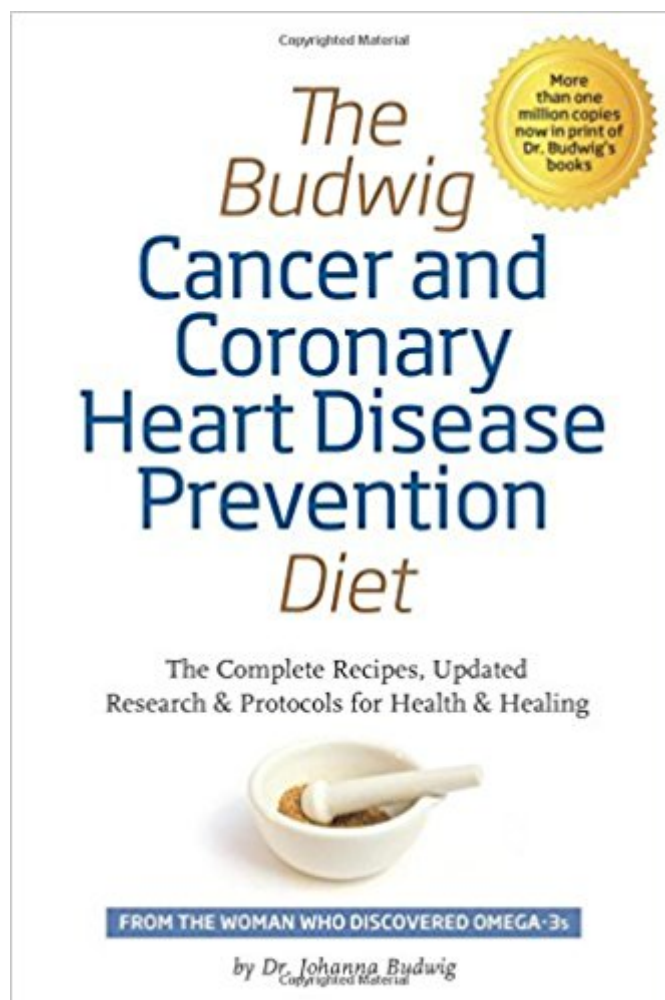




The book was found

The Budwig Cancer & Coronary Heart Disease Prevention Diet: The Complete Recipes, Updated Research & Protocols For Health & Healing





Synopsis

This revolutionary diet from Dr. Johanna Budwig, the German researcher who discovered omega-3 fatty acids, shows you how to use healing essential fatty acids, the good fats, to cure yourself of cancer, heart disease and other chronic ailments. Dr. Budwig's book includes more than 150 exciting recipes and meal plans for cancer treatment, prevention and plans for children, too. The book provides hundreds of patient testimonials and cites scientific studies proving that Dr. Budwig's diet works! The Budwig Cancer & Coronary Heart Disease Prevention Diet is the long-awaited follow-up to her internationally renowned Oil-Protein Diet which has sold more than half a million copies worldwide.

Book Information

Paperback: 176 pages

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Average Customer Review: 4.2 out of 5 stars 67 customer reviews

Best Sellers Rank: #56,487 in Books (See Top 100 in Books) #41 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #81 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #784 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Dr. Johanna Budwig is one of Germany's top biochemists as well one of the best cancer researchers throughout all of Europe. Born in 1908 and lived to be 95. She has been nominated seven times for the Nobel Prize. Dr. Budwig is also a published author, holds a Ph.D. in Natural Science, and is one of the greatest authorities on diet and its relation to health and well-being. She is best known for her discovery of omega-3 essential fatty acids.

I thought I'd get some science from this book but disappointingly there is very little. It is simply a diet book with stories about Dr Budwig from the person who wrote the first 365 pages. I guess they had to fluff up the volume to make it worth the price. Not sure who gets the money from the sales of this

book, but you're better off going to the website and working with them. Very disappointed.

I've been wanting this book. I've tried several of the recipes! The research is sound. Live a joyful healthy life!

Praise for Johanna Budwig! Her cottage cheese/flax seed oil protocol is described here, along with recipes. The diet is a little high in sugar and carbs, but the quark is amazing!

Great book fantastic information

good book

I haven't finished reading the book yet, but it's very interesting and very informative!

I liked the background information and explanations provided in the book. I haven't tried all the recipes, but have liked the ones I did try. Even though it was expensive, I'm very glad I bought the book.

Good book

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