Dr. Johanna Budwigs

Sketch of the most important stations in almost a century spanning life of Dr. med. Johanna Budwig

Johanna Budwig (* 1908) **grew** up in Kaiserswerth, located between Dusseldorf and Duisburg. In the local deaconess institution, the half-orphan was educated in the Christian sense and went through her school education to graduation. After that she decides, her deep faith and her urge to serve others continue to give a great place in her life and become deaconesses. The Diakonissenanstalt Kaiserswerth was at that time a large institution with affiliated orphanage, educational institutions for children and also for deaconesses and a focus on nursing. In order to prepare for use in the nursing sector, Johanna Budwig decides to complete her studies in pharmacy.

This begins with a then prescribed "Easter semester" in Königsberg, then to dedicate himself in Münster to the actual main course. There she enrolls in the faculties of philosophy and science in the subjects of physics, chemistry, medicine, biology, botany. She holds a PhD in Physics from Prof. Dr. med. Hans-Paul Kaufmann, where she also has an assistant position. Kaufmann, who was also known in professional circles as the "Fettpapst", is at this time in Germany the expert in the field of fatty chemistry and president of the German Society for Fat Research, Münster.

After **Dr. Budwig** also successfully passed the state examination in pharmacy and her diploma in chemistry, she goes back in 1939 to the Deaconesses in Kaiserswerth. There she takes over the management of the institutional pharmacy, which is responsible for the pharmaceutical supply of 5000 people. The war has begun and the Nazis confiscate a few houses of the asylum to set up a 1,000-bed reserve hospital. This hospital also falls into the now growing area of responsibility. Budwig.

In 1948, she moved back to the Federal Institute for Fat Research in Münster to resume her research work in the field of fat chemistry together with Prof. Kaufmann. She receives her own research laboratory in the basement of the private house of Prof. Kaufmann and is intensively engaged in the search for ways to separate different fatty acids and to analyze their composition.

As early as 1950, she and Kaufmann were able to present their first results at the Munich Fat Science Congress, which were published in the same year under the title "New Ways of Fat Analysis" in the journal "Fette und Seifen". In meticulous detail, she succeeds in the subsequent

period, the new method of paper chromatography systematically refine so that even the smallest amounts of fat -. B. from a freshly drawn drop of blood - can be examined for the proportions of various fatty acids. This type of measurement technique was a revolutionary innovation in the field of fat chemistry, allowing for the first time the determination of the degree of fatty acid unsaturation, and hence its attraction to oxygen. That this had to have a significant impact on the cell-internal respiratory processes in the organism, was obvious.

With this new analytical method, linseed oil as the most important source of highly unsaturated fatty acids could now be identified very quickly. Budwigs a prominent position. Also, the new methods of analysis have allowed the devastating effects of heating and other chemical interventions, e.g. For example, in the fat hardening in the process of margarine production, to determine the so vital, unsaturated fatty acids for the first time.

Since 1951 she has been the Senior Advisor for Medicines and Fats in the Public Health Office, but she also continues to work in research. For more than a year, she has been using paper chromatography to examine thousands of blood samples from patients at 4 different clinics in Münster. These studies show that the composition of the blood of cancer patients normalized immediately when you added 2- or 3-fold unsaturated fatty acids. This worked both under laboratory conditions and through the supply of these fatty acids through the diet. The normal ability of the blood to transport sufficient oxygen was very easy to restore in this way. This finally revealed the second substance, which, in addition to certain proteins, was of decisive importance for the storage and transport of energy (electrons) in the organism. The sulphurous egg whites had been identified as having been a Paarling in this system since the beginning of the 20th century. Since 1911 (Thunberg) one searched feverishly for the necessary reaction partner, but was due to the still missing, later by Dr. med. Budwig developed analytical methods, unable to isolate and identify this substance. The solution to this problem came closest to the Nobel laureate Otto Warburg when he suspected this substance sought in the group of fats. His experiments, however, failed because he experimented with electrically neutral, saturated fatty acids.

In addition to the many investigations of native blood, **Dr. med. Budwig** and her assistants also countless freshly operated cancer tumors on their content of fats and fat-protein compounds examined. The effects of industrially altered fatty acids in the human organism became more and more obvious and the developmental processes and dangers of trans fatty acids were unmasked by this research in the early 1950s.

The connection between these altered fatty acids, which no longer fulfill the functions intended for them in the organism, and the low-lying cellular respiration in the course of cancer was so obvious that it goes public with these research results. Her last two officially approved articles on this subject she may 1952 in the March and June issue of the journal "fats and soaps" under the title: "The paper chromatography of blood lipids, tumor problem and fat research" and "fats from carcinoma tumors and poly-oils "still publish. Then things get too hot for everyone around them, and the political and economic consequences that have to be taken in terms of the health of the population are obviously becoming too great.

She is no longer allowed to continue her work at the institute, but the attempt to stop her with the gift of a pharmacy from further publications fails. She knows very well that the lives of hundreds of thousands of people could be saved if the results of their research were recognized and the health policy consequences were drawn. At this point, she may face the immense power of financial

interests for the first time and is forced to continue on her future path as a private scholar and on her own.

In 1955 **Dr. Johanna Budwig** to Göttingen and begins a medical study. In the following years (until 1957) she has the opportunity to test the effect of her oil-protein supplement, which she has developed in the meantime, with the official permission of the university administration. Her work brings incredible success.

An example may explain this:

"Patient HB came to Göttingen on December 21, 1955, first to the ward of Prof. Martius, then to the Weender Hospital, where the professors wanted to operate on X-rays and fluoroscopy on Christmas Eve, but the patient decided to do so On the advice of me, only to take the oil and protein diet, she recovered quickly and thoroughly, and when she returned to her home country in Switzerland after a seven-week hospital stay in Göttingen, she did not want to believe her at the border that she presented and whose picture she had made seven weeks before, is her own passport.so much had the morbid appearance changed within the seven weeks to the benefit of the patient ... this patient still lives today (Sept. in good health. " (Quote: The death of the tumor II, 1977, p. 74)

At first, they are enthusiastic about their results and are offered to integrate the ÖEK into the conventional treatment methods for cancer patients practiced at the clinic. Since the effect of chemotherapy and ionizing radiation is exactly opposite to the effect of its ECG, it rejects it. Once again, she remains faithful to the connections between the impaired cellular respiration and the energy-consuming effect of respiratory poisons (electron robbers) that she recognizes as true and undeniable. Chemotherapeutics and the painkillers used (morphine and similar drugs) as well as the applied radiation contribute to a further energy discharge of the organism. The supply of the electron-rich unsaturated fatty acids, however, serves the purpose of restoring the necessary function of the energetic charge of the organism. Using the brake and accelerator at the same time is not an acceptable approach for them. Now she wants to get rid of them quickly, so that she does not finish her studies and now finally goes her own way.

After living in Münster and Bad Zwischenahn for a few years, she moved to the south of Germany in the mid-sixties to settle for the rest of her life in Dietersweiler, near Freudenstadt. During this time, she turns again to quantum physics questions, a subject that has already interested her during her studies.

Quantum Biology is a branch of quantum physics that deals specifically with the question of the relationship between the quantum energy of light and the maintenance of living processes in living organisms. It seems obvious that the energy of sunlight can be absorbed through the skin not only indirectly, ie stored in the fatty acids of food plants through the diet, but also directly.

It is now beginning to investigate various oils for their absorption capacity for light rays (photons) of specific wavelengths. The background to this investigation is that it should be possible to force the charging with photons from the outside in heavily discharged organisms of their patients with the help of laser light. Experiments of this kind have already been carried out in the USA, but regularly ended with severe burns in the patients. Since the failure of these attempts, this approach has been considered unfeasible in practice.

Dr. It was clear to Budwig that these attempts were doomed to failure, since the human organism had to first be enabled to absorb this concentrated "bombardment" by photons and to pass it on in

the tissue. The prerequisite for this was the presence of a sufficient number of functioning pi-electron systems in the form of lipoproteins (combination of 2-3-fold unsaturated fatty acids with sulfur-containing amino acids) in the organism. This condition could be established by switching the diet to the oil-protein diet in a relatively short time. In this context, it is worth mentioning that people who have changed their diet, report with great regularity that they are suddenly very well tolerated the sun again, and indeed of an aroused longing of her skin after direct sunlight report. Even people, who previously avoided the sun like the plague, are now beginning to search for it and find that their skin can now be exposed to direct sunlight for much longer before it reacts negatively to the radiation in the form of a sunburn.

For the artificial irradiation of her patients, Johanna Budwig chose a ruby laser radiating in the red frequency range from the area of visible light. In order to further improve the absorption of electrons from this narrow frequency band of light and to exclude combustion damage even more reliably, she also developed the well-known ELDI oils during this time. She put together a mixture of different oils, which she selected based on her specific absorption band. At the time, one of these ELDI oils was also used to apply to the body zones to be irradiated before using the laser there.

Since this new method of treatment with the laser was, in a way, an intervention in the patient's organism and amounted to a kind of treatment, Dr. Budwig first the Heilpraktikerprüfung in order to continue to move with this work on the ground of the law. As a result, she successfully used this treatment procedure in critically ill cancer patients.

Despite her intensive work with patients, who approached her not only from Germany but from all parts of the world, she continued to understand herself more as a researcher and, since the 1960s, increasingly as an inventor. Among other things, she has applied for a patent for various natural preservation processes and even a method for chlorine-free cleaning of swimming pool water. These inventions have never been widely used by the industry in the form of products or preservation methods, apart from LINOMEL linseed product and ELDI oils.

It would have been a great dream of her if the process developed by her to produce a healthy, and also durable spreadable fat made from vegetable oils would have been taken over by the margarine industry. Unfortunately, this never happened and the contact between Dr. Ing. Budwig and the margarine industry in the form of the Unilever existed in years of legal disputes. Of course, the industry did not want a single woman to come forward and publicly denounce margarine as harmful to health and carcinogenic. But the Unilever never managed to get that belligerent Flaxlady - like Dr. Budwig was called on the international scene - to silence. Budwig won all the trials without much effort, as she did not just make any assertions, but could scientifically substantiate all her statements. Interested parties and users of ÖEK are still benefiting today from the then unrealizable market launch, because Dr. Ing. As a result of these events Budwig decided to publish the knowledge of the rather simple production process of such a grease in their own books. As a result, everyone now has the option of using simple means to make this fat called Oleolux at home.

Until old age Johanna Budwig very active, advises patients and also lectures here and there. To the fatality is then in 2002 a fall in her household, in which she breaks her thigh neck. At the age of 94, she can no longer take care of herself and comes to a nursing home to be nursed back up. In this home for the elderly, however, people had different ideas about the diet of an elderly lady in need of care than herself, even though she had pointed the way to 'health' to the world in terms of nutrition.

In her last fight, in which it is about itself to be nourished by the nursing staff healthy, it is subject. However, this time she fiercely - or even bitterly - clings to the contexts she recognizes by increasingly refusing to eat. On May 19, 2003, she dies, without her direct environment even seems to suspect, which genius has left us at this moment.