

[PDF] The Budwig Cancer & Coronary Heart Disease Prevention Diet: The Complete Recipes, Updated Research & Protocols For Health & Healing

Dr. Johanna Budwig - pdf download free book

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"Every American should incorporate Dr. Budwig's delicious and nutritious recipes into their diet...and have a healthier nation!"

Kim Barnstein, co-author of the New York Times bestseller *Skinny Bitch*

"Dr. Budwig's whole foods recipes are not only tasty, but also super easy to prepare. Best of all, the recipes show you how to incorporate the heart healthy omega-3 essential fats so many people don't get enough of into your daily diet!"

Andy Larson, M.D. & Ivy Larson, authors of *The Probiotic Cookbook*

Dr. Johanna Budwig's first work, *The Oil Protein Diet Cookbook* has become a staple and integral part of complementary and alternative medicine (CAM) practice worldwide. Now for the third time, it has been updated and expanded with new research and original writings from Dr. Budwig.

Dr. Budwig's famous recipes with her powerful health promoting ingredients have been successfully employed in clinics worldwide to support the health of cancer and heart-disease patients.

In her new work, *The Budwig Cancer and Coronary Heart Disease Prevention Diet*, you will learn how to:

- Harness the healing potential of the most potent essential fatty acids in nature
- Create delicious and easy meals with 175 recipes for every occasion
- Learn about "good" fats and "bad" fats and the proper use of fats in daily cooking
- Recognize food combinations that will protect you from major illness including cancer and heart disease as well as Alzheimer's—and help to heal the conditions and reverse them
- Reverse the aging process by incorporating the power of the sun's electron-rich food and light diet

Dr. **Johanna Budwig**, the discoverer of omega-3 fatty acids, was nominated seven times for the Nobel Prize and is the author of the world famous *The Oil Protein Diet Cookbook*. One of the greatest scientists of her time, Dr. Budwig's powerful health promoting recipes are an essential part of medical and health programs worldwide.



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Books Details:

Title: The Budwig Cancer & Coronary

Author: Dr. Johanna Budwig

Released:

Language:

Pages: 176

ISBN: 1893910423

ISBN13: 9781893910423

ASIN: 1893910423

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Description:

This revolutionary diet from Dr. Johanna Budwig, the German researcher who discovered omega-3 fatty acids, shows you how to use healing essential fatty acids, the good fats, to cure yourself of cancer, heart disease and other chronic ailments. Dr. Budwig's book includes more than 150 exciting recipes and meal plans for cancer treatment, prevention and plans for children, too. The book provides hundreds of patient testimonials and cites scientific studies proving that Dr. Budwig's diet works! The Budwig Cancer & Coronary Heart Disease Prevention Diet is the long-awaited follow-up to her internationally renowned Oil-Protein Diet which has sold more than half a million copies worldwide.

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