

# The Budwig Diet

I get asked so often "what exactly is the Budwig diet?" that I decided to write it down.

The Budwig diet was developed already in the 1950ies by Professor Doctor Johanna Budwig, a German biochemist and the leading oil expert at that time, as a natural way to deal with cancer, arthritis, multiple sclerosis, diabetes, heart disease, psoriasis, eczema, acne, etc.

The principle is very simple – combine Omega 3 (flaxseed oil) and sulphuric protein (cottage cheese), this way the oil becomes water-soluble in the body and can be absorbed readily, it cleans out the blood vessels, and brings respiration to the cells. The body also converts it to EPA/DHA which are good for the heart.

The basic recipe is very simple and in my experience dogs just love it!

It is important that it is prepared fresh every time.

My dogs weigh about 30kg and they each get about 2 tablespoons of it every day. If a dog weighs only 15kg, I would feed about 1 tablespoon daily.

Here is what I use:

- Low fat organic cottage cheese
- Organic flaxseed oil
- Fresh flax seeds
- Electric hand mixer
- Cheap coffee grinder
- Honey

## 1. Step

Mix 2 tablespoons of cottage cheese with 1 tablespoon of flaxseed oil until it gets a creamy consistency. Make sure that you completely mix the cottage cheese and flax seed oil before adding anything else. There is a synergetic effect that is important. When this is creamy, add 1-2 tablespoons of ground flaxseeds and add to the mixture.

## 2. Step

Please note that freshly ground flaxseeds must be used within 15 minutes after being ground or they will become rancid. Therefore do not grind up flaxseeds ahead of time and store.

## 3. Step

Next add 1/2 teaspoon of honey and quickly mix in.

A few important things to remember:

- Always test the flaxseed oil before using it, it can become rancid rather quickly, even in the fridge where it should be kept all the time. It should have a mild nutty taste; any bitter taste indicates that it is rancid
- Use fresh flax seeds only and grind them every time, store the flax seeds in the fridge
- Make sure no oil is sitting on top of the cottage cheese after mixing

By the way – the fur will improve dramatically as well; it will become nice and silky.

© 2009 [Animal Connection](#) All Rights Reserved.