

## Research Article

# Breast Cancer Effectively Treated with Budwig Protocol

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We are not winning the war on cancer. In fact, every day about 1,630 people die from cancer and as of March 2017, there are more than 3.1 million women with a history of breast cancer in the U.S. alone. Not everyone is losing the war on cancer however. The Budwig protocol has proven to be one of the best therapies not only for breast cancer but all types of cancer for more than 70 years

Here are 7 ways that the Budwig diet and program can help prevent cancer and effectively restore health for those who are on a cancer healing journey.

## Seven Ways the Budwig Diet Helps with Breast Cancer

### Flaxseeds balance hormones

Dr. Budwig added freshly ground flaxseeds to her famous mixture often called 'muesli'. In Cancer Letters by Dabrosin study done in November 2002 they found that: "The women who eat the most flax lowered their risk of getting breast cancer by 62% compared to women who do not eat it [1]." Figure 1.

In the November 2004 issue of *Clinical Cancer Research*, a study was done combining flaxseed with tamoxifen alone. The study reported: "They used mice with human breast cancer tumors with and without supplemental estrogen. At low estrogen levels, predictive of a woman in menopause, tumors in the flaxseed fed mice shrunk 74% [1]."

The tamoxifen produced an effect similar to the flaxseed shrinking the tumors initially, but by the end of the experiment, those using only tamoxifen had tumors return to their initial size. Combining tamoxifen and flaxseed shrunk the tumor half again as much as tamoxifen alone did. In the mice kept at high estrogen levels, modeling a premenopausal breast cancer patient, the flaxseed alone inhibited tumor growth by 22%. The tamoxifen alone inhibited tumor growth by 41% and both together by 50% [1].

### Sunbathing and melatonin needed:

Also Dr. Budwig had all her patients sunbathing because she understood the importance of Vitamin D production and the benefit from photons you receive from the sun. After 20 minutes of direct sun exposure on as much of the skin as possible, she would then move her patients out of the direct sun but still leave them outdoors. She said the "sicker you are the more you need to be outdoors". Figure 2.

When you cannot get out in the sun a natural vitamin D supplement is recommended.

Dr. Budwig was ahead of her time in many ways. Now several decades later, scientist have discovered that sunlight activates the production of melatonin. "Exposure to sunlight is thought to increase the brain's release of a hormone called serotonin. This is associated with boosting mood and helping a person feel calm and focused. At night, darker lighting cues trigger the brain to make another hormone called melatonin. This hormone is responsible for helping a person feel sleepy and go to sleep. Without enough sunlight exposure, a person's serotonin levels can dip low [2]."

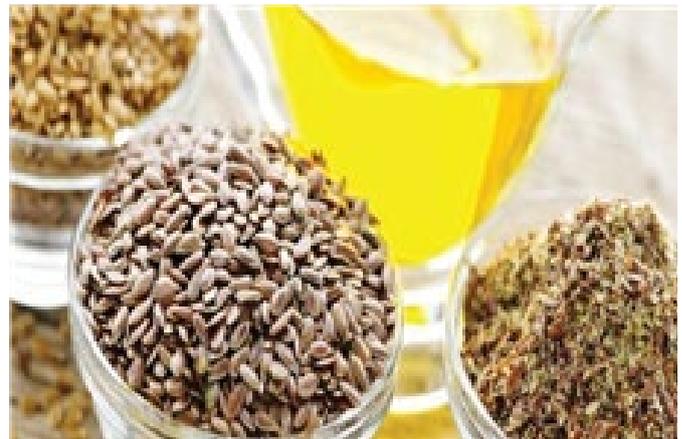


Figure 1



Figure 2:

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Melatonin also helps regulates levels of human estrogen and growth hormone in the body, two critical hormones in the cancer process, and it has been found to have epigenetic (cancer-correcting) properties. Melatonin has also been found to affect estrogen receptor sites in the body, modifying them so that 'bad' estrogen (human and chemical) cannot bind to them [2].

In addition to sunbathing, women with breast cancer can take melatonin 1 to 1 ½ hours before bedtime, daily. Start off at a lower dosage of 3 mg of melatonin. Then increase to 6 mg, then 9mg or more in stages. Some of our patients do take 20 mg without problems.

### Plant extracts that disable cancer stem cells:

#### Budwig Center Protocol Disables Cancer Stem Cells

You probably have never heard that in the middle of every cancer cell there are cancer stem cells (CSC's) and they are very difficult to annihilate [3]. Figure 3.

In fact, many scientists are now concluding that the reason cancers come back even after intensive chemotherapy and radiation is because they have not been able to destroy the (CSC's) cancer stem cells. Some researchers have called them "master cells" because they decide what the rest of the tumor cells are going to do.

Yes, these deadly stem cells are in control of how fast cancer will spread and in addition, how it manages to grow and even resist harsh treatments over and over again.

In laboratory studies using mice they discovered that just a few of these cancer stem cells can cause the tumor to grow right back again, whereas countless other cancer cells could not do that [4].

Even though these cancer stem cells make up less than 1% of the tumors mass they have a clever way of escaping conventional chemotherapy and radiation, target rapidly dividing cancer cells [5].

These master cancer stem cells divide very slowly, therefore they pass right through and around the chemotherapy and even intensive radiation in many cases.

And to make matters worse, these cancer stem cells if they do take in some of the chemotherapy drugs they have in built-in defense mechanism that causes it to quickly expel the chemical drugs right out of the cell leaving it unharmed.

To date the researchers have found **three plant extracts**, that when combined can disable these cancer stem cells, which we use as part of the Budwig protocol in our cancer clinic.

### Budwig food choices help control cancer:

Dr Budwig encouraged the generous consumption of cruciferous vegetables as they are rich in nutrients, including several carotenoids (beta-carotene, lutein, zeaxanthin); vitamins C, E, and K; folate; and minerals. They also are a good fiber source. Cruciferous vegetables also contain sulfur-containing chemicals called glucosinolates. When these are eaten they form active compounds such as indoles, nitriles, thiocyanates, and isothiocyanates. As you may know, indole-3-carbinol (an indole) and sulforaphane (an isothiocyanate) have been most frequently examined for their anticancer effects. In fact, indoles

and isothiocyanates have been found to inhibit the development of cancer in several organs in rats and mice, including the bladder, breast, colon, liver, lung, and stomach [5,6].

At the Budwig Center Kitchen we teach our patients and especially those with estrogen driven breast cancer to also consume plenty of cruciferous vegetables such as: arugula, bok choy, broccoli, brussels sprouts, cabbage, cauliflower and radishes.

### Hyperthermia for breast cancer tumors:

Hyperthermia creates heat and initiates a fever-like state, which is a natural and vital defense reaction against pathogenic bacteria and viruses. Figure 4.

Hippocrates made the statement that "illness not cured by heat is incurable." In 1927, Julius WagnerJauregg received the Nobel Prize in medicine for work involving the application of hyperthermia.

Fever has long been a misunderstood, but now many modern Cancer clinics and hospitals are starting to offer this hyperthermia heat therapy to their cancer patients "In July 2013, The Lancet Oncology published an article on the beneficial effects of hyperthermia (heat therapy). A team of clinicians headed by Rüdiger Wessalowski, MD of the University of Düsseldorf, showed that conventional treatment that included deeptissue heating produced better results than generally achieved with surgery, radiation and/or chemotherapy alone [6,7].

There were 5 major findings:

- An objective response (i.e., tumor shrinkage) was seen in 30 out of 35 patients, or 86 percent.
- Sixteen of these 30 patients had a complete remission and 14 of the 30 had a partial remission.
- Ten patients who still had tumors after treatment then received additional radiotherapy: 8 of these 10 then had complete and durable remissions ("cures").
- The probability of 5-year event-free survival was 62 percent and the five-year overall survival rate was 72 percent.
- Among those who received chemotherapy + hyperthermia as a salvage therapy the overall 5-year survival rate was 78 percent. "
- Immediate pain reduction and the elimination of the need for pain medications
- No nausea, no discomfort, rapid improvement seen even after one session and improved immune system response

### Switch from a regular bra to a sport-type bra:

A bra with a lift type support will restrict the lymphatic system,

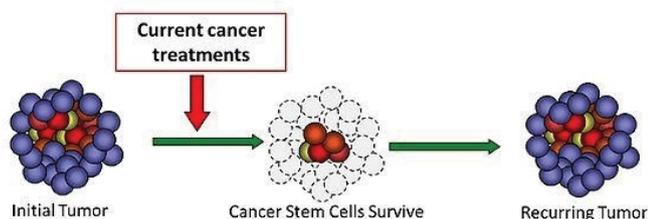


Figure 3



Figure 4

which is our body's 'garbage disposal' system. Toxins thereafter stay trapped in the fatty tissues in the breast area. Toxins are the main cause of all cancers and need to be continually eliminated from the body by using a mini trampoline, which the Budwig Center places in all the rooms of its patients. At the Budwig Center we encourage all our female patients to switch to a comfortable fitting sport type bra. As there are more and more studies indicating the dangers of EMF's with cell (mobile) phones, it would be very unwise to carry these phones in your bra.

Find out more how the Budwig Diet can effectively prevent cancer and restore your health and that of your loved ones with cancer by downloading our Free Budwig Guide at: [www.BudwigCenter.com](http://www.BudwigCenter.com)

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