



Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

The Budwig Diet Vegetarian

The Budwig Diet comes from the Budwig Center in Malaga who treat people with cancer and chronic diseases. When I was there, I met a lady who was diagnosed with breast cancer 17 years previously. She credits the Budwig Center and their approach to her breast cancer and general health for her longevity and vitality.

The Budwig Diet was developed by [Dr. Johanna Budwig](#), an insightful clinician with a passion for developing an evidence-based, natural, and effective approach to health. Her research into essential fatty acids and the impact of diet and holistic health on disease progression and prevention has inspired the works of conventional medics and naturopaths alike.

Dr. Budwig created more than just a diet: a blueprint for health, based on a complete understanding of an individual's physical and emotional needs as well as the benefits of a nutrient-rich diet and lifestyle.

A lot of it is just common sense: eating natural, fresh food and focusing on nutritious organic fruits and vegetables. Add to this an attitude of respect – respect for the body's ability to maintain and mend itself, given the right tools; respect for the food we eat, seeing the value in good food and natural vitamins and minerals; and respect for our emotions, along with an understanding that every part of the body and mind is interlinked.

Here are some of the main principles

- Cut out refined sugars and exchange for naturally sweet ingredients such as raw honey, pure stevia, or ripe fruits.
- Replace animal proteins with seeds, nuts, spirulina, plant sources of protein, and Budwig muesli (see below)
- Reduce your dairy intake – try swapping cows' milk for oat, almond, coconut or rice milk.
- Reduce your wheat intake; gluten-free flour is now readily available, and rye, spelt and oat-based flours and baked products are naturally low in gluten.



Zest for Life

- Swap processed or animal-derived oils and fats for cold-pressed, virgin or extra virgin plant oils.

In addition, there are some specific recipes that Dr Budwig developed to help attain peak nourishment and fight pre-existing diseases. The most important was her 'Budwig Muesli', a meal centred around flaxseeds, flaxseed oil, and cottage cheese or quark. This is a carefully planned mix of essential fatty acids that Dr. Budwig found could prevent, inhibit, and actually reverse cancer growth in many of her patients. Dr. Budwig had great success with this mix and recommended it for everyone, not just cancer patients.

The Budwig muesli is one of the few occasions where Dr. Budwig recommended any dairy-based food. Johanna Budwig believed in the unrivaled health benefits of the vegetarian diet, which she believed is the most direct way to benefit from fresh, raw nutrients with none of the harmful toxins found in meat.

As with the Mediterranean Diet, being physically active is also an important component of the Budwig Diet. It is recommended that you stretch every day, do a challenging workout 2-3 times per week, according to your ability and fitness level, and walk every day for 20-30 minutes at a good steady pace.

For more information go to www.budwigcenter.com where you can download a free Budwig Guide outlining the diet, more information on Joanna Budwig the Budwig Muesli and the Center's approach to health.