

Cancer Recovery

Sample Diet Plan after 90 days

Breakfast:

1. 8-12 ounces of fresh vegetable juice.

Sample Juice: (4oz) 1 cucumber, (2oz) 2 carrots, (2oz) 2-3 celery sticks, (2oz) 1 apple, (2oz) 1 broccoli stem, (1/2oz) 1/2 beet, (1/4oz) 2 slices-nickel size of fresh ginger, 4 cloves garlic, 2 handful of Kale and (1oz) wheat grass. New Greens Organic can be substituted for wheat grass.

Complex Protein Shake: 30 minutes later

1. Choose the best medical food protein shake per your medical needs:
 - Ultra Clear Renew: Liver detoxification, heavy metals including mercury elimination, elevated oxidative stress, cancer
 - Ultra InflamX360 Plus: Inflammatory conditions, joints, arthritis, GI conditions, allergies and general inflammation
2. Place 4 leaves of kale or chard OR a handful of spinach or mustard greens into blender, VitaMix preferable. Add 6-8 ounces of water or dairy alternative (i.e. almond milk, rice milk or hemp seed milk) with your chosen protein powder, and blend to make a puree.
3. Add one tablespoon flax seed oil or Mixed EFA/Biotics, one fresh squeezed lemon or lime (skip if acid reflux) and 1 cup of berries and blend. Enjoy! Your cells will be leaping with joy and renewed strength.

Morning Snack (optional): Nuts, seeds or sprouts with natural vegetable dip. (choose from Dr. John's Recipe Book or Nomi Shannon, Raw but not Naked, little book of salad dressings)

Lunch:

1. 8-12 ounces of fresh vegetable juice
2. Large Salad with vegetables and/or Soup, add raw dip for creative flavors.
 - Choose as many category one vegetables as you can fit on your plate! (And if you would like a serving of category two vegetables, add them here, i.e. carrots).
 - Add 1 teaspoon extra virgin olive oil or avocado or olives and a generous amount of apple cider vinegar (or saurkraut).
3. Budwig Diet Cottage Cheese (* see below) or clean animal protein (Alaska Salmon, natural chicken or Lamb lion or chops). Take one tablet Biozyme with 1-2 capsules of Betaine HCL with animal protein to aid in digestion.

Afternoon Snack: 8-16 ounces of fresh vegetable juice
30 minutes later: Simple or complex protein (shake & drink!).

Dinner: Full meal

1. 8-12 ounces of fresh vegetable juice.
2. 1 serving of rice or quinoa. Add 1 tablespoon of coconut oil or olive oil.
3. Add some vegetables to the plate (like broccoli, radishes or cucumbers), and a raw dip and sprouts.
4. Beans and legumes can also be add to the grain dish.
5. Clean Animal protein (Alaska Salmon, natural chicken or Lamb lion or chops). Take one tablet Biozyme with 1-2 capsules of Betaine HCL with animal protein to aid in digestion.

Evening Snack:

1. 8-12 ounces of fresh vegetable juice.
2. Simple shake or Budwig Diet Cottage Cheese*
Budwig Diet Cottage Cheese (Budwig Muesli)

Generally, each tablespoon of Flaxseed Oil (FO) is blended with 2 or more tablespoons of low-fat organic Cottage Cheese (CC) or quark.

- To make the Budwig Muesli, blend 3 Tablespoons (British dessert spoons) of flaxseed oil (FO) with 6 Tbps low-fat(less than 2%) 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 Tbps of whole flaxseeds and add to the mixture. Please note that freshly ground flax seeds 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-marrows. 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.
- (Optional) Dr. Harvey Diamond who wrote a book on the importance of "food combining" and other experts recommend not mixing fruit with other foods (*they say to eat fruit on its own on an empty stomach and wait 10 minutes before eating other foods*) If however you do not have any digestion problems you may want to add various fruits, especially berries fresh or frozen. No more than 1 cup of fruit should be added.
- (Optional) Mixed EFA by Biotics has apricot kernel oil which is a healthy option, 1-2 tablespoons per day. You may also add ground up **Apricot kernels** (no more than 6 kernels per day). Or you may decide to eat these apricot kernels on their own.

Nausea - Some people get nausea from the ground flaxseeds, to counter this by taking a small bowl of papaya immediately afterwards. Also put a lot of papaya into the morning muesli too, it may be there is a special enzymes in the papaya that quells the nausea.

The Basic Rule with the Budwig anti cancer diet is *"if God made it then its fine and try to eat it in the same form that God made it"*. Here are some foods that many are not sure of, but they are accepted on the Budwig diet.

- Stevia, raw non-pasteurized honey, Demerara dark brown natural sugar cane sugar, dates, figs, berry and fruit juices serve as sweeteners.
- Herbs in their natural form (pure nothing added)
- All nuts (raw un roasted) are fine except peanuts
- All seeds good, sunflower seeds are very complete and filling
- Cacao Bliss by Artisana (raw chocolate coconut butter).
- Cup of green or white tea is accepted (coffee beans are toxic and not recommended)
- Any gluten free flour is permissible. Corn is generally believed by the group to be an exception because of mold/fungus and genetic manipulation
- 2 or 3 slices of health food store pickles, Bubbies (no preservatives! - read label!)
- Freezing cottage cheese as well as fruits and vegetables is ok.

- VERY IMPORTANT: The flaxseed oil must always be kept in the refrigerator. It will keep for 12 months in the freezer.
- Drink only filtered water or reverse osmosis water.

Foods not permitted:

- NO hydrogenated oils, NO trans-fats, (all cold pressed oils, such as sunflower seed oil, olive oil, flaxseed oil, coconut butter, etc)
- NO animal fats NO pork (pigs are the cleaners of the earth and their meat is loaded with toxins. ham, bacon, sausages, etc should be avoided)
- NO seafood (lobsters, clams, shrimp, all fish with a hard shell are cleaners of the sea and are loaded with toxins..)
- White regular pasta is eliminated, as is white bread, (Rice crackers and rice bread is a better choice than wheat as many cancer patients have an intolerance to wheat, whole Rye, Oat, and Multigrain. Corn is very discouraged (because of mold and genetic modification issues).
- NO ice cream or dairy products (other than the cottage cheese and some cheese). Coconut yogurt is acceptable.
- NO white sugar, molasses, maple syrup or preservatives.
- NO processed foods (NO store bought pastries), make your own with our recipes
- NO Soy products (unless fermented or used for 2 or 3 weeks at the beginning if you cannot tolerate the cottage cheese)
- Avoid pesticides and chemicals, even those in household products & cosmetics. Good old vinegar, as well as baking soda are excellent household cleaners (Cleaners: Shaklee and Whole Foods brand) (Skin Care: Dr Hauschka or Weleda)
- NO microwave, NO Teflon or aluminium cooking ware or aluminium foil. Cooking ware recommended, Stainless steel, ceramic, cast iron, glass and corning cooking wear are fine.

NewGreens Organic Powder packs a whopping 46,800 total ORAC units per 100 G., it is no doubt the most powerful product of its kind!

Take a look at the ORAC values below per serving (100 G. or 3.5 oz.) as determined by the U.S. Department of Agriculture.

Fruits	ORAC	Vegetables	ORAC
Prunes	5770	Kale	1770
Blueberries	2400	Spinach (raw)	1260
Blackberries	2036	Brussels sprouts	980
Cranberries	1750	Spinach (steamed)	909
Strawberries	1540	Broccoli florets	890
Pomegranates	1245	Beets	841
Raspberries	1220	Red bell pepper	713
Plums	949	Onion	450
Oranges	750	Corn	400
Grapes (red)	739	Eggplant	390
Cherries	670	Cauliflower	377
Kiwifruit	602	Peas (frozen)	364
Grapes (white)	446	White Potatoes	313
Cantaloupe	252	Sweet Potatoes	301
Banana	221	Carrots	207
Apple	218	String beans	201
Apricots	164	Tomato	189
Peach	158	Zucchini	176
Pear	134	Yellow Squash	150

Sources:

<http://www.ars.usda.gov/is/AR/archive/feb99/aging0299.htm>