

The Oil Protein Diet Cookbook

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The Oil-Protein Diet | Alternative Cancer Treatment | 3E ...

The great cookbook and textbook of the Oil-Protein Diet ...

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The Oil Protein Diet Cookbook – Budwig Protocols For ...

The Oil Protein Diet Cookbook by Dr. Johanna Budwig (19 I purchased this book because I have been diagnosed with cancer and in my journey to use alternative methods I found budwig.com and joined a support group and thru their testimonies bought this book, many have been cured of cancer and other health problems because of Dr. Budwig.

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Budwig Diet Book - The Oil Protein Diet

Thus, the oil-protein diet is made up of a medley of variations on her Budwig cream, which is made from quark and flax seed oil. A variety of fresh vegetables, salads, fruits, and whole grains, as well as freshly squeezed and naturally fermented juices can be found on the menu daily.

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The best combination is cottage cheese and linseed oil. When using fresh linseed, it should be freshly ground. Carbohydrates containing natural sugar, such as dates, figs, pears, apples, and grapes can also be included in the diet. Honey is also beneficial.

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There are many other vegetarian sources of protein such as hemp, lentils, sprouts, nuts and seeds. But if you decide to eat meat, we recommend you choose free range, organic poultry (chicken, duck, turkey). Red meat causes inflammation and, of course, non-organic red meat contains synthetic hormones and anti-biotics.

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