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

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

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The Oil Protein Diet Cookbook, by Johanna Dr. Budwig Published by Thriftbooks.com User , 15 years ago This book is the companion to her first book.

### The Oil Protein Diet Cookbook by Johanna Budwig

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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.