

The Budwig Diet. [Johanna Budwig](#) (Bood-vig) was a doctor in Germany in the 1950s. She did lots of work surrounding the role of essential fatty acids in many disease processes, including cancer. The Budwig Diet essentially consists of low-fat, organic cottage cheese mixed into precise proportion with flaxseed oil and ground flaxseeds. A client of mine with cancer started using this recipe (before I met her). She had had severe psoriasis for 18 years, and the psoriasis completely cleared up. Permanently. It is used for skin conditions such as this. It is the combination of the sulfur in the cottage cheese (yes, higher in sulfur than garlic and onions) and the linoleic acid in the flaxseed oil. It isn't tasty, but who cares? Also, you will find many "versions" of the diet online. This is what I recommend:

***To make the Budwig Muesli,** blend 3 Tablespoons (British dessert spoons) of flaxseed oil (FO) with 6 Tablespoons low-fat Quark or Cottage Cheese (CC) with a hand-held immersion electric blender for up to a minute. If the mixture is too thick and/or the oil does not disappear you may need to add 2 or 3 Tablespoons of milk (goat milk would be the best option). Do not add water or juices when blending FO with CC or quark. The mixture should be like rich whipped cream with no separated oil. Remember you must mix ONLY the FO and CC and nothing else at first. Always use organic food products when possible.*

***Now** once the FO and CC are well mixed grind 2 Tablespoons of whole flaxseeds and add to the mixture. Please note that freshly ground flaxseeds must be used within 20 minutes after being ground or they will become rancid. Therefore do not grind up flaxseeds ahead of time and store.*

***Next** mix in by hand or with the blender 1 teaspoon of honey (raw non-pasteurized is recommended)*

***(Optional)** For variety you may add other ingredients such as sugar free apple sauce, cinnamon, vanilla, lemon juice, chopped almonds, hazelnuts, walnuts, cashews (no peanuts), pine kernels, rosehip-marrow. For people who find the Budwig Muesli hard to take these added foods will make the mixture more palatable. Some of our patients have even added a pinch of Celtic sea salt and others put in a pinch of cayenne pepper for a change.*