

A Book by Flax Guru

Koyilandy Health Update







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I

dedicate this book

to

Dr. Sasidharan, Dr Ajay Vishnu, Dr Surya, and whole staff of
Nityananda Murma Ayurveda Hospital. I also dedicate this book to Mr.
Nithin, Mr. Samjath, Mr. Lal Kishore, and Mrs. Sheeba and everybody
who helped and gave me lots of love and respect during my stay at
Koyilandy.

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Flaxseed - Miraculous Anti-ageing Divine Food

What is Flaxseed and how can it benefit me? I was faced with this question when I started hearing about Flaxseed not long ago. It became a 'buzz word' in society and seems to be making great role in increased health for many. I wanted to join that wagon of wellness and so I researched until I felt satisfied that it could help me, too. Here are my findings.

Flaxseeds are slightly larger than sesame seeds and have a hard shell that is smooth and shiny. Their color ranges from deep amber to reddish brown depending upon whether the flax is of the golden or brown variety. Botanical name of flaxseeds is *Linum usitatissimum*, the flax plant, which has been widely used for thousands of years as a source of food, clothing and decorating houses (paints, varnish, linoleum flooring etc.). *Usitatissimum* means useful seeds. The crushed seed makes a very useful poultice in the treatment of ulceration, abscesses, deep-seated inflammations and even skin cancers.

Flaxseeds have become very popular recently, because they are a richest source of the Omega 3 essential fatty acid; known as Alpha Linolenic Acid (ALA), lignans and fiber. People in the new millennium may see flaxseed as an important new food super star.

Flaxseed also increase oxygen consumption at the cellular level resulting in increased energy and stamina, and feeling of well-being. In fact, there's nobody who won't benefit by adding flaxseed to his or her diet. Even Gandhi wrote in his book: "Wherever flaxseed becomes a regular food item among the people, there will be better health." In the 8th century, French king Charle magne even passed a law requiring his people to use flax seed so that they would be healthier.



Omega-3 Fatty Acid – Anti-entropy Factor

The omega 3 fatty acids include the essential fatty acid alpha-linolenic acid (18:3 n-3) and longer chain metabolites Docosahexaenoic acid (DHA 22:6 n-3) & Eicosapentaenoic acid (EPA 20:5 n-3). In Omega 3 acids, the first double bond is located on the third carbon from the methyl end of the hydrocarbon chain. For omega 6 fatty acids, it is located at the sixth carbon. Generally speaking there are two primary benefits omega-3 fats have on our bodies include:

Nutrients Name	Nutrient Value	Percentage of RDA	Nutrients Name	Nutrient Value	Percentage of RDA
Energy	534 Kcal	27%	Vitamin E	19.95 mg	133%
Carbohydrates	28.8 g	22%	Vitamin K	4.3 µg	3.5%
Protein	18.3 g	32.5%	Electrolytes		
Total Fat	42.16 g	170%	Sodium	30 mg	2%
Dietary Fiber	27.3 g	68%	Potassium	813 mg	17%
Vitamins			Minerals		
Folates	87 µg	22%	Calcium	255 mg	22.5%
Niacin	3.08 mg	19%	Copper	1.12 mg	124%
Pantothenic acid	0.985 mg	20%	Iron	5.73 mg	72%
Pyridoxine	0.473 mg	36%	Magnesium	392 mg	98%
Riboflavin	0.161 mg	12%	Manganese	2.48 mg	108%
Thiamin	1.64 mg	137%	Zinc	4.34 mg	39%
Vitamin C	0.6 mg	1%	Phyto-utrients		
			Lutein-zeaxanthin	651 µg	--

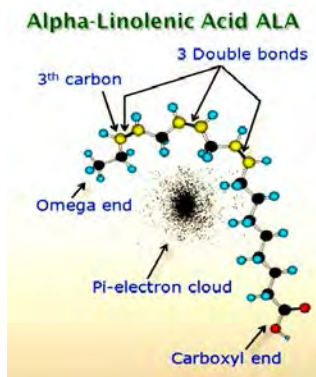
Nutritional value per 100 g.
RDA = Recommended Daily Allowance

Cellular Membrane Components:

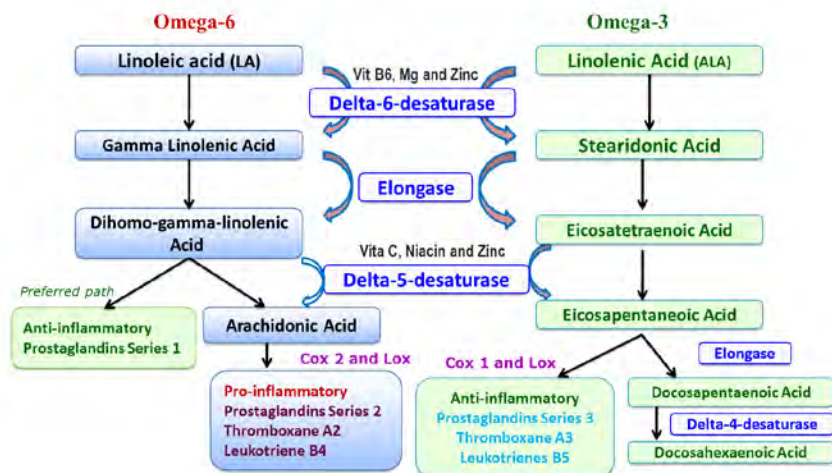
The outer membrane of human cells act as a gateway allowing raw materials in, and processed materials requires a constant turnover of PUFA's to remain functional . Omega 3's are an essential part of this replenishment . A shortage of Omega 3 reduces the ability of cells to efficiently perform their function, leading to nutrient starvation and chronic inflammatory illnesses.

Production of Eicosanoids :

Omega 3 is also converted into another class of chemical called eicosanoids, (a specific chemical/hormone group which are essential to regular functioning of healthy cell) the most critical of which are prostaglandins. Prostaglandins are important for the regulation of inflammation, pain, swelling, blood pressure, heart function, gastrointestinal function and secretion, kidney function and fluid balance, blood clotting and platelet aggregation, allergic response, nerve transmission, steroid production and hormone synthesis. If the omega-3 series prostaglandins produced are either lacking or unbalanced, leading to dysfunction of these vital bodily activities.



Omega-6 / Omega-3 Metabolic Pathways



Prepared by Dr. O.P.Verma

It turns out that both the omega-3 and omega-6 pathway utilize the same enzymes, so both have to compete for these enzymes. The N-6 Dihomomogamma-Linoleic Acid (DGLA) can be converted to either the anti-inflammatory PG1 or into arachidonic acid (AA). Conversion of DGLA into PG1 does not require any enzymes, but conversion of DGLA into AA requires the enzyme delta-5 desaturase. In diets high in omega-3, most of the delta-5 desaturase will be busy in the omega-3 pathway; very few delta-5 desaturase will be available to convert DGLA into arachidonic acid, and subsequently, Pro-inflammatory PG2. So DGLA ends up being converted into the anti-inflammatory PG1.

Both groups of prostaglandins perform vitally important functions and supplement each other through complex and multi-faceted interactions. For centuries ratio of Omega-6 and Omega-3 was perfect e.g. 2:1 or even 4:1 (very ideal ratio). But after the global switch to industrial agriculture and processed foods it is 20:1, 40:1 or more (!!!). This throws the body into the state of chronic inflammation, giving rise to a whole array of inflammation-related chronic diseases, including thrombosis, arthritis, diabetes, atherosclerosis and coronary heart disease, cancer and asthma.

There is only one crucial condition that must be fulfilled if the entire system is to work well and promote health, rather than disease. This condition is **BALANCE**. For the prostaglandin pathways to run smoothly, the intake of omega-3 and omega-6 fatty acids must be well-balanced, within the 1:1 to 4:1 range.

Lignans is Superman

Lignans are unique fiber-related polyphenols that provide us with antioxidant benefits, fiber-like benefits, and also act as phytestrogens. Among all commonly eaten foods, flaxseeds is the #1 source of lignans on earth. Flaxseeds contain about 7 times as many lignans as the closest runner-up food (sesame seeds). They contain about 338 times as many lignans as sunflower seeds, 475 times as many



as cashew nuts, and 3,200 times as many lignans as peanuts.

When flaxseeds are compared with other commonly eaten foods in terms of their Antioxidant value flaxseeds rank 9th among 100 commonly eaten foods, much higher than blueberries or olives. Lignan has immunostimulatory, anti-bacterial, anti-fungal, anti-lupus and anti-viral effects.

The most important lignan in flaxseed is secoisolariciresinol diglycoside or simply SDG. When eaten SDG in flaxseed is converted by bacteria in the colon to the mammalian lignans-Enterolactone and Enterodiol.

While lignans have an estrogen-like action, they are considerably weaker than our endogenous estrogen, and act as hormone balancers. An important feature of these plant hormones is that they do not stimulate reproductive tissue. In conditions which are linked with excess estrogen (such as PMS, unhealthy breast tissue and breast cancer) lignans compete with a woman's own estrogen, having an estrogen lowering effect.

In conditions associated with declining estrogen levels such as menopause, lignans have the opposite effect, increasing levels of estrogen. This balancing action is due to their ability to competitively lock onto our body's estrogen receptor sites. Consequently, lignans are used to reduce symptoms of menopause, such as hot flushes, night sweats, mood swings and breast tenderness. Flaxseed has been found to substantially increase milk production in women who are not producing enough milk to nurse their infants. It is also beneficial in habitual abortion, sterility and often clears up breast engorgement. Other condition where lignans may be helpful due to their estrogenic effect includes bone health, prostate conditions, hair loss and acne. According to Acatis, a 50 mg daily dose of SDG is sufficient to deliver the health benefits associated with flax lignans.

The discovery of flaxseed as a lignan storehouse came by just a chance says Kenneth Setchell, PhD, Children's Hospital Medical Center, Cincinnati. In a study in 1978, he and his colleagues unexpectedly found lignan levels in one patient several hundred times higher than had ever been seen before. When asked the patient told that he baked his own bread and always added flaxseed.

Dr. Danial Daves, Director of A.R.A.I proposes that flax hull lignans be considered for the worldwide treatment of AIDS/HIV. His research shows 97% success rate for AIDS sufferers who consume 1/2 tablespoon a day of flax hull lignans. The Flax Lignans supercharge the depleted immune system and gives an AIDS sufferer a new life, new hope and a future. He says Lignan is a superman.

Heart Healer

Atherosclerosis plaque consist only of monocyte-derived immune cells macrophages and T lymphocytes. Their presence in arterial walls provides evidence that the atherosclerosis is an inflammatory disease. Flaxseed inhibits the production of pro-inflammatory cytokines, eicosanoids, cytokines and platelet-activating factor derived from arachidonic acid (an omega-6 fatty acid) and thus reduces inflammatory responses. One way that Alpha Linolenic Acid helps the heart is by decreasing the ability of platelets to clump together, a reaction involved in the development of atherosclerosis (hardening of the arteries), it acts as natural aspirin.

Flax seed helps to lower high blood pressure, clears clogged coronaries like a sweeper, lowers high blood cholesterol, bad LDL cholesterol and triglyceride levels and raises good HDL cholesterol. Intake of flaxseeds has also been shown to decrease the ratio of LDL to HDL cholesterol in several human studies and to increase the level of apolipoprotein A1, which is the major protein found in HDL cholesterol (the "good" cholesterol). Three small clinical trials found that adding 38-50 g/d of flaxseed to the usual diet for 4-6 weeks resulted in modest 8-14% decreases in LDL cholesterol levels.

Flaxseeds prevent clot formation in arteries, which may result in strokes, heart attacks and thrombosis. Omega-3 Fatty acids present in Flaxseed appear to enhance the mechanical performance and electrical stability of the heart and to protect against fatal arrhythmias.

Digestive System – Funda of Fiber

Flaxseed is rich in both soluble, insoluble fiber and mucilage (the unique soluble fiber that is very soothing and cleansing to the digestive tract). Flax fiber is an excellent food for friendly bacteria in the intestine which keeps disease-causing organisms in check. Consumed with plenty of pure water, flax seed softens the stool and makes bowel elimination easier, a blessing to those with any level of constipation.

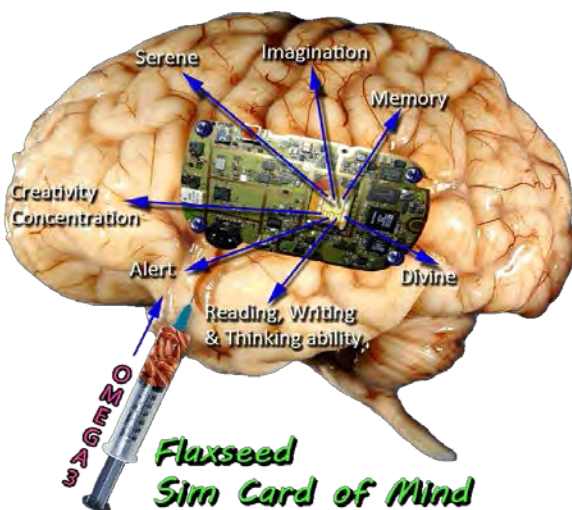
The researcher concluded that flaxseed relieved constipation more effectively than psyllium husk. Taken for inflammatory bowel diseases like Irritable bowel syndrome, diverticulitis or ulcerative colitis flaxseed can help to calm inflammation and repair any intestinal tract damage. In addition, the Flaxseed may prevent painful gallstones from developing and even dissolve existing stones. Finally, flaxseed has been shown to reduce risk of colon cancer.

Rejuvenates Skin, hair and nail

The essential fatty acids in flaxseed are largely responsible for its skin-healing powers. Dry skin, acne, rosaceous, eczema dandruff and psoriasis often respond to the Flaxseed's anti-inflammatory actions and overall skin-soothing properties. It is a fountain of youth. You look years younger to your age. The abundant omega-3 fatty acids in flaxseed have been shown to contribute to strengthen and fortify hair. It prevents and sometimes reverses premature graying of hair. Similarly, the Flaxseeds work to nourish dry or brittle nails, stopping them from cracking or splitting. Flaxseed oil makes skin very soft, fair, moist and attractive. Flaxseed has anti-wrinkle effect. Flaxseed is internal and edible cosmetic. It is natural manicure and pedicure. Help clear up and even help heal sunburns more quickly.

CNS – Flax is Sim Card of Mind

Think of your brain like the engine in your car. It needs oil just like your car does. Omega 3 is that oil. It helps things to run smoothly and efficiently. In the function of development of our brain, Omega 3 is vital for memory and performance, and it is needed for the



transmission and reception of brain signals. In addition to the structural

benefits in the brain that Omega 3 adds, it aids in the communication between brain cells.

The Flaxseed is a feel good food, keeps your mind cool and you stay cheerful. Negative thoughts stay far away from you. You don't become angry. Your mood is always elated and positive. This is super anti depressant. Studies showed that it improves hostility in early teens and criminal behavior in prisoners. Flaxseeds are essential for the function and structure of the brain and improve cognition, memory learning skill and concentration. Flaxseed is SIM CARD of mind's circuit (Mnemonic of flaxseed benefits on mind). Here SIM means Serene, Imagination & Memory and CARD denotes Creativity & Concentration, Alertness, Reading writing & thinking ability and divine. Flax has been scientifically proven to treat depression, diabetic neuropathy, ADHD, Alzheimer's disease, Parkinson's disease, multiple sclerosis and proven to improve the behavior of Schizophrenics. Flaxseed can improve eyesight and perception of colors. Colors look bolder and vivid. Life becomes simply more colorful.

Prostate

The flaxseed may help to prevent swelling and inflammation of the prostate. Symptoms of prostate enlargement, such as urgency to urinate, may lessen within few weeks as a result. The EFAs also play a role in keeping sperm healthy, which may be of value in treating male infertility, and they can improve erectile dysfunction. Many patients reported that it delayed their ejaculation times.

Obesity – Flax reshapes your body

Flaxseed help fight obesity. Adding flaxseed to foods creates a feeling of satiation (feeling of fullness and satisfaction following a meal). The essential fats in flaxseed cause the stomach to retain food for a longer period of time as compared to no-fat or low-fat foods. Furthermore, flaxseed stokes the metabolic processes in our cells much like a furnace, once stoked; the cells generate more heat and burn calories.

Best of the Best for Body Building

The fatty acids in flaxseed are the starting point, or the mortar and bricks for manufacturing all other fatty acids and hormone precursors necessary to support and build strong lean muscles, while prolonging

stamina required for endurance sports. Beyond providing essential nutrients flaxseed provides valuable fuel required by today's high intensity athlete. Flaxseed increases energy, vitality, stamina and shortens recovery time for fatigued muscles after exertion. It has 18% high class proteins.

Nowhere have the benefits of flaxseed oil for athletic performance been more publicly demonstrated than in preparing Hilary Swank for her as a boxer in Clint Eastwood's film, Million Dollar Baby. Grant Roberts (her Fitness Trainer) had the task of adding at least 10 pounds of lean muscle to her already lean physique in just nine weeks. In addition to an intense training and lots of practice, he gave her eight or nine tablespoons flaxseed oil daily. Surprisingly, Swank's hard work added more than 20 pounds of muscle in that time.

According to Roberts, nutrition represents 60 percent to 70 percent of the effective input to building lean body mass. The remaining 30 percent to 40 percent of positive results arise from a judiciously-designed exercise program.

Flaxseed has received an overwhelming response from the athletic and bodybuilding community. An article entitled "Best of the Best", published in the bodybuilding and health enthusiast magazine Muscle Media 2000, claims flaxseed as "the hottest idea in bodybuilding" and "a surprising new category of bodybuilding supplement." Mr. Dan Duchene in his column "Ask the Guru", also writing for Muscle Media 2000, and ranked flaxseed as the number one bodybuilding supplement compared to all other available products.

Ways to include flax seed and flax oil in home cooking

- Sprinkle ground flaxseeds onto your hot or cold cereal.
- Add flaxseeds to your homemade chapatti, rice or bread recipe.
- To pump up the nutritional volume of your breakfast shake, add ground flaxseeds.
- To give cooked vegetables a nuttier flavor, sprinkle some ground flaxseeds on top of them.
- Add a tablespoon of flaxseed oil to smoothies.
- How much should be taken in a day - The recommended daily dose for most people is approx. **30-50 gm**.

Devotional Song of Goddess Linseed

According to Hindu mythology Linseed Goddess is fifth incarnation of Holy Mother Durga. During ancient times Linseed Goddess was worshipped as Scand Mata on fifth day of Navratri festival and linseed was consumed as blessed food of Holy Mother. Linseed Goddess is also known as Parvati, Neelpushpi, Kshuma, Uma etc. Linseed is a panacea and balances vata, pitta and kapha all three doshas. The worshipper is blessed with health, vitality and divine power. He never gets sick throughout the year. All of his wishes are fulfilled. Linseed Goddess gives him eternal bliss and straight way opens the door of Moksha (Heaven).

This is a translation of devotion song of Goddess Linseed.

In the Holly books following shloka are written in the praise of Linseed Goddess.

If Lord Shiva and Goddess Parvati are living together, the whole world would be happy and prosperous.

Golden ear pendant and sandal wood cream applied on her forehead is shining like moon.

Master of whole universe holding snake over his body dances with his fair Goddess.

Goddess Linseed is greatest among all other Goddesses, as she keeps everybody healthy and vibrant.

She is a fountain of youth and shines our nails, hair and whole body.

All old Monks say that anger goes away and happiness is achieved.

She supercharges your mind, gives you divine mental powers and flows channel of knowledge.

She is an anti-ageing elixir, cures ailments and has unlimited healing properties.

She is symbol of faith, devotion and love. She makes you blissful.

She helps in meditation, arouses your dormant serpent energy (Kundalini) and opens the doors of heaven.

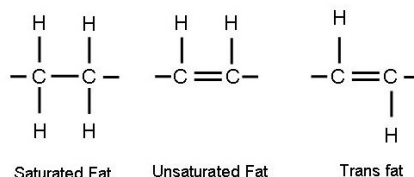
Our biggest enemy – The Trans fat

Other names of Tran's fats are margarine, vanaspati, vegetable shortening, and refined oils

Tran's fat or trans-unsaturated fatty acid is a man-made, toxic, inedible and imitation fat. This is a type of damaged unsaturated fat, uncommon in nature, but produced in factories from cheap vegetable oils for use in margarine, snack food, packaged baked goods and frying food.

Fats contain a long hydrocarbon chain, which can be unsaturated, i.e. have double bonds, or saturated, i.e. have no double bonds. The unsaturated bonds cause the normally straight line shape of the carbon chain to bend at the double bonded pair because nature always removes the hydrogen atoms from the same side of the fatty acid molecule. This greatly changes the fatty acids physical and chemical characteristics. Biochemists call this *cis*- configuration.

While in Trans fat hydrogen atoms are on the opposite side of the double bonds of the carbon chain, making the fat molecule to remain straight. It is solid at room temperature.



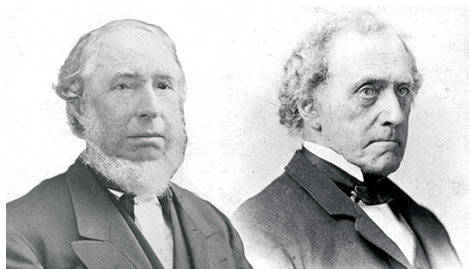
Hydrogenation is the process of passing hydrogen gas at very high temperature through the oil to change its consistency, in presence of a catalyst nickel. As the hydrogen passes through, the oil begins to become solid. Full hydrogenation of vegetable oils would produce exclusively saturated fatty acids that are too waxy and solid to use in food production. So manufacturers obtain "partial hydrogenation" by stopping the hydrogenation part of the way through. This looks, feels and spreads like butter, but much cheaper to produce. It is sold as "margarine" or "vegetable shortening". Partial hydrogenation of the unsaturated fat converts some of the *cis* double bonds into Tran's double bonds, which produce Tran's fats. Consumption of Tran's fats has shown to increase the risk of coronary heart disease and promote chronic inflammation in the body.

Tran's fats also occur naturally in a limited number of cases. Vaccenyl and Conjugated linoleic acid (CLA) containing Trans fats

may occur naturally in trace amounts in meat and dairy products, but these are not harmful. Two Canadian studies have shown that the natural trans fat vaccenic acid, found in beef and dairy products, were actually beneficial compared to hydrogenated vegetable shortening, or a mixture of pork lard and soy fat, by lowering total and LDL and triglyceride levels.

Tragic tale of Trans fats

It's interesting to see that the seed of tragic tale of Trans fats was sown close to a century ago when Paul Sabatier was awarded a Noble Prize for developing the chemistry of hydrogenation. Though he considered hydrogenation of only vapors, the German chemist Wilhelm Normann showed in 1901 that liquid oils could also be hydrogenated, and he patented this process in 1902.



Then candle maker William Proctor and his brother-in-law, soap-maker James Gamble, joined together and formed a new company - Proctor and Gamble in Cincinnati, Ohio. P&G acquired the US rights to the Normann patent and

began producing the first hydrogenated shortening from Cottonseed Oil in 1911. This was named Crisco, derived from CRYStalized Cottonseed Oil. After a couple of decades P&G replaced the cottonseed oil with genetically modified soybean oil and fully hydrogenated palm oil.

Crisco was presented as healthier, more digestible, cleaner, more economical, more enlightened and more modern than lard. Women who use Crisco are portrayed as good wives and mothers, their houses are free of strong cooking odors and their children grow up with good characters. With one sentence, P&G had taken on its two closest competitors—lard and butter. To attract Jews a new slogan was framed: “The Hebrew Race had been waiting 4,000 years for Crisco!”

Through highly deceptive but successful and intense marketing, this deadly and imitation fat had gradually and insidiously replaced many of our delicious and healthy traditional foods. Sale of shortening and its cousin, margarine, took off for obvious reasons - who wouldn't want a butter substitute that was cheaper, had longer shelf life, and

came with free cookbooks (All the recipes required Crisco, of course)? May be P&G initially did not know that Crisco would be so dangerous for human race.



The advent of Crisco on the shelves and kitchens, whole world was thrown into the era of the greatest chronic inflammation! When evidence began to appear about problems of heart disease, cancer, diabetes, and arthritis, the greedy P&G worked behind the scenes to cover them up. One of puppet scientists who worked for P&G, Dr. Fred Mattson, presented the US government's inconclusive

Lipid Research Clinical Trials to the public as proof that it is the animal fat, not the margarine that caused heart disease. He also persuaded the American Heart Association to preach the spurious gospel of the Lipid Hypothesis."

But reality was entirely different. Tran's fat was the main culprit behind the world-wide epidemic of heart disease, cancer, type-2 diabetes and other chronic diseases. Before the era of Crisco these diseases were very rare. While these oil companies were celebrating their success, people were dying from heart infarction, diabetes and cancer. A great crime had happened against whole human race. Media and FDA remained silent for almost a century. Even doctors did not define the Trans fats clearly

Science behind Trans Fats

Why Tran's fat is so unhealthy? How natural and essential fatty acids (EFAs) differ from this deadly fat? To know all this we have to understand the great discovery done by Dr. Johanna Budwig. She was Senior Expert at Federal Institute for fats and drugs in Germany. She was known as Omega-3 Lady. She was the first to highlight the benefits of "omega-3" and the evils of Tran's fat, which are even being "rediscovered" today; but her name remains virtually unknown to scientists, the media and the general public.

In 1949, she developed Paper Chromatography to identify and study essential fatty acids (EFAs). With this technique she isolated and visualized the highly unsaturated and vital EFAs – cis Linoleic and cis Linolenic fatty acids. The cis- configuration allows de-localized

electron clouds (pi-electrons) to form in the bend produced on the chain. The negatively charged pi-electrons produce electromagnetic force and enables the EFAs to capture oxygen and hold proteins within cell membranes. Pi-electrons are extremely important to the body's overall energy exchange potential -- the flow of life force. The pi-electrons in the cell membranes increase the cells ability to store and receive electrons from the sun, through resonance. According to mathematical calculation of quantum physics, the "human" possesses the highest potency of electrons from the sun, always striving toward the future against entropy. The concept of "anti-human" — the mirror image of this human being — has already been coined. Anti-human is electron-poor, directed into the past, paralyzed in his life functions also his thinking, lacks energy and strength because he is missing the electrons that are in harmony with the sun as "life-element." The Trans fats lacking in pi-electrons takes you to disease and hell. Budwig always preached against use of deadly Tran's fats with sound scientific proof, but her suggestions were ignored.

Health Hazards of Trans Fats?

- The Trans fats cause chronic inflammation and dysfunction in our body on a cellular level. These have been linked to:
- Cancer: They interfere with enzymes your body uses to fight cancer.
- Diabetes: They interfere with the insulin receptors in your cell membranes.
- Decreased immune function: They reduce your immune response.
- Problems with reproduction: They reduce the production of sex hormones.
- Obesity
- Arthritis
- Heart disease: Tran's fats can cause blocking of your heart arteries.
- Tran's fat is also known to increase blood levels of low density lipoprotein (LDL), or "bad" cholesterol, while lowering levels of high density lipoprotein (HDL), or "good" cholesterol.
- Tran's fats even interfere with your body's use of beneficial omega-3 fats, and have been linked to an increase in asthma.

What type of foods have Trans fat?

- Processed foods like baked and frozen products are most likely to contain Tran's fat.
- crackers, cookies, cakes, burger, pizza and other baked goods
- snack foods like potato chips, French fries
- Confectionery

Finally FDA takes U-turn

After lot of pressure from people, FDA awakes from decade long sleep and finally admits that Tran's fat is very dangerous for human health. FDA now accepts that Trans fat do not meet their distinction of "generally recognized as safe" for human consumption. Until recently FDA had been preaching against the use of saturated fats, because it causes heart disease, diabetes and other chronic diseases.

In March 2003, Denmark became the first country to pass strict regulations on the sale of foods containing Tran's fats. No more than two per cent of the fats and oils in any food product can contain Tran's fats. The legislation effectively limits people's Trans fat intake to less than one gram per day. Later on, Canada and Switzerland passed similar regulations.

On Dec. 5, 2006, New York City's board of health approved a ban on Tran's fats in all restaurants across the city. The ban took effect in June 2008.

In 2013, the Food and Drug Administration began to gradually stop the use of Tran's fats in all foods. It said there is no safe amount that should be in food eaten by humans. In June 2015, the FDA issued a final warning, that Tran's fats are not safe for any use in human food. Tran's fat must be taken out of all food production within three years. The FDA says the ban will cost the food industry \$6.2 billion over 20 years. The food industry must use new formulas and recipes using ingredients without Tran's fat. This is a great victory for all those scientists and people including Dr. Johanna Budwig (She must be smiling in the heaven) and professor Kummerow.

Options to Consider

If you want to avoid dangerous fats of all kinds, your best bet is to eliminate processed foods from your diet. Use butter instead of margarines and vegetable oil spreads. Use coconut oil for cooking. It is far superior to any other cooking oil and is loaded with health benefits.

Flax Seed - Diabetes Terminator

Diabetes is a defect in the body's ability to convert glucose (sugar) to energy. Glucose is the main source of fuel for our body. When food is digested it is changed into fats, protein, or carbohydrates. Foods that affect blood sugars are called carbohydrates. Carbohydrates, when digested, change to glucose. Examples of some carbohydrates are: bread, rice, pasta, potatoes, corn, fruit, and milk products. Individuals with diabetes may eat carbohydrates but must do so in moderation.



Glucose is then transferred into the blood and is used by the cells for energy. In order for glucose to be transferred from the blood to the cells, the hormone - insulin is needed. Insulin is produced by the beta cells in the pancreas.

Chronic Inflammation is Cause of Type 2 Diabetes

Researchers at the University of California, San Diego School of Medicine have discovered that chronic inflammation provoked by immune cells called macrophages leads to insulin resistance and Type 2 diabetes.

Dr. Budwig had written in her book that Diabetes is basically a Fat syndrome (a disorder of Fat Metabolism); the sugar problem is secondary and comes later into the picture.

Preventing Diabetes by daily Flaxseed consumption

ADA 2011 LIVE/71st Scientific Session 24-28th June 2011/San Diego, California.

Flaxseed is a good source of Omega-3 Fatty acids and viscous fiber. Consuming flaxseed on regular basis may reduce the risk of progressing from pre-diabetes to type 2 diabetes and heart disease through various mechanisms. One recent study has shown that 13-26 g. of flaxseed daily in addition to regular diet, can decrease glucose, insulin and insulin sensitivity in individuals with pre-diabetes.

Clinical ADA Randomized, controlled study presented during session: Nutrition Clinical Author: Andrea Hutchins, Blakely Y D.Brown, Stethane Domitrowich, Earle Adams, Courtney Bobowies: Colorado Springs, CO, Missoula.

Flax for Diabetes

Flaxseed - a nutritional powerhouse whole grain food has so many benefits for fighting diabetes. As part of a balanced and healthy diet, flax is so excellent because it helps stabilize blood sugar and controls/prevents diabetes.

Flax is a low glycemic food and has many benefits due to the Omega 3, fiber, protein and lignans found in flaxseed.

Our body's operating system performs high tech multi tasking operations. Sugar and insulin are very important. When we eat food, our body produces insulin to help keep blood sugar levels under control. The more vegetables, whole grains and low glycemic foods we eat, the easier it is for our body to keep blood sugars stable and within the normal levels.

The more processed foods, sugar, white flours, white rice, etc we eat the harder it will be to control blood sugar levels and the more likely it is that we will suffer from diabetes and its consequences.

Flax seed - low glycemic zero carb food

Flaxseed is an excellent low glycaemic food (G.I. of flax is 32) and it helps stabilize blood sugars. This means that blood sugar levels that spike when you eat sugary and white flour/ white rice type of foods will not spike when you eat flax.

With flax, blood sugar levels will slowly and smoothly rise to a lower curve and then the blood sugar levels will stay there for a longer period of time. After a few hours, your blood sugar level will slowly go down, this is the key to how flaxseed benefits diabetes.

How flax is Zero carb – sweet mathematics

Flaxseed is a Zero Carb food; let me explain this with just simple mathematics?

14 Gm of Flaxseed contains	Protein	2.56 gm,
	Fat	5.9 gm,
	Moisture	0.97 gm
	Ash	0.53 gm
Total is $0.97+2.56+5.90+0.53 =$		9.86 gm.

In these 4.04 Gms of carb Flax has got 3.8 gm fiber, **so actual sugar is $4.04 - 3.8 = 0.24$ gm**, which is comparatively negligible amount so practically Flax is called a **ZERO** carb food.

(Remember fiber belongs to carbs but is not absorbed in the intestines and does not raise blood sugar level)

Fiber keeps sugar absorption slow and steady

Flax has 3 fibers insoluble, soluble and mucilage fiber (a type of soluble fiber). These fibers fill up the stomach and take longer to digest - this means that blood sugar level spikes slowly, remains steady for longer and so we feel full for longer!

Our blood sugars don't have to constantly fluctuate up and down because the fiber keeps them stable for longer. Soluble fiber slows down the absorption of glucose and helps the body manage glucose levels and insulin production smoothly.

Flax for diabetics is an economical and powerful step to help stabilize blood sugars toward the goals of fighting and preventing diabetes!

Omega-3 – Helps Your Brain feel Satiated & helps stop food cravings!

Most of us are not getting enough Omega 3 in our diet. This is a problem because Omega 3 is essential and our bodies cannot make its own omega-3 - our body must get this from what we eat.

One of the important roles of omega 3 is to tell our brains that we are full and satiated. When we aren't eating enough omega 3, our brain thinks that we are hungry and our body is craving for the nutrition, which it needs. A great way to take a small step toward health is adding flaxseed so that diabetes can be better controlled or prevented.

Omega-3 helps prevents Chronic Inflammation

Diabetes results from chronic inflammation. This means in diabetes our body is constantly burning at a low fire. Blood vessels become hard, brittle and narrow, insulation of nerves are damaged, body doesn't function properly and cellular aging is enhanced. This leads to many complications.

Omega-3 fatty acids produce anti-inflammatory, anti-clotting (thrombolytic), vasodilatory prostaglandins, cytokines and leukotrienes. Thus Not only can flaxseed help stabilize blood sugar levels for longer periods of time, but it can also help the body heal and prevent worsening diabetes along with complications that many diabetics presently suffer from or could potentially have later on.

Flax lignans – stabilize blood sugar levels

Lignans help to heal the body, including the pancreas, which is a key player in how the body manages Insulin. Thus Lignans stabilize blood sugar levels. Lignans are powerful antioxidants and prevents aging.

Flax – prevents and cures complications

Heart

- Flax lowers blood pressure.
- Flax lowers triglycerides, total and LDL Cholesterol. It also raises HDL cholesterol.
- Flax is a natural aspirin – flax acts as a blood thinner by so interfering with platelets' ability to stick together.
- Regular flax eaters don't need any aspirin or statin.
- Flax prevents fatal arrhythmia.
- Flax is powerful antioxidant and anti-inflammatory.

Foot

- Flax enhances proper blood circulation in foot and reverses nerve damage, thus prevents peripheral neuropathy and trophic ulcers.
- Flax keeps skin and foot healthy.
- Flax prevents infections, ulcers, wounds, gangrene as well as amputations.

Sexual insufficiency

- Again due to vascular and nerve damage diabetic patient develops sexual problems.
- Flax prevents and cures Sexual problems of male as well as females.

Eye

- Due to blood vessel damage patient develop diabetic Retinopathy, which ultimately causes blindness. Flax keeps blood vessels healthy and ensures better circulation so it prevents Retinopathy.
- Flax delays cataract and prevents glaucoma.
- Flaxseed oil is best lubricant eye drops and helps in dry eye syndrome.

No refined oil

Refined vegetable oils have been stripped of most of their nutritional value, while Natural oils contain vitamins, minerals and other nutritional factors. The process of extracting the oils destroys this nutritive value. Refined oils are usually extracted using heat, then degummed. They are usually partially hydrogenated, a process which involves adding hydrogen to the oil in the presence of nickel.

The final stage of making refined oil is to bleach it. Sodium hydroxide is added to remove free fatty acids and the bleaching process also removes beta-carotene and the essential oils.

No Tran's fat

Processed oils are often heated to high temperatures, a process which causes the formation of trans-fats. Heating oils to just 300 degrees starts the process of causing fatty acids to become mutagenic (cancer causing). Trans-fatty acids start forming at 320 degrees and at

392 degrees significant quantities of trans-fats are formed. The more you reuse an oil for frying, the more Trans fats you'll create.

For deep frying use coconut oil. This medium-chain saturated fat is very heat stable and is also good for you. Butter, clarified butter and olive oil are at least better than hydrogenated fats for deep frying. Water is best medium for frying. For light stir frying mustard oil is right choice.

How to incorporate flax in your diet

Ideally, flax seed should be consumed in the grounded form or as its oil. Remember that flax seed oil does not contains the fiber or lignans etc.

The best way to mix freshly ground flaxseed with rice or chapatti.
In diabetes ideally take 20 Gms flaxseed twice daily.

Start slowly if you aren't used to a high-fiber diet. Grind it coarsely and drink plenty of water. You could have it with your cereals, yogurt or milk, shakes and smoothies or even add it to homemade cookies, vegetables or salads.

To get maximum benefits, 30 to 50 grams of ground flax is recommended per day.

Budwig Protocol

We are fighting with cancer since the dawn of history. Every year we discover new diagnostic modalities, better radiotherapy techniques and lots of new chemotherapy drugs. But we have completely failed to defeat this disease called cancer. Think again, are we really going on the right path? Does conventional Medicine really attack on the prime cause of cancer???

What is the prime cause of Cancer?

All normal cells absolutely require oxygen, but cancer cells can live without oxygen - a rule without exception. Deprive a cell 35% of its oxygen for 48 hours and it would become cancerous. Dr. Otto Warburg clearly mentioned that the root cause of cancer is lack of oxygen in the cells (Schmid).



He also discovered that cancer cells are anaerobic (do not breathe oxygen), get the energy by fermenting glucose and produce lactic acid. The body becomes acidic. Cancer cannot survive in the presence of high levels of oxygen, as found in an alkaline state. He got Noble Prize for this great discovery in 1931 (Nobelprize.org).

He postulated that sulfur containing protein and some unknown fat is required to attract oxygen in the cell. This fat plays a major role in the respiration and functioning of Warburg respiratory enzyme. He thought it would be butyric acid and made experiment, but this attempt was a failure. For many decades

scientists were trying to identify this unknown and mysterious fat but nobody succeeded.

Dr. Johanna Budwig was a qualified pharmacologist, chemist and physicist with a doctorate in physics who worked as the chief expert for drugs and fats at the Federal Institute for Fats Research, Germany. She was known as a leading authority on fats and oils in the world.

In 1949, Dr. Budwig developed new ways of testing fats through the development of Paper Chromatography. This meant that for the first time fats, fatty acids and lipoproteides could be detected directly even in the smallest proportions and thus characterized and studied in the form of microanalysis. Using



Cobalt 60 isotopes she was successful in producing the first differentiation reaction to identify fatty acids, and via radioiodine produced the first direct iodine value. She also developed control of atmosphere in closed system by using gas systems which act as antioxidants. Coloring, separating effects of fats and fatty acids were further developed. Behavior of fat was studied in blue light, red light with fluorescent dyes.

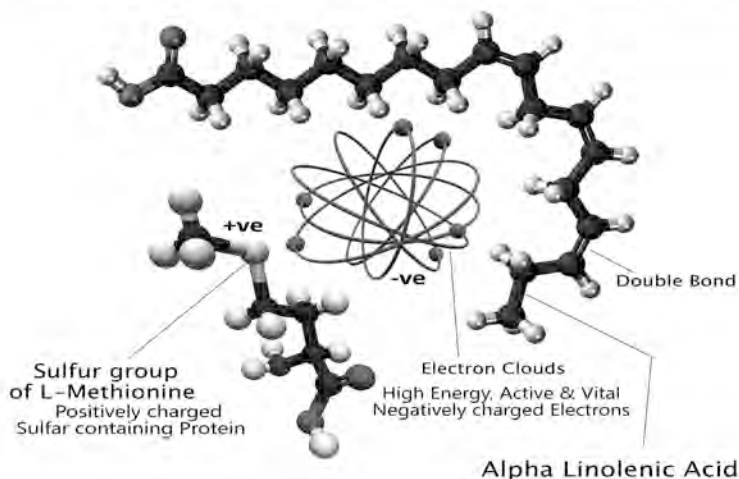
She studied the electrical behavior of the unsaturated fatty acids and their “halo” using rhodamine red dyes. With this technique she proved that electron rich highly unsaturated Linoleic and Linolenic fatty acids were the undiscovered mysterious decisive fats in respiratory enzyme function that Otto Warburg had been unable to find. She studied the electromagnetic function of pi-electrons of the linolenic acid in the membranes of the microstructure of protoplasm, for all nerve function, secretions, mitosis, as well as cell break-down. This immediately caused lot of excitement in the scientific community. New



doors could open in Cancer research. Hydrogenated fats, including all Tran's fatty acids were proved to be respiratory poisons.

Dr. Budwig found that the blood of seriously ill cancer patients was deficient in these unsaturated omega-3 fats, lipoproteins, phosphatides, and hemoglobin. In addition, she also noticed that cancer patients had a strange greenish-yellow substance in their blood that she could not find in the blood of healthy people. Budwig proposed a treatment program for cancer based on two simple ingredients: flaxseed oil and cottage cheese.

Bonding of Alpha-Linolenic Acid ALA and Sulfurated Protein



Then Budwig decided to have human trials and selected the cancer patients from four Hospitals in Münster. She gave flaxseed oil and quark to these patients. After three months, the patients began to improve in health and strength, the yellow green substance in their blood began to disappear, tumors gradually receded and at the same time the nutrients began to rise. This way Dr. Budwig had found a cure for cancer. It was a great victory and first milestone in the battle against cancer. Her treatment protocol is based on the consumption of flaxseed oil with low fat cottage cheese, raw organic diet, mild exercise, and the healing powers of the sun. She treated approx. 2500 cancer patients during a 50 year period with this protocol till her death with over 90% documented success, even in the terminal and hopeless cancer patients

rejected by allopathy (Budwig, Cancer The Problem And The Solution).

She was nominated 7 times for Nobel Prize but with a condition that she will use chemotherapy and radiotherapy with her protocol. They did not want to collapse the 200 billion business over night. She always refused to support the damaging chemo and radio for the sake of humanity.

Budwig Diet & Protocol - In Brief

This is raw organic diet with lot of Flax oil and Juices. Consume only clean or RO filtered water. To get the best results, proper guidance is strongly recommended. Below are brief guidelines of the Budwig Diet you don't have to consume all the foods on this list. This information is from Dr. Budwig's books.

First thing in the morning – One small glass of sauerkraut juice, preferably raw & homemade. Raw unheated kraut has enzymes, probiotics and vitamins which help the digestive system, metabolize foods & improve immunity.

Just before breakfast - green or herbal tea

Breakfast – First blend 3 Tbsp. Flax oil, 3 Tbsp. milk and a Tsp real honey; then gradually add 6 Tbsp. Quark or Cottage Cheese and blend. Garnish in layers. Add 2 Tbsp freshly ground Flax seeds in a bowl, then add a layer of crushed fresh fruits, then pour oil cheese mixture and put raw nuts on top.

Mid-morning - Homemade vegetable juice (carrots, beets w/lemon or apple, or greens). Homemade carrot is very important cancer-fighters. Carrot juice 4-5 days in a week.

Before Lunch Green or herbal tea.

Lunch - Salad plate (tomato, cucumber, lettuce, radish, cabbage, broccoli, and pepper) with homemade Cottage Cheese and Flax oil **mayo dressing** (prepared by mixing together 2 Tbsp Flax oil, 2 Tbsp milk, 2 Tbsp Cottage Cheese and 1 Tbsp lemon juice, add a variety of herbs making the plate most appealing.

Or use Flax oil and lemon juice / Flax oil and curd dressing.

Lunch - Main Course should be light take early at 12:30.
Vegetables/ pulses cooked in water, then flavored with oleolox

(Electron butter), spices and herbs possibly with oatmeal, idly, rice (brown) or chapatti etc. Vegetable soups/ sambhar flavored with a little oleolox and nutritional yeast flakes, as side dish for buckwheat, brown rice, millet or potatoes.

Lunch Dessert - Must have 2nd serving of 3 Tbsp. Flax oil and 6 Tbsp. Quark or Cottage Cheese with a little milk and honey, well blended. Add raw fruit, fruit juice, raw nuts, and other flavors you like. You may also refrigerate and serve as ice cream.

Mid-afternoon - 1 Tbsp. freshly ground Flax seed added to 1 glass of pure fruit juice, homemade.

Late afternoon - Enzyme juice - Papaya or pineapple juice, 1 glass.

Dinner also should be light take early at 6:30- Grains alone or grains & beans with vegetables with oleolox, nutritional yeast flakes & spices. Eat **buckwheat at least 4 days in a week.** Grains & beans combined make a complete protein. Vegetables such as spinach, asparagus, broccoli, & cabbage add nutrition and aid absorption.

Late Evening - 1 glass of grape juice (optional) before 10 P.M. if possible.

Linomel Muesli or Oil-Protein Muesli

This should be made fresh and consumed within 15 minutes. It is full of high energy pi-electrons, attract oxygen in the cells and capable of healing cell membranes. It is full of energy-rich omega-3 fats, has power to attract healing photons from sun through resonance. As “Om” is divine word and synonym of God in India. According to Hindu Mythology, the whole universe is located inside “Om”, so the name Omkhand has been given to this wonderful recipe in Hindi.

Ingredients

- 3 Tbsp cold pressed organic Flax seed oil (FO)
- 100-125gm (6 Tbsp) Quark or Cottage Cheese (CC)
- 2 Tbsp freshly ground Flax seeds
- 2-3 Tbsp milk
- 1 cup fruits
- ¼ cup dried nuts
- Natural honey
- Flavorings – lemon, apple cider vinegar, cinnamon, pure cacao, natural vanilla, shredded coconut etc.

Recipe

Place 2 tablespoons Linomel or freshly ground Flax seeds in a small bowl. It is covered with raw, crushed or diced seasonal fruits depending on the season. Pour some orange or grape juice over this. Linomel is a brand name and originally created and patented by Budwig. It is a cereal made from cracked Flax Seed, a small amount of honey and a little milk powder.

Then the Quark-Flax seed oil cream is prepared in as follows: First add Flax seed oil, milk and honey and blend briefly with a hand-held immersion electric blender, then gradually add the Quark in smaller portions. Blend till oil and Quark is thoroughly mixed with no separated oil. Then it is seasoned differently everyday with different flavorings such as vanilla, cinnamon or various fruits such as banana, apple, lemon, orange juice, or berries.

Use various fruits such as fresh berries, apple, cherry, orange, banana, papaya, grapes etc. Add other fresh fruit if you like, totaling 1/2 to 1 cup of fruit. Budwig specially advised to use berries like strawberry, blueberry, raspberry, cheery etc. because berries have ellagic acids which are strong cancer fighters.

Add organic raw nuts such as walnuts, almonds, raisins or Brazil nuts. They have sulfurated proteins, omega-3 fats and vitamins. Brazil nut is especially important because a single nut provides you with all of the selenium you need for the day. Selenium is very important to boost immune power. Peanuts are prohibited.

For variety and flavor, try natural vanilla, cinnamon, lemon juice, pure cocoa or shredded coconut.

Once blended in Budwig Cream, Quark and Flax seed oil form a new substance called lipoprotein. Lipoprotein is a water soluble complex. The Quark is rich in the sulfur-containing amino acids, methionine and cysteine. These positively charged amino acids attract the negatively charged electron clouds in fatty acid chains and exhibit a stabilizing effect on the highly unsaturated, otherwise easily oxidized fats. Thus, the amino acids protect the polyunsaturated fatty acids from the Flax seed oil against oxidation which, as a result, are able to enter the human body unchanged and with their full energy potential. The result: they are much more valuable to cells and their membranes.

Consequently, one could say that Quark excels as a protector for the polyunsaturated fatty acids.

Sulfur-rich amino acids play a wealth of roles in many vital functions in our bodies. In combination with polyunsaturated fatty acids, they are important partners in regulating the uptake of oxygen and its utilization by the cell. They therefore contribute significantly to a strong immune system, healthy metabolism, and mental vitality. For many generations, people have been getting their omega-3 fatty acids from fish, vegetables, nuts, and seeds. Our health literally depends on the regular consumption of the essential omega-3 and omega-6 fatty acids, alpha-linolenic acid (ALA) and linoleic acid (LA). Our bodies require these fatty acids in order to synthesize their cell membranes as well as for a variety of metabolic processes and heal the cancer and other diseases.

Tips for making the Budwig Mixture

- Follow directions properly! It is important to add things to the mixture in the right order. If you mix them in the wrong order you may lose a lot of the opportunity to convert the oil-soluble omega-3 into water soluble-omega-3.
- Keep the Flax seed oil refrigerated.
- Immersion blender is a must.
- The mixture can be flavored differently every day by adding nuts and fruits preferably organic such as pecans, almonds or walnuts (not peanuts), banana, organic cocoa, shredded coconut, pineapple (fresh) blueberries, raspberries, cinnamon, vanilla or (freshly) squeezed fruit juice.
- Consume immediately for best results.

Prohibitions of Budwig Protocol

- No Sugar, no meat, no eggs, no Butter
- No hydrogenated fat and refined oil
- No soya, corn, peanuts and refined table salt
- No frying, no sautéing, no deep frying
- No preservatives and processed Food
- No microwave, Teflon coated nonstick and aluminum cookware
- No cosmetics, chemicals and pesticides
- No foam mattress and pillow.

- No nylon, polyester or acrylic clothing, only cotton, silk and wool is allowed.
- No Crt. TV and mobile phones
- No leftover food

Elimination or Detoxification

May include (Remember the Mnemonic - M.Sc. Botany)

- Flax oil massage,
- Sun therapy for 20 minutes,
- Coffee enema daily and
- Daily **Soda bicarb bath (40 minutes)**, Epsom salt bath, oil pulling, steam bath, sauna bath, liver, colon and kidney cleansing etc.

Energy Therapies (Remember MTV)

Meditation, positive attitude, and deep breathing exercises.

Tumor contract – Tell your tumor that if it grows in size, then you may die, and eventually he also will die. So advise him to become microscopic in size. In return you promise to make some changes in your life so that both of you might live long. If he agrees with your proposal, sign a contract with him immediately.

Visualization – is the most important tool to tap into the power of your imagination to help heal cancer. Remain tuned to your healthy and happy future.

Important and must do therapies with Budwig

- Dandelion root 1 Tsp once a day
- Black seed oil 1 Tsp twice a day
- Bitter apricot kernels 13 seeds with a Tsp pumpkin seeds
- Essiac tea 60ml per day
- Brazil nuts a nut a day
- Cap Nano Curcumin 1 cap thrice a day
- Nutritional yeast flakes/powder 1 Tbsp a day

Flaxseed and Osteoarthritis

Arthritis is an inflammation of a joint or joints in the body. One of the most common types of arthritis is osteoarthritis or "degenerative arthritis." Often described as ageing disease or "wear and tear" arthritis, it affects more than 15 million Americans.

Osteoarthritis follows the breakdown of cartilage in a joint, eventually leading to abnormal bone changes. The role of joints is to provide flexibility, stability, support and protection to the skeleton, allowing movement of limbs and the entire body. Cartilage assists in these functions by coating the ends of the bones. In the early stages of osteoarthritis, the surface of the cartilage becomes swollen, forming tiny crevasses which hinder normal joint functioning. Inflammation may also occur in the synovium, a fluid-filled sac that surrounds the joint and provides nutrients and oxygen to the joint components. As the cartilage loses elasticity, it becomes vulnerable to further damage from repetitive use, which can cause a great deal of pain and swelling. In advanced cases, there is a complete loss of cartilage cushion between the joint and bone, which ultimately limits joint mobility. The joints most commonly affected are the knees, hips, spine, hands and toes.

Symptoms of osteoarthritis

- Pain in the affected joint after repeated use, especially later in the day.
- Swelling, pain and stiffness after long periods of inactivity, such as waking in the morning, that subsides with movement and activity.
- Continuous pain, even at rest, is a symptom of advanced osteoarthritis, when there is total loss of cartilage.
- In osteoarthritis of the spine, pain can occur in the neck or lower back. If bony spurs develop, the nerves exiting from the spine can be irritated, causing numbness, tingling and severe pain in the back or limbs. Osteoarthritis in the fingers can result in hard bony enlargements, and bunions can form at the base of the big toe if the feet are affected.

- The degree of symptoms varies among individuals. Some people become completely debilitated, while others may experience few symptoms despite the severity of their condition. Symptoms may also be intermittent, and some individuals go for long periods of time relatively symptom-free.

Lifestyle Changes

- **Lose weight** if you are overweight - it can alleviate excess mechanical stress on the affected joints.
- **Avoid intense activities** that injure or strain the joint cartilage.
- **Exercise** - This can actually be beneficial as long as it is performed at a level that does not stress the affected joints. Strengthening surrounding muscles will support and protect the joint, and physical activity helps improve and maintain joint mobility and aids weight-reduction efforts. The safest activities are swimming, stationary cycling and light weight training - which put little stress on the joints.

Dietary changes

- **Flaxseed** - Studies show that people who suffer from arthritis may benefit by consumption of omega 3 fatty acids which are found in flax seed oil. Nutrients found in flax seed oil contain anti-inflammatory agents, which can help quell the inflammation of joints that leads to aches and pains helping reduce the risk of arthritis.
- **Ginger and Turmeric** - Research has shown that the ginger and turmeric may help reduce inflammation. Regularly use ginger and turmeric. Ginger tea is a good example. Foods rich in antioxidants - plentifully found in most vegetables and fruit - may help reduce tissue damage from inflammation.

Supplements

- **Glucosamine sulfate** - Glucosamine sulfate provides the joints with the building blocks they need to help repair the natural wear on cartilage caused by everyday activities. Specifically, glucosamine sulfate provides the raw material needed by the body to manufacture a mucopolysaccharide (called glycosaminoglycan) found in cartilage. Supplemental sources are derived from shellfish. Taken in supplement form,

glucosamine may help improve the maintenance of healthy cartilage with an enhanced deposition of glycosaminoglycan.

- **Chondroitin** - Chondroitin protects the cartilage and attracts fluids that give the tissue its shock absorbing quality.
- **Evening primrose oil** - A source of gamma-linolenic acid (GLA) which may help maintain healthy joints by modifying inflammation.
- **Herbs and spices** - Ginger, holy basil, turmeric, green tea, rosemary and bosvelia serrata all have naturally occurring anti-inflammatory compounds known as COX-2 inhibitors.
- **Flaxseed Oil** - which have been shown in studies to help maintain bone health and flexibility.
- **Sauerkraut** – Take a glass in a day.
- **Wild Oregano Oil**

Joy of the Mountain – Wild Oregano Oil

Wild Oregano (*Origanum Vulgare*) is a perennial herb that has purple flowers and spade-shaped, olive-green leaves. The whole plant has a strong, peculiar, fragrant, balsamic odour and a warm, bitterish, aromatic taste, both of which properties are preserved even when the herb is dry. The oregano sold as a spice is either Sweet Marjoram (*Origanum majorana*) or Mexican Sage. Dr. Cass Ingram's book, *The Cure is in the Cupboard*, describes how oregano can reverse numerous ailments.

There are over 40 oregano species, but the most therapeutically beneficial is the wild oregano or *Origanum Vulgare* that's native to Mediterranean mountains. To obtain oregano oil, the dried flowers and leaves of the plant are harvested when the oil content of the plant is at its highest, and then distilled.

The ancient Greeks and Romans have a profound appreciation for oregano, using it for various medicinal uses. In fact, the name *Origanum* is derived from two Greek words, *oros* (mountain) and *ganos* (joy) – literally means joy of the mountain. It was admired as a symbol of happiness, and it was an ancient tradition to crown brides and grooms with a laurel of oregano.

Composition

Wild Oregano contains 41 antibacterial, 31 anti-inflammatory, 26 antiviral, 26 antifungal, 22 antiseptic, 6 antiparasitic, 28 antioxidant, 6 immunostimulant and 4 COX-2 inhibitor elements.

Carvacrol (a type of phenol) is one of the strongest and most effective multi-spectrum antibiotics known to man, killing 90 different pathogenic microorganisms, such as candida albicans, staphylococcus, E. coli, campylobacter, salmonella, klebsiella, the aspergillus mold, giardia, pseudomonas, and listeria.

Thymol - a natural Cox-2 inhibitor and fungicide with antiseptic properties. It boosts immunity, protects against toxins, and even prevents tissue damage and encourages healing.

Terpenes – powerful antibacterial.

Rosmarinic acid – an antioxidant and helps in treating allergic asthma, cancer and atherosclerosis. It is also a natural antihistamine that reduces fluid buildup and swelling caused by allergy.

Naringin - inhibits the growth of cancer cells and boosts the antioxidants in oregano oil.

Beta-caryophyllin (E-BCP) - this substance inhibits inflammation and is beneficial for osteoporosis, arteriosclerosis, as well as metabolic syndrome.

Nutrients like vitamins A, C, and E, calcium, magnesium, zinc, iron, potassium, manganese, copper, boron, and niacin are also found in oregano oil.

Oregano oil Fights Cancer

Oregano can assist in a holistic cancer treatment. It will not cure cancer alone but in combination with other herbs and therapies, it will boost cancer treatment effectiveness. Carvacrol has the ability to activate the natural anti-inflammatory defense.

Arthritis - relieves pain as effectively as morphine

Oregano oil relieves pain as effective as morphine. It even surpassed the ability of conventional drugs to reverse pain and inflammation.

“Less is more” applies to oregano oil

Full strength Oregano oil is too powerful for the internal or even external applications. Dilute it at least 3:1 with any good carrier

oil (olive oil or coconut oil). Do spot test before using it in liberal amounts. Dilutions range from 3:1 to 15:1 depending upon the specific use. Do not use in vagina, anus, sensitive skin areas or mucous membranes unless well diluted due to heat sensation. Normal adult dose is 2-3 drops (diluted 1 part Oregano oil : 3 parts carrier oil), 2-3 times/day. Under the tongue (mix well with saliva before swallowing) or in 4oz. juice, water or mixed into a Tsp. of honey. Drink 6-8 glasses of pure water daily to flush toxins from the blood.



Coconut Oil

The Unique Designer Fat

To date, there are over 1,500 studies proving coconut oil (*Cocos nucifera*) to be one of the healthiest oil on the planet. Coconut oil benefits and uses go beyond what most people realize. Coconut has long been a primary source of food throughout the tropics. Its various industrial and cosmetic applications have made it a very important commodity. Coconut oil is heat stable, resists rancidity and has a shelf life of approximately two years or more. The best coconut oil is raw, unrefined, unheated, cold-pressed, “extra virgin” and organic.

World’s renowned expert of fats and oils and the chief expert at the Federal Institute for Fats Research, Germany, and Dr Johanna Budwig scientifically proved that good quality coconut oil is the best oil for high temperature cooking, e.g. frying and deep frying. **It does not change into Tran’s fatty acids when heated.** She recommended only Coconut oil for cooking to her Cancer patients.

Composition

The coconut possesses a wide variety of health benefits due to its fiber and nutritional content, but it is the oil that makes it a remarkable source of food and medicine. It has definitely earned its reputation as the healthiest oil in the world despite the fact that its high saturated fat content was once falsely claimed to be unhealthy.

Coconut oil - The best source of MCFAs

Oils and fats are composed of molecules known as fatty acids. They are classified either according to saturation or based on molecular length and size of the carbon chain within each fatty acid. Monounsaturated fats and polyunsaturated fats are an example of the first class.

The second classification is based on molecular size or length of the fatty acids carbon chain. Long chains of carbon atoms consist of each fatty acid with an attached hydrogen atom. There are short chain fatty acids known as SCFA, medium chain fatty acids (MCFA) such as

coconut oil and long chain fatty acids (LCFA). The majority of fats and oils in our diet (whether unsaturated or saturated) are composed of long chain fatty acids.

Coconut oil is predominantly medium-chain fatty acid (MCFA) and the effects of the MCFA in coconut oil are distinctly different from the LCFA found in other foods. Why is this relevant? It is important because our bodies respond and metabolize each fatty acid differently. It is the MCFA found in coconut oil that makes it unique because these fatty acids do not have a negative effect on cholesterol. In fact, they are known to lower the risk of heart disease and atherosclerosis. There are only few dietary sources of MCFA, and one of the best sources is coconut oil.

But the people who are blind followers of FDA and AHA (American Heart Association) will never believe these facts because they have very narrow and tubular vision where saturation is the only criteria to judge the fats.

Medium-chain fats leave the stomach altogether unaltered and do not need any fat-splitting enzymes or gallic acid for their digestion. These designer and unique fatty acids are small and tender enough to slip easily into mitochondria – the cells' powerhouses – directly where they can then be converted to energy. Therefore, it is not true that these fats would contribute to arterial calcification. Another reason for the use of coconut fat is the fact that it helps to absorb other substances such as magnesium, calcium, certain B vitamins, fat-soluble vitamins (A, D, E and K) and even certain proteins. Around 62% of the oils in coconut are made up of these 3 healthy fatty acids and 91% of the fat in coconut oil is healthy saturated fat. These unique fats include:

- **Lauric acid**
- **Caprylic acid**
- **Capric acid**

Coconut oil has many health benefits which are attributed to the presence of lauric acid. Lauric acid is converted into a monoglyceride called monolaurin, a compound that is highly toxic to viruses, bacteria, fungus and other microorganisms because of its ability to disrupt their lipid membranes and virtually destroy them. Monolaurin is effective for treating candida albicans, fungal infections and athlete's foot.

In natural medicine, coconut fat plays an important role in the treatment of inflammation, bacterial and viral infections and even fungi. The well-known AIDS study conducted by Philippine San Lazaro Hospital showed that coconut fat is able to reduce the viral load and causes the CD4 to increase in AIDS patients. It also has positive effects in such known viruses as influenza, herpes simplex or the Epstein-Barr virus.

Breast milk is the only other source of lauric acid, which must explain the lesser incidents of infections with breast-fed infants. It has also been observed that regular consumption of coconut oil boosts immunity and reduces incidences of sickness.

Health benefits

Hair Care - The unique MCFAs in coconut oil pass freely into the hair's cell membrane, allowing for the oil to penetrate the hair's shaft; this literally does the deep conditioning from within.

Massaging the oil into the scalp can offer relief from dandruff. Dandruff is caused by dry skin or fungal condition that reached the scalp. With regular use, coconut oil can kill the fungus and eliminate dandruff issues.

Skin Care - Coconut oil is an excellent skin conditioner containing MCFAs, naturally occurring fats which deeply penetrate, moisturize and acts as a protective barrier against environmental and free radical damage. The oil also provides sun protection by screening 20 percent of ultraviolet exposure.

Coconut oil is rich in anti-oxidants and the natural antibacterial agent's caprylic and capric acids. Its ability to smooth the skin while infusing with anti-oxidants makes it a perfect anti-aging moisturizer. Moreover, it contains vitamin E, another antioxidant popular for hastening the recovery of skin abrasions, burns and other trauma.

Weight Loss - Medium-chain fatty acids found in coconut oil can speed up metabolism three times faster than long-chain fatty acids because they are easily digested and converted into energy.

Hypothyroidism – Coconut oil has been found to be very helpful for people who have hypothyroidism. It has been scientifically proved to increase metabolism, encourages weight loss, increases body temperature, relieves constipation and behaves as an antioxidant.

Thyroid patients often experience muscle and joint pain due to inflammation from unbalanced hormone levels. Coconut oil naturally suppresses inflammation and helps to repair tissues and fight pain.

Low thyroid hormones in the body can cause dry skin. coconut oil helps to restore the lost moisture and improve skin health. A thyroid disorder can also affect the hair follicles. Lauric acid provides the protein required by hair to stay healthy and strong, to reduce hair loss. Use extra virgin and organic Coconut oil. The amount varies between 3 to 6 tablespoons a day.

It should be noted that ninety-three percent of American soy is GMO. This highly processed soy has been linked to **thyroid damage and hormone disruption** due to its large quantities of estrogen-like compounds called phytoestrogens.

Natural remedy for Pneumonia - In a study presented before The American College of Chest Physicians on October 29, 2008, coconut oil was found to offer pneumonia patients faster and more complete relief from symptoms.

Diabetes, Heart Disease and Cholesterol levels - In a study made on women subjects ranging from 20 to 40 years old, half of the subjects were instructed to take a 30 ml soybean oil supplement while the other half were instructed to take a 30 ml coconut oil supplement while maintaining moderate exercise routine over a 12 week period. Results of the study showed that although both group of women had a decrease in body mass index (BMI), only the women who were taking coconut oil showed a notable decrease in waist circumference significantly lowering the risk of conditions like type II diabetes and heart disease.

Furthermore, the study also showed that the subjects who experienced an improvement in their cholesterol profile along with higher HDL levels and higher HDL/LDL ratio were the ones taking coconut oil. That taking soybean oil did not receive the same benefits but reflected higher total cholesterol as well as higher LDL cholesterol, lower HDL cholesterol and a lower HDL/LDL ratio.

Bone health and Chronic fatigue - Coconut oil help prevent osteoporosis because it helps in the nutrient absorption of minerals such as calcium and magnesium - important minerals that fight osteoporosis.

Moreover, the MCFAs in coconut oil produce energy rather than body fat, thereby improving metabolism and preventing fatigue.

Alzheimer's Disease - Dr. Mary Newport gave her husband 1 tbsp. of coconut oil twice a day for a month and a half and saw him almost completely recovered from dementia.

Plethora of others health benefits:

- Protects against cancer, HIV and other infectious diseases
- Kills bacteria and parasites like tape worm and liver flukes
- Eases acid reflux, aids in proper bowel function
- Lowers incidence of hemorrhoids
- Heals and relieves intestinal problems
- Soothes earaches
- Deals with symptoms connected with prostate enlargement
- Strengthens the liver and protects against degeneration
- Reduces incidence of epileptic seizures
- Reduces joint and muscle inflammation
- Eases neuropathies and itching from diabetes.

Dose of Coconut Oil to enjoy its benefits

There is no real dose of recommended coconut oil, but research has shown that one should consume several grams of lauric acid, or at least **1 tbsp of coconut oil, every day**. Certainly 10 g to 20 g of lauric acid taken daily can be a benefit to health. Coconut oil contains 50 percent lauric acid, so taking 1 tablespoon of coconut oil per day will provide you with 7g lauric acid. An appropriate dose should therefore be in the region of one to three tablespoons daily.

Sauerkraut

Gut health is the hottest topic of discussion right now in the community. Eating foods that support your gut's healthy bacteria is widely believed to be the key to better health in all aspects: better energy, immunity, mood, digestion, sleep...the list goes on. The sauerkraut, fermented cabbage, is a probiotic food that offers us a ton of health benefits. *It is believed that the Indian women had been waiting 2,000 years for the sauerkraut.*

What are sauerkraut's benefits?

Yes, it's good for your gut. This is the major reason why healthy eaters are so into sauerkraut. Sauerkraut also contains dietary fiber which aids digestion, balances blood sugar, and may help lower cholesterol. Adding fiber to your meal also makes it more satisfying and keeps you full for longer. Cabbage has the very good fiber support with very low calories.

Immunity

It's good for your immune system. This is one of 'kraut's benefits that's largely overlooked. Sauerkraut is high in vitamin C, which is essential for supporting the immune system.

Heart & Bone Health

It's a good source of vitamin K₂. This is another often overlooked benefit of the fermented cabbage. It bolsters bone health and heart health.

Heals and Rejuvenates Digestive System

Sauerkraut is easy to digest. Sauerkraut naturally contains enzymes that make the actual digestion process a bit easier. People with IBS may find that sauerkraut and probiotic foods help heal and alleviate uncomfortable digestive symptoms such as cramps, bloating, and gas.

Sauerkraut juice helping heal stomach ulcers, but more recent studies have looked that this food heals the stomach and digestive tract

as a whole. Cabbage contains nutrients of potential benefit to our stomach and intestinal linings. Sauerkraut contains natural ingredients acting like drugs used in ulcer treatment. A glass of fresh cabbage or sauerkraut juice can be especially good for stomach ulcers. These nutrients are:

- a) **L-glutamine** is a non-essential amino acid that is preferentially used as a source of energy by gut cells. It is claimed to have protective effects in the gastrointestinal mucosa and in the liver.
- b) **S-methylmethionine** is a derivative of methionine and is sometimes referred to as vitamin U. The term was coined in 1950 by Garnett Cheney for uncharacterized anti-ulcerogenic factors in sauerkraut and cabbage juice that may help speed healing of peptic ulcers.
- c) **Glucosinolates** are converted to anti-inflammatory isothiocyanates in your body. These beneficial compounds control the H. pylori bacteria inside your stomach that contribute to peptic ulcers.
- d) **Gefarnate compound** is a water insoluble terpene fatty acid, facilitates the healing and function of gastric mucosal tissue.

Trump Card in Cancer Treatment

It could reduce the risk of cancer. Both sauerkraut and cabbage are good sources of glucosinolates and ascorbigen, which are cancer-fighting compounds. "Sauerkraut and cabbage contain sulforaphane, a compound that may block HDAC enzymes, which is an enzyme class involved in cancer development.

The famous Roman statesman, **Marcus Porcius Cato the Elder** (234 BC to 149 BC) was a self-reliant farmer who became a legend for strengthening his people and society two centuries before Rome became an empire. He told us that carcinomas are incurable except with the treatment with sauerkraut.



Brain Health

Sauerkraut could be good for brain health. As a fermented food, sauerkraut may support mental health. The gut and brain are closely connected and there is emerging research that probiotic foods, including sauerkraut, may help improve memory, support cognition, and alleviate symptoms of stress and anxiety.

Okay, so it's pretty clear that sauerkraut can benefit the body in a lot of ways. But there's a caveat to all of this: not everything you see on store shelves is nutrient-dense. If a sauerkraut product contains vinegar and is pasteurized, it does not offer much probiotic benefits. The beneficial bacteria is killed off by the high heat during the pasteurization process. Home-made sauerkraut is always best.

My video Sauerkraut - Make your own (English)

<https://www.youtube.com/watch?v=7bwnpPyqGbs&t=110s>

My books available at Amazon.in and Pothi.com

Awesome Flax - <https://www.amazon.in/Awesome-Flax-Book-Guru-ebook/dp/B00PUUIROK/>

Cancer - Cause and Cure - <https://www.amazon.in/Cancer-Cause-Cure-P-Verma/dp/1505299470/>

Budwig Protocol - <https://pothi.com/pothi/book/dr-o-p-verma-budwig-protocol>

Cancer Cure Is Found - <https://pothi.com/pothi/book/dr-o-p-verma-cancer-cure-found>

Essentials Of Lung Cancer - <https://pothi.com/pothi/book/dr-om-verma-essentials-lung-cancer>

Multiple Myeloma New Horizon - <https://pothi.com/pothi/book/dr-o-p-verma-multiple-myeloma-new-horizon>

Understanding Breast Cancer - <https://pothi.com/pothi/book/dr-o-p-verma-understanding-breast-cancer>

Secrets of Success - <https://pothi.com/pothi/book/dr-o-p-verma-secrets-success>

Dawne Ulvano healed her cancer in 9 months

Hello, my name is Dawne and I live in United States. I am here to share with you my cancer experience and how Dr. Verma's book "CANCER CAUSE AND CURE", really helped me along my journey. Then finally after I had gotten that good news, I came across a very important book. It is besides my Bible my Creator's word, I consider this my second Bible. The Second most important book in my life and we all know that doctor who wrote this. This is very important to me, it is called the "CANCER CAUSE AND CURE" and this book really pulled it all together for me. It saved my life. It saved my sanity.

I had cancer that's the first thing that came into my head "Budwig" and I read one of Dr. Budwig's book. And it helped me learn a lot about what I am supposed to do, but Dr. Verma's book made it just a little bit easier to understand because he explains a lot. I was doing the Budwig but I was not doing it quite right, my timing was off. So his book showed me how I am supposed to do it and I got the timing right and another thing with Dr. Verma, I thank you so much for being on Facebook because whenever I had questions, I was able to ask him you know specific questions there and he was so gracious to answer my questions. You know a lot of things when you start doing the Budwig and don't have correct information, you don't really understand how you are supposed to do it correct. Lot of people don't do sauerkraut juice, lot of people don't do teas and champagne. I started to understand this and I made it part of my protocol.

And lot of another thing was that the western medicine doctors here tell you "stay out of the sun ", the sun is bad for you, causes cancer. Budwig didn't say that. She said you needed it. You need the sun, it is important. And Dr. Verma's book, you know, reiterates that and lot of other therapies that I didn't know about. Some therapies that I was doing was the enemas and again I was not doing it quite right until I got Dr. Verma's book. It explained to me the hows and what I needed to do. I also learned about soaks through his book, bath soaks on how to do it, how long to do it and what you should be putting in your bath tub. And the whys, why it is important to do these bath soaks? And other things that I learned were about supplements, how important they were. And foods, staying away from meats. I used to be a big meat eater. Not anymore, no thank you, no no no. Not especially here in

United States what they do to the meat industry does to the food and the processed food I have sworn off meat and I eat raw vegetables, fruits, nuts and seeds. That is the base of my diet.

And another thing is not just in the cancer, with diabetes. I am type 2 diabetes. I've always been told that I will never stop type 2 diabetes. I used to take insulin and I used to take pills. With the diet I am on and the ways that I followed the CANCER CAUSE AND CURE book, I no longer have to take medicines for diabetes, also no longer high cholesterol. So the book is been wonderful as far as helping me with cancer but helping me with my other issues. I also learned to do the mental exercises that the book covers and physical exercises. But the exercises that they talk in the book taught me how to do things to help with my cancer, how to get the lymph nodes cleared, how to get lymph system moving. And also meditation, I never meditated in my life. And I realize the importance of meditation because of what he wrote in his book.

One of the things about The CANCER CAUSE AND CURE book is that you gain an immediate understanding of what you got to do. And it put it all together for me, like I said the first three months I was doing it on my own but once I got the book I followed exactly what it said. I noticed a big difference. First of all I was so calm, I was so relaxed and I put a lot of faith into the book. I now I know I put my faith in the right place. This book, you know teaches you how to make the time your friend and the first three months, time was not my friend. I felt like time was against me. With the book I got to use my time wisely. I didn't waste any more time on research.

Once I got the CANCER CAUSE AND CURE book that was the end of my research.. So Dr. Verma, from the bottom of my heart, to the top of my heart and through all my heart I thank you. I thank you so much for saving my sanity and saving my life. Because the tests that are coming back keep showing that everything is good. It has been since May and now its November and I have had two tests in between my blood is still clean there is no tumor and there are no swollen lymph nodes and I thank you. Thank you for being there, thank you for writing the book. So with that I will say farewell.

Contact us

Please, contact me if you need any information, help and support regarding Budwig Protocol, Diabetes and Arthritis Treatment, Sauerkraut, Flax seed etc. We also sell Flax seed oil and other products mentioned in this book, Sauerkraut, and the treatment material required for Budwig Protocol.

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Budwig Cancer Therapy

Documented 90% success in all types of Cancers, and this was achieved even in cases, which were rejected by Allopathic doctors.



Budwig Protocol is the best alternative treatment for cancer. It targets upon the prime cause of the cancer. Prime cause of the cancer is lack of oxygen in the cells, as discovered by Dr Otto Warburg in 1931 and was awarded Noble Prize. He proposed that sulfur containing protein (found in cheese) and some unknown fat is required to attract oxygen into the cells. He thought it would be butyric acid and made experiment, but this attempt was a failure. For many decades scientists were trying to identify this unknown and mysterious fat but nobody succeeded.

Then in 1949, Dr Johanna Budwig developed Paper Chromatography to identify fats. With this technique she could prove that electron rich highly unsaturated Linoleic and Linolenic fatty acids (flax oil being the richest source) were the mysterious and undiscovered decisive fats required to attract oxygen into the cells, which Otto Warburg could not find. She studied the electromagnetic function of pi-electrons of the linolenic acid in the cell membranes and showed us how they attract oxygen into the cells.

She wanted to develop a healing program for cancer. So she enrolled over 642 cancer patients and she gave Flax oil and Cottage Cheese to these patients. After just three months, patients began to improve in health and strength, tumors gradually receded. This was a great miracle.

This way she developed a simple cure for cancer, based on the consumption of Flax oil with low fat Quark or cottage cheese, raw organic diet, mild exercise, flax oil massage and the healing powers of the sun. She treated approx. 2500 cancer patients during last few decades. Her success was over 90% in all cancers and this was achieved in cases, which were rejected by Allopathic doctors.

We treat all cancer patients and provide you best quality flax seed oil, sauerkraut, herbs, and other treatment material required. You may contact us for further information and details about this great cancer cure.

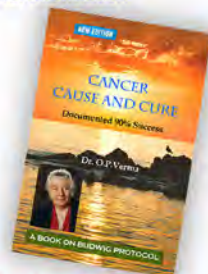
**Cancer is weak, vulnerable and easily curable,
we teach you how?**

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Best book on Budwig Protocol

