oncology 18; 767-773, 2001 by Efferth, et al. reported “Cancer’s resistance to common chemotherapy drugs shows no such resistance to artemisinin. It does not have the chemical structure a cancer cell requires to develop resistance! “

Dr. Hoang of Hanoi of Vietnam, whose family of physicians has been using artemisinin reported “for about 10 years in treating cancer we have 50 to 60 percent of 400 cancer patients that have achieved long-term remission utilizing artemisinin together with a comprehensive integrative cancer strategy.”

Dr. Singh is currently following many cancer patients. While not reporting remissions or apparent cures, he says “all patients are responding and have at least stabilized and I have found no type of cancer unresponsive to Artemisia derivatives in his studies. “

And the beauty of this treatment is that it is non-toxic, so you can continue taking it indefinitely with no expected sided effects.

3 Things to Keep in Mind

- 1) Artemisinin cannot be taken simply on its own. You need to combine it with certain specific foods for it to absorb properly
- 2) Not all Artemisinin supplements are ‘created equal’ and therefore only the ones that have been tested and approved will give the proper results
- 3) No artesminin should be taken within 30 days of radiation therapy because of possible free iron leaks to the surrounding tissues after radiation therapy.

[Full Instructions on How to take Artemesia comes with every order](#)

TUMERIC (Curcumin)

“Curcumin, along with several other nutrients, is remarkable in that it can actually tell the difference between a healthy cell and a cancer cell” reports the Wellness Resources. Here is how the researchers explained their interest in curcumin: “ ... Curcumin (diferuloylmethane) ... is one of the most powerful and promising chemopreventive and anticancer agents ... How curcumin exerts its powerful anticancer activities has been thoroughly investigated, and several mechanisms of action have been discovered ... curcumin exerts its biological activities through epigenetic modulation.” In other words, curcumin changes the regulation of DNA to help kill cancer. In fact, curcumin not only influences epigenetic settings, it also manages the downstream consequences, helping to guide multiple steps in the way gene orders are implemented. More specifically, curcumin has been found to: Inhibit the proliferation of tumor cells, decrease inflammation, inhibit the transformation of cells from normal to tumor, inhibit the synthesis of a protein thought to be instrumental in tumor formation, help your body destroy mutated cancer cells so they cannot spread throughout your body, help prevent the development of additional blood supply necessary for cancer cell growth (angiogenesis).

Take 3 capsules per day with food

ESSENTIAL OILS (Pure 100% Therapeutic Grade)



Essential oils are essential in the battle against degenerative diseases and tumor activity! Everything has an electrical frequency or vibration, including food, our bodies, and even disease that can be measured in Megahertz (MHz). Frequency is defined as a measurable rate of electrical flow that is constant between any two points.

Interestingly enough, the frequency of essential oils are actually some of the highest frequencies known to man.

They create an environment in which disease, bacteria, virus, fungus, etc., cannot live and are several times greater than the frequencies of herbs and foods.

Therefore no anti- degenerative diseases and tumor activity program would be complete without the introduction of the appropriate essential oils

A healthy body, from head to foot, typically has a frequency ranging from 62 to 78 MHz, while disease begins at 58Hz. During some testing with frequency and the frequency of essential oils it was measured that: Holding a cup of coffee dropped one man's frequency from 66 Hz to 58 MHz in just 3 seconds. It took three days for his frequency to return to normal.

Another man drank the coffee and his frequency dropped from 66 MHz to 52 MHz. After inhaling the pure therapeutic grade essential oil, his frequency returned to 66 MHz in just 21 seconds.

In another case: A man's frequency dropped from 65 MHz to 48 MHz when he simply held a cigarette. When he smoked the cigarette, his frequency dropped to 42 MHz, the same frequency as cancer

Other studies show that: Negative thoughts lower our frequency on average 12 MHz. Positive thoughts raises our frequency on average 10 MHz.

Bruce Tanio, of Tainio Technology and head of the Department of Agriculture at Eastern Washington University, has developed a Calibrated Frequency Monitor (CFM) that has been used to measure the frequencies of essential oils and their effect on human frequencies when applied to the body. ----- Essential Oils laboratory uses a CFM, and another is located at Johns Hopkins University where it is used to study frequency in relationship to disease.

Frequency Of Foods: Fresh foods and herbs can actually be a bit higher if grown organically and eaten freshly picked): Fresh Foods 20 - 27 MHz, Fresh Herbs 20 -27 MHz, Dried Herbs 15 - 22 MHz, Processed/Canned Foods 0 MHz

Therapeutic Grade Essential Oils begin at 52 and go as high as 320 MHz! For example: Rose 320 MHz, Helichrysum 181 MHz, Frankincense 147 MHz, Ravensara 134 MHz, Lavender 118 MHz, Myrrh 105 MHz, German Camomile 105 MHz, Juniper 98 MHz, Sandalwood 96 MHz, Angelica 85 MHz, Peppermint 78 MHz

Essential oils...part of the BUDWIG CENTER Protocol

There are plenty of essential oils being sold in Health Shops and on the Internet, however most are of poor quality, synthetically produced and greatly diluted with alcohol and other additives. To be effective only 100% pure therapeutic grade quality essential oils must be used, otherwise you will not obtain the health benefits. Also you need to rotate the oils on a weekly basis so that the cells get a fresh potent frequency and do not get used to the frequency. The BUDWIG CENTER uses specially formulated mixes of only the purest of essential oils that come with Certified Purity Recognition Seal of Inspection

Robert O. Becker, M.D., the author of the book, *The Body Electric* validates that the human body has an electrical frequency and that much about a person's health can be determined by it. Nikola Tesla said that if you could eliminate certain outside frequencies that interfered in our bodies, we would have greater resistance toward disease. Dr. Otto Warburg was a two-time Nobel Laureate and winner of the Nobel Prize for Cancer research, for discovering that human cells have an electrical voltage. Beyond a doubt, certain frequencies can prevent the development of disease and other frequencies would destroy diseases. Substances of higher frequency will destroy diseases of lower frequency.

RESULTS OF USING ESSENTIAL OILS

Over the past few months, we have been collecting powerful stories of individuals with degenerative diseases and tumor activity and their experiences with using essential oils. Here are their comments:

Terminal liver degeneration

A woman in Long Beach, said her husband was told to put his affairs in order. His liver tumors had progressed so much so that the tumors were far too large for surgical removal. He was given six months to live. She was introduced to the power of 100% pure *frankincense oil* shortly following the diagnosis. He applied it topically over his liver and under his tongue daily. On their next visit with his physician, they discovered his tumors were miraculously shrinking. They continued using frankincense. In April, his tumors had shrunk so much so that his physician agreed to surgery. The tumors were removed, taking 3/4 of his liver. Today, he is in good health and enjoying life with his beautiful wife and family.

Lung Stage 4 – metastasis to bones, spine, ribs, hips, pelvis

Bebe's mom had malignant tumors in her lungs, and it spread to her spine, her bones, her ribs, her shoulders, her hips and her pelvis. After starting doing the essential oils, four months later, she was thriving and her diseased cells were rapidly dying. She was back home and gardening and planning on going on vacation. Seven months after being told by the doctors that she would die from her stage 4, the doctors say that she is in good health and no more tumors. Bebe recommends: Frankincense : take liberally every 2-3 hours, both topically over affected areas and the bottom of the feet. If you can put numerous drops under the tongue, even better. (BUDWIG CENTER will provide the full protocol) For **pain** she used the wintergreen oil diluted with coconut oil topically over the painful area.

Five year old with brain tumors

A five year old with brain tumors used just one drop of **frankincense** , alternated with one drop of **sandalwood** applied to the bottom of her feet, along with lavender applied to her wrist helped. Now totally in perfect health..!!

Bone Marrow Degeneration

Ellen was diagnosed with bone marrow degeneration and polycythemia rubra vera. "After 3 months my blood tests are showing massive improvements placing most markers into the normal range! I have not had to do 2 of the last 3 phlebotomies that I was having every 2 weeks and are now every month or longer! I am feeling like a million dollars and no longer look like I am at death's door! Do these oils and have faith that this will work. It does."

Breast Tumors

I used frankincense to shrink a breast tumor. When I went for surgery, they couldn't find any trace of diseased cells or tumors! I had a breast tumor in Feb. and just had it removed and am doing the oils. I put **frankincense and lemongrass** on my breast every day and herbal supplements. I had my 6 month check up last month and he said everything looked great. No more degeneration or tumors! For me I will never do chemo or radiation the side effects are way too bad. He was very surprised I looked so good cause I didn't have the treatments. - Marilyn, October 2013

Cervical Tumors

My good friend just called to tell me that she found out that her sister's cervical tumors came back for the 2nd time. She was scheduled today to have her uterus removed. When she found out, she sent her sister **wintergreen and frankincense**. She instructed her mother to make sure she applied the wintergreen and frankincense on the bottoms of feet every 3 to 4 hours for the pain along with applying directly on her abdomen.. A week ago, the diseased cells were still showing up in her blood work. Today [less than a month after first starting the oils] was her surgery to remove her uterus removed and they couldn't find any diseased cells or tumors. Hallelujah! Praise God for these amazing products!- Bernie

Leukemia

My brother's son, who had a second reoccurrence of leukemia... was taking essential oils as well as the chemo & went into remission much quicker than the doctor had advised, and didn't have any of the nasty side-effects. - Jacqui

Throat

My mom's dear friend has been battling throat degeneration that was spreading to other areas of his body. Last October, he started using the oils! Frankincense and natural remedies. Today he went from an MRI and he was given a true miracle... He is in perfect health! Thank you, God ~ Amen! - Lorie

Pancreatic

A friend had pancreatic degeneration and was given 3-4 weeks. He did the following, 3 drops frankincense, 1 drop each lemongrass, lavender, peppermint, sandalwood and natural remedies. He is now in great health... It's been 8 months now. - Marilyn

Prostate

This morning I got a call from a good friend of ours who has been battling prostate tumors. For the last 3-4 months, he has been taking the essential oils. Today he called to say that at his doctor appointment yesterday, he was told that he is totally clear!

Basal cell

My friends dad had Basal cell growths on his nose. It had gone through the thickness of his nostril and the oncologist wanted to remove a big section of the nostril, down to his upper lip and over a finger width into his cheek, by the time he contacted me. I hadn't worked with tumors before with the oils and wanted to help as much as possible. He also eliminated sugar from his diet, increased water intake, ate more raw foods and believed he could beat this. Within a couple weeks it appeared closed, another week and the weeping stopped completely and the redness around the area started lightening. After six weeks, that side of his nose looked healthier than the other unaffected side!! That was 15 months ago and he has had no signs of it coming back.

Skin

"I went for a routine eye exam in Feb 2013. The Dr told me the growth over my eye is what I had suspected a form of skin degeneration: basil cell tumors. Yikes! One year prior to that eye exam I was at the Dermatologist office to have a few suspicious spots removed from my face, neck and back. Having gone through that invasive experience lead me to ask is there a safer way to remove this spot (mind you this spot is right above my eye). I did a bit of reading about essential oil use for skin tumors and it seemed less invasive than dermatologist plus I did not have to miss time from work. So I got a bottle of Frankincense and applied it as recommended topically 3 times a day and did 2 drops under my tongue morning and night. The first week no real significant change just a tingling sensation in that area after applying topically and taking it internally. The second week I did notice it getting smaller. During the third week the spot started to ooze a bit but it was getting smaller. The fourth week is when it seemed to IMplode on itself and oozed more but still it was getting smaller. The fifth week it was much, much smaller and formed a scab. Week six the scab fell off while washing my face and was the size of a tiny whitehead. In 6 weeks a gigantic spot was

reduced to the size of a pin head all from applying and ingesting an essential oil – Frankincense. I was ASTOUNDED, AMAZED & THRILLED!!!! Essential oils worked for me!!!”- Dan

Melanoma

I applied frankincense morning and night and covered with a band aid. In 3 days the mole had shrunk. Day 5 it bled a little and half fell off. Day 7, gone! I had a little bit of pink skin and I worried it was a scar. A few days later, totally gone! - Amber

My husband had a stage 4 malignant melanoma removed last year from his back...another melanoma came up on his nose...before we started using essential oils we did radiation on that one. It has since grown back...and we have since become educated using essential oils. He started using lavender frankincense, and Immortelle on the melanoma and it is SHRINKING!-Jennifer

HOW TO USE THE ESSENTIAL OILS

It is important to change the combination of oils you consume every week otherwise the diseased cells build up a resistance to the same ‘frequency’ of the oils and they are less effective. We have chosen the best combinations of anti-cancer oils such as Clove, Frankincense, Myrtle, Sandalwood, Lemon, Lavender, Pine and Balsamic Idaho, etc., and prepared four (4) different weekly portions. These combinations are carefully selected in the right proportions to give the most effective results. Each week you rotate from Formula 1 to 4 and then start over again back to Formula 1 changing to a new formula each week (4 week cycle)

INSTRUCTIONS:

- ✓ Always take the pure essential oils with a little cold pressed (or extra virgin) oil or a little honey for proper absorption and at meal time
- ✓ Put 3 drops (do not exceed this amount) of essential oils, (starting with Formula 1 for 7 days and then switch to Formula 2 for the next 7 days and then Formula 3 for 7 days and then rest for 7 days.
- ✓ After a 7 day rest start up on Formula 4 for 7 days and then start back on Formula 1 for 7 days, then Formula 2 for 7 days. This makes 3 weeks so you need to stop and give a 1 week rest. Then start up with Formula 3 and repeat the same instructions of rotating the Formula every week for 3 weeks and 1 week rest.
- ✓ Always put the drops directly into your mouth or on to a plastic or wooden spoon (never use metal) and then put the oils into your mouth and swallow with a little oil or honey.
- ✓ (Optional) Next mix a few drops of the Formula you are using that week to a ratio of 50/50 with cold pressed oil such as grape seed, sunflower, olive oil, etc and apply a thin amount of this mixture over the affected area (i.e. breast, lymph glands, abdomen for colon cancer) topically once a day and/or apply few drops of the oil mixture onto the bottom of your feet in the area that corresponds to the area of your body affected. (as per reflexology chart) If the skin becomes irritate apply some pure cold pressed olive oil and reduce the applications. As you will be changing to a different Formula each week, mix

the Formula you are currently using with the cold pressed oils to apply to the affected area of the body

- ✓ Next mix **Lemongrass oil** 50/50 with cold pressed oil such as grape seed, sunflower, olive oil, etc and apply some Lemongrass essential oil over the affected area topically once a day. (Do not apply oils under the arm pit or in the groin area as the skin is very sensitive there and it could cause a rash)

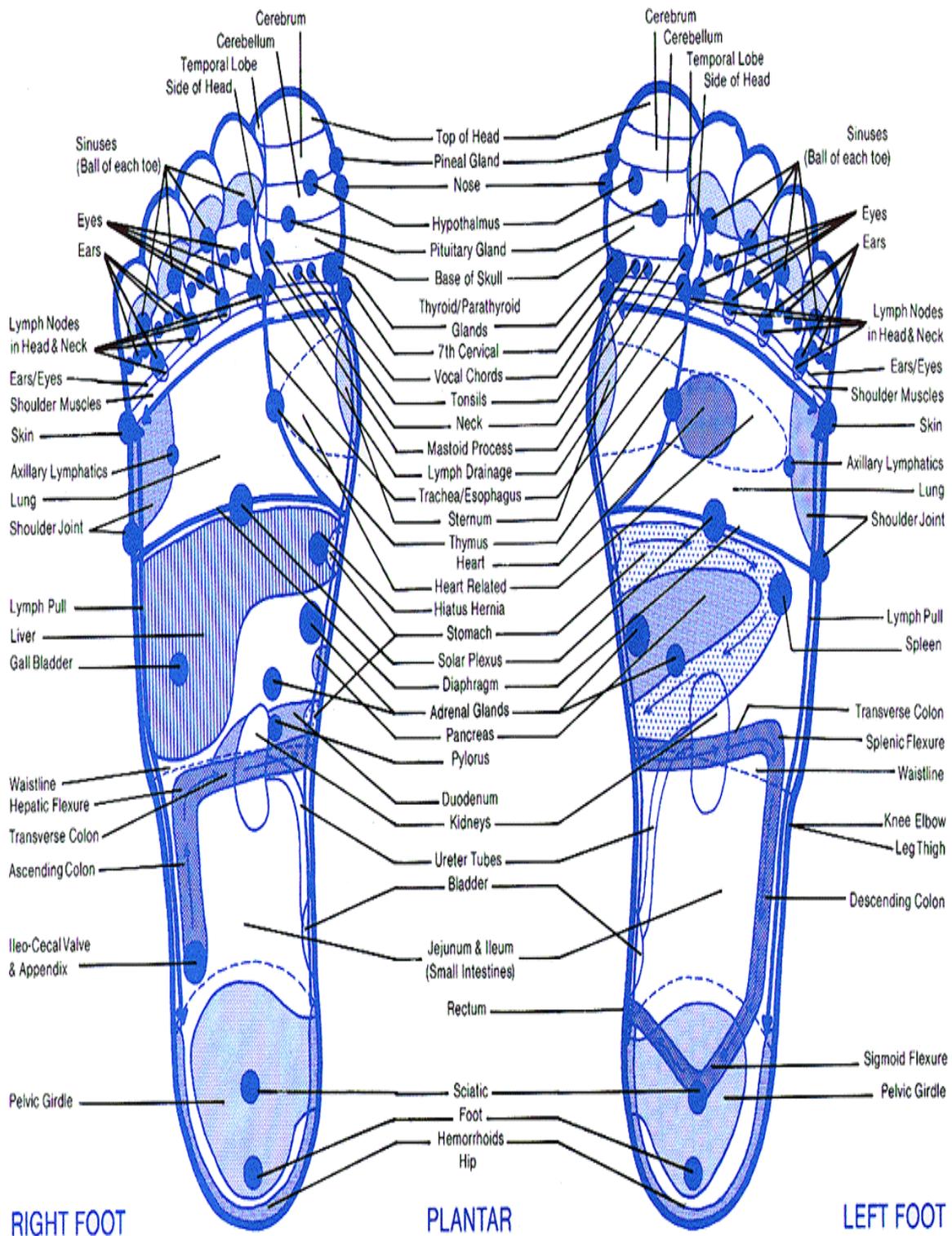
- **When someone has high blood pressure they would NOT take the following essential oils:** thyme, clavo, oregano, black pepper, carrot seeds, romero)

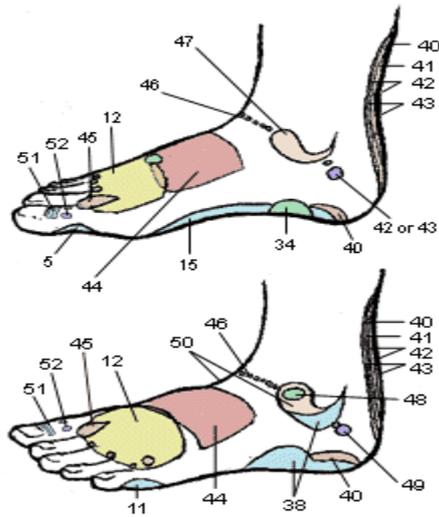
- **Not indicated for pregnancy and breast feeding woman**

- **Bone** – consume Formula 1, 2, 3 and 4 as indicated above, using a different formula each week and in addition mix a few drops of FORMULA 5 with cold pressed olive oil, sunflower seed oil or any other cold pressed oil 50-50 (half Formula 5 and half the other cold pressed oil) and massage it over the area of the tumor as well as up and down the spinal column three (3) times per day

- **Brain Tumor** - consume Formula 1, 2, 3 and 4 as indicated above, using a different formula each week and in addition mix a few drops of Formula 1 and 4 together into any cold pressed oil (olive, sunflower, etc) and apply 2 – 4 drops to the temps, the forehead, the mastoid, top of the head and the neck 2 to 6 times per day, massaging the neck area to increase blood flow to the brain

- **Prostate (Enlarged, Prostatitis or cancer prevention)**
 1. In addition to taking the oils orally as outlined above, dilute anyone of the aforementioned essential oils in base oil (cold pressed almond oil, cold pressed sesame seed oil, Olive oil, hypericum, etc.) In a ratio of 50-50 and applying one to three drops between the rectum and the scrotum, 1 or 3 times a day.
 2. Also put 1-3 drops of the oils mentioned, pure, undiluted, on the bottom of the feet corresponding to the prostate (look at a reflexology chart) with the oil remaining on your hand gently massage the scrotum and around the prostate area (Prostate is N° 43 on this chart)





PORTABLE RIFE MACHINE – “RIFE TIME”

De-vitalizes pathogens (parasites, fungi, bacteria, and viruses)

Dr. Royal Rife was a microbiologist who knew that degenerative diseases and tumor activity was caused by very unique viral microbes which were inside of diseased cells. Dr Rife called them BX and BY viruses.



No degenerative diseases and tumor activity protocol is complete unless you destroy the viruses and fungi

As already mentioned_all diseases (except those caused by an accident or from birth) have the three same common causes. (1) Parasites, fungus, harmful bacteria and viruses (2) Toxins (3) Nutritional Imbalance

Degenerative disease and tumor activity can be from both a virus and a fungus. When degenerative diseases and tumor activity are in the beginning stages its caused by a virus but as it spreads these cells are an ideal environment for fungus. At stage III and IV are both viral and fungi related. Diabetes is caused by a parasite (liver flukes) in the gallbladder/pancreas area. Parkinsons is triggered by high level of toxins. And the list goes on. Therefore to win the battle over any illnesses both these two main causes must be addressed.

The Portable **RIFE TIME** effectively destroys all parasites, fungus, harmful bacteria and viruses as well as it provokes detoxification. **RIFE TIME** is the most versatile, most portable, and perhaps the most potent of all Rife instruments.

It is like having a machine that costs 10 times as much, that is precisely hand tuned by an expert.

- Lifetime replacement warranty
- 6 times as powerful as Dr. Rife's originals. Twice the power of his most potent devices.
- Rife Time is a solid-state equivalent to the legendary vacuum tube-based instrument
- Easy to use – as easy as operating a CD player!

Rife Time strengthens the body's natural immune response and improved circulatory function, enhanced enzyme catalysis, and ATP synthesis. Most regular users report that they no longer get colds or flu. And they seem to be more resistant to even the most exotic of infections.

A natural consequence of adding frequency to the body is the improvement of circulation – both cardiovascular and lymphatic. This benefit alone can improve other functions in your body. As we age and become less active, these issues become more important.

These effects and more, coupled with the detoxification effect and the devitalizing of microbes, make for a potent approach to protecting our greatest wealth – our health.

How Does the RIFE TIME Frequency Generator Destroy Dangerous Viruses?



Researchers have discovered that when viruses are bombarded with laser pulses of the right frequency, they shake apart. This arises from an inherent characteristic of all objects called a "resonant frequency," which is the frequency at which an object naturally vibrates.

Ella Fitzgerald sang a note at the exact same frequency of a wine glass causing it to shatter. Dr. Royal Rife discovered that he could destroy viruses by sending a frequency that matched their frequency. Since then Physicists at Arizona State University say they have developed a method to calculate the exact frequency that it would take to shake a virus to death.

Resonant frequencies are the key to stringed instruments, in which a string of a certain material, thickness and length has a resonant frequency that produces a specific musical note. But resonant frequencies can also cause objects to shake so uncontrollably that their stability is undermined, as when a wind shook the Tacoma Narrows Bridge at its resonant frequency in 1940, causing it to collapse.

As Easy as a CD Player to use!

Unlike many of the big non portable and more expensive Rife type machines that are often hard to operate, if you know how to operate your CD player, you will easily be able to use RIFE TIME. We will have you up and running in just a few minutes. We have taught a blind person over the phone. We have taught elderly people. We have worked with people who are on so much medication and/or with so much neurological compromise from disease that their thinking was impaired.

Is this one of those devices I can go to sleep with or wear on my body during the day?

A resounding.... NO!



RIFE TIME is much more powerful than those devices you strap to your body and wear for hours. You will put small little electrode sticky conductive patches right near the area to be treated.

Significant reactions are more likely in the beginning days, as the toxic load is likely to be higher. Please trust the wisdom of our coaching. Sad to say some think that if "some is better – than more is better". This is a powerful device and it's so important to start with short sessions only and gently work up to longer sessions.

We have spent countless hours researching ALL the Rife machines on the market. We contacted many suppliers and asked them several important questions and compared the specs on all the different makes. Finally it became very clear to us that the very best and most effective was the RIFE TIME machine. Therefore with full confidence we can recommend the RIFE TIME machine and we would not recommend any other brand or make as one cannot play with "life" in using other devices that may or may not destroy these deadly viruses.

Several patients have reported their comments on other RIFE machines. Most are very disappointed. A lady from France used the GB4000 for several months with no tangible improvement. She said the instructions were to use it all night long. The noise, the bright light and the need to get up in the middle of the night to adjust the frequencies is simply not acceptable. Many of the cheaper "RIFE" machines simply glorified "zappers" like the Dr. Hulda Clark zapper. Not potent enough to destroy the deadly virus/fungus.

The RIFE TIME comes with a life time guarantee, full support and at a price that is very affordable.

RIFE TIME delivers as much in five minutes as some machines do in an hour or more!

Contact the Budwig Center for more details and heart-warming Testimonials

How to Set up and operate the RIFE TIME machine

Step 1 – Place the CD of frequencies into the CD player. Make sure the volume is turned to the maximum high volume setting

Step 2 – Plug in one end the cable into the RIFE TIME machine where it is labelled “**input**” and the other end of the cable to the “**headphone**” jack of your CD player and turn volume to maximum level

Step 3 – Plug in the cable for the electrodes into the RIFE TIME machine in the jack labelled “**electrodes 1**” and put the sticky electrode patches on the other end of the cable designed for that (after 30 days you could use both cables and plug into “electrode 2” using 4 patches)

Step 4 – It is most effective when you place the sticky electrodes directly on the skin near the area that needs to be treated or where there is pain, or place on palms of your hands and soles of feet for total coverage

Step 5 – activate the CD player and choose track number 2 (for beginners). Turn on the RIFE machine. A bright red indicator light should come on. Then turn clockwise, the black adjustable knob on the bottom right hand corner until you feel some slight tingling. This is the comfortable level needed. If it becomes painful or uncomfortable, simple turn it down by turning the knob counter clockwise.

Note: The green indicator light should be totally green and flashing which means the batteries are good. If the green light is weak and not totally green please replace the batteries

Note: the jack labelled “ear phone” on the RIFE TIME machine is an optional jack that can be used in conjunction with listening to music. For clinical purposes we do not use this jack

CD/DVD Player, Mobile (cell) phone, Computers, Stereo Players can all be used to play the frequencies. You can place the CD player into computer and open the Windows Media Program and copy the tracks onto a USB flash drive or into your Mobile (cell) phone, etc., for total portability.

HOW TO USE THE CD's that come with the RIFE TIME

WEEK 1 - New users begin using the CD “**General Alignment**” on track N° 2 for ten minutes only once a day. Being careful to observe any other changes, such as headache or light-headedness, change in elimination or sleep pattern, fatigue or increased energy, pain relief or new pain appearing.

This session is repeated for a total of five days, followed by two days off. We encourage drinking plenty of water to flush out released toxins.

WEEK 2 - Beginners will progress the following week completing all of Track N° 2 and then do 10 minutes of Track N° 3 once a day. (Because we have moved into another frequency range here, it is possible to see more of a reaction).

WEEK 3 – If you have accomplished all of track 2 and 3 without dramatic changes on Week 3 - do 1 session of all of Track N° 2 and then 4 hours later do another sessions of all of Track N° 3 and 4 hours later do a session of the entire Track N° 4 and N° 5

WEEK 4 - If you have accomplished all of tracks 2 – 5 without any problems then do a full sessions of Track N° 1 and repeat Track N° 1 four hours later and then once again four hours later at the end of the day, making it 3 times per day all of Track N° 1 repeated 3 times doing the full length of Track N° 1. Do this every day. If you feel any negative reaction then take 2 days off, if not do the entire Track N° 1 three (3) times a day for the full 7 days. When doing longer sessions its best to put the electrode sticky pads on the soles of the feet and the palms of the hands. You have 2 sets of cables to use 2 sets (total of 4 sticky pads) at the same time. When used on the soles of the feet and the palms of the hands there is no danger of burning of the skin

WEEK 5 – Now you can put in BUDWIG CENTER **CD N° 1** and do a full 30 minute session on Track N° 1 and if you have no negative reaction do another session 4 or more hours later on Track N° 2 for 30 minutes. When doing longer sessions its best to put the electrode sticky pads on the soles of the feet and the palms of the hands.

WEEK 6 - Now you can put in BUDWIG CENTER **CD N° 2** and do a full 30 minute session on Track N° 3 and if you have no negative reaction do another session 4 or more hours later on Track N° 4 for 30 minutes. If adverse reaction reduce to 1 session per day.

WEEK 7 and hereafter – Do three (3) sessions of CD N° 1 going through all the tracks completely one after the other doing 30 minute sessions three times a day for a total of 90 minutes daily - Tracks 1 – 2 all week long. The following week put in CD N° 2 and do exactly the same as you did with CD N° 1. You simply keep alternating each week now between CD N° 1 and N° 2 until you are declared in the 'safe zone'. Afterwhich you would do well to do a 30 minute session once a day progressively working through all the tracks on CD N° 1 and N° 2 When doing longer sessions (30 minutes or more) its best to put the electrode sticky pads on the soles of the feet and the palms of the hands.

Please Note: If you have High Blood Pressure Track N° 5 of the GENERAL ALIGNEMENT would be very helpful. However avoid Track N° 1 of GENERAL ALIGNEMENT as it helps with Low Blood pressure but it can raise your blood pressure and therefore when doing **Track N° 1 monitor your blood pressure** if you have High Blood Pressure. If it gets too high stop using Track N° 1 of General Alignment

People with serious health issues may have a reaction from even the shortest of sessions. For this reason, we have established a gentle routine wherein the subject moves carefully and systematically through the tracks of with close observation of the notable effects.

Test pH strips are provided. Break off a piece and put in on your tongue and hold for 30 seconds, then verify the color. It should be green. See indicator on the side of the pH strip container. Increase your pH by consuming pH foods (such as the honey and Apple Cider Vinegar mixture). Eventually eating the BUDWIG food program and doing the RIFE TIME the body will naturally adjust the pH to 7.0 and for the moment do not concern yourself too much with the pH but

continue doing the RIFE sessions and only stop if you have headaches, nausea, vomiting, etc and give it a 2 day rest and reduce to 1 session a day for a week then slowly increase to 2 times a day and then eventually 3 sessions per day

LUNG – Start with both electrodes on the bottom of each foot. After a week put 2 Positive electrodes around the lung area and then two Negative electrodes on the soles of the feet (4 both cables – 4 sticky patches). Another combination is 2 Negative electrodes on the back of the lungs and 2 Positive on the front of the lungs

PROSTATE – (main issues is toxins) Put the Positive patch (electrode) around the prostate area (be careful as this is a very sensitive area so 10 minute maximum) and negative on the soles of the foot

BREAST – (treat like an abscess) General rule Positive patch on the Right breast and Negative Patch on the Left breast. Another option is the positive patch on the affected breast and the negative patch on sole of foot. If you use 4 patches then put Positive on palms of hand and Negative soles of feet.

ABDOMEN – Start with the Negative patch on the bottom of the foot and the positive over the stomach. If you put both electrodes (patches) over the stomach at first it could clog up worse. Over a 3 week period slowly move the negative patch from the foot, up the leg and eventually on the stomach beside the positive patch

BRAIN – Positive over the area of the head where the tumor is (you may have to thin the hair in that area and help hold the patch in place with a hat during the sessions) but the negative on the bottom of a foot. Do another session with the positive cable and the carbon / rubber patch in your mouth and the negative patch on the palm of the hand

EYES – Positive carbon/rubber patch over the orbit (exterior) area of the eye and slide around the outside of the eye (not on the eye) and the negative on the bottom of a foot

BLOOD CLOTS and STOKES – Apply Positive patch on the hip and Negative on sole of foot and then in another session lubricate the carbon/rubber patch and move in an up and down pattern over the inner part of the legs with positive cable and Negative on sold of foot. In another session Track No 3 using lubricate (aloe vera gel) slide the rubber positive on one side of the spine and and negative patches on the other side. Slide up and down the spine. If spine has been injured use Track No 1

LOW BLOOD PRESSURE – Put patches on soles of feet and do Track No 1

HIGH BLOOD PRESSURE – Put patches on palms of hands and do Track No 5

DIABETES – Start with Positive on palm of hand and Negative on sole of foot. Start slow with short 10 min sessions on Track No 2 otherwise you could have an insulin shock

PREGNANT and BABIES – Pregnant woman can use the RIFE and for children under 3 years old the adult will put the patches on the palm of their hands and then touch baby with your fingers. 3 Years and older you can put the patches on the soles of feet and palms of the hands

COLDS/INFLUENZA/FLU -If you feel a cold or flu coming on RIFE sessions would be good to do and would probably prevent you from getting sick. However once you had the cold or flu it is advisable that subjects not use the machine if they are already symptomatic with opportunistic infections like colds/influenza. In such cases, we must anticipate that symptoms will become aggravated. Generally, the cycle is accelerated, and subjects become more intensely ill. People who use the RIFE daily often find they no longer get colds and the flu and other infections

LYME/HERPES, etc - Likewise, in cases where there is known chronic infection such as Lyme, Herpes, etc. we advise users to prepare for the possibility that symptoms may temporarily increase. This, in part, is due to the immune system being stimulated to address the infection.

PAIN CONTROL



The **Pain Master**[®] is a technological breakthrough in advanced pain relief. **Pain Master**[®] stimulates the body's natural self-healing capabilities and is especially effective for very intense on going pain

Gently pass the Pain Master over any area of your body that has pain or inflammation and the Pain Master's electrical impulses, which imitates those produced by your nervous system, are sent to the brain stimulating the instant release of powerful natural healing elements. Most people who use the **Pain Master**[®] usually immediately experience an instance dramatic reduction in pain.



Pain Master[®] was developed by Russian doctors and scientists to keep cosmonauts in optimum health during space travel. Since then **Pain Master**[®] has now become the treatment of choice by an increasing number of doctors, therapists, individuals suffering from pain and world-class athletes. **Pain Master**[®] can be used on all types of pain such as pain from fractures, arthritis, RSI, burns, IBS, back pain, neck pain, joint pain, sports injuries and pain due to chronic illnesses.

Unlike many pain relief units on the market the **Pain Master**[®] has no wires (battery operated) and comes with simple instructions and its portability enables you to use it almost anywhere and anytime. The **Pain Master**[®] is light and small so you can carry it with you anywhere in the world and you do not have to carry adaptors for the different electrical currencies or wall plug ins. Finally

whenever you experience pain from an unexpected accident or health issue you can treat yourself, friends or family right on the spot.

HYPERTHERMIA



The BUDWIG CENTER also offers hyperthermia, which is an artificially induced fever. Studies indicate an average of 83% reduction in tumors using hyperthermia. Hippocrates noted that “illness not cured by heat is incurable.” In 1927, Julius Wagner-Jauregg received the Nobel Prize in medicine for work involving the therapeutic application of hyperthermia. Fever has long been a misunderstood and mistreated symptom. Most orthodox doctors try to combat and suppress fever, with drugs. However, the fact is that fever is a constructive, health-promoting symptom, initiated and created by the body in its own effort to fight infections and other conditions of disease and to restore health.

Fever speeds up metabolism, inhibits the growth of invading virus or bacteria, and accelerates the healing processes. Hyperthermia is a therapeutic procedure used to raise the temperature of cancerous tumor to at least 108°F for one hour. It is based on a simple and easily verifiable scientific fact that a temperature of 108°F kills cancer cells but not normal human tissue cells. In normal tissues, blood vessels open up (dilate) when heat is applied, dissipating the heat and cooling down the cell environment. Unlike healthy cells, a tumor is a tightly packed group of cells, and circulation is restricted and sluggish. When heat is applied to the tumor, vital nutrients and oxygen are cut off from the tumor cells. This results in a collapse of the tumor’s vascular system and destruction of the cancer cells. All we need is some way to raise the body’s temperature, and we create a selectively negative environment for the renegade cancer cells, which can be mopped up by the immune system.

There are several other methods used to induce hyperthermia, such as full-body submersion in hot water, ultrasound, and saunas, to name a few. There are few side effects and the body has the ability to recover from the low dose radiation in most cases.

Dr. A. Lwoff, a famous French bacteriologist, has demonstrated in repeated scientific experiments that fever is indeed a “great medicine,” and that it can help to cure many “incurable” diseases. Renowned oncologist, Dr. Josef Issels, stated: “Artificially induced fever has the greatest potential in the treatment of many diseases, including cancer.” Keep in mind that this remark was made by one of the leading cancer specialists in the world!

Hyperthermia gives tumors a “triple whammy” by:

1. Removing accumulations of toxic chemicals that cause tumors and disease

2. Improving circulation so that tissues are both nourished with oxygen and flushed of acidic wastes
3. Weakening or even killing tumor cells that have a lower tolerance for heat than healthy cells.

Over 2,000 years ago, the famous Greek physician, Parmenides, stated “Give me a chance to create fever, and I will cure any disease.” This traditional wisdom has certainly stood the test of time. *Source - Chapter 6 – NON-Toxic Treatments Cancer – Step Outside the Box page 194*

BIG BERKEY WATER FILTER

As our bodies are 75% water it’s important to drink pure clean water. One of the best and very economical systems is the Big Berkey Water filter. Used by the Military and missionaries where clean water is a challenge. Find out more at:

<http://www.cookinggodsway.com/big-berkey-water-filter-system-review/>

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

When travelling bottled water is fine but not for everyday use because first of all if you do the math you will find that in a short time you could buy the Big Berkey Water filter with the amount of money you spend on bottled water. In addition the plastic bottles are an issue as you do not know where they have been before reaching your kitchen. If they were placed by cockroach spray they will absorb some of these poisons. Just to prove how this works, rub some fresh garlic on the outside of the plastic bottle and the next day drink the water. You will taste the garlic. In addition bottled water does not guarantee that all the harmful pesticides, heavy metals, etc. In most cases bottled water is simply city tap water which has the chlorine removed.

ARE YOU GROUNDED?



In today’s world, we spend very little time in contact with the Earth. The premise of ‘Earthing’ or ‘Grounding’ is that, if one is not grounded, one’s body has a shortage of free electrons with which to quench the chronic inflammatory response. Your immune system is out of control, and you are on the way to chronic illness.

Why is this important? Inflammation is a recognized major underlying problem of many diseases including cardiovascular disease, arthritis, lupus, MS, eczema, fibromyalgia, and diabetes, etc. Heavy metals, pesticides, chemicals, and solvents contribute to the inflammation.

Being disconnected from the Earth also contributes to the inflammatory process.

Body Grounding – The Earth’s Antioxidant - Just How Do We Ground Ourselves?

- Walking barefoot on grass
- Swimming in the ocean, sea, river or lake
- Walking on a wet sand at the beach
- Walking outdoors with leather soled shoes

If you can't regularly walk on the grass or beach, there are various other ways to ground yourself. There are special bed sheets, bed pads, electrode patches, and sandals, pads to sit on while at work or home, and foot pads to use when seated. These are grounded directly into the earth outside a window by a wire and metal rod or by connecting into the ground part of a grounded outlet. Here are two useful links:

UK <http://www.groundology.com/products.php>

USA <https://shop.earthing.com/shopdisplayproducts.asp?category=ALL>

DEEP BREATHING and HEALTH RESTORATION



In his ground-breaking research, Dr Samuel West discovered the importance of activating the lymphatic system for better health and pain control. He found that 'trapped proteins' in the lymph system produces conditions that cause loss of energy, disease and death at the cellular level. He has had outstanding results by simply getting people to pump out the toxins from the 'garbage' disposal system (our lymph system) with some simple, gentle movements.

This discovery is so simple that many actually discard it as being to 'simple or easy' to be of any value. However the results with people who did these exercises several times per day are sometimes close to 'miraculous'

The benefits of Rebounding go way beyond exercise. It is a whole-body exercise where EVERY SINGLE CELL is rejuvenated and oxygenated (in your muscles, bones, eyes, heart, lungs, kidneys, ears, glands - everything!)

NASA research found rebounding to be 68% more efficient than running on a treadmill!

In his book 'Jumping for Health', Dr Morton Walker claims that just 2 minutes of rebounding offers equivalent physiological benefits as: 6 minutes of running, 10 minutes of swimming and 22 minutes of walking!

Albert E Carter, Olympic athlete, journalist and lifelong rebound researcher has claimed that Rebounding to be 'THE MOST EFFECTIVE EXERCISE YET DEvised BY MAN'

In just 2 minutes of rebounding – the entire lymphatic system is flushed out and the white blood cell count nearly triples, providing a greater defense system to destroy cancer cells.

DEEP BREATHING TECHNIQUE - TO ACTIVATE THE LYMPH

SOFT WALK on a rebounder/mini trampoline

1. Start off very gently – for 15 seconds with both feet firmly on the rebounder ‘soft walk’ on the surface gently raising each heel one at a time.
2. Never stress your body. As soon as you feel dizzy (a sign you are loaded with toxins) you stop. You could do some gentle deep breathing at the same time (its gets easier with practice)
3. Keep doing this ‘soft walk’ several times a day if possible until you can do 30 minutes without fatigue. Listen to music that fits your mood to enhance the benefits

SEAT BOUNCES

If your legs become tired or you are not able to stand on the rebounder, sit on the rebounder, with your feet on the floor, use your hands and feet to gently bounce up and down. Make it more effective and fun by bouncing from one hip to the other. If you are wheel chair bound then just put your feet on the rebounder and have someone else jump on it and it will help you activate the lymph system.

LOW JOG

1. After you can do up to 30 minutes of the soft walk and not feel tired start with the ‘low jog’. Do a slow, steady jogging motion, move your arms up and down and do deep breathing. This is not about speed but endurance. You may not be able to hold your breath like when you did deep breathing without the jumping on the trampoline but it will still be beneficial

AEROBIC LYMPHASIZING

1. After 5 minutes warming up with the ‘soft steps’ and ‘low jog’ you can now do faster and larger movements until you feel fatigue, then you return to the lower level aerobic lymphasizing - repeat slow fast slow fast fast slow gradually slow down, not too fast into the low jog and then the soft step. Breath normal
2. Do not do an Aerobic Lymph session and then get off the rebounder without doing these lower level low jog and then soft step, otherwise you will cause more stress and trapped proteins in your system. Always do the ‘cooling down’ program
3. When you step down, you should be able to speak calmly without any fatigue or stress and feel more energetic than before.

It may take patient months to be able to do this full cycle. Transition is important. Its not about speed but endurance

Your body has about 60 to 80 trillion cells. The 2 to 4 G forces (gravitational pull) involved in bouncing with a ‘Rebounder’ squeezes out toxins. Then, during the brief weightless period when the body is suspended in the air, the lower pressure in the cell promotes the movement of nutrients into the cells. Thus the flow of materials to and from cells is improved. It is like getting every cell in your body to exercise. Trampoline use helps the lymphatic system eliminate toxins by increasing the gravitational pull as you bounce. The lymphatic system is the metabolic garbage can of the body. It rids the body of toxins, fatigue substances, dead cells, diseased cells, nitrogenous wastes, trapped protein, fatty globules, pathogenic bacteria, infectious viruses, foreign substances, heavy metals, and other assorted junk the cells cast off. Especially women with breast tumors would want to obtain a Rebounder and do daily sessions. Even 3 or 5 minutes will make a remarkable different. Every room at the BUDWIG

CENTER where the patients stay is equipped with a rebounder. Some use it up to 5 times a day!

DR BUDWIG ENCOURAGED DAILY SUNBATHING



We want you to get a reasonable amount of sunshine everyday if you can. Sunbathing is the best natural way to increase the Vitamin D production in the body.

Isn't sunbathing dangerous? Doesn't it lead to the risk of skin tumors?

The 'real' cause of skin degeneration is for two-fold. First: people get 'too much sun'. They lie in the sun too long and get sunburnt which can lead to skin tumors. Dr Budwig recommended only 10 to 15 minutes full exposure of the body to the sun. After that it's best to go in the shade or cover up. People also lather their bodies with suntan lotions which most often contain isopropyl alcohol derivatives which are very dangerous. Some virgin coconut oil is the best protection. True sun-blocking lotions may protect against burning, but the skin is still being harmed because after about 30 minutes of direct exposure the immune system is challenged and your skin is being damaged. Second: diet is a major contributor to all degenerative diseases, including skin tumors. Bad trans fats (deep fried foods) and refined sugars (pastries, sweets, soft drinks, ice cream, etc) all weaken the immune system. People who get a limited amount of sun, avoid sun tan lotions and eat healthy food have a much lower risk. If you are prone to skin tumors on your face, it is wise to avoid exposing that area of the body when sun bathing

Try to sunbathe in the nude or close to it so the entire body benefits. Be careful about washing your body with soap the same day as can wash away the vitamin D that is being formed. Shower with water only and restrict the use of soap to the armpits and groin area within 24 hours of sunbathing or using an FIR lamp.

ASCITES - THE NATURAL ANSWER TO FLUID RETENTION

Ascites is a build up of water and fluid in the stomach or lungs caused by tumors. And there hasn't been a whole lot to do about it, other than getting fluid drawn when the stomach or lungs get too full. Dr Hamer, the oncologist mentioned in the Psychological section of this report, mentioned in an article how this fluid buildup frequently occurs when you are killing off the diseased cells.

The fundamental reason this accumulation of fluid occurs has to do with acidity. Thus, we discuss it here in the pH section. There is so much acid being produced by the diseased cells, or by the killing off of the cells, which produces acidic waste, that the body dilutes this acid buildup with fluid. The buildup is so acidic, it would be harmful if it was not diluted. So your body produces fluid to dilute the acid in an attempt to protect itself. Sometimes it is a poorly functioning liver that is the reason the body can't get rid of the acids. Sometimes a poorly

functioning kidney. Sometimes there is just too much acid for an okay functioning detox system to handle.

The acid either comes from the metabolic waste of a large amount of degenerative cells, as they produce energy using lactic acid fermentation. Other times the acid is from the dead cells which are toxic and acid, on top of the acid that the still live diseased cells are producing.

The most abundant protein component of blood, produced primarily in the liver, albumin helps to keep the fluid portion of blood within the vessels. Low levels of albumin in the blood or its presence in urine may signal edema (the accumulation of fluid) as in pedal edema (in the ankles) and fluid can begin to accumulate in the abdomen (ascites) or pulmonary edema (in the lungs), which may be symptoms of congestive heart failure, kidney or liver disease. People with a degenerative disease are often low on energy and experience muscle loss. L-leucine is an essential amino acid, which should be taken along with L-isoleucine and L-valine. Food sources for L-leucine are meat, almonds, cashews, eggs, fish, chicken, lentils and liver. Do a blood test to make sure the albumin levels are not below 3.5

First thing to do is the **Health Restoration/Trampoline/ Deep Breathing program** at least once a day as already outlined here above in this GUIDE.

You need the following:

1. **Ginger root** (3 capsules with each meal – 9 per day)
2. **Artemisinin** (take as per instructions that come with each order)
3. **Melatonin** (3 grams per day at bedtime)
4. **Astragalus** (2,000 to 3,000 mgs per day at meal time)
5. **Selenium** (400 mcg daily)
6. **D-Ribose** (5 grams 3 x day) supplements make a significant improvement in energy levels, sleep patterns, mental clarity, pain intensity, and wellbeing.
7. **ALOEDIS 30 – Detoxification**
8. **Essential Oils** (*i.e. Frankincense, Myrrh, Lemongrass, Lavender, Orange*)
9. **Taurine** – 500 mg per day (*purchase locally or on the net*)
10. **Trican** (1-4 scoops per day)
11. **Serrapeptase** – *at least 8 or 12 per day on an empty stomach*
12. **Amino Acids** – 3 per day between meals
13. **Deep Breathing and Trampoline** (*if not too weak*)

BRAIN TUMORS– Natural Proven Remedies

1. **COCONUT OIL** - Who would have ever thought that a food as simple as the coconut could provide such extremely beneficial health results? Dr Newport has done a tremendous amount of research about the effects of coconut oil on the human body. The central theme of her book is that when we consume coconut oil our body knows what to do with it in very special ways. One of the things it does with part of it is to

create a substance called ketones. She explains that it has been known for many, many years that ketones are, in a sense, a backup energy supply to the cells in our bodies. She contends that in the brain, disease can begin and develop when, neurons, other brain cells, and possibly the synapses which connect brain cells, die or slip into a nonfunctional condition due to the lack of fuel. Ketones can enter the cells in our body and provide the fuel the cells need to survive and function. Degeneration and tumors as well as other neurodegenerative diseases could be and have been shown to be helped by the use of this backup fuel system. In fact research has been done to prove that this can happen; moreover there is a case of a woman referenced in the book who had an aggressive stage 4 brain tumor called a glioblastoma who agreed to be part of this type of treatment. Within 3 months her tumor was no longer able to be found on MRI and PET scans.

<http://www.nutritionandmetabolism.com/content/7/1/33>

2. **ESSENTIAL OILS** – Especially Frankincense and Sandalwood are needed.
3. **Artemisinin** (take as per instructions that come with each order)
4. **Ginger in capsules** (3 capsules with each meal – 9 per day)
5. **Melatonin** (3 grams per day at bedtime)
6. **Astragalus** (2,000 to 3,000 mgs per day at meal time)
7. **Selenium** (400 mcg daily)
8. **DMSO** – Swelling is a common issue with brain tumors and doctors will often prescribe steroids. At the BUDWIG CENTER we can offer homeopathic steroids during hyperthermia therapies with the BioMedic clinic. Also DMSO gently massaged on the back of the neck and affected areas is very helpful in reducing and controlling swelling. This can be done several times a day. Please apply some Aloe Vera gel to your hands and the affected area afterwards to overcome excessive dry skin that is often caused by the DMSO

CLEANING AND PERSONAL HYGIENIC PRODUCTS

Dangerous chemicals (in the workplace, home or garden), microbes, parasites and fungus, etc, all challenge the body and interfere with its proper functions. The late Dr Hulda Clark who examined and treated thousands of chronically ill patients stated that ‘all patients with tumors have both isopropyl alcohol (as found in many body care and household cleaning products) and the intestinal fluke (parasites, worms) in their liver’.

Most commercial cleaning products are loaded with harmful toxins can be replaced with vinegar, baking soda, borax and dish soap. Look on the Internet for practical suggestions and alternatives.

SHAMPOO – Look for a natural shampoo that does not have any harmful chemicals in them like: ISOPROPYL ALCOHOL, MINERAL OIL, PEG, PROPYLENE GLYCOL (PG), SODIUM LAURYL SULFATE (SLS) & SODIUM LAURETH SULFATE (SLES), CHLORINE, DEA (diethanolamine) MEA (momoethanolamine) TEA (triethanolamine), FD & C COLOR PIGMENTS, FRAGRANCE, IMIDAZOLIDINYL UREA and DMDM HYDANTOIN (read more:

<http://www.discoverhealthandwealth.com/toxic-ingredients.html>)

A good and very affordable shampoo is made from 10% baking soda and 90% water - mix in a dispenser bottle

ITCHY SCALP – Massage pure apple cider vinegar to your hair and scalp 5 minutes before washing your hair. It not only makes the hair healthy and shiny but controls dandruff. Rinse and then use a natural shampoo (eg baking soda) to clean your hair

DEODORANT – Also use totally natural aluminum free deodorant. The hard natural Alum Stone stick is good. Some spread on a thin layer of natural virgin coconut oil under the arm pits for a totally natural and very effective deodorant. Most natural deodorants require washing mid day and reapplying again as they are not as potent as chemical deodorants
<http://www.verdan.com/us/verdan-crystal-deodorant-about-us/our-products.html>



Men’s shaving cream for example often contains some form of isopropyl alcohol. Imagine day after day putting this harmful chemical on the skin. The **Philashave** Triple Head electric shaver from Phillips to be an excellent alternative. Many electric shavers just irritate the skin. This brand with triple heads and all you need is to put water on your skin and on the shaving heads (waterproof model) works very well. You will also save a bundle of money as well on blades and lotion

Be careful what you put on your skin. Underarm deodorants, hair sprays, men’s shaving cream, sun-tanning lotion, rubbing alcohol, (the list is endless) often contain isopropyl alcohol and other harmful chemicals. Look for reasonable alternatives. Not all toxins can be avoided, unless you move to a secluded island, but try to avoid unnecessary daily exposure. It doesn’t make sense just to save time that we poison ourselves day in and day out

PARASITES AND PETS

There was a time when the humans lived in the house and the animals outside the house. However things have changed and Hollywood movies have ‘humanized’ animals and they now sleep on our beds, sit on our sofas and even sit at our tables. Animals can provide many emotional benefits however they do transmit a lot of parasites. So caution needs to be taken. Believe it or not about 85% of the entire world’s population is infected by different types of parasites and worms.



According to the research of the late Dr Hulda Clark she states ‘In order to get a degenerative disease you must have the human intestinal fluke parasite.’ This parasite typically lives in the intestine where it might do little harm, causing only colitis, Crohn’s disease, or irritable bowel syndrome, or perhaps nothing at all.

But if it invades a different organ, like the uterus or the kidneys or liver, it does a great deal of harm.

If it establishes itself in the liver, it causes tumors! That It only establishes itself in the liver in some people. These people have isopropyl alcohol in their bodies.

All tumor patients have both isopropyl alcohol and the intestinal fluke in their liver. Most of us think that only people living in Africa or South America have parasites. These parasites are not your friends either as they can migrate to other areas such as your nose, ears, brain or your liver. The VEGA test will detect any parasites you may have and offer a natural anti-parasite remedy. NEVER, EVER share food with your pet. Don't keep a cat box in the house; install a cat door. Wear a dust-mask when you change the cat box. *Dr Clark's Pet Parasite Program [As in 'The Cure for All Cancers', 1993 edition]*

Please pet your animal(s) and then wash your hands. Try to have a set time to do this. If the animal lives in the house this will be more challenging. Using the RIFE TIME on yourself and the pet(s) will be helpful as well as consuming the Anti-Parasite remedy (sold at the Budwig Center on line store) will be very important). Some have their pets cared for by friends and family until they recover their health! **Remember your life is at stake!**

FAR Infrared Sauna – Detoxify Heavy Metals

Everyone with any chronic illness should invest in a FAR INFRARED DRY SAUNA. At the BUDWIG CENTER all our rooms are equipped with a portable blanket type sauna and we encourage all our patients to purchase a portable blanket type FAR Infrared sauna to use daily at home. Sweating and fever are Nature's way of riding the body of poisonous toxins and heavy metals. Interestingly many people with a degenerative disease and other ailments do not sweat or do not sweat easily. Poisonous toxins are trapped for years in the body.

The benefits of high temperatures is that millions of weak degenerative diseased cells are weakened even further by controlled high temperatures and when they self-destruct are naturally expelled from the body. The idea is to heat the body to temperatures - between 107 and 113 degrees F (about 41 to 45 Celsius). Typical sweat produced under normal conditions and regular steam saunas contains 97% water and 3% toxins.

Sweat produced from a Far Infrared sauna is found to be 80-85% water and 15-20% toxins!

The BUDWIG CENTER puts a lot of emphasis on detoxifying your body and get rid itself of an accumulation of potentially carcinogenic heavy metals: *Such as lead, mercury, zinc, nickel, cadmium, as well as alcohol, nicotine, sodium, sulfuric acid lead, copper, aluminum, pesticide residues, petroleum-based toxins, chloride, fluoride, as well as fat and cholesterol.* Drink plenty of pure water during each sauna session.



CAUTION: For women with breast and/or lymphatic degenerative disease or water retention (ascites), saunas, increase lymphatic inflammation, and lymphadema, which can raise CEA 15-3 levels, Saunas therefore is not recommended in these cases

Step 1 Place a towel on the bottom of the Infrared blanket so it will warm up with the blanket for about 10 min.

Step 2 Drink at least 2 cups of Ginger Root tea right before the session or 2 cups of Oregano tea (avoid oregano tea if you have high blood pressure) along with 2 or 3 ginger capsules will help generate sweating and an 'artificial fever'. If you sweat very easily this step may not be necessary.

Step 3 Undress completely and remain in the sauna blanket for approx 30 minutes at 50 Celsius and work up to 60 Celsius for 60 minutes. Put a towel around your neck so all the heat stays right inside the blanket. Also put a blanket over the entire sauna unit so that it will keep all the heat in and give you a very good session. If you develop symptoms, such as: feeling faint, nausea, do not start sweating after 10 minutes, develop a headache, vomiting or general malaise the session should be stopped. **Step 4** After the session you will have a warm to cool shower to close the pores of the skin. Wipe down the blanket with 3% hydrogen peroxide after session and once a week air out the sauna blanket in the sunshine for 30-60 minutes

Everyone that enrolls in any of the BUDWIG CENTER programs will automatically receive a list of all the suppliers for all the different therapies and equipment needed.



**EMOTIONAL HEALING with EFT
(Emotional Freedom Technique) 'TAPPING'**

The BUDWIG CENTER places a lot of emphasis on combining natural healing remedies with emotional healing. Research shows that the immune system is challenged if during weeks, months and sometimes years you have to face negative emotional experiences.

Severe negative emotional shock (death in the family, divorce, family problems, financial setbacks, etc.) often will precede degenerative diseases. Ed Sopcak a degenerative disease researcher in United States consulted with over 30,000 degenerative disease patients. He concluded 'most all the degenerative disease patients I have spoken with had a major stress in their life six months to 3 years before they were diagnosed with degenerative disease and tumor activity.

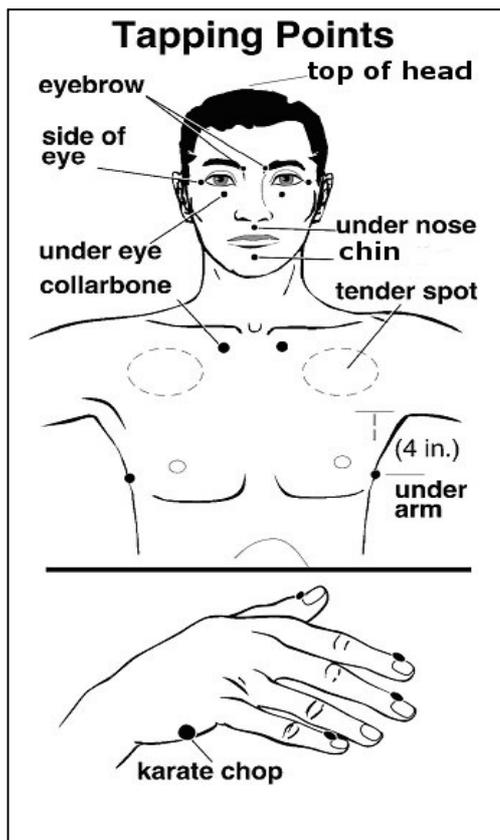
Medical doctor and degenerative disease surgeon Ryke Geerd Hamer has examined 20,000 degenerative disease patients with all types of degenerative diseases.

Dr HAMER from his personal experience--he himself has had a degenerative disease -and from those patients he took care of in many university clinics. Dr HAMER established over the years that there is always a definite syndrome at the source of degenerative disease and not just a kind of stress.

It requires a strong stimulus, a brutal psychic trauma, which hits the patient as a major event in his life, an acute dramatic conflict, lived in a complete psychic isolation.

The Body-Mind Connection The importance of adding emotional healing and sessions of well-being to a successful degenerative disease treatment program is emphasized by the research

of the John Hopkins Hospital which stated that: 'Cancer is a disease of the mind, body, and spirit.



A proactive and positive spirit will help the cancer warrior be a survivor. Anger, resentment and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life'

EFT - WHO'S WRITING ON THE WALLS OF YOUR MIND?

PAST INFLUENTIAL WRITING - My teacher said I was thick and that I would never amount to much and he was right. My friends said I was easily influenced and I am.

My Mum reacted as if whatever I did was never good enough - and it never was. My closest friend told me I was too soft and I am. Why are other's observations or predictions still happening? Could it possibly be anything to do with me?

Was it what was said, or how I perceived life for me which became the mechanism of myself self fulfilling prophecy? This happened, or is still happening, for me as long as I continue to hold onto these beliefs. This is often an unconscious process which was intended for a positive purpose.

My knee jerk reactions can be triggered by myself talk, the images created in my mind as well as taste, touch, smell or gut feelings.

PRESENT WRITING - When we think of the 'here and now' we may well ask who is currently writing on the wall of our mind? Are we still stuck in the mire of an old self fulfilling prophecy? Why do we continue to believe what was said to us? Did we just believe negative suggestions or did we also absorb positive messages? From where do the images we keep seeing originate?

Basically, the idea is that most emotional issues involve a disruption to the free flow of the subtle energies that circulate throughout the body.

In short, when emotional stress occurs those subtle energies have been short-circuited. Correct this disruption and the problem reduces or disappears. This process is like an emotional version of acupuncture except that needles are not used.

Instead, you stimulate certain energy meridian points by tapping on them with your fingertips.

Interestingly, since our emotional stressors are often linked with our physical ailments, we often find that diseases and other symptoms fade upon proper use of this process.

There are tens of thousands of psychologists and medical doctors that are currently using this exciting innovation in medical care. Past emotional hurts, anger, jealousy, conflict, trauma, etc. must be dealt with.

Everyone that enrolls in the BUDWIG CENTER programs will automatically receive the full TAPPING – E.F.T. programs (audio recordings and the written text, with training from the top EFT people all over the world.)

FREQUENTLY ASKED QUESTIONS...

It is only normal when you have a 'life-threatening illness' to have a zillion questions and the following are the answers to some of the most commonly asked question. If you are registered with either our Home program or the Clinical program, then you can ask all the questions you need to in order to understand the program correctly.

1. I need to obtain other supplements beside those the BUDWIG CENTER provides?

Normally, no as our program is very complete. After completing our Energetic Frequency tests what is recommended is exactly what the body needs to repair and heal itself. What we send you is based on your HEALTH REPORT and we have carefully selected the remedies appropriate for your condition. We may encourage you to pick up some natural items locally like some chlorophyll to be consumed daily or some Epsom salts for constipation etc. Most herbal, mineral and homeopathic formulas we send you will be only temporary as well and when you finish them in most cases you will discontinue using them. Essential Oils (pure therapeutic grade only) are much more effective. We only recommend the Flaxseed oil and cottage cheese ONCE a day as we are not in favor of more dairy than this as this can cause inflammation and should be kept to the minimum. Inflammation is a major cause of CEA 15-3 and other degenerative disease markers. Mineral deficiency and toxic chemistry also increases it because it changes the hormone manufacture and communication, causing increased CEA 15-3. Some people believe that bombarding with everything will increase ability to heal, they do not realize that it interferes with the natural biochemistries, which causes negative side effects and are incorrectly interpreted as a degenerative disease instead of inflammation or bad chemistry mixtures due to toxic chemistries. This is why we suggest the mineral testing with our BIOREASONCE VEGA machine. To see the levels of the chemistries and to see what is deficient or 'Too much' causing toxic side effects. At the beginning of your program we make sure the body has enough iodine, minerals, stronger immune system, hormonal correction, etc to make the program work faster and more effectively. Only foods and juices should be consumed at the same time you eat the flaxseed oil and cottage cheese. Always be sure at least an hour and a half or more has passed after consuming the flaxseed oil and cottage cheese mixture before taking the TRICAN.

2. Do you recommend a Liver/Gallbladder cleanse?

Our VEGA Energetic Test equipment will indicate whether you need to clean the gallbladder by showing if you have 'stones/sediment' in the liver and gallbladder. The most effective program is a combination of 1 capsule with each meal of **pumpkin seed oil** (3 per day for 30 days) and a product called **SOLEAL** which is a natural food supplement that effectively cleanses the liver and gallbladder of gallstones and debris. Recommended dosage is 1 capsule with each meal (3 per day) for 60 days. *Ingredients: Rose hip (250 mg), Natural vitamin E (6 mg, 50% CDR *), Kiwi (5 mg) seed oil, Beta-carotene from marine algae (2 mg)* Box of 60 soft gel capsules – 3 boxes of 60 capsules needed for full cleanse.

3. Is a 'needle biopsy' a dangerous procedure?

The Budwig Center does not give advice about conventional medical approaches and we always recommend you do your own research on these matters. As many degenerative disease tests are not 100% accurate, biopsies (where some tissue is removed and examined) is a very accurate way of determining the level of a degenerative disease if any. However there is a down side. For educational purposes only we can share with you the research we have uncovered. The tumor, unless it is pressing in an area that is life threatening, is really your 'friend', because it encapsulates all the toxins and degenerative disease cells within a restricted area. Many have found that when they have a biopsy and not one but often several needles puncture to the tumor, this causes these toxins to leak out and degenerative diseased cells to spread to the rest of the body. Several have reported a lot of pain and discomfort after a biopsy. We had a man from Greece come with a small tumor on the neck. He had a biopsy done and it swelled up like a coconut on the side of his neck and 2 months later he was dead! Using the full Budwig protocol addresses the original cause of the degenerative disease and the body will naturally cause tumors to shrink and leave the body (as all dead cells and toxins do through the eliminatory system). Many who come to our clinic have already had a tumor removed and almost inevitably it grows back because the DNA of the cell reproduction has not been corrected. Removing the lymph system also takes away the protection that it affords to prevent the degenerative disease from spreading to the rest of the body.

4. What type of scans are best to detect degenerative disease and tumor activity?

When If you want to know the level of active diseased cells and tumor you need a **PET scan** and not a CT or MRI scan. When diseased and tumor cells go necrotic (die), they will still show up on CT & MRI scans with no indication that they are dead. This may therefore give a false reading as the doctor will only see diseased and tumor cells, be they dead or alive. However, PET scans indicate whether diseased and tumor cells are dead or alive. The body will eventually break down dead cells, but it takes time. The safest and very accurate VEGA test is what we do and recommend at the BUDWIG CENTER.

5. How can I balance hormones naturally?

Once we do the VEGA Energetic Test we will know what will be needed and an effective remedy will be offered. **TRICAN** will balance the entire functioning of the body as it restores nutrition to the body on a deep DNA cellular level. Stops Hot Flashes, Decreases Stress & Illness, Fortifies Immune System, Increases. **ENDROCRINE MENDER** restores stamina, energy, balances hormones, helps with side effects of menopause, premenopausal and controls Hot Flashes. Many have found just as effective as Hormone Replacement Therapy. Also an excellent remedy for prostate issues, thyroid issues and sleep disorder, fibromyalgia,

depression and type 2 Diabetes. **TURMERIC (Curcuma)** is a totally natural herb that helps detoxify the body and balances oestrogen levels so it is highly recommended if you have breast or prostate degeneration. It is also a natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns.

6. What is a natural remedy for cold feet?

Rub some cayenne pepper on the bottom of each foot and then put on your socks and walk around for a minute or two. The cayenne will enter the 2,000 pores on the bottom of each foot. Leave the socks on all day. Do this once a day and in a short time you will have toasty warm feet. Stop when they are warm enough and repeat if they start to get cold again after a few days. Caution: be sure to wash your hands carefully after using cayenne

7. How can I gain weight and increase my appetite on this program?

TRICAN will help correct weight issues especially when taken with Colostrum and probiotics. Weight lifters eat six (6) times a day and you will need to do the same. Dr Armin Grunewald (the nephew of Dr Budwig) also encouraged the consumption of protein: acceptable sources are wild game, organic eggs, wild fish (not farm feed), 100% grass feed, organic chicken (NOT corn feed). Nuts are also a good natural source. You need more protein when you have a degenerative disease and tumor because your body is fighting a degenerative disease and tumors and needs rebuilding. A strict vegetarian diet is not recommended when you have a degenerative disease. Tahini (sesame seed puree) on a rye cracker or sprouted bread with a dash of celtic sea salt is high in protein and calcium and makes a very nice end of the day snack as well. Also lots of sweet potatoes which are high-calorie foods that are alkaline. Add some Quinoa – there are 382 calories in one cup. You can add quinoa to soups. Or, have you tried millet? There are 600 calories in one cup of dry millet (150 calories in 1/4 cup). I occasionally make 1/4 cup millet for breakfast when I feel I need a little filler. Keep in mind that medication might be blocking good digestion. There are various natural ways to try to improve digestion. The Gingerroot tea is incredible for improving your digestion. Please do NOT add extra honey to your diet. However, you could add more flax oil in Budwig ice cream, more oleolux in your steamed vegetables and soups and more raw nuts which contain healthy fats. Lots of raw, non roasted, non salted cashews are very good for weight gain (no peanuts allowed). Plus, Dr Budwig recommended a natural old-fashioned oatmeal gruel with freshly-ground flaxseeds added after cooking. She also recommended ground flaxseeds in champagne (or sparkling wine) which helps the seeds to be absorbed.. Especially before bedtime is a good time to eat because without any exertion the weight is easily put on.

8. What can I do to overcome chronic constipation?

- ALOEDIS – Is a very effective product that BUDWIG CENTER uses for constipation with very fast results
- However if you are not at the BUDWIG CENTER you can do the following: First of all you need to do the **Deep Breathing/Trampoline/ Health Restoration program** already outlined in this Guide

- Cod Liver Oil – as taken in the Budwig program will normally solve any constipation issues. Increase dosage if you suffer from constipation; lower dosage if you get diarrhea.
- A coffee or chlorophyll enema or even just a water enema will usually solve the problem
- A Castor Oil enema (should only be done once in 30 days) is a very effective remedy for serious constipation. First do a water enema and then warm up the castor oil and insert with a bulb type enema system, hold for 15 to 20 min.
- Epsom Salts - drink 1 teaspoon in a glass (250ml) of water. Drink 1 to 3 times per day or more until you achieve results.
- Water – Drink water on an empty stomach first thing in the morning. Drink at least 2 liters per day as constipation is often linked to dehydration. Add 1/8 of a teaspoon of

10. What is the main cause Breast tumors?

The UK and USA have one of the highest incidence rates worldwide (together with the rest of North America and Australia/New Zealand), making these countries a priority for breast tumor awareness.

You will notice in countries where women rarely wear a bra there is much less, if any, breast tumors. View the map below to see how your country is impacted by breast tumors (The darker areas being the highest per capita):



Breast degenerative disease and tumors are most common in women worldwide. It is also the principle cause of death from degenerative disease among women globally. Studies are linking this to wearing a bra. BE CAREFUL of the type of bra you wear! We always recommend that all women and especially those with breast lumps stop wearing the brassiere or wear it as little as possible because it cuts off the movement of the lymph system and traps toxins in the fatty tissues. Women find that after not wearing a bra for some time they get used of it. If this is not practical, wear a bra that is very loose and is not tight around the rib cage.

There is a whole series of new bras on the market that are excellent such as GeniBra, AireBra and Belvia Bra. They do not have the metal or hard plastic wire underneath.

http://featuresblogs.chicagotribune.com/features_julieshealthclub/2008/11/can-cancer-vani.html

11. Are there any safe pre-cancer degenerative disease and tumor tests that can be done?

Yes the Bio Resonance VEGA Energetic Frequency test can detect degenerative disease and tumors. We need to be very careful with submitting to CAT scans and Mammograms. First of all there is the issue of radiation. <http://www.preventcancer.com/patients/mammography/dangers.htm> 'Radiation from routine mammography poses significant cumulative risks of initiating and promoting breast tumors.

In a Swedish study of 60,000 women, 70 percent of the mammographically detected tumors were't tumors at all. These 'false positives' aren't just financial and emotional strains, they may also lead to many unnecessary and invasive biopsies. In fact, 70 to 80 percent of all positive mammograms do not, upon biopsy, show any presence of degenerative disease and tumor. (There is also a very concerned risk that crushing the breast tissue will spread the degenerative diseased cells if they are present). At the same time, mammograms also have a high rate of missed tumors, or 'false negatives.' Dr Samuel S. Epstein, in his book, The Politics Of Cancer, claims that in women ages 40 to 49, one in four instances of tumors are missed at each mammography. The National Cancer Institute (NCI) puts the false negative rate even higher at 40 percent among women ages 40-49. National Institutes of Health spokespeople also admit that mammograms miss 10 percent of malignant tumors in women over 50. Researchers have found that breast tissue is denser among younger women, making it difficult to detect tumors. For this reason, false negatives are twice as likely to occur in premenopausal mammograms.

New Screening Technologies - While screening is an important step in fighting breast cancer, many researchers are looking for alternatives to mammography. Burton Goldberg totes the safety and accuracy of new thermography technologies. Able to detect tumors at a minute physical stage of development, thermography does not use x-rays, nor is there any compression of the breast. Also important, new thermography technologies do not lose effectiveness with dense breast tissue, decreasing the chances of false-negative results. Some doctors are now offering digital mammograms. Digital mammography is a mammography system in which x-ray film is replaced by solid-state detectors that convert x-rays into electric signals. Though radiation is still used, digital mammography requires a much smaller dose. The electrical signals are used to produce images that can be electronically manipulated; a physician can zoom in, magnify and optimize different parts of breast tissue without having to take an additional image *Read more at:* http://www.healthy-communications.com/mammograms_cause_breast_cancer.htm

At the BUDWIG CENTER we can offer a **lymph drainage** technique and **ultra sound session** in over the lymph and breast area to detect any trapped toxins that could lead to breast cancer. The trapped toxins will be released often after one or two sessions. I recall having treated a woman in her thirties from Brazil who had lumps the size of dates in several areas of her breast. Toxins accumulate in fat cells. After a few sessions all the lumps naturally dissolved as the lymphatic system, which is our natural rubbish disposal system was activated and future breast tumor risk was prevented.

- Epsom salts to the water. This is very effective. If no results within 3 or 4 hours repeat
- Sunflower seeds – eat a handful of shelled, raw, unsalted seeds every day

12. How can I overcome nausea and vomiting?

NOMETEX – This is a small device that you attach to the wrist which has no side effects
<http://www.chemoband.com/nometex-anti-nausea-band-for-chemotherapy.html>

Nausea – You may have to back off the program for a few days if you get ill due to the dying of degenerative disease and tumor cells. So start the program gently and if you have a strong reaction back off for 4 or 5 days if necessary. Ease off on all the remedies and follow some of the suggestions here:

Peppermint tea 2 teaspoons of dry peppermint leaves to 2 cups of water, boil and strain and add some Stevia and lemon juice if desired. If necessary you can drink up to a gallon (4 Liters) of this tea in a 24 hour period if very sick (according to Dr Gerson). It washes out the bile and duodenum which then works better

Epsom Salts (Magnesium Sulphate) - ¼ teaspoon of Epsom salts in 1 glass (250ml) of water and sip on it throughout the day. This should relieve the symptoms. Nausea might have something to do with the gallbladder or the liver. Early signs of magnesium deficiency include loss of appetite, nausea, vomiting, fatigue, and weakness. As magnesium deficiency worsens, numbness, tingling, muscle contractions and cramps, seizures (sudden changes in behaviors caused by excessive electrical activity in the brain), personality changes, abnormal heart rhythms, and coronary spasms can occur. Severe magnesium deficiency can result in low levels of calcium in the blood (hypocalcemia). Magnesium deficiency is also associated with low levels of potassium in the blood (hypokalemia).

Eat oatmeal as your meal when weak and suffering from nausea. Try also raw grated carrots, apple sauce, mashed bananas, or watermelon.

'Gastrolyte' from a drug store. It comes in a packet to mix with water. It hydrates, provides electrolytes and settles the tummy. It is very similar to a product for children called Pedelyte. It is very light and easily tolerated by someone who is very ill.

Cloves – chew on a fresh clove will help or take 1 x 500 mg of clove capsule 3 x day with water
 Clove oil – a few drops should stop vomiting and an infusion will relieve nausea

Ginger tea – put the juice of a thumbnail size of fresh ginger in hot water. Leave to infuse for 5 to 10 minutes and drink or sip the tea. Or you can use 1 teaspoon of ginger powder in hot water, let sit for 5 minutes.

13. Should I have my amalgam (mercury) fillings removed?

YES, YES, YES.....if you have black 'mercury/silver fillings this is dangerous to your health and your chances of recovering your health are in jeopardy until you have them replaced with a holistic natural ceramic substance. Every time you drink some hot liquids a little bit of the mercury from your fillings is released into your body. **Note:** Be sure to look for a dentist that will use what is called a 'rubber damn' placed in the mouth to catch the mercury shavings when they drill and/or an assistant needs to be on hand to vacuum the shavings at the same time so they do not go down your throat. Natural ceramic resin type material should be used to replace the metal fillings. Gold is more resistant but some studies suggest that no metals of any kind should be used if possible in the mouth. The Budwig Center works with a bio-logical dentist who is bi-lingual and near to the clinic that works with the full natural protocol and

fees are very reasonable compared to USA and the UK. Arrangements can be made beforehand if you would like to have some mercury fillings removed during the two week clinical program. Telephone: **+34 95 261 17 99 or +34 95 261 19 96 (Spain)** Located at **Enrique de Egas 18 – 1E, Malaga.**

14. I feel very tired most of the time. What could be the reason?

We would need to run our Energetic test on the patient or the hair and urine sample to see the underlying cause. Many are helped by doing **Deep Breathing/Trampoline/ Health Restoration program** already outlined in this Guide. Many patients get weak and it is often due to a lack of iron. In susceptible groups, such as the elderly and teenage women, up to 50% of Americans have been found to be deficient in iron.



Iron has long been known to be important for red blood cell function because of its fundamental role in the haemoglobin molecule. Our Center recommends daily intake (3 tablespoons or more) of Chlorophyll. Also Iron IV's and a natural iron supplements may be recommended. (Avoid synthetic iron as it may not be absorbed well and is notorious for causing constipation).

Also be sure to consume 5000 to 10,000 i.u. of **Vitamin D3** which also helps with energy.

The high amounts of Cod Liver Oil and the TRICAN in the Budwig program is also helpful.

Nitric Oxide – dubbed the “The Miracle Molecule” - impacts the health of every cell, tissue, and organ. In fact, it is so important that the scientists who discovered what it does for us won the Nobel Prize. Nitric oxide does a lot for us. Hundreds of studies show that nitric oxide boosts circulation ... supports a healthy heart, increased energy ... and improves our sex lives.

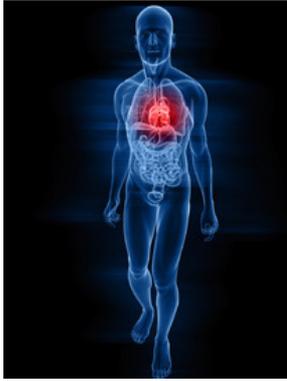
Without sufficient nitric oxide, we can feel fatigued and worn down. It has the ability to expand blood vessels for better blood flow, which means more oxygen can reach the brain, heart, and other important organs. You can go the supplement route, or you can just boost nitric oxide production in the body naturally.

Beetroot - Beets naturally boost the production of nitric oxide in the body and help to support energy levels, largely due to the large amount of nitrates found within the root vegetable. Beetroot juice also supports immunity and helps to protect against cancer – two of many health benefits of beetroot. Thanks to the MIT breakthrough research it's clear that these foods must interact with the saliva and bacteria in your mouth. It is the only way to produce enough nitric oxide to reverse the deficiency that happens as we grow older. Wake Forest University scientists not only proved beets boosted nitric oxide, they actually saw the effects in the brains of people who drank beet juice. And the MRIs showed that, just hours after drinking the beet juice, the brain was flooded with a steady flow of blood. So those areas received more oxygen and more nutrients than they would with lower nitric oxide levels. Making your own fresh Beetroot juice is the best option. However, beetroot powder in capsule form is also available. You need about 1500 mg per day so look for the supplements that are potent. The real magic happens however when beetroot juice is combined with Hawthorn exact. **Hawthorn (Espino Blanco)** is often used to prevent heart disease because it prevents arterial walls from becoming coated with plaque, acts as

a calcium-channel blocker and helps the endothelial cells that line our blood vessels to secrete nitric oxide.

Open the capsule of Beetroot extract and add along with 20 drops of hawthorn into water, juice, tea, FSOCC, or the carrot or vegetable smoothie or other foods then swish around in your mouth and chew for at least 30 seconds and then swallow. The beetroot and hawthorn must interact with your saliva to be the most effective.

15. How much should I exercise?



Traditional forms of exercise don't optimally benefit your body - or your heart.

Everyone can do the **Deep Breathing and Health Restoration program even while in bed**. You can hold any of the essential oils bottle near your nose and deep breath in the vapors for greater benefits. Other Morning Exercise is recommended if not too weak. Individualize it according to your strength - **DON'T OVERDO IT**. At our centre you can use a **CHI Energy / Lymph drainage machine** and/or **rebounder** [a mini-trampoline] because it helps clear the lymph system and promotes better drainage; the **Reviber** is another effective device for circulation and lymph activation. **FEVER THERAPY** with **FIR Sauna Detox session** is also very beneficial and we place a portable model in your place of stay. A good walk every day in garden or beach like settings are also very good for the body and soul and for many people a good walk at the pace their body can handle should be done every day.

Peak Fitness Program - This hot trend in fitness is indeed making news – and being endorsed by famous celebrities and popular magazines. Some are even touting it as a "way to lose weight in a hurry". It's not cardio. Nor is it jogging or long distance running. And it's not hour-long gym workouts or aerobic exercise classes. You see, scientists are discovering that it's **intensity**, not duration of exercise that may be the missing piece of the puzzle in becoming fit and slimming down. And this type of high-intensity exercise is especially beneficial for aging bodies. Here's what those who have discovered it love most: it takes a fraction of the time of aerobic or cardio exercise – a huge relief if you're already feeling short on time.

During 'peak exercises', you raise your heart rate beyond your aerobic threshold and push it into your maximum intensity limit.

Appropriate and safe for even seniors, intervals improve fitness by building new capillaries and a stronger heart and lungs.

Your muscles benefit too, because this type of exercise helps create more mitochondria, the tiny motors that power cells.

- 1) Choose the form of exercise that you prefer such as walking, swimming, cycling, cross country ski, elliptical, etc.
- 2) Do a 3 minutes warm up at regular speed

- 3) Then do 30 second very intense burst of exercise. If you are walking it would be a very fast 30 second walk (but not running) and then 90 seconds normal pace and then another 30 second burst of intense fast walking. Do this at least 8 times for best results.
- 4) Apply the same program to whatever form of exercise you choose. I prefer an elliptical (resembles a cross country ski machine) because there is no hard impact on the knees and ankles but just a gentle rhythmic motion as in cross country skiing.
- 5) The intense 30 second burst should be so intense that you are panting and almost out of breath when you finish and you catch your breath again during the 90 second normal pace
- 6) Do this 2 or if possible 3 times a week

This is a total 20 minute workout. Because you do the 3 minutes warm up and the 4 minute cool down you will probably not experience any muscle soreness! Please click on this link before for more information and video presentation

<http://charlescoty.blogspot.com.es/2011/06/peak-8-exercise-breakthrough-dr-mercola.html>

16. What food additives should I avoid?

MSG is a neurotoxin, potentially toxic to everyone – even to those people who do not respond with adverse reactions such as migraine headache, asthma, nausea and vomiting, fatigue, disorientation, and depression. We know that MSG kills brain cells in laboratory animals from studies where MSG was given in food and in drinking water. MSG causes macular degeneration (retinal degeneration). In one 2002 study (Ohguro et al) a high dietary intake of sodium glutamate as flavoring (Ajinomoto) caused gross changes in retinal morphology and function. *Experimental Eye Research* 75:(3),2002) no retinal damage was observed when MSG was fed to laboratory animals for a short period of time (a month), but that as time during which MSG was fed to those animals increased to 3 months and 6 months, so did observable damage. We know that learning disabilities and endocrine disorders such as gross obesity and reproductive disorders often follow the death of brain cells in animals. We also know that children and the elderly are most at risk from the toxic effects of MSG.

These ALWAYS contain MSG: Glutamate, Monosodium glutamate, Monopotassium glutamate, Glutamic acid, Calcium caseinate, Textured protein, Hydrolyzed protein (**any** protein that is hydrolyzed), Yeast extract, Yeast food, Autolyzed yeast, Yeast nutrient

FOOD ADDITIVES (Here is a partial list of the most dangerous. In Europe they are identified with E numbers. See complete list of safe and unsafe food additives at:

<http://curezone.com/foods/enumbers.asp>

- E132 Indigo Carmine / Indigotine Colour - Blue Same as E131
- E142 Green S / Acid Brilliant Green BS Colour - Green Cancer
- E210 Benzoic Acid Preservative - Benzoic Acid and its salts. Often added to milk products (cheese) and meat products. Headaches
- E220 Sulphur Dioxide Preservative - Sulphur Dioxide and its salts – often added to milk products (cheese) and meat products. Headaches, Intestine Upset, Skin Disorders
- E230 Biphenyl / Diphenyl Preservative - Biphenyl and its derivatives Headaches
- E290 Carbon Dioxide Miscellaneous - Acids and their Salts Intestine Upset
- **E621 Monosodium Glutamate (MSG)** Miscellaneous - Flavour Enhancers TOXIC
- E622 Monopotassium Glutamate Miscellaneous - Flavour Enhancers

17. Is it good to do Coffee Enemas?

COFFEE ENEMAS is still one of the most effective ways to detox the liver and reduce pain (caused by harmful bacteria). However it is not recommended to do them on a long term basis as this could deplete minerals from the body. Usually it's good to do coffee enemas near the beginning of your program to fully detox the liver. Three weeks of daily coffee enemas would be adequate and then maybe once or twice a month for maintenance. Also chlorophyll enemas (using ¼ cup of liquid chlorophyll in the water) is very beneficial



Coffee beans are toxic and should not be consumed when you have a degenerative disease. However you are allowed coffee in another “way”. Yes a coffee enema is still one of the most effective ways to detox the liver. Also research is now indicating that it even helps detoxify the lymph system.

Some may find this concept a little awkward or distasteful, but the research done at the BUDWIG CENTER confirms that coffee enemas are effective not only to cleanse the liver but to reduce pain

If you are strong enough to do this therapy then by all means start as soon as you can. As the degenerative cells start to naturally die off with our program they need to be cleansed from the body as soon as possible to avoid ‘auto-intoxication’ which can be deadly.

This procedure when followed properly is not dangerous. Use plenty of lubricate on the nozzle and the anus and do not push the nozzle into the body quickly but gently as per instructions here below.

You will be surprised at just how easy this procedure is. The patient will almost immediately feel lighter and better and if in pain will experience less pain.

Most patients get into the routine of daily coffee enemas and even look forward to the benefits

How often should one do coffee enemas? Once a day the first week, then every second day the following week and then do coffee enemas only if you still have pain issues. Once the body is highly nourished with the TRICAN and the full Budwig program the liver, the parasites (using the RIFE TIME MACHINE and detoxification will occur naturally. A coffee enema is best done earlier in the day or early afternoon. Also it is best right after a bowel movement. To enhance the benefits of the coffee enema, we recommend a pure spring (bottled drinking water or distilled or reverse osmosis water) enema to cleanse thoroughly the bowels beforehand followed immediately by the coffee enema

The Green tea or chlorophyll enema is not as effective for detoxifying the liver but is an excellent option from time to time. It is a low-volume enema that remains only in the sigmoid colon. There is a duct between the sigmoid colon and the liver called the entero-hepatic circulation system. When the stool reaches this point, it contains many toxins, which are sent

to the liver for detoxification. The coffee enema will increase the transit time in the bowel. The caffeine that is absorbed into the entero-hepatic system causes the liver ducts, including the bile ducts, to empty (it actually causes the liver to “vomit” out toxins) into the sigmoid colon and be eliminated. Releasing the toxins in the liver ducts, makes room for toxins from the body to enter the liver for detoxification. The alkaloids in the caffeine stimulate the production of glutathione-S-transferase, which is an enzyme that facilitates the liver detoxification pathways.

The coffee enema is safe even for people who are sensitive to caffeine because the coffee remains in the sigmoid colon, where it will not be absorbed, provided the proper amount is used and the enema bag is not placed too high.

You will need the following materials:

- ✓ An enema bag or bucket, preferably one of clear plastic that you can see through
- ✓ A coffee machine to make 3 cups of coffee for male adult (2 cups for child or woman of 50/60 kg)
- ✓ A tea pot to make 2 or 3 cups of green tea
- ✓ 3 cups (3 x 250 mil) of pure water
- ✓ Organic (if available) coffee fully caffeinated, drip grind coffee
- ✓ Use 2 cups of coffee if you weigh around 60 kg and 3 cups for people approx 80 kg
- ✓ Air mattress (especially if you are older or weak you should lie on a soft air mattress like you take to the beach...cover with plastic and old towels)
- ✓ A plastic or metal type filter to strain the coffee (do not use paper filters as they contain many harmful chemicals)

Note: Most pharmacies (except in the UK) carry the enema kits. Purchase the one with a bag and a tube and the nozzle. Do not use the one that is just a big pear shaped bulb.

Supplier in the **UK:** Manifest Health Limited: www.manifesthealth.co.uk

Supplier in **Canada:** <http://drlwilson.com/articles/COFFEE%20ENEMA.HTM>

Supplier in **USA:** <http://www.enemaequipment.com/>

Procedure for Water Cleansing Enema

- Pour 2 or 3 cups of pure room temperature water into the enema bag, Loosen the clamp to allow the water to run out to the end of the catheter tip to get rid of any air bubbles and re-clamp the bag when all the air has been removed from the enema tubing
- Use a coat hanger to hang the enema bag at least three feet above your back as you will be positioned on the floor on all fours. Maybe put the enema bag on a door knob or towel rack. Do not hang it too high, as on a shower head, because it will be too

forceful and the hose won't reach. It should flow very gently into the rectum and distal sigmoid colon only. It is not a high enema or colonic.

- Place yourself on all fours, like a dog or horse, on a thick towel or air mattress. Lubricate the end of the tube and the anus, and then gently insert the catheter into the rectum about 4 or 5 inches (10 cm). Use lubrication, such food grade vegetable oil, olive oil, a vitamin E capsule, or KY jelly should be fine, unless you are chemically sensitive. It is generally a good idea to avoid petroleum products.
- After gently inserting the tube into the rectum release the clamp but not fully open...this could be too much at one time and cause stomach pain... let the first (2 cups maximum) of water flow in slowly. Clamp the tubing off as soon as there is the slightest amount of discomfort or fullness. Do not change positions or use an incline board to cause the enema to enter further into the colon; this defeats the purpose of this type of enema.
- You do not have to hold water in your body very long. This is to cleanse the colon. However for the coffee try to retain the enema for a minimum of 12 or more minutes so it can reach the liver and cause it to expel its toxins. Sometimes there will be an immediate urgency to get rid of it and that is fine. Or there may be a sharp pain, try to suffer through it. If you have sharp pains use less liquid next time. Water helps to clean the stool out of the colon with the initial water enema so that next time around you can hold more of the enema longer. Never force yourself to retain it if you feel that you can't. When you have clamped the tubing, remove the catheter tip and void when you have to.

Procedure for the Coffee Enema

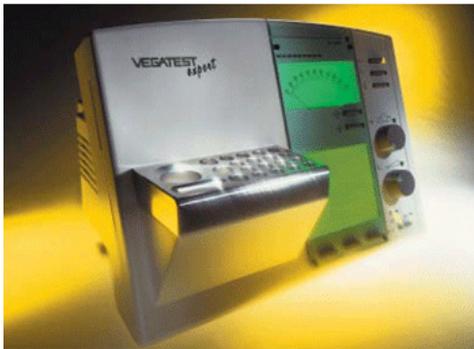
- ✓ Put 4 cups (4 x 250 ml) of clean water into the coffee machine and use 4 tablespoons of coffee (organic if possible). 4 cups will probably yield about 3 cups of coffee due to heat expansion and evaporation. Do not use a paper filter they are filled with chemicals. Use a nylon or metal permanent filter or use the type of coffee machine that uses no filters
- ✓ Allow coffee to cool down to a very comfortable, tepid temperature. Test with your finger. It should be the same temperature as a baby's bottle. It's safer to have it too cold than too warm; never use it hot or steaming; body temperature is good. Do the same with the water. Some make the coffee extra strong and then add a little cold water to cool it down, but if you make the coffee well in advance then it will have time to cool down is best. If you cannot wait, put some ice cubes in to cool it down faster
- ✓ Now REPEAT the procedure for the water enema with the coffee. Use old towels and for greater comfort use a pillow and bring along some appropriately relaxing literature
- ✓ When you have finished your session, rinse out the bag and tubing with boiling water or better still hydrogen peroxide (Agua Oxigenada in Spanish) and hang it up to dry. If you feel wired or hyper, or have palpitations or irregular heartbeats after a coffee enema, you should reduce the amount of coffee, usually by half for a few days or weeks. Or consider that you really need organic coffee. Be sure the source of your water is good clean chemical-free spring, well, or filtered water.

17 . I find it hard to swallow pills.

If you have trouble swallowing pills, tip your head back. This will open up the throat and with a glass of water the pill will slip down much more easily. (This works with children too.)

FUTURE TESTS

When a patient seeks treatment for a certain illness most clinics give more or less the same protocol to all their patients. This may work some of the time, however a 'personalized' program is proven to produce faster and better results.



The BUDWIG CENTER using the **VEGA** Energy Frequency diagnostic equipment is able to do a complete body scan.

This will help determine where the real origin and true cause of your health problems and at the same time recommend remedies that your body 'personally' needs to heal itself.

Our equipment will verify all aspects of your health such as the major organs (ie heart, lungs, liver, brain gallbladder, etc), the backbone, teeth, tendons, hormones.

Also muscles, parasites, viruses, harmful bacteria, Candida, infections as well as your emotional state of health which could be a major contributing cause to illnesses

The body works like a complete unit, for example all our teeth correspond to specific organs in the body.

When all conventional diagnostic tests (physical and biochemical) reveal no clues to the cause of a patient's complaints, the disorders are most likely functional in nature rather than morphological.

The VEGA reveals about 80% of the otherwise undiagnosable cases of disease with common symptoms like migraines, backaches, and exhaustion, pain and sleep disturbance. Here is an email from just one of the many patients that did the VEGA test noticed:

This test can be done in conjunction with the Dr Navarro cancer test and/or standard medical tumor markers tests (PET scans, blood tests, etc.) However it goes way beyond many standard health tests as it is a total 'body scan'.

There are several types of Bio Resonance testing equipment used in clinics around the world and they do not directly 'detect' cancer per say. The VEGA works on a 'total body test' and when there are disturbances in certain areas a message may come up that states: 'Need to

treat for 'Degenerative disease' or 'tumor' or 'cysts in process', etc, and the amount of times that message comes up is an indication of a 'low, medium or high' level of suspicious diseased cells and/or energetic disturbance and degeneration in the body.

Here are the steps to follow for the VEGA test:

1. Stop taking all natural herbal remedies and food supplements as well as the flaxseed oil and cottage cheese for a day and then the following morning collect the first urine of the morning, (fill it only about 75% full in case of freezing in transport) close the top tight and place it in a normal or bubble type envelope. Some countries may have restrictions on sending any liquids of any kind. If that is the case send us 3 grams (1/2 ounce of hair (cut or shaved from anywhere on the body) in a plastic bag. If you cannot send urine (some countries do not allow any liquids of any sort to be sent abroad) then just send us the hair samples
2. Write your name on the urine or hair sample specimen container or you could write it on a sticker and apply or better still so your name is perfectly legible print out your name using your computer and printer and then stick it to the container and another one on the plastic envelope with scotch tape.
3. Also we would need you to complete our HEALTH EVALUATION (not by hand but using a computer so it will be very legible). If you have already sent us that before then simply print out a copy from your files, and include it in with the samples. We will also need the same Health Evaluation form sent to us by email, to PlanetBudwig@gmail.com

4) Send this envelope to: **BUDWIG CENTER: Att: Manuel - Phone +34 677 026 818,**

C/ Huescar # 5 Local 11, Floor 1, Malaga 29007 (Malaga) Spain

You can send by Air Mail Express. Many ask us how long it will take to get the results. All depends on how fast your package reaches us because as soon as it comes in we can do the test and then email you the results. If you are in a really big hurry then send it by AIR EXPRESS POSTAL SERVICE which is almost as fast as Courier services. Do not send it by Courier services as the Spanish Authorities often stop urine samples from coming into the country by courier. (Some just label it water and then they have no problems) Hair samples could be sent by Courier, however. Most Courier Services (eg UPS, DHL, Fedex, TNT) will not transport urine samples. Results of the test will be sent to your email address.



BUDWIG CENTER RECIPES

Most of the recipes below do not include any meat but can be eaten along with meat. However meat must be truly 100% organic. This is not always that easy to find. You can add wild game once a month, wild fish (not farm feed) and 100% grass feed beef. Organic chicken is also acceptable if NOT corn feed, once a week. As this may be difficult you will probably find it best to eat mostly non-farm-fed fish (only eat fish which has fins and scales). Bear in mind also that these are simply a few recipes to guide you. Often people contact us asking for meal plans and more recipes for variety. This is not needed as you can basically take your own favorite recipes and substitute some items and then continue enjoying these foods. For example replace sugar with Stevia, Xylitol (use only use **Xylitol** made from birch trees) replace refined vegetable oil with cold pressed oils, replace eggs with organic eggs, etc

RECIPES: We are pleased to share some excellent recipes that give many healthy alternatives. Want more ideas? Just go to YouTube and see how to make all kinds of delicious and healthy meals for you and your family. Often you simply need to replace unhealthy ingredients with healthy ones

BREAKFAST

Dr. Budwig's Muesli

- 6 tbsps, (90 ml) organic, low fat cottage cheese
- 3 tbsps (45 ml) flax oil
- 2 tbsps ground flax seeds

IMPORTANT: Blend in blender until no oil is visible.

Optional

- If too thick add 2 tbsps plain yogurt/or kefir

- 1 tsp (5 ml) fruit juice or grated apple
- *Normally fruit should be eaten all on its own and not combined with any other foods. Fruit passes through the stomach in about 10 minutes whereas other foods take much longer. When fruit is mixed with other foods the fruit has a tendency to ferment, causing stomach bloating and gas. This is not healthy. Here is some options of what you can put in the Muesli and kids will love it too!*
- A teaspoon of organic cocoa, a few drops of vanilla flavored liquid Stevia, then add some walnuts. It tastes like chocolate pudding with nuts.

Avocado Moose Breakfast

Add the following into your blender:

- 1 Avocado
- ¼ cup (60 ml) of berries of your choice
- 1-2 Tbs (15 to 30 ml) of either or all of the following oils, cold pressed sunflower seed oil, flaxseed or organic coconut oil.
- 1 tsp (5 ml) of cinnamon and or nutmeg
- 1 tsp (5 ml) of raw organic chocolate powder (optional)
- Blend in your regular blender or with a hand blender for 30 seconds to a minute on full power, serve and enjoy.
- *Tip – Keep the avocado's and berries in the fridge so that it's chilled when you eat it.*

GRANOLA

Most Granola sold in the stores contains sugar and other ingredients that are not healthy. Here is a nice homemade Granola recipe that all the family can enjoy.

- Heat oven to 200 C / 350 F degrees
- Put 4 cups (500 grams or 100 ml) of Oatmeal flakes into a large oven pan and heat for 10 minutes
- During those 10 minutes mix together the following:
 - ½ cup (125 ml) of shredded unsweetened coconut
 - ½ cup of (raw unroasted) sunflower seeds
 - 1/3 cup (90 ml) of almonds
 - 1/3 cup of sesame seeds
 - 1 tsp (5 ml) of Celtic sea or Himalayan salt
- Mix the following before adding them:
 - 1/3 (90 ml) cup of cold pressed sunflower seed oil
 - ¼ cup (60 ml) of raw natural honey
 - 1 tsp (5 ml) of vanilla

- Now add the roasted oatmeal to the rest and enjoy with oat milk or almond milk.

Apple Muesli

Popularized in Europe, muesli is a tremendously healthy way to start your day.

- 2 tablespoons (30 ml) oatmeal
- 4 teaspoons (20 ml) water
- 2 apples
- Juice of ½ lemon
- ¾ cup (185 ml) yogurt
- 1 tablespoon (15 ml) raisins
- 2 tablespoons (30 ml) organic flax oil
- 2 tablespoons (30 ml) honey
- 3 tablespoons (45 ml) chopped walnuts
- Soak the oatmeal overnight in the water.
- Grate the apple or process in a food processor.

Combine all ingredients and mix well. Eat immediately. Serves 2

Quick and Easy Oatmeal Porridge

- 1 cup (250 ml) quick oats
- 2 cups (500 ml) rice milk or oat milk to flavor
- 2 tablespoons (30 ml) organic flax oil
- ¼ teaspoon (1.2 ml) vanilla plain nonfat yogurt to top
- A dash of cinnamon
- Combine the oats, milk in a saucepan.
- Bring to a boil. Cook about 1 minute over medium heat, stirring occasionally.
- Remove from heat. Add the vanilla, cinnamon, and honey. Stir in the flax oil.

SERVES 2 TO 3

BREAD SOURDOUGH

Here is how to create the “sour dough” so that you do not need to use yeast

1 cup (250 ml) of mother (flour, water and bit of honey left to 'brew' for a few days in a warm spot) keep in jar in fridge not freezer.

Bread Recipe

5 cups (1250 ml) whole meal spelt flour (organic if possible, much more tastier and recommended)

3 cups (750 ml) millet flour or white spelt flour or whole wheat flour

If you want to use whole grains only, use at least 3/4 whole wheat, spelt and/or kamut, and up to 1/4 or so rye or other grain flour. Whole spelt actually makes a great light loaf

2 tablespoons (30 ml) of coconut oil or olive oil (optional)

2 teaspoons (10 ml) Himalayan or sea salt

2 teaspoons honey

1 cup of mother (250 ml) (flour, water and bit of honey left to 'brew' for a few days in a warm spot) keep in jar in fridge not freezer

mix everything up with enough warm water to make wet but not runny dough, about 2 cups, depends on flours, experiment a bit here.

leave to rise overnight.

set some 'mother' aside in jar for next time in fridge.

pour rest into oiled, floured bread tin and let rise again then bake in low heat for about 1/2 hour then turn around so it doesn't burn. Continue for another 15 mins. and let cool before slicing (if you can wait that long :) or it won't cut properly

Spinach Omelette or Scrambled Eggs*

- 4 to 6 organic free range eggs
- 1/3 cup of water
- Sea salt and pepper
- Spinach, shredded
- Mushrooms, sliced
- ¼ onion, diced
- Parsley, Basil, Paprika
- Coconut oil

For omelette: Heat the oil in the pan and add the onions at low heat. When they start to turn yellow add the mushrooms. When these are starting to brown add the spinach and almost immediately half of the water. Add the rest of the water to the eggs. Take a spatula and lift the edges of the egg mixture, allowing the uncooked eggs on top to flow underneath. Repeat the procedure at various spots around the edge. Then reduce the heat to low; continue to cook until the eggs are cooked through.

For scrambled eggs: In a bowl, beat eggs; adding remaining ingredients except the oil. Add a little bit of coconut oil to the sauté pan over high heat. Pour egg mixture into pan, reduce heat to low and stir constantly. Remove to plate when eggs are set

Budwig Soda Bread

- Preheat the oven to 220 C / 350 F

- 500g (4 cups) of Spelt Flour (organic is much tastier and recommended)
 - 1 tsp (5 ml) of celtic sea salt
 - half tsp of baking powder
 - ½ tsp (2.5 ml) of baking soda
 - 1/4 cup (1.2 ml) of cold pressed sunflower seed oil
 - 1 cup (250 ml) of kefir or yogurt (add ¼ cup (60 ml) more if mixture seems too dry)
1. Mix dry ingredient in mixing bowl
 2. Add 1/3 cup (90 ml) of cold pressed sunflower seed oil or olive oil and kefir, mix quickly to a soft dough
 3. Divide into 2 parts
 4. Place into 2 oiled loaf pans
 5. Bake for 25-30 minutes or until center is cooked (try putting a knife through and if nothing sticks to it it's cooked)

Oatmeal Pancakes (excellent replacement for bread and to replace wheat products)

In a mixing bowl measure:

- 1 ½ cups (375 ml) oatmeal
- 1 ¾ cups (450 ml) oat milk (sold in health food shops)
- ¼ cup (60 ml) coconut oil
- 3 free range eggs
- 1 grated apples (not the skin)
- 1 tsp. (5 ml) Vanilla
- ½ teaspoon (2.5 ml) baking soda

Mix well, then add:

1 cup (250 ml) oat flour (you could grind oats in coffee grinder to make the flour)
 ½ tsp. (2.5 ml) Sea Salt
 Handful of raisins (optional)
 3 tsp. (15 ml) Baking powder

Stir well and spoon onto hot grill or frying pan, turning when bubbles appear on dough and pancake is golden brown. Do not stir mixture more than once as you lose the effect of the baking powder.

Drizzle a little pure lemon juice over the pancake and then put some apple sauce or a tomato or some fresh berries or fruit on it

Apple Sauce – 4 grated apples (no skin) in ¼ cup of water – bring to boil and let simmer for 10 minutes, add a little cinnamon and put in refrigerator (*not candida friendly*)

Flaxseed Sprouts

Soak some flaxseeds in water for 5-6 hours. Then drain the seeds. As flaxseed soak too much water, keep the seeds in a plate & dry them under a ceiling fan for a few hours. Then put dried but still moist flaxseeds in plastic sprouter or hang in a cloth overnight. You get very tasty sprouts.

Low-Carb Breakfast Recipe - from Hannelore Volkman, Fillmore, New York

- Mix in blender: 1/2 cup (125 ml) oat milk
- 1 apple or any fruit
- 1 small handful nuts
- 1 small handful dates
- Blend well on high and add 3 tablespoons (45 ml) Vita Flax.

Exotic porridge

- 1 cup (250 ml) of oats (organic is better)
- Boil in your almond or oat milk.
- Add **stevia** or a little honey for extra sweetness if required or a few raisins

Rice pudding - You can have this for breakfast or desert, hot or cold

- Boil plain brown rice (organic if possible) and drain.
- Add your almond or oat milk.
- Add some cinnamon, raw chocolate

Cream of Buckwheat

- Soak 1 c. of Buckwheat overnight (or min. 3 hrs.)
- Soak also a handful of raisins in ½ cup of water
- Drain water from the buckwheat and rinse.
- Place in blender with: ½ apple, some cinnamon, ½ c. of water from soaked raisins and extra honey or water as you wish
- Serve with extra apple slices, the juicy raisins and a sprinkle of cinnamon

MAIN COURSE AND FILLING SNACKS

Pizza

Base

2 cups of spelt flour (500 ml)
1 teaspoon sea salt
2 tablespoons (30 ml) of olive oil
1 cup and a half water (400 ml)
1 teaspoon of honey
Half teaspoon baking powder

Mix all the above until it forms a dough, spread it out on a flat tin or the base of a wide pan. Use oil on fingers to spread it out. Add a little oil and flour to base of tin if you don't have cooking sheets. Place in oven for 10 minutes at 200°C

Topping

2 tomatoes
1 tbsp (15 ml) olive oil
1 teaspoon of oregano
1 clove of garlic

Put these ingredients into a food processor or use your hand blender to mix. Once the pizza base is cooked, spread the sauce onto the pizza base (in the center first then spread outwards)

Then add favorite veggies i.e peppers, mushrooms, onion, extra tomatoes, olives and some goat cheese or any other permitted cheese.

Exotic fish bake by Christina Weeks

Serves 4 -6

- 4-6 pieces of white fish or salmon
- 3 cloves of garlic
- 1 onion
- ¼ broccoli
- 6 chopped green beans
- 1 chopped carrot
- 3 tbsp (45 ml) coconut oil or another oil

- 1 cup (250 ml) coconut milk If available in carton or oat milk
- 1 teaspoon nutmeg
- Sea salt to taste

Topping

- 2 cups of spelt flour (500 ml)
- 4 tbsp (60 ml) sunflower or olive oil
- 1 teaspoon salt

First of all cook the broccoli, carrot and green beans in very little water until they start to soften then add fish, onion and garlic and the oil cook on a low heat for 5 mins, add the alternative milk of choice and nutmeg and salt.

Then for the topping mix all the ingredients in a mixing bowl with fingers until it's a crumble like texture add to the pan of fish as a topping and bake in oven until golden brown.

FISH VERACRUZ

- 2 tbsp. water
- 1 medium onion sliced in small pieces
- 2-3 cloves of garlic crushed
- (chilli optional if you like it spicy)
- 1 green pepper sliced
- 2 bay leaves
- 1 tsp cumin
- 1 tsp oregano
- Make tomato paste with 5 fresh ripe tomatoes (or use 1 x 300gr. Jar of tomatoes)
- 500g firm white fish (cut in bite-size pieces)
- 1-2 tbsp chopped fresh coriander (cilantro)
- Lemon juice
- Salt to taste (1 tsp)
- Olive oil (optional)

In a large saucepan, add the first 7 ingredients. Make the tomato paste by carving an X on the bottom of the tomatoes pouring boiled water over them, peeling them after 2 minutes and blending. Add the tomato paste to the saucepan and when it is boiling, add the white fish. Cook for 5 minutes and add last 4 ingredients.

Patata Batata by Christina Weeks

- 1 Sweet potato (large)
- 1 red Potato (large)
- Half a large onion
- Half a large red pepper
- 2-3 cloves of garlic
- Water (see below)
- Cold pressed Sunflower oil
- Half Tablespoon of cumin
- 1 Tablespoon (15 ml) full of tarragon
- Sea salt to taste

Add water to ceramic pan (fill it a quarter full only), let it boil and meanwhile chop the red potato into very thin slices add to the water then chop the sweet potato in the same way and add that.

Let those cook until nearly soft, meanwhile chopping up the pepper and onion into very fine slices, add those and a little sunflower oil meanwhile chop up the garlic into the pan (keep stirring) then add the herbs. Mix well and serve.

Tabouleh by Christina Weeks

- Half a bag of Bulgur wheat
- 1 lemon
- 1-2 cloves of garlic
- 1 cucumber
- Half avocado
- 1 half beetroot
- 1 tomato
- 1 pepper
- Fresh coriander
- Onion

Boil the bulgur as you would rice when it is round and fluffy it is ready! Drain off the water if necessary. Meanwhile chop up the veggies and herbs into small pieces (leave cold) and add to the bulgur, mix well and add oil and salt to taste.

BULGAR SALAD

- 1 cup (250 ml) bulgar wheat

- Pour boiling water over bulgar in a ceramic or pyrex bowl and let stand until water is absorbed and wheat is cooked (about 1 1/2 hours).
- Add oil, vinegar, garlic powder, salt and pepper and chill.
- Chop and chill vegetables and combine with cold wheat mixture. Return to refrigerator to let flavors blend for an hour or so if you have time.

(Estimate on vegetable quantities we use: 1/2 - 1 bunch green onions, 1 green pepper, 3 small tomatoes, 1/2 bunch parsley, 1/2 bunch spinach, about 4 ounces salad olives.)

BULGAR RICE PILAF

- 3 cups (750 ml) water
- 1/2 cup (125 ml) brown rice
- 1 cup (250 ml) bulgar wheat
- 1 cup each chopped: carrots, celery and onions
- Sea Salt and pepper to taste

Bring broth to boil, add rice, reduce heat, tightly cover and cook for 30 minutes. Add remaining ingredients return to a boil and reduce heat to maintain a simmer. Cover and cook 10 to 20 minutes longer, until rice and bulgar are tender.

Salads, Dressings & Dips

Flaxseed oil and Cottage cheese salad dressing

2 tbsp (30 ml) flaxoil, 1 cottage cheese, 1 yogurt, 1 tsp (5 ml) apple cider vinegar, 1 tsp lemon juice, 1 tsp raw honey, 1 tsp mustard, 1 clove garlic chopped and sometimes a little onion. Makes nice honey mustard. You can add 1/4 tsp (1.2 ml) turmeric and 1/4 tsp ginger. (Honey not candida friendly)

Miso-Ginger Dressing

- 1 cup (250 ml) water
- 1/2 tablespoon (7.5 ml) peeled and chopped fresh ginger
- 1-1/2 tablespoons (22.5 ml) mellow white miso (not candida friendly)
- 1 tablespoon (15 ml) lemon juice
- 1 tablespoon tahini
- 1/2 scallion, chopped
- 2 cloves garlic, chopped

- 3 tablespoons (45 ml) organic flax oil
- Combine all ingredients in a blender or food processor and process until creamy.

Tahini on Crackers

Simply spread Sesame Paste (Tahini) over a rye cracker and add a dash of Celtic sea salt for a delicious high protein and high calcium snack or addition to any meal. Also cut up fresh garlic and place it on the Tahini spread and then cover with another layer of Tahini so you experience no “burning” as you eat this incredible tasty and healthy combination

Sesame Seed Dressing (Flax for Life! book)

- 3/4 cup (185 ml) orange juice (not candida friendly)
- 1/4 cup (60 ml) flax oil
- 3 tablespoons (45 ml) sesame seeds

Blend all ingredients together vigorously in a mixing bowl, shaker bottle or blender. Delicious over salad or fresh cut-up fruit

Dr. Budwig's OleoLux (replaces Butter)

- 9 tbsps (135 ml) Flax Oil
- 18 tbsps (270 ml) Coconut Oil,
- half a medium onion
- 10 cloves of garlic.

Heat the coconut oil, add chopped onion and garlic, and cook until lightly browned. Strain through sieve, and let cool slightly. Add to flax oil, and refrigerate.

Herbal Bouquet Salad Dressing

- 2 cloves garlic, crushed 1/4 teaspoon (1.2 ml) dried oregano
- 1/4 cup (60 ml) organic flax oil
- 1/2 teaspoon (2.5 ml) dried savory
- 1/4 cup (60 ml) extra virgin sunflower seed oil
- 1/4 teaspoon (1.2 ml) ground coriander
- 4 tablespoons (60 ml) lemon juice
- 1/8 teaspoon (.6 ml) dried sage
- 1/2 teaspoon (2.5 ml) dried basil
- salt or salt substitute to taste
- 1/2 teaspoon dried chervil

- 2 teaspoons (10 ml) Dijon mustard (Not candida friendly)
- 1/4 teaspoon (1.2 ml) dried thyme

Combine all ingredients in a blender or food processor and process to an even consistency. Makes about 3/4 Cup (185 ml)

Fresh Mexican Salsa

A zesty traditional Mexican salsa made even better with the addition of flax oil. Great as a dip for tortilla chips or as a sauce on enchiladas, burritos, and tacos.

- 3 tomatoes, diced 1 small jalapeño pepper
- 4 sprigs fresh cilantro
- 1/2 cup (125 ml) tomato sauce
- 1/2 medium onion, diced
- 3 tablespoons (45 ml) organic flax oil
- 1 scallion, chopped
- Combine the tomatoes, cilantro, onion, scallion, and jalapeño pepper in a blender or food processor and process to desired consistency, chunky or saucy.
- In a separate bowl, combine the tomato sauce and flax oil. Stir to a uniform consistency.
- Mix everything together and chill until ready to serve. Makes 2 Cups

Guacamole

A great dip containing healthful essential fatty acids

- 2 ripe avocados, peeled and quartered
- 1 tbsp.(15 ml)(packed) chopped fresh cilantro leaves
- dash of sea salt
- pressed cilantro, cayenne and a wedge of lime for garnish
- 1 jalapeno pepper, seeds removed (optional)
- 2 to 3 tbsp.(30- 45 ml) chopped onion
- 1/2 tbsp.(7.5 ml) lemon juice

Place the avocados in a food processor and puree. Add the remaining ingredients and puree to a thick, even consistency. Transfer to a small bowl and garnish with cilantro, cayenne and a lime wedge.

Dr. Budwig's Salad Dressing/ Mayonnaise

- 2 tblsps (30 ml) Flax Oil

- 4 tblsps (60 ml) organic, low fat cottage cheese
- 2 tblsps (30 ml) milk (preferably raw) or almond or oatmilk
- 2 tblsps of Lemon juice or Apple Cider Vinegar.

Blend together, and add: mustard, chopped (organic) pickles, spices and herbs to taste. I used a small half pint canning jar on my blender.

Our Family's Favorite Avocado Recipe

- 1 ripe avocado, mashed
- 3 tbsp.(45 ml) salsa
- 1 tbsp. (15ml)Spanish onion, finely chopped
- 1 tbsp.(15ml) lemon juice
- 1/4 tsp.(1.2 ml) garlic powder
- 1/4 tsp.(1.2 ml) onion powder
- sea salt to taste
- 1/2 tsp. (2.5 ml)Vegit seasoning (optional)

Blend all the ingredients in a bowl and serve with cut up raw vegetables.

Chunky Avocado Dressing & Dip

Blend FOCC base:

3 TBSP (45 ml)kefir cheese
 3 TBSP cottage cheese
 3 TBSP flaxseed oil

.....

Then STIR in:

1 small mashed avocado
 1/2 tsp (2.5 ml) diced garlic
 1/4 cup (1.2 ml)diced onion
 1/4 cup (5 ml) diced tomato
 1 tsp (5 ml)lemon juice

- 3 cups (750 ml) Water
- 2 jar Black Beans
- 2 Stalks celery, chopped
- 1 Onion, chopped
- 1 tbsp (15 ml)cold pressed sunflower seed oil
- 2 Cloves Garlic

- 1 tbsp Fresh Ginger, chopped fine
- Black pepper to taste

Heat oil in skillet. Sauté onion until tender (5 min?). Add Celery, garlic, ginger -- cook 1-2 mins more to release flavors. Add everything else and simmer 30 mins or so to mix flavors and thicken a little.

Nut dressing, spread or dip

Make the following thicker with more nuts for spread or thinner for dressing with more cucumber.

- 1/2 cup(125 ml) of nuts (macadamia, walnuts or hazelnuts) grind in a coffee grinder
- Take out put in container to hand blend
- Add ½ clove of garlic
- 2 thick slices of cucumber
- 1 TBS (15 ml)of cold pressed sunflower seed oil
- 1 tsp (5 ml)lemon
- blend with a hand blender until smooth.

Hummus

A fantastic-tasting Middle Eastern dish to be used as a dip or as a filling in pita sandwiches. An excellent source of complete protein and, now, essential fatty acids.

- 1 2/3 cups (420 ml) cooked chickpeas (soaked overnight preferably)
- 1/4 cup (60 ml) tahini (sesame seed paste)
- 1/4 tsp. (1.2 ml) ground coriander
- ¼ olive & sunflower oil
- 1/4 tsp. paprika
- 2 tbsp. (30 ml) minced fresh parsley for garnish
- 3 tbsp. (45 ml) lemon juice
- 2 medium cloves garlic
- 1/4 tsp.(1.2 ml) ground cumin
- 1/4 cup minced scallions (optional)
- dash of cayenne

In a blender or food processor, process the cooked chickpeas, tahini, lemon juice, and oil until the mixture reaches the consistency of a coarse paste. Use as much of the garbanzo liquid or water as needed. Add the garlic, coriander, cumin, paprika, and cayenne and blend thoroughly. Transfer the

hummus to a bowl and stir in the scallions. Cover the hummus and refrigerate. Garnish with parsley before serving. Makes about 2 1/2 cups (375 ml)

Pine nut Basil Dressing

- 1 cup (250 ml) pine nuts soaked overnight
- 1 cup filtered water
- 2 cups (500 ml) fresh basil
- 1 TBS (15 ml) Nama Soy

1. Blend soaked pine nuts in a food processor with basil, water, and soy until creamy.

Soups, Vegetables & Entrees

Cream of Broccoli Soup

1 med onion, sliced 1 tsp (5 ml) salt
1 med carrot, sliced generous pinch of cayenne pepper or black pepper
1 stalk of celery with leaves, sliced 1 C.(250 ml) veg stock or more water
1 -2 cloves of garlic
1/2 C Raw milk, Oat milk --- or water
1/2 C.(125ml) filtered water
2 C (500ml) broccoli coarsely chopped

Simmer, covered, onion, carrot, celery, garlic, broccoli in water for ten minutes.

Transfer to container of electric blender; add broccoli, salt, cayenne. Cover and run motor on high. Remove cover and, with motor running, add stock and milk.

Steamed Vegetable Soup

Steam random veggies, throw them in the blender, and make soup.

Use either a small red potato or ½ sweet potato (sweet potatoes are a better food), onion, and then carrot, green pepper, turnip, asparagus, broccoli, cauliflower, zucchini (any or all - whatever I find in the garden or fridge).

Add 1 teaspoons (5 ml) of sea Salt, 3 Tablespoons (15 ml) of Nutritional Yeast flakes, 1/4 teaspoons (1.2 ml) cayenne pepper, 1/2 Tablespoons (7.5 ml) Kelp Granules (optional), and blend it to death along with the water that you steamed with.

Add ground flax seeds to each bowl.

The potatoes are comparatively high calorie, but the rest of the veggies are extremely low calorie, so you can eat as much of this soup as you want. It's a great way to include veggies that you don't

necessarily care for - it all tastes the same when it's blended up. You could include grains as well - you would want to blend them so that you would have a liquid diet.

Split Pea Soup

A warming and nourishing soup

- 5-1/2 cups (1375 ml) water
- dash of cayenne
- 1-1/2 cups (375 ml) split peas, rinsed and drained
- 1/2 cup (125 ml) chopped green bell pepper
- 1/2 cup (125 ml) minced carrot
- 1/2 cup (125 ml) quartered and thinly sliced carrot
- 1/2 tablespoon (7.5 ml) onion powder
- 3 tablespoons (45 ml) organic flax oil
- 1/2 teaspoon (2.5 ml) dried dill weed or 1 tablespoon (15 ml) minced fresh dill

Bring the water to a boil in a large pot. Stir in the peas with the vegetable stock or bouillon cube. Cover and cook over low heat for 1 hour.

Add the remaining spices and vegetables. Cover and simmer for 20 to 25 minutes.

Remove from heat and cool to serving temperature.

Stir in the flax oil and serve. SERVES 6

Whipped Acorn Squash and Yams A twist on tradition by adding flax oil.

- 2 large acorn squash, halved
- Dash of cinnamon
- 2 large or 4 medium yams
- grated nutmeg
- 1/2 cup (125 ml) fresh orange juice
- 3 tablespoons (45 ml) organic flax oil
- 1 tablespoon (15 ml) honey

Bake the squash and yams for 45 minutes to 1 hour or until tender. Scoop out the squash from the skins and place in a large mixing bowl or food processor. Remove the yam flesh from the skins and add to the squash. Add the orange juice, spices, and flax oil. Whip or mash together.

SERVES 6

The Vitamin Lady's Juice combo

- Couple of slices fresh ginger
- 2 cloves garlic
- 1/4 lemon
- 1 apple
- 2 lbs (almost a kilo) carrots
- Some broccoli, zucchini, beet or other solid fresh veggie
- Some kale, chard, bok choy, spinach or other leafy green
- Some pineapple, strawberries, blueberries or other soft fresh berry/fruit
- 2tblsps ground flax
- Powdered muscadine grape
- Aloe vera juice - 1 or 2 fl.oz (30-60 ml)
- Noni juice - 1 fl.oz(30 ml)
- Creamy Avocado Recipes

Borscht

Blend the following ingredients well in a blender

- 2 cups of water (500 ml)
- 3 beets
- 1 small root ginger (slice it first)
- 3-4 large cloves of garlic
- 6-7 bay leaves

Pour the mixture into a bowl.

Blend the following ingredients for a short time (about 30 seconds):

- 2 cups (500 ml) of water
- 2 carrots
- 2 stalks of celery
- 2 tablespoons (30 ml) of apple cider vinegar
- ½ cup(125 ml) of cold pressed sunflower seed oil
- 1 tablespoon (15 ml) of honey
- sea salt to taste

Add ½ cup walnuts and blend on low speed very quickly, so they just break into small pieces but are not blended. Pour into the same bowl and stir.

Dice or grate:

- ¼ head cabbage
- 1-2 carrots
- 1 bunch parsley

Add grated ingredients to the blended mixture. Stir and serve. As an extra kick, add a blob of almond paste.

Cold Creamy Carrot Soup

- 3 cups (750 ml) fresh carrot juice
- 1 large avocado
- handful of alfalfa sprouts cut into thirds
- small sprig of parsley or cilantro leaves

1. Make carrot juice.
2. Cut avocado in half.
3. Place carrot juice and avocado in blender, and blend until smooth.
4. Put sprouts and parsley on top of the soup.
5. Note: Any combination of vegetable juice can be used to make soup.

Zucchini Surprise

- 3 shredded zucchini
- 2 red apples cut in small pieces
- 1 avocado cut in small slices
- cumin to taste
- sea salt to taste

1. Mix all ingredients together and serve.

Lentils Soup

250g lentils
2 carrots (diced)
1 onion (diced)

2 garlic cloves (grated)
4 Tbsp (60 ml) of paprika
3 tbsp cumin (45 ml)
4 tomatoes
1 red pepper

¼ cup (60 ml) oil

Salt to taste

Boil lentils in water and salt then add carrots, onions and garlic to soup until the lentils are soft.

Meanwhile cut and chop, tomatoes, and red pepper.

Add the fresh tomatoes and pepper to your dish at the end and serve with a drizzle of oil and more salt if needed.

Black Bean Soup

This soup can be made up to 4 days ahead: simply pour it into an airtight container, refrigerate, and reheat to serving temperature.

- 2 cups (1 ltr or 1000 ml) black beans (preferably soaked overnight)
- 1/2 medium red onions, chopped (or any onion)
- 2 tsp salt
- 4 cups (500 ml)water
- 2 large cloves garlic, minced
- 2 tsp cumin
- 1/2 teaspoon (2.5ml)chili powder (optional)
- 2 avocados
- 1 celery stick
- 2 tomato
- Olive oil

Cook the bean in water and salt in a large soup pan. Add the onions and garlic and boil until beans are soft. Add the cumin.

While the soup is cooking, chop up the avocado, celery and tomato and put together in a separate dish

Serve the soup in bowls and add the fresh veggies to each portion

Add a drizzle of olive oil and salt if needed.

QUINOA SOUP

In a sauce pan, put 3 tbsp of water, 2 cloves of garlic and some cumin

When heated, add carrot, celery and the soaked quinoa from the night before (about 8 hrs.)

Add double the amount of water to quinoa and allow to boil for 15 min. covered

When the Quinoa is soft, add ½ cup of Oatmilk, some feta cheese and fresh chopped coriander and serve.

Sea Vegetable Slaw

- 1 handful of hijiki seaweed, soaked and drained
- 1 handful of chopped cilantro
- 1 handful of chopped scallions
- 4 cups(1 ltr or 1000 ml) of shredded cabbage
- vegetable seasonings, or herbs to taste

1. Mix all ingredients in a bowl, and serve.

Live Food Fruit & Nuts

- 20 small apples
- 1 quart (1 ltr or 1000 ml) soaked almonds
- cinnamon, nutmeg, allspice, cloves, ginger

1. Process the apples in a food processor.

2. Process the almonds in a food processor.

3. Blend the processed apples and almonds in a bowl, and add spices to taste.

Simple Wakame Salad

- 1 clove garlic, grated
- 1/2 teaspoon (2.5 ml) grated ginger
- 1/2 avocado
- sea salt to taste
- 3 cups (750 ml) greens (sunflower, buckwheat, spinach, lettuce, etc)
- 1 cup (250 ml)soaked wakame seaweek

(optional): tomatoes, walnuts, pecans, almonds or pine nuts

Grate the ginger and garlic. In a small bowl, mash the avocado, ginger, garlic and Bragg's together. Break greens and wakame up into bite size pieces. Toss all ingredients together thoroughly.

Sweet Potato Salad

- 1 large sweet potato
- 2 carrots
- 1 courgette
- Slice finely ½ onion and add 1 avocado in large slices. Mix well

Dressing:

- 6 Tablespoons (90 ml)(SoupSpoon UK) sunflower seed oil
- 1 teaspoon (5 ml)apple cider vinegar
- 1 teaspoon of celtic sea salt
- 1 teaspoon oregano
- Mix well and pour over salad

Mock Meat Loaf - Recipe contributed by Michele Homer

- 1 beet, grated
- 1-2 sweet potatoes, grated
- 1-2 white potatoes, grated
- 1 turnip, grated
- 1 onion, cut-up
- 3 celery stalks, with leaves

1 pound of raw walnut. Put each item in a food processor individually. When each item is processed, place in a large bowl. Mix together and refrigerate overnight. Next day, shape into a loaf. Add to your rice, baked potato or other grains permitted.

ALMOND DRESSING/DIP

Blend with hand blender or food processor:

1 cup of soaked almonds, Little garlic, ½ lemon's juice, 2 tbsp oil, ½ cup water, 1 tsp salt

GUACAMOLE DRESSING/ DIP

Blend with hand blender: 1 avocado, a little bit of broccoli, salt and garlic to taste, ¼ of lemon's juice, cover with water

Tomato sauce

Make a raw sauce with the following:

- 1 cup (250 ml) of chopped tomatoes per person
- 1 garlic glove or as required grated
- 1 green or red pepper, chopped
- 3 mushrooms, sliced
- oregano or fresh coriander (you can change the herbs but these are the most popular)
- 1 Sundried tomatoes in olive oil per person

Mix the first 5 ingredients and add the oil from the sundried tomatoes, chop the sundried tomatoes and add them to the mix. Serve over pasta or healthy bread.

Homemade sauerkraut (and sauerkraut juice)

Utensils:

- 1] Fermentation container (glass, glazed crock, food grade plastic)
- 2] Plate to hold cabbage down (dinner plate, glass plate, oak plate, plastic)
- 3] Weight to hold plate down (water-filled jars, well-cleaned smooth rock).
- 4] Towel to cover fermentation container.

Ingredients:

- 1.5 kg (3.3 lb) cabbage (after outer leaves and cores have been removed).
- 1 tablespoon (15 ml) Himalayan Crystal Salt or Celtic Sea Salt

Directions:

Discard outer leaves. Cut heads into four wedges. Discard cores. Shred. Put a layer of shredded cabbage in a suitable fermentation container. Add some of the salt, mix. Compress cabbage firmly (using clean fist) until salt and pressure draws juice from cabbage.

Repeat above step with another layer of cabbage, some salt and compressing it. Repeat until all cabbage and salt is in the container.

Juice must be at least 1" to 2" (2.5 - 5.0 cm) above the cabbage at while fermenting. If juice does not cover cabbage in that way add clean chemical-free boiled and cooled water with 1 teaspoon (5 ml) of salt per 500 ml water.

Insert a dinner plate or glass pie plate into the fermentation container. The plate must be slightly smaller than the container opening, but large enough to cover most of the shredded cabbage. Weigh it down with jars filled with water or a well-cleaned rock.

Cover container opening with a clean towel to prevent insects and dust from entering. Check kraut two to three times per week and remove scum.

Keep kraut in a warm place.

The ideal fermenting temperature range is 70-75°F (21-24°C). The sauerkraut should be ready in 3-4 weeks.

If it is 55-65°F (13-18°C), it will take 5-6 weeks.

If it is below 55°F (13°C), it may not ferment.

If it is above 80°F (27°C), it may spoil.

DESSERTS

Please note: Xylitol can be added to any of these recipes if you like it sweeter, however only use XYLITOL made from Birch trees

Yummy Goop

- Dates
- Pine nuts (soaked overnight)
- Apples (optional)

Ratio of 3 parts pine nuts to 1 part dates

1. Soak pine nuts overnight
2. Put dates and nuts in the Champion juicer.
3. Garnish with apples

4 cups of shredded cabbage, vegetable seasonings, or herbs to taste

Mix all ingredients in a bowl, and serve.

Banana Split by Christina Weeks

Slice 1 banana in half lengthways and add whatever other chopped fresh fruit preferred.

Break up some walnuts or any other nuts you like over the fruit.

Take 1 tsp (5 ml) of chocolate powder and 1 TBS (15 ml) spoon of extra virgin coconut oil mix well to form a chocolate syrup pour on top and enjoy.

Avocado Moose Desert by Christina Weeks

- 1 Avocado
- 1 Banana

- 1-2 TBS (15-30 ml) of either or all of the following oils cold pressed sunflower seed oil, flaxseed or organic coconut oil.
- 1 tsp (5 ml) of raw organic chocolate powder (optional)
- 1 cup (250 ml) of walnuts.

Banana Chocolate Cake

Mix together with hand blender:

1/2 cup, (125 ml) coconut

2 organic eggs

3 or more ripe bananas, depending on size

1/3 cup (90 ml), or 5 dessert spoons yogurt

Pour liquid mixture into mixing bowl, and add:

2 1/2 cups or 20 ounces (25 ml) spelt flour

2 teaspoons (10 ml), bicarbonate of soda

1/4 teaspoon (1.2 ml) Celtic sea salt

5 or 6 dessert spoons (90 ml) of cocoa, depending on your taste for chocolate

2 teaspoons (10 ml) stevia powder or more to taste

Mix well and add slowly 1 cup (250 ml), 8 ounces, boiling water-

Pour into large cake pan, about 30cm. by 25cm. or large tube pan with hole in center.

Bake for about 30 min. at medium heat. 200 degrees C. until inserted toothpick or small knife comes out clean.

Ice Cream Basic Vanilla (and you can add berries, nuts and juices to make it another flavor)

3 Tbsp (45 ml) flaxseed oil

3 Tbsp milk (OAT OR ALMOND)

1 Tbsp (15 ml) honey

100 g. (125 ml) Quark

1 tsp (5 ml) ground vanilla

Mix Quark, Flaxseed oil, milk and honey in blender. Mix well with the vanilla. Pour into container

with liquid and place in freezer. Very smooth when frozen. You could get it very cold without freezing and eat it that way.

Mango passion

- 2 small glasses of water
- 2 mangoes
- 2 tangerines
- 2 passion fruit
- ½ pineapple

Watermelon wonder

- 1 small glass of water
- 2 big slices of watermelon with the black seeds
- 1 peeled cucumber
- 1 tablespoon (15ml) chopped ginger

Kiwi delight

- 1 small glass of water
- ½ honeydew or green melon
- 4 kiwi fruit
- 1 green apple
- 1 green pear
- Juice of 1 lime

Tomato cooler

- 2 small glasses of water
- 4 large tomatoes
- ½ large cucumber
- ½ bunch watercress
- Juice of orange or lemon
- 4 fresh mint leaves
- 1 tsp (5 ml) of Mistletoe powder
- Sea salt and Tabasco/Worcester sauce to your taste

Green Cream Cooler

- 2 small glasses of water
- 1 bunch parsley
- 1 small romaine lettuce
- 1 handful watercress
- 2 handful berries
- Juice of 1 lime

Fennel and apple

- 2 small glasses of water
- ½ pineapple
- 2 sweet apples
- ½ bulb young fennel

Remember that you can add nuts and seeds, spices and fresh herbs. I love coconut powder, carob powder, cinnamon and all-spice.

Apples, pears, bananas are staple fruits for smoothies so experiment with as many variation as you like.

Peach with mint

- 2 small glasses of water
- 4 peaches or nectarines
- 1 apple
- Juice of 1 lime
- Small handful of fresh mint leaves

Combining fruits and vegetables seems the easiest way to add Superfood. Here is one that you can try

Red Power Punch

- 1 cup of water (250 ml)
- 1 handful tender beetroot leaves
- 1 red pepper
- 12 large strawberries or other berry
- 1 slice watermelon or red grapes, with seed preferably

APPLE PIE

- BASE: 1 cup of soaked almonds and walnuts blended with 8-9 dates and juice from 1 orange
- FILLING: 3 cups of shredded apples, 1 cup of soaked raisins
- 1 ½ cup of soaked cashews, ¼ tsp nutmeg, ½ tsp cinnamon, ½ cup of water from soaked raisins
- 2 tbsp honey
- Blend last 5 ingredients and then mix this sauce with apples and raisins. Place over the base and decorate with fruit if you wish or coconut

FRUIT LAYER CAKE

Same base as “Apple pie”

Place a layer of fruit slices of your choice (kiwi, nectarine, peaches...)

Sprinkle some raisins and coconut over the base

Blend 3 tbsp of quark with vanilla and honey or water and stevia to sweeten

Add ground almonds (from coffee grinder) into the quark “whipped cream” and place as another layer

Top off with another layer of the slices of fruit of your choice and maybe some more ground nuts on the top.

Serve with a few extra fruit slices

Lemon Cheesecake – contributed by Christina Weeks

(You need a coffee grinder and good processor to do this properly)

Grind 3 TBPS (45 ml) of flaxseeds with the coffee grinder (3 TBPS per person)

Add 1 handful of raw oats (1 handful per person) along with the ground flaxseeds into the food processor along with 1 banana and some cold pressed sunflower seed oil and blend for 2 minutes

Put into dish as a base and pat down and freeze (optional)

Add ½ cup (125 ml) of cottage cheese and 3 TBPS (45 ml) of flaxseed oil (as per the Budwig recipe) into a blender and blend with the rind of a whole lemon and add the juice as well

Spread on top of base; add slices of banana (decoration) Enjoy!!

Carrot Fruit Cake - Recipe contributed by Laurie Godbois

Cake:

- 1 cup(250 ml) dried figs, soaked
- 1 cup raisins, soaked
- 1/2 cup (125 ml) pitted dates
- 4 cups (1 ltr or 1000 ml) shredded carrots
- 3 cups soaked nuts (750 ml)(almonds, walnut, or cashews)
- 1/2 teaspoon (2.5 ml) each: ginger, cloves, cardamom

Topping:

- 1/2 cup (125 ml) dates
- 1/2 cup cashews
- 1/2 cup soaking water

Soak figs, raisins and dates in 3 1/2 (425 ml)cups of water for one hour, reserving liquid. Soak nuts in 5 cups (1250 ml) of water for 8-12 hours. Drain, rinse and drain nuts again. Place nut in food processor and chop finely, place in large bowl. Add figs, raisins, dates and spices to processor and process until smooth. Pour mixture into bowl with the nuts. Mix well. Add carrots mix thoroughly. Form mixture into desired shape.

Process dates, cashews and soaking water until smooth. Spread on top of the cake.

Carob Pudding - Recipe contributed by Lena Aurora

- 2-3 avocados
- 1 3/4 (437 ml) cups dates, pitted, cut up
- 1/2 - 3/4 (125-185 ml)cup water
- 3 tablespoons (45 ml) raw carob powder

In a blender, place avocados and blend until smooth. Add dates, a few at a time, with water and blend until smooth. Add carob and blend until mixed in. Pour mixture in a serving bowl and chill. Serves 4-6

Hot Carob Cereal (from *The Healing Power of Flax* by Herb Joiner Bey, N.D)

- 2 1/4 (560 ml)cups water or rice milk
- 1 cup (250 ml) oatmeal
- 1 tablespoon (15 ml) unsweetened carob powder
- 1/2 teaspoon (2.5 ml) cinnamon
- 2 tablespoons (30 ml) flax oil
- 1 tablespoon (15 ml) raisins

Bring the water or rice milk to a boil. Stir in the oatmeal, carob powder, and cinnamon. Cook for 3 minutes. Remove from heat and stir in the flax oil, raisins, and honey. Let sit with lid on for 1 minute. Serve topped with yogurt if desired. Serves 1-2

Raw Chocolate

Blend well

- 1 250g bag of preferred raw nuts (almonds, cashewsc macadamian SOAKED FROM THE NIGHT BEFORE
- 8 dates (be sure there is no sugar added as a preservative) – remove stones
- ½ cup (125 ml)of cold pressed olive oil into a food processor

Then add

- ¾ cup (185 ml) of shredded coconut
- 1/3 cup (90 ml) of raw chocolate powder

Mix well - Put it the freezer overnight before serving

*Footnotes:

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4 Aenold J Clean out your arteries---at home, without a needle, and at a fraction of the cost. Health Sciences Institute Members Alert August 2003 pg 1-4 © 2004 Dr. James Howenstine - All Rights Reserved *Dr. James A. Howenstine is a board certified specialist in internal medicine who spent 34 years caring for office and hospital patients. After 4 years of personal study he became convinced that natural products are safer, more effective, and less expensive than pharmaceutical drugs* **Footnotes on Aloe Vera, Honey and Whisky Remedy**

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