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The book, The Budwig Cancer & Coronary Heart Disease Prevention Diet, was written by Dr. Budwig's opportunistic nephew, the dishonorable Armin Grunewald. Supposedly, Dr. Budwig wrote this book years after her death, which could be considered to be her most impressive accomplishment, if taken seriously.

The Budwig Cancer & Coronary Heart Disease Prevention Diet ...

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One of the risk factors for coronary heart disease is high cholesterol. A healthy lifestyle and a balanced and varied diet – which includes plenty of unsaturated fatty acids instead of saturated fatty acids – have been proven to lower blood cholesterol levels.

Cardiovascular disease - Budwig Stiftung

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The Budwig Cancer & Coronary Heart Disease Prevention Diet ...

Begin by bonding the two key healing components of this recipe: 1. For 1 full minute, blend 3 Tbs flaxseed oil with 6 Tbs cottage cheese or quark with a hand-held electric immersion... 2. Grind 2 Tbs whole flaxseeds and add. [This replaces Linomel] Freshly ground seeds should be eaten within 20 ...

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budwig cancer and coronary heart disease prevention diet is loosely based on an interpretation of dr budwigs plan designed for healthy people it was prepared and published in 2011 by dr budwigs nephew armin grunewald m d and his son alexander grunewald ph d though it says by dr this

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The Budwig Cancer & Coronary Heart Disease Prevention Diet ...

Now for the first time, it has been updated and expanded with new research and original writings from Dr. Budwig. Dr. Budwigs famous recipes with her powerful health-promoting ingredients have been successfully employed at clinics worldwide to support the health of cancer and heart-disease patients.

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