

## Flaxseed and Cottage Cheese regime

Dr. Johanna Budwig

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¼ cup Organic Cottage Cheese (2% if desire to cut calories)  
3 T. Flaxseed Oil

Blend in blender.

You may add organic fruit/veg and organic spice as desired

Eat three times a day for several weeks(6). You will most likely see major changes in energy, health, and vitality. Most people heal very quickly of sores, ulcers, and other internal challenges. It has had an amazing affect on my health and most people who have tried it.

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I make several servings at once, so I only have one clean-up job. Below are some variations that we have found tasty. Be creative. Remember – no sugar, and use organic fruit and veggies.

¾ cup Flaxseed oil  
1 cup of cottage cheese  
1 apple pared (Organic)  
1 cup cranberries (Ocean Spray)  
1 t. orange rind (Organic)  
1 t. cinnamon (Organic)

Blend together in blender and divide into 4 equal servings (preferably in glass/ceramic dishes (I use 4-8 oz. jelly jars.)

### Other recipes

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¾ cup Flaxseed oil  
1 cup of cottage cheese  
3 apples pared (Organic)  
1 1/2 t. cinnamon (Organic)

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¾ cup Flaxseed oil  
1 cup of cottage cheese  
3 peaches  
1 t. cinnamon

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¾ cup Flaxseed oil  
1 cup of cottage cheese  
2 – 3 scallions (organic)  
½ t. dill (organic)  
½ t. Italian seasoning (organic)  
other spices to your taste  
(Makes a great salad dressing on salads)

If you have any questions, please feel free to call me for recommendations.

Alice  
Treating-Cancer-Alternatively.com