

OMEGA-3s

or How To Heal Cancer

This is probably the most important article on cancer you will ever read. Just recently I sat and interviewed a genius who has continued and expanded on Johanna Budwig's work. I returned to my office to do some homework (research, reading, etc.) and finally, I fully understand what's going on, and I'm passing it on to you.

First there was Otto Warburg who was awarded the 1931 Nobel Prize for medicine for his describing the metabolism of a cancer cell. He stated that the cell suddenly became anaerobic (without oxygen) and required massive amounts of glucose (sugar) to metabolize in a form that could only be described as fermentation:

"The prime cause of cancer is the replacement of the normal oxygen respiration of body cells by an anaerobic cell respiration." -- Otto Warburg

That is only the beginning.

The cell takes in glucose (sugar; cancer loves sugar) and gives off lactic acid which creates an acidic environment. Again, this is something that has been known for years. Cancer needs an acidic environment to flourish, and conversely, cannot survive in a balanced alkaline environment.

But again, this is still only the beginning. As Dr Garnett discovered in his research for Poly-MVA, there is an electrical connection to cancer too.

Chinese medicine for centuries (some 4 to 6 thousand years ago) has described the life force as energy. They mapped the meridian system that was re-mapped in 1994 by conventional medicine (using high-tech instruments that measured the tiniest amount of electricity). Along these meridians travels our life force: Chi (Qi) according to the Chinese, though we can call it energy.

As an aside, in 1968 it was discovered that living cells produce light. The amount of light determines the health of the cell. The brighter the light, the healthier the cell. Interesting stuff, eh?

In the fifties, Johanna Budwig added her two cents to the cancer equation. She said that in normal, healthy cells "we find a dipolarity between the electrically positive nucleus and the electrically negative cell membrane with its highly unsaturated fatty acid."

She goes on to state that, "Electrons have a great affinity for oxygen—they love it. They attract oxygen and stimulate our breathing...." By "breathing" she's referring to the breath of life in each living cell.

Now we have the picture of the healthy cell, a cell that will grow, thrive, and replicate in a normal manner. Budwig then goes on to describe the formation of cancer by first describing the changes to the cell membrane.

The cell membrane consists of lipids, or fats. The highly unsaturated fatty acid she refers to are called omega-3 fatty acids. These are related to the "fish oils" that even conventional medicine has picked up on. You won't find a drug store in America that doesn't have a row of fish oils on sale. These oils are also found in other foods (as we will show you below), but mostly in flax.

Another lipid in a cell wall is cholesterol. And you thought it was a terrible thing. The cholesterol in each one of your cells forms a "hydrophobic" bond within the cell wall. Hydrophobic means "fear of water." It's a cute way to describe this function of our cells, but in our lives it simply describes the reason we don't melt in a rainstorm or fall apart when we take a shower or bath. Our cells resist water. Without this resistance, we would be water-soluble and we'd all dissolve in a rainstorm.

Our diets in this country (and in Budwig's country at the time) lack these highly unsaturated fatty acids and contain an excess of man made oils known as trans fats (or partially hydrogenated oils). These oils are very much like cholesterol and our bodies cannot tell the difference. These oils get into our cell walls and destroy the electrical charge. Without the charge, our cells start to suffocate. Without the oxygen, the only way the cell can replicate is anaerobically. (They also are very tough oils and have a 20-year shelf life. They impede the process of cellular exchange, or letting nutrition in and letting wastes out. Trans fats are also responsible for Type II diabetes, since insulin is a very large molecule it has a difficult time passing through a cell wall created with man made fats and not cholesterol.)

Do you see what's happening?

Let's take a minute to look at our diets. I once went to the store with a naturopath who took along an instrument that measured very small amounts of electricity. It was so sensitive that before we went he measured the charges along my meridians and acupuncture points.

In the store, he measured the energy inside various foods. Yes, everything has energy and the better the food, the more the energy. He showed me that organic vegetables contained more energy than conventionally grown foods. When we got outside, he opened a few cans of vegetables we'd picked up. The beans and tomatoes (both canned) had more energy than the asparagus and canned fruits (which were nearly dead). He said that tomatoes and beans are the only vegetables to buy canned.

Life is electrical. To the Oriental physician, disease begins with a blockage or disruption in energy flow. In this country, disease begins with symptoms. The blockage or disruption in energy flow is about 7 or 8 steps before symptoms. So, as you can guess, preventative medicine is practiced in the Orient, and not here in our western, conventional medicine.

Back to our little cancer cell and Dr Budwig: she states there are many reasons for a cell to lose its charge, but peanut butter is a very common one. Can you believe it? Something as simple as peanut butter causing your cancer? Most peanut butters are hydrogenated. Why? To keep from separating. Go look at your natural peanut butters. Many are kept in the refrigerator section because that is how they keep them from separating.

By the way, she also went on to describe some of the collateral damage from chemotherapy: she said that chemotherapy causes this loss of energy in healthy cells too; that chemotherapy and radiation destroyed the normal energy flow in healthy cells making them ripe for cancer.

She attacked the cancer industry for killing the cancer when they should focus on healing the healthier cells so they could over grow the cancer cells. In other words, take care of the healthy cells and the cancer will take care of itself.

A little aside here: as a writer, I must be responsible for all I write. If I make a claim that the National Cancer Institute buried hydrazine sulfate by killing off the cancer patients in a study, then I'd better be able to back this up. We have laws in this country. We are not free to lie about a business and in doing so cause them monetary damage. If you pass on a chain letter that libels a specific company, you are guilty of libel and can be prosecuted (there's a case already on record). So, anything I say at my web site or here in these newsletters had better be backed up with facts or I can be sued. ***This is what happened to Dr Budwig when she attacked the cancer industry.*** She attacked them thusly: "It is not correct to regard the problem of tumors simply as a problem of too much growth and thereby to instigate all manners and means of growth inhibiting treatments...."

The Central Committee for Cancer Research that was studying and creating these chemotoxic drugs didn't like this woman running around making these statements that surely injured their industry and so they sued her in court for libel: for telling lies and hurting the wonderful people making these wonderful drugs.

In court, the judge, after having reviewed the evidence from both sides, pulled the cancer research people aside and told them not to take on this woman. The court records quote the presiding judge: "Doctor Budwig's documents and papers are conclusive. There would be a scandal in the scientific worlds, because the public would certainly support Doctor Budwig."

Do you understand the import of this? This woman had a documented method for healing cancer and the medical community did not. They could kill cancer cells, but they couldn't cure it. Budwig could help heal cancer by diet alone.

Now the real sad part is, science has known the cancer/fat connection for years. Years prior to Budwig's research they knew there was something in the fat. Years after her initial work we know that a high fat diet can lead to cancer. We also know that the Mediterranean diet is 60% fat, but they have a very low incidence of cancer. So we know that not all fats are the same. The Mediterranean diet is high in olive oil.

And now, you know about highly unsaturated fatty acids, commonly referred to as omega-3 fatty acids. They are also called Essential Fatty Acids (EFAs). They are called essential not because they are optional. They are not optional. They are essential to health because the body cannot make them itself.

And though they have been essential to health since the beginning of time, it is only recently that a group of international experts gathered at The National Institute of Health in Washington, D.C. to discuss the importance of Omega 3 fatty acids to human health. They came up with a recommendation for AI (Adequate Intake) of 2.2 grams of LNA (Alpha Linolenic Acid, the EFA found in flax, fish, olive, and other oils). AI is different from the RDA (Required Daily Allowance) which is determined by our government. Many nutritionists feel that the RDAs, as established, are just enough to keep us all on the verge of illness.

How can we get this requirement into our diet?

Many people take flax oil pills or brave a spoonful of the oil itself. Apparently, this is not the best or most effective way to take flax oil. Taking flax oil creates an acidic environment. Next, flax oil alone is missing all the co-factors to potentiate its benefits: magnesium, zinc, B vitamins, etc. Co-factors are those things that help something to work. Vitamin C is not ascorbic acid; vitamin C is ascorbic acid with the co-factors bioflavonoids, copper, and calcium.

And finally, taking flax oil capsules is not the best way to take it because the oils are not "body-compatible:" water-soluble and bio-available. They will not be stored in the body as well as if they were water-soluble. The health benefits that are potentially received via fatty acid metabolism will be limited or absent without the conversion to water-solubility.

Johanna Budwig solved this problem with her simple recipe that made the oils water-soluble: three tablespoons of flax oil to a third of a cup of cottage cheese. It tastes terrible, but I've experimented with this recipe and added all sorts of good stuff to make it even better.

In this form, mixed with the sulfured protein, the oil becomes water-soluble. Now the oils will stay with your body. They will bring the charge back into each cell. Healthy cells will flourish and unhealthy cells will starve. The oxygenated healthy non-acidic environment will, as Budwig points out in her lectures, knock out the cancer cells.

Can we get these oils from our foods? Yes, but to get 2.2 grams of LNA, you would have to eat....

2.5 cups of Wheat Germ

40 cups of Alfalfa Sprouts

9 cups of Mixed Nuts and Peanuts

157 slices of Whole Wheat Bread

1/3 cup English Walnuts

56 Big Apples

3.5 cups Tuna Salad

51 Eggs (6 Free-Range Eggs!)

7.75 quarts Milk 2%

244 Tomatoes

56 Granola Bars

72 Canned Sardines

81 cups Frosted Mini Wheats

So, as you can see, it's going to be difficult to get your daily requirements from your diet alone. And here I have a very special surprise for you.

I interviewed the man who has continued on Johanna Budwig's work, here in Minnesota. Omega-3 fatty acids (EFAs) have a long history here in Minnesota. They were first discovered at the University of Minnesota in the late twenties, and some 20 years later were named "Omega"-3 fatty acids.

His name is Stan Mann, and he has not only discovered a process for stabilizing milled flax seed (it normally goes rancid in just fifteen minutes), he's created a product from this process that adds rice bran, many other nutritional co-factors to aid in fatty acid metabolism such as magnesium B6, B12, Vit C, Vit E, zinc, and others. Even greater amounts of antioxidant spectrums are added to help control the living fire that is created when your cells are suddenly hit with this "super" oxidative nutrition (Additionally, when cells find super nutrition, they dump their toxins immediately and without antioxidants to help clean up, you could get sick and feel terribly rotten from this process).

Working with the University Scientists, Stan has also helped to create a blood test that will measure how your body is storing these essential fats in addition to or in place of unhealthy fats. They've even trademarked one blood test whose results are called the Inflammation Index. It actually measures the body's potential to produce inflammation.

Inflammation should interest all of you, since the medical news lately, as well as television commercials, are hot with Cox2 inhibiting anti-inflammatory drugs like Celebrex or Vioxx. Next time you see their ad on TV, pay attention to the side effects. Science cannot inhibit the Cox2 without side effects. Your NSAID (non-steroidal anti-inflammatory drugs like Aspirin or Motrin) all have terrible side effects and if you use them over a period of time you WILL feel the effects, because they are not just "side" effects, they ARE the effects of these drugs.

You see, when you inhibit the Cox2 enzyme using NSAIDS this same process inhibits Cox1 production and hence all prostaglandin production, even those prostaglandins that are protecting the stomach lining and kidney function. This produces the side effects.

This was supposed to be fixed with the new Cox2 inhibitors that do not inhibit Cox1 production, but sadly, look at the side effects.

Let's go back a bit here to Johanna Budwig. There is a book available by her called: *Flax Oil As a True Aid Against Arthritis, Heart Infarction, Cancer, and Other Diseases*. I used this book to help write this article. Now I want you to note that she aims at three disorders: heart disease, cancer, and arthritis. Yes, there are the other diseases (like behavioral disorders: ADD, ADHD, and a host of others), but note the arthritis. This is just one more connection between her work and Stan Mann's work. With continued intake of water-soluble omega-3 fatty acids, your Inflammation Index drops and you need less and less NSAIDS or Cox2 inhibitors; the EFAs increase the effectiveness of NSAIDs and Cox2 inhibitors, but reduce their damaging side effects. This was proven by the good Dr Budwig, and Stan, with his new product, Omegasentials™; he's taken it all one step further creating a product that is easily taken daily (you can put it on your cereal, in your yogurt, or in your morning breakfast juice). His company is also about to print an educational book that provides recipe ideas for all kinds of ways to incorporate the valuable supplement in your normal dietary habits like cookies, breads, muffins, salads, etc.

Let me tell you right now, in all my years of researching cancer, Omegasentials™ is the single most exciting product I have found to date. Johanna Budwig, in her life time, according to Stan Mann's research, had a better success rate against cancer than any therapy to date. We know she helped cancer patients more than her chemotherapy counterparts at the time. The German judicial system helped to demonstrate that.

This new product, Omegasentials™, takes Budwig's work a step further. Mix it with water and you'll see that it is already water-soluble. The oils do not rise to the top. It contains all the co-factors that potentiate (make work better) the action of omega-3 fatty acids, and they add the antioxidants needed to help control the healing oxidative energy created by bringing healthy oils into the body (not to mention cleaning up dead cancer cells).

As an added bonus, they include Tuna Oil to the formula. Stan Mann happens to be a vegan. Vegans do not eat fish products. However, he felt so strongly about how our bodies need the DHA (docosahexaenoic acid; important for maintaining the fluidity and function of cell membranes, particularly in the retina and the brain) from fish oils, that he felt he had to include it in this product. Why? Because the average American either drinks too much caffeine, alcohol, or smokes too much and uses up their stores of DHA. Even those of us who don't smoke take in enough second hand smoke that depletes our DHA.

DHA, when stored in your body, fights depression. It is theorized that Postpartum Depression is caused by the developing fetus, who needs DHA for brain development, during the last stages of pregnancy, pulls all the DHA from the mother (there usually isn't all that much to begin with since our diets are so poor) leaving her bereft of DHA, hence the massive depression after giving birth. Increase the stores of DHA and you help prevent that depression and possibly get off your Prozac or whatever other drug that's helping you with one hand and killing you with the other.

Anti-angiogenesis Drugs?

With all the brouhaha (because they're non toxic) about anti-angiogenesis drugs (the drugs that stop the growth of new blood vessels to a tumor) lately, perhaps you should know this: You already know that I prefer natural anti-angiogenesis substances to the drugs (because they are cheaper and safer) but did you know that your polyunsaturated oils (corn oils sold in supermarkets everywhere) promote the growth of small blood vessels (by promoting the production of "bad" prostaglandins)?

Just Say No To Drugs

Omega-3 oils, the oils found in Budwig's recipe and in Omegasentials™ inhibit angiogenesis by inhibiting the prostaglandins that promote it.

So, there you have it. Omegasentials is the best product I've yet to find to prevent and fight existing cancers, reverse heart disease, prevent and treat arthritis, prevent and treat depression and a variety of mental disorders, and it has one more added benefit to you athletes out there.

Remember back where Johanna Budwig talked about how electrons loves oxygen? Well, the company making Omegasentials™, Integrity Direct, Inc., is receiving letters from their users. And these letters are confirming what Stan Mann theorized all along.

If you've ever worked out, you've probably felt that "burn" you get from a good work out whether you're lifting weights, playing tennis, or running long distances. It's caused by using up your oxygen stores. The muscles then produce lactic acid by burning glycogen without oxygen, and this lactic acid is what causes the burn.

The letters from users tell a different story. No matter how much they work out, lift, or run, they feel less and less of the burn; not during, or even after their workout. Recovery is much, much quicker too:

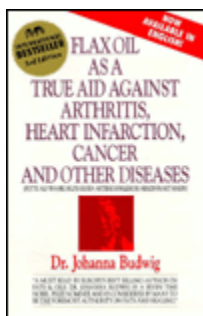
From Mike and Kati who successfully participated in the World Duathlon Championships held in October 2000 in France: "I was third overall and Mike was first in his age group too, and the amazing thing is we weren't hurting afterward! Mike said, 'My gosh, my legs just don't hurt,' and we both were expecting them to the next day, and they didn't! So, it's going exactly the way you said it was, and we can't thank you enough...."

So we come back to the basics: "Let your food be your medicine." When your body gets the nutrition it needs you stay healthy. If you are sick, you get better. This is the best food product I've yet to discover and you will not ever find my home without it.

Something Special For Our Readers

The suggested retail price for OMEGASENTIALS is \$50.00 per package. However, for our readers, we've twisted their arm and got you a great price through Simply the Best (<http://www.mnwp.org/>).

References and Further Reading:



Flax Oil as a True Aid against Arthritis Heart Infarction Cancer and Other Diseases

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