

# Integrated Natural Ideas # 85

## From the mind of **Dr. Jay**

***What you can do to complement your health...naturally.  
It is not alternative, it is original!***



**Ph.D. Holistic Health Sciences**  
(*Summa cum Laude*)  
**Ph.D. Traditional Naturopathy**  
(*Summa cum Laude*)  
**Board Certified**  
**Holistic Health Practitioner**  
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Einstein was quoted as saying “*Science without religion is lame; Religion without science is blind*”. How true. So many things that come from home remedies meet this statement. We do not always know some home remedies work but most were based on faith and many home ideas saved lives. The science just shows the why. Case in point:

**The Budwig Detox:** Dr. Johanna Budwig was born in 1908. She was one of Germany’s top biochemists and Cancer researchers. She was 7 times nominated for the Nobel. She had a 90% success rate with her diet and protocol in 50 years for various cancers. The mainstay? Something called Quark (cottage cheese) and flax seed oil. She had faith (religion) in her protocol and felt science showed why.

The underlying concept is that fatty acids of omega-3 and omega-6 acids help to repair damage to cell walls and chemical communication of rouge cells to the point where they normalize. Cottage cheese is one of the highest sources of sulphur-based proteins.

Taken together, the fatty acids bind to the sulphur-based proteins, which results in optimum transport of the fatty acids into the cancer cells. Can you imagine today’s medicine taking this seriously?

I did. It was one of the things I did when diagnosed with a tumor of the kidney. I ate this every day for years. Still do. Of course diet modification and other supplements are necessary!

I recommend organic cottage cheese and high lignin (bitters) **Flax Seed Oil** like NSP #3162-1. The quality of the oil is critical because most flax oils are processed incorrectly. Ground flax seeds tend to oxidize quickly so oil (refrigerated) is best. It takes a little getting used to, but I found I *craved* it soon after that, you can add non-pasteurized honey or stevia/xylitol if need be.

1 Tbsp. of flax oil to 2 Tbsp. of Cottage Cheese Organic up to a cup a day. Mix well. I also ate almonds, apricot kernels etc. No hydrogenated anything. No pork, seafood bottom crawlers, white food of any kind, dairy, and especially any processed or refined sugar (which feeds those bad cells).

I am not advocating this in place of standard care, but why not as a daily supplement? You decide what to eat.

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