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Home - The Original Oil-Protein Diet | THE SCIENCE OF ...

3 tblsp flaxseed oil. 2 to 3 tblsp raw milk. 100 gr (6 tblsp) quark or cottage cheese. 2 tblsp Linomel (or 4 tblsp freshly ground flaxseeds) 1 tsp honey. fruits and fruit juices. nuts (except peanuts) natural flavours. Put 2 tblsp of Linomel (or 4 tblsp freshly ground flaxseeds) in a small bowl.

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The Oil Protein Diet Cookbook by Johanna Budwig, Ph.D.

For the most comprehensive coverage world-wide of the oil-protein diet & protocol developed by Dr. Budwig, see Budwig Diet incl. excerpts from her books Flax Oil As A True Aid and Cancer - The Problem and The Solution .

Healing cancer with Dr. Budwig's diet and protocol - intro

Protein should also be added to meals to help boost weight loss results and the creators of the diet encourage oily fish and advise in their book that dairy consumption in moderation is allowed.

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