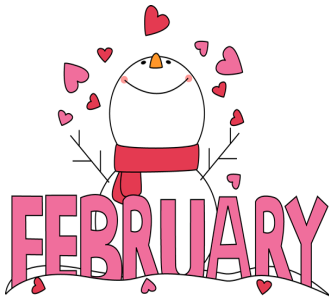


Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN



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Tuesday – Saturday
9:30 am-5:30 pm

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Happy
Valentine's
Day

THE AMAZING BUDWIG PROTOCOL

Hippocrates, the father of medicine, might be credited with saying “Let food be thy medicine, and let medicine be thy food,” but biochemist Dr. Johanna Budwig is known for making this belief a reality. One of the top experts on fats and oils in the 1950s, Dr. Budwig found that the right combination of quark or cottage cheese and flaxseed oil has therapeutic properties in preventing, treating, and even curing cancer. The Budwig protocol is necessary for many alternative treatments - from type 2 diabetes to cancer to heart disease to autoimmune disease. It’s purpose is to energize cells by restoring the natural electrical balance in the cell. Many diseases are caused by “sick cells” which have lost their normal electrical balance; generally via a lower ATP energy in the cell’s mitochondria. The purpose of the Budwig protocol is to convert oil-soluble omega-3 fatty acids into water-soluble omega-3 fatty acids. Dr. Budwig was born in Germany in 1908. She passed away in 2003 at the age of 95. She has been referred to as a top European cancer research scientist, biochemist, blood specialist, German pharmacologist, and physicist. Dr. Budwig was a seven-time Nobel Prize nominee. Her research has shown the tremendous effects commercially processed fats and oils have in destroying cell membranes and lowering the voltage in the cells of our bodies, which then result in chronic and terminal disease. Conventional medicine ignores the fact that the cells of our body fire electrically. We are indeed electrical beings. Cells have a nucleus in the center which is positively charged, and the cell membrane, which is the outer lining of the cell, is negatively charged. Dr. Budwig discovered that when unsaturated fats have been chemically treated, their unsaturated qualities are destroyed and the field of electrons removed. Without the proper metabolism of fats in our bodies, every vital function and every organ is affected. This includes the generation of new life and new cells. Our bodies produce over 500 million new cells daily. During cell division, the cell, and new daughter cell must contain enough electron-rich fatty acids in the cell’s surface area to divide off completely from the old cell. When this process is interrupted the body begins to die. In essence, these commercially processed fats and oils are shutting down the electrical field of the cells allowing chronic and terminal disease to take hold of our bodies. Dr. Budwig noted that this process also results in the formation of tumors. However, she found that this can be reversed by providing the simple foods, cottage cheese and flaxseed oil, which revises the stagnant growth process. This naturally causes the tumor to dissolve and cure cancer. Dr. Budwig did not believe in the use of growth-inhibiting treatments such as chemotherapy or radiation. She is quoted as saying: “I flat declare that the usual hospital treatments today, in a case of tumorous growth, most certainly lead to worsening of the disease or a speedier death, and in healthy people, quickly causes cancer.” Dr. Budwig discovered that when she combined flaxseed oil with its powerful healing nature of essential electron-rich unsaturated fats, and cottage cheese, which is rich in sulfur protein, the chemical reaction produced makes the oil water-soluble and easily absorbed into the cell membrane. There are testimonials of people from all around the world who had been diagnosed with terminal cancer (all types of cancer), sent home to die and were cured and are living healthy, normal lives. Not only had Dr. Budwig been using her protocol for treating cancer in Europe, but she also treated other chronic diseases such as arthritis, skin diseases, autoimmune diseases, diabetes, respiratory and digestive issues, stroke, and brain disorders. Her protocol proved successful where orthodox traditional medicine was failing. Dr. Budwig often took very sick cancer patients from the hospital with only hours or a few days left to live and had excellent results with her protocol, most of the time. ~ over ~

If you suffer from cancer, Dr. Budwig recommended consuming up to 8 tablespoons of flaxseed oil (in the mixture) daily. Otherwise, 1 tablespoon per day of flaxseed oil can be taken to prevent cancer. The pathogenesis of cancer can be stimulated by toxins in our environment and all sources of these toxins should be eliminated. This includes trans fats, genetically modified foods, and carcinogen-ridden cooking tools such as Teflon coated pans and plastic, and all processed foods. It is of utmost importance to only use high quality ingredients to promote optimal health and healing. Cold pressed organic flax oil with no added lignans can be found in the refrigerator section at Organic Roots. It is contained in a dark bottle and should be kept refrigerated and never used past its expiration date. Organic low fat cottage cheese contains probiotics and enzymes which even those with dairy sensitivities can tolerate. Those who are severely lactose intolerant might want to take the enzyme *lactase* with the mixture. People living in many European countries will have access to quark. Purchasing lower quality cottage cheese inhibits the necessary chemical reaction from occurring between the sulfur groups and fatty acids. Preservatives and hormones in poor quality cheeses coupled with high heat pasteurization processes destroy the quality sulfur-containing protein. A chemical reaction takes place when the sulfur groups in quark or cottage cheese bind with unsaturated fatty acids in flaxseed oil. This reaction allows the flaxseed to become water-soluble and enter into a cell to supply energy. Imagine the cells in your body are the same as the battery in a car. Our cells also require electrical energy in order to run and energize all of our life-giving biological functions. In order for a dead car battery to be recharged, it requires jumper cables to supply an electrical current from a good battery. The combination of quark or cottage cheese and flaxseed oil work together and function like jumper cables. This supplies oxygen to the cells and reverses disease. This is a very powerful protocol when done properly and has healed thousands of people with chronic and terminal diseases. Dr. Budwig also mentions that this protocol strengthens the brain and helps prevent and reverse Multiple Sclerosis, ALS, Parkinson's disease, and Alzheimer's disease. The same applies to nerve functions and for regeneration within the muscle after strenuous muscle activity, in the so-called oxidative recovery phase during sleep. The mixing ratio is two tablespoons of cottage cheese to one tablespoon of oil. Mix only the amount you are consuming at one time so it is mixed fresh each day and every time. One should probably start slowly with the oil, maybe just once a day and work their way up letting the body adjust to the protocol. Dr. Budwig pointed out that cancer patients once starting the protocol and getting it under control must continue with a maintenance dose to prevent reoccurrence. A maintenance dose is considered 1 TBSP. of the oil per 100 pounds of body weight. Dr. Budwig has written several books and they are a must read for anyone trying to heal themselves from a terminal or chronic disease.

Dr. Budwig advised specific recommendations in order to beat cancer. The following is a list of guidelines for using her protocol:

- Drink only purified water
- Receive adequate amounts of sunshine to stimulate healing in the mind and body
- Eliminate all processed foods from your diet
- Do not consume sugar, meat, or animal fat
- Prepare only fresh and organic fruits and vegetables
- Prepare and eat foods immediately, never use leftovers
- Avoid all drugs and synthetic supplements
- Always grind flaxseeds fresh and consume within 15 minutes of grinding
- Mix quark or cottage cheese and flaxseed oil in a 2:1 ratio and blend until no visible oil remains floating
- Do not mix in added ingredients until final cheese mixture results

How to prepare the Budwig Diet mixture

1. Place 1 TBSP. of cold pressed organic flaxseed oil into a glass container.
2. Mix in 2 TBSP. of organic, low fat (2% or less) cottage cheese or quark.
3. Never by hand, and preferably using an immersion blender, blend the two foods for 1 minute. This will result in a whipped cream-like consistency.
4. Grind 2 TBSP. of either organic golden or brown flaxseeds in a coffee grinder for 1 minute until an airy, fluffy appearance results. Place ground flaxseed in a separate glass bowl. Add the cheese and oil mixture to the ground flaxseed and stir with a spoon to combine.
5. Organic fruits, nuts, and spices can be added on top for a tasty meal.

Remember, 1 TBSP. of flax oil plus 2 TBSP. of organic low fat cottage cheese or quark is recommended for every 100 pounds of body weight. The recipe can be adjusted according to dosage needs as well as for its intended purpose to treat the severity of cancer symptoms. Always prepare and consume the mixture fresh!

Organic Roots  Bistro

BUSINESS HOURS:

TUESDAY— SATURDAY 9:30 AM—5:30 PM
Closed Sunday & Monday