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with the actual Oil/Protein Diet, for instance with 1 tablespoon quark Oatmeal recipes #157 and #162 from Dr. Budwig's cookbook: 1 cup [8 ounces or 250c] water

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Johanna Budwig The Oil-Protein Diet Cookbook Category: Natural Foods Publisher: Apple Publishing Co.; Later Edition Used edition (December 1, 1994)

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utilising cottage cheese and flax seed oil. As a result of learning more and more about the work of Johanna Budwig and the Budwig Diet,

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Budwig, J. The Oil-Protein Diet Cookbook. Budwig, Johanna. The Oil-Protein Diet Cookbook. Vancouver, B.C.: Apple Publishing Co. Ltd., 1994. English edition.

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