

Keto-Budwig Diet Starves Cancer in 6 Weeks

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Did you know that there are only TWO things cancer needs to survive and thrive in your body, Glucose and Glutamine!

That is why the Budwig Center has designed the Keto-Budwig 6-week program which removes both of these sources of “energy” thus causing cancer to literally “starve to death in 42 days”.

To understand how this 6-week program can reverse cancer faster, keep in mind that, cancer cells are different from normal cells in many ways. One of their traits is they have ten times more insulin receptors on their cellular surface. Thus, cancer cells will gorge themselves on glucose (sugar) and continue to thrive and spread. This is supported by the fact that the lowest survival rate in cancer patients is among those with the highest blood sugar levels.

Something else about cancer cells, is they have damaged mitochondria and lack the ability to create energy from aerobic respiration. Cancer cells cannot metabolize fatty acids for energy. The ketogenic approach switches the body from a glucose energy source to a fatty acid energy source. This restriction will remove the energy source of cancer cells, causing their natural death. In addition to the ketogenic approach, when combined with intermittent fasting, such as eating your last meal at 6pm and not eating again until the next day until 12 noon increases ketone production and can starve cancer cells even more.

Just doing the popular ketogenic diet will not starve cancer because when you remove only the ‘glucose’ on the standard ketogenic diet, then cancer switches to using ‘glutamine’ for energy. You need to remove or block both sources of cancer energy.

On the Keto-Budwig food plan the body uses natural fats and oils as a source of energy instead of glucose. Also using selected herbal extracts, we can “block” the glutamine activity, so the cancer has nothing to live on. Foods that could turn to ‘glucose’ are removed from the diet for 6 weeks. This would include cereals, starchy vegetables, and high sugar fruits. Some organic free-range meats, nuts, berries, vegetables (mostly above ground), dairy and salads are encouraged. Many report, that they feel very good on the Keto-Budwig diet as this is a more natural energy source for our body.

Keto approach clinical studies

More and more people in the health care industry are coming to realize that the Keto diet is one of the keys to effectively treat cancer. To name just a few, the Duke University, St. Joseph’s Hospital and Medical Center (Phoenix, AZ) and the University of Iowa are recruiting cancer patients to do more clinical studies using the ketogenic approach.

A study published by the journal Nutrition and Metabolism indicated that tumors in mice with malignant brain cancers shrank by 65% when they went on the ketogenic diet. Other animal research showed that the ketogenic diet was effective with colon, stomach, prostate and lung cancers.

Scientists at the European University of Frankfurt followed this group. Several of the patients using the ketogenic diet had dramatic recoveries. In one case a woman with breast cancer that had metastasized to her lungs and bones had a full remission.

Currently, two small clinical trials are looking at the effect of the keto diet in patients receiving standard treatment for metastatic breast cancer and glioblastoma. A recent study found the diet inhibited the growth of cancer cells in mice with non-small cell lung cancer, which relies heavily on glucose for its growth.

In 1922, Braunstein noted that glucose disappeared from the urine of patients with diabetes after they were diagnosed with cancer, suggesting that glucose is recruited to cancerous areas where it is consumed at higher than normal rates. During that same time, Nobel laureate Otto Warburg found that cancer cells thrive on glycolysis, producing high lactate levels, even in the presence of abundant oxygen.

There are concerns about providing protein to patients who are at risk for renal problems. However, mouse models of diabetic nephropathy showed improved renal function with Keto Diet use.

At the Budwig Natural Cancer Center we put all our patients on the Keto-Budwig food plan.

This plan includes the Keto Budwig Recipe book, Keto Shopping list and the daily activity plan.

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