

The Diet to Change Your Life

To save your life!

FROM THE DESK OF CORNELIS VAN DALEN *ND DIP.HOM*
NATUROPATH – HOMOEOPATH

Just do it for three days.....

...and feel the effects. This diet heals. The experience of the first three days will show you the way to health and wholeness. It is simple and effective from the very beginning. It is the foundation of the necessary new food revolution – the return to simple food. We need simple food to feel well, whole and complete.

There are three essential recipes. The main and vital ingredient is Flax Seed oil. This is blended with quality protein from dairy products. The third is coconut fat. Food consists of cooked vegetables and grains, some raw foods and juices. It is simple peasant foods – how people have in the past always eaten and they were in the main strong and healthy.

The recipes are given first. Later in this article the reasons for the various ingredients are given. This enables you to grasp why this diet heals with simple, nutritious and tasty food.

Oil, the vital ingredient

This is the story of oil and the discovery made by the famous Dr Johanna Budwig (1908 – 2003). Flax Seed Oil, states Dr Budwig, has always been capable of performing miracles. “Fats regulate the entire metabolic system and the production of energy and of new cells, more than any other nutriment.” The problem with modern nutrition is that the entire utilization of nutriments is destroyed when fatty substances that have been artificially altered, devitalised and stabilised against oxidation replace highly active, natural fats. Such blocking substances in the body lead to most diseases seen today, it is claimed. To alter this situation and help the body heal and thrive, the highly active nutritional fats found in their optimal form in Flax Seed Oil is the centrepiece of the diet. It is also important to properly balance fats with protein. This is simply done and is the basis of the Oil-Protein Diet. [1]

For the unwell:

(Any cancer, heart disease, stroke, diabetes, arthritis, immune deficiency, depression, and more. For difficult children too!)

The key to this diet is Flax Seed oil. However, Flax Seed oil once extracted from the linseeds will rapidly deteriorate in the presence of air. The way to stabilise it is to bind it to protein. The oil is stabilised by mixing it in high quality dairy products: quark, cottage cheese, or yogurt, even milk powder. So whenever quark is mentioned in the recipes you can use cottage cheese or yoghurt. Thoroughly mix the Flax Seed oil and the quark in a blender or by hand. Once mixed together it is stable and the oil will not deteriorate. Put it in the fridge.

A product developed by Dr Budwig is Linomel™. It is a mix of cracked linseeds, honey and milk powder. You most probably are unable to procure this product. Therefore, substitute whole flax seeds broken up in a coffee grinder or similarly, and mix immediately with the chosen dairy product and additional flax seed oil as recipes direct. This should also be stored in the fridge. However, fresh is best, always. Another substitute for Linomel™ can be made using 6:1 ratio of freshly crushed linseeds mixed with honey. Store in the refrigerator.

The basic recipes:

1. *Quark/Flax Seed oil breakfast* (basic recipe)
 - 2 tbsp Linomel™
 - 3 tbsp Flax Seed oil
 - 2 tbsp milk
 - 100g Quark (or cottage cheese, or yoghurt)
 - 1 tsp honey
 - Add various flavourings of fresh fruit, spices.

2. *Quark/Flax Seed oil mayonnaise* (basic recipe)
 - 3 tbsp Flax seed oil
 - 3 tbsp milk
 - 3 tbsp quark (or cottage cheese, or yoghurt)
 - 1 tbsp lemon juice and/or 2 tbsp apple cider vinegar
 - 1 tsp mustard
 - ½ tsp herb salt

In a blender or by hand, combine oil and milk with Quark. Add mustard, lemon juice, vinegar and salt. Many variations are possible for this basic recipe. This mayonnaise is used to dress salads and raw vegetable dishes.

3. *Oleolux recipe*
 - 250 g coconut fat (or Coconut oil is most likely all you will be able to procure.)
 - 1 onion
 - 10 cloves garlic
 - 125 cc Flax Seed Oil

Cut a medium sized onion in half and brown slightly in 250 g of heated coconut fat. Cook for about 15 minutes, add 10 cloves garlic and heat for an additional three minutes only. Strain the fat through into the 125 cc Flax Oil (previously chilled in the freezer for 30 minutes). Keep this mixture in the refrigerator and bring to the table in small portions. As a rule Flax Oil and Oleolux should never be heated.

Breakfast

7.00 am: Start with one glass of sauerkraut juice. [2]

8.00 am: Start with one glass of green tea then follow with The Linomel Muesli made as follows:

- 1 tsp honey
- 3 tbs milk
- 3 tbs flax seed oil
- 100g Quark
- 2 tbs Linomel or freshly ground flaxseeds
- Fresh fruit and fruit juices (start with grated apple) – a new flavour every day if possible
- Nuts – ground up

10.00 to 11.00 am: fresh pressed juices – carrot juice, celery and apple juice, or beet and apple juice; radish, stinging nettle, with lemon can be added.

Lunch

12.00: A small glass of champagne or natural wine, or pure fruit juice always combined with 1 or 2 tbs Linomel

12.15: *Appetiser* – raw salad plate with quark-flaxseed mayonnaise (recipe #2 above). Use from the following: dandelion, cress, celery, lambs lettuce, green lettuce, radish, sauerkraut, finely grated horseradish, green pepper, finely chopped parsley.

12.30: *Main dish* of cooked meals and steamed vegetables. Vegetable broth flavoured with Oleolux and yeast flakes, herbs, possibly add oatmeal, organic soy sauce (Shoyu/Tamari), etc. (served heartily seasoned as bouillon). Other cooked meals may also consist of potatoes and above all natural brown rice, buckwheat or millet. This is served plain boiled (or to a recipe) as a side dish for the vegetables. Mashed potatoes (boiled unpeeled) and prepared with Oleolux and milk. When adding fat to vegetables or grains, use Oleolux (tastes better on vegetables than Flax Oil does) and season with herbs. *Dessert:* Quark-flax oil cream with honey mixed with fresh fruit. Add real vanilla and/or 1 tsp vodka, rum, sherry or plum brandy.

3.00 to 4.00 pm: a small glass of champagne or natural wine, or pure fruit juice always combined with 1 or 2 tbs Linomel

Dinner

Evening: a light evening meal should be served around 6.00 pm. The most nourishing and easily tolerated is buckwheat but also brown rice, oat flakes, millet flakes or other flakes available at health food stores. Dishes can be prepared as a vegetable soup or more solid form depending on preference. Fat in the form of Oleolux should be liberally added to sweet sauces and soups – making them nourishing and a richer source of energy.

To sweeten use honey only; avoid sugars.

How to make FOCC

Making Flax seed oil and cottage cheese mix (FOCC) is easy to do when you see this video from YouTube:

Here is a fine American lady making the FOCC:

<http://www.youtube.com/watch?v=RSoddptWL0s>

Here's another video – music only:

<http://www.youtube.com/watch?v=-ZgLvgl1xhk>

The Transition day:

The very sick, the aged and digestion impaired have seen miraculous improvements with the following. There is no nourishment on the first day other than 250 ml (8.5 oz) of Flax Oil with honey plus freshly squeezed fruit juices (no sugar added!). In the case of a very ill person, champagne may be added on the first day in place of juice and is taken with the Flax Oil and honey. Champagne has a serious purpose as it is easily absorbable and so with it the Flax Oil.

It is a miracle with the idea with the champagne as it is so easy to accept and can get people off of their deathbed. A retention enema of 250 ml (8.5 oz) of oil is another life-extending way of delivering the essential oil into the body. It can also be rubbed on the skin and gets into the body through the epidermis. Why flax oil is so important when used these ways is explained below.

The food and guidelines for nutrition

The essential fact of this dietary approach, as shall be explained below, is to eliminate those fats which are difficult to digest. The good fats make up the primary nutritional component – enhancing energy, vitality and healing.

The secondly, most important fact is the elimination of preservatives. In other words, all food must be fresh. Preservatives act as respiratory poisons – they preserve food but stop the body from utilising oxygen. Fresh and uncooked foods are rich in elements which support the absorption of oxygen by the body. This is then a regeneration diet. Many kinds of fresh vegetables

are used and only fresh vegetables are steamed. Use fresh fruit only. No canned or preserved vegetables. No canned or packaged fruit. Grape juice is permitted and can be used to sweeten other pure fruit juices. Use no other fats or oils initially other than Flax Seed Oil and Oleolux. This is very important.

Thirdly, use no sugar in any form, whatsoever. Use the natural sweetness of fruit or use a little honey. Do not use artificial sweeteners, ever.

It is essential then to consume foods which are fresh and if possible from organic or biodynamic farmers. Food will then most naturally be locally sourced fresh vegetables and fruits and in season. This affords health and community well being too. It is how we always used to live!

[Dr Budwig's [Oil Protein Diet Cookbook](#) has over 500 recipes to help you.]

The Science of the Oil-Protein Diet

Like all great people Doctor Johanna Budwig the discoverer of the healing power of Flax Oil acknowledges her predecessors and builds upon their discovery. Dr Otto Warburg [1883 - 1970] discovered that fats are the most important food in human life. Additionally, when it comes to disease, and including cancer, the cause is insufficient oxygen getting into the cell. A cancer cell cannot survive in an oxygen-rich environment. Secondly, Warburg showed that cancer cells receive their energy from glucose so the cure is to prevent this from occurring. This is why all healing diets prohibit refined sugar consumption in any form. It is also shown than diabetes and all diseases of degenerating have the same root.

Nevertheless, as a scientist (chemist, pharmacologist and physicist) she explains her discovery using quantum physics of Niels Bohr, Max Plank and Albert Einstein. She is profound in the simple explanation of her science. It truly bridges mystical truths and material science.

In essence, the science of Budwig established that the two unsaturated fatty acids (linolenic and linoleic acids) have 3 high-energy double bonds (pi-electrons) in their outer electron shells. These fatty acids affect the membranes of cells and affect oxygen transport and assimilation. Budwig's concept was that the omega-3 and omega-6 fatty acids act to repair damaged cell walls and affect chemical communication of cancer cells to the point where they normalize.

Flaxseed oil (cold-pressed, unprocessed) proved to be the highest bearer of the vital electron cloud and when the oil is mixed with Quark or low fat cottage cheese bringing the life forces into the body's cells, became the mainstay of Budwig's cancer diet.

Saturated or unsaturated – the good oil in fats.

So in order to bring some understanding to the subject of oils and fats it is prudent to offer some explanation of the role of oils in human (and animal) life and to come to know the terms used when describing oils and fats. This is vital, for many a food manufacturing company employs exceedingly clever advertising agencies and co-opts medical people to sell a product or two to the unsuspecting general public – us.

Dr Johanna Budwig was nominated seven times for the Nobel Prize for her work. If she were a film actress she would have had an Oscar by now because the Academy would have tilted that in her favour, merely for being so brilliantly persistent. Johanna Budwig was born in 1908 and died in 2003 at the age of 95. She worked in Germany as a researcher on flax seed oil and its therapeutic benefits in the 1950s. She developed techniques which enabled the testing of fat substances. 'Her

techniques were the first to separate and identify fats from a drop of blood'. [3] This brought forward an understanding about fats which earlier researchers had not been able to appreciate.

One such person was Dr. Hans Selye, who a decade earlier as a doctor and not a biochemist, propounded the concept of 'diseases of adaptation.' [4] This was the idea of disorders as the consequence of stress on the body, when the energy of the 'life battery' was not being replenished. Selye made observations on tissues, organs and the organism as a whole as resulting from stress. Stress is the stimulation of life and causes the inner movement of the life current from positive and negative poles in the body human. As everyone would know a battery has a positive pole (+) and a negative pole (-) and the battery is empty or 'flat' when there is no differential charge between the two poles. Human exhaustion results when the 'life battery' remains uncharged, and the capacity is subsequently 'lowered and even less capacity to withstand stress, easier breakdown of health, and degeneration.' [5]

Dr. Hans Selye's work showed that exhausted people have elevated levels of Cortisol, known as the stress hormone, and it is predicated in cancer. Cortisol stimulates the production of cholesterol as a response. Hence, elevated cholesterol is natural body response to balance stress, and its treatment lies in 'de-stressing' by replenishing the 'life battery'.

Dr Budwig proved the matter of the exhaustion of the 'life battery', or the replenishing of the 'battery', as a problem of oils and protein. "Biochemically, the poles of our life battery are good oils and good proteins – oils rich in EFA's (essential fatty acids), and sulphur-rich proteins..." "Between these two poles, our life currents, produced by the metabolism of carbohydrates and other molecules, flow when the circuit of essential nutrients is complete." [6] Thus the more we are stimulated, the more the life currents must flow, the more the replenishing of the battery is required. Modern food's poor quality oils, poor quality proteins, and metabolism inhibitors add up to nutritional deficiency as the cause of the majority of modern diseases. Dr Budwig became famous in Europe for her treatment of cancer, arthritis, heart infarcts and other chronic diseases with flax oil and milk proteins.

Fats present an anomaly; 'fat' is not always 'fat'; fats are not always the same. It is known that with a heart infarct (heart attack) solidified fat encircles the normally healthy heart tissue. In cancer cells it was found that the difference to normal cells was the presence of isolated fat in the cell nucleus. "When living tissue rejects some fats, the body isolates them – and this is the crux – and deposits them in places where fats are not normally found." [7] When the methods of Budwig's analysis were developed, thereby investigating the various types of fats, the problem of fat metabolism was uncovered and not merely upon the patient's death in autopsy.

What is fat?

We call anything with a greasy feel to it fat, it is insoluble in water, makes some people ill, but for most it makes food very tasty. Butter on bread is better than just bread! Budwig describes it as follows: Fat consists of glycerine. Glycerine has three 'arms'. A chain of fatty acids is attached to each arm. This chain of fatty acids has, with butter for example, 4 links to it; that of coconut butter and palm nut oil, 14 or 16 links. These naturally occurring saturated fats cannot be turned into energy by the body without the presence of essential fatty acids ...

What is unsaturated fat? Upon analysing fatty substances, we come to the fatty acid chains with 18 links, and can observe that the links are in places not so firmly attached to each other. The chain is fragile there, loose; it absorbs water easily – as if you were to fray a smooth silk thread in one place and then draw it through water. The frayed part absorbs water, or dye, more easily. In the same way, these fatty acid chains with their weak, unsaturated connections, form protein associations

very easily. The fatty acids become water soluble through this association with protein. There are unsaturated fatty acids in, for example, olive oil, which has itself only one unsaturated connection. This fat is not harmful, but neither is it the most beneficial which we need in Europe ...what we really need are highly unsaturated fats.

Fats – Good and Bad

Dr. Budwig urges against the use of what she calls "pseudo" fats. In order to extend the shelf life of their products, manufacturers use chemical processes that render their food products stable with a long shelf life but harmful to the body. These harmful fats go by a number of names, including "hydrogenated," "partially hydrogenated" and even "polyunsaturated."

In brief, all fats and oils, especially solidified fats – margarine, and others which have been heat-treated are unusable in the body and burden it, as per the above comments. Any products which have been stabilised for storage (long shelf life), made inert, added antioxidants and preservatives are DEATH.

The chemical processing of fats destroys the vital electron cloud within the fat. Once the electrons have been removed, these fats can no longer bind with oxygen, and they actually become a harmful substance deposited within the body. The heart, for instance, rejects these fats and they end up as inorganic fatty deposits on the heart muscle itself.

Chemically processed fats are not water-soluble when bound to protein. They end up blocking circulation, damage heart action, inhibit cell renewal and impede the free flow of blood and lymph fluids. The bio-electrical action in these areas slows down and may become completely paralyzed. The entire organism shows a measurable loss of electrical energy which is replenished only by adding active fats to the diet. These nutritional fats are truly vital for man and beast alike.

Science has proven that fats play an important role in the functioning of the entire body. Fats (also called lipids) are vital for all growth processing, renewal of cells, brain and nerve functions, even for the sensory organs (eyes and ears), and for the body's adjustment to heat, cold and quick temperature changes. Our energy resources are based on lipid metabolism. To function efficiently, cells require true polyunsaturated, live electron-rich lipids, present in abundance in raw flaxseed oil. True polyunsaturated fats greedily absorb proteins and oxygen and pump them through the system.

Fats are only water-soluble and free-flowing when bound to protein; thus the importance of protein-rich milk products (quark or cottage cheese, yoghurt, etc) in the Budwig diet. When high quality, electron-rich fats are combined with proteins, the electrons are protected until the body requires energy. This energy source is then fully and immediately available to the body on demand, as nature intended.

Why eat good oils?

"...Highly unsaturated fatty acids ...play a decisive role in the respiratory functioning of the body. Without these fatty acids, the enzymes in the breath cannot function and we asphyxiate, even when given extra oxygen, as for example in hospital. The lack of these highly unsaturated fatty acids paralyzes many vital functions. Primarily, it cuts off the air we breathe. We cannot survive without air and food nor can we survive without these fatty acids – that was proven long ago." [8]

Having problems with fat? – Not with the beneficial!

"Any patient with liver and gall bladder problem is fully aware of how fats makes him feel. Medical treatment prescribes the eating of less amounts of fat because it has been observed that the patient

cannot digest it. However, if he is given beneficial fats within the definitions I've just summarised, that is, highly unsaturated fats, then he has no digestive trouble at all. It is best to use threefold unsaturated fats prepared from flax seed oil, together with the substance which easily dissolves them, and that is cottage cheese. Various highly trained and educated individuals are dismayed and irritated by the fact that serious medical conditions can be cured by cottage cheese and flax seed oil." [9]

And why should we not eat food with added preservatives? "The majority of preservatives can be labelled as respiratory poisons in that their effect is to block the combustion of fat – its continued interaction with oxygen." These preservatives are called antioxidants – anti oxygen. They cut off your oxygen supply. Simple as that.

The drying out of the body, diabetes and glands

"No gland can produce mucus when a lack of unsaturated fats is present...the drying out of mucous membranes is nowadays widespread. ...the fats alien to the body (solidified, heat treated fats) block the metabolism of other fats in the delicate glands, capillaries and filter stations...the basic problem with diabetics is really an impairment of the fats metabolism system, and not the conversion of sugar. The sugar assimilation problem is only secondary." [10] In other words, a diet rich in unsaturated fats such as Flaxseed Oil, will improve the digestion of fats and heal the delicate membranes and glands of the body.

Children, behaviour and educational achievements

"A lack of highly unsaturated fats is particularly noticeable in connection with brain and nerve functioning... In general I recommend the whole family adjust their food intake so that they use optimal, natural fats....As for children whose scholastic performance is often below standard – and it is usually in families where the parents don't eat correctly – the results of optimal fat intake show themselves in school marks being bettered by not only one, but two levels." [11]

"...Children are reaching physical maturity ever earlier and this is beginning to give rise to anxiety. Criminality and other social problems have been connected to this factor.... Not all moral problems can be solved by eating fats and oils – but I assure you that the effects on our society of a normalisation of fats in our nutrition are tremendous." [12]

The life battery explained

"Cell life is equally dependent on the function of the unsaturated fats in the membrane, the external skin of the cell. With regard to the preservation of structure in the living body, the dipolarity of the electrical field between fat and protein is of fundamental importance. If this dipolarity between highly unsaturated fats and the sulphur-containing protein substance is destroyed, for example due to fats being solidified before being ingested, that means their electrical charge is removed so that the counter-polarity is missing for the maintenance of a voltage field. In short, the battery is empty." [13]

This polarity is essential to life and to health. In Chinese terms it is called Yin and Yang. In the West we call it positive and negative, or positively and negatively charged vibrations, to be more precise. The flow of energy from one pole to another, in a cell and so the whole body, in physics and in Budwig's explanation, is the flow of electrons. And the source of these electrons in seed oils is the sun. The unsaturated oils make us feel light; they take away our heaviness.

Budwig courted controversy and legal action against her for her assessment of cancer. Cancer occurs she says, "because the required dipolarity is missing, due to the lack of unsaturated fats, the course of growth is disturbed.... I emphasise: It is not correct to regard the problem of tumours as

a problem of too much growth... It is the only conclusion which can be drawn from the remarks I have made and I flatly declare that the usual hospital treatment today, in a case of tumorous growth, mostly leads to the worsening of the disease, or a speedier death, and in healthy people, quickly causes cancer. [14]

To conclude this brief introduction the good doctor concluded: “The oil and protein intake I advise consists of simple food, mainly the most active fat I know – flax seed oil – in easily digestible form accompanied by cottage cheese and, as consolation for the gourmets among you, in appetizing, tasty meals. This simple food revises the stagnated growth processes thereby naturally causing the cancer tumour or tumours present to dissolve and the whole range of symptoms which indicate ‘a dead battery’ are cured..... Today in our present complicated western civilisation with its abnormalities and excesses, we need optimal fats to recharge our physical and mental batteries. And I suggest that for those of you who doubt whether or not to take this step or not – risk it for just three days!....”

In assessing the virtue of Dr Budwig’s discovery and the impact this has made on the advance of understanding of the human body, her physical science undoubtedly has paved the way for many, many others to unfold the role of fats in metabolism. Additionally, the virtue of the diet which she recommends has one thing in common with other healing regimens: simplicity; it is peasant food, if one can deal with the term: whole, natural and simple food. These fundamentals have been forgotten nearly everywhere in the world, the West more, but the East is succumbing.

The Next Step

A true physician steers the patient to health and it is the patient who does the healing. When one is confronted with an initially shattering diagnosis, there will be panic and bewilderment and the need to know now! – what is the outcome, the chance of ever gaining health and happiness. So what will be the outcome?

The popular image of cancer

“The popular image of cancer promulgated by our divided culture and its communication media is that ‘cancer’ is synonymous with ‘death’. Whatever the diagnosis, in treating the patient as an individual (whether for cancer or any other illness) some consideration should be given to the patient’s case history and the emotional or psychological aspects this reveals. Was there any mental or emotional stress? Has the patient been isolated from their family, or lost someone they loved? Are they, for whatever reason, prone to feel guilt, and so on? Most patients are unfortunately so thoroughly conditioned in their views that they refuse even to consider the possible psychosomatic nature of their illness. On the contrary, cancer is portrayed as a strong and powerful invader that attacks the body from the outside, with little hope of ever controlling it, let alone recovering from it to normal health. The nature of most current medical treatment for cancer – whether radiation, chemotherapy or surgery – tends to reinforce this perception because, for most part, it is not only potentially drastic, traumatic and intrusive but, in the end, its effects are so often seen to be merely palliative.”

“Modern researchers now agree that not all cancers are the strong, powerful intruders they were once thought to be. For the most part they are simply cells which are weak and confused, and have run amok. The cancer cell does not actually attack and destroy – it simply overproduces. This overproduction arises from faulty information at a genetic (formative) level which is either due to the presence of harmful substances that the immune system cannot cope with or, as is more often the case, due to environmental influences.... One should therefore acknowledge that cancer is an attack from within the system and not an invasion from the outside world.” [15]

A now retired doctor, who worked in the field of alternative treatments for chronic disease, said that one could not tell who and who would not succumb. The death sentence it is not. Never ever. Not even at the last, when doctors and oncologists have given up all hope.

Lothar Hirneise's book *Chemotherapy Heals Cancer and the World is Flat*, was written out of extensive research into cancer therapies. "Every successful cancer treatment has three ingredients: thorough detoxification, a change of diet, and mental or spiritual work." [16] This does not only apply to cancer treatment but for all diseases. Change is not inevitable, it must be brought about. And it is often the hardest thing to do – to change – to have the will to alter the habits of thinking and living. The will, not to be engaged out of fear, but out of a deep desire to change positively.

If you wish personal assistance:

After you have considered the information and you need support or further discussions on the treatment and healing process and wish help, there is a support group the New Physis Holistic Health Consultants. We are trained and experienced in naturopathic and homoeopathic therapies, and can discuss the options presented by medical consultants and other widely held opinions. We can be of assistance to regain health and wellbeing.

Email: cvandalen@newphysis.com

Telephone me, Cornelis on: 078 0620 4183

This service is available in the Greater London region and surrounding Home Counties.

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Endnotes:

1. The Flax Oil solution from *The Oil-Protein Diet Cookbook* by Dr Johanna Budwig
2. Sauerkraut juice may not be readily available to you at this time. A substitute of personal satisfaction is the juice of one or more lemons mixed with equal quantity of water. No sugar. CvD
3. Udo Erasmus, *Fats that Heal, Fats that Harm*, Alive Books, Canada, 1993 edition. Pp. 298-299
4. General Adaptation Syndrome – ‘diseases due to failure to adapt’.
5. Erasmus, p.187
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7. Dr. Johanna Budwig, *Flax Oil as true aid against Arthritis, Heart Infarction, Cancer and other diseases*, Apple Publishing, Canada, 1994 English edition, p. 4.
8. Budwig, p.8
9. Budwig, pp.10-11
10. Budwig, p.12
11. Budwig, pp.12-13
12. Budwig, pp.15-16
13. Budwig, pp.17-18
14. Budwig, pp.18-19
15. Keith Mason, *Medicine for the 21st Century*, Element Books, UK, 1992. Pp 98-99
Other books by Keith Mason: *Thoughts that Harm, Thoughts that Heal*, Paitkus, UK, 2000
16. Lothar Hirneise: read the article at
http://www.odemagazine.com/doc/7/chemotherapy_helps_cure_cancer_and_the_earth_is_flat/

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