

## THE WHAT-WHIG DIET?

Rebecca Montrone – Wondrous Roots

Last time I told you I would share a few more nutritional strategies pertaining to cancer before moving on to shed some intriguing light on the subject of cardiovascular disease. I am going to talk about the *Budwig Diet* today. I saved this for last, because you will certainly laugh and call me the quack of all times. Picture this; your doctor shakes his or her head sympathetically while pronouncing a diagnosis of cancer. Instead of freaking out, you glance over to your spouse and say, “Honey, on the way home let’s stop by the store and pick up some cottage cheese and flaxseed oil.... Thanks, Doctor. See you next year.”

You might think it a bit cruel of me to be so flip about as serious and tragic a subject as cancer, but you have to hear this. Johanna Budwig (Yah-hun-nah Bood-vig) was born in 1908 and died in 2003. She was a German pharmacologist, chemist, and physicist, holding a doctorate in chemistry and physics. She worked as the chief expert-consultant for drugs and fats at the former Bundesanstalt für Fettforschung (Federal Institute for Fats Research). She was a seven times Noble prize nominee and considered “the world’s leading authority on fats and oils.” She authored several books on the subject of fats and cancer, as well as many scientific papers and treatises elucidating the role of the right fatty acids and the harmful effects of the wrong fats in health.

The biographical information in the above paragraph, by the way, is taken from *Healing Cancer Naturally: Authentic Information on Dr. Johanna Budwig’s Diet & Protocol*. For much more information than I am able to share check out the very thorough and helpful [www.healingcancer Naturally.com/budwig\\_protocol.html](http://www.healingcancer Naturally.com/budwig_protocol.html).

Simply put, the *Budwig Diet* is a combination of cottage cheese and flaxseed oil in the proper ratio and always eaten together. Combine 2/3 cup cottage cheese with 6 tablespoons of organic flaxseed oil (store oil in refrigerator) and eat this serving once daily. The cottage cheese itself is higher in sulfuric content than onions and garlic, believe it or not! Dr. Budwig explained that the Western diet was significantly lacking in linoleic acid, found here in the flaxseed oil. Her decades of research led her to the conclusion that the use of oxygen in the body, which is one of the best ways to “erase” cancer cells, can be stimulated by protein compounds of sulphuric content, which make oils water-soluble and which are present in cheese, nuts, onion and vegetables such as leek, chives, onions and garlic, and especially in cottage cheese.

Dr. Dan C. Roehm, M.D., FACP, an oncologist and former cardiologist wrote an article in 1990 in the *Townsend Letter For Doctors & Patients*. He said: “*This diet is far and away the **most successful anti-cancer diet in the world.** What she (Dr. Johanna Budwig) has demonstrated to my initial disbelief but lately, to my complete satisfaction in my practice is: **CANCER IS EASILY CURABLE.** The treatment is dietary/lifestyle, the response is immediate; the cancer cell is weak and vulnerable; the precise biochemical breakdown point was identified by her in 1951 and is specifically correctable, in vitro (test tube) as*

*well as in vivo (real). I only wish that all my patients had a PhD in biochemistry and quantum physics to enable them to see how with such consummate skill this diet was put together. It is a wonder.”*

During her lifetime, Dr. Budwig was able to achieve a 90% cure-rate with this very simple and affordable diet. If you are fighting cancer presently, using whatever methods, adding this little meal to your daily routine might just make all the difference in the world. Give it a try!