

A PERSONAL ACCOUNT OF USING
THE BUDWIG DIET LINSEED OIL-COTTAGE CHEESE MIX

by Alan and Mabel Morton

Cold-pressed and raw linseed (aka flaxseed) oil of the first pressing is 58% Omega 3. The oil is used to make the C/Cheese and Flaxseed Oil mixture which must be rapidly mixed to emulsify the oil which now makes it water soluble. A Cod liver fish oil has less Omega 3 than flaxseed oil and has the added danger of probably containing 500 times more heavy metal such as Mercury than the safe level recommended by government. This due to the extremely heavy polluted areas of seas where the fish are caught. Actually one capsule of cod liver oil is pretty well a waste of time taking anyway as the amounts are so small by the time it reaches the stomach there is nothing left to digest. Plus probably 40% is destroyed by stomach acid before it enters your system.

Purely from a personal view the mixture has made a great improvement in my wife's condition. She developed breast cancer in the 90's. She was given radio therapy and following this and over a 12 year period was one of 3000 testing new drugs. Tamoxifen, the first one tested worked for just over 5 years before failing. The second drug tested was Arimidex. Again this worked for just over the 5 years before failing. Finally with no new drugs being discovered or produced she opted for a mastectomy to save her life. Again this worked for another 5-6 years before the disease returned. With no new drugs on the market there was nothing more that could be done for her.

At this critical time we were fortunate to be offered an alternative treatment from America. I cannot guarantee this will help everyone and can only offer a personal opinion and those many others who have benefitted from this wonderful medication. - I can vouch for the vast improvement of my wife's condition with a definite visual healing taking place and a halt to any spreading. For myself and others I can also vouch for remarkable improvement for those suffering Prostate problems, Arthritis, Eczema and other skin diseases, heart fibrillation, Cardio Vascular problems, COPD It certainly reduces high blood pressure, will cure Diabetes and greatly assists with the problem of dementia and MS - plus of course remarkable improvements and cures of Cancers of many types. All human beings suffer a lack of oxygen which protects the body from a vast number of diseases. This medication not only cures but protects the body from disease by putting oxygen into the system. . I must add that although 16 weeks is the recommended full treatment we decided on taking the full treatment for 5 times longer – almost 2 years before going on to the protective half measure. This was well worth it!

Cures like these upset 'Big Pharma' who do everything to discredit it. The reason? Firstly it works! Secondly if they could they would produce it and patent it and make billions from the NHS. Instead of £1 per day it would probably be £100 per day to successfully treat a variety of diseases. The problem for them is that by law they cannot patent a natural product.

There are different qualities of the Flaxseed (Linseed oil). Some of the more expensive varieties have been further purified reducing its potency & efficiency (some also had antioxidant oils added which works against the principles of the Budwig Diet). This cold pressed linseed oil is fed racehorses worth £millions because it is the best and works!

The best raw (unprocessed and cold-pressed) oil is from Flax Farm. They have special deals when buying in bulk.

Having been through the process of buying inferior oil from a different supplier I have nothing to gain personally recommending 'Flax Farm' apart from their very caring attitude toward cancer sufferers and the guaranteed top quality oil produced. They sell only oil with

'Pressing Date' NOT a best before date. A very important point, Flax Farm oil is guaranteed not to contain POISONOUS GMO' flaxseed. As you may be aware any GMO food is very toxic and dangerous to health.

Flax Farm, UK producers and manufacturers of flaxseed appear to be one of the top suppliers of the oil and their website contains much detailed information including some details of its cancer curing capabilities. It also guarantees the time from pressing to when you purchase it. Unfortunately some suppliers do not do this and the oil is quite old, dark and bitter as it has been kept too long before use and you must not buy this and certainly do not consume it!

To assist your own healing we have had 3 years to discover how to reduce the price tremendously – buy from a genuinely reputable supplier and how to mix the product for best results.

Should you have positive results after the 16 week course I would greatly appreciate your findings that I may pass this on and help other sufferers. Google search Flax farm & order Flaxseed oil. Just store in a cool cupboard. (We always store the oil in the original container in the fridge.) The container is already lightproof which is important. Should you keep it longer than 4 months then it can be poured into smaller DARK bottles and kept in the fridge. If any Flaxseed oil just gives 'Best before date' don't buy it. It should read 'Pressed on such and such a date' which will be quite close to the delivery date. The fresh oil has very little taste except for a nutty flavour.

Radiation therapy treatment and Chemotherapy actually kills more patients than the cancer. These are facts which are not advertised. Most so called successful treatments will last only about 5-6 years before the problem returns. Some survive but only a small minority.

Good luck and please let me know results after 16 weeks if possible.

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How to make the Budwig recipe.

This mix makes enough for one meal. Ideally prepare fresh every meal and consume twice per day; breakfast and lunchtime.

- 50ml or 2 oz flaxseed oil.
- ½ cartons quark unsweetened cottage cheese or Total Greek yoghurt

Use an electric liquidizer, preferably heavy duty 800watt or more. Small handmixer will burn out after a while so invest in a good quality liquidiser. £100 or more.

Pour the oil up to 50ml level on liquidizer.(measure and mark glass with a permanent marker pen)

Add the 100mg cottage cheese/Greek yoghurt.

Greek yoghurt is superior to normal yoghurt. (It is more like the original quark Dr Johanna Budwig would have used)

Add fresh fruits and chopped nuts and ground linseed. Even certain fresh vegetables! We use banana or strawberry.

One thing to avoid is POISONOUS SUGAR. Obviously we cannot avoid sugar entirely but don't add it to the mix.

Cancer and other diseases feed on sugar. Oxygen destroys microbes and parasites the cause of disease.

The Budwig diet produces this oxygen in greater quantities.

To mix the cheese correctly with the oil it must emulsify. To ensure this happens, when adding the yoghurt/quark/cottage cheese it is ok to add a little skimmed milk which ensures the mixture is thinner and it therefore beats and emulsifies easier.

The following way we mix it, having considerable experience now. Pour the oil directly from the bottle up to the pre-marked level on the glass liquidizer. Tip in the cottage cheese. Stir the contents well with a spoon. Turn on power and liquidise for a minute or so until the swirling ingredients decides to emulsify. Pour into a serving dish.

Emulsified Omega-3 Flaxseed oil and quark is water soluble when thoroughly mixed with the cheese and is absorbed into the blood stream easily to do its work. Plain oil taken in large quantities that is not emulsified (water soluble) is not best for you so mix it properly and feel the benefits within weeks.

Any questions not covered please email and we will try to help.

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Do not eat until 2 hours after other food or eat 1 hour before other food. To eat whole portion for breakfast is extremely good for dieters. It can last you all day stave off those pangs of hunger.

Once you start the 16 week course DO NOT stop until the course has finished. Sometimes after 2 months individuals get fed up or complacent. This mixture may cure you of several problems. It must be worth a couple of £ per day to have a healthy body.

After the 16 weeks, should you feel you need another course then do so. For those with other issues who wish to ensure protection against contracting disease take a 16 week course at half measure.

For cancer and most disease sufferers, sugar is an enemy of your healthy body. Whenever you can avoid sugar do so as cancer cells feed and thrive on sugar.

The Flaxseed/Cottage cheese mixture when eaten creates vast amounts of oxygen. Cancer cells are anaerobic; cannot survive in an environment of oxygen and the cell dies.

Finally to be healthy and not encourage illness it is important to eat properly. No Bacon or Red meats or processed meats. Lots of fresh fruits and veg. Even though many of those going the whole hog including the diet have actually been cured of cancer there are many of us who do not eat as healthily as above. However, our health still positively improves, even cures many of the diseases specified which we can personally vouch for. I found that having the 16 week course at the same time as my wife, those pangs of hunger were never present and I could literally go all day without craving food. I discovered later this was another wonderful offshoot of the Flax/C cheese medication.

Be happy, be healthy,

Alan and Mabel Morton