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on Natural Healing and Herbal Medicine in the world**



Dr. Richard Schulze

Dr. Schulze's
20 POWERFUL
STEPS
to a Healthier
Life

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Dr. Schulze's 20 POWERFUL STEPS to a Healthier Life

THIS BOOK IS DEDICATED:

To all of my teachers. I have had many blessings in life, but one of the greatest was to have had the opportunity to study and intern with some of the greatest names in Natural Healing and Herbal Medicine. I am a proud student of these great men, and the great lineage of European Nature Cure Doctors that came before them. I am grateful for their discoveries and honored and proud to add my common sense and illumination to their work.

To all of my patients. I am blessed to have had thousands and thousands of patients. These brave souls trusted me with their lives, a trust that I took to heart. Most survived the deadliest of diseases known, and healed themselves using only Natural

Methods. Even greater, most outlived the ignorant doctors who literally gave them “death sentences”. Thank you for teaching me almost everything I know about Natural Medicine and Natural Healing.

To all of my students. I have spent a good part of my life teaching my knowledge all over the world, in a hundred schools to thousands of students. I have assisted many of them to set up their own clinics and worked side by side with them, until they could remove their “training wheels”. Thank you for continuing my work, and adding your own brilliance to it.

To all of my followers, whether you are a customer of my herbal medicine, a doctor using my methods, or a health crusader preaching the gospel of Natural Healing... thank you. Without you, I would still be a handyman.

Finally, to my family, my work team and my friends, who all put up with working and living with a wild Guru, who is always on, and passionately preaching 24/7/365. Thanks.

TABLE OF CONTENTS

INTRODUCTION

Foreword

Page 7

Dr. Schulze's Credentials and Qualifications

Page 19

Clinical Charts and Affirmations

Page 39

The First 5 Minutes in Dr. Schulze's Clinic

Page 42

The Faulty Mathematics of Medicine

Page 47

The Difference Between Natural Healing and Medical Intervention

Page 52

The Fundamental Categories That Determine Your Level of Health

Page 54

Preface to My 20 Steps

Page 59

MY 20 STEPS



CHAPTER 1

PURE WATER

Page 61



CHAPTER 2

FRESH JUICE

Page 65



CHAPTER 3

VEGAN FOOD

Page 73



CHAPTER 4

LIVE FOOD

Page 93



CHAPTER 5

BOWEL CLEANSING

Page 105

**THE 5-DAY BOWEL
DETOX** Page 117



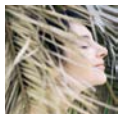
CHAPTER 6

DETOXIFICATION & CLEANSING

Page 129

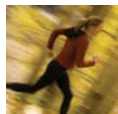
**THE 5-DAY LIVER
DETOX** Page 135

**THE 5-DAY KIDNEY
DETOX** Page 147



CHAPTER 7
BREATHE DEEPER

Page 157



CHAPTER 8
**STRETCHING,
WALKING & MOVING**

Page 163



CHAPTER 9
WATER THERAPY

Page 173



CHAPTER 10
NATURAL CLOTHING

Page 179



CHAPTER 11
NATURAL CLEANING

Page 185



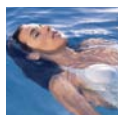
CHAPTER 12
STOP TELEVISION

Page 189



CHAPTER 13
TRASHING

Page 193



CHAPTER 14
RELAXATION

Page 201



CHAPTER 15
EXPRESS YOURSELF

Page 211



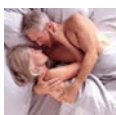
CHAPTER 16
HELP OTHERS

Page 215



CHAPTER 17
LAUGH MORE

Page 219



CHAPTER 18
MORE SEX

Page 223



CHAPTER 19
LISTEN TO YOURSELF

Page 231



CHAPTER 20
LOVE LIFE

Page 235

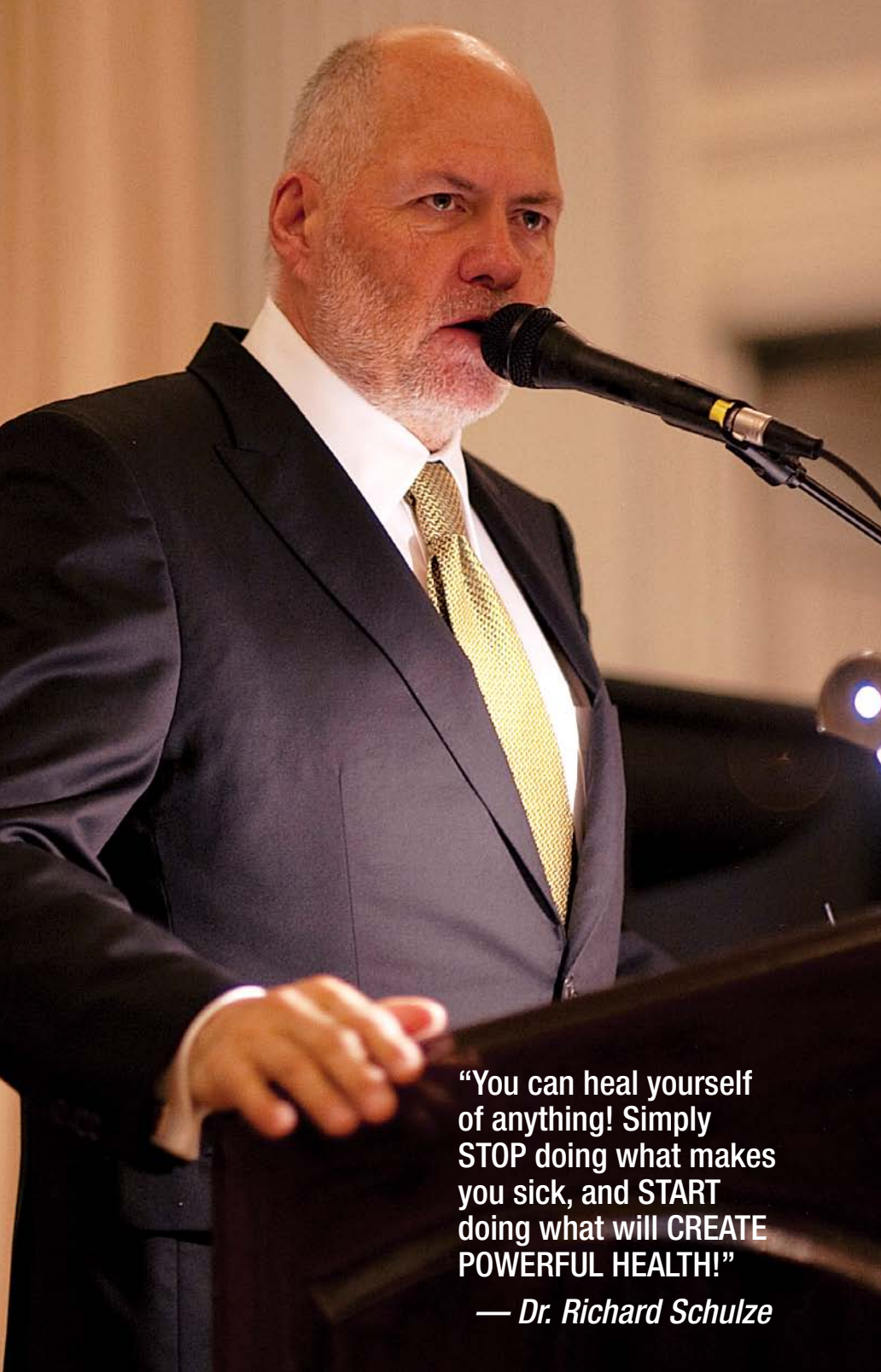


CHAPTER 21
FINAL THOUGHTS

Page 249

FINAL HOUR REGRETS
Page 250

**POEM FROM DR. SCHULZE'S
DEAD PATIENTS**
Page 252



**“You can heal yourself
of anything! Simply
STOP doing what makes
you sick, and START
doing what will CREATE
POWERFUL HEALTH!”**

— *Dr. Richard Schulze*

FOREWORD

BY DR. RICHARD SCHULZE

From Webster's College Dictionary, *latest edition*:

Bullshit (*bool' shit*) [*Slang*] *noun*. Foolish, exaggerated, or boastful talk; **NONSENSE** – *bullshit-ting* – *to talk nonsense* (*Somewhat vulgar*)

Almost every single day of my adult life I meet people who say to me, “You should read this health book,” or, “I saw an herb book that you would really like,” or, God forbid, “I’d like you to read my new nutrition book.” My usual response to this person is that I won’t like it. In fact, I’d say that chances are about 99% that I will hate it.

The simple reason I won’t like it is because it is bullshit. Sure, I could have said *fiction*, which means something *made up* or *imagined*, but that sounds too nice. In my three decades of practice I have seen people

die clutching these fairy tale healing books on their deathbeds, still believing, still hoping right up to the end, turning blue, gasping for their last breath, writhing in pain, suffocating in their vomit, and eventually dying, so I prefer to say “bullshit” because these books stink and their authors are full of shit!

If I want fiction, I will read the “Adventures of Huckleberry Finn” or “Moby Dick.” At least I am prewarned that this is fiction, make-believe, a fun story, entertainment.

A classic example of fiction being passed off as truth is the business section of any book store. They have shelves and tables piled high with books entitled “Get Rich Quick” or “How to Become a Millionaire.”

Foreword

The reality is that about 99% of the authors aren't rich or millionaires themselves. Don't you think that if they really knew how to make a million bucks that they would have done it first themselves? So after you remove J. Paul Getty's book and a handful of other actual millionaire authors from this group, you end up with tens of thousands of books that people purchase to learn how to get rich, but the author hasn't a clue either. In fact, the author is hoping to make a million dollars by selling you a book about how to make a million dollars. Think about it: If the author actually knew how to make millions, and did make millions, why would they be wasting time writing books and not be busy making millions?

Have you ever seen the bumper sticker or heard the wonderful simple statement, "QUESTION AUTHORITY"? "Question Authority" literally means to question the author's power!

MY POINT: I am referring to the thousands and thousands of health, Natural Healing and herbal medicine books available in book stores and health food stores all over America—in fact, all over the world. The reason I don't like 99% of these books is because they are *fiction* being passed off as *truth*, and people die because of this.

FIVE TIPS ON SPOTTING A BOOK ON HEALTH AND HEALING THAT WON'T GET YOU WELL

Or... How to judge a book by its cover, or more accurately, by its author.

The first place to look when checking out any health book is the inside flaps of the cover or the back outside cover. This is where you will usually find the few paragraphs about the author.

Publishers often hide or quickly gloss over the author's credentials. This is usually because they have none, or at least none that are *specifically*

relevant to the book's subject. The following is a checklist I have given to many students and patients over the years to help them evaluate the healing potential of any health book.

HOW TO SPOT IMPOSTERS TIP NUMBER 1

The author should have extensive PERSONAL EXPERIENCE with their own program, using it on themselves.

I would actually prefer that the author had been sick, really sick, if not dying, and then developed the program to save their own ass. I know that for me personally, my passion, enthusiasm, intensity and knowledge all stem from the fact that medical doctors told me I would be dead before I was 20 years old, and that I desperately went on to figure out how to heal myself from what the medical doctors called an incurable disease. FEAR is an incredibly potent motivational tool. OK, so not everyone is as lucky as I to have been born sick and then have the illumination and education

of healing themselves, but damn it, I want some serious dues being paid by the author on at least a close relative dying or a pet dog suffering.

And I don't want to hear about any health or healing program that the author hasn't completely immersed themselves in either, and for *years*. I am so sick of listening to *virgin sex counselors*. If my life is on the line, I want some damn personal experience. I don't think that is too much to ask.

A Computer Software Analogy

There is nothing worse than upgrading to the latest release of your favorite software only to discover that it doesn't work very well, won't interface with most of your other programs and ends up corrupting and destroying data files and crashing your computer. **This only happens because the author or manufacturer didn't test their work long enough.** This is why most computer users today are skeptical of hot new software releases, upgrades and operating systems, and want to see the programs field tested for a year or so before they load it onto their

computer and waste their hard earned money and their time and risk ruining their computer's *health*. See my point and the similarity?

So I want—I demand—that these health and healing authors have done their own program 100 times over, working out all of the kinks and glitches. I want them to have done it 100 times more intensely than they are suggesting I should do it in their book, and I want them to have done it in a hundred different ways, with a hundred different variables.

I want them to have GONE TOO FAR with their program, to have hurt themselves and made themselves sick, to have puked and pooped their pants and to have learned what is too much and, more importantly, what is too little and what won't work. I want them to personally know their program inside and out, have done it on their relatives, their friends or their cat, until they really know deep down in their bone marrow, their soul, what they are talking about. If they haven't done this, you guessed it; it's bullshit.

HOW TO SPOT IMPOSTERS TIP NUMBER 2

The author should have had some kind of SPECIFIC TRAINING that is relevant to the programs in their book.

If not, then I would at least like some explanation of how they received this message of healing knowledge. I fully accept having a revelation or spending a year alone in the woods. It doesn't have to be a formal education of any kind, but I would like some relevant personal background as to why they feel they are qualified to write a book on this subject before I literally put my own ass on the enema line. (By the way, I do not accept AA, BA or MA degrees, or even a doctorate, in any unrelated study.) How many books do you see in which the author has listed their unrelated degrees, like they should get some special appreciation or credibility from the reader that their parents sent them to college instead of making them get a job. What does their master's degree in Fine Arts have to do with my gallbladder?

Also, don't get fooled by other authors who have great credentials and training in a very similar sounding field, or an incredible education and degrees but in a *closely related* field. This is very common in herbal medicine and natural healing. For instance, although botany is the science of all plants (and then categorizing them by variations in their flowers), and pharmacology and pharmacognosy are the study of the chemicals in plants and how they affect your metabolism, and ethnobotany is considered the study of how our ancestors used herbs, a professor in any of these related fields usually has many *opinions, theories and hypotheses* that they discovered in the library or on the Internet about how plants are used for healing. But none of their herbal theories will stand a chance in hell of dissolving a stone out of your gallbladder or kidney.

I personally know the authors of hundreds of published books on natural healing and herbal medicine. I have hired many of them to teach at colleges I advise all over the world. They are experts in their particular

fields, but then they go and write a book on herbal first aid when their expertise is actually plant identification.

In the same vein, I know of a popular book written by an herbalist who specialized in making herbal cosmetics, hand lotions and hair conditioners, but they needed money so they wrote a book on healing cancer and other degenerative diseases with herbs. These are the most dangerous authors of all, so read about their credentials very carefully. Your life might just depend on it.

And if it happens to be a medical doctor who is writing the book on natural healing or herbal medicine, then this is even more points off. This is as ludicrous as a career criminal writing a book on honesty and morality. Unless this MD has had some amazing lightning strike enlightenment as to how they were exploded off the path of medical mayhem, and then they fully admit that they now know that the majority of all medical doctors are greedy, unthinking butchers, and that the practice of modern medicine and hospitals are responsible for killing far more

Foreword

people than they help, and that they apologize for any wrong deeds they did during their unconscious past, unless they prostrate themselves... their work has no credibility and they should write a book on surgery, chemotherapy or antibiotics.

I am dead serious on this issue: Natural Healing books written by medical doctors who have studied only disease and have no education in health, nutrition, natural healing and herbology, are, you guessed it, bullshit!

HOW TO SPOT IMPOSTERS TIP NUMBER 3

The author should have CLINICAL EXPERIENCE successfully helping hundreds, if not thousands, of people heal themselves using their program.

Unlike most people, I don't give a damn if the book is a New York Times bestseller and sold over a million copies. Pet rocks made millions of dollars too. No one ever said that the average consumer was a good judge of a quality product.

People love fads, and healing fads often run out of gas very quickly for the simple reason that they do not work.

What I want to know is that the author instructed numerous people on how to follow the program, and that these people healed their diseases, healed their illnesses, healed themselves and then built powerful health and remained disease free **longer than the average person treated medically.**

This is where the vast majority of health authors fall short and fail this test. Even if they have healed themselves of a major disease using their program, and even if medical doctors said what they had was incurable, it could be a fluke. Some people win the lottery, but the odds are ten million to one that you won't. People have healed themselves of cancer while drinking beer, eating hot dogs and cotton candy, and laughing, but it's extremely rare. So I want to see their personal experience about their personal healing miracle and the program that they then developed put into practice, to see if it works on anyone

else besides themselves. Is this program really the better, more effective and literally miraculous new, improved bowel detoxification program, or is it just gas?

Throughout any doctor's education, their brain gets filled with millions of ideas and so-called facts, hypotheses and supposed proven theories, and also some good, valid programs, but to the student they all look exactly the same. It is impossible for the student to differentiate between fact and fiction. **This is where clinical experience comes to the rescue.** Helping real people, with real diseases, attain real health, helps uncover and weed out all the ineffective programs really fast. **This is how patients educate the student into a doctor.**

One of America's greatest natural healers, the late

Dr. John R. Christopher, a Mormon doctor from Utah with whom I apprenticed, was a rare example of a great doctor. Rare, because he actually helped thousands and thousands of people all across America heal their diseases, even the so-called *incurable* ones. Dr. Christopher was well aware who his teachers were and often would say that "5% of what I know I learned in school; 95% of what I know I learned from my patients in the clinic." This very wise man and great herbal doctor knew where real knowledge comes from.

There are many incredible scientists, botanists, pharmacologists, herbalists, master herbalists and medical herbalists out there with many degrees. They teach at medical universities all over the world and lecture everywhere. They can almost always be found

AN INSIGHTFUL ANALOGY

What if you got on an airplane with only one pilot, and before takeoff this pilot announced that he has many degrees in aeronautics, has been to flight training school, spent endless hours on the computer flight simulator, but has never actually been aboard an airplane before and has never actually flown one. I hope you would see all of the passengers running and screaming and diving out of the exit doors. Health and healing books written by authors with no clinical experience are no different.

Foreword

speaking at the big, important health conferences, expositions and hip natural gatherings. They write numerous magazine articles, design formulas for big name herbal and nutrition companies and are often founding members of natural, herbal and health organizations. They have spent countless hours hobnobbing with the other gurus of health. But their work is all hearsay and third-hand gossip, because they have no practical, clinical experience. They simply never had any patients.

So here is what I want from an author of a health book.

I want to see their healing results, ones they have hopefully personally experienced and claim to be valid in their book, repeated often. I want a minimum number of people over a minimum period of time. I say the minimums should be five years of clinical practice and 4,000 patient visits. This is simply because that in a clinical setting with real, live sick people knocking at your door, you are quickly forced to separate what works from what doesn't; after all, it's a matter of life and death. Also, by this

point, most good doctors have thrown out the majority of their books, forgotten most of what they learned in school, thrown out their stethoscopes and sphygmomanometers, softened their "know-it-all" egos and have been humbled by their patients who didn't respond and died. More importantly, they have learned "what works" from their patients who are still alive. Now they truly *know* what actually works, and what is (you guessed it again) bullshit.

HOW TO SPOT IMPOSTERS TIP NUMBER 4

The Program should be SIMPLE and should make COMMON SENSE. It should not heal one organ while making another organ sick. No trade-offs.

All healing programs should be simple. If it is too complicated, then the author needs more time in the clinic, just like a fine young wine needs more time to age in the bottle. The programs are simply not refined enough yet. Check back with them in 5 or 10

more years and see if they have finally gotten it down. I find that the complicated programs are written by people who are not focusing on the fundamentals of health and healing, but are instead still focusing on killing, or curing, disease. Unfortunately many authors, **especially ones who went to medical school**, are often so ruined by their education that they will never be able to see things from a simple and natural perspective. They will never be able to become natural healers because they are so focused on killing your disease, they will miss the simple cause of it, which is right in front of their nose.

The program should make common sense, too. Most people's programs don't. If it doesn't feel right to you, that is because it isn't right. **All great healing programs make common sense.**

Lastly, the health program should not heal one organ while making another organ sick. No trade-offs. How many times have you heard that the medical doctors got all the cancer, cut it all out with

surgery, burnt it all out with radiation and poisoned all the malignant cells to death with chemotherapy, but the patient died. Let's see, get cut, get burned, get poisoned, pay \$100,000 and die. Call me silly, but this doesn't seem like a very good program. Modern medicine is also full of drug trade-offs like, take this pill and you'll be able to eat and digest anything, but... you might get liver cancer. Or take this medicine to help your liver, but... it might kill kidney cells. Or, you begin to take a beta-blocker drug for your irregular heartbeat, but if you forget to take your pills once you start on the drug, you will die from a massive heart attack.

Medicine is full of dangerous trade-offs, but so are many Natural Healing programs. Many *natural* doctors suggest making liver and gallbladder flushes with cola, but last I checked, cola isn't considered natural. Other *natural* doctors suggest flushing out your bowel with powerful salt-laden flushes, but if you have high blood pressure, this flush could kill you. **ALL** healing programs should also be

nutritious and healthy. I know that sounds almost too simple to understand, so I will repeat it:

All healing programs should be healthy.

HOW TO SPOT IMPOSTERS TIP NUMBER 5

Beware of Dead Authors.

The fact that an author is no longer living doesn't necessarily invalidate the author's work, but in many cases, the work has been altered, weakened, made more politically correct or even legally safe to protect their surviving family and heirs. After all, the author was probably a clinically hardened, radical natural healer, and is now considered a politically incorrect dinosaur. Unfortunately, the author is no longer around to protect their work from this type of corruption, so all they can do is spin in their grave while people get sicker using their weakened programs and *updated* herbal formulae. Meanwhile, their surviving relatives cash their royalty checks.

Many of the most popular books on natural healing and herbal medicine sold today were written by people who are now dead. Often the book was actually written or updated (*watered-down*) by the daughter, son, niece, nephew or some other relative. Don't laugh. This is the case with many of the most popular books out there. Many of these books are also compiled by ghostwriters who take the person's notes after they are dead and literally make a book out of it. I even know of one that was compiled by the next-door neighbor who had no experience in the field at all but was good on the computer.

Watch out for books that have been updated with flashy new covers. I have found that most of these are politically correct, watered-down versions of the doctor's original work, with all the effective, but possibly *illegal* or *legally compromising* healing programs forced out of the book by the publisher's legal staff or some gutless relatives. I have also often seen great doctors' effective herbal formulae have ingredients *removed* and natural-healing programs *modernized* because

supposedly, *times have changed*. Well, maybe times have changed, but the human body hasn't.

If you believe in an author, but they are dead, either try to find old copies of their books that were published while they were alive or find their top students, apprentices and interns and see what they are up to.

Why do I care if you buy a useless book?

Why is this a problem?

Probably because I spent too many years in the clinic and I have a soft spot for dying patients who are desperately trying to stay alive following bullshit programs. Call me a bleeding heart but I dislike anyone who preys on the sick and takes their nest egg in the final days of their life. Of course, medical doctors are the most famous for this behavior.

If I haven't been obvious enough so far, I will clarify it even further. The best case scenario is that you are just wasting your hard earned money and what little spare

time you have buying and reading these worthless books. Worse yet, you could make yourself very ill (as I have done many times) by following *theoretical* programs. You could be the first person to actually take this author seriously and follow their program. If you want to be an astronaut or explorer, fine, but if you want to get well, you could get sick instead. Luckily, most of these experimental programs just caused me projectile vomiting, light-headedness and the experience of becoming an astronaut for a few days by learning first hand the laws of rectal jet propulsion.

But the worst case scenario is that you are very ill, have little time left and the medical doctors have taken all of your money and told you to go home and die. You are hoping that the book you are reading will help you make your final turnaround. Instead, you get worse and die.



DR. SCHULZE'S CREDENTIALS AND QUALIFICATIONS TO WRITE THIS BOOK

Now you are aware that most books on health, natural healing and herbal medicine aren't worth the paper on which they are written. You also have some tips to deduce the credibility of authors, and therefore, the possible effectiveness and safety of their programs.

At this point, I think it is only fair that I put myself through the exact same acid test. Therefore, the following is a detailed explanation of my credentials and qualifications, according to the same standards I suggested for other authors.

MY PERSONAL HEALING EXPERIENCE WITH NATURAL HEALING AND HERBAL MEDICINE

Having healed myself of a life-threatening disease and numerous supposedly *incurable* injuries, the following is an account of my extensive firsthand knowledge of natural self-healing.

MY DEATH SENTENCE

My father died in my arms when I was 11 years old. He was only 55. He had a massive heart attack, but he died very slowly. It was torturous for him physically, and for me emotionally, because it took him about three hours to die. He was in severe pain. He sweated so profusely, that he soaked the sheet of the bed into almost a puddle, vomited, lost bladder and bowel control, cried and screamed at some points. All of a sudden, he went quiet, all the pain stopped and he was peaceful. He looked into my eyes and said, "I'm

Dr. Schulze's Credentials and Qualifications

dead,” and then slumped into my arms for the last time. I could see his tremendous fear, not so much of dying, but more because of what was going to happen to me.

My mother was not prepared for this in any way. She went downhill from this day on and died herself of a massive heart attack only a few years later, also at the age of 55. I was then only 14.

I lived on the streets, in communes and in the slums of big cities. I ate out of many a garbage can and, by the age of 16, I was experiencing severe pain in my left arm, left jaw and in my heart. I would pass out at least once a day and up to four times a day after having massive heart palpitations. Eventually I went to the hospital, where they ran many tests and ultimately diagnosed me with a deformed heart and heart valves. They said that without starting on cardiac drugs immediately and having open-heart corrective surgery, I would be dead in only a few years. They said I would be dead by 20 because my weak, deformed heart and valves

would not be able to pump sufficient blood to an adult body.

I asked my doctor if there was anything else I could possibly do, besides cutting my ribs in half and cutting into my heart. The thought of this horrible, gruesome surgery scared me to death. I asked him, what if I exercised like mad? What if I ate differently (because health food stores were starting to pop up around town)? What if I prayed? He looked at me and said, “I’m sorry; this is a physical deformity and only surgery will keep you from dying.”

I was scared to death, scared *of* death, and checked myself into the hospital. I met another teenager in the hospital and we became friends. He had almost the exact same problem as I did and was scheduled to have the same surgery as I, two weeks before me. I will always remember when my doctor, who was also his doctor, came into my room and told me that my friend had died on the table. I was stunned, shocked, filled with rage, hate and anger. I got dressed and ran out of

that hospital that day, and I never looked back.

I knew that I was dying, but I also knew that if I stayed in the hospital, the same doctor who killed my friend was going to kill me in two weeks' time. It was like the French Foreign legion when they say, "*march or die*", so I marched. Running out of the hospital, literally running for my life, was the beginning of my journey, my adventure into self-healing, into natural healing.

THE NEXT THREE YEARS

I immediately started talking to anyone and everyone, telling them that I was dying and asking them if they had any natural suggestions that could help me. Everyone I met did indeed have some sort of suggestion, so I compiled a journal of them because there were so many, **AND I TRIED THEM ALL!**

FOOD

I grew up in a German household where we ate blood for breakfast, lunch, dinner and dessert. I rarely saw a vegetable,

and if one mistakenly did end up on my plate, well, I would scoop it off and give it to my dog, who wouldn't eat it either. OK, potatoes, we ate potatoes. By 16, my cholesterol level was well over 300. Right around this time most medical doctors agreed that coronary artery disease was a disease of the elderly. But this was also the early years of the Vietnam War and 18 and 19-year-olds were receiving bullet and shrapnel wounds to the chest. The war surgeons were finding advanced coronary artery disease in the chests of teenagers, so the medical world was seeing something shocking. They were just starting to think about changing their minds about coronary artery disease. This previously almost-exclusive disease of the elderly was now being seen in teenagers. This was due to a new era in America, the dawn of the fast-food hamburger chains that literally didn't exist a decade earlier.

Anyway, a friend suggested that I stop eating red meat. I did, and I felt better. Shortly thereafter, I stopped eating

Dr. Schulze's Credentials and Qualifications

chicken and fish and became what I refer to as a lacto, lacto, lacto, lacto, ovo, ovo, ovo, ovo, ovo vegetarian because I lived on vanilla milk shakes, chocolate milk, eggs, cheese omelettes, toasted cheese sandwiches and ice cream. I felt a lot better, my heart palpitations were reduced by half in both number and severity, but I obviously still had a cholesterol problem.

So the next step to try and reduce my blood fat and cholesterol level even further was to stop eating all foods that contained cholesterol. In other words, to stop eating dairy products and eggs. I remember that day well. I thought I was going to die of starvation because when I finished cleaning all the dairy products and eggs out of my refrigerator, **THERE WAS NOTHING LEFT IN IT!** I ended up starving for a few weeks because I still wasn't going to eat any stinkin' vegetables.

In a few weeks, I started getting the hang of it and in a few months, I was in hog heaven, eating like a vegan pig.

That was over 40 years ago and I have been a vegan-vegetarian ever since. Over the next few years, I discovered juicing, sprouting and fermenting. I consumed raw foods exclusively for about a year and a half. I also discovered grain burgers, baked potatoes, grains and hundreds of other dishes of substance.

The bottom line is that I have personally made the transition from my parents' food program that was killing me to a new, healthy food program that healed my disease. I was then able to thrive on this food program and maintain it for over 40 years, staying disease free and in great health. And I have enjoyed every meal.

COLON CLEANSING

During the first few months of my new healing program, I heard much talk in the health circles about colon cleansing. I had ignored all of this bowel talk as long as I could, but eventually I realized that I could not be healthy, and have a healthy heart while I was constipated. I had noticed as my food program was changing

that I was having more bowel movements, but I had been constipated since I was a kid and I was an excellent candidate for some deep colon cleansing. Heck, I would have settled for a guaranteed one bowel movement a day.

I remember, once a week, on Sunday, my dad would go into the bathroom with the newspaper. He would spend an hour or more in there, squeezing and grunting and would eventually come out and the smell of death would permeate the house. I would go in shortly after him and try to have my once-a-week bowel movement too. Sometimes no matter how much I pushed and squeezed, nothing would come out. Look, I come from a long line of constipated Germans. So if and when I did have a bowel movement (and that wasn't every Sunday), it would be these hard, black, granite balls that would explode out of my rear end and sink fast into the toilet, quickly. They were so hard that I used to think they might chip the porcelain.

I remember that my brother could go a month without

a bowel movement. I recall that once or twice a year, my mom would take him to the hospital and the doctors would have to put on rubber gloves and reach into my brother's rectum with their fingers and pull out old, hard, dried fecal matter. (He will kill me if he reads this book!) Bottom line (pun intended): We were a very constipated family.

So when I set out to clean my colon, I did it like I did everything else in my health program: with intensity, passion, gusto and more intensity. I gave myself over 100 enemas, of all different kinds and variations. I used every natural and herbal bowel tonic of the era, but I can say that most of them were no good. When I found one that would work, I often would take 100 capsules—the entire bottle.

I remember creating my own program of 100 capsules of herbal bowel tonic, two quarts of fresh-squeezed apple juice and one quart of homemade prune juice, ALL BEFORE NOON. That day, I was way up on an extension ladder painting when the boss asked me if I

could reach the top of the peak of the house. I reached up, stretched a little and crapped my pants. I took my pants off in the car and then my bowels moved again right in the seat of my car. I ran into the house with only a towel wrapped around me and had my first experience of a deep bowel cleansing. I was a pioneer, a cosmonaut. I was paying my dues.

The bottom line is that after 15 good years of bowel cleansing, many enemas, some high colonics, herbal implants and inventing my own herbal bowel formulae that I used consistently for 12 years, my colon has worked perfectly ever since. I now have two to three bowel movements a day, reflecting the two to three meals that I eat a day.

DETOXIFICATION AND CLEANSING

Besides colon cleansing, I also learned that everyone should do routine cleansing and detoxification programs. And if you're ill, like I was seriously ill, then a person should do their

cleansing and detoxification programs for a longer duration and with more intensity.

I started out with water fasting and found it uncomfortable and unnecessary. I also found it difficult because I often worked out physically as part of my healing program. Maybe if someone is just fasting and lying around, then water fasting is alright, but when you are active and doing a lot of other cleansing and purifying routines, water fasting is not sensible when done for more than two to three days. I then upgraded to juice fasting, which I could do for longer periods of time, achieving the same detoxifying results and getting the nutritional support I needed. Most importantly, I could follow my other natural-healing regimens and routines at the same time.

I have performed two 30-day juice fasts and one 60-day juice fast. I have also done over 50 week long juice fasts. From this experience, I developed my 5-Day Cleansing and Detoxification Programs. During these various cleansing and detoxification programs,

I also investigated and experienced using numerous herbal formulae to enhance the cleansing process. I also investigated hydrotherapy and have visited hydrotherapy clinics, trained at some and completed programs all over the world.

I have formed groups where we investigated liver flushing, gallbladder flushing, kidney and bladder flushing, lung purging and skin detoxification.

The bottom line is that I have personally experienced numerous cleansing and detoxification programs and flushes and have done many of them to extreme and intense levels.

MOVEMENT

Having a deformed heart, I quickly learned that exercise was going to now be a part of my life forever. I am easily bored, so I needed to find some type of exercise that would also keep me entertained. Martial Arts appealed to me and I have been involved in the practice of it since I was a teenager, and then later in life I taught

it for years. I also found that hatha yoga helped my healing dramatically, and I trained extensively in that too. I have trained with professional trainers and have worked my entire life to make moving fun, to keep me from quitting.

The bottom line is that I have been involved in numerous types of aerobic and anaerobic exercise, stretching and flexibility programs since I was a kid.

EMOTIONAL AND SPIRITUAL HEALING

Obviously, I had to do a tremendous amount of emotional and spiritual healing. Even though it would seem that my parents simply died when I was a young child, to me, dead or not, it was pure abandonment.

Then, growing up on the streets, at least to start, well, I had a lot of issues. To add to the list, I also had plenty of “*why me?*” issues because after all, I WAS DYING.

I took a course in Psychology 101 and dabbled in psychotherapy sessions, but all

Dr. Schulze's Credentials and Qualifications

of it seemed so tame compared to my very aggressive and intensive Natural Healing Program. Oh, it had value, but I didn't want to spend my whole life in psychotherapy; I wanted to be well NOW!

So the treatment plan I followed was much more of a new-age psychotherapy treatment program that included Gestalt, Reichian, Rebirthing, Neuro-Linguistic Programming, Reverend Ike, Positive Affirmations—all of it explosive, cathartic kind of work. I had a truckload of existential nausea and I needed to get well. And I did.

I went on to train in most of these mentioned arts and used them extensively with my patients.

I also followed a spiritual path that is unorthodox and unorganized, unlike most religions, which I still practice and follow today.

Most important, I discovered that anger and hate were killing me and that I had to learn to be loving if I wanted to heal my heart. You can't have a healthy heart—or any health

for that matter—unless you first love yourself, and second, your life. Then, of course, others.

The bottom line is that I am no longer the physically and emotionally constipated German, pissed-off, angry kid I once was. To create my metamorphosis into the person I am today, it took a lot of emotional and spiritual healing, a lot of self-acceptance and love.

THREE YEARS LATER

After about three years on all of these programs, I was 19. Remember, the doctors said I would be dead by 20. So I made an appointment to see the same medical doctor who had given me that death sentence. Was he shocked to see me! I was the picture of health. He first wondered where I had disappeared to three years ago and what had happened to me. He asked me how I was feeling, and I said great, but he still suggested the surgery. I asked him if he would re-run all the tests to see if I had changed, if my disease had changed, if my heart had changed. He said it wouldn't

have because it was a physical deformity and that couldn't change. But he said he would like some new tests, X-rays and a cardiogram anyway to update the further degeneration of my disease, so I spent the next few days in and out of the hospital.

A few days later I was asked to come in for a consultation with him and when I walked into the room, he had an absolutely shocked look on his face. He said the new test results showed no heart disease at all and that if he hadn't had my previous X-rays from three years earlier he wouldn't have believed it. I asked why and he said, "**Because your heart and your heart valves are NOT deformed anymore, they are NORMAL!**" I asked him if he was interested in what I had done that healed my heart. I then began to mention my health programs, and he just rolled his eyes. He immediately interrupted me and said, "I don't know how your heart undeformed itself but if there is one thing that I do know, it is that it had **NOTHING** to do with your health program." He was in disbelief and in denial and the

tests and pictures didn't lie. It was more than he could bear. I felt that he would have much rather I had died. My healing was shaking his belief system. His shaky medical house of cards was crumbling down, and I could tell that he wanted me out of his office and out of his sight. Little did I know then that three decades later, this same attitude of medical denial and fear of Natural Healing miracles would have me arrested.

So here, three years later, after three years on my healing adventure, I had actually healed my heart and my heart disease. I knew at that moment that your body could heal itself of anything, if you just gave it a chance to do so. And the best way to give it this chance was to create a healthy lifestyle.

MY SUPPOSEDLY INCURABLE INJURIES

HAND AND KNEE

The following is transcribed from a live Dr. Schulze speaking engagement at the Church of the Living Word in North Hills, California, on April 22, 2000.

When I was in the clinic years later, there were a lot of healings and miracles around me, and an occasional explosion too. One day there was an explosion that caused a fire in the lab. Boiling, flaming oil poured all over my right hand. It burnt my hand almost off; it curled up into a ball, but I was a tough, young, cocky natural healer and I thought, no problem. I thought I could heal this in a few days, but after a few days, I realized I had done some serious damage to my hand.

A friend of mine who was an MD told me he knew a man, another MD who was a burn specialist, especially with hands, and that he was

interested in natural healing and that he would give me his opinion. So I went to see this doctor. He looked at my hand and said, "This is a very serious burn. You have a fourth-degree burn, he said, and I hadn't heard of fourth-degree. I'd heard of first, second, and third, but not fourth-degree. He went on to explain that a fourth-degree burn is when all the tissue is dead down to the bone. He said I had even cooked some of the bone. I said that it didn't feel that bad, and he said that's because you have burnt all the nerves, that they were dead too. I said that it still didn't feel that bad and he took an implement and pulled all the flesh off one of my fingers like a cooked chicken and opened up a hole right to my middle finger bone. I don't want to hold this finger up all by itself—not in church—and he opened up a hole right to the bone. All the little tendons and all the little ligaments were cooked and burnt and even the bone was charred.

I could feel myself feeling a little faint, and then he took a clamp and he put it on my thumb where he very easily

slid the casing of my thumb off. It was cooked and that put me into a state of shock that I will never forget. And he said, "you don't understand: you need a skin graft. Your skin is gone, buddy. He said, you need to sew skin onto your hand. And I thought, "I believe that, because it's gone now", and I said, "OK, I'll take a skin graft."

The next thing I remember is that the doctor said, "Will you take down your pants," and I thought, I know I am in Hollywood, but this sounds weird. And so, I took down my pants and he had a magic marker and he was drawing something on my butt, and I thought this was a bit weird and I asked, "What are you doing?" and he said, "This is where we're going to take the skin to sew onto your hand."

Immediately, I remember having that exact same feeling that I'd had in the hospital when my friend died, and I pulled my pants up really quick and ran out of the hospital. This doctor almost had me believing again that my body wouldn't heal itself, AND THEN MY NATURAL

HEALING ALARM WENT OFF IN MY HEAD. Hey, it's bad enough to have a burned-off hand, but now he's going to cut the skin off my beautiful rear end, and I thought, "I know my body can heal itself." I tried to tell him about my heart, but he didn't want to listen. So I left, and in 30 days, I had skin covering this hand and it was starting to work again. I went back and showed him and he had that same look on his face that my first heart doctor had expressed. I could actually see him jolt in his chair, and he exclaimed, "What have you done?" And I said, "I think my hand grew back; I think I grew skin back" and he said the same thing, that it was a miracle. I said, "I know. Would you like to hear what I did?" He did, so I began to tell him about the 147 things that I did: the running outside even though it was bleeding through my sling, drinking carrot juice and then soaking my hand in the carrot pulp, drinking wheatgrass juice, soaking my hand in the wheatgrass juice, all the herbs I used, the prayer, the meditation, the long story, the whole program, and I could see that same look on his face.

Dr. Schulze's Credentials and Qualifications

I almost thought he was writing “delusional, mildly schizophrenic” in his chart when he said, “You don’t understand; I have been doing this work, doing surgical skin grafting onto severe burns for 35 years. I have never, ever, ever, ever, once, seen someone grow back their skin, especially when all the skin was dead due to **FOURTH DEGREE BURNS!**” Because you can’t grow skin from thin air, you can’t grow skin from osteoblasts, or bone cells. You have to have skin there to grow skin, and he said, “This is impossible, but somehow you have managed it.” Then he said, “I don’t understand it. How is this possible?”

I looked him straight in the eyes and said, “You have spent your whole life, your entire career, sewing people’s rear ends onto their hands. And you are very good at doing that, but there are *other ways to heal your body*; there is a healing beyond sewing rear ends to hands. There is healing that your body can do if you’re willing to take responsibility and create a healing lifestyle, which is what I did, and I have a brand-new

hand with skin all over it and it works great, without a skin graft.” I walked out and I can still see this medical doctor sitting there, stunned, shocked, perplexed, mystified.

Doctors know very little about the ability of the human body to repair itself, mainly because they have spent the last 100 years getting in the way of this Natural Healing process.

A few years later, I decided to take up skiing. I was really enjoying it because it was quiet and I would go down these hills and then I started entering some of the races and my ego got involved. Then I started doing the NASTAR Amateur races and I remember, I was in Deer Valley, Utah, going around my last bamboo, I was tucked all the way down and I heard this big “POP”! I recall going face-first into the snow, and that was all I remember.

Later I heard from witnesses and the members of the ski patrol that I turned into an incredible human snowball. I woke up in the hospital where the doctor was holding my leg in his hand by cupping it under

my knee. It was just dangling, and I could feel nothing there. He said, you have pretty much destroyed your knee. He said, I need to get you on a plane, in a splint and back to Los Angeles as fast as you can where you can go to the best orthopedic surgeons and have your knee put back together. And I said, fine.

I flew back to Los Angeles and went to the biggest and most famous orthopedic surgery group here in L.A., the one that sees all the sports stars from around the world. We all know who they are. And they told me, you have really destroyed your knee. You have torn out and broken all of your medial collateral ligaments on the inside of your knee. You have blown out all the interior cruciate ligaments in the middle of your knee. You've torn your cartilage. You've torn your meniscus. You need surgery. And I had that feeling again. I said, "Well, Doc, let me tell you about my heart and now my hand, and he listened a little bit, but he said, "You don't understand. I deal with professional athletes, football players, baseball

players, basketball players, hockey players, tennis players... and when I see these kinds of injuries, if you don't have surgery, **YOU WILL NEVER, EVER WALK AGAIN!**"

Not a very positive man. I said, "But I think my body knows how to heal itself." And he replied, "Are you telling me that a ligament that's down here and one that's up there, six inches apart, will know how to find each other, grow together and reconnect themselves?" And I thought... well, my heart knew what to do, and my hand knew what to do, why wouldn't my knee? However, he convinced me that this was such a severe injury that I needed to have surgery. And he said, "In fact, it's so bad we're going to have to take ligaments out of a dead body—a cadaver—and sew them into your leg. And I remember, **MY NATURAL HEALING ALARM WENT OFF AGAIN. HERE IS ANOTHER MEDICAL DOCTOR, A VERY SMART MEDICAL DOCTOR, TELLING ME THAT MY BODY ISN'T CAPABLE OF HEALING ITSELF!**"

"I'm not going to do this!" I yelled. And his final words to me were, "**YOU WILL NEVER WALK AGAIN.**" And I thought, I'll be walking within a couple weeks. Well, in a month, I couldn't walk **AT ALL**; I was totally crippled. In two months, I had a severe limp and I could barely drag the leg, but I started doing all my routines to it, going to the gym, everything I could do. In three months, I was walking and no one could even notice a limp. I went back to his office and he was shocked. Again, another medical doctor, one of the best in the entire world at what he does—humbled, mystified, blown away.

He asked what I had done, and I told him about all of my Natural Healing Programs. I could see him rolling his eyes. He even yelled, "**THIS IS IMPOSSIBLE!**" His circuit boards were overloading; medical meltdown. He was so focused on being Dr. Frankenstein, cutting dead body parts out of one person and sewing them into another. He, like all of my other medical doctors, was so focused on his surgical procedure that

he had never bothered to venture outside the medical mindset to see what might be another possible way that you could heal your body. He asked me, "Is this possible?"

I learned from my three traumatic scenarios, my deformed heart, my burnt-off hand and my torn-apart knee, that the human body has some kind of blueprint or schematic of what perfect health is, and if you want to heal yourself, all you have to do is get out of its way and let that happen. All you have to do is to stop doing whatever it is that is killing you or making you sick, and begin doing what will heal you. (Why were the doctors wrong? See **The Faulty Mathematics of Medicine** on page 48).

The bottom line is that I have intensive and life-changing personal experience with my programs in this book. I also have positive healing results. If the medical doctors were right and my programs didn't work, I would have no hand, be crippled and, yeah, I would have DIED ALMOST 40 YEARS AGO!

This also backs up the fact that I never asked a patient or reader to do anything that I haven't done myself a hundred times, and quite possibly a thousand. And I have gone deeper, further and with more intensity than I've ever asked any patient to go.

MY EDUCATION AND TRAINING WITH NATURAL HEALING AND HERBAL MEDICINE

Obviously my first (but *informal*) education was my three-year experience in healing myself of a life-threatening heart disease and numerous, supposedly *incurable* injuries. After I healed myself of heart disease, almost immediately, the news spread. Sick relatives, friends and strangers started knocking on my door, asking me how I did it and what I thought would help them, with not only their heart disease, but also their cancer, diabetes, arthritis, neurological diseases, warts, **everything!** Personally,

looking back I have to laugh, because I actually thought that I had only developed a detailed intensive program for healing deformed hearts. I never actually thought about what would happen if someone followed the same program for, say, cancer.

The knocks were coming on my door, and I remember thinking, well, it can't hurt them. Over the next few years I was astounded by the vast number of people with almost every different disease imaginable that were not just helped, but had actual healing miracles with my intensive deformed heart and heart valve Natural Healing Program. I quickly learned that the healing power of living, the fundamentals of good health were NOT disease-specific and the programs I created successfully healed all diseases.

At this point in my life, I decided that I wanted some *specific* education in Natural Healing and Herbal Medicine. I had taken numerous formal classes in pre-med courses, from Psychology 101 to Anatomy and Physiology, but I could

Dr. Schulze's Credentials and Qualifications

see that they were all leading me toward the exact system of medicine that had killed my parents, my short-lived friend in the hospital and almost me. This would not do.

Therefore, I decided to take courses in alternative medicine, which were few and far between in those days, and also to just go and, hang around, intern, apprentice and absorb what I could from the great Natural Healing and herbal gurus of the day. My persistence and tough nature helped me gain entrance to some places and people who were considered unapproachable.

MY SELF-EDUCATION, AND MY RECOGNIZED CERTIFICATIONS AND DIPLOMAS

As a kid, I grew up in a rural town with lots of truck farms. I sold seeds and had a vegetable garden every year. I worked on two farms.

Besides the hundred billion or so hours I spent in health food stores, co-ops and herbal stores researching and trying every product, I also worked in a co-op

and behind the counter in an herbal pharmacy.

- ▶ I followed around like a shadow a man named Paavo Airola, the great European Naturopath. Wherever he spoke, I went. I pestered him with thousands of questions and picked up everything I could before he died.
- ▶ I went to every health convention and expo that existed in those days, not only for information, but also to see who was who for my next teachers.
- ▶ I trained in nutrition and graduated with a degree in nutrition under Dr. Kurt Donsbach, the great nutritionist now heading Hospital Santa Monica in Mexico.
- ▶ I spent two years at UCLA auditing classes. I studied in their bio-med library on my own naturally designed curriculum of medical/natural healing. I think it would have been cheaper to pay tuition at the university than what I ended up paying to park my car at the hospital every day.

- ▶ I apprenticed with two chiropractors in trade for my knowledge—one a great Palmer graduate and another an old, vegan, eclectic doctor who had practiced in Hollywood, California, since 1919.
 - ▶ I am certified in eight different styles of bodywork including Shiatsu, Applied Kinesiology and Deep-Tissue Restructuring, and trained extensively for years in Polarity Therapy with Dr. Rocannon MacGregor.
 - ▶ I am certified in numerous systems of parapsychology, including Neuro-Linguistic Programming and Rebirthing.
 - ▶ I received my teacher's certification in hatha yoga (Integral).
 - ▶ I spent 22 years actively in the martial arts, earning three black belts. I am also proficient in five other styles.
 - ▶ I interned with the great Dr. Bernard Jensen, the famous nutritionist and natural healer, author of over 500 books; and graduated from his school with three degrees and a truckload of common sense.
 - ▶ I apprenticed with the late, great Dr. John Ray Christopher, America's greatest herbalist of the last century. EVERYONE who is an herbalist today has borrowed material from this man. I studied directly under this great healer and he awarded me degrees as an Herbalist, a Master Herbalist and an Herbal Pharmacist. Eventually, I received a Doctor of Herbology from his school. Dr. Christopher personally asked me to teach for him at his School of Natural Healing in Utah, where I taught with him up until his death, and then as the senior professor for many years for his family.
- As part of what I consider my education, I taught herbal medicine every summer for 15 years in Great Britain, France and Spain. I taught at Cambridge University in Cambridge, England, Trinity Medical College in Dublin, Ireland, and at Natural Healing schools, herbal colleges and health retreats. In Europe and*

America, I have over 1,000 clinically practicing graduates. With many, I have created their clinical protocols.

I am a founding member of the British Association of Master Herbalists (www.associationofmasterherbalists.co.uk) and have participated with various British Herbal Colleges to consolidate curriculums and ensure continued presence in the EEC.

I have had what I consider the best training in Natural Healing and herbal medicine. I studied, trained, interned and apprenticed with people who I think were the best natural healers and herbal doctors of the time. Almost all of my training was clinical training, which I believe is the best.

MY CLINICAL EXPERIENCE using Natural Healing and herbal medicine

I opened my first clinic in New York in the early 1970s. I moved to Southern California and continued my clinics in Hollywood, North Hollywood, Pacific Palisades, Santa Monica and Malibu, California.

My clinics were open spanning three decades, over 20 years, with over 20,000 patient visits in this country and abroad.

In the last decade of my clinical practice, I specialized in degenerative and life-threatening diseases, especially the ones medicine says are incurable, like cancer, AIDS, heart disease, arthritis, diabetes, liver and kidney failure, Alzheimer's disease and other neurological diseases. The news of my success with these patients and their life-threatening diseases spread. My clinical success became an embarrassment to the medical community, and my patients' thriving instead of dying became embarrassing living testimonials to the failure of modern medicine. I was arrested and my clinic was boarded up.

I consider this governmental action one of my greatest achievements, an award similar to that of my great teachers. (Dr. Jensen had many close calls with the law and Dr. Christopher was arrested and jailed on six occasions). I

had done well, and so had my patients.

MY NATURAL HEALING AND HERBAL PROGRAMS

are simple and make good common sense

I admit, I am a very robust, larger-than-life, outspoken, radical, revolutionary, visionary, intense, butt-kicking, passionate, opinionated, dynamic, loud, aggressive and even violent Natural Healing evangelist.

Many people have many problems with me, my mannerisms and my methods.

BUT, no one has ever said my programs don't work. In fact, just the opposite. And no one has ever said my programs don't make good common sense, because they all do.

Just read this book. Nothing in it is rocket science, and I hardly use any twenty dollar words. It is basic, fundamental, simple and foundational Natural Healing and Herbal Medicine.

I AM STILL ALIVE

This is in response to my comment and warning about books from dead authors.

WHAT I KNOW

If you are looking for a person who knows the many names of the many phytochemicals in herbs, can identify the many medicinal herbs in the woods or has the deepest knowledge of botany, I am NOT this person.

If you're looking for a man who KNOWS how to:

- ▶ **Help people heal themselves of any disease and any sickness**
- ▶ **Help people create powerful health and stay healthy**
- ▶ **And knows how to do this all NATURALLY**

I am your man.



NeuroPeptides

Lipid

DR. SCHULZE'S CLINICAL CHARTS AND AFFIRMATIONS

The following charts and quotes are what I used to wake up, educate, illuminate and enlighten the thousands of patients and students who walked through the doors of my clinic.

First and foremost, I needed to wake my patients up to let them know that they were not entering just *another* doctor's office. Sick people usually wander from doctor to doctor like zombies, hoping that the next doctor they see will be the one with the *magic pill* that will heal their disease. This is the common thought pattern of most people, whether they are going to medical doctors or natural doctors: Find the magic pill.

This is simply because the *business of medicine*

has indoctrinated and brainwashed all of us since we were young children in the idea of *finding* a cure. Just the word "finding" implies looking outside yourself for the answer. We were all taught that healing is a matter of finding the right cure for your particular disease and that usually, this cure would be a *chemical* called a *drug* and this drug would either be in the form of a *pill* or an *injection*. My patients were really no different than people who go to medical doctors, except that they were looking for a *natural drug* or a *natural pill* or a *natural injection* to cure their disease. Often they were investigating natural means only because the medical drugs and pills had already failed them, but in any case, they had the same medical

mentality. The bottom line is that they were looking for a *natural* pill cure.

So immediately I had to do something to throw them. This probably comes from my background in jujitsu. I had to stop them right away, before they even entered my clinic, and help them understand that if they entered my clinic door, they would no longer be searching for that pill cure for their dis-ease, whether chemical or natural. That they would no longer be trying to *find* a cure; Instead, they would be taking RESPONSIBILITY for **themselves and their disease** from this moment on.

So, hung on the *outside* of my clinic door (so they could run away at the last minute and save themselves the embarrassment of looking foolish), I had a sign stating:

“Everyone is looking for a good doctor. I am looking for great patients.”

This is not just a matter of semantics or playing tricks with words.

Responsibility is the FOUNDATION of Natural Healing.

It is what sets Natural Healing apart from every other type of healing system there is, medical and alternative. The fact that my door sign says that I am looking for great patients implies *their active role* in the healing of *their* disease. My sign would immediately trigger a different thought process from a different perspective. Now they would begin to see their healing as a journey, an adventure, a trip to hell and back, whatever, but definitely **NOT** a pill.

My absolute focus then and now is to help people to heal *themselves*. Therefore I needed to educate my patients to understand what Natural Healing is, how it is different than other forms of healing and medicine, and, most importantly, *what their responsibility is* in this healing process. I knew that the more I could educate them, and keep them aware and conscious, **the better chance they would have at healing their diseases.**

Once they came through my clinic door, looking a little stunned and maybe a little afraid, they would then see the first sign *inside* of my clinic, which read:

“Healing your disease and getting well is easy. All you have to do is STOP doing the things that made you sick in the first place and START new healthy habits that will create powerful healing.”

If my new patient hadn't gotten it yet from the sign on the outside of the front door, (which nobody did), I felt it necessary to hit them again, before they could catch their breath (more martial arts, I guess). So again, I wanted to remind them that this was **NOT** a medical doctor's office, that I was **NOT** a medical doctor and, most importantly, that I was **NOT** going to *bullshit* them into thinking that their disease could be healed with a few drugs and maybe a little surgery or radiation. I did

NOT want them fantasizing that they could be healed with no participation, no lifestyle changes, no upsetting their usual routine, no healthy living, no nutritional support and no cleansing or detoxification. I was **NOT** going to tell them “Just live life like you usually do, relax, sit back, and let me pretend I am God, and I will heal you.”

I wanted them to know from their first second in my clinic that *they were going to do all the work.* Sure, I'm human and so there is part of me that wishes that I was Jesus and could wave my hand over someone's face and heal all their diseases, especially the children, *but I'm not and I can't, so it's time to get to work!*

THE FIRST FIVE MINUTES IN DR. SCHULZE'S CLINIC

First off, you must understand that with the vast majority of patients who came to see me in my clinic, I wasn't their first choice. In fact, I was usually their last-ditch, desperate attempt to heal themselves before undergoing some treatment or surgery that was more frightening, painful and potentially lethal than their disease.

My staff would always instruct my patients to bring every single piece of paper that they had acquired during their **disease journey**. Most of my new patients had already been to numerous medical doctors, maybe even in the hospital, and had had numerous tests done. They would come in with an armful, or even a boxful, of charts, X-rays, ultrasounds, biopsy reports, blood and urine tests and literally stacks of papers held together by paper clips or rubber bands.

As I mentioned earlier, my new patients had almost always gone to just about every natural healer and alternative-medicine doctor in town. This is simply because I had a reputation as the Natural Doctor from Hell, Dirty Harry, the guy no one wants to use—but when the shit hits the fan, you call him. Some patients referred to me as Adolph because of my German descent and my natural Gestapo tactics. But regardless of what they had heard about me, they had also heard the rumor that when undergoing my treatment, they were going to be forced to do what turned out to be the hardest thing to do that they had ever done in their life: *change*.

Who they are now is cancer, heart disease, AIDS, Parkinson's or Alzheimer's disease, and I am going to help them through a metamorphosis into a new life, a new healthy body, mind and spirit. In a way, who they were when they walked through my clinic door **has to DIE** and be reborn. That's right, they were either going

to die from their disease that was killing them or die because they had to change into a totally new person, physically, emotionally and spiritually. Talk about being between a rock and a hard place. I would have felt sorry for them except that I have been in that place on numerous occasions myself with my own healing journey. And I wouldn't want to take that wonderful healing experience away from anybody, even if I could. So any way you look at it, *they were dead!*

So back to the medical paperwork: In their arms was a huge folder of natural doctor tests like hair-analysis reports, cytotoxic blood analysis, aura scans, parasite and *Candida albicans* reports, radionics readings, psychic and astrological readings, advice from channels and past-life regressionists and various other reports, charts and graphs from alternative testing and diagnosis machines that are constantly surfacing in the natural medicine world. So on top of having one or more standard medical diseases,

they had also been proven by alternative testing to be hypoglycemic, bipolar, mildly dyslexic, manic depressive and toxic. Their illeocecal valve was stuck open (or was it closed?), they had been abused by their parents, and, of course, they had *Candida albicans* overgrowth. Tests had also revealed a complex synergy of eating disorders including anorexia, bulimia, excessive/ compulsive overeater and undereater, and, quite often, a very traumatic past life too.

Again, I am not making fun of any medical or alternative diagnosis, prognosis, reports, tests and findings. I am saying that in Natural Healing, virtually none of it was necessary. I am bored with the sick and diseased past. I don't even want to know about it, much less talk about it. This is simply because Natural Healing is the science of creating the future by creating a new, powerful and positive healing lifestyle and environment surrounding the patient—a lifestyle that is literally so healthy that their body responds by healing their disease. As an example, when a person removes their physical, emotional and spiritual abuse,

The First 5 Minutes in Dr. Schulze's Clinic

which can be anything from hot dogs and cigarettes to constipation and self-hatred, and then adds a few health-promoting programs to their life such as fresh juice, routine cleansing and detoxification and a positive self-image, presto! The human body always responds by healing itself. It's that simple. If the patient doesn't respond at all or not enough, then it is just a matter of finding more health-destroying bad habits to remove and adding more health-promoting programs. I would always eventually tell my patients that their disease will go away and they will be healthy and strong somewhere between drinking one glass of fresh organic apple juice and a 20-year intensive cleansing program. The only way to find out what it's going to take is to get started.

So I would ask them for all of their papers, charts, reports and test results and I would study them for only a few minutes. Then I would ask them if they were willing to do anything to get well, and almost everyone's first answer was yes.

If you ask most people if they would like a brand new Mercedes Benz automobile

their first answer is usually "YES!" But then, when the average person sees what the actual cost is, the thousand dollar auto payments and insurance bills, well, all of a sudden that rusty old clunker doesn't look so bad after all. My point is, almost everyone said that they were willing to do anything to get well when they were sick, but when they heard that my Natural Healing program wasn't just a matter of swallowing some new herbal magic bullet pill, well, now their disease wasn't really that bad after all. They could live with a few aches and pains, maybe even get that kidney transplant. After all, there is such a thing as the quality of life, and, to some people, giving up their favorite candy bar, well, that's just taking things a little bit too far.

So there I was, sitting with my new patient and their thousands of dollars worth of papers and I NOW HAD TO GET THEIR ATTENTION; I HAD TO SAVE THEIR LIFE. So with each new patient, I would then proceed to throw away all of their years of

paperwork—paperwork that proved beyond a shadow of a doubt that they were really screwed up, sick, diseased and dying—INTO A BIG, BLACK TRASH BIN that I kept in my examination room. This was not because any or all of the test reports and results were invalid, but because **I was about to show them a whole new world of health and healing that was literally beyond their imagination.**

In the meantime, this act with my trash bin didn't go unnoticed. In fact, just the opposite. It would cause involuntary leaps, jerks, muscle spasms, yelling, screaming, crying, swearing, drooling and dribbling, and on many occasions I was slapped or punched (thank God again for my practice of the martial arts). The next move was that people would often fall to the floor on their hands and knees and desperately try to gather up the numerous papers, pictures and charts that were all getting mixed up and out of order, and almost unconsciously try to sort them out and get them all

back into order. Now, as they were grabbing them, I would start ripping them up, which always caused a secondary panic as they tried to salvage what they could from this obvious madman. Often at this moment they would be yelling at me that all of this paperwork cost them tens of thousands of dollars and that they would sue me. At some point this confrontation would literally develop into rolling and wrestling around the floor until they were exhausted.

In many instances, patients that had degenerative nerve diseases, where medical doctors said that they would never talk again (and their partner or relative confirmed that they actually hadn't spoken in years), well, the mute patient actually screamed and called me a "dirty bastard," "son of a bitch" or some other colorful name. Many times those in wheelchairs who were crippled, walked instantly, actually ran. So for some, the healing miracle had already begun, but for all of them, they would eventually see that I was going to win and

I almost always did. This was now, the **beginning of their healing journey. I could now see in their tearful and glazed eyes that they knew something wonderful was about to happen.** In fact, many told me months later that they felt more alive in that few seconds after our confrontation than they had in the previous years with all their doctors rolled up into one.

From this moment on, they knew that I was different than any doctor they had gone to before. They also knew that we were now going to stop focusing on their disease, their illness, their tumor, their malignancy, their nerve damage, their dying... and shift our focus to their...

LIVING!

And most importantly we are going to, as the sign said,

“STOP doing the things that made you sick in the first place and...

START new healthy habits that will create powerful health.”

MY CLINICAL CHARTS AND HANDOUTS

After a year or so in practice, I obviously found myself having to repeat over and over certain Natural Healing fundamentals and programs, to the point that if I had to explain them one more time, I think I would have exploded. This was a great awareness for me because I realized that if I had to repeat these same things to every patient, over and over and over... **THESE MUST BE VERY IMPORTANT FUNDAMENTALS OF HEALTH AND HEALING.**

Consequently, many of the following charts were made not just so I wouldn't explode, but also to help my patients understand what Natural Healing is, how it works and how they can best succeed at it. Many of the quotes were to remind them how simple Natural Healing is and who is in charge. It is their responsibility.

CHART 1

THE FAULTY MATHEMATICS OF MEDICINE

This was a handout that I gave my patients on their first visit. The reason why is simple: They had lost their souls to their disease. They were no longer Mary Jones or Bob Smith, they were now the sum total of their tests. They were Mrs. A-Lateral Sclerosis or Mr. Hodgkin's Disease.

My new patients had lost sight of all the wonderful things about life and about themselves. They were so focused on what was wrong that they missed all the things that were right. They had no vision of the future except disease, doctors and death. They were no longer able to laugh, only to cry. They were no longer able to see the light, only the darkness. They had no strength, only fear, and they had lost their love and were filled with rage and hate. They were very sick.

My first job before they could begin to heal themselves was to get them to **believe** in

the possibility that they could heal themselves.

So once I got them to stop crying and shaking, or hitting me, and begin to breathe, I would then give them my first chart, **The Faulty Mathematics of Medicine**.

The main purpose of this chart is to show the patient that all of the doctors they had seen, especially the medical doctors, were working with a faulty mathematical equation. Although their diagnosis (the name of their disease defined by the sum total of their symptoms) may be somewhat correct, what we could work to invalidate was the doctor's prognosis (their supposed future), or the supposed *normal* progression of their *disease*. What I said to them, and what I am saying to you, is that all medical prognoses are just a guess of the future. They are not set in stone; **THEY ARE NOT THE ABSOLUTE FUTURE!** They are pretty accurate guesses based on the usual outcome of the **AVERAGE** person who has this particular disease, but they are **NOT** absolute.

The Faulty Mathematics of Medicine

What is the missing factor in
this medical equation? You!

$$D + M^? = P$$

Diagnosis

The name doctors put on your particular
group of symptoms that they believe
is your **dis-ease**.



The Missing Factor

is the average American.
(Are you the average American?)



Prognosis

Prediction of the course and end of the disease, and
the **estimate** of your chance for recovery.

I would explain to my patients that if they continued to be *average*, they could probably expect everything that the medical doctor said would happen will come true. But what if they chose to NOT be the *average American*? Well, this *throws off this entire mathematical equation*.

As you can see in my chart on page 48, a medical doctor diagnoses you with the name of a disease that is the closest choice for your combined group of symptoms. They have probably backed this up with blood tests, X-rays, MRIs, whatever. Medical doctors are pretty good at this and fairly accurate.

But here is where they go wrong: They make an *assumption* that you are the average American, and on that basis, they give you a prognosis—such as you will be dead in a month. Any first year science or math student will tell you that an *assumption* is *the mother of all screw-ups*. See, the medical doctors are *assuming* that you are the average American, and you probably are. **But what if you**

decided NOT to continue to be the average American? To change! What if you decided to be an unaverage American? Well then, this same first year science or math student would flatly tell you that the medical equation is now invalid because one of the constants had changed.

The bottom line is that what I saw in my clinic, and was able to consistently repeat with thousands of patients, is that if my patients were willing to change, and not live like the average American, and chose to live a healthier life by creating a healthy lifestyle, that their medical prognosis was not only incorrect, it was bullshit! So instead of dying in 30 days, or whatever the medical doctor said was going to happen, **IT DID NOT HAPPEN! What DID happen is that my patients' diseases went into remission, went away, disappeared, poof! Gone! They went on to live long healthy lives, often outliving the medical doctors who gave them the death sentence in the first place.**

THE MISSING FACTOR is that the doctor believes you are the average American. Let's take a look at the average American's lifestyle:

- ▶ They eat a low-nutrition, high-fat-and-sugar-food program, a diet high in overprocessed, nutritionally depleted food.
- ▶ They consume 300 soft drinks, 170 pounds of white refined sugar, 400 candy bars and 500 doughnuts a year. They will eat over 12 entire 3,000-pound cows, six whole pigs, 3,000 chickens and other birds, and another 3,000 assorted fish and sea creatures as well as over 30,000 quarts of milk in their lifetime, and try to pass all of this through their digestive system and bloodstream.
- ▶ They will have an average of two to four bowel movements a week, coming up 70,000 bowel movements short in their lifetime. They will definitely have diverticulosis as well as digestive and elimination problems.
- ▶ They will get very little exercise—if any—be 25 pounds or more overweight,

have hypercholesterolemia with an average level of 200 and have high blood pressure.

- ▶ They will take over 30,000 aspirin and assorted other painkillers in their lifetime, along with over 20,000 over-the-counter and prescription drugs and drink over 2,000 gallons of alcohol.
- ▶ They have a negative self-image, and experience recurring bouts of depression and anxiety. The average American is physically, emotionally and spiritually sick. Therefore, the doctor's prognosis of their disease is probably statistically correct.

ON THE CONTRARY, if you live an above-average lifestyle, a healthy lifestyle, doctors will know little or nothing about how your body will react and recover from disease, or your healing potential. You can expect to have medical miracles happen like my heart, hand and knee experiences, and those of all of my patients.

One reason the doctors are pretty accurate is the existence of books like The Merck

Manual, published by the drug company Merck, Sharpe and Dome. This book is compiled and written by a team of the most educated and “*best in their field*” medical doctors from all over the world, and is on the desk of EVERY medical doctor in America. It is considered to be the greatest and most accurate book of diagnosis and prognosis in common use, covering thousands of different diseases, their numerous symptoms, and the team consensus of what the best therapeutic protocols are. But all of this knowledge doesn’t mean squat *if you change* a parameter in the equation—the key words being, if YOU change!

CHART 2

THE DIFFERENCE BETWEEN NATURAL HEALING AND MEDICAL INTERVENTION

Now that I had gotten my patients to realize that they didn't have to succumb to their medical doctor's prognosis, I used my next chart to begin to show them some of the fundamental differences between Natural Healing and medicine.

Understanding these differences would help my patients develop what I called a Natural Healing *filter* in their brain. In the same way as in the very beginning of this book I gave you tips on how to judge the validity of a book by its author, this chart helped keep my patients from falling astray when trying to determine whether or not a food, therapeutic treatment or even an emotion was a part of Natural Healing or medicine.


	Natural Healing	Medical Intervention
FOCUS	TO CREATE A HEALTHY PERSON	TO DESTROY, KILL OR CURE A DISEASE
METHOD OF TREATMENT	ASSISTANCE Setting up a proper living environment so our body can heal itself. This is done through changes in our food program, elimination, movement, emotions and lifestyle.	INTERVENTION Attacking, killing and removing disease using drugs and surgery. Altering or removing malfunctioning parts or organs (coronary bypass surgery, appendectomy, mastectomy).
THERAPEUTIC PRODUCTS	PRODUCTS OF NATURE NO SIDE EFFECTS Wholesome fruits, vegetables, grains, seeds, sprouts, nuts, herbs, concentrated whole-food supplements such as my SuperFood Plus.	MAN-MADE PRODUCTS MANY SIDE EFFECTS Including iatrogenic DEATH, isolated drugs made from petro-chemicals, animal waste and toxic elements. Man-made vitamin and mineral pills.
THERAPEUTIC PRODUCTS	CHANGES IN THE WAY WE LIVE, WORK, PLAY AND RELATE Vegetarian (vegan) food programs, cleansing and detoxification routines, exercise and movement, bodywork, hydrotherapy, emotional healing.	NO LIFESTYLE CHANGES Changes in one's lifestyle and habits are rarely discussed. Surgery, radiation, toxic chemotherapy, stimulants, sedative and suppressive drugs, carnivore DIETetics, dialysis, colostomies.
EMOTIONS	POSITIVE ATTITUDE Excitement, strength, trust in God and nature, love, laughter, empowerment.	NEGATIVE ATTITUDE Anxiety, fear, weakness, depression, being out of control. Our life is in someone else's hands.
RESPONSIBILITY	BEING IN CONTROL We have created our current health level and therefore we can change it and heal ourself.	I AM AN UNLUCKY VICTIM I "caught" this disease. Doctor/God, please heal me.

CHART 3

THE FUNDAMENTAL CATEGORIES THAT DETERMINE YOUR LEVEL OF HEALTH

Our current level of health is a perfect reflection of how your body, mind and spirit are responding to the **environment** and **lifestyle** you have created for yourself.

Determine Your Level of HEALTH...



INTAKE: The quality of the air we breathe, the liquid we drink and the food we eat.

ELIMINATION: The function and efficiency of our organs designed to remove and expel waste.

MOVEMENT & CIRCULATION: The ways we move our body to keep it toned, flexible, with good circulation, and to expel waste.

LIFESTYLE: How we live, work and play.

EMOTIONS & SPIRITS: Do we have positive healing or negative, destructive emotional and spiritual habits?

INHERITED CONSTITUTION: Your physical, emotional and spiritual constitution inherited from your parents, your genetics and what you choose to do about it.

These factors all determine your current level of health.

Did you know your entire body totally rebuilds itself in less than 2 years?

98% in less than 1 year. A new brain in 1 year, blood in 4 months, skeleton in 3 months, DNA in 2 months, liver in 6 weeks, skin in 1 month and stomach lining in 5 days!!!!

Why are you still creating the SAME BODY???

THE FOUNDATIONS OF NATURAL HEALING

RESPONSIBILITY

The first fundamental principle of Natural Healing is Responsibility. Responsibility literally means *the ability to respond*. This means taking charge of your life and being Responsible for EVERYTHING that goes in and out of your body, mind and spirit.

There is little or no responsibility with doctors, drugs and hospitals, they take the responsibility for you. They drug you to sleep, cut out the bad part, maybe sew in a new part and tell you to go out and “enjoy life”, the exact same life that was killing you in the first place! This is NOT what Natural Healing is. In Natural Healing, YOU have to heal yourself! No one else can do the work for you. You are the one that made yourself sick, and you can now choose to take Responsibility, make the needed positive changes in

your life, create a healthier life, and your body will respond by healing you.

The bottom line is that you are taking full responsibility for what you have created, and you will take full responsibility for the new healthy life you are about to create.

I have seen a lot of strange things in my life but I have never planted corn and had strawberries come up. You reap what you sow.

Tomorrow is what you BELIEVE and DO today! I have a thousand one liners about Responsibility.

Don't beat yourself up, it is what it is, so stop whining, stop bitching, stop blaming and stop feeling sorry for yourself, these are all the pastimes of losers and victims, and most important, **THEY WON'T GET YOU WELL.** When my patients would tell me I was a hard-ass I would simply tell them that sympathy lies between shit and syphilis in the dictionary and I never saw it heal anyone so I don't prescribe it.

The Fundamental Categories That Determine Your Level of Health

So suck it up, get passionate about living and life and do your best. Natural Healing and Health all begins with a huge dose of RESPONSIBILITY!

SIMPLICITY

Healing disease and getting well is very simple and easy. *All you have to do is...*

STOP what you did that made you sick in the first place and

START new habits that will heal you and create vibrant health.

And the miracle happens...

Complex, complicated and intricate programs feed the ego of the doctor and are impossible for the patient to live with. It's the simple programs that got my patients well. Keep it simple. If it's too complicated, simplify it or throw it out.

CHANGE

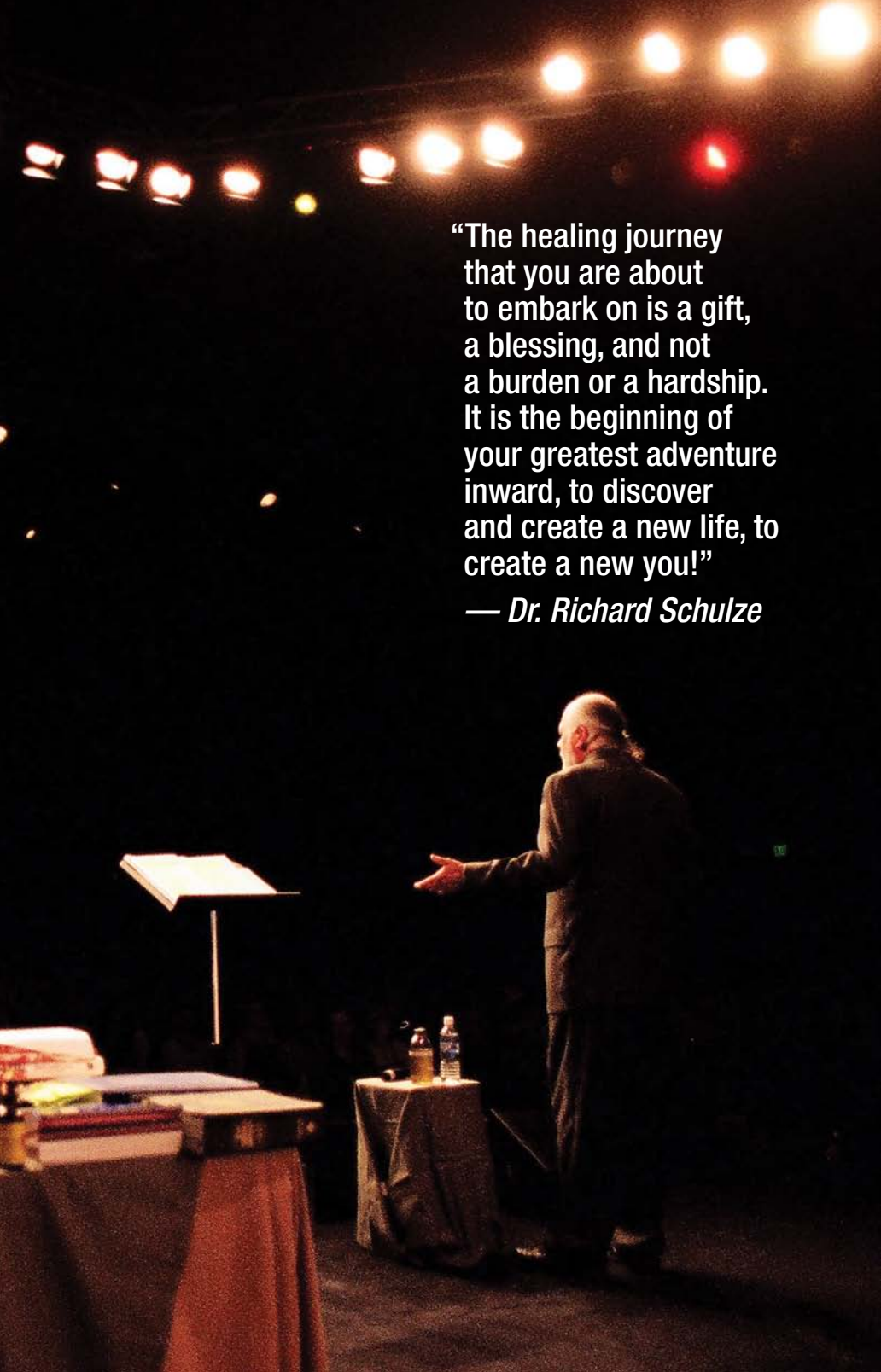
Your body has a blueprint, a schematic, of what perfect health is and it's constantly trying to achieve this goal for you.

There are NO incurable diseases. NONE. Your body can heal itself of ANY disease and ANY illness, and you can create a healthy, energetic, vibrant and amazing life. All you have to do is change.



**“Tomorrow is what
you BELIEVE
and DO today!”**

— *Dr. Richard Schulze*

A photograph of a man with white hair, seen from the back, standing on a stage. He is wearing a dark suit and has his right arm extended outwards. To his left is a podium with an open book. In front of him is a small table with a white cloth, holding a water bottle and a glass. The stage is lit by several spotlights from above, creating a dramatic atmosphere. The background is dark.

“The healing journey
that you are about
to embark on is a gift,
a blessing, and not
a burden or a hardship.
It is the beginning of
your greatest adventure
inward, to discover
and create a new life, to
create a new you!”

— *Dr. Richard Schulze*

PREFACE TO MY 20 STEPS

Most of you know that a medical doctor said that I'd be dead almost 40 years ago, but instead, I'm healthier now than I was then.

In order to achieve all of my personal healing miracles and then help literally tens of thousands of patients and students create all of *their* healing miracles, I developed a set of disciplines, exercises, tips—whatever you want to call them—to live by. These tips saved my life. And then they saved the lives of thousands and thousands of my patients all around the world.

Some of these tips are pretty easy, and you might be doing some of them already. Better yet, you might be doing them every day. Others, well, they might take a lifetime to master. All I can tell you is that each one of them is powerfully life-

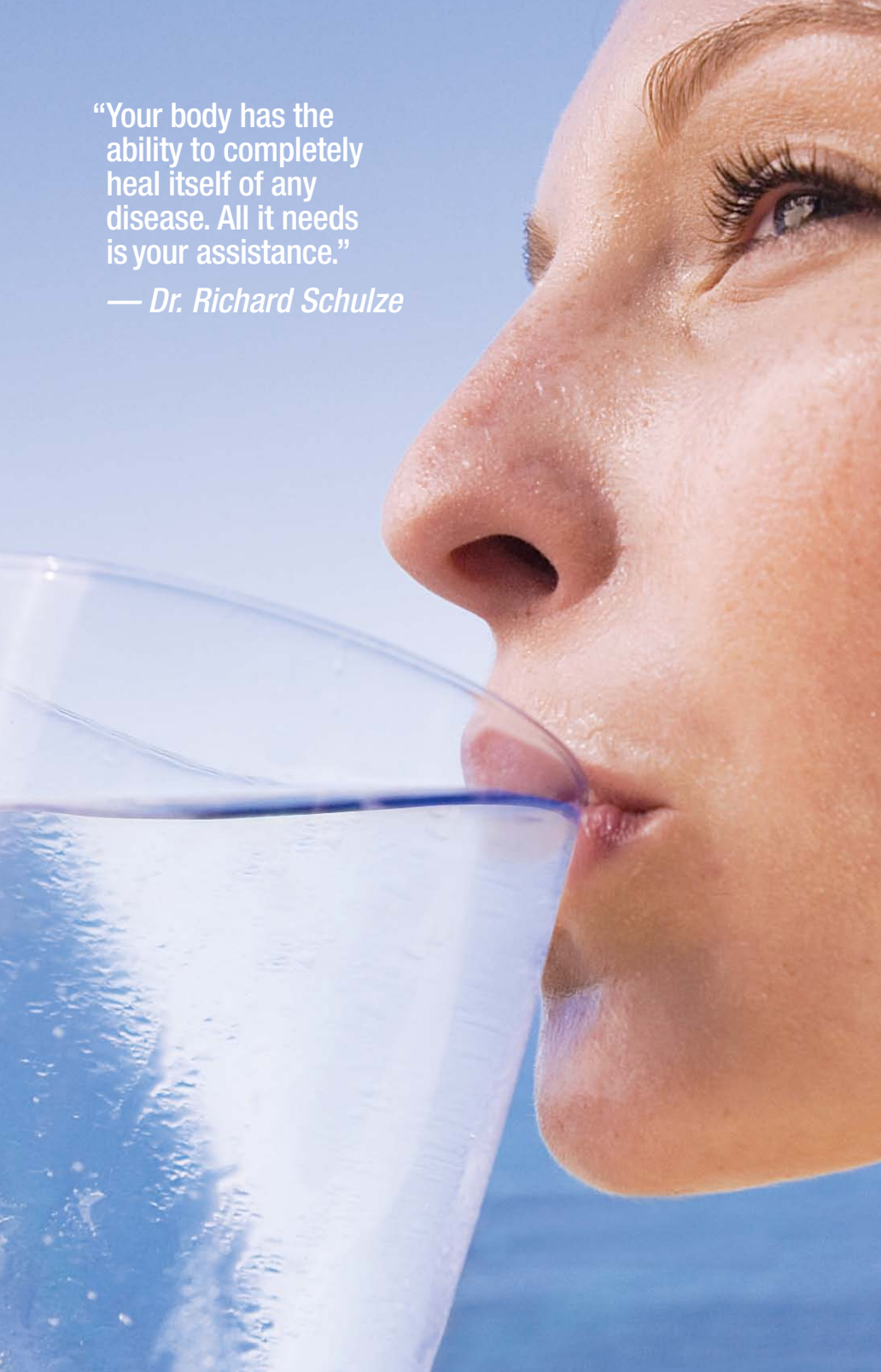
changing, and if you dare to include all of them in your life, you will live the life that you've only dreamed is possible: an amazingly healthful, vibrant, truthful, joyous and loving life. This kind of life will no longer be just a dream or a hope; it will become a reality for you. These 20 steps may take 20 years to master, but you could actually add 20 years to your life as a result. Isn't that worth it?

Remember, getting well is easy. All you have to do is STOP doing what it was that made you sick, and START living in new and healthy ways that will heal you. Start adding healthy programs to your life that will raise your level of health so high that all disease will be destroyed. It will run right out of your body. So let's get started.

Dr. Richard Scholze

“Your body has the ability to completely heal itself of any disease. All it needs is your assistance.”

— *Dr. Richard Schulze*



STEP 1

PURE WATER

Drink at least one quart of pure water every day.

WHY SHOULD I?

The vast majority of your body's constitution is comprised of liquid. You are a big water balloon. Take away the water in your body, and all that's left is just a few pounds of bones and ash.

Did you ever see someone's ashes after cremation? It's a little pot of bone chunks and ash. That's you without water. From constipation to high blood pressure, from kidney and liver disease to colds and cancer, your body is assisted in healing ALL diseases IMMEDIATELY just by drinking more water every day.

FACTS

- ▶ You lose about a quart of water a day just by breathing.
 - ▶ Pure water flushes waste, poisons and toxins from your entire system. Drinking more water **REDUCES** your risk of developing cancer and heart disease.
 - ▶ Chlorination, the most widely used method of killing bacteria in water, is known to produce powerful carcinogenic residues, including dioxin. Studies have shown that the risk of bladder cancer is doubled if you drink chlorine-treated water. Chlorination also destroys vitamin E in the body, which can lead to heart problems and has been linked to clogged arteries.
- ▶ Your body is 85% liquid, your brain alone is 75% liquid.

HOW TO DO IT?

By beginning to drink more pure water every day, you assist your body in building the fluids it needs to survive and thrive, like blood and lymphatic fluid. You also assist your body to eliminate waste and toxins. You just have to drink PURE water and not tap water or water that contains anything that will hurt you.

Water is considered the universal solvent, and it tends to attract and absorb many things with which it comes in contact. Since the water table on Earth is below the ground, things also tend to settle there. Because of this, most scientists agree that the entire world's water source is polluted with industrial chemicals. I know that is hard to believe, but many very toxic and poisonous industrial pollutants are now found in water samples taken from around the entire Earth.

Cleaning up the world's water supply is another issue. What I am concerned with in the scope of this book is you getting more pure water into your body.

I hope I don't have to convince you that any municipal tap water is unfit to drink as a result of added chlorine and other disinfectants, added fluoride made from waste aluminum, supposed *acceptable* levels of the industrial pollutants, agricultural pollutants, insecticides and pesticides. It contains all of the chemical *stuff* that's oozed and leaked from manufacturing for the past 150 years all over the world. I don't care where you live or what bull your local water company says, even well water has PCBs in it and other industrial contaminants well-known to cause cancer and 100 other diseases. So the day of pure water from the ground is over.

The best water for you to drink is water that is purified.

Distilled water may be the cleanest water available. It also happens to be the best for cleansing and detoxifying the body. This is simply because it is very EMPTY water that seeks to dissolve and attract impurities out of your body. It also happens to be the best water to use for making herbal tea because it will

dissolve and accept more of the phytochemicals from the plant and therefore, make a stronger herbal tea. You can buy a water distiller and make distilled water yourself. They can cost a few hundred to a few thousand dollars and take a little bit of time to operate and clean, but for the most serious, this is a great way to go.

Reverse osmosis runs neck and neck with distilled water. In fact, I have seen some reverse-osmosis equipment that actually makes cleaner and more “empty” water than distilled water. These systems cost a few hundred to a thousand dollars and hook up right under your sink. You only have to replace parts once a year with no regular maintenance.

Ceramic water filters also remove literally everything from water and have become more and more popular recently. I have tested many and they are all great.

Simple charcoal water filters are also extremely effective at removing almost all poisons and most contaminants from water.

My great aunt Hattie outlived all of my other relatives in the entire family. She didn't do anything special or different than any other family members EXCEPT she boiled all of her water. She had a ritual every day in which she boiled all of her water. I remember when I was a young child, she warned me with a very stern look on her face, “Never trust anything that comes out of a tap. Always boil it before you drink it.” She was right.

The bottom line: Just do the best you can and drink chemical-free and bacteria-free water. This is the first step in getting well—drinking clean, pure water. I don't really care how you clean it or purify it and I am never going to get into an argument defending one type of water over another. Just do it. Water is the universal solvent. It dissolves waste in your body and flushes you clean. It replenishes what you are made of and lubricates you. Start drinking at least one quart of pure water every day.



STEP 2 FRESH JUICE

Drink one quart of fresh juice every day.

WHY SHOULD I?

Fresh juice is the most powerful natural blood-builder and blood transfusion available. My patients often came to me anemic with blood loss from an injury, a surgery that went bad or a disease like cancer or leukemia.

My job was to build their blood back up in ANY lacking nutrient, iron, hemoglobin, whatever, AND DO IT FAST, OR THEY WERE DEAD. Fresh juice always worked, bringing all blood levels back to normal within 48 hours. It always worked, 100% of the time.

FACTS

- ▶ Fresh juice is the fastest and most natural way to build healthy and powerful blood.
- ▶ The concentrated amount of vitamins, minerals, enzymes and other life-giving nutrients in juice assimilates very easily and quickly into your blood. The nutrients in juice can even be assimilated in your mouth and be infused into your cells, literally in seconds, quickly traveling to every organ and cell in your body.
- ▶ I have personally revived and brought dying patients back to life with a glass of juice.
- ▶ Fresh juice naturally detoxifies your body. It does this by stimulating many elimination organs like your liver, gallbladder, kidneys and intestines to eliminate more waste. It also cleanses, detoxifies and heals these organs too.
- ▶ Fresh fruit and vegetable juice is naturally very alkalizing, cleansing and detoxifying to your blood. It facilitates the phagocytosis, or the speed and ability of your white blood cells, like macrophages, to rid

your blood and tissues of bacteria, viruses, fungi, and many harmful pathogenic microorganisms, even malignant cancer cells.

HOW TO DO IT?

IN MY CLINIC

In my clinic, especially during my last 10 years of practice, I spent most of my time helping patients with degenerative diseases. These are the diseases that modern medicine calls incurable, like cancer, AIDS, degenerative artery disease, Alzheimer's disease, diabetes, arthritis, most liver and kidney disease, the neurological diseases like Parkinson's and A-lateral Sclerosis, etc.

So when I saw a patient on the first visit, I would explain to them that a prerequisite for them to be allowed to return for their second visit was that they had to buy a juicer **AND BEGIN TO USE IT** before they came in for their second visit. No juicer, and I would fire them; they would not be allowed to see me until they got their juicer. This act alone should impress upon you the

importance of making and drinking fresh juice every day, especially if you are sick.

Some patients would come back for their second visit with excuses but not a juicer. Many of my staff remember me literally throwing patients right out the front door of my clinic. Yes, even the gray-haired grannies. If you don't have the money, sell something. Sell your television. Sell your furniture and sit on the floor. Sell your car and walk. Sell your clothes.

But don't live another day without a juicer.

WHAT KIND OF JUICER IS THE BEST?

What kind, you ask? I own them all. Try them all out and see which one you like best. Basically, I find the centrifugal juicers that don't eject pulp to be a pain in the butt because you have to stop juicing and open them constantly and clean them out. So I don't advise those.

One great juicer that has lasted me almost 40 years now is my Champion. This great juicer is made so tough and durable

that your grandchildren will inherit it. I have used this juicer to make juice daily for 30 students on a juice fast for an entire week on numerous occasions. It got so hot you couldn't touch the motor, but it kept on juicing. They cost about \$300 (about 20 minutes in the hospital).

The slower operating Green Power or Green Life-type juicers definitely get more juice out of dryer things like carrots, roots and greens, and I believe the juice is better quality. But these juicers don't do juicy fruits very well and are a little more difficult to clean. The best is to have a Champion for your juicy fruits and vegetables and a Green Power for your dryer fruits and vegetables. But if you can only have one, I would choose the Champion, which also makes raw nut butters and my favorite: fresh frozen fruit smoothies. (Hint: Use frozen bananas without the peel as the base and then put any other frozen fruit through the Champion, but alternating with bananas.)

No one will argue that the Norwalk Juicer, named after the

awesome old Natural Healer Norman Walker is the best. There are others modeled after the Norwalk juicer, like the K & K Juicer, which are also great. This type of juicer grates the substance to be juiced first, and then presses it hydraulically. There is no doubt that this type of juicer gets more essential nutrients out of the material juiced and is better. The cost of this type of juicer is about \$1,000 to \$2,000.

Some people recommend getting a Vita-Mix which is like a high-speed industrial blender. They say this blender makes *total* juice by liquifying fruits and vegetables with added water. Then you drink the liquid and the pulp. This might be more nutritious, but it gagged many of my patients. I love my Vita-Mix and use it for many things, from making raw soups to garlic spread, but it is not a juicer.

EXCUSES

Some people say, "Well, *but* what about the sugar in juice?" C'mon now. Don't let your big "but" get in the way of creating a new life. I had diabetics who healed their diabetes

Fresh Juice

with juice fasting. For some of you, diluting your fresh juices with water will make them easier to digest and assimilate, and easier on your body's metabolism. I often dilute my juices 50/50 with water.

Some people say, "I can't find organic fruits or veggies so I don't want to juice." No doubt about it, organic fruits and vegetables have 4 to 10 times more nutrition in them, have no harmful agriculture chemical residues on them like pesticides and insecticides, and support a clean Earth. But don't stop if you can't get organic. Get the best produce you can and get started juicing.

IS JUICE REALLY NATURAL?

Some people say that juice isn't natural. Well, it *isn't* natural. By extracting the juice out of a fruit or vegetable, we're making a very concentrated substance—a medicine—and this isn't truly natural. It is no longer in its natural state. But neither is the way we now live; neither is the way we have abused ourselves and our bodies for the past 20 or 30 years.

Life as we live it is not natural anymore. We are bombarded on a daily basis with toxic chemicals in the food we eat, the air we breathe and the liquid we drink. So we have already swung the pendulum too far in one direction of living a decadent life, a life that degenerates our body, ages us prematurely and creates disease. A life that kills a body designed to last 100, 200, 300?? years, in only 50 or 60 years. Now, what I am asking you to do is to swing that pendulum a little too far in the healthy direction, a little unnaturally on the positive side—extracting juice out of fruits and vegetables. There's one thing I know: Modern civilized life is not natural, so we have to swing the pendulum the other way by making juice and drinking a quart a day. Juice will not only detoxify, cleanse and flush out your body, but it will give you nutrients that you cannot assimilate from just eating food. Therefore, it is the perfect food for sick people who all have limited digestive and assimilation abilities.

ELIMINATE A FEW BAD DRINKS WHILE YOU ARE AT IT

Note: Steps One and Two are to drink a quart each of pure water and fresh juice every day. Try adding an additional quart of herbal tea.

At the same time, I would like you to eliminate any liquids that you drink that are toxic or destructive to your body, like coffee, black tea, soda pop and any carbonated beverage including carbonated water (which is all pumped with carbon dioxide, a waste product of the human body) and any alcoholic drinks. I am not

saying that an occasional cup of coffee or a glass of wine ever killed anyone, but they have no place on a health-building program or as a routine maintenance beverage in your life. They are party drinks only.

When I drive to work in the morning to the American Botanical Pharmacy, I pass two places at about 7:00 a.m. and both of them have lines of grumpy, anxious, miserable people standing outside waiting for their fix. One of them is a coffee shop and one of them is a cocaine drug house, and I don't see the difference, nor does your body.

Dr. Schulze's Blood Builder Vegetable Juice Recipe

This is the one that I took to the hospital that saved hundreds of my patients from death. The sooner you can drink it after pressing, the better.

- 8 ounces of organic carrot juice
- 5 ounces of organic beet root juice
- 2 ounces of organic beet greens juice
- 1 ounce of organic wheat grass juice



If you prefer using fruit, use apple and grape juice to clean your blood. Use any grape, blueberry, blackberry, raspberry, cherry, prune, and any purple, blue or dark-red fruit you can get to build your blood.

Fresh Juice

OK, one is legal, but they're both long lines of people shaking and waiting for their fix.

A FINAL NOTE

Never underestimate the power of fresh juices. Many internationally famous cancer clinics have each patient drink about three quarts of fresh juice a day. Even the American Cancer Society states that nutrients in fruit and vegetable juice **REDUCE** your risk of developing cancer and they recommend many servings a day.

HELP YOUR CHILDREN TO LOVE DRINKING JUICES TOO!

Often children who haven't had juice and have consumed sodas and junk drinks instead will shy away from fresh juice, especially a glass of carrot juice. What I would do with my child patients is, first, get them personally involved in the juicing process. Most kids find this fun and entertaining, like a science project. Just watch their little fingers when the juicers are running and always keep it **UNPLUGGED** until you actually need to turn it on. Secondly, start kids first

on fresh apple juice, which almost every child loves. Then, after a few days, make 90% apple and 10% carrot. Trust me, they will love it. And you can experiment with more and more carrot, but take it slow. Once you push a kid too far or break them, it can be a hard road winning back their confidence and trust.





STEP 3 VEGAN FOOD

The most powerful way to heal disease, detoxify and build your body is with vegan food. Stop eating all animals and animal by-products.

WHY SHOULD I?

Over 1.5 million people in America will die **this year alone** because the fat and cholesterol they consumed from eating animals **KILLED THEM! That is about two people EVERY MINUTE!**

It either physically clogged their heart's coronary arteries, giving them a heart attack, or clogged the cerebral arteries to their brain, giving them a stroke. Or it clogged other important blood supply lines to major organs, depriving them of oxygen, nutrients and causing degeneration and disease. Cholesterol increases blood viscosity and blood-platelet sticking (clotting), which kills by causing high blood pressure and/or cancer. Heart disease, stroke, most

cancers, even prostate disease (BPH) and fibroid uterine tumors are now linked to eating animals. Most diseases are now found to be literally **“diseases of the fork.”** They're diseases caused by eating animals.

FACTS

- ▶ Over 10 million Americans have now accepted the vegetarian-food program, and an additional 20 million are trying it out. Medical studies report that vegetarians are healthier, have less disease, need fewer doctor visits and less medication and **LIVE LONGER!** Do I need to go any further?
- ▶ The average American eats over: 12 3,000-pound cows, 6 whole pigs, 3,000 chickens,

turkeys and other flying birds, 3,000 fish, sea creatures and sea scavengers and 30,000 quarts of cow's milk in their lifetime. Just imagine all of that dead, decaying flesh and tissue going into your mouth, all of it passing through your digestive tract, into your bloodstream, your brain, your heart, and then out through your liver, bowel and kidneys.

- ▶ One average cubic inch of inspected choice beef has over 1,000 parasite larvae in it waiting to hatch inside your body.
- ▶ If you think that chicken is a healthy alternative, every day in America 10 people die from food poisoning directly related to eating chicken, and over an additional 10,000 get sick. Chicken is often billed as the healthy white meat alternative to red meat but this couldn't be a bigger lie. White meat chicken, even without the skin, ounce for ounce has just as much cholesterol as full-fat hamburger meat. *Chicken also causes more food poisoning than any other type of meat consumed.*

- ▶ If you think that fish is a healthy alternative, well, according to ABC's "Primetime Live" report, two-thirds of all fresh fish tested, bought at various markets, was technically rotten. It had toxic levels of bacteria and parasites, even though it looked, smelled and tasted normal. Another two-thirds tested positive for toxic levels of PCBs (see below). 25% had toxic levels of mercury. They called sushi a dangerous food.
- ▶ A University of Connecticut School of Medicine report blamed fish as the culprit in malignant breast cancer. They discovered that women with this malignancy had over double the concentrations of PCBs in their bodies. They warned against the intake of fish and dairy products and even added caution regarding the intake of ANY animal fat.

HOW TO DO IT?

Look, this is not about some moral crusade, animal rights, People for the Ethical Treatment of Animals,

Greenpeace or The Humane Society issue here. It's a simple life-or-death issue. Statistically, animal food is killing you more than anything else. It's a numbers game, and my job in the clinic is the same as writing this book for you, **to keep you alive**. One of the best things I could do for my patients, and now for you, is to tell you to stop doing what the #1 contributing factor is to the #1 and #2 causes of death. In plain English, *stop eating what is killing you*.

Go ahead, add up all the causes of death—all the airplane crashes, auto accidents, poisoning, drowning, suicides, electrocution, drug overdoses, sky diving, street drugs, violent crime, AIDS, cancer. Add up every other disease, all other causes of death and, amazingly, *it doesn't even come close* to how many people die each year from heart attacks and stroke. It's *numero uno* and odds are, it's going to kill you too.

Many oncologists now feel that eating animals has caused our skyrocketing rate of cancer, and you can add all the benign prostate growth (BPH) in men

and uterine fibroid tumors in women, and a thousand other diseases, from diabetes to neuromuscular disorders, from Alzheimer's to arthritis. Clogging up your blood vessels. Clogging up your circulatory system. The vital system that delivers oxygen and nutrition—delivers life to your entire body—is all gummed up, all mucked up, all clogged up—from eating animals, milk, eggs and by-products. And this is killing you; **SO STOP IT**.

If this seems a bit extreme, no, a heart attack caused by clogged arteries, *that's* extreme. A brain tumor caused by the growth hormones in steroids in the animal food you eat, that's extreme, because they're going to saw into or drill out the top of your head to carve out that tumor. **Now that's extreme!** If this seems a bit final, you know, death is much more final. I want you to stop eating animals and their fluids and eggs. This is what I asked every one of my patients to do for three months when they began to work with me. Sure, I know that nobody ever died from eating one cheeseburger. But I am talking about a program here that will

Vegan Food

heal disease and create powerful health, and **animal foods have no place on a healing or health program**. Any doctor that says otherwise is just afraid of pissing you off, making you uncomfortable or losing you as a patient because, believe me, the clinical and scientific proof is in: Meat is dead.

Once my patients were healed, they could do and eat anything that they wanted. Some would go out and have a big steak. I never had to say a word; the steak did the talking and convincing for me. They felt so horrible after feeling so good, most of my patients then became vegetarians for life.

But regardless if you hate animals or are even a cattle rancher, just give me three months and I guarantee you will notice an amazing difference in how you feel.

DR. SCHULZE'S THREE CLINICAL FOOD PROGRAMS

I have been a vegan for over 40 years. Eliminating all animal food from our diets literally saved my life and the lives of many of my patients. I use a vegan food program as

a foundation to help people heal their diseases, regain their health and stay healthy. I use three different variations of a vegan food program:

#1 Dr. Schulze's Health Building Food Program

#2 Dr. Schulze's Purifying Raw Food Program
(also see Step 4: LIVE FOOD)

#3 Dr. Schulze's Juice Flushing/Fasting Program
(also see Step 2: FRESH JUICE)

All three of these food programs are vegan-vegetarian. My Health Building Food Program is the best place for everyone to start, unless you are in immediate danger of dying. Then you would follow either my Purifying Raw Food Program or more likely, my Juice Flushing/Fasting Program.

DR. SCHULZE'S HEALTH BUILDING FOOD PROGRAM

As I mentioned previously, all three food programs that I use are vegan. That means they are totally vegetarian, with no meat, fish, fowl, eggs or dairy

products. To be very specific, I mean no cows, pigs, lamb, horses, deer, elks, bears, turkeys, chickens, ducks, game birds, fish, clams, mussels, lobsters, abalones, oysters, shrimps, scallops, calamari, sushi, chicken eggs, cow's milk, goat's milk, any animal parts, animal milks or animal fluids of any kind.

I don't mean to insult your intelligence or be redundant, but you would be as surprised as I was to see how many people thought that I certainly didn't mean lobster, or "Aren't oysters supposed to be healthy," or "Surely you didn't mean goat's milk, yogurt or kefir. Aren't they health foods?" I even had one patient from Kazakhstan in the southern part of the old USSR who was drinking curdled horse milk for the first month and a half on his program with me until I discovered it. He said, "Well, it wasn't on your list of don'ts," and he was right. So after that experience I actually had an entire 8.5" x 11" sheet of paper for each patient, that listed by name every type of animal food that existed and all animal by-products known, from sheep's brains and steak tartare

to haggis and braun for the Scotsmen. I would still add a new animal food every month or so when I discovered a new one. So the bottom line is that I cannot be clear enough on this issue.

Note: Our body manufactures all the cholesterol we need. It's when we eat extra cholesterol that we hurt ourselves. The only source of dietary cholesterol is animal fat. **There is absolutely no cholesterol in any plant food.**

Another Note: Much of the pollution in the ground water and even air in the United States today can be directly related to the production of animal food and the agri-business that has to support it.

I know that up to now, I have talked a lot about the disease and death caused by eating animals. But eating a food program of grains, vegetables, fruits, beans, legumes, seeds, nuts and sprouts has an equal and opposite *upside*. A healthy food program is the foundation of Natural Healing. Notice that I didn't say *a* foundation, I said *the* foundation.

Vegan Food

Eating this type of food gives you maximum nutrition with the minimum digestive effort, without any toxic pollution of your body. There are also many other attributes to this vegetarian-food program, like fiber. Fiber has many healing benefits including helping your entire digestive tract work better, especially your bowel elimination. Absolutely NO animal food contains ANY fiber; it only exists in the plant world.

My **Health Building Food Program** is my most lenient and varied food program. That is why it is the best one on which to start. It is also the best maintenance food program, the one you will usually stay on about 48 weeks a year. This is because it is best to take a week out of every season and follow my **Purifying Raw Food Program** and **Juice Flushing Program**. My patients who followed this type of food program maintained powerful health.

The only exception would be that if you became ill, you would immediately stop the **Health Building Food Program** and begin the **Purifying Raw**

Food Program. If you were really ill you would stop all solid food and move into my **Juice Flushing Program**.

Again, the Health Building Food Program is designed to supply your body with optimum nutrition in a manner that is easy to digest and assimilate. The food on this program is not toxic or congestive to your body in any way, but will not generally initiate a cleanse or detoxification either.

The **Health Building Food Program** consists of all grains, vegetables, fruits, beans, legumes, seeds, nuts and sprouts. They can be either raw, sprouted, steamed or cooked. At first, to the novice, this may not seem like a lot of food or food choices, but you will see that there is an almost unlimited array of food choices and menu options on this program. Veggie chili, soy cheese veggie burgers, spaghetti and baked potatoes are totally legal on this program and as you begin to use your imagination, you will find that this food program is totally sustainable and easily followed.

As you are working toward making this food program your new way of life, it is important to be very receptive and positive about the new types of food that you may eat, and be imaginative and inventive about the preparation of them. Most people don't eat a cold hamburger on a plate with nothing else on it, so remember to enjoy herbs and spices and all the many great sauces and condiments that are available in the health food store. Also remember to invent and make your own and, most importantly, keep your sense of humor.

Visit the health food store more, like a museum, and always leave yourself plenty of time to browse around. There are new products coming out every week and many of them are great. Some are not so great, and some you might be better off steaming and eating the box and throwing out the contents, but in any case, try everything! Enjoy yourself and make this a positive, exciting adventure into your new, healthy way of living. Everything sold in a health food store is not necessarily healthy, but it will always be better than its counterpart in a regular grocery store (less fat,

salt, sugar, artificial colorings, flavorings and dangerous preservatives, etc.). Keep reading the product labels, even in the health food store.

Note: Remember, it's not what you do on holidays, New Years, your birthday or Saturday night that counts. It's what you do six days a week that determines your level of health.

THE HEALTH BUILDING MORNING

I always suggest to start each day with 8 to 16 ounces of pure water. This will flush your digestive tract of any leftover digestive juices and food. It is also the best way to lubricate and cleanse your body. A great time to do it is when you are **breaking the fast: breakfast.**

Next, I suggest some type of blender drink. To gulp down a piece of toast or eat some cereal first thing in the morning sets our digestive tract off to six hours of hard labor. This is why most people feel tired all morning and then need coffee to keep them going. Start your day off instead with a nutritional morning drink that assimilates

Vegan Food

fast, getting your blood packed with vitamins, minerals, enzymes, amino acids and hundreds of other nutritional substances that give you energy.

For over 40 years now I have been playing around, making hundreds of different variations of my morning blender drink. Most people are not as obsessed as I am with nutrition, adding a little bit of this and that.

But in the clinic, making morning drinks for my patients was a very serious business. Many of my patients were anemic from leukemia and other diseases. If they didn't

get their nutrition, they could be dead by nightfall. I had a couple problems I had to overcome with these patients.

First, they were so sick that they had very little, if any, digestive ability. Their digestive ability was poor because of liver cancer, pancreatic cancer and chronic stomach ulcers, and many had literally burned out their digestive tracts from years on extremely harsh medical drugs.

Secondly, even if they could digest a vitamin pill, they didn't stand a chance at assimilating it. After all, it's not really how much you take

The Nutritional Morning Drink

- **8 ounces of FRESH-squeezed organic fruit juice**
- **8 ounces of distilled or purified water**
- **1/2 to 1 cup of fresh fruit (banana, papaya, apple, pear, berries, etc.)**
- **2 level tablespoons of SuperFood Plus Organic vitamin and mineral concentrate**



of a particular nutrient that makes the difference; the question is how much of that nutrient you took actually got into your bloodstream and to the dying cells that need it. ***In other words it's not how much you TAKE, but how much you ASSIMILATE.***

So to keep these patients alive, many years ago in my clinic I did lots of experimentation with juicing, juicers, juices and juice combinations.

Without a doubt, fresh organic juice kept my patients alive. I have said it many times: It is like a **Natural Healing blood transfusion.**

Regardless, some of my patients still died and others obviously needed something even more nutritionally concentrated and powerful than just juice. That is when I started investigating food supplements that were extremely high in particular vitamins and minerals. I was also looking at single-cell foods like spirulina, chlorella, saccharomyces cervisiae, nutritional yeast and others that are not only super foods that are the highest in particular nutrients, but that are also

single-celled, ones that can be assimilated into your blood, assimilated right in your mouth before they even reach your intestines. I knew immediately that these foods and herbs were the missing answer that I needed for my sickest patients.

I eventually designed a food powder I simply called SuperFood that I had my sickest patients add to their morning juice in a last-ditch desperate attempt to keep them alive. Well, it not only kept them alive; they thrived. So I started using it with all of my patients and within a year, people were demanding and ordering it from all over the world.

Today I sell my SuperFood Plus, along with many of my other herbal formulae, through my company, American Botanical Pharmacy. If it is not from this company, it is not mine, period.

Anyway, advertisement over, just see the previous page for a simple, beginning morning drink formula with which you can start your Health Building Food Program.

DR. SCHULZE'S PURIFYING RAW FOOD PROGRAM

WHY RAW FOODS?

It is all about getting more Nutrition IN and more Waste OUT!

As I stated in the previous section, my **Health Building Food Program** is the program that you want to stay on most of the year. It helps you **build health!**

But, occasionally when you want to get more nutrition in your body, clean up your body more, lose a few pounds and stimulate your elimination, then my **Purifying Raw Food Program** has more concentrated nutrition and will stimulate a Detoxification. (If you want to do a more powerful Detoxification, then my **Juice Flushing/ Fasting Program** is my most aggressive program, and I will cover that in the next section.)

So, my **Purifying Raw Food Program** is all about getting more **Nutrition IN** and more

Waste OUT. I suggest that EVERYONE does this food program for a minimum of one week every season, so a total of four weeks a year, **MINIMUM!**

It is especially great to follow this program when doing one of my seasonal **5-Day Detox Programs**. My patients that did a week of this **Purifying Raw Food Program** along with choosing one of my **5-Day Detox Programs** every season, four times a year, rarely if ever got sick. That's **PREVENTION!**

WHAT FOODS CAN YOU EAT?

This program consists of eating only foods that you can eat **RAW**. Basically, any food that has not been heated, like Fruits and Fruit Juices, Vegetables and Vegetable Juices, Raw Nuts and Seeds, and Bean, Seed and Grain Sprouts.

I like to start the morning out with fruits, as they are the easiest and quickest to digest. So, in the morning, after rising, you can consume herbal teas, fruit juices and raw fruits. If you have blood-sugar problems, or if many juices seem too sweet to you, then you can simply

dilute them 50/50 with clean pure water. (**See Step 1: PURE WATER.**) You can also make SMOOTHIES in your blender or Vita-Mix.

As the midday comes around, switch to vegetables and consume vegetable juices and raw vegetables. (You can also dilute your vegetable juices 50/50 with pure water.) Then, towards the evening, go back to fruit juices and fresh fruit.

Remember, ALL of your juices, fruit and vegetables should be fresh, organic and RAW. It doesn't make any sense to consume foods that are grown with poisons and sprayed with poisons, when you are trying to get the poisons OUT of your body.

Look, I am not going to list 100 fruits and 100 vegetables here. Make this fun, make great fruit smoothies, make great veggie salads, **make raw dressings with raw vinegar, fresh citrus juice, an avocado, onions, garlic, tomatoes, raw nuts like sunflower seeds and almonds,** and try all of the different sprouts. A big key is to HAVE FUN! Don't torture yourself. Make this a fun, raw food

adventure! Find and eat fruits, veggies, nuts and sprouts that you have never had, or haven't had in years.

If it helps, there are hundreds of Raw Food UN-COOK books out there in health food stores and most major bookstores.

Just EAT IT RAW! For more help with this food program, see **Step 4: LIVE FOOD.**

DR. SCHULZE'S JUICE FLUSHING/ FASTING PROGRAM

WHY JUICE FLUSHING/ FASTING?

It is all about getting maximum Nutrition IN and maximum Waste OUT!

Whenever you don't feel well, whenever you feel sick, whenever you have pain, whenever you have a fever or inflammation, whenever you have any dis-ease or illness, **STOP EATING!!!!!!**

When you are sick, the best way to assist your body to heal itself is to stop eating ALL

Vegan Food

solid food. Many foods can take eight hours or more to digest, and this takes a lot of energy away from your body trying to heal itself—energy that can be better used in healing.

Also, Juice FLUSHING as I like to call it, is the most powerful food program to open and stimulate your elimination organs and FLUSH the waste out of every cell in your body. It is also a very powerful healing tool because fresh juices are what I often refer to as “Natural Blood Transfusions”. This is because they are so powerfully concentrated vitamin, mineral, enzyme, and nutrient blasts. (See Step 2: FRESH JUICE.)

The reason I like to refer to this program as a FLUSH, instead of a FAST, is simply because the word “fast” seems like deprivation to me, where a FLUSH seems like you are drinking copious amounts of liquid, which is exactly what I want you to do.

Also, when you do this, you are simply FLUSHING the poisons, toxins and waste right out of your body, and as I said, out of every cell in your body.

Don't worry if you are getting enough calories, or protein, or calcium or anything. DON'T WORRY. I have done many 30-day juice flushes—and even one 60-day juice flush—and I have had terminally ill patients stay on juices for six months, even a year, if necessary.

When you are Juice Flushing, **drink about one gallon of fresh juices and pure water every day.** If you get hungry, DRINK MORE. If you feel cold or weak, DRINK MORE. And, when in doubt, DRINK MORE!

WHAT FOODS CAN YOU JUICE?

Just about anything. The first step is to get a great juicer, and for more information on juicers, again, see Step 2: FRESH JUICE.

It is an absolute MUST that you make ALL the juices yourself. This is an important part of the process, so get a juicer. And make sure that ALL of the produce that you juice is organically grown. If it isn't, then you are just putting more poison right back into your body.

You can juice any fruit, and with the thicker fruits like pineapple, you may want to add some water to thin it out. Don't forget to mix your fruits and make fruit blends. With vegetables, use your imagination too. You can even mix some fruit and vegetable juices too. One of my favorites is "Carrot, Apple and Ginger". With kids, start with about 90% apple, and then slowly, as they like it, add more carrot.

In the summer I LOVE making watermelon juice. I juice the flesh, rind, seeds and all! It will make you pee your brains out, and is a powerful diuretic.

If you need to build-up your blood, see my Blood-Builder Juice Recipe in **Step 2: FRESH JUICE**. If you want to detoxify more, drink some Wheatgrass Juice, or add a few ounces of it to 16-ounces of vegetable juice. And, if you have cancer, make your juice using cruciferous vegetables like Broccoli, Brussel Sprouts, Cauliflower, Kale, etc.

Make your juice your medicine, and speaking of medicine, add a little bit of fresh herbs as you are making your juice, like

Hot Peppers, Ginger, Garlic, Onions, Horseradish, and many of the aromatic greens, WOW, now we're talking!

DR. SCHULZE'S SUPERFOOD PLUS

Vitamin & Mineral Food Concentrate



Botanical Ingredients:

Spirulina Algae, Blue-Green Algae, Chlorella Broken-Cell Algae, Barley, Alfalfa and Wheat Grasses, Purple Dulse Seaweed, Beet Root, Spinach Leaf, Acerola Cherry, Rose Hips, Orange and Lemon Peels, Palm Fruit, in a base of Dr. Schulze's Proprietary Non-Fermentable Saccharomyces Cerevisiae Yeast

MODERN LIFE CAN BEAT YOU UP.

Most people today live on a diet of overprocessed

Vegan Food

and overcooked food, not to mention coffee, sugar, chocolate, junk food, prescription drugs and alcohol. Our environment is more toxic and has more chemical pollutants in it and less oxygen than ever before. Most of us suffer from lack of exercise, lack of sleep and unheard of levels of stress. This constant bombardment we call modern living devours nutrients like a raging forest fire with a 100 mph tailwind.

EVERY PATIENT WHO WALKED INTO MY CLINIC WAS NUTRITIONALLY DEPLETED

A lack of nutrition in your blood can cause everything from low energy and a weak immune system to virtually any disease. Your speed and ability to recover are greatly reduced when you are nutritionally depleted. Nutrition is what builds every cell, every organ and every metabolic chemical in your body. *Nutrition is what builds your body; it's what YOU are made of.* Having a rich supply of nutrition in your blood gives you energy, vitality and strength; protects you from disease and illness and, if you

get sick, speeds up your recovery dramatically.

IT'S NOT HOW MUCH YOU TAKE, BUT HOW MUCH YOU ASSIMILATE

Even in perfect health it is difficult to digest and assimilate vitamin and mineral pills, but if you're sick, you don't stand a chance. So in the clinic, it didn't take long for me to discover that vitamin and mineral pills were NOT helping any of my patients get well. They were literally throwing their money down the toilet.

We are currently entering a new era of nutrition. It is no longer a matter of how many milligrams you take of this or that nutrient, *but how much of what you are taking is actually ending up in your bloodstream* and getting to the organs that need it.

I designed and developed SuperFood Plus using numerous single-celled microplants. What this means in plain English is that you can assimilate it in minutes, right into your blood, where you need it. Again, it's not how much you take in

milligrams or international units of a particular nutrient that's important, but how much of that nutrient you swallow gets into your bloodstream and to your cells where you need it.

QUESTIONS AND FEARS ABOUT BECOMING A VEGETARIAN

Many of my patients were professional athletes, dancers, body builders, yoga teachers and students. Almost daily I was asked the same questions regarding being a vegetarian:

Is there enough PROTEIN in a vegetarian diet?

Will I have enough ENERGY?

Where will I get my CALCIUM without drinking milk or using dairy products?

PROTEIN:

In regard to necessary protein consumption, a vegetarian diet has an overabundance. This brings up three very interesting protein facts:

#1 Any food program or diet that has sufficient caloric intake to sustain life also has a sufficient amount of protein. In fact, it is impossible to create a food program that has enough calories, but that is deficient in protein.

#2 High protein was a misguided nutritional fad of the 1950s. Many erroneously believed that a healthy person should consume 75 to 100 grams of protein a day. Today it is understood that all of this protein actually created many diseases and made many people sick. A low-protein diet is now known to be the safest, healthiest, and the most promotive of longevity.

Interestingly, most of this supposedly scientific but very wrong high-protein dietary advice has now been traced back to the overzealous promoters at the beef and dairy industries. A similar example is that in the 1930s, cigarettes were proclaimed by medical doctors to soothe throat inflammation, and white refined sugar was proclaimed an official food group, again, by medical

doctors. I wonder who was paying them to lie?

#3 In a book by Frances Moore Lappe, the protein issue was again misguided. In this book the author stated that you must eat complete proteins and, if you don't, then you must combine proteins in the same meal (like beans and rice) that add up to all of the eight essential amino acids making up a complete protein. This is simply hogwash. It has been scientifically disproved and even the author retracted this bad theory years later, but I still hear people every day spouting this nonsense.

In the last 20 years, teams of medical researchers from Harvard, The American Dietetic Association, The American Medical Association and most other major conservative medical groups have studied the vegetarian diet. All of them came to the same conclusion: that the vegetarian diet was "well above sufficient" in protein and all other essential nutrients, even for pregnant women and growing children and teenagers.

So I hope we can put this protein issue to rest, forever!

ENERGY:

As far as the energy vs. protein intake issue, it seems to be a psychological issue, not a physiological one. In other words, it seems to be all in people's minds.

It appears that all the brainwashing by the Beef Advisory Board and the American Dairy Council has paid off again, as with the protein issue. **Many people seem to feel that protein gives us quick energy, but there is no scientific data or evidence to substantiate this feeling.**

Vegetable protein is essential for growth, repair and building new tissue, but it is complex carbohydrates, starch and sugars that give us energy. This is why carbohydrate loading is practiced by many professional athletes, especially marathon runners. They tend to maintain a very high carbohydrate diet in the days before an athletic competition or extensive workout. It is mainly complex carbohydrates, especially grains and vegetables, that your body converts to glycogen and stores

for future energy needs. When needed, your body converts this glycogen to the sugar glucose which is needed for muscular work, muscular contraction and energy.

In my clinic I heard many people say that they used to be vegetarians but they had to go back to eating meat again because they needed *more protein or more energy*. There is absolutely no scientific or medical basis for this phenomenon, and after *interrogating*—I mean interviewing—these patients, I always discovered that it was simply because the patient just wanted to eat meat again.

It may have been a comfort food for them or just a family tradition, but in this day and age, it is not cool anymore to say, “I started eating veal again because my family is Italian and it makes me feel warm and fuzzy all over.” It is much more politically correct but medically incorrect to just say, “I didn’t have enough energy; I needed more protein.” Or the newest bull: “I’m an O blood type, I am supposed to eat meat.”

CALCIUM:

And finally, the calcium issue. Calcium is needed by the body to build strong bones and teeth and to assist in numerous other extremely important metabolic functions. Our bones are comprised of about 85% calcium. Bone deterioration and brittleness seems to be caused by two major factors: not enough easy-to-assimilate calcium in our diets (like vegetables instead of oyster shells and ground up rocks) and, here we go again, too much protein intake.

I am not going to write an in-depth metabolic essay here on how protein intake negatively affects your calcium uptake, but let me just tell you the basics.

When you consume a food that contains calcium, your body digests it and the calcium enters into your blood. After an amount of time, if there is excess calcium in your blood that you don’t need, it is taken out of your blood and deposited into your bones. Your bones and skeletal system not only structurally support your body, but they also serve

Vegan Food

as a calcium depository and calcium storage reserve.

The metabolic downside of consuming too much protein is that in order to metabolize this protein, your kidneys remove your blood calcium and you urinate it away and it doesn't get a chance to be deposited into your bones. This is simply why meat eaters have double the bone loss and osteoporosis than vegetarians.

While misinformed doctors and animal industry advertisements tell women to ingest MORE calcium and animal food to treat and prevent osteoporosis, the real metabolic solution is to simply consume LESS protein. This is why milk is NOT a good choice as a calcium supplement. Because it is also high in protein, the calcium in milk doesn't end up getting to your bones.

Carrot juice and orange juice have almost the identical calcium content as milk, ounce for ounce, but their much lower protein content makes them excellent calcium supplements. They can be assimilated better because they

have a low protein content and have none of the negative side effects, from lactose intolerance to mucous promotion. Many grains, vegetables and fruits are also rich sources of calcium.

After a career of promoting cow's milk to mothers for their children (because in the 1950s breast feeding was at the top of the politically INCORRECT list in America), the very famous medical doctor and pediatrician Dr. Benjamin Spock finally reversed his decision before he died. Dr. Spock said that not only does he NOT suggest giving newborns, or any children, cow's milk, but he even went as far as to say that he didn't feel it was a good source of calcium because it is hard to digest and he felt it wasn't a good food.

Hard mineral calcium supplements are also very difficult to impossible for your body to assimilate. I see many people using calcium supplements like oyster shell and other similar substances that are 99% inassimilable.

A final interesting note is that in most medical studies, vegetarians have much stronger

bones. **Reports on studies from The Medical Tribune and The Journal of Clinical Nutrition show conclusively that by age 65, meat eaters have over double the bone loss and deterioration than vegetarians.** This is partly due to the higher protein intake of meat eaters.

FACTS

- ▶ The United States Department of Agriculture states that the average American vegetarian consumes 150% of their needed protein requirements and the average meat eater consumes 200%, or twice what they need. Studies show that this increase in protein consumption, even milk, **CAUSES** osteoporosis, not cures it.

Live Food High in Calcium

Kale

Broccoli

Spinach

Sesame Seeds

Kelp

Seaweed

Collard Greens

Turnip Greens

Mustard Greens

White Beans



STEP 4 LIVE FOOD

Eat more raw food.

WHY SHOULD I?

Live food equals life. It is filled with enzymes, vitamins and hundreds of other nutritional substances that are destroyed by heating, cooking and the processing of food. Eating food, raw and sprouted, gives you a nutritional blast that is second only to juices.

Eating live food brings life back into your body.

FACTS

- ▶ **Enzymes are life-giving nutrients in all foods. Heating food and cooking food destroys all the enzymes.**
- ▶ **Most vitamins are totally destroyed or at least severely depleted by heating and cooking.**

HOW TO DO IT?

FIRST, A STORY FROM MY GARDEN

Since my son Arthur is home-schooled, every year as part of our learning, we grow food. I have about an acre that I devote to our organic garden project. We have about 100 fruit trees growing on the terraced hill: avocados, oranges, lemons, limes, sweet limes, grapefruits, tangerines, kumquats, figs, plums, nectarines, peaches, apricots, persimmons, pomegranates, cheramoyas, loquats, apples, pears, olives and even macadamia nuts. On the flat land we grow corn, watermelons, squash, potatoes, tomatoes, hot peppers and many other vegetables. We also grow organic herbs like

Live Food

Echinacea, Fennel, Rosemary, Lavender, Tea Tree and others. My first point is that anyone, with a little help from the kids, can grow enough food for the whole neighborhood. Let's not let growing food become a lost art or we will all be in a lot of trouble.

For my son it is an illuminating experience: composting and recycling, preparing and feeding the earth, and the fun part—irrigation. A few years ago, he planted a small sunflower seed, only to grow a 10 foot high massive plant with a stalk as big around as his arm. Looking up at this huge sunflower he asked me, *“How could one little seed make this huge plant?”* That's a very good question. Well, two big reasons are God and nature, and also enzymes inside the seed. He looked at me and said, **“Wow, there must be a lot of LIFE inside that seed.”** I couldn't have said it better myself.

One of my great teachers, the late Dr. Bernard Jensen, among many others, used to always promote, when eating grapes, apples, watermelons or almost any food, to also chew and eat

the seeds. This great doctor knew that the seeds contained the life. Isn't it interesting that today, many fruits are being grown seedless, for eating convenience, obviously not nutrition.

WHY EAT RAW FOOD

Life energy, life force, enzymes, whatever you want to call it, is something that we seemed to have forgotten. Go ahead, dig a hole, plant a vitamin, a mineral, a hamburger, a loaf of bread or any cooked food for that matter, and what happens? Nothing! You can water it, feed it, chant or even sleep over it and absolutely nothing is going to happen, except that it is going to rot. But plant a little sunflower seed, and look out—a massive explosion of life is about to happen. You are going to get something twice as tall as you! Plant a raw almond, and you will get a huge tree!

For this reason alone, eating live, raw food, food that is filled with this life force, life energy, enzymes and plant phytochemicals that create growth and life, nourishes your body in a much more powerful way than any cooked food.

Some boring scientist might laugh and say that this is just genetics, but what feeds the genetics? These are the same scientists who think they are so smart and have come so far, but I have yet to see just one of them be able to synthesize even a pea in the laboratory. They might come up with some brown goo that they claim has the same exact elements and nutrients as a pea, but what will happen if you plant it? You won't get more peas. **SOMETHING IS MISSING**, and that missing factor is life energy, life force, enzymes, God, nature, phytochemicals or whatever other name you want to put on it.

So what's my point? **LIVE FOOD CREATES LIFE, so EAT MORE LIVE, RAW FOODS.**

If Step 3, being a vegetarian, was a big leap for you, then don't push yourself too hard into eating raw foods too fast. *A great way to ensure your success on any program, especially the ones that I suggest in this book that are for life, is to make slow, wide, easy and big turns.* If you turn on a dime, like going from a full-fledged

carnivore to a fruitarian overnight, chances are you will be putting bacon in your morning drink tomorrow. You changed too fast. Come on, you should know your ability to change by now and what's real and what won't last. Don't bullshit yourself.

So if this type of food program is very different, alien and all new to you, just be a vegetarian for now like I discussed in the last step. I don't care if you hardly eat any raw or live food at all right now. Just having your morning SuperFood Plus drink gives you plenty of live, raw, enzyme-rich food and nutrition, so take it easy. Eat anything you want, as long as it's vegetarian.

As you feel more comfortable with not eating meat, I want you to add more live and raw food into your life. As you stabilize, add more live food. As you feel better about your food program, eat more live food.

Start adding a side of grated raw beets, raw carrots, raw cabbage or all three to your cooked vegetarian lunch. Add some herbs and garlic, raw,

organic, unfiltered apple cider vinegar and some extra-virgin, cold-first-pressing olive oil. It will make everything taste better. Soon you'll be adding so much life and live food into your body, you won't believe the amount of energy you will have. Just by having your morning drink every day that I described in the last step and by adding some live food to your lunch and dinner, your health level, your world, is going to change by what you are not putting into your mouth and what you are beginning to eat.

Besides eating raw fruits and vegetables, you can soak and sprout any grains, beans, legumes, seeds or nuts. This makes them more digestible and starts the enzyme action. If you need more inspiration and recipes, there are many raw food "uncook" books available. A few of my favorites are:

- #1 John Robbins, for information, not necessarily recipes.**
- #2 "Light Eating for Survival" by Maria Acciardo. An old book but I love it. I used to give it to every one of my patients. It includes good, simple recipes.**

A DR. JOHN R. CHRISTOPHER SHORT STORY

Many, many years ago, when Dr. John Christopher was still alive, he was coming to Los Angeles to speak at a very large nutritional convention. In his day, he was one of a few health speakers, like Dr. Bernard Jensen, who would literally draw thousands and thousands of people. Sure he had great teachers and a good education in his respective field, but his ability to draw huge crowds was simply because he had helped thousands and thousands of people all over America heal their diseases using Natural Healing and Herbal Medicine. *He was the man!* Often, hundreds of people would literally panic, fight and even climb over each other to get close to him. It got rough a few times so I was not only his apprentice and the senior teacher at his School of Natural Healing in Utah, but because of my extensive background in the martial arts, I was also his bodyguard on occasion.

Since I lived near Los Angeles, I was to pick him and his son up at the airport and take him

to this nutritional convention where he was the guest of honor and main speaker. Most conventions at which he spoke were health conventions, not *nutritional product conventions*, but like me, he would go almost anywhere people who wanted to hear his healing message asked him to go.

We arrived at the convention a few hours early so he wanted to walk around and look at all of the booths that were representing the biggest nutritional companies of the era and also selling their products. There were booths filled with vitamins, minerals, enzymes, amino acids, all in pill and powder form with the brightest and most polished looking labels and sharp, well-dressed sales people. Obviously the main reason for having a convention of this sort is to exhibit your nutritional products for the industry, the health food store owners and the consumer—the buyers. The purpose, of course, was to take orders and sell them.

The time came for Dr. Christopher to speak, the very large convention room

was already overcrowded and many people were now a bit frantic that he was on stage and that they didn't have a seat so they were pushing and shoving themselves in every doorway.

Dr. Christopher, in his usual three-piece *wool* suit (in the time when polyester was king), white shirt, tie, gold watch chain and highly polished shoes, was introduced and walked a few steps to the podium. The crowd leapt to their feet and erupted in deafening screams, cheers and applause. He cleared his throat and said (*since it was about 30 years ago and a very intense moment, I am telling you what he said to the best of my memory*), “Good afternoon, and thank you for asking me to speak here today.” (He was always a very polite man.) Within what felt like a minute, if that, he said, “*As I have been walking around this wonderful and very large convention hall today, I have met some very nice people. I have also seen many different products, but the only problem is that everything I have seen at every booth and on every table... IS DEAD!*” As he yelled DEAD, he hit the

Live Food

podium with his fist and the microphone fed back and the sound of his fist hitting the wood reverberated throughout this huge room.

Holy live-food shit, Batman! I was shocked, as were the thousands and thousands of people in the room, and within what seemed like two seconds, you could have heard a pin drop in this huge room. It was **dead silent**. I moved very quickly toward the podium like a Secret Service agent would to block a bullet being fired at the President. The people in the room were starting to grumble, and as I remember it, the great old Dr. Christopher was not phased and carried on with his *illuminating* lecture. At that moment I believe someone on stage jumped in and said the ‘thank you very much’, hook around the neck, change the subject fast, start saying something else, and others shuttled the doc off the stage.

I thought that he had made a mistake and forgot where he was or pulled out the wrong speaking notes for the next city and the next convention, but he knew exactly where he was, exactly what he was doing and exactly

what he was saying. Later that afternoon he said something to me like, “*Well, someone had to tell them so I figured it might as well be me.*”

Since that day I have been barred from speaking at this particular nutritional convention and many others just by my association with the great Dr. Christopher, and I am very proud of this guilt by association.

GARLIC



In the clinic and with my own healing, I have learned that Garlic is truly a miracle plant. If I were to be restricted to only a handful of herbs, Garlic, Cayenne, Lobelia and Aloe would be on the top of the list, *in that order!*

For powerful health, start adding raw Garlic into your

food program. Take it easy at first and finely chop up little pieces and sneak them into your food. In no time, you will probably become a Garlic junky like myself and start eating large amounts of it. When I cook, actually heat food and cook, I will add four to six BULBS or about 100 cloves of Garlic to a curry or a pasta sauce that I am making for three or four people. When cooking with Garlic, don't be a wimp. Heat *destroys* a lot of Garlic's taste, intensity and medicinal action, so always use a lot if you are going to cook it. When visiting Los Angeles or San Francisco, try eating at the Stinking Rose Restaurant to experience some of the possibilities for Garlic cuisine.

Since it is my favorite healing herb and also one of my favorite foods, I would like to tell you a little more about Garlic's medicinal power. This may encourage you to add more of this wonderful, miraculous and healing plant into your life.

A great healing dose is at least three cloves of FRESH, RAW Garlic every day.

Garlic, known botanically as *Allium sativum*, is certainly one of nature's miracle plants. It has been worshipped since the beginning of recorded history for its ability to heal and strengthen the body. The ancient Egyptians, Greeks and Romans all used Garlic in copious amounts to increase strength and combat disease and illness. Hippocrates, the so-called father of modern medicine, was actually an herbalist and natural healer. He used Garlic specifically to treat cancer. As recently as World War I and II, when there was a shortage of sulphur drugs that were used on battle wounds, the British government used Garlic in the battlefield hospitals. It is credited with saving thousands of lives. It was used in various preparations to disinfect and heal battle wounds and also used internally to successfully treat typhoid fever and dysentery.

Today, Garlic is the leading over-the-counter drug in many European and Asian countries. It is an official drug in many countries and prescribed by medical doctors outside the U.S. for many diseases, including hypertension (high blood pressure), high cholesterol, cancer, and, especially, as a broad-spectrum antibiotic, antiviral agent and fungicide. It was eliminated from medical use during the last century in the United States, not because of its inability to heal, but due to pressure on doctors from the American Medical Association and the pharmaceutical companies. For years the pharmaceutical industry and the AMA have been attempting to discourage the public from using plants to heal themselves, in fact discouraging any self-treating of disease, to make you more dependent on medical doctors and drugs. It seems that even the tight fist from these two groups and two trillion dollars a year they demand can't keep Garlic underground anymore.

GARLIC AND HEART DISEASE

Garlic is famous for its healing power upon heart disease. Heart disease is the #1 cause of death in the United States today. This year, over one million people will die from it. That's about two people a minute. 99% of all these heart deaths are caused by cholesterol and saturated fat blocking the coronary arteries. Attention was first put on Garlic as a cardiac remedy when researchers noticed that in countries that had high Garlic consumption, **the incidence of heart disease was much lower than average.**

Garlic has been found to lower serum cholesterol and triglyceride levels and reduce the build-up of atherosclerotic plaque in our arteries. It does this partly by increasing our blood levels of high density lipoproteins (HDLs). These lipoproteins clear our blood of excess cholesterol and fat. Garlic also lowers our low density lipoproteins (LDLs), which can attribute to arterial plaque.

Medical researchers have also found substances in Garlic that inhibit blood platelet

aggregation (the sticking together of blood cells). This is just another way that Garlic can reduce your risk of heart attack.

High blood pressure is a worldwide epidemic, and in every study, Garlic has proven conclusively to reduce hypertension. Because of its powerful effect on blood pressure, the Japanese Food and Drug Administration has approved Garlic and it is now an official drug listed in the Japanese pharmacopeia.

If you are looking for a safe and effective remedy for heart disease, Garlic is a great choice. Whether you have high blood pressure, high cholesterol and triglycerides, arterial plaque or clotting, Garlic is for you.

GARLIC AND CANCER

Garlic has proven to be an effective cancer therapy. One-third of all the medical research into Garlic is cancer-related. The National Cancer Institute has reported that cancer incidence worldwide is lowest in the countries where Garlic consumption is the highest: France, Spain and Italy. In the few isolated rural

areas of the world where there is NO incidence of cancer, the Garlic consumption was also the highest reported.

Garlic has been shown to help our white blood cells not only defend us against cancer, but also to increase our ability to destroy tumors.

When the powerful healing phytochemicals of Garlic are present in the bloodstream, many aspects of our immunity are enhanced. Garlic not only destroys bacteria, viruses and fungi on contact, it also stimulates cellular immunity. This is why I chose it as a complement to Echinacea in my **Echinacea Plus**. Garlic has proven in the laboratory to stimulate the production of interferon, a natural immune chemical that has been proven to enhance natural killer cells that destroy cancer and tumors. Therefore Garlic inhibits and stops tumor growth, and even reduces the associated pain of cancer.

Colon-rectal cancer is on the rise. In many areas of the world it is the #1 cancer among men and women together as a group. According to The

Live Food

Merck Manual, almost 50% of all American adults over age 50 have diverticulosis (bowel herniation) and 100% will eventually have diverticulosis, if they live long enough. **Garlic has been found in double-blind studies to reduce the incidence of colon-rectal cancer.** Garlic has also been reported to reduce stomach cancer. **In one medical university study, Garlic was shown to reduce stomach cancer 10 times more effectively than the non-Garlic eating group.**

Garlic, with its over 80 different sulphur compounds, is a free-radical scavenger. This is just another way that Garlic will protect you from cancer and suppress chemically induced cancers.

GARLIC AND DISEASE CAUSING MICRO-ORGANISMS

Garlic is a very powerful antibiotic, antiviral and antifungal agent. Garlic juice diluted one part in 125,000 has been found to inhibit the growth of bacteria. Garlic destroys BOTH gram-positive and gram-negative bacteria, making it a broad-

spectrum antibiotic. Garlic's successful long term use as an antibacterial agent in Russia has awarded it the nickname of Russian penicillin.

Pharmaceutical antibiotics are nonselective in their destruction of bacteria in your body; they just destroy it all. This creates many problems because our body has many so-called friendly bacteria that we need for proper metabolic functions. This is why many people, after a course of antibiotic therapy, have digestive problems, constipation and yeast and fungal overgrowth infections. Our bodies also become immune to these antibiotics over time and sometimes, dangerous resistant strains of bacteria are actually created in our body.

Garlic is totally selective in its bacteria destruction, killing only bacteria that's harmful to our body. What is amazing is that at the same time, Garlic actually enhances our friendly bacteria and improves our intestinal flora and digestion.

Garlic destroys many types of bacteria including streptococcus,

staphylococcus, typhoid, diphtheria, cholera, bacterial dysentery (traveler's diarrhea), tuberculosis, tetanus, rheumatic bacteria and many others.

Some say that the reason you don't catch colds when you eat Garlic is because no one will come near you.

Regardless, **Garlic is also a powerful anti-viral agent.**

Many feel it's the cure for the common cold because it destroys various viruses that cause upper respiratory infections and influenza.

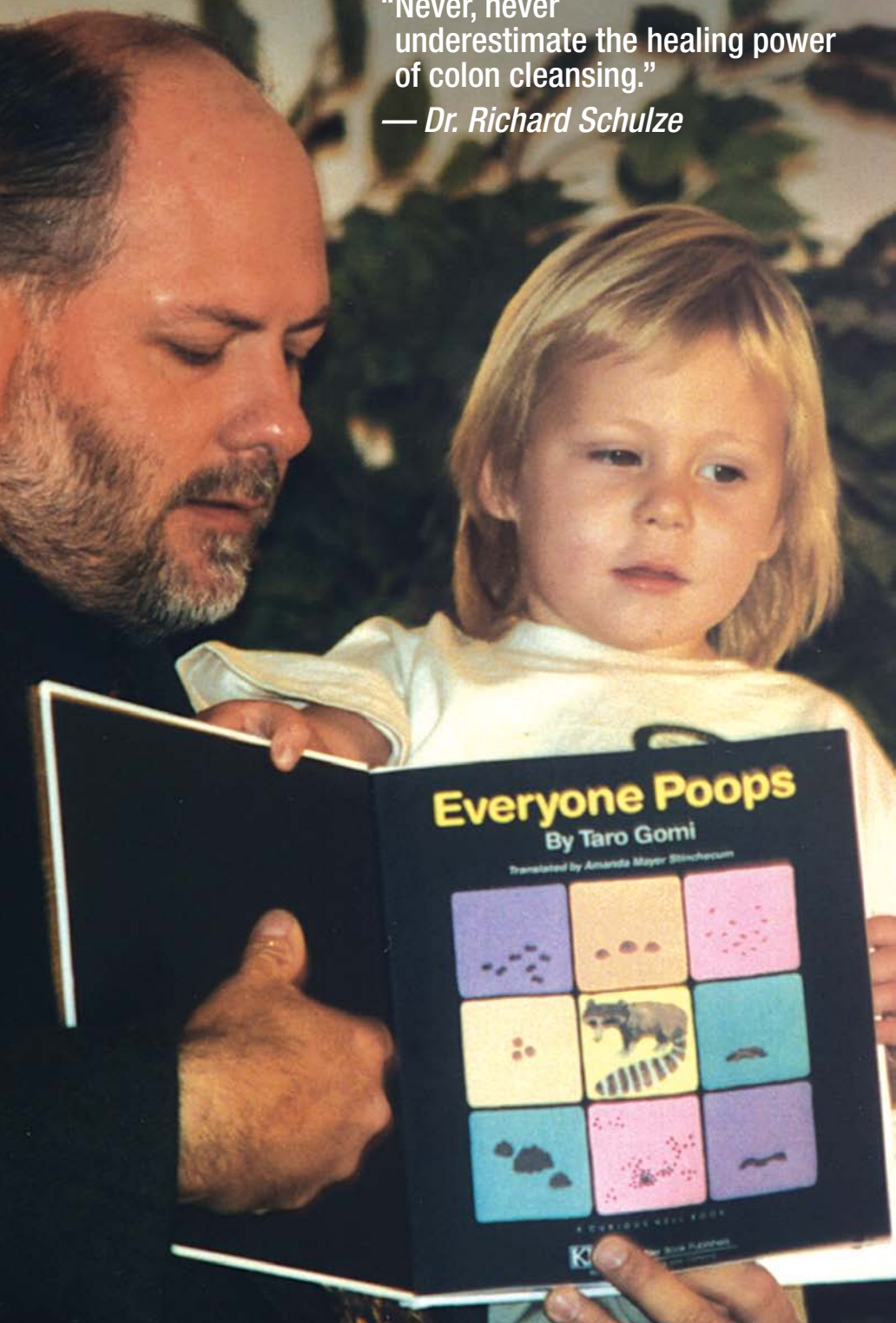
Garlic destroys, on contact, the viral infections of measles, mumps, mononucleosis, chicken pox, herpes simplex #1 and #2, herpes zoster, viral hepatitis, scarlet fever, rabies and others.

Garlic's antifungal ability

is second to none. In the laboratory it has proven to be more potent than any known antifungal agent, including nystatin. Garlic will regulate the overgrowth of *Candida albicans*.

“Never, never underestimate the healing power of colon cleansing.”

— *Dr. Richard Schulze*



STEP 5

BOWEL CLEANSING

You should have one bowel movement for every meal you eat.

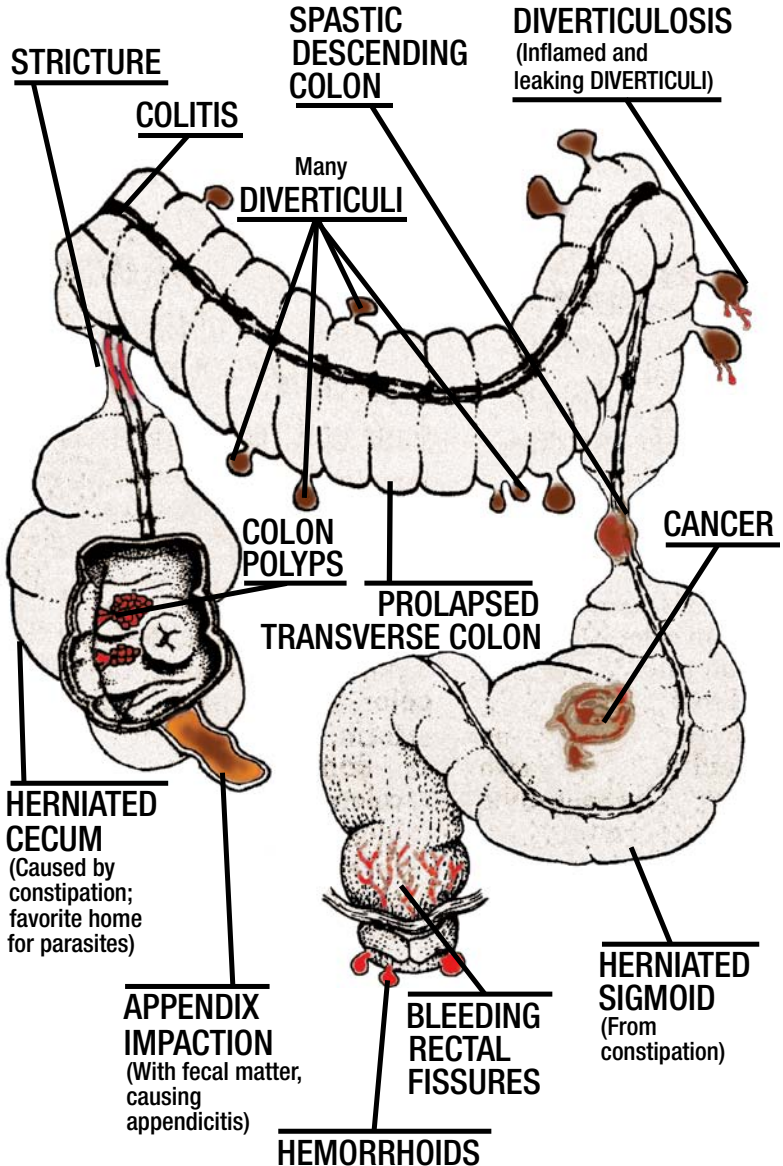
WHY SHOULD I?

From your mouth to your anus, your intestines are as long as two cars parked end to end. Since Americans have the highest incidence of colon disease and cancer in the world, knowing what goes on in the last five feet of your intestines can **save your life!**

FACTS

- ▶ Up to 50% of Americans have POLYPS in their colon.
- ▶ COLON AND RECTAL CANCER will KILL about 60,000 Americans this year, with over 130,000 new cases diagnosed.
- ▶ In my clinic, 80% of my patients had the majority of their symptoms disappear AND their sickness and disease retreat after they did my bowel detoxification program.
- ▶ Colon Cancer kills 400% more people than AIDS. It actually KILLS more men and women in America than breast cancer or prostate cancer.
- ▶ 100% of Americans eventually will have diverticulosis or many diverticuli.

The Average American's Colon



LET'S CHECK WHAT THE TOP MEDICAL DOCTORS SAY...

The Merck Manual is written by the most distinguished and respected group of medical doctors in the world and published by one of the largest pharmaceutical manufacturers in the world. It is the medical industry's standard text for the diagnosis and treatment of disease. **This book tells us that colon degeneration is on the rise.**

The incidence of diverticulosis (herniated bowel pockets caused by constipation) has increased dramatically over the past 50 years. It states that in 1950 only 10% of adults over the age of 45 had this disease; in 1955, 15%; in 1972, 30%; and in 1987, 45%. The most recent edition states that the incidence increases rapidly over age 40 and that **every person will have diverticulosis if they live long enough.**

Every American eventually has Diverticulosis or has many Diverticula.

Diverticuli are sac-like herniations through the muscular wall of the colon that

are caused by increased pressure in the bowel from constipation. By old age, every American has many. They are filled with trapped fecal sludge, they become infected, the rotting feces erodes the surrounding mucosa. Blood vessels rupture, then infection begins.

WHY DOES THIS HAPPEN?

Just Look What We Are Putting Into Our Bodies!

In their lifetime, the **average** American eats:

- ▶ 12 entire cows weighing 3,000 pounds each
- ▶ 6 whole pigs
- ▶ 3,000 chickens, turkeys and other flying birds
- ▶ 3,000 fish, sea creatures and sea scavengers
- ▶ 30,000 quarts of cow's milk
- ▶ 30,000 aspirin and pain killers
- ▶ 20,000 over-the-counter and prescription drugs
- ▶ 2,000 gallons of alcohol

And in one year, the **average** American consumes:

- ▶ 500 doughnuts
- ▶ 400 candy bars
- ▶ 300 soft drinks
- ▶ 170 lbs. of white, unrefined sugar

“ HOW BAD CAN IT GET? My Constipation Record Breakers.”

Thirty years ago, when I first heard the great Dr. Christopher speak about extreme constipation, I thought he was lying. I wanted to believe him, but when he told me that he had patients who hadn't had a bowel movement in a month, well, I thought that he was telling me a Natural Healing fish story.

But, in the first year of running my Hollywood clinic, I had a fashion model come to see me—a very beautiful girl—slim, 5'8" and 115 lbs. She told me she had only **ONE BOWEL MOVEMENT A MONTH** for the past year and a half. I was shocked! Where had it gone? I was ready to call David Copperfield or Siegfried and Roy. This was real magic.

That year I had many patients who'd only had one bowel movement a month. For a few years in the clinic, that was the record, until a woman came to see me—a 38 year old attorney who only went every other month. She had **ONLY SIX BOWEL MOVEMENTS IN A YEAR!** She held the record for a while, but then I met a young woman from Santa Rosa, California. She'd only had three bowel movements during her last pregnancy. That's one bowel movement per trimester and only two others that

year. Now the record holder was **ONLY FIVE BOWEL MOVEMENTS IN A YEAR.** That held the record for some time, but three years ago I got a letter from a lady in Southern California thanking me for my Intestinal Formula #1. In the letter, she stated that before using my herbal formula, she was only having one bowel movement every six months. **THAT IS ONLY TWO BOWEL MOVEMENTS A YEAR, THE CURRENT RECORD HOLDER!!!!**

Sure, the above were extreme cases, but most of my patients suffered from some sort of constipation. I had well over a thousand patients that were lucky if they went once a week. People who are constipated live in discomfort, fear and shame. They usually don't go around talking about it and don't know where to turn. Everyone has failed them: the empty promises of their medical doctors, their toxic mineral oil, the wimpy herbal laxatives that can't even make you fart and the Natural Healers with their bran. Give me a break! They paid the money and could fill a bus with the bottles of drugs and herbs that they took, **BUT THEY STILL COULDN'T POOP UNTIL THEY MET ME.**

Imagine all of that dead, decaying flesh, junk food and drugs going into your mouth, passing through your digestive tract into your bloodstream, brain and heart, and then out through your liver, bowel and kidneys.

This fiberless feast causes the average American to be 70,000 BOWEL MOVEMENTS SHORT in their lifetime.

The Average American's Colon



Up to 50% of Americans Have Polyps in Their Colon!

A Polyp is a tumor that arises from the bowel surface and protrudes into the inside of the colon. **Most polyps eventually transform into malignant cancer tumors.**

The average American stores from six to ten pounds of fecal waste in their colon, which is not healthy. As far as the record breaking accumulation

of fecal matter, I had one man in Hawaii who got his dosage up to 46 capsules of my now famous Intestinal Formula #1, which is a record in itself, before his bowels moved. Then that night, sitting on the toilet, HE EVACUATED 56 POUNDS OF FECAL MATTER. I met his wife and she said to me that she always knew her husband was full of shit (her words, not mine), but was she right. I had one lady who, after a year of my herbal bowel cleansing program, lost over 200 pounds. She went from 410 pounds down to 180.

PARASITES

Parasites are a reality. One cubic inch of Grade-A beef often has over 1,000 parasite larvae in it. Fish can have parasites as large as earthworms. Parasites even live on fruits and vegetables. If a person has two or three bowel movements a day, the larvae won't hatch and you'll be fine. But, if you don't have regular bowel movements and only go a few times a week, parasite larvae will hatch, hook on to your colon and start feeding on your backed-up waste and even

A 5 foot long fecal impaction removed with Dr. Schulze's Intestinal Detoxification Program



A 5-foot long fecal impaction in a bathtub

This impaction had been in the patient for many years. Fiberless food sludge that is mostly animal food and refined flour enters your colon. Because of constipation and infrequent bowel movements, it is not completely eliminated. The remainder of it plasters onto the inside wall of your colon. That is why in this picture the fecal casing took on the shape of the inside of this patient's bowel including the colon's folds and herniated diverticula.

This process can literally go on for decades just like an old steel water pipe that gathers corrosion over years and its inside diameter shrinks. Constipation is a progressively degenerating disease where eventually, you have total blockage of the colon or colon disease, often causing cancer and death. I have seen this type of fecal mucoïd casing come out of many of the chronically constipated patients in my clinic, but usually not after their first Intestinal Detoxification Program. Often like with this man, it took 4 or 5 times. This man is fine and healthy now, and his lower abdomen that was distended for years is now flat. I estimate that this was 10 to 15 years of backed up fecal sludge.

your tissue. My 5-Day BOWEL Detox is a parasite flush.

MY PATIENTS TAUGHT ME THE POWER OF COLON CLEANSING

Like any great egomaniac student in herbal college, I wanted to develop very intricate and detailed herbal formulae. These formulae would be very difficult to make and could only be made from very exotic and rare herbs found only in the rainforest or in the Himalayas. And of course these formulae would be extremely effective for treating very specific diseases. I was going to find the herbal cure for Cancer...

Thank God my great teachers deeply ingrained in me that before I could embark on any of my disease-specific, smart-bomb herbal fantasies, I must get my patients on a good health program; first things first. First I needed to get them to follow the basics for a month or two, the basics being what I now refer to as

my Foundational Programs, the foundations of health: a good clean and wholesome food program, thorough bowel cleansing and detoxification, immune boosting, exercise and positive emotional work. I knew that there was no replacement for these basics.

By doing so I unknowingly destroyed my fancy, disease-specific herbal formulae dream because approximately 80% of my patients, regardless of what was wrong with them, regardless of how long they had been sick, got more than relief. **THEY GOT WELL!** Just from bowel cleansing! When I added the other foundational programs, over 90% got well with no specific treatment at all. So much for my trips to Tibet.

You heard right. The vast majority of my patients got well and recovered from their diseases without ANY specific treatment. All they did was make some common sense lifestyle changes, including cleansing the bowel, and they were healed. My patients, having the nerve to get well before I was ready, ended all my dreams of discovering

“What the Heck is a NORMAL POOP Anyway?”

NORMAL FREQUENCY

I have literally traveled around the world in search of what a normal bowel movement and bowel habit should be like. Now, how many people can say that? I have traveled from the remote jungles of Central America to India, China and almost everywhere to discover what is normal because I knew I wasn't going to find normal in New York, California or even in Iowa. I wanted to see primitive people living in rural, nonindustrialized areas, living simple, natural, rural lives. I wanted to find those who were under very little stress, getting moderate amounts of exercise and eating simple natural diets of locally foraged food. These relaxed, primitive people all seemed to have one bowel movement within 20 to 30 minutes after each major meal that they ate. They just squat, it comes out within a minute and they are done. No library of magazines, no squeezing, straining, grunting, meditation or prayer. It just came out effortlessly. They seem to average between two and four bowel movements a day, or 14 to 28 bowel movements a week. This is quite different from the average American's bowel habit of one bowel movement every three to five days or two to three bowel movements a week. I figured this puts the Average American about 70,000 bowel movements short in their lifetime!

NORMAL CONSISTENCY

The consistency of your bowel movements should be soft and unformed like peanut butter or soft-serve frozen ice cream. Occasionally they can be a bit chunky depending on what you ate and how well you chewed it, but in any case, they should NOT be formed and they should be light in color. I remember that as a kid, my dad only went once a week on Sundays. He would take the entire Sunday paper in the bathroom and be in there for hours. When he came out, the room smelled like someone died. I would then take my place at the throne after him and squeeze hard for my once-a-week bowel movement. Eventually I would blast out some small black balls as hard as granite. My dad would come into the bathroom to wipe me, but my fecal matter was so dry and hard there was nothing on the toilet paper. I remember my dad remarking, “Now that's a good poop, no wiping, like it's wrapped in cellophane,” and I would leave for a week thinking I had done a good job.

SIGNS OF CONSTIPATION

If you need a library in your bathroom, you know, like a stack of magazines on the hamper, then you are constipated. If you drink coffee, well, if you stop, you will also probably stop having bowel movements too.

herbal cures for the afflictions of mankind and turned me into the common sense herbal country doctor that I am today.

NEVER, NEVER, NEVER UNDERESTIMATE THE POWER OF COLON CLEANSING

As I said, 80% of my patients' symptoms were gone just after they did a thorough bowel cleansing. When I ran my clinic, new patients were often upset when I told them we had to start with a thorough colon cleansing. What they wanted was my secret energy pill, or youth pill, or something to make their insomnia, infertility, back spasms, headaches, diabetes, arthritis, whatever, miraculously go away.

Natural Healing is **NOT** about temporary, quick fixes or pills to mask symptoms. It is **NOT** about cutting, poisoning and burning out disease. That's what medical doctors do. When you take that approach, often out of nowhere, your disease returns with a vengeance, much worse the second time around. Natural Healing is about getting to the root cause of disease and

illness, correcting it, and then building a healthy lifestyle so your body can do its' best healing possible. Then you can enjoy a long, healthy and energetic life.

MY PATIENTS THOUGHT I WAS FATHER SCHULZE, NOT DR. SCHULZE.

Most of my patients came into my clinic with a very guilty conscience regarding their lifestyle. They wanted to repent their sins of junk food and debauched living. They thought I could just wave my hands over them and have them say a few Hail Tofu's and everything would be OK. Well, it's not quite that simple. Most had already tried some kind of detox on their own, with either no results, or bad results. Everyone nowadays is selling a quick detox or a 24-hour detox or some instant detox in a glass. There are a few problems here.

First, don't fool yourself. It takes most of us 20 or 30 years of rough and tough living before we develop a disease. So you're not going to heal yourself in 24 hours.

BOWEL CLEANSING MUST BE FIRST

Secondly, I made my patients EARN the right to do a detox program. The reason for this is simple. When you start any detoxification program, what happens is that you dislodge and dissolve poisons and toxins that have built up in your fat and muscle cells and in various organs. During an effective detox, when these wastes are dissolved they are deposited into your colon for rapid elimination from your body. If you are constipated, or not having regular frequent bowel movements, these poisons sit there, can re-absorb and make you really sick. This is why many people who undertake a detox program without first making sure their colon is working feel weak, shaky, nauseous, headachy or HORRIBLE. I had patients that literally almost died doing other doctors' intensive detoxification programs with hot saunas, gallons of juices, herbs, whatever, but hadn't had a bowel movement in weeks and the detoxification almost killed them.

This is why BEFORE you even think about any intensive detoxification program, **THE COLON MUST BE ACTIVELY WORKING AND CLEAN!**

FIRST THINGS FIRST!

This is worth repeating. The first step in any health program, especially BEFORE any blood and lymphatic cleansing or detoxification program, is to cleanse and detoxify the bowel. You must make sure it is working frequently and effectively and also make sure all of the old, toxic fecal material is out of the colon. Then you will enjoy an effective detoxification program, feel great while you're doing it and get the most out of it.

“This Program is Very Easy.”

— Dr. Richard Schulze



Dr. Schulze's 5-Day BOWEL DETOX Program



The Easiest Bowel Cleanse On The Planet!

- ✓ Have more ENERGY, feel lighter and have a flatter stomach
- ✓ EASILY clean out years of accumulated toxins, poisons and waste
- ✓ START having regular, healthy and complete bowel movements

WHAT IS IT?

Over 1,000,000 people worldwide have used this program to end their constipation, cleanse their colon, detoxify their body and heal and prevent colon disease. It's easy and only takes a few minutes a day.

If you have never cleaned out your bowel and done an Intestinal Detoxification Program...

CONGRATULATIONS!

This program is a great start to a new, healthier life and it's also VERY EASY!

WHY YOU NEED IT:

Have you ever had any of the following SYMPTOMS or AILMENTS?

Abdominal discomfort, allergies, anxiety, asthma, backaches, constipation, cramps, depression, fatigue, food cravings, headaches, hemorrhoids, indigestion, insomnia, irritability, lack of sexual response, loss of concentration, memory loss, menstrual problems, nausea, poor appetite, prostate trouble, skin problems, weight gain...

Your BOWEL is the LARGEST elimination organ in your body. It is the major way that waste gets out of your body. When your bowel is not working efficiently, your fecal waste is stored and eventually becomes dehydrated and compacted in your colon. Eventually, this waste turns to sludge and will poison you by being absorbed back into your body.

The fact of the matter is that our modern lifestyle has taken its toll on our digestive and elimination organs. Processed foods high in fat and low in fiber, animal fats high in cholesterol, a lack of exercise, increasing levels of toxic pollution and increased stress all contribute to our current gastro-intestinal health crisis.

The absolute bottom line is this—hundreds of thousands of Americans are dying, because they are literally packed with old, festering fecal matter due to constipation. Many are not even aware of how backed up they are. Cleanse your bowel today and feel great, live longer and create powerful health!

“The secret to creating powerful health is cleaning out your eliminating organs, and the best place to start is your bowel!”

THE PRODUCTS INCLUDED:

INTESTINAL FORMULA #1 (Cathartic Formula)



Botanical Ingredients:

Curacao & Cape Aloe Leaf, Senna Leaves & Pods, Cascara Sagrada Aged Bark, Barberrry Rootbark, Ginger Rhizome, Garlic Bulb, African Bird Pepper

Therapeutic Action:

This stimulating tonic is cleansing, healing and strengthening to the entire gastro-intestinal system. It stimulates your peristaltic

action (the muscular movement of the colon) and over time strengthens the muscles of the large intestine. It halts putrefaction and disinfects, soothes and heals the mucous membrane lining of your entire digestive tract. This herbal tonic improves digestion, relieves gas and cramps, increases the flow of bile which in turn cleans the gall bladder, bile ducts and liver, destroys Candida Albicans overgrowth and promotes a healthy intestinal flora. It also destroys and expels intestinal parasites, increases gastro-intestinal circulation and is anti-bacterial, anti-viral and anti-fungal. Continue to use this formula until you are having at least one bowel movement each day for every meal you eat. Between two and four bowel movements a day is normal. Considering all the disease and death we have because of retained fecal matter, I wouldn't worry about taking too much of this formula.

Patient Type A:

The sluggish bowel type. This formula is for 97% of my patients, the ones who

need help getting their bowel working more frequently. You must use this herbal formula every day to keep your bowels very active.

Dosage:

Start with only 1 capsule of this formula during or just after dinner. This formula works best when taken with food or juice. The next morning you should notice an increase in your bowel action and in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference in your bowel behavior by the next day, or if the difference was not dramatic, then that evening increase your dosage to two capsules. You can continue to increase your dosage every evening by one capsule until you notice a dramatic difference in the way your bowel works. There is no limit. Some people have even needed over 30 capsules to get their bowel working. It has taken most of us years to create a sluggish bowel, so let's be patient for a few days and increase by only one capsule each day.

Patient Type B:

The irritated bowel type. This only applied to a small percentage of my patients. These are the exceptions to the rule, those with bowels that move too often (more than three times a day.) This includes those with Colitis, Irritable Bowel Syndrome, Crohn's disease, etc... If your bowels are irritated, hot or working too frequently, skip this formula and go to Intestinal Formula #2.

**INTESTINAL FORMULA #2
(Drawing and Detoxifying Formula)**



Botanical Ingredients:

Flax Seed, Apple Fruit Pectin, Pharmaceutical-Grade Bentonite Clay, Psyllium Seed & Husk, Slippery Elm Inner Bark, Marshmallow Root, Fennel Seed, Activated Willow Charcoal

Bowel Cleansing

Therapeutic Action:

This cleansing and soothing formula is to be used in conjunction with Intestinal Formula #1. This formula is a strong purifier and intestinal vacuum. This formula draws old fecal matter off the walls of your colon and out of any bowel pockets. It will remove poisons, toxins, parasites, heavy metals such as mercury and lead and even remove radioactive material such as Strontium 90. This formula will also remove over 3,000 known drug residues and toxic chemicals. Its mucilaginous properties will soften old hardened fecal matter for easy removal and make it an excellent remedy for inflammation in the intestines such as diverticulitis or irritable bowel. Many patients discovered that this formula also removed their colon polyps. This formula is an antidote for food poisoning and other types of poisoning. Therefore, I always have it with me when I travel.

Before beginning Intestinal Formula #2, your bowels should be moving at least two to three times a day or at least once for

each meal you eat. Continue using Intestinal Formula #1 until this is achieved.

Dosage:

- Take Intestinal Formula #2 five times a day.

For **Intestinal Formula #2**, you have two options: capsules or powder. If you choose the capsules, you will take 10 capsules five times a day for five days. With the packets, you will take one packet five times a day for five days. Follow the dosage directions on each product.

- Put a small amount of water in your glass or sports bottle first. Then add the powder and then add more water and shake. This keeps the powder from sticking to the jar, making it easier to clean.
- This formula contains bentonite clay and may be binding. Patient Type A's (defined under Intestinal Formula #1 on page 118) may need to increase dosage by one of the Intestinal Formula #1. Type B's may need to take one Intestinal Formula #1 in the evening if you find you are a little constipated.

HELPFUL HINT #1: Drink plenty of pure water, herb teas and diluted fruit juices during this two-week colon cleanse. A good 5-Day amount is a minimum of 64 ounces to 128 ounces of liquid each day. This makes the program more effective.

HELPFUL HINT #2: During or after dinner take your Intestinal Formula #1 as usual but increase the dosage you discovered the first week by 1 additional pill. If you feel a bit bound by the Intestinal Formula #2 you can increase your dosage of the Intestinal Formula #1 even more. It is helpful to drink more liquid after each dose of Intestinal Formula #2, at least 8 more ozs.

HELPFUL HINT #3: My audio tape and CD, “Dr. Schulze Answers Your Questions: Volume #1”, has many, many answers to the most commonly asked questions, concerns and problems that my patients asked about my Intestinal Formulae #1 and #2 and my 5-Day BOWEL Detox Program. Or, get my new DVD, “Dr. Schulze’s 8 Clinical Herbal Formulae for Digestion & Elimination”. Call

1-800-HERBDOC and just ask for either FREE copy. It’s on me.

HOW TO DO IT

DIRECTIONS FOR DR. SCHULZE’S 5-DAY BOWEL DETOX

If you are currently skipping days without having a bowel movement...

Start with **Intestinal Formula #1**. Don’t rush into **Intestinal Formula #2**; get your bowel working better first. If you are constipated and sluggish, rushing into using **Intestinal Formula #2** could constipate you even further. And don’t worry; there are more than enough capsules in **Intestinal Formula #1** to complete the entire 5-Day BOWEL Detox.

Start by taking one capsule with or just after dinner. It’s best to take this formula with food. The next morning, you should have a good, complete bowel movement. If you don’t, or don’t have one at all, take two capsules with or just after dinner that night. Continue to increase the dosage of **Intestinal Formula #1** by one capsule each evening until you

Bowel Cleansing

can sit on the toilet and have a complete bowel movement. A complete bowel movement can consist of a larger volume than you would normally see in the toilet bowl, or you could experience two or three intestinal waves of fecal-matter elimination. Don't be too quick to get off the toilet. Your bowel movement may even be loose, even a bit like liquid at first. You may also experience a bit of gas or cramping. All of this is normal.

When you have one or more bowel movements a day for an entire week without skipping, you can begin taking **Intestinal Formula #2**. Follow the directions on this page. You must continue using **Intestinal Formula #1** at your current dosage and can even increase your dosage by one or two capsules when you begin **Intestinal Formula #2**.

If you are currently having one or more bowel movements a day...

Then, you are ready to start using **Intestinal Formula #2** along with **Intestinal Formula #1**.

For **Intestinal Formula #2**, you have two options: capsules

or powder. If you choose the capsules, you will take 10 capsules five times a day for five days. With the packets, you will take one packet five times a day for five days. Follow the dosage directions on each product. You must drink 16 ounces of liquid with each dose; this can be pure water, herbal tea or fresh fruit or vegetable juice. And on average, you will be taking **Intestinal Formula #2** (capsules or powder) every two to three hours.

If You Have a "Hot" Metabolism

Are you prone to having a "hot" bowel: diarrhea, colitis, bowel inflammation, Crohn's Disease, etc.? Then, you are better off with "cool" detoxifiers, such as my **Intestinal Formula #2**. You may never need or be able to tolerate **Intestinal Formula #1**. Use **Intestinal Formula #2** periodically, or for a week or a month at a time.

IMPORTANT!

While taking **Intestinal Formula #2**, continue taking one or more capsules of the **Intestinal Formula #1** every

evening with or just after dinner. **Intestinal Formula #1** does many things for your bowel, but most importantly it removes all the accumulated **Intestinal Formula #2** from your bowel the next morning. If you find you don't have a bowel movement the morning after taking your **Intestinal Formula #2**, increase your liquid intake and your dosage of **Intestinal Formula #1** in the evening by one capsule.

If you have never before cleaned out your bowel and have now done my 5-Day BOWEL Detox, **CONGRATULATIONS!**

This is a great start to a healthier life. My patients would do this at the beginning of each season, three or four times a year, to stay regular and have more energy.

AN IMPORTANT TIP ABOUT INTESTINAL FORMULA #1

If you are like the majority of people and your bowel has not worked well most of your life, remember, Rome wasn't built in a day. Even if you have been extremely constipated all of your life, **DO NOT** try to fix yourself overnight. If you

overdose and start off taking a dozen capsules of **Intestinal Formula #1** you may learn the laws of jet propulsion, have a bad experience, or a messy one, and then stop doing the program. **DON'T TORTURE YOURSELF!** Be patient and start with only one capsule and increase by only one capsule daily as needed until your bowel is working.

ANOTHER IMPORTANT TIP ABOUT INTESTINAL FORMULA #1

If you have been constipated, especially if you have been for years, your bowel may not work perfectly at first. Just imagine if you had an old car in your garage that you hadn't started in years. The first time you go to start the engine it will shake, rattle and roll and smoke, backfire, make exploding noises, maybe even shoot flames out the carburetor. Then after about 15 minutes it will start running smoother, once it is warmed up. Your bowel is the same. If it hasn't worked properly in years, you may notice a little gas, or slight cramping, or even an occasional backfire. Do not be alarmed. This is usually caused

Bowel Cleansing

by old fecal matter that is being flushed out and will subside usually within a few days. There are many herbs in the formula to reduce the chances of this happening, but if this occurs, KEEP GOING and continue to use the formula.

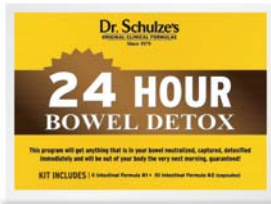
INTESTINAL FORMULA #2 IS ALSO VERY EASY

Occasionally a patient would say to me, “I can’t drink this black drink” or “Isn’t this program a bit radical?” GIVE ME A BREAK. WHAT TOTAL WIMPS! This drink might be black in color but it doesn’t taste black. In fact, what little taste it does have is pleasant, especially if you are using diluted juice. And as far as radical, at what point did we start believing the lying medical doctors and start thinking that taking God’s and Nature’s healing gifts are radical? I’ll tell you radical. Radical is when you develop colon disease and the doctors shove a colonoscope THREE FEET up your ass and then start burning and cutting off tumors on the inside of your bowel. . . then you’ll wish you had taken this formula.

So don’t you dare give me any damn radical crap and drink your drink, AND SMILE! (NOTE: To make it even easier for you, the **Intestinal Formula #2** is now in capsules or powder packets.)

DR. SCHULZE'S OTHER DIGESTIVE AND ELIMINATION FORMULAE:

24-HOUR BOWEL DETOX



- ✓ A **POWERFUL** one-day detox that draws out, neutralizes and eliminates toxins in your bowel
- ✓ **QUICKLY** and **EASILY** removes dangerous micro-organisms and keeps them out of your body, stomach and bloodstream

INTESTINAL FORMULA #1 MAX



- ✓ **PROMOTES** regular, healthy and complete bowel movements
- ✓ **STIMULATES** and **STRENGTHENS** the muscular movement of the colon
- ✓ **New STRONGER** and more **POWERFUL** formula

BOWEL FLUSH "SHOT"



- ✓ **ENSURES** a complete emptying of your bowel and digestive system by the following morning
- ✓ **CLEANSSES** and **FLUSHES** the entire gastro-intestinal tract
- ✓ **NEUTRALIZES** and **STOPS** bloating, gas and digestive upsets

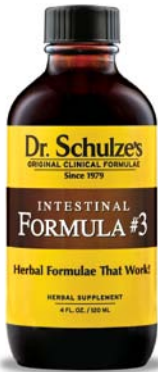
Bowel Cleansing

HERBALMUCIL PLUS



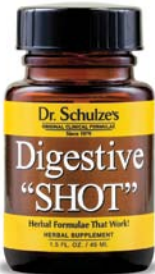
- ✓ **PROMOTES** Easy Bowel Movements
- ✓ **RELIEVES** Constipation and Maintains Regularity
- ✓ **DETOXIFIES & CLEANSSES** the Entire Gastro-Intestinal Tract
- ✓ **REDUCES** Irritation and Inflammation in your Stomach and Intestines
- ✓ **It's 100% ORGANIC, 100% HERBAL and 100% Sugar & Chemical-FREE**

INTESTINAL FORMULA #3



- ✓ **TASTES** great to kids of all ages
- ✓ **STIMULATES** regular, healthy and complete bowel movements
- ✓ **PROMOTES** soft and easy bowel movements
- ✓ **STRENGTHENS** colon muscles

DIGESTIVE "SHOT"



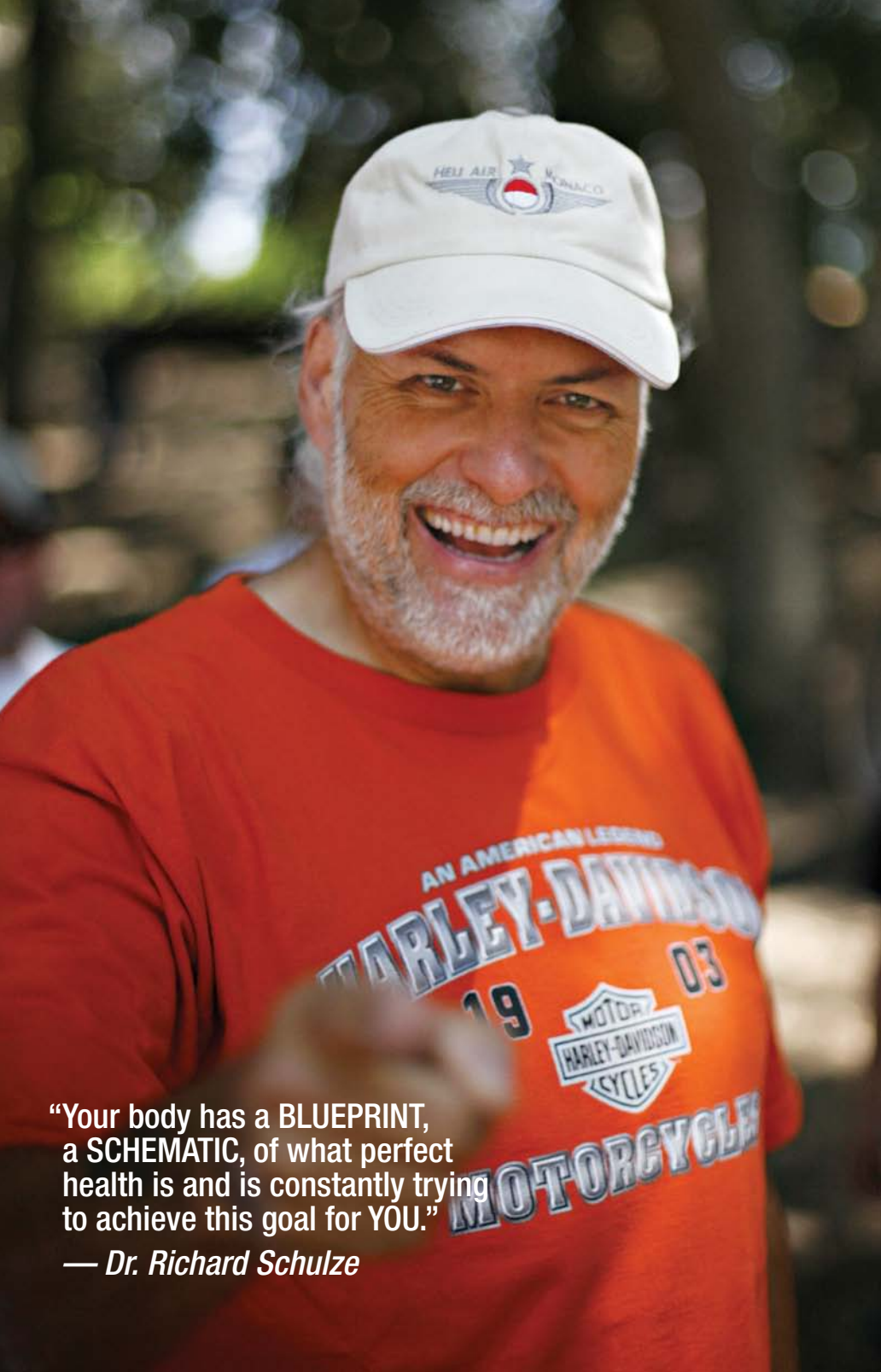
- ✓ **Works FAST** on Severe Digestive Disturbances
- ✓ **COMBATS** gas, bloating, and nighttime digestive upsets

DIGESTIVE TONIC



- ✓ **STOPS** indigestion, gas and stomach upsets **IMMEDIATELY**
- ✓ **ELIMINATES** the discomfort that sometimes comes with traveling and motion
- ✓ **FRESHENS** breath
- ✓ **GREAT** for kids with sensitive digestion





“Your body has a BLUEPRINT,
a SCHEMATIC, of what perfect
health is and is constantly trying
to achieve this goal for YOU.”

— *Dr. Richard Schulze*

STEP 6 DETOXIFICATION AND CLEANSING

If you want to be healthy and stay healthy, you need to flush out your Liver & Gallbladder and Kidneys & Bladder . . . and do it every year!

WHY SHOULD I?

A Detox or Detoxification Program (sometimes called a cleanse or a cleansing program) is any program designed to draw out, neutralize, and flush out accumulated toxins and poisons that are stuck in your body, and then assist your body in the removal and elimination of this waste.

People often ask me why would they need to do a detox or cleansing program, if our body naturally has organs whose job it is to eliminate waste. This is a good question and the answer is two-fold.

First, we are accumulating more toxins and poisons in our bodies

than ever before in history, and certainly at a faster rate than our body can deal with them and eliminate them. This is primarily due to our food program that has more toxins and poisons and less fiber, than ever before in history. Junk food shacks are on almost every major street corner and candy, cookies, and chips are our snack foods.

French fries (another name for rancid trans-fat grease sticks) are the most eaten vegetable in America. And, even if you don't eat out and only shop at grocery stores, you are still filling yourself with insecticides, preservatives, colorings, and flavor enhancers... the list is endless. Even if you buy only health food, the processing and packaging are often toxic.

Detoxification and Cleansing

Friends, even in my own business, did you know that almost all organically grown herbs (after harvesting), are gassed with the disinfectant ethylene oxide (ETO), a known toxic chemical carcinogen and mutagen? This is a dirty little secret that the herbal manufacturers don't want you to know. And, the herbs can still be labeled organic and organically grown; because they are gassed AFTER they are grown and harvested. **By the way, I NEVER EVER use these herbs.** But, my point is even when we do the right thing and make the right choices, we may still get poisoned, just usually less poisoned!

Basically, our air, water, earth, and food are polluted. And, we are constantly ingesting these poisons and toxins into our bodies, often at a much faster rate than our bodies can deal with them and eliminate them.

Secondly, we are moving our bodies less now than ever before in history. Due to everything from modern transportation to computers, we are sitting on our asses more and not moving, for the most part. Exercise alone

stimulates the digestive system and elimination of waste. It creates better circulation, because it moves bodily fluids like blood and lymphatic fluid, causing better elimination of carbon dioxide from the lungs and flushing sweat from the skin. Moving our body helps to eliminate more waste and toxins from our body and does it more efficiently and effectively. But, we are moving less, not more.

So, the bottom line is by living, eating, drinking, and breathing in a more toxic and polluted world and moving less than ever before in history, we are naturally consuming more toxins and eliminating them less. The outcome of this is that in spite of having the most advanced medical care in the world (along with spending more money per person on medical care and medicine than any other country in the world), America still doesn't even come into the top 15 countries of the world for longevity anymore. And, our cancer rate is higher than ever before in history; it's 25 times higher than just 100 years ago!

There are two main reasons to do a detox program...

The FIRST is to FLUSH any stuck, clogged, or accumulated waste, toxins, and poisons out of your body.

The SECOND is to stimulate, tone, strengthen and tune-up your body's own elimination systems to do a better, more efficient job in the future.

This Creates Powerful Health!

Also, we all know that taking our cars in for a checkup, changing the oil and the air filter, tuning the engine and rotating the tires makes the car last longer. We can't expect to put a couple of hundred thousand miles on our body and never do any maintenance or change the oil. That just won't work. I want you to get out of the American medical syndrome of breakdown and repair and stop paying two trillion dollars a year for this torture. That's the way the medical system in America is designed. Go ahead, live in ignorance of your health, burning the candle at both ends, and party, party, party. When your engine explodes and you're leaking everywhere, you will have to rebuild your entire engine. Coronary-bypass surgery, cancer chemotherapy,

liver transplants and kidney dialysis is expensive torture. It is estimated that over 80% of the \$2 trillion spent per year on medicine and medical care is spent MANAGING diseases, not healing them. Preventive maintenance is a lot cheaper and a lot more fun.

FACTS

- ▶ **The American Society of Nephrology reports that over 40 million Americans have kidney and bladder infections, impairment and disease.**

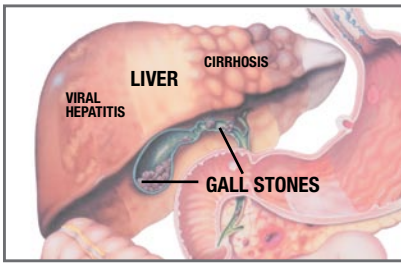


Kidney cancer and tumors.

- ▶ **Over 500,000 Americans will have their constipated gallbladders carved out of their bellies this year!**
- ▶ **Viral Hepatitis (liver inflammation) has reached epidemic proportions.**

Detoxification and Cleansing

- ▶ **Even the Food and Drug Administration has warned that there are over 50 different known poisons and toxic substances just in the average American's grocery cart. These chemicals combined cause hundreds of different diseases and eventually kill you.**



Diseases of the Liver and Gallbladder

WHY DO A 5-DAY DETOX?

I created my 5-Day Detoxification and Cleansing Programs as an entry level cleanse for all of my patients.

As discussed on the previous pages, after my patients started taking their SuperFood Plus on a regular basis and then did my 5-Day BOWEL Detox Program, and their bowel was working normally, it was

then time to do their first detoxification and cleansing program. If you are ill, you can start either of my 5 Day programs IMMEDIATELY! You don't have to do the Bowel Detox Program first, just add the Intestinal Formula #1 to your detox.

These programs are easy cleanses that anyone can do. Come on friends; don't take these programs (*or life, for that matter*) too seriously. Just do it; jump right in! Next Monday sounds like a good time to start to me, and if it's already Tuesday, how about a 4-Day Cleanse?

LOOK, any of you out there who think that this might be a little inconvenient or cramp your busy lifestyle, well, all I can tell you is that once people end up in the hospital, under the knife, they wish they would have done it 20 times. But more importantly, everyone should experience a few days of a juice flush and a few days on raw foods. For my patients, this program turned their health and their life around.

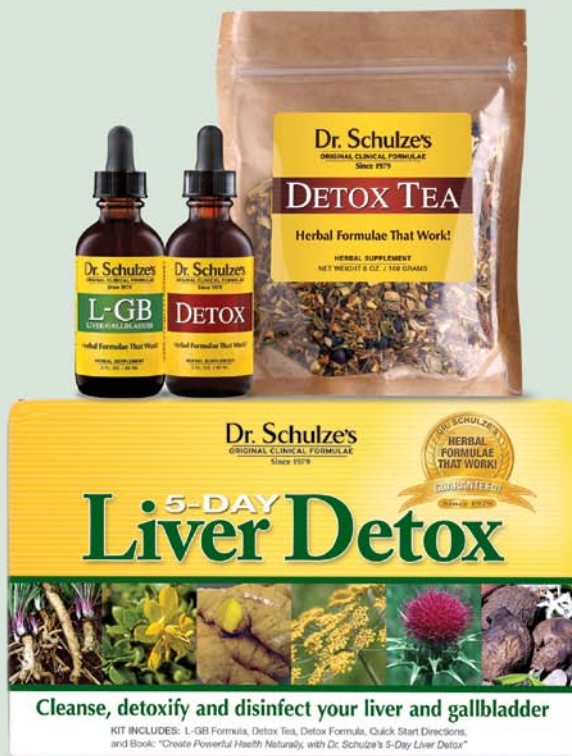
I give you my guarantee that you will feel physically better, more alive and more

energetic after five days on one of these programs. You will feel better about yourself and your life too! And a few of those aches, pains and disease symptoms you had... WILL BE GONE!

The following pages outline in detail my entire **5-Day LIVER Detox Program**. Then, on page 146, I outline in detail my entire **5-Day KIDNEY Detox Program**.

My patients that did one of my 5-Day Detox Programs every season, four times a year, NEVER got sick!

Dr. Schulze's 5-Day LIVER DETOX Program



The strongest, most effective cleansing program for the liver and gallbladder available anywhere

- ✓ **PROTECTS** and coats your liver cells and helps to eliminate harmful, dangerous contaminants
- ✓ **FLUSHES**, dissolves and removes hardened sediments from the liver and gallbladder
- ✓ **CLEANS** your blood of unhealthy accumulated deposits
- ✓ **TRIPLES** your energy and helps create powerful health

WHAT IS IT?

I designed my 5-Day Detoxification and Cleansing Programs to be done during the week, at work, during your regular weekly routine. Look, nobody wants to do a cleanse or detox on the weekend, and usually if you are silly enough to plan it that way, the phone rings, friends or relatives call, and the next thing you know, you've blown it. Eating is a big part of weekend fun, friends and parties. During the week you are very busy at work. You can do this program at work and you will hardly even notice that you've done it. **TIME WILL FLY BY.** You might even set an example for a few of your coworkers, who would be nicer people with their livers and gallbladders cleaned out too.

WHY YOU NEED IT:

“Most ALL health problems including serious and life-threatening ones, develop months, even years, after your liver failed to keep your blood clean.”

The main cause of liver and gallbladder disease is an overworked liver that is overloaded with toxins and poisons from our food, water and air and also from taking drugs, drinking alcohol and eating too much animal protein. All of these cause the liver and gallbladder to be overloaded and subsequently congest and get constipated. This is the cause of almost all liver and gallbladder problems and also the cause of many seemingly unrelated and more serious health issues, and these are the things that you need to STOP.

The Liver and Gallbladder Flush Drink and Herbal Formulae stimulate the liver to produce more bile and get the bile moving through the gallbladder and ducts. This action unblocks and unconstipates the liver and gallbladder and even dissolves and removes hardened sediments. This is what will cleanse your liver and gallbladder and what you need to START.

Remember, my **5-Day LIVER Detox** is not only safe and easy, but also extremely effective. The reason I know

Detoxification and Cleansing

that this program works and is extremely effective is because I used it for over 20 years in my clinic with thousands of people. People who were up for liver transplants and gallbladder removals, but cleaned their liver and gallbladder out with this five-day program instead.

I don't care who you are, and I don't care how healthy you think you might be. I don't care if you live in Tahiti, eat only organic fruit, drink only distilled water and exercise eight hours a day. If you are a human being who eats, drinks and breathes, and if you live anywhere on this planet, your liver has been attacked, damaged and is maybe even sick. Your only defense is a strong offense, in other words, a strong and healthy liver. And the best way to maintain a strong and healthy liver is to cleanse it regularly.

HOW TO START YOUR LIVER AND GALLBLADDER DETOX

- STEP 1:** Upon arising, drink 8 oz. of distilled or purified water.
- STEP 2:** Prepare and drink the Liver/Gallbladder Flush Drink. (see recipe on page 139)
- STEP 3:** 15 to 20 minutes after drinking your Liver/Gallbladder Flush Drink, drink two cups of Detox Tea (see directions on page 143). Put two droppersful of L-GB Formula in each cup of tea (consuming a total of four droppersful) or have the tonic separately in one ounce of water. (NOTE: The Liver Flush stimulates your liver and gallbladder to empty its contents. Then, the Detox Tea flushes all of this waste out of your stomach and duodenum to be eliminated from your body.)
- STEP 4:** Finally, take three droppersful of Detox Formula. This formula

is very strong-tasting, so add in a little grape juice.

STEP 5: One hour later, drink your SuperFood Morning Nutritional Drink.

STEP 6: Repeat the same dosage of the Detox Tea and L-GB Formula two more times during the day, consuming a total of six cups of Detox Tea and 12 droppersful of the L-GB Formula each day.

STEP 7: Repeat the same dosage of Detox Formula four times more during the day, consuming a total of three droppersful five times each day.

STEP 8: Continue with the Food and Juice Program.

THE FOOD AND JUICE PROGRAM

This program is two days of a purifying raw food program and a three-day juice flush.

DAYS 1 & 5 (RAW FOOD)

Breakfast: If you're hungry before lunchtime, you may have fruit, diluted fruit juice and fruit smoothies. Stop all

fruit and juice at least one hour before lunch. While on this program, try not to mix fruit and vegetables.

Lunch: For lunch, you can have fresh, raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth (see page 154) and herbal teas. If you like, you may use dressings for your salads, using olive oil, avocado, raw apple cider vinegar, lemon juice, garlic, onions and any herbs and spices.

Afternoon Snacks: Snacks can include raw vegetables, raw vegetable salads, diluted vegetable juices, sprouts, potassium broth and herbal teas. All vegetable foods and juices must be stopped by 6:00 p.m.

Dinner: Choices include diluted fruit juices, smoothies, fruit salads, water and herbal teas.

On Day #5, you will be breaking your fast, which is a very important part of the program. Your food program will be the same as Day #1. Chew your food slowly and mix each mouthful with plenty of saliva; make sure to chew everything to a liquid pulp. Eat

Detoxification and Cleansing

until you are satisfied, not full. You can always eat more later if you're still hungry.

DAYS 2, 3 & 4 (JUICE FLUSH)

Now we begin the three-day fast. Consume at least one gallon (128 ounces) of liquid per day. That's eight 16-ounce servings per day. If you get hungry, drink more liquid!

Morning: Start with water, your Liver/Gallbladder Flush Drink, herbal teas/tonics and your morning SuperFood Plus drink.

Midmorning: Sip on diluted fruit juices, herbal tea, and water until noon.

Afternoon: Enjoy diluted vegetable juices, potassium broth (see page 154), herbal teas and water until evening.

Evening: End your day with diluted fruit juice, herbal tea and water.

THE LIVER/GALLBLADDER FLUSH DRINK AND WHAT IT DOES

The main cause of liver and gall bladder disease is an overworked

liver that is overloaded with toxins and poisons from our food, water and air and also from taking drugs, drinking alcohol and eating too much animal food. All of these cause the liver and gall bladder to be overloaded and subsequently congested, causing you to get sick. **This is the cause of almost all liver and gallbladder disease and also the cause of many seemingly unrelated diseases, even cancer, and these are the things that you need to STOP.**

The liver and gallbladder flush drink and herbal formulae stimulate the liver to produce more bile and get the bile moving through the gallbladder and ducts. This action unblocks and unconstipates the liver and, gallbladder and even dissolves and removes gall stones. **This is what will clean, detoxify and heal your liver and gallbladder and what you need to START.**

Liver/Gallbladder Flush Drink

- **8 oz. fresh-squeezed, organic fruit juice**

Note: In spring or summer, use orange or citrus juice. In fall or winter, use apple or grape, or a combination of apple and grape juice.

- **1 to 5 cloves of garlic**

Note: On day one, use one clove. Each day, increase the amount by one clove, until by day five, you're at five cloves. Don't chop the garlic; put it in whole.

- **1 inch fresh ginger root**

Note: Do not peel it; the blender will liquefy it.

- **1 to 5 tablespoons of cold-pressed, extra virgin olive oil**

Note: On day one, take one tablespoon. Each day, increase the amount by one tablespoon, until by day five, you're at five tablespoons.

- **8 oz. distilled, filtered, or reverse-osmosis water**

Put these ingredients in a blender for one to two minutes, then drink it down. Don't sip it – just drink it down!



Liver Flush Shopping List

Take this shopping list to the store with you, purchase these ingredients and you will be set up to do my entire 5-Day LIVER Detox Program!

15–20 Organic juice Oranges

(It is important to use organic when you're flushing because you don't want to put toxic, poisonous insecticides and pesticides into a drink that you are supposed to be cleaning your liver with, not poisoning it!)

5 Organic Lemons and 5 Organic Limes (or 5 Organic Apples and 50 Organic Grapes)

2 Bulbs of Organic Garlic

(One bulb should do it, but why not have some extra garlic around?)

5 Inches of Fresh, Organic Ginger Root

(Guys, come on—even if you have to spend two days going all over town to find organic, do your best so you are not putting poisons into your body.)

3 Gallons of Distilled, Reverse-Osmosis or Filtered Water

This will make enough for your Liver Flush Drink as well as the 2 ½ gallons you'll need for your Detoxification Tea.)

1 Bottle (24-oz.) of Organic, Extra-Virgin, Cold-Pressed Olive Oil

1 5-Day LIVER Detox Program Kit

THE PRODUCTS INCLUDED:

L-GB FORMULA



Botanical Ingredients

Milk Thistle Seed, Dandelion Root & Leaf, Oregon Grape Root, Genetian Root, Wormwood Leaf & Flower, Black Walnut Hulls, Ginger Rhizome, Garlic Bulb, Sweet Fennel Seed

This formula contains many powerful herbs that help keep your liver healthy, strong and doing its job. First, the Milk Thistle herb used in this formula contains many phytochemicals, three chief ones being silibinin, silydianin and silychristin. These three plant chemicals are often collectively referred to as silymarin. There are many

ways in which these plant chemicals protect and heal your liver, too many to list here. But two main ones are protection and regeneration. The phytochemicals in Milk Thistle actually strengthen the structure of the hepatocytes (liver cells) skin or membrane. Tougher cellular membranes can better defend against the penetration of toxins into the cell.

These protective chemicals also stimulate the action of the nucleolar polymerase-A, resulting in an increase in ribosomal protein synthesis and thus stimulating cellular regeneration in the liver. These chemicals are so powerful they can even protect you from some of the most lethal poisons on the planet, like death cap mushrooms. Simply put, ingesting Milk Thistle is like painting a protective coating around your healthy liver cells.

Black Walnut Hulls, Wormwood and Garlic possess strong cleansing properties to remove intestinal invaders. Beef, chicken, and fish all have real amounts

Detoxification and Cleansing

of harmful materials, which meat eaters ingest into their bodies every day. Using this formula, I have had hundreds of patients who expelled toilet bowls full of infested fecal matter.

DETOX TEA



Botanical Ingredients:

Roasted Dandelion Root, Burdock Root, Pau D'Arco Inner Bark, Cinnamon Bark, Cardamom Seed, Licorice Root, Fennel Seed, Juniper Berries, Ginger Root, Clove Buds, Black Peppercorns, Uva Ursi Leaves, Horsetail Herb, Orange Peel, Parsley Root

The Detox Tea has numerous health benefits. It is literally an all-purpose herbal tonic. It is a powerful stimulant, especially to the stomach, liver and digestive side of the pancreas.

It also cleanses the skin and detoxifies the blood, liver and gallbladder and is the perfect tea to use after the Liver Flush Drink. It stimulates your liver to produce more bile and then flushes away the bile and fats that congest your liver and gallbladder. This tea is an excellent coffee replacement. It tastes good and has no caffeine.

Ginger Root, Cardamom Seed, Fennel Seed, Cinnamon Bark, Black Peppercorn and Clove Bud are famous classic digestive herbs, part of Chinese, Indian, European and American traditional herbal medicine for centuries. They are specifics for gas, cramps, bloating, indigestion, and stomach discomfort. They contain essential oils, which stimulate ALL aspects of digestion from saliva excretion and digestive juice stimulation to even stimulation of the villi of the small intestine for better assimilation. Cardamom Seed, roasted Dandelion Root, Burdock Root and Orange Peel all stimulate the liver to excrete more bile. Dandelion, Burdock, Horsetail Herb and Parsley Root are diuretics. While Cardamom has essential

oils that cause this hepatic action, the three latter herbs all contain bitter hepatic stimulating phytochemicals. Dandelion and Burdock also stimulate the kidneys to excrete more urine, as do Horsetail Herb and Parsley Root. Juniper Berry and Uva Ursi Leaf are also urinary tract disinfectants. They make you urinate more and help maintain a healthy urinary tract. Pau d'Arco Inner Bark is an immune stimulant and Licorice Root is soothing and healing to the digestive tract.

How to make this tea:

Put six rounded tablespoons of Detox Tea into 60 ounces of distilled water. Be sure to use only stainless steel or glass cookware. Let the tea sit in the water overnight. In the morning heat up to a boil, reduce heat and let simmer for 15 minutes (Detox Tea). Strain the herbs, do not discard them, let the tea cool a bit, but use it hot. This will give you enough tea for your six cups for the day. Put the used herbs back into the pot, add three tablespoons of fresh herbs and 60 ounces of distilled water. Let sit overnight and repeat

whole process. Keep adding new herbs to old ones for three days, then discard all herbs and start over.

DETOX FORMULA



Botanical Ingredients:

Red Clover Blossoms, Mojave Chaparral Herb & Resin, Oregon Grape Root, Burdock Root & Seed, Yellow Dock Root, Goldenseal Root, Garlic Juice, Lobelia Seeds, Cayenne and a politically incorrect herbal base

This formula is based on the famous Hoxey Formula and Dr. Christopher's Red Clover combination (both herbalists were arrested on numerous occasions for these formulations) as well as many similar powerful alternative (blood-cleansing) formulae from around the world. These herbs are used in herbal medical clinics worldwide for scrubbing the accumulated toxins and

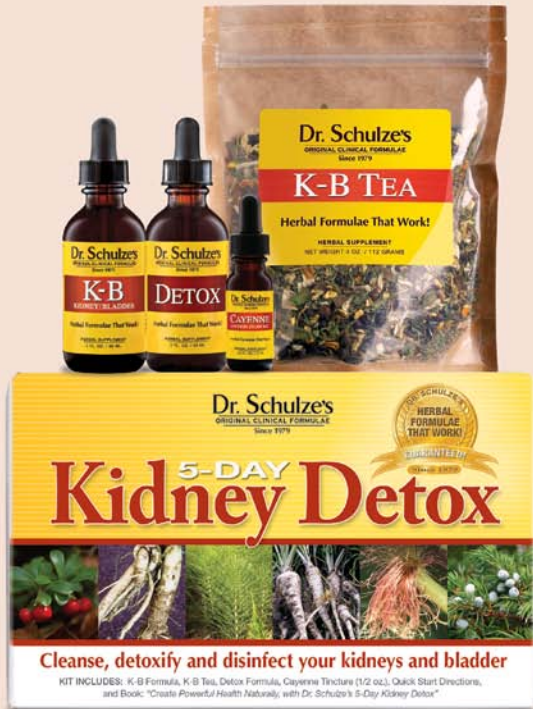
Detoxification and Cleansing

poisons out of the body's blood, fat, and cells and are also heralded for their efficacy.

The following is common knowledge from highly respected and accepted medical text. According to pharmacology manuals, Chaparral contains Nordihydroguaiaretic acid. According to the Merck Index, one of the most respected medical chemical books in the world, this acid from Chaparral is listed as a powerful antioxidant with a Therapeutic Category as an anti-neoplastic. According to Taber's Cyclopedic Medical Dictionary, an anti-neoplastic is, **“an agent that prevents the development, growth and proliferation of malignant cells.”**



Dr. Schulze's 5-Day **KIDNEY DETOX** Program



The strongest, most effective cleansing program for the kidneys and bladder available anywhere

- ✓ **STOPS** kidney and bladder problems in their tracks
- ✓ **FLUSHES** and **REMOVES** toxins and waste from your kidneys and bladder
- ✓ **KEEPS** blood healthy and clean and helps to maintain normal blood sugar
- ✓ **HELPS** your body to naturally regulate blood pressure and promotes the production of red blood cells
- ✓ **So SIMPLE** and **EASY** to do in just five days

WHAT IS IT?

I designed my 5-Day Detoxification and Cleansing Programs to be done during the week, at work, during your regular weekly routine. Look, nobody wants to do a cleanse or detox on the weekend, and usually if you are silly enough to plan it that way, the phone rings, friends or relatives call, and the next thing you know, you've blown it. Eating is a big part of weekend fun, friends and parties. During the week you are very busy at work. You can do this program at work and you will hardly even notice that you've done it. **TIME WILL FLY BY.** You might even set an example for a few of your coworkers, who would be nicer with their kidneys and bladders cleaned out too.

WHY YOU NEED IT:

Have you ever had any of the following SYMPTOMS or AILMENTS?

Kidney stones, incontinence, bladder infections, high blood pressure, hypoglycemia, anemia, diabetes, frequent headaches, fatigue, drowsiness, low energy,

unintentional weight gain or weight loss, chronic edema, bloating, water retention, swelling of the eyes, ankles or feet, burning or difficulty urinating, frequent urination at night, dark or tea-colored urine, blood in your urine, increased bruising and bleeding, gout, frequent nausea, muscle twitching and cramps, fainting and shortness of breath.

Kidney impairment and dysfunction can be the cause behind an endless list of symptoms and ailments. Keeping your kidneys and bladder healthy helps EVERY organ in your body to work better. From getting more vitamins and oxygen to your brain to faster immune response by maintaining healthy sugar levels in the blood, keeping your kidneys healthy and strong is **MANDATORY** (not optional), if you want to live longer and create powerful health.

If you want to stay healthy, keeping your kidneys in good working condition is essential. Every organ in your body **DEPENDS** on your kidneys staying healthy and strong. In fact, every cell in your body needs nutrition **IN** and needs waste eliminated **OUT**, and

Detoxification and Cleansing

they need your **KIDNEYS** to do this! Clogged and sluggish kidneys impact every system of the body, because your kidneys are such a key part of getting essential vitamins and oxygen to your cells and getting waste and toxins out.

In my clinic, this program worked 100% of the time. Whether it was a person's first or 100th kidney complaint, it always worked!

HOW TO START YOUR KIDNEY AND BLADDER DETOX

- STEP 1:** Upon arising, drink 8 oz. of distilled or purified water.
- STEP 2:** Prepare and drink the Kidney/Bladder Flush Drink. (see recipe on page 151.)
- STEP 3:** 15–20 minutes after drinking your Kidney/Bladder Flush Drink, drink two cups of K/B Tea (see directions on page 153). Put two droppersful of K-B Formula in each cup of tea (consuming a total of

four droppersful) or have the tonic separately in one ounce of water.

- STEP 4:** Finally, take three droppersful of Detox Formula. This formula is very strong-tasting, so put in a little grape juice.
- STEP 5:** One hour later, drink your SuperFood Morning Nutritional Drink.
- STEP 6:** Repeat the same dosage of the K-B Tea and K-B Formula two more times during the day, consuming a total of six cups of Detox Tea and 12 droppersful of the K-B Formula each day.
- STEP 7:** Repeat the same dosage of Detox Formula four times more during the day, consuming a total of three droppersful five times each day.
- STEP 8:** Continue with the Food and Juice Program.

THE FOOD AND JUICE PROGRAM

This program is two days of a purifying raw food program and a three-day juice flush.

DAYS 1 & 5 (RAW FOOD)

Breakfast: If you're hungry before lunchtime, you may have fruit, diluted fruit juice and fruit smoothies. Stop all fruit and juice at least one hour before lunch. While on this program, try not to mix fruit and vegetables.

Lunch: For lunch, you can have fresh, raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth (see page 154) and herbal teas. If you like, you may use dressings for your salads, using olive oil, avocado, raw apple cider vinegar, lemon juice, garlic, onions and any herbs and spices.

Afternoon Snacks: Snacks can include raw vegetables, raw vegetable salads, diluted vegetable juices, sprouts, potassium broth and herbal teas. All vegetable foods and juices must be stopped by 6:00 p.m.

Dinner: Choices include diluted fruit juices, smoothies, fruit salads, water and herbal teas.

On Day #5, you will be breaking your fast, which is a very important part of the program. Your food program will be the same as Day #1. Chew your food slowly and mix each mouthful with plenty of saliva; make sure to chew

everything to a liquid pulp. Eat until you are satisfied, not full. You can always eat more later if you're still hungry.

DAYS 2, 3 & 4 (JUICE FLUSH)

Now we begin the three-day fast. Consume at least one gallon (128 ounces) of liquid per day. That's eight 16-ounce servings per day. If you get hungry, drink more liquid!

Morning: Start with water, your Liver/Gallbladder Flush Drink, herbal teas/tonics and your morning SuperFood Plus drink.

MidMorning: Sip on diluted fruit juices, herbal tea, and water until noon.

Afternoon: Enjoy diluted vegetable juices, potassium broth (see page 154), herbal tea, and water until evening.

Evenings: End your day with diluted fruit juice, herbal tea and water in the evening.

THE KIDNEY FLUSH DRINK AND WHAT IT DOES

The Kidney/Bladder Flush Drink and herbal formulae have

Detoxification and Cleansing

many healing benefits for your urinary system.

First, just by consuming all the liquid you are literally flushing the kidneys out. Just by urinating more you can remove infections and stones in the kidneys and bladder. This is very important, especially first thing in the morning, since your kidneys have been sleeping and dormant all night long. In the morning you most likely have a higher bacteria count and higher level of sediment in your kidneys than at any other time.

The citrus juices in the Kidney Flush Drink not only supply you with needed electrolytes, but will alkalize your blood, which is proven to dissolve uric acid crystals and even kidney stones. They also help to flush out mucous and are diuretic, making you urinate more.

The citrus juices contain citric acid. Apple cider vinegar contains acetic acid and can be used as a replacement if you cannot get good quality fresh citrus fruit. The apple cider vinegar must be raw, organic and unfiltered, like Bragg's or Spectrum. It will have the same action.

The herbs in my K-B Formula and my K-B Tea have three major actions: Diuretic, Disinfectant and Dissolving. Herbs such as Uva Ursi Leaves, Juniper Berries, Corn Silk, Horsetail Herb, Parsley Leaf and Root, Carrot Tops, and others in the formula have been used for centuries as Diuretics (herbs that make you urinate more). Even today, most of these herbs are listed in medical and chemistry books for this action. Some of these herbs, like Juniper Berries and Uva Ursi Leaves, contain phytochemicals like volatile oils that are also powerfully disinfectant and destroy bacteria that live in your kidneys and bladder and therefore are healing for kidney and bladder infections. Herbs like Hydrangea Root and Gravel Root are famous for their ability to dissolve kidney stones. So the Kidney/Bladder Flush Drink, K-B Formula and K-B Tea make you urinate more, disinfect the kidneys and bladder and dissolve and flush out any sediment before it turns into rocks. And if you already have rocks, it starts breaking them down and dissolving them.

Kidney/Bladder Flush Drink

**Mix the following
in a blender:**

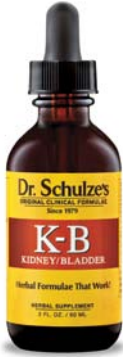
- **Juice of 1 lemon
and 1 lime.**
- **16–32 oz.
of distilled or
purified water**
- **A pinch of Cayenne
Powder or 5–20
drops of Cayenne
Tincture**
- **Optional: a small
amount of maple
syrup to taste**

Consume this drink.



THE PRODUCTS INCLUDED:

K-B FORMULA



Botanical Ingredients:

Uva Ursi Leaf, Juniper Berries, Corn Silk, Horsetail Herb, Burdock Root & Seed, Parsley Leaf & Root, Pipsissewa Leaf, Goldenrod Flower Tops

The herbs in this formula have been shown to have three useful actions to promote urinary tract health: healthy urine flow, cleansing and disinfecting and dissolving calcium deposits. Herbs such as Uva Ursi Leaves, Juniper Berry, Corn Silk, Horsetail Herb, Parsley Leaf and Root and others in the formula have been used for centuries as diuretics (stimulates kidneys

to excrete urine, which produces a natural disinfectant action in the kidneys and bladder). Some of these herbs, like Juniper Berry and Uva Ursi Leaf, are also powerful cleansers for your kidneys and bladder and are disinfectants that destroy bacteria in your kidneys and bladder.

Uva Ursi Leaf also contains powerful phytochemicals such as volatile oils, arbutin, quercetin, and mallic and gallic acids. Arbutin supports a healthy and clean urinary tract. Quercetin protects the trillions of capillaries in the delicate kidney filtering system. Mallic and gallic acids, the same as found in apples and apple cider vinegar, have long been used for kidney and bladder health. Juniper Berry, Corn Silk, Horsetail Herb, Burdock Root and Parsley Root all contain phytochemicals that are diuretic to the urinary system, helping to create a clean and healthy environment within the urinary tract.

K-B TEA



Botanical Ingredients:

Juniper Berries, Corn Silk, Uva Ursi Leaves, Parsley Root and Leaf, Carrot Tops, Dandelion Leaf, Horsetail Herb, Goldenrod Flower Tops, Hydrangea Root, Gravel Root, Marshmallow Root, Orange Peel, Peppermint Leaf

A mild tasting but powerfully effective tea—it is both diuretic and antiseptic to the entire urinary tract, but it also soothes the urinary tract. The herbs in this formula have the identical action as the K-B Formula with the addition of Hydrangea Root and Gravel Root, which are specifics for dissolving excess minerals and stones in the urinary system.

How to make this tea:

Put six tablespoons of this tea into 60 oz. of distilled water. Be

sure to use only stainless steel or glass cookware. Let the tea sit in the water overnight. In the morning, heat it to a boil, reduce heat, and let simmer for one minute. Strain the herbs; do not discard them. Let the tea cool a bit, but use it hot. This will give you enough tea to drink two cups three times during the day. If you are planning to drink the tea for more than one day, put the used herbs back into the pot, adding three tablespoons of fresh herbs and 60 ounces of distilled water. Let sit overnight and repeat the whole process. Keep adding new herbs to the old ones for three days; then discard all herbs and start over.

DETOX FORMULA



Botanical Ingredients:

Red Clover Blossoms, Mojave Chaparral Herb & Resin, Oregon Grape Root, Burdock Root & Seed,

Detoxification and Cleansing

Yellow Dock Root, Goldenseal Root, Garlic Juice, Lobelia Seeds, Cayenne, and a politically incorrect herbal base

This formula is based on the famous Hoxey Formula and Dr. Christopher's Red Clover combination (both herbalists were arrested on numerous occasions for these formulations) as well as many similar powerful alternative (blood-cleansing) formulae from around the world. These herbs are used in herbal medical clinics worldwide for scrubbing the accumulated toxins and poisons out of the body's blood, fat, and cells and are also heralded for their efficacy.

The following is common knowledge from highly respected and accepted medical text. According to pharmacology manuals, Chaparral contains Nordihydroguaiaretic acid. According to the Merck Index, one of the most respected medical chemical books in the world, this acid from Chaparral is listed as a powerful antioxidant with a Therapeutic Category as an anti-neoplastic. According to Taber's Cyclopedic Medical Dictionary, an anti-neoplastic is, **“an agent that prevents the development, growth and proliferation of malignant cells.”**

Potassium Broth Recipe

This is a great-tasting addition to any 5-Day Detox program. It will flush your system of toxins, acid and mucous while giving you concentrated amounts of minerals.

- Fill a large pot with:
 - 25% Potato Peels
 - 25% Chopped Whole Beets and Carrots
 - 25% White Onions and Garlic
 - 25% Dark Greens

(Note: Purchase Beets with the stems attached and use the stems for your dark greens.)

- Add hot peppers to taste. Add enough distilled water to just cover vegetables and simmer on very low temperature for 1–4 hours. Strain and drink only the broth. Make enough for two days, and refrigerate the leftover broth. Use only organic vegetables! We do not want to consume any toxic, immune suppressive insecticides, pesticides or inorganic chemical fertilizers while we are on a detoxification program.

My broth will flush you out and build you up. Start it now!





“Everyone dies,
but not everyone
really LIVES.”

— *Dr. Richard Schulze*

STEP 7

BREATHE DEEPER

Breathe deeper to get more air into your lungs and to exhale more waste gas.

WHY SHOULD I?

Oxygen is the number one primary nutrient to every cell in your body. Deep breathing is a powerful food for the body and also a powerful cleansing and detoxification aid.

FACTS

- ▶ You can go months without solid food. I have personally done that on extreme cleansing routines like my Incurables Program. I have had many patients who have gone half a year without any solid food and one patient who went an entire year.
 - ▶ You can even go days without liquid, which is sometimes called a dry fast, and survive just fine.
- But you can only go a few minutes without breathing or you DIE!
- ▶ This simple fact proves that oxygen is the most primary nutrient for the human body. More than any food, vitamin or mineral, more than any liquid. Without it, you are dead in just a matter of a few minutes.
 - ▶ The American Lung Association states that smoking-related diseases claim an estimated 430,700 American lives each year. Smoking costs the United States over \$100 billion each year in health-care costs and lost productivity. It is directly responsible for close to 90% of lung cancer cases and causes most cases of emphysema and chronic bronchitis.

- ▶ Even if you don't smoke, working next to or living with a smoker can kill you. There are an estimated 38,000 deaths due to second-hand smoke each year.

HOW TO DO IT?

IF YOU SMOKE TOBACCO, STOP HERE!

If you smoke put this book down and get yourself help. This is not some anti-smoking prejudice. I don't care if people smoke but one thing I know for sure is that you can't smoke and get healthy or be healthy, PERIOD.

So I don't care how you do it—just do it. Go to quit smoking groups; therapy; use the patch; use Lobelia; get shocked with cattle prods; take drugs that make you puke if you smoke; get hypnosis or tie your damn hands behind your back. Whatever it takes, I really don't care, just stop smoking, because you cannot be well and smoke. It's impossible.

As I stated earlier, the most primary nutrient of your body is oxygen. You can go months

without food, days without liquid or drinking water, but you can only go minutes—seconds—without air and oxygen. And then you die. Your brain dies. You're dead.

The act of smoking is the act of willfully and knowingly destroying the only organ in your body that digests and assimilates oxygen. It's not like if your lungs fail that your ears will start breathing for you. So by smoking, you are clogging up the pores on the surface of your lungs with tar and slowly smothering yourself, slowly killing yourself. It is absolute unadulterated suicide and you cannot be well. *So if you still smoke, close this book now. You can't be well and smoke, so close the book.* When you stop, I'll be here waiting for you.

I never ever worked on a patient who smoked, ever. I threw every one of them out on their ass on their first visit to my clinic. They're not bad people. I even smoked as a kid and teenager for years, two to three packs a day. So I am not some virgin sex counselor preaching about what I haven't personally experienced. And believe me,

I know how addictive tobacco is, but I am also not Jesus, and I can't perform some miracle to let you smoke and still be well. You cannot smoke and be well so you must quit smoking first and then come back to the book. And I will welcome you back with fanfare.

BEGIN ROUTINE DEEP BREATHING

This is really simple and fun. Just pick a time, anytime, from when you wake up and are still in bed to when you are back in bed ready for sleep, or anytime in between. Obviously, it is best to open the windows if you do this inside the house so you can get the freshest and cleanest air possible. Getting outside and even walking slowly while doing this is optimum. Morning time in the country and even in big cities tends to be the cleanest air time. If you happen to be on the 30th floor of some building that has sealed windows and conditioned air, well, if possible get HEPA air filters, ionizers, ozone generators, dust masks, a gas mask, whatever, and clean up the air as best as possible. In most cases, deep breathing of poor quality air is still better than breathing it shallowly.

Now this isn't rocket science. Just start slow, rhythmic, deep breathing to drive air deeper into your lungs. Most people only use about the top third of their lungs and are what I refer to as shallow breathers. So open up, stick out your chest and take some slow deep breaths. Hold them for a second and then do a complete, more forceful than usual exhale.

The absolute best way to do this is to inhale through your nose and then exhale through your mouth. Most people breathe this way naturally. I don't want you to become self-conscious or paranoid about your breathing, but this is the proper and best way to breathe. Mouth breathers (meaning people who always inhale through their mouth) are absolutely not as healthy as nose breathers.

I told you about oxygen being the most important nutrient for your body, and that deep breathing was the best way to take in more oxygen. Deep breathing is also the best way to get more of your blood's waste gas (carbon dioxide) out of your body. If too much

Breathe Deeper

of this poisonous gas backs up and then builds up in your blood, it will make you sick, cause disease and eventually kill you. So deep breathing is not only the best way to let the good in, but to get the bad out.

If you really want to get into it more, you can go to a hatha yoga studio and tell them you are interested in *pranayama*—or the yogic science of breathing. Most yoga studios teach some sort of breath work. Some styles of yoga, like Sri Swami Satchidinandas Integral Yoga, have it developed to such a science, like their three-part breath, that just the act of breathing is a powerful healing therapy. It is also an integral part of many traditional martial arts from Chi Gung to karate's Sanchin breathing *katas*. Almost all traditional martial arts utilize some type of deep breathing to light the fire in the *hara* and build up internal energy called *chi* (Chinese), *ki* (Japanese), or *prana* (Indian), all often translated as "Life Force."

Often, when I would tell my patients to pay attention to their breath and maybe seek lessons

on breathing, they would first look at me like I was some sort of quack. But after their first lesson, they thanked me.

But whether you decide to become an oxygen junky or you just pick 10 minutes a day to do your deep breathing, as Nike says, "Just do it."

BEYOND BREATHING

Like all of my other 20 tips, once you begin to let yourself play with them and are not being too serious, magic will start to happen.

Try breathing in through your nose and out through your mouth as I suggested above. But when you exhale, make an audible sigh or groan. Let the sound be determined as a reflection of you letting go of all of your physical, emotional or spiritual stress. At first it may sound a bit contrived. Initially, you might have to force yourself to pretend a bit. Some of us have had many more years of practice in the art of **NOT** expressing ourselves than others, but give it a go. Once you get the hang of it you will forget about this book, forget your

embarrassment, forget your breathing and moaning, and the next thing you may hear is the police knocking on your door thinking that someone is dying inside your house. You can tell them it's just the opposite.

BEYOND BEYOND BREATHING

There are even advanced therapies that take breathing far beyond just getting a more complete breath and exhale. Rebirthing, which can now be referred to by many different names, is a therapy of deep, continual, rhythmic breathing which can send you into a deep state of self-awareness, even emotional catharsis and physical tetany. I used this therapy often in my clinic under certain circumstances. I found it to be very beneficial to my patients. One reason was to just physically supercharge them with oxygen and chi, and to move energy within their body. Sometimes I used it to break them through blocked or stuck physical energy or crystallized emotional or spiritual issues. With the right therapist, it can be a great healing tool. I am not

suggesting that you need to go out and do it, nor am I suggesting that you don't. I did feel it appropriate to tell you about it here.

So take a deep breath...
and another one... and
another one...

“All disease is caused by some type of **BLOCKAGE**. Whether it’s blood, lymphatic, nerve, nutritional, elimination, emotional, spiritual, whatever, **FREE** the blockage and the healing begins immediately.”

— *Dr. Richard Schulze*



STEP 8

STRETCHING, WALKING, MOVING

You must move your body every day. Do whatever you can, but push yourself. Increase the amount every day. You should breathe hard and work up a sweat. One hour each day is to be your eventual goal.

WHY SHOULD I?

You've heard it before: If you rest, you rust.

But moving your body is not just exercise to be fit. Every function in your body depends upon your moving—everything: your blood circulation, lymphatic circulation, nerve function, digestion, assimilation, elimination, your emotions, your brain—everything.

FACTS

- ▶ 60 MILLION are medically considered OBESE! That's over 30.5% of all adults.
 - ▶ Women who engage in 'brisk' walking for one hour a day have a:
 - 20% less chance of breast cancer
 - 30% less chance of heart disease
 - 50% less chance of diabetes
 - ▶ A study at the CDC, Center for Disease Control, estimated there are 88 million inactive Americans over the age of 15. If they would start moderate regular physical activity, it would reduce annual medical costs by \$76.6 BILLION.
- ▶ Over 50% of deaths due to chronic disease are caused by a sedentary lifestyle.
 - ▶ Over 127 MILLION American adults (64.5%) are either obese or overweight.

HOW TO DO IT?

I want you to move every day for one hour, and I want you to sweat, bend and stretch. Yeah, walking, running, bending, stretching, dancing, sex—whatever. Just do it for an hour every day.

STRETCHING

I have converted a room of my house into an exercise and movement room. But before we even get there, I want to tell you about my bedroom. It is a jungle of STRETCHING TOYS. First off, I have one of those big inflatable stretching balls. It's at least 24" and is brightly tie-dyed. It looks absolutely ridiculous in the middle of my bedroom. I can't hide it anywhere and it looks like a gigantic kid's ball. It makes me laugh when I see it and almost cry when I lie on it. It is an incredible, inexpensive and great stretching aid to open up the chest, stretch the spine and make the body supple.

Inversion is a wonderful way to temporarily give your body a break from gravity. It does you

such good to take the pressure off of everything from your spinal discs to your transverse colon. It is also a great way to get more blood up into your head and brain. I have used gravity boots for years to invert myself but I recently traded them in for a backswing type of device. Standing up, you strap yourself onto a cot or soft body board and lean back. You can become completely inverted without as much stress on your ankles. Sure, you can also use a slant board or put books under your bed posts. There are a lot of ways to get slanted and upside down, so just do it.

What you are starting to hear from me is that I like toys. Wait a minute, what I am saying is... I LOVE TOYS!

TOYS YIPPEE!!

I am a fan of toys, all kinds of toys. In case you forgot...

TOYS ARE FUN!

I have found with myself, and all of my patients, that if you are trying to start a new program, then buying some related toys

will increase your chances of success **1,000 times**. Don't make any new health program boring and torturous or you will end up quitting it faster than you started it. I quit things **immediately** if I am not having fun. Toys make everything much more fun and interesting. So if you are a lazy-ass like most of us, then buying some exercise-related toys will spark and keep your interest.

Don't be cheap with yourself, especially when you are creating this new healthy life. You are saving about \$2,000 a day for every day that you keep yourself out of the hospital. Now you are doing the best things for yourself that you have **NOT** done in years, maybe even your whole life, that will increase your health and life span, **so get out and buy some toys**.

You can spend the money now on fun things, or spend it later on coronary bypass surgery. It's your choice, but I chose the toys.

SUGGESTED TOYS

When doing fat-burning or cardiac strengthening exercise, one toy that can keep you

entertained is a heart/pulse monitor. There are various types of pulse monitors available for sale that can be very helpful at keeping you in your fat-burning range during any exercise. Some, like the Polar, have a band that connects around your chest along with a wristwatch. You set the heart rate that you want to achieve and maintain into the watch (it's easy) and then start moving. Whether you're running, marching, or swimming (underwater is OK), this watch will monitor your pulse rate. It will even beep if you go out of your preset fat-burning range to alert you and keep you steady, and it keeps track of how many minutes and seconds you have maintained your fat-burn heart rate.

As I said there are various manufacturers of these pulse monitor devices and I have found them all to be good. I am just used to the Polar brand because I have been using one for a few decades.

Get yourself a great pair of walking or running shoes. You know that most of these shoes break down and go flat after about six months

Stretching, Walking, Moving

so don't go out for your first walk in a five year old pair of broken down tennis shoes. Get some that have great spring in them and look cool. My personal favorite is Nike, but there are many brands and many opinions. One suggestion: Buy the pair that is just a little bit more outrageous-looking than you would normally go for, because with this new body you are going to have, you will want to draw a little more attention and show it off. So, take the leap now!

Get some workout clothes. I suggest getting them a little tighter, ones that show off your body more. This way, you won't bullshit yourself after your first day of exercise that one day made a big difference and was all that you needed. Don't hide your fat when you exercise; flaunt it. It helps to keep you motivated and **KEEP YOU GOING**.

If you exercise in private inside your home, wear as little clothing as necessary, nothing if possible. If you are fairly emotionally stable, seeing your fat jiggle and wobble while you exercise can be a great motivational tool.

Another thing that I like is a cool baseball cap, and don't forget to bend the brim so you don't look like a geek (unless you want to look like a rapper). Also, maybe wear a day pack or a fanny pack. The company Eagle Creek makes a lot of great fanny packs that are designed well and have lots of useful pockets. The company North Face makes what I think are the best day-type backpacks because they are contoured to fit your body better, have a waist belt, padded shoulder straps and lots of useful pockets.

If music or even my "GET WELL" CD turns you on and will keep you going, get an iPod and some lightweight sports earphones. Actually, they are more like ear plugs than headphones and the sports ones are yellow and won't short out as easily when you fill them with sweat or spill your bottled water on them. Skullcandy earphones are my favorite brand.

I could go on forever, but I think you get the point. **GET TOYS** to keep you motivated and having fun. They are worth 1,000 times their cost in

adding years to your life and keeping you out of the hospital.

OK, BACK TO STRETCHING...

One of the best stretching systems is hatha yoga. Contrary to what some believe, it is NOT a religion. It may have been incorporated into some, but in and of itself, it is not. It is a scientific system of stretching, inversion practices, deep breathing and many other things. All of the postures are designed to put pressure on certain organs like endocrine organs and various glands of the body. This promotes cleansing, detoxification and health building. It also increases your immune strength.

Being flexible not only ensures that you have a strong back, but flexible people live longer too. Start stretching today!

WALKING

Walking is so simple and at the same time, a powerful healing tool.

So I want you to walk more. I want you to walk where you would normally drive. If you take the bus to work, get off

a few blocks too soon or too late and walk. If you take an elevator, get off a few floors below your own and take the stairs up to your office. No matter how you do it, **WALK MORE.**

And while you're walking, remember Step 7 and breathe deeper. Get more air in and out of your lungs, which is going to get more oxygen into your bloodstream and in all the cells of your body. It's a great first step in getting healthy. And while you're out there walking, try some barefoot walking (see "Oh Yeah, Your Feet" on page 181). Go out into the grass, onto the beach or into the woods, take your shoes off and actually touch the earth of the planet on which you live. It will ground you. It will help you release built up electrical energy that's in your body. Remember, your entire nervous system is run on electrical energy. Your heart beats on electrical impulses and you build up static electricity. So take your shoes off and get in touch with the earth. **GET WALKING AND GET BREATHING**, it will change your life.

MOVING

FAT-BURNING VS. HEART STRENGTHENING

The facts at the beginning of this step should motivate everyone to burn off a little extra fat. The best movements for burning fat from your body are ones that keep your heart rate steadily above normal for a set period of time. This type of movement is most often called aerobic exercise, which means increasing the use of the heart and lungs, but is now used to refer to just about any exercise that keeps your pulse rate consistently and continuously above normal.

In other words, exercise is like playing the board game Monopoly; even though you may jump up and down occasionally for two to three hours, it is not STEADY enough. Other sports that fall into this category would be golf, tennis, baseball, football, even weightlifting, because they are sports that don't elevate heart rate consistently.

Sex can be rhythmic and steady and therefore aerobic, but

since the average time it lasts in America still hasn't pushed the three-minute envelope, this isn't LONG enough either.

What we need is a STEADY and LONG or CONTINUOUS movement that will keep your heart rate or pulse at a certain level for a certain amount of time.

HOW FAST FOR HOW LONG?

There are various ranges where you can keep your heart rate or pulse rate above normal, and some of these ranges are known to be best for all-around fitness. Other ranges are best for heart muscle toning, sometimes called the cardio ranges, and still other pulse ranges are most efficient for burning up fat. The most simple way to discover your best heart or pulse range for fat-burning is to take the number 220 and then subtract your age. Say you are 50 years old. Well, 220 minus 50 is 170. Now you take a percentage of this number. Most types of aerobic exercise keep the heart between 55% and 85% of this number. 55% is a good beginning range if you are out of shape but 65% is now

considered by most exercise gurus to be the best fat-burning range. 75% to 85% is considered to be the best cardiac-conditioning range, **BUT NOT THE BEST FAT-BURNING RATE.**

So 65% of this number, the lower end of the range, is considered to be the best **FAT-BURNING** pulse rate to maintain, so, using the following calculation, anyone can determine their best pulse rate to burn fat.

220 minus [age] times 65% = best FAT-BURN pulse rate

220 minus [age] times 75% to 85% = best HEART CONDITIONING pulse rate

It is necessary to keep fairly steady at this heart range for about 45 minutes to 1 hour.

HOW DO YOU KNOW IF YOU'RE IN THIS RANGE?

The easiest way is to just start moving, like walking fast, and after a few minutes, check your pulse. Don't try it with a few fingers on the inside of your wrist like a nurse does in a hospital. You may find it hard to locate and not easy when

you are walking. Once you get moving, huffing and puffing and a sweat breaks, just grab yourself around your neck like you are trying to strangle yourself with one hand, but not quite as hard. Don't worry about trying to place your thumb and fingers on your carotid artery, just grab your neck and if you are moving enough you will easily feel your pounding pulse.

Next, if you do this with your right hand, look at the watch on your left hand, and count how many pulses you feel in a certain amount of time. Determine how many pulses you count in 6, 10 or 15 seconds and then multiply them accordingly. You don't want to count for 30 seconds or a whole minute because this takes too long and will slow you down. You will, in turn, slow down your heart rate, which is exactly what you **DON'T** want to do.

Count your heartbeats in 6 seconds and multiply by 10. This equals your pulse rate.

Count your heartbeats in 10 seconds and multiply by 6. This equals your pulse rate.

Count your heartbeats in 15 seconds and multiply by 4. This equals your pulse rate.

Note: Generally speaking, if you can carry on a normal conversation and sound perfectly normal, you are not exercising aggressively enough. If you can hold a conversation but your voice stutters a bit and you gasp for air, interrupting your speech occasionally, then you are roughly in the right fat-burn range. If you can't hold a normal conversation and you are gasping and huffing and puffing so much that you can't talk, then you are probably out of and above your fat-burning range.

WHAT TYPE OF EXERCISE IS BEST TO DO AND FOR HOW LONG?

Basically, the best type of exercise is ANYTHING that you are willing to do that also keeps your heart rate steady in your best fat-burning range. The easiest and most available is walking. Yes, most of you, at least at first, should have no problem staying in your best fat-burning range by just *fast*

walking. Running is usually not necessary. Walking is also a great way to deep breathe, get some fresh air and check out the neighborhood, and is low impact, so you won't get extremely sore.

If you refuse to go outside or you live in Buffalo and it's winter (I can bitch, I grew up in Rochester), buy a treadmill. There are many types on the market. Or join a gym. I don't watch television; it's not a part of my life, except when I get on a treadmill. I find it so boring that I watch a little TV to catch up on the most-recent nauseating news or the latest demented reporting, and catch a few commercials so I have something to write about in my "Politically InCorrect" column. You can also join a gym that has treadmills and exercise classes. Going to different exercise classes (keep them aerobic and fat-burning) or finding an exercise buddy, or even hiring a personal trainer, will also increase your chances of success.

The best amount of time to continue the movement for is about one hour. This gives

you a few minutes to warm up to your target fat-burning pulse rate and a few minutes to cool down at the end while still getting in at least 45 minutes of aerobic exercise in the 65% fat burning range.

Note: If you are overweight or out of shape or both, and not used to this type or any type of exercise, then it is best to start off easy. It won't be to your benefit to give yourself a heart attack trying to get healthy, so for the first two weeks, just work your way up to my suggestions. Most importantly, you should be sweating. If you are not sweating, I don't care what the numbers say, you will not be burning fat.

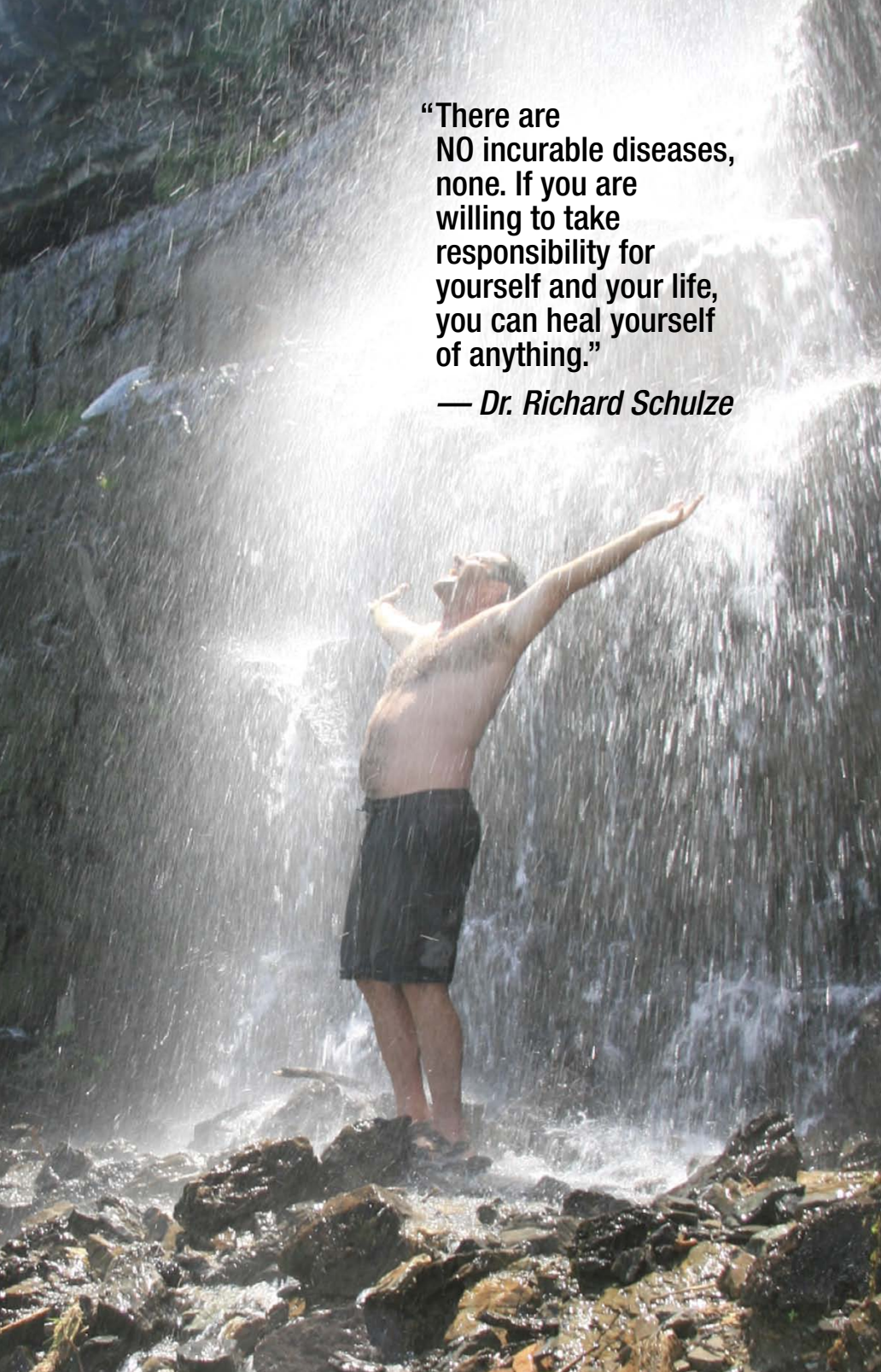
BEYOND WALKING

Dance, swim, roll around, jump. Walk, run, hop like the freakin' Easter bunny, I don't care, but get up off your lazy butt and start moving that thing or lose it.

THE BOTTOM LINE:

Moving your body makes you healthier and makes you live longer. It's not if you

rest you rust, it's if you rest you DIE, so get out there and start moving.

A man stands under a powerful waterfall, his arms raised in a gesture of surrender or joy. He is shirtless and wearing dark shorts. The water cascades over rocks, creating a misty spray around him. The background is a lush, green forest.

**“There are
NO incurable diseases,
none. If you are
willing to take
responsibility for
yourself and your life,
you can heal yourself
of anything.”**

— *Dr. Richard Schulze*

STEP 9

WATER THERAPY

(HYDROTHERAPY)

The fastest, strongest and most effective way to increase your blood and lymphatic circulation is the application of HOT and COLD water.

WHY SHOULD I?

The cause of ALL disease is some type of BLOCKAGE! It could be anything—blood supply, lymphatic fluid, nerve force, oxygen intake, nutrition assimilation, physical blockage, or even emotional/spiritual blockage. What I know is that when any area of your body gets sick and diseased, something is blocked off to it.

Blood carries oxygen and nutrition, brings **LIFE** to every cell and every organ in your body. When the blood is restricted to any area of the body, that area gets sick. If the blood becomes blocked off, that area **DIES!**

FACTS

- ▶ **COLD** water applied to the surface of the body turns the

skin white. This is because it contracts the surface skin, muscle and blood vessels and pushes away the surface blood volume deeper into your body.

- ▶ **HOT** water does the exact opposite. The skin turns red because hot water expands the surface skin, muscles and blood vessels and draws more blood to the surface of the body.
- ▶ By alternating **HOT** and **COLD** water to the surface of the body, you can increase your circulation in that area more than any other way. Increasing the circulation **HEALS YOU FASTER**. It's that simple.

HOW TO DO IT?

WHAT IS HYDROTHERAPY?

As a professional body worker using numerous physical therapies in my clinic, I witnessed the awesome power of touch in healing people. With the right person doing it, it's so powerful.

Apply pressure, energy and consciousness to a person's body in the right way and the body, mind and spirit can change. Body work affects the breathing, the circulation and the temperature of the body. It moves the blood and lymphatic fluid, and it stimulates the nerves. It can cause emotional catharsis, healing and so much more. Getting regular bodywork and different types of bodywork is HEALING!

Another powerfully healing physical *and emotional* therapy is hydrotherapy, simply meaning *water* therapy. This miraculous healing therapy went out of *vogue* in America in the last century because it involved nudity, not because it didn't work. In fact, it is still extremely popular in

many other countries where the people live much longer and much healthier than they do in the United States.

All the Natural Healers of old used hydrotherapy in their clinics, along with the herbs, the elimination and detoxification routines, the food programs, exercise and emotional and spiritual healing.

Nowadays people swallow a pill and expect a miracle, but true and lasting health doesn't come cheaply. Sometimes it takes a lot of dedication and a lot of hard work to be well, and hydrotherapy was part of **EVERY ONE OF MY PATIENTS' PROGRAMS** and a big part of my *Incurables* Program.

John Harvey-Kellogg of Battle Creek, Michigan, cured the incurables using water therapy, whole foods and body work. There was a great naturopathic doctor named Benedict Lust who came over to this country from Europe. Benedict Lust had a method he called the blood-washing method where he kept patients in **hot** and **cold** applications for eight hours straight. This treatment became world famous for its

healing power and ability. Father Sebastian Kneipp was a healer from the late 1800s. His great book is not just about herbs, although it does contain many pictures of herbs and how to use them. But many of these old herbal and healing books also contained numerous chapters on hydrotherapy, including that practiced by Father Kneipp.

The great doctors' therapies and their books contained all types of water therapies, how to apply the water, what temperature of water to use, the force of the water and where to apply it. In each of these books were hundreds of detailed pictures and drawings describing the various methods of water therapy.

Many, many years ago I wanted to investigate hydrotherapy, so I went down to one of the last operating hydrotherapy clinics in the United States. (Now before you send me letters, I know there are many spas across America, but I am talking about powerful, kick-butt hydrotherapy—not a spa.) I wanted to experience the

healing power of some of these great old treatments that existed in this country years ago, before they disappeared. I chose Hot Springs, Arkansas, but was saddened to see that only one or two, I believe, of the original 12 were still in operation, and none of them offered the intense hydrotherapy treatments that they did 50 or 100 years ago.

When I walked up to this clinic, what did I see? There were elderly people sitting all over the porch with their heads down, looking stunned, dazed and doped-up, almost drooling on the floor. It looked more like a sanitarium for the brain dead, but I wanted to see what, if anything, they still offered.

So I went in and I said, "Give me the full hydrotherapy treatment, please." What did they do? They put me in a hot tub and made me drink **hot** water. Then they took me out and put me in a shower, and **cold** water jets hit me all over the body. Then I went into another hot tub and a steam bath. Then they put me in a room and they put hot packs

Water Therapy

and ice packs all over my body, and then laid me down in another bed for a few minutes to rest. Finally, they put me in a wheelchair and wheeled me out to the front, where I sat with all these other people staring at the floor with drool coming out of my mouth. Now I realized that these people were not brain dead, there was nothing wrong with them, they were RELAXED, PHYSICALLY BLISSED OUT, EMOTIONALLY AND SPIRITUALLY HEALED.

This is when I truly learned the SHEER POWER of HOT and COLD water and how it affects you, how it heals your body, mind and spirit. WOW, HYDROTHERAPY!

I felt more power in this one-hour hydrotherapy treatment than in years of other therapies.

Thank God these hydrotherapy clinics still operate all over Europe. In Belgium, Luxembourg, France, Germany, Italy, even in what we think is conservative England, they exist. In fact, when I finish this book I am taking a few weeks off and going to Europe for what I call

a hydrotherapy vacation where I will visit many hydrotherapy clinics and *take the waters*.

HOT water sedates you, relaxes you, and while it's relaxing you, it loosens your muscles. It also brings all the blood in your body to the very surface, which is why your skin turns red.

COLD water does just the opposite; it stimulates you, it wakes you up. It contracts the muscles and it drives all the blood that's on the surface of your body into the deeper organs.

By alternating from **HOT** to **COLD** and then back to **HOT** again, you are bringing the blood to the surface of your body, then driving it back to the center core of your body, and then drawing your blood back to the surface again.

This is much more powerful and much faster at moving your blood than any massage, exercise or even the hottest Cayenne pepper. Now just imagine if you did them all!

Dr. Schulze's Hot and Cold Hydrotherapy Routine

The fastest, strongest and most effective way to increase your blood and lymphatic circulation is the application of hot and cold water.

Just get into a nice warm shower (a blend of **HOT** and **COLD** water) for a few minutes and relax. When you're ready, quickly turn the **HOT** water off all the way, and take that full blast of **COLD** water on your entire body, everywhere, especially the sick areas, not forgetting your head. It is also helpful to scream, yell, moan, cry, shake and do whatever comes naturally. Actually, what usually comes naturally is very little because we have had years of training in swallowing our emotional expression, so unload and scream.

After about 15–30 seconds, whatever you can stand, turn the **HOT** water back up slowly, take a few seconds, and turn it up to as hot as you can stand it. Make sure that it hits you everywhere again for about 15 seconds, even up to a minute if you can. Then immediately turn the hot water off all the way.

If you understood me correctly, you will be turning the **HOT** water on and off but you will be leaving the **COLD** water running.

Once you get the hang of this, I want you to do seven repetitions of **HOT** and **COLD**, that's seven **HOTS** and seven **COLDS**.

If you do this **HOT** and **COLD** alternating hydrotherapy shower on or over any sick or diseased area of your body—any blockage, pain, cyst, boil, cancer, or physical injury—along with the other programs in this book, the next thing you will know, your problem will be gone.

Note: If you have a history of heart or circulatory disease, work your way into this program slowly, using common sense.



STEP 10

NATURAL CLOTHING

Wear cotton, wool, linen, silk and other natural-fiber clothes.

WHY SHOULD I?

Your skin actually breathes, and in order for your skin to breathe, it can't be sealed shut. Imagine putting plastic wrap all over your body or sealing your body with a couple of coats of varnish. This could eventually kill you because your **skin has to breathe!**

FACTS

- ▶ Your skin is an amazing organ. It absorbs nutritional substances, converts sunlight to vitamin D, has its own immune system and ***it can also eliminate up to 10 pounds a day in gases, liquid and semi-solids.***
- ▶ Synthetic fibers like polyester, nylon, lycra and spandex don't breathe. They might make great wrinkle-free, wash and wear clothes,

but they don't let air in and they don't let your skin's elimination out.

- ▶ Your body, in its normal course of metabolic function, creates electricity. What you wear on your feet can restrict this built up excess electricity from getting out of your body. When not eliminated and discharged, this built up electricity causes nervousness, anxiety, tension, insomnia and emotional and physical stress that can create disease.

HOW TO DO IT?

An often overlooked but important aspect of creating a new healthy life is having a clothing *makeover*. In other words, when you heal your disease, you will also create a new healthy body, mind and spirit. Literally, a new you!

Natural Clothing

In my clinic, many of the patients who came to see me were dying from their disease. In order for such sick patients to heal themselves naturally, they had to change just about EVERY aspect of their life. Often, after a few months on my programs, most patients would have a sudden awareness. They would be lying on my examination table talking with me when all of a sudden, they would *quickly* sit up, with a shocked and even anxious look on their face and exclaim, "I don't even know who I am anymore!" I would often yell "GOOD, because who you used to be was Cancer, or Heart Disease or Dying."

It was usually at this time that I would suggest to my patients that they take on a new name or an appearance change. I would have already made them wear natural-fiber clothing, but at this point, we would get fashionable.

Art Linkletter was right; people are funny. In our lives, so many things seem to be so important: our hairstyle, complexion, appearance to others, clothing style and what others think of us. I am not saying that these things aren't

important, but it is interesting that when we are suddenly faced with death, our whole outlook on life changes. I was very fortunate to have this illuminating near-death experience myself at the tender age of 16. When facing death, what used to be important often seems trivial. My patients frequently often remark, "I can't believe I even cared about that." And, other things that we took for granted, like eating, breathing, laughing and sleeping suddenly become very important.

Almost always, after a huge life saving health turnaround, my patients would stop being so concerned with what others might think about them or their appearance. *Often this worry contributed to their disease in the first place.* Now they were finally ready to do *what they wanted to do*, maybe for the first time in their life, and this included **WHAT THEY WANTED TO WEAR.**

What I am telling you is that you don't have to wait until you are dying to give yourself permission to wear the kind of clothes that **YOU LIKE** and to look the way you want

to look. Do what you like. **DO IT NOW!**

This experience is different for everyone. For me, it was wearing less tight-fitting clothes that were less restrictive. My new healthy body wanted to move more and stretch more, so loose, baggy pants and Karate Gi pants were more my new style. Since I was more active, sweats, T-shirts and more casual clothes were better. I also opted for clothes that I could layer depending on my workout and physical-activity schedule. Some of my patients were just the opposite and wanted tighter clothes to show off their new healthy and fit body that they had worked so hard to create.

Once you start *singing your own song* you end up realizing you are the coolest anyway—a trendsetter. People notice your attitude and they admire you.

So get out there and find some new natural fiber clothes. It's not difficult. If you can't find the types of clothes, made from cotton or wool, that you're used to wearing, then take the leap and experiment with a new clothing style. What we're creating here is a new, healthier

you, so this new you should look a little bit different. Try a few more colors than those you usually wear while you're at it.

OH YEAH, YOUR FEET

Ask any electrician; if you put your finger into a lightbulb socket, you will get a shock, but it won't kill you. That is because you are probably wearing sneakers and standing on carpet or a wooden floor. On the other hand, if you put your finger into a lightbulb socket, and you are barefoot, standing outside on the dirt ground or in a water puddle, you will become a human welder. You will burn, fry and possibly die. *This is because you are now GROUNDED.*

Being grounded simply means that your body is now in contact with the ground and is now completing the electrical circuit into the earth. The electricity can now pass through you, out of your body and into the ground. *"Don't try this at home; I am a professional."*

Every second of your life, your body creates electricity. This isn't some New Age

Natural Clothing

hocus pocus; it's a medical and scientific fact. *Your body really makes electricity.* When a medical doctor hooks up electrocardiogram pads and wires to your chest, or electroencephalogram pads and wires to your head, they are actually measuring the electricity that your heart and your brain are making, generating and sparking.

As is the case with most people in modern society, they are making lots of electricity, but it builds up inside their body and never gets a chance to dissipate or discharge.

The only way that this electricity, just like an electrical circuit, can discharge is for your naked body, or at least your naked feet, to be in contact with the earth.

SUN AND AIR BATHING

A hundred years ago naturopathic and medical hospitals knew the healing power of getting sun and fresh air every day, and getting outside. Going outside *naked*, getting sun over your entire body, letting your body *air out*, getting your bare feet on

the ground—these acts were well-established as important healing tools.

Well, nothing has changed and they are still considered important healing tools today, except that most people have no place to utilize them and they aren't politically correct anymore. They are healing correct, though.

I used to suggest to my patients that they get naked at night and get out into their backyards at least, to run and roll around. It did them a world of good. But if all else fails, take your shoes and socks off and walk barefoot, shuffling your feet in the grass or dirt, for 15 minutes at night. This will sufficiently ground you and help discharge stored-up, stagnant physical electricity.

If you can, the absolute best thing to do is to get into water. Come on, jump into the ocean, or a lake, a quarry, a puddle. Squirt yourself with the garden hose or dump a pail of water over your head. **GET WET!** Getting wet is one of the most powerful therapies I had in my clinic. I literally used to take patients

for a walk on the beach in front of my clinic, and when they would least expect it, I would throw their butt in the ocean, clothes and all, summer or winter. It was my secret weapon to cure insomnia and heal disease.

Finally, also consider just going barefoot when you can. A few years ago, I decided to do a shoe fast for a month and wear nothing on my feet for 30 days. I even went to meetings in suits, in the city, to restaurants, all over and you know what happened? NOTHING, nobody even noticed, *so let the dogs out!*



STEP 11

NATURAL CLEANING

On your body and in your house, start using natural cleansing products or none at all.

WHY SHOULD I?

What you use to clean your body and your house is killing you.

FACTS

- ▶ Over 72,000 new synthetic chemicals have been developed since WWII and less than 2% of them have been tested for toxicity. Many are known to cause birth defects, cancer, and damage the liver, kidneys and brain. Most have NEVER been tested for long-term effects.
- ▶ The average American home has more toxic chemicals in it than a chemistry lab did in the early 1900s.
- ▶ The National Institute of Occupational Safety and

Health has found over 2,500 toxic chemicals in common cosmetics that cause cancerous tumors, reproductive disease and mutate unborn children.

- ▶ A recent EPA study concluded that air inside American homes is up to 70 TIMES more polluted than outdoor air and that toxic fumes from common household cleaners cause cancer.
- ▶ Common bleach, along with laundry detergents, household cleaners and pesticides has been linked to causing breast cancer. Bleach has also been linked to reproductive failure in men and behavioral problems in children.

HOW TO DO IT?

I grew up in the fabulous '50s when I'd never even heard of the word pollution, all drugs were wonder drugs and my mother who supposedly had gray hair (which was really bluish-purple but we didn't tell her), well, her sink, dresser and nightstand were covered with an endless wonder of beauty and personal-care items. Our kitchen and laundry room in the basement were a chemical goldmine, better than most teenagers' chemistry sets today, where my brother and I could make anything just short of nuclear warheads.

But in the last half century, we have learned—just like we have with pharmaceutical drugs—that many of these supposedly harmless cleaners, conditioners and personal care items are extremely toxic. Some are even lethal.

Natural products may not be perfect, but all the stuff labeled “natural” is a whole lot better than what we buy in a regular drug store. And I don't want you using any deodorants or perfumes or cologne. If you smell, you can use some pure

plant essential oils, but no plant *perfume* oils. Make sure that all soaps that you wash with and everything you put on your body is natural and have no toxic chemicals in them. I mean everything, from body soap, shampoos and hair conditioners to toothpaste, mouthwash, toothpicks, dental floss, moisturizing creams and lotions—EVERYTHING! And don't forget your hair dye, hair spray, gel, dippity goo—whatever. You men, too. Those chemicals go right through the pores of your scalp and circulate into your brain. That's probably why some people's thoughts are as stiff as their hair!

And NEVER, NEVER, NEVER use antiperspirant. The sweat your body and skin produces is elimination, and if you stop it, you are pushing poison back into your body. If you smell, and often people do for a while as they are getting healthy, cover it up with pure plant essential oils.

Look, I was born at night but not *last night*. I know that *everything* from a health food store is not always necessarily better, but it probably is. I also know that it costs more but don't let me find

you being cheap with yourself when it comes to healing disease and getting healthy.

And while you're at it, get all those cans and bottles out from under your sink and take them to some toxin disposal site.

In tens of thousands of independent studies conducted all over the world, common household chemicals, from all-purpose degreasers and window cleaners to common kitchen items such as plastic wrap, *have all been found to be a harmful, if not serious, health risk.*

I remember seeing a program on public television about a decade ago that showed the results of ordinary cleaning products on people who had never used them. I remember seeing primitive natives who lived naked in the forest made to put on clothes that had been laundered in typical laundry soap. Within a few hours to a few days, it burned their skin. Many were so badly burnt they had to be hospitalized, and as I recall, a few even died.

The only difference with us is that we have all been so poisoned for so many generations now,

our bodies have built up some resistance to this chemical onslaught. But in the last decade, numerous scientific and medical studies have confirmed that many common diseases in America are negatively impacted by these products, if not directly caused by them. Cancers such as lung cancer, liver cancer, pancreatic cancer, blood cancer (leukemia), brain cancer, colon cancer and kidney cancer have all been linked to toxic chemical exposure. In fact, with almost all cancers today, the leading culprit is pointing toward toxic chemical exposure.

When the average person hears this, they are looking to blame the local landfill, heavy industry or a power plant. Although these industries can be contributors, the exposure level of toxic chemicals and gases is much higher in the average household than in the air outside the house, even in the big cities. (See the FACTS at the beginning of this step.)

THE BOTTOM LINE:

Clean yourself and your home, but don't make yourself sick with what you are using to clean.



“Getting well is easy. It is getting sick
that takes years of constant,
dedicated hard work.”

— *Dr. Richard Schulze*

Stop Television

maimed, burned, raped, robbed, assaulted, terrorized, murdered, butchered, stung by killer bees, bitten by sharks, had their homes destroyed in floods, hurricanes, tornadoes, cyclones, thunderstorms, windstorms, earthquakes, brushfires, mudslides, high surf, hailstones, and even struck by lightning, air crashes, train wrecks, massive auto and truck collisions and barges knocking down bridges trapping people to be drowned in the dark. They found the wars, the bombings, the suicide attackers, their victims and maybe even a small piece of their leftover body, the tanks, destroyers, bombers, the terrorists, their victims, the religious wars, the yelling, screaming, fighting, demonstrations, molested and raped children, car bombings, and the very sick man who lived in a one-room apartment, kept 79 cats, slowly starved them all to death and ate a few.

And the only short interruptions to this 30 or 60 minutes of condensed and concentrated mayhem and madness is a quick sales pitch for you to eat more sugar and junk food, take more drugs

and use more toxic chemicals in your house. They'll even try to sell you a video that has the worst disasters and police shootings on it, so bad they were censored from television, but you can buy them all on one video and view them at home over and over again.

THE FINAL BLOW

When my son was 3 and we were having a rare television viewing of a Popeye cartoon, I was getting us a drink and they interrupted the broadcast to show a live-action camera shot of a man who'd parked his car in the middle of a bridge in Los Angeles, stopping traffic in all directions. As the police approached, he pulled out a gun, so they backed off. He then pulled out a banner and placed it on the ground for the television cameras that said "My HMO F—ked Me." He then pulled out a shotgun, and as he put it into his mouth, all of the cameras at various angles zoomed in. He then lit himself on fire (he had previously doused himself with gasoline) and finally pulled the trigger of the 12-gauge shotgun, blowing the entire back of his head off and

sending his brains splattering about a city block away, all in beautiful color with digital sound. I watched very little television up to that point in my life, but that day, I turned the television off and I've never turned it back on since.

The other day I told someone that I don't watch television and that I actually quit watching it years ago. The person looked absolutely shocked and then frightened, like I was some kind of alien or sicko. And then he said, "Well, you at least watch the news, don't you?" And I said, "No, I don't watch the news either." And now he could no longer hide the total look of horror on his face. In a near-panicked, shaky voice he said, "But how do you know what's going on?"

Since when is television news what's really going on? It is certainly not a reflection of what I see and hear on a daily basis. It is not reality, or at least not reality in proportion to all the people on Earth.

PROTECT YOURSELF

Protect yourself from this mind-rotting physical, emotional and spiritual violence. Make your home a temple. Make your home a sacred place. Perhaps the best way to start this process is by turning your television OFF.

Now let's take it a step further. Don't bring anything into your house that is not going to promote your higher physical and emotional self. So if you're going to eat that bad food, or express negative emotions, or whatever, do it outside your home. At the same time, you will also want to get some of the things out of your house that you don't need anymore and that are making you sick. This brings us to Step 13.



STEP 13

TRASHING

Healing life-threatening degenerative disease takes a serious life-changing program. I have found that getting rid of 1/3 of your possessions is one of the most powerful healing tools I had in the clinic.

WHY SHOULD I?

Your possessions take your attention and focus. Getting rid of one-third of what you own is shock therapy. It gives you 33% more focus to heal yourself. It is a big wake up call.

Also, EVERYONE has some possessions that are burdensome instead of making their life easier, more joyful and adding to their overall well being. These possessions instead add stress, make you sick and are killing you!

FACT

- ▶ **When someone has a degenerative disease, something they own is making them sick, is killing them. I have never seen an**

exception to this rule (see the patient case histories on the following pages). You will also see from my patients' stories that getting rid of what I call toxic possessions often creates an emotional purge which creates huge leaps forward in physical healing.

HOW TO DO IT?

I used to call this “trashing” in my clinic. Bury your possessions before they bury you. You know the crap that is in your house that I am talking about. Maybe it’s all that garbage that you think are priceless relics, but you know they are not.

Maybe its all those broken parts stuffed in your garage that you think you might need some day, but you never will.

Trashing

Let me tell you, your kids are going to curse you some day when you die and they have to deal with it and they will end up selling all of your junk for \$15 in some garage sale. Save them the time, trouble and emotional heartache and at the same time do yourself a healing favor, and get rid of it all now. **THROW IT AWAY!**

What about that shoebox, file box or drawer full of papers that you think is so important you can't throw them away? Do you plan on sorting through it all one day? Trust me, you will never get to it but you will stress yourself out thinking about it. Do yourself a gigantic favor. Walk the box out to the trash. Let it go. Drop it and throw it away and scream, "YAHOO!! Thank you, Dr. Schulze!"

If you throw away one-third of all the stuff in your house, that will be a powerful healing in itself. Remember, this stuff is not you, and it distracts you from living and it will make you sick. **GET RID OF IT!**

HOUSE CALLS

I love house calls. Although they are now a thing of the

past, along with vinyl records and 8-track tapes, I still advise all practitioners reading this book to do them. *They are a BIG EYE-OPENER.* For me, I often discovered *toxic* possessions which, when we got rid of them, the patients had a huge healing.

Usually I would tell each new patient that I wanted to see them for about 10 visits, one visit every other week, so their entire program would take about 20 weeks. In this period of time, I would give my patients a series of Natural Healing projects and programs to accomplish, like my Health Building Food Program, my 5-Day BOWEL Detox, my 5-Day LIVER Detox and my 5-Day KIDNEY Detox Programs.

By the end of 10 visits, or 20 weeks, my patients would be feeling better than they had in years, if not their entire life. And of course, almost always, their disease and illness would be gone.

But whenever a patient had a degenerative disease or a life-threatening illness, I would often need more than 10

office visits. I also wanted to get to know them better and get more *personal* with them. Just like any great detective, I needed more facts, even the so-called “trivial” ones, to *crack the case*. So I would make the third or fourth visit a *house call* and go to the patient’s home instead of them coming to me.

Often my patients would think this is a bit strange because it just isn’t done these days, but I would make it very clear to them my house call wasn’t a luxury, it was a necessity.

When I got to their house, I would tell the patient that I wanted the full tour, no room left out. I could see them getting nervous already. I would often like to start with the living room and the bedroom and bathroom. After all, I already knew that they had thrown out all of their junk food to make a good impression, so I wasn’t going to go to the kitchen until later.

I am very good at what I do, I am a GREAT detective, so usually within the first 10 minutes, I would find it—a possession so toxic that it was killing them.

COLITIS CURED INSTANTLY

I went to see a young woman in her apartment. She was 19 or 20 and had such severe colitis that she hadn’t been to work in several days. Her employer was worried, so I checked in on her as a favor to him. She was not a patient of mine but knew of me and was expecting me. She had constant diarrhea-like bowel movements, about 20 a day, and was very sick.

We talked for just a minute, and I noticed, hanging in an *unusually* prominent place in the middle of her empty bedroom wall, was her college diploma. She had graduated with honors at the very top of her class, something of which many people are proud. When I remarked about it, I could immediately see that her whole body language changed. I asked her more and she began to get sick.

As it turned out, she absolutely hated college throughout every minute, every hour, every day, every week, every month and every one of her years. Her parents had told her that they would not continue to support

Trashing

her, if she didn't go to college. She saw no choice. She went and hated every minute of it, yet she placed her diploma in the most prominent area of the whole room.

I asked her if I could view it more closely. She looked a bit nervous but said "yes," so I took it down off the wall for closer inspection. I then asked her if I could inspect it more thoroughly and actually take it out of the frame. She said no but I explained to her that if I was going to help her, I had to look at everything very closely. I think she thought that I was looking for some rare fungus or Legionnaire's disease and looking very nervous and with a shaky voice she said, "OK, take it out."

When I slipped her college magna cum laude diploma out of the frame, I knew that I had struck gold. She started to tense up all over. Tears started running down her cheeks and she started to cry and babble. **I love babble; that is when some of the most important information comes out.** She was actually having some dialogue with her parents like, "I told you how much I hated

college, and you would never listen and made me go." She lost the sense that I was even in the room and I said, hey, look, and with her diploma in my hands I tore it right in half.

Well, I got more physical shock out of her body than I would have if I'd double-tapped her with a .44-caliber Magnum. WOW! She flew back flat onto the bed at first and then immediately shot forward just like the film of JFK when he was shot in Dallas. She immediately clutched her abdomen in pain, looked up at me sobbing and gasping just in time to see me rip the halves in half again. She vomited.

The long and short of this story of my patient and her colitis is that with a food program change, some Intestinal Formula #2 and a few days, her colitis was gone and never returned. I had found her colitis irritant: a daily reminder of the worst years of her life and her parents' abandonment hanging on the wall in her apartment. I got rid of it and she healed herself.

BREAST CANCER CURED

I had a patient with a malignant breast tumor. It was her first bout with cancer and it was killing her. During her house call, as she was walking me down the hall after I saw her bedroom, we passed a locked door. I asked her to open it and she said, “Oh no. I haven’t opened that room in years.” All the more reason to open it, I thought, and asked her to get the key. She did so reluctantly, so I knew I was on to something.

When I finally got her to open the door, it was like a children’s museum frozen in time. It was filled with children’s furniture, toys, games, everything. Much of it was covered up with sheets. I asked her to explain and she told me that it was the room of her daughter, who had died as a child a few years earlier. I believe the child was about eight. I could see when I was in the room that it was extremely painful for her to be in the room with me.

I have heard people say that a parent should never outlive their children, and being a parent, I can totally understand

this logic. A parent is never prepared to deal with their child’s death. But I could see that this room was, to her, her unburied child—a tomb—and she had to walk by it many times every day. I could imagine what grief, anger, sadness and hell went through her mind *and body* every time she walked by it, and I knew that it had to go.

We sat down and I told her that this room must be dismantled, opened up, cleaned out and turned into something new. She asked me what she should do with all of her daughter’s possessions and I said she needed to throw them away. She started crying and looked at me like I was insane. A woman’s breasts are all about nurturing, so in that moment I not only knew that she had to throw all of this away, she had to do it NOW, and I told her so.

I was quite convincing. After all, it was a matter of life or death. I made her carry everything out to the backyard to a big trash dumpster. What a sight. She was sobbing hysterically with snot running out of her nose, drooling and gagging. On the second

Trashing

load, she had an incredible, very sharp pain in her breast. She doubled over and said it was the worst pain she'd had in that breast ever. I told her to continue, and it took most of the day. At one point, she collapsed in the driveway and scraped both of her knees bloody and I just let her lie there and cry. I've said it before: *Sympathy lies between shit and syphilis in the dictionary and I've NEVER seen it help anyone, EVER, to heal themselves.*

I am not a total sadistic bastard but I did let her writhe in her experience. I didn't want to lessen anything. In fact, I was there to keep it going and prod her along.

Well, the long and short of this is that it turned out to be the absolute turning point for this woman. She went on to bury her daughter emotionally and also to heal her breast cancer. I have talked to her from time to time and she gets better with age and has never had the cancer return.

Note: My patient case histories often revealed that people who develop cancer almost always have had some horrible experience in the previous two years before the cancer surfaced,

an experience with which they could not deal.

THE BOTTOM LINE:

Trashing, getting rid of accumulated toxic waste in your life, is as healing as getting rid of toxic waste in your body.





STEP 14

RELAXATION

Now that I have told you what to drink, eat, how to move, breathe, cleanse and what to wear, I want you to do... NOTHING!

WHY SHOULD I?

The results are in: Regular relaxation reduces stress, protects your health, helps you heal disease and increases your longevity. So take a break.

FACTS

- ▶ In America and most modern, civilized countries, STRESS has been proven by many medical researchers to be the #1 cause of vitality loss, health deterioration, illness, disease, premature aging and even death.
- ▶ The famous vegetarian cardiologist Dr. Dean Ornish completed a study that shocked the medical world, proving that his patients could not only stop the progression of coronary artery blockage and disease with lifestyle changes, but that they could actually reverse the disease and clear their blocked arteries on his program, without drugs and surgery. His program basically consisted of a vegetarian food program, about an hour of aerobic exercise a day, some stretching and 30 minutes of stress reduction relaxation every day.
- ▶ An additional enlightening fact discovered during his research was that many people followed almost every part of the program: the vegetarian food, the exercise, the stretching, almost everything, except that they skipped the 30-minute *relaxation* stress reduction part, *and they did not get well!* The research results proved that relaxation was a fundamental aspect of his program that determined the patients' success or failure.

Relaxation

- ▶ It is estimated that at least one-third (or 24.3 million) of the 73 million Americans who have been diagnosed with hypertension (high blood pressure) and who are using anti-hypertensive drugs prescribed by their medical doctor actually do NOT have a physical cause for their disease, like constricted or blocked arteries, high cholesterol, diabetes, etc. The cause of their disease is simply heightened levels of stress.

HOW TO DO IT?

In the first years of my martial-arts study, when I was just a teenager, I was attending a very traditional Japanese school. My parents were both dead and I was a very angry kid. My *sensei* (teacher) was a very enlightened man and recognized this. Therefore he demanded that if I wanted his instruction, then I must attend meditation classes at a Zen Buddhist monastery at least three times a week for five years or he wouldn't teach me. He also made me sweep the floor and clean out the *dojo* (practice hall) for my entire first year at his school.

At the monastery, I was taught *zazen* or Zen meditation, which was simply the art of sitting very still, slowing your breath and quieting your mind until your body and mind go silent. It took me TWO ENTIRE YEARS before I experienced my first *satori*, or quieting of my mind, and the bliss and healing that swells from this experience. Most Americans (in fact, most people in the world) have never experienced this physical and emotional shutdown and bliss.

What is my point? Well, I don't expect anyone reading this book to do what I did, but trust me, most people have no idea of what true and total relaxation is.

Years later in my clinic, I saw many patients who had unbelievable levels of stress that was literally killing them. They had tried to take chemical drugs to lessen the diseases that were the after-effects and side-effects of their stress, but it didn't help. I saw everything from hypertension (high blood pressure), cardiac arrhythmia and tachycardia (irregular or increased heartbeat), angina pectoris (heart pain), stroke,

nervous disorders from nervous ticks, depression, and insomnia to full blown neurological diseases and nervous breakdowns, immune failure and cancer. I have seen almost every disease known brought on by the body first being weakened by STRESS.

To avoid taking a break, these patients had done everything from taking every sedative and antidepressant drug known to acupuncture and feng shui, but there is no substitute for relaxation. They had literally done everything except, of course, DOING NOTHING.

So I would demand that these patients take a few weeks, if not a month, off work, and I was shocked that when they returned from their vacation, **THEY NEEDED A VACATION FROM THEIR VACATION!** They were typical Americans, wanting to see 27 cities in five days. Even if they stayed stationary on their vacation, they played golf, tennis, water sports, went out dancing at night or, worse, watched television for hours. **MOST PEOPLE DON'T HAVE THE FAINTEST IDEA OF HOW TO DO**

NOTHING, ABSOLUTELY NOTHING!

When I say RELAX, I mean DO NOTHING! I mean sit, better yet lie down in the grass, woods, beach, backyard, bedroom, preferably wherever there aren't other people nearby, then just breathe, letting your body relax and drift away. At first, many people will fall asleep; that's OK. That is just your body asking for more rest after years of coffee and their hyper-adrenal-whipped and stimulated life. After practicing this type of relaxation for a while, you often won't fall asleep but will sink into a deep state of relaxation.

This deep relaxation is one of the most healing things you can do for your body, mind and spirit. It is pure and absolute rest. You are shutting down the system completely except for your minimal life-support systems. This rest will recharge your system and give your body the space to heal disease. After all, any machine that is left running constantly will burn out and break down. The human body is not a 16-hour continuous duty machine.

Relaxation

In the clinic, I have seen the addition of daily rest periods into peoples' lives heal disease and create healing miracles.

Often the best way to begin is to cut your lunch hour in half and spend the second half of your time relaxing. Even if you can only have 15 minutes, even five

More Medical Care May Kill You

In America, we spend more money per person, more than any other country in the world, on medical care. We supposedly have the brightest scientific minds, the best medical technology and equipment, the finest hospitals, the most in-depth research, the most powerful drugs, and yet ironically, Americans don't even make it into the top 20 countries with the longest life spans. This proves without a doubt that we can't buy our health and longevity with doctors, drugs and hospitals, but that we must earn our health.

Many of the countries where the people outlive Americans, like Australia, France, Sweden, Spain, Italy, Greece, Canada, The Netherlands, Norway, Belgium, Austria, Luxembourg, Iceland, Finland and Israel, are considered mostly rural, backward and supposedly uncivilized or third-world countries that have poorer medical care than America. Many of these people have NO MEDICAL CARE AT ALL, EVER! This is a very embarrassing fact that supports the theory that America's over-aggressive use of medical intervention, surgery and drugs may actually shorten, not lengthen, our lives. (How embarrassing for the biggest industry in America!)

Other researchers are saying it's because the French drink more red wine or the Italians eat more garlic and are frantically looking for something in their water or food that might be this rare chemical fountain of youth.

Meanwhile, any idiot visiting these countries can quickly see their increased longevity is not only due to their reduced medical care, but also their reduced level of stress.

minutes of quiet time every day, this can add years to your life.

I had one high-stress executive who literally couldn't get a minute's rest at his 16-hour a day job. Even when he tried to enjoy just a few minutes of quiet at his desk, he would almost always be interrupted. So I instructed him, as well as many of my other patients, to go into the bathroom, sit on the toilet with the toilet seat down, turn out the lights, spray a little air essential oils, close his eyes, breathe deeply, and disappear for five to 10 minutes. The toilet is often the only place where people will leave you alone. Many of my patients later told me that this *toilet meditation practice literally saved their life!*

LESSONS I LEARNED FROM TEACHING AROUND THE WORLD

SPAIN

Many years ago, I was teaching a course on Natural Healing and Herbal Medicine in a small town in the southern

coastal area of Spain. I was staying in a room on the roof of a building off a small road at the end of town. The roads just a few miles inland from the Mediterranean Sea on the coast of Spain, France, Monaco and even Italy are often very mountainous, with twists and turns, steep cliffs and drop-offs.

This town was a coastal mountain village way up in the hills with a very high bridge in the middle of town. One evening, I saw a huge crowd at this bridge; I think everyone in town was there. I watched and figured that someone had fallen off the bridge, or jumped off, or a car had gone over the side. After about an hour, I couldn't stand my curiosity any longer, and ran over to the bridge to see what all the commotion was about.

All that was happening was that they were talking and laughing with their friends and neighbors and discussing the day's events. The elders were telling stories, a nightly event in many small towns across the world. I didn't recognize this tradition because in America, we don't do it anymore, and

Relaxation

this is one of the reasons that we die sooner than they do.

ENGLAND

When I was teaching a course in England, I was staying in a castle a few miles outside a small town. I needed to make a telephone call and couldn't get the one telephone in the building to work. I remembered seeing a gatekeeper's house at the entry to the castle. It looked like someone lived there, so I wandered down in hopes of making my phone call.

I knocked on the door at about 10 a.m., and as a very old woman opened the door, I was immediately hit by a wave of the very strong, horrible smell of urine. As I was holding my nose, I realized this smell was originating from a frying pan where she was frying two large cow kidneys on her stove. She was also smoking a cigarette, and in the other hand she held a glass of sherry. Drinking, smoking and eating organ meats all at 10 a.m. I couldn't help myself and asked her how old she was, secretly hoping she was only 25 and that her degenerated lifestyle had severely aged her

prematurely, but I was wrong. She was exactly 100 years old, born in 1884. Well there she was, smoking, drinking and frying organ meat all before noon, and alive and well at 100. Her cholesterol level in her blood was so elevated for so many years that I could see her *coronary arcus, an iris marking reflecting chronically elevated cholesterol levels, from six feet away*. Sure, there are George Burns-type genetic exceptions to the fundamentals of good healthy living, or was my career about to end?

I asked her if I could use her telephone and she belly-laughed in her coarse and gravelly voice and said, "I haven't ever had a telephone." I asked her, "But what if you need to talk to someone?" She said, "I need to talk to people every day, so I just walk into town (six miles roundtrip EXERCISE) and have a chat with my friends" (RELAXATION).

I spent a good part of the day chatting with this amazing woman and realized, sure, genetics has plenty to do with longevity, but it was obvious that this woman's 100 years of the most decadent and health-

destroying lifestyle was offset not only by her powerful genetic constitution but also her daily exercise, RELAXATION and having virtually NO STRESS!

FRANCE

I have an acquaintance who is one of the most powerful attorneys in France, and while in Paris, I was staying at his house. The first day I was there, I came home for lunch at about 2:00 p.m., and the housekeeper informed me that he was in bed and had been there for over an hour. I went in and exclaimed, “Oh my God! What’s wrong?” He looked at me very surprised and said, “I don’t know. What’s wrong?” and I said, “Well, you are in bed in the middle of the afternoon,” and he replied, “I rest in bed every day after my lunch.” Here, one of the most high-powered attorneys in Paris walks home every day for his one-hour lunch and then takes a one to two-hour rest or nap in bed and then walks back to work for his afternoon work session. And we say it’s some secret ingredient in French red wine that gives them fewer heart attacks and makes them live longer!

ITALY

I was teaching a course in Italy to middle-aged medical doctors and nurses and there was one student in the class who kept interrupting me. He was pretending to ask questions, but was actually making statements. I guess he wanted to be the teacher. Finally, another frustrated student in the room stood up and said, “Hey, why don’t you just shut up, we all came here to see and hear Dr. Schulze, NOT YOU, but you keep talking and talking and talking and interrupting and we aren’t getting to hear Dr. Schulze, so just shut your mouth.”

The talking student shut up, but I was embarrassed and frightened. I thought that maybe they would physically fight. Heck, in America, I have seen lawsuits for slander and assault for less being said.

I figured the best thing to do was to call an early break so the students could cool off, settle down and lighten up. When I walked out into the hallway, I was shocked at what I saw. These two same men were talking and one of them even

Relaxation

had his arm around the other. They weren't mad, angry or hostile. I have now come to learn that in many countries, it is not considered rude to express yourself even if it is done in a bit of a harsh manner. I have learned that many people blow off steam and say what's on their mind; they are honest, and nobody seems to make a big deal about it. I was brought up to hold it in until you either get sick, have a heart attack, grow a cancerous tumor or commit murder.

I discovered that the only person who was stressed out about this situation was ME. Since then, I have learned to be more Italian. Sure, the garlic may have something to do with why they can eat so much meat and still have very low cholesterol levels and fewer heart attacks and strokes, but their *relaxed attitude* is what keeps them living longer.

P.S. I have spent some time over the last three summers in the Tuscany area of Italy where I am remodeling a very old farmhouse.

I like the area because the fall weather is warm and similar to Southern California where

I live most of the year, and it is great Echinacea-growing country, but that is where the similarity ends.

The one very obvious difference is that the pace of work, and life in general, is much, much slower there (as it is in most countries outside the United States). I figure at the current rate of work being done, it will take about another 147 years to finish the house.

Unlike in America, talking, eating, taking breaks, socializing, getting sidetracked, getting lost, taking a few days, or a week or a month off, picking mushrooms, going fishing or hunting, taking the dog for a walk and even getting drunk all seem to be just as important as building a house and making money.

Although I prefer a faster pace, I am slowly learning the Italian art of moving a bit slower and relaxing more. Maybe it is better to have a little less but be able to enjoy life a little longer. My house might take longer to build at this pace, but the pace will help me to stay alive so I will be around a lot longer to enjoy it more!



Bange di Lucca, Tuscany, Italy



STEP 15

EXPRESS YOURSELF

Unexpressed emotions, whether positive or negative, make you sick. You must learn to express them, EXPRESS YOURSELF, and get them out!

WHY SHOULD I?

Part of expressing yourself is letting it out—your thoughts, your feelings, your emotions, your anger, your rage, your love. Whatever is brewing up inside of you, it's healthy to get it out.

Unexpressed emotions build up inside you, inside your brain. That is why you can remember them. They also build up inside your heart and soul. Let it go. **Being emotionally constipated is as deadly as being physically constipated in your colon.**

FACTS

- ▶ In addition to Type A and Type B personalities, medical doctors are now defining a new Type C personality. The Type C personality is characterized by the type

of person who holds it all in. A person who, no matter how much stress he or she is feeling, doesn't show it. Doctors now refer to this Type C personality as the **CANCER TYPE**. This is simply because this type of personality is extremely common in people who develop cancer.

- ▶ Tears have been found to contain many metabolic chemicals from your body, especially ones that build up during stress. Tears are no longer thought to be just a by-product of strong emotion, but are now known to be part of a chemical release, a stress release.

HOW TO DO IT?

We already talked about getting rid of waste, toxins,

Express Yourself

poisons and increasing your elimination. This is the same thing. You might just call it emotional waste or emotional poison, so let's call this process **EMOTIONAL ELIMINATION**. In any case, you've got to get it out.

EMOTIONAL POISONS WILL PRODUCE A TUMOR JUST AS FAST AS CHEMICAL POISONS

Don't hold on to emotional poisons and grow a tumor. Don't hold them in and create a disease. Let them out; scream them out if necessary; you can always ask for forgiveness later. But whatever you do, get them out.

This is as important as eliminating toxic bowel or liver waste. Unexpressed emotions, even love, can make you sick if you don't learn to express them. Express yourself.

I totally understand that this doesn't come easily for most people. This is simply because most of us were taught to **SUPPRESS** our emotions. Stuff it, stifle it, bury it, and just shut up and take it. This has made us all sick.

Expressing what is on your mind is a **POWERFUL HEALING TOOL**. I had many patients with throat cancer, thyroid disease, lung diseases like asthma, emphysema, bronchitis, allergies, even lung cancer, brain diseases, nerve diseases and heart diseases from hypertension to cardiac arrhythmia... make huge leaps in their healing process by learning to express themselves and getting all of that built-up emotion **OUT!**

Once you get the hang of it, it gets easier and easier. I find that people **LOVE** the truth, they love straight talk, they welcome it because it is so rare. My powerful honesty and saying it as I see it, well, a lot of people love me for being so open. Sure, there are always a few who write letters telling me to burn in Hell, but come on, there are always a few people like that. I always say that everyone is entitled to their own wrong opinion. We all need to lighten up a few notches and let it out.

Many of my patients noticed a big physical healing moment, sometimes a total cure, from

just expressing something that they had been holding onto for years.

GETTING IT OFF YOUR CHEST

Getting it off of my chest literally helped me to heal my deformed heart. Sometimes I think my heart was deformed simply because I was *crushed* by my parents dying but I never told anyone. *I crushed myself and couldn't get it off my chest. Sounds like a recipe for heart disease, doesn't it?* That helped my street survival outside, but was killing me *inside*.

In order for me to heal my heart disease, I also learned to express positive affirmations WITH GUSTO! It is fun. I only bowl once a year at our company bowling tournament. Since I don't get any practice, when I bowl, I say, "Hey, I'm a

great bowler." Because of my positive affirmation, I bowl better and I have more fun bowling. Sure, I could focus on a gutter ball or two but all I remember is the four strikes I had in a row last year, which is because I AM A GREAT BOWLER!

So express yourself AND USE POSITIVE AFFIRMATIONS TOO. Speak up. Say who you are and you'll be able to live out your dreams instead of living your nightmares.

When you see yourself in the mirror tomorrow morning I want to hear you scream "YES! WHAT A HUNK!" or "YES! WHAT A HOT BABE!" all the way to my house in California.

SAY IT:
"I Love Myself! I Love My Life!
YAHOO!"



STEP 16

HELP OTHERS

Help someone every day.

WHY SHOULD I?

While everyone else is rushing around, I want you to stop and take the time to help someone. It's fun, you'll feel good and it is healing to your body, mind and spirit.

FACTS

- ▶ Beyond the good Christian “Do Unto Others” or the Buddhist and Hindu “Good Karma,” over the years, numerous physiological and psychological tests have been conducted on people who take the time to help other people, the so-called Good Samaritans, and those who don't. The test and study results are always positive for those who stop to help others. What scientists have referred to as the Good

Samaritan effect has been shown to be beneficial to heart disease, neurological diseases, even cancer and a host of emotional disorders from stress-related diseases including depression and anxiety.

- ▶ For many of my patients, helping others created a moment in time that shifted their attention from constantly dwelling upon themselves and their disease to something and someone else. This proved to be a very healing and magical moment.

HOW TO DO IT?

The other day, I was driving home and there was a man stuck in the middle of the road. His pickup truck had died and he was marooned in the middle lane of Pacific

Help Others

Coast Highway at the worst possible time, *Friday rush-hour traffic*. People were blowing their horns and they were screaming at him. One woman even drove by and flipped him the bird and I swear, after she passed, I noticed that the bumper sticker on her car read “Imagine World Peace.” Well, Honey, world peace starts with you—with action—not your imagination. Maybe she was driving someone else’s car.

So I put on my emergency flashers and actually parked behind this man, and very carefully walked out into the congestion of stop and go cars with pissed-off drivers. I walked up to him and asked what I could do to help. He asked, “Please, can you help get me get out of here?” The poor man was terrified that these people practically wished him dead. So the only thing I could figure out was to push his car with mine.

Now, I had just gotten my new car a few weeks earlier, and when I was pushing him, a passing motorist even yelled to me that I was scraping my bumper. Guys, it’s only

a bumper—plastic, metal, whatever. I get as attached to my toys as much as the next person, but *this was an incredible opportunity to help someone*. I may never get this chance again, and I want my healing moment. So yes, I did scratch my bumper. But now, whenever I see that scratch, it’s a wonderful reminder to me to help other people every day.

Look for them. Seek them out. Hey, they’re out there. It’s up to you to find them. I found the secret to seeing them: All you have to do is slow down a little bit, breathe, quiet yourself, stop talking and look around. Get out of your head a bit, and all of a sudden, they appear like magic... people who need your help.





STEP 17

LAUGH MORE

**I want you to learn 1,000 jokes. Only kidding.
NO, I AM NOT KIDDING!**

WHY SHOULD I?

Being sincere is good, but being too serious is not. Stress damages your immune ability, and numerous medical studies have found that stress is the preliminary cause of most disease. Stress kills!

A good laugh a day literally keeps the doctor away. There are hundreds of metabolic shifts and changes that take place in the human body when you laugh. I could bore you with the science, but come on friends, that's too serious, because **YOU CAN FEEL YOURSELF CHANGE WHEN YOU LAUGH! IT FEELS GOOD! AND IF IT FEELS GOOD, IT'S GOOD FOR YOU!** Laughing relieves the stress that can kill you. It also increases almost every

known aspect of your immune system. There are many reports of people who laughed their way to health, actually curing cancer, AIDS, heart disease and many other killer diseases just by laughing.

On the other hand, there are hundreds of metabolic shifts and changes in your body when you are agitated, angry and upset. **YOU CAN FEEL THESE TOO** and I don't have to tell you how bad they feel. And if they feel that bad, they are hurting you. It's that simple. Negative emotions are killers and getting healthy is about stopping killing yourself. The same way that you can laugh your way into healing disease, you can upset yourself into creating disease.

FACT

- ▶ **It only takes a few muscles to smile, but about five times more to frown. This shows that it uses more energy and depletes your vitality to be upset.**

HOW TO DO IT?

I want you to laugh. I mean *really* laugh, from deep down inside. Laugh until you cry, until snot dribbles out your nose. Laugh until you pee your pants or are in so much pain your ribs hurt and you can't breathe. Actually try to die laughing.

In my clinic, I would have Humor Night. All of my patients were invited, but my sickest patients were required to attend, or I would fire them. Every week, part of their program—just as important as their food program or their cleansing program—was to learn new jokes. Some had to buy joke books. We would all take our turn at stand-up comedy. Occasionally, we would go out to comedy clubs and get a professional healing.

I would make my seriously ill patients learn 1,000 jokes. It was an important step in their healing process. I would ask them to keep a journal of jokes and to take this journal out and read it every day and also recite from it to others. Their job was to memorize the jokes and be able to tell them to perfect strangers from memory. How many jokes do you know?

I had one patient who was very ill with colitis. She had 10, maybe 12 diarrhea-type hot, loose stools per day. Did you know that this type of diarrhea is actually genetic, because it runs in your genes? Get it? Runs in your jeans...

We all take ourselves and our lives way too seriously. So lighten up a little bit, in fact, A LOT. Laugh more. Laughter can be more healing than fresh juice. Start laughing today, even if you have to force it at first. Try it. Actually get hysterical. It might take some practice, especially if you've had years of training at being so serious, in control and cool... years of practice being dead.





STEP 18

MORE SEX

There is nothing more important than SEX because without it, there is no life at all.

WHY SHOULD I?

A recent study at Scotland's Royal Edinburgh Hospital concluded that more SEX slows the aging process.

FACTS

- ▶ Over 10 million American women are infertile. Nine million of them used medical infertility services, spending over \$2 billion. Medical infertility services have an 87% failure rate.
- ▶ Over 600,000 American women will have their ovaries and uterus cut out this year.
- ▶ Over 60% of men in their 40s have prostate disease, and 15 million men have prostate tumors.
- ▶ 50% of all men have some degree of erectile dysfunction and impotence. 10% of American men can't ever get an erection.
- ▶ The American male's sperm count has dropped to HALF of what it was only 70 years ago.
- ▶ Annual sales of Viagra, Levitra and Cialis top over \$3 billion in spite of dangerous, even lethal, side effects.

HOW TO DO IT?

We wouldn't be here without sex. So let's have it more often and for a longer time. Oh yeah, I know that in this age of AIDS, sex has become a dirty word. It's not cool to have sex anymore. We've got to be nonsexual. We shouldn't need it, shouldn't desire it.

From perfume manufacturers to clothing designers to hair stylists, they're all trying to create men and women who look and smell alike and probably don't want sex anymore. Hey, orthodox religion rarely talks about sex. Usually when it does, it says not to do it. Some religions even tell us to cut the tips of our penises off. Others say to remove the clitoris. This is really crazy. Is sex really uncool, unclean, unorthodox, unreligious and unnatural? No. Hey, guys, do I have to tell you? Sex is fun. It's healthy. I don't know about you, but for me, it feels pretty good and I know that God made it feel this good so that we'd do it more often. So, have more of it today. In their final hours, all of my dying patients, regretted not having more sex. So learn from them and have more sex now while you still can.

POTENCY AND FERTILITY IS ALL ABOUT SURVIVAL OF THE FITTEST

Whether you want to believe it or not, it exists. Whether you want to believe it to be God's divine plan, nature's

perfection or just the unfair treatment of the weak, it doesn't matter. Because every day, every second on this planet, **natural selection** is taking place. The fundamental process of **survival of the fittest** is a reality, whether you like it or not. From every cell in your body to the cornfields of Iowa to the jungles of Africa, the healthy and strong are winning and the weak are losing and dying.

Simply put, this process is the weeding out of the weak and diseased and the proliferation of the strong—terminating the life of the weak and diseased and/or ending their ability to reproduce, and promoting the life, future and reproductive ability of the strong, naturally.

The laws of nature are very simple, yet firm. Nature doesn't want to create sickly, weak children any more than it wants weak strains of corn to prosper. This natural selection is nature's way of guaranteeing and promoting stronger and healthier future generations. It wants the strong to survive and the

weak not to be born, and if by chance the weak are born, it wants them to be *recycled* early.

So why is it that while we are all doing our best to honor the unwell, it seems that God and nature are still being so cruel and have turned their backs on the unfortunate? The fact is that God and nature have always promoted the principle “you reap what you sow” (so stop blaming and quit whining), and that “help comes to those who help themselves” (in other words, take responsibility). In nature, if you snooze, you lose; you can’t reproduce, and you die.

One of the simplest ways to observe this is with plants. Weak plants get blown over by the wind, get beaten down by the rain and get eaten up by the bugs. They grow few seeds that are genetically weak and, within a few seasons, they are GONE, forever. On the contrary, strong plants thrive, survive, adapt, produce seeds and become even stronger next year. Garlic, one of the most powerful herbs on the planet, is thought to have been one of the weakest

at one time. Many scientists believe that the reason it is so potently packed with antibacterial, antiviral, antifungal and numerous other powerful protecting chemicals is because it was so attacked in the past. It learned how to adapt, grew strong and thrived while other plants withered and died.

It is the same in the animal kingdom too. Weak, diseased animals produce weaker, more-diseased offspring. Eventually, these very weak animals, even if they don’t get eaten, lose their ability to reproduce. It is the same for the human race.

IMPOTENCY AND INFERTILITY: IS IT JUST BAD LUCK OR IS IT BAD LIVING?

Men and women, not unlike plants and animals, as they live life in an unhealthy way, get sick and produce weak, sickly children. When these children grow up, they often continue to live unhealthy lives, which promotes further weakness and disease. Eventually, these children give birth to sick, deformed, or stillborn children,

More Sex

or they miscarry, or even become sterile, losing their ability to reproduce.

As we have learned, the primary functions of the human body are to repair, survive and reproduce. If your health level falls below a certain minimal point, you lose these basic functions. Earlier, while writing about osteoporosis, I explained that your body is often forced to make choices for you.

Well, when you are unhealthy, especially an unhealthy woman, your body will always choose to protect and save you, so sterility/infertility is a protective measure that your body takes, knowing that in your unhealthy state, you may not be able to survive a pregnancy.

Infertility and impotency in women and men is simply a sign of poor health. If you correct the underlying causes of the poor health, you will become fertile.

MEDICAL DOCTORS: ARE THEY MIRACLE WORKERS OR THE ANTICHRIST?

The instance of impotency and infertility has reached epidemic proportions in

America. Millions of men and women are sterile, and, as usual, medical doctors have stepped up to the plate and turned unhealthy living and reproductive ignorance into a multi-billion dollar industry.

Are medical doctors teaching sterile parents how to take responsibility for their health and live healthy lives to become fertile again? Of course not. Armed with fertility drugs, tube drills and laser beams for just 10 or 20 thousand dollars, medical doctors will try to FORCE your body to do something that God and nature have denied.

To clarify the issue, just because I am using the terms Antichrist, God and Nature in the above statement, THIS IS NOT A RELIGIOUS OR MORAL DEBATE! On the contrary, it is simply a scientific one. The bottom line is that your body is protecting you and does not want you to be able to have children, and there are very good, very natural reasons for this.

For Men, it is simple. When you are weak, toxic and sick, your sperm count goes down. Today, due to modern living,

American males have half the sperm count they had 70 years ago. Also, when you are unhealthy, your hormone levels go down, your circulation gets clogged and you can even lose your ability to get an erection. Nature's response to sickness and disease is the loss of your reproductive ability, because nature resists and sometimes refuses to allow the procreation of sickness and disease. I know, some of you men out there are thinking that you are reasonably healthy. Well, think again. What most people think of as good health I consider a state of managed disease. Losing your ability to procreate, your potency, is a grave sign of poor health.

For Women it is twofold. The above section that applies to men also applies to you. When you are weak, toxic and sick, your hormone levels become imbalanced. You may stop ovulating, which basically means no release of eggs for fertilization. Even if you ovulate, your uterus may be toxic and infected and may not be able to hold or feed the fetus.

Also, when you are weak, sick, diseased, unhealthy, obese,

anorexic, stressed-out, crazy, whatever, **your body has a perfect natural safety/survival mechanism that PROTECTS YOU.** Your body knows that you are ill, and that any more physical or emotional stress (like carrying a child for nine months) could kill you. One of the most basic functions of the human body is survival, so temporary sterilization is your body's way of protecting you from killing yourself. If a woman does get pregnant, and at the same time, gets sicker, often the woman spontaneously aborts the fetus. This also is not a curse but a blessing. Your body knew that your life would be in danger if you went to full term so it aborts the unborn child in order to save you. It may also be that your lack of health caused defects in the fetus and again, this is nature's way of weeding out the sick and weak. Would you rather have a deformed, sick and dying child? There are millions of sick and deformed children being born every day thanks to fertility treatments. Would you rather be dead?

IF GOD AND NATURE ARE SAYING NO, THEN YOU HAVE TO SAY YES!

If you can't have children, then it is time to get to work. In the clinic, I had thousands of couples who were told by every type of obstetrician, gynecologist and reproductive specialist that they could never have babies without powerful drugs, surgery and expensive laboratory procedures. How dare they! How dare these godless butchers claim to foresee the future.

In my clinic, what I experienced is that EVERY couple who wanted children—EVERY ONE OF THEM—HAD BABIES. That's right, no matter what scientific horror stories they were told by their medical doctors—**no matter how many miscarriages or abortions, no matter how much scar tissue, no matter how long it had been since the last menstrual cycle, no matter how badly their hormones were imbalanced**—they were able to have children if they were willing to get healthy. I learned never to underestimate the power of Natural Healing and getting healthy when it comes to infertility. Always remember, God and Nature both want you to have children. There

is nothing more important, because without the ability to procreate, there would be no life at all. All you need to do is get healthy.





“Trust yourself, and trust your inner voice and stop asking so many questions. Quiet yourself; don’t panic, and all of the right answers will come at the right time.”

— Dr. Richard Schulze

STEP 19

LISTEN TO YOURSELF

Create some quiet time every day—some time to breathe, to meditate and to practice listening to your inner voice.

WHY SHOULD I?

There is much more to life here on Earth than what you can see and what you can actually touch and put your finger on. I always talk about what you feel in your gut, in your heart, in your soul, and about following the voice of God that is within you, that is within all of us. So enjoy some quiet time every day. Take some time out to breathe, meditate, **AND LISTEN...**

FACT

- ▶ **After 20 years of clinical practice, interviewing thousands of people and helping them to heal every disease known, I can tell you one thing that I know for sure is A FACT:**

If you feel it in your heart, if you feel it in your gut, if you feel it in your soul, whatever you feel... **IT'S RIGHT, 100% OF THE TIME!**

HOW TO DO IT?

If you don't know how or you can't hear yourself anymore, that's OK. We have spent our entire life numbing, squashing, ignoring and silencing our inner voice.

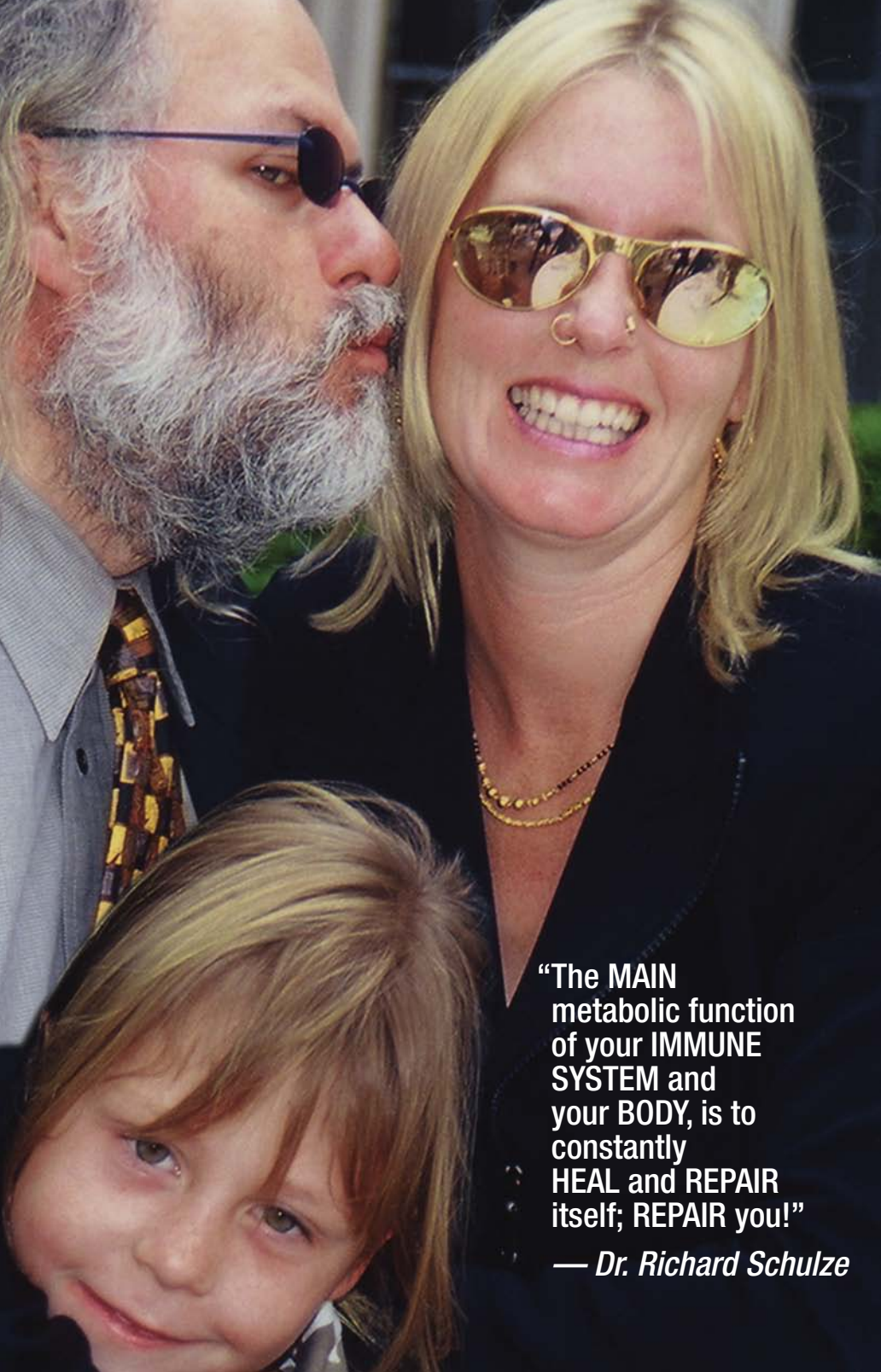
The public school system and my so-called *education* did its best job to kill my daydreaming, my imagination, my free thinking and my intuition, and ingrained in me that I must trust knowledge, science and my teachers, *but not trust myself and my own feelings.*

Listen to Yourself

It has taken me many years of practice to begin to hear my inner voice again. It just started *popping up* when I was interviewing patients. I would get feelings and I would get messages. At first, I tried to quiet them; I almost felt embarrassed. But they kept coming, louder and clearer. One day I listened, and then more messages came. And they were ALWAYS right.

Be patient. The next time you are wondering about something or need an answer, quiet yourself, breathe, close your eyes, give yourself a moment, and you will find that the answer was there all along, you just stopped listening to yourself a long time ago.





**“The MAIN
metabolic function
of your IMMUNE
SYSTEM and
your BODY, is to
constantly
HEAL and REPAIR
itself; REPAIR you!”**

— Dr. Richard Schulze

STEP 20

LOVE LIFE

**Be bold, take the leap, shout out loud, “I LOVE MYSELF!”
It all starts right here, RIGHT NOW!**

WHY SHOULD I?

If you walk around all day long frowning, not loving what you do and not loving yourself, then prepare yourself, because disease and illness are not far away.

My suggestion: Make up some of your own positive affirmations about how much you love yourself, how much you love your life, how much you love where you live and how much you love your family. You love everybody and everything. Tell yourself how good you are at doing things, and the next thing you know, you'll be living in love and your disease and illness will be gone.

FACTS

- ▶ It is now medically and scientifically proven that

your immune cells monitor and react to your emotional dialogue.

- ▶ Thousands of women were polled by fashion magazines and asked if they were happy with the appearance of their breasts. 100% of them answered that they were not. Is it any surprise that breast cancer is the #1 cancer in women?
- ▶ A major magazine asked 1,000 people if they would rather have a different occupation. All of the 1,000 said they would rather be doing something different. Is it any wonder Americans have the highest incidence of cancer and heart disease in the world?

HOW TO DO IT?

“IT’S GREAT TO BE ALIVE!”

For every one little thing that you think is bad, there are 1,000 things that are *GREAT* and *WONDERFUL* about you and your life. If you can’t see the good, well, you’re just not looking hard enough or in the right place. Every day when I wake up I think about how blessed I am, how great it is to be alive and how much...

“I LOVE MY LIFE!”

These three great healing affirmations didn’t come naturally to me. I didn’t learn them from my school teachers or hear them on television, movies or in the lyrics of songs. And I certainly didn’t hear them from my patients, either. In fact, if you heard most of my patients’ self-degrading, self-defeating negative thoughts you would wonder how they were even still alive. Imagine the kind of constant attack your immune system has to survive and defend itself against EVERY DAY. If you think flesh-eating bacteria, Legionnaire’s disease and killer

viral influenzas are bad, well, *medical and scientific research* clearly proves that your worst immune attack, your worst immune enemy, is not microbes, instead it is what you are thinking and what comes out of your mouth every day.

Furthermore, one of the most healing nutrients to your body, more than vitamins, minerals, enzymes, fresh juices and *even more than herbs*, is LOVE.

HOW BAD ATTITUDES, NEGATIVE THOUGHTS, LOW SELF-ESTEEM AND A MISERABLE OUTLOOK CAUSE DISEASE

FIRST, YOUR BRAIN IS YOUR MASTER COMPUTER

Your brain is constantly working, night and day, 24/7/365; it never shuts down or takes a vacation. First off, it’s your body’s master computer, controlling just about every metabolic function and chemical balance in your body. From your nervous system and blood balances to your sexual function and thousands of

other functions that you don't even know about, your brain is the captain at the helm, creating, driving, controlling, balancing and maintaining **YOU** and your entire body, every second of every day.

If this doesn't sound exhausting enough, your brain also has to process everything you think. If you want to move your arm or leg, walk, run, sit, eat or talk, your brain has to give the command and your body follows orders. To do this, your brain and brain cells, just like every other cell and organ in your body, have to take in nourishment and nutrition and eliminate waste. Your brain needs this nourishment to create numerous chemicals. In fact, *every time you have any thought, your brain creates a specific chemical.*

Science has done a lot of research on this subject for a number of reasons. Just imagine if you could put something in the water and make everyone feel loving, or more realistic, fearful, hateful, scared or numb. Medical doctors, especially psychiatrists, have also been very interested in this topic

because they want to create happy and numb pills, and have created many such pills already. In fact, you probably know someone who is, or at least has taken, the numb pills.

Scientists now know that when you have a thought, your brain creates chemicals that open what they refer to as *windows*. And when the thought is over, the window closes. So when you see the person of your dreams and you feel love, and you have that incredible tingling feeling all over your body, this is a brain chemical. When you feel sexual, this is another brain chemical, and when that #%@&?!* cuts you off in traffic and you wish you had laser guns on your steering wheel to vaporize the idiot, that hate, that boiling acid in your bloodstream or stomach, is another brain chemical. Scientists call these brain chemicals **neuropeptides**.

What we know is that when you have any thought, your brain creates chemicals which alter you, and what you feel is the creation and assimilation of these brain chemicals called neuropeptides.

SECOND, YOU NEED JUST A LITTLE CELLULAR ANATOMY

Your body is made up of trillions of cells: blood cells, skin cells, liver cells, brain cells. In a way you are just a bunch of cells, at least physically.

The cell wall, protective covering, membrane (or let's call it skin) forms the outer boundary of each cell. It is made up of phospholipids (fats), protein and cholesterol. *It can selectively allow various substances to enter or leave the cell.* In fact, many substances in your bloodstream, like vitamins or amino acids, **have their own specific loading dock** on the cell wall where they can connect and offload their specific cargo. Even immune cells have these same specific loading docks on their surface skin, and *here is where it gets weird.*

THIRD, YOU ARE WHAT YOU THINK!

Medical science made a big, no, HUGE discovery in the last decade that for the most part went unnoticed. They already knew that your

immune cells, just like all cells, have specific loading docks on their surfaces to assimilate particular substances. But it was discovered that on the surface of your immune cells (the cells that are designed to protect you and fight off bacteria, viruses, fungi, parasites, cancer—in fact ALL disease) **there is a specific loading dock, a specific assimilation site, for NEUROPEPTIDES!**

What business is it to your immune cells what you are thinking? Why do they care? Don't they have enough to do with all the germs floating around these days and the cancer rate skyrocketing, without having to eavesdrop on your personal affairs and private conversations with yourself? Is this part of the new administration's war against terrorists, FBI telephone taps without warrants?

Hang on; it gets weirder. OK, so we know that your immune system is definitely listening to your emotional dialogue, but no cell, organ or system of your body listens to another system unless it is prepared to react to the information it is receiving. Holy bad attitude, Batman...

does this mean... oh, no...
that...

**“Your Immune System is
LISTENING to and REACTING
to your emotional dialogue.”**

This is exactly what medical science is telling us now: that your immune cells have specific receptor sites for neuropeptides, the chemicals that your brain creates with every thought, AND that your immune cells' response to germs and disease is affected, whether boosted or impaired or even STOPPED, by these brain chemicals. *Your immune cells' response is determined by your thoughts.*

Just think of the potential power we have to cure any disease, *or to manifest it.*

**FINALLY, THE PROOF WAS
IN MY CLINIC**

In my clinic, I could tell the winners from the losers in less than two minutes. In other words, I could tell who was going to beat their cancer and those who weren't going to make it almost

immediately. IT WAS THEIR ATTITUDE.

What I am telling you is a basic law of Newtonian physics: that “Every action has an equal reaction.” There are no free rides with your mind and body connection. You are either thinking thoughts that will get you healthier and better, or you are thinking thoughts that will make you sicker and worse. In the 1960s we used to have a saying: “You are either part of the solution or you are part of the problem.” There is no middle ground.

What I mean is that there are physical *consequences* for everything that you do, and now, it appears, for even everything that you *think*, too. I am not trying to lay a guilt trip on you here. This is just the way it is.

**YOUR ATTITUDE IS YOUR
ALTITUDE**

There was a young woman with AIDS who I was treating in my clinic. She had contacted me because I had a reputation of having success with helping people with AIDS actually heal themselves. I knew her

and she really had everything going for her; she was young, strong, quite healthy, but had been infected with HIV. I was actually shocked to discover that the disease had spread so rapidly in her and that she was now showing gross symptoms of AIDS, much faster than most people infected with HIV. Her T-cell count had dropped to only two, the lowest I had ever heard of, in just a few months with HIV, and she had developed a cancer!

Since many of my patients who had been infected with HIV for over a decade were alive and very well, I was shocked by how this young woman in her prime could be so damaged by this disease so quickly... until she opened her foul mouth. I have rarely heard someone so negative in all of my life. She must have had some great training from her parents and teachers. She never had anything good to say about anything, EVER. Well, I took her on as a patient anyway because for her young age.

In her very first office visit, I mentioned her bad attitude and negative affirmations and

told her that by her next visit in a week, I wanted to see and hear an attitude change. I also suggested some positive affirmation reading material. Well, the next week I didn't see any attitude change; she was still Bummer Woman. She was taking all of her herbs, and doing all of her Natural Healing routines. Her colon was clean, but her brain was still filled with fecal matter. I told her that if she didn't come up with at least one positive affirmation by her next appointment that I would fire her as a patient. The third week, she came into my clinic and said she had her first supposed positive affirmation. She said, "*My cancer is not going to eat me alive and kill me.*" This was the best that she could do? She was dead in two weeks.

NEW HEALING THOUGHTS

While working in my clinic for three decades, my patients taught me a lot. But above all else I discovered that our most powerful healing tool, and our most destructive, is our mind.

In life, I have also learned that if you want something, you can create it. You can manifest it. Ask, and you shall receive.

However, regarding life or health, I have learned that **ANYTHING** is possible.

I have patients who were told by the best of the best specialists, the heads of the hospital departments, the top dogs at the Mayo Clinic, or Harvard or Stanford, the finest, smartest and most highly educated medical doctors in the world, that they would be dead in a few weeks or months, **30 YEARS AGO**, and they are still alive and healthy today. How is this possible? Well, part of it is certainly that they were willing to change just about everything in their life. But the biggest part is that they believed that they could be well. They could see it. They could feel it. They could taste it **AND THEN THEY CREATED IT!**

Every one of my patients had to learn a new positive way to look at themselves and at life. They were forced into this by their circumstance, their disease.

For the rest of us, it is much better to make these changes before we get sick. So let's get started with our preventative emotional medicine.

YOUR BODY

At first, you don't have to believe everything that you say. Just like anything, it takes a little practice. Eventually, you will become a believer. You must understand that you will never be well if you don't love yourself, so you have to start telling yourself this **RIGHT NOW**. You have to start creating the right brain chemicals, the right neuropeptides, to turn your immune system back on, to supercharge your immune system. Come on, Friends, my Echinacea Plus needs some help here.

A great affirmation to start with, is "I love myself." Look into the mirror every morning and shout this out loud. Sure, you may think that you are not perfect, but who is? That is what is so exciting about life. We are all different, **YAHOO!** So look at yourself and love yourself, and say it. Say the words. Whatever you look like and wherever you are on your healing or destructive path, it all starts right here, **RIGHT NOW**. Be bold, take the leap, have the courage and the faith. **I LOVE MYSELF**. It feels good.

Try it, and with a big smile, try it naked.

Sure, you may have a few parts that don't work so well. Who doesn't? That's no excuse for self-hate. For every one little thing that you think is wrong with you, I could find and tell you about a 1,000 things that are working perfectly that you don't even see or acknowledge.

Don't make me come over to your house and open a can of whoop-ass on you, make you drop and give me 20. I want you to start loving yourself today. It will take a little practice but it will make the biggest difference in your life, ever.

YOUR LIFE

Are you going to waste the greatest gift you have received from God? Are you going to blow it? Are you going to sit on the sidelines and watch life pass you by while chanting, "*Why is this happening to me?*" Or are you going to do something about your life and celebrate everything that comes your way? So shout it out, loud, long, and often:

"IT'S GREAT TO BE ALIVE!"

If there is one thing that I have learned in my clinic, and in life, it is that **EVERYTHING**—that's right, **EVERYTHING**—IS **A BLESSING FROM GOD. EVERYTHING.**

Sure, in the moment, it may be hard to see the blessing in a dead car battery, locking yourself out of your house, a broken washing machine, a broken leg, diabetes, a heart attack or cancer, but trust me on this one: it is your gift from God. Every patient who I ever had was eventually able to look at their disease or injury and thank God for it, as well as the lesson, what they learned and how their disease changed their life. Diseases, injuries, whatever... they aren't accidents, or horrors, they are tools to learn from, lessons on how to change our lives for the better. They are gifts. They are not bumps in the road; they are **JEWELS**. They are a stop sign at a fork in the road and now you have a choice: suffer, blame, pain and Hell... or... change, responsibility, health and Heaven. It is up to you.

“I LOVE MY LIFE”

How dare you judge your circumstances and decide that anything is wrong, or bad, or a bummer! How dare you! How ungrateful, unfaithful and untrusting we can be. You can't see the whole picture, how this will turn out. How many stories have you heard about people working in the World Trade Center in New York City who broke their glasses, spilled coffee on their shirt, broke their leg, were mugged or whose car broke down the morning of September 11 and thus, they missed getting to work, or had to leave work as soon as they arrived, and their life was spared because of this so-called accident? I bet you every one of them was cursing and pissed off until the planes struck the buildings.

And what about those who died? How do we really know what they experienced, or what they are experiencing right now, or what will happen to their families and what change will take place in their home, their community and in the world because of this? How do any of us know enough to doubt or judge anything that happens and decide that it is bad?

CELEBRATE EVERYTHING; that is what I have learned. When I get a flat tire, or the person in the car in front of me does, I believe that this is a very special moment, a very special gift and a wonderful opportunity. I believe that God is speaking to me and that I need to pay special attention because a divine message is coming down the pipe and this is no time to be unconscious, because I don't want to miss it.

If you start thinking this way, well, eventually, every day and every single moment becomes a celebration, a gift, a message, and you become more connected with life, love, God and bliss. As my friend Bodhi says, “Life becomes one big giggle,” one big celebration. ALL IS WELL, ALL OF THE TIME. This is my life. With a little practice, it can be yours too.

“Love, Light, Laughter and Peace.”

P.S. OK, let's say that old Dr. Schulze is mad as a hatter. What is the downside of following what I say? **Well, one**

thing that is for sure is that there is nothing positive or healing that will come out of being negative. Besides getting a headache or an upset stomach, you will depress your immune system. On the contrary, being positive will ease your nerves, relax your muscles, increase your blood circulation, increase your immune strength and help you sleep like a baby. This is why it is better to think of a cold as an opportunity for your body to cleanse and purify itself and your immune system to become stronger and more educated than an attack by a killer microbe.

AT THE HEART OF IT ALL: THE COMMON DENOMINATOR OF ALL RELIGIONS

Organized religions of the world are responsible for killing more people than every war, disease, plague, natural disaster and dictator in history, even Adolph Hitler.

On the other hand, after years of religious and philosophical study, I know that the common wish of all religions, the written word of God in any language or any religion, in all the hundreds of religious books, the message of God, the spirit of God, no matter how hard organized religions of the world try to hide it, bury it, kill it and behave badly... is LOVE.

Since all of these religions don't seem to agree on much, then I think that this is a very important, powerful point I am making:

LOVE IS THE SPIRITUAL COMMON DENOMINATOR.

This leads me to the final Step in my book.

LOVE

To heal yourself of any disease, any illness, to be healthy, you need to love more. Love yourself; love your kids; love your family; love strangers; love your enemies; love your life; love what you do; love your disease and love being loving. And when you run out of things to love, then love running out of things to love.

I know being loving doesn't come naturally to most. That's why we have to practice it, and believe me, it is more nutritious than beets and more healing than carrot juice.

On my travels in India I heard these lyrics to a song..

**Love is such a beautiful
feeling,
Dance till you fall in love.
Love is such a beautiful
feeling,
Dance till you fall in love.
Disappear in this song
till the dancer is gone
and till only the love remains.**

WHILE YOU ARE PERFECTING YOUR EMOTIONAL DIALOGUE, PROTECT YOUR IMMUNE SYSTEM

Dr. Schulze Describes his ECHINACEA PLUS



Botanical Ingredients

Wild-Harvested Echinacea Angustifolia Fresh Root and Juice, Organic Echinacea Purpurea Seed, Organic Garlic Juice, and Organic Habanero Cayenne Pepper and Juice

Therapeutic Action

Simply put, **Echinacea** works in two main ways. First, it builds up your immune system by stimulating your body to build more immune cells and immune chemicals. Second, it stimulates these immune cells into heightened activity levels. These actions will help you combat

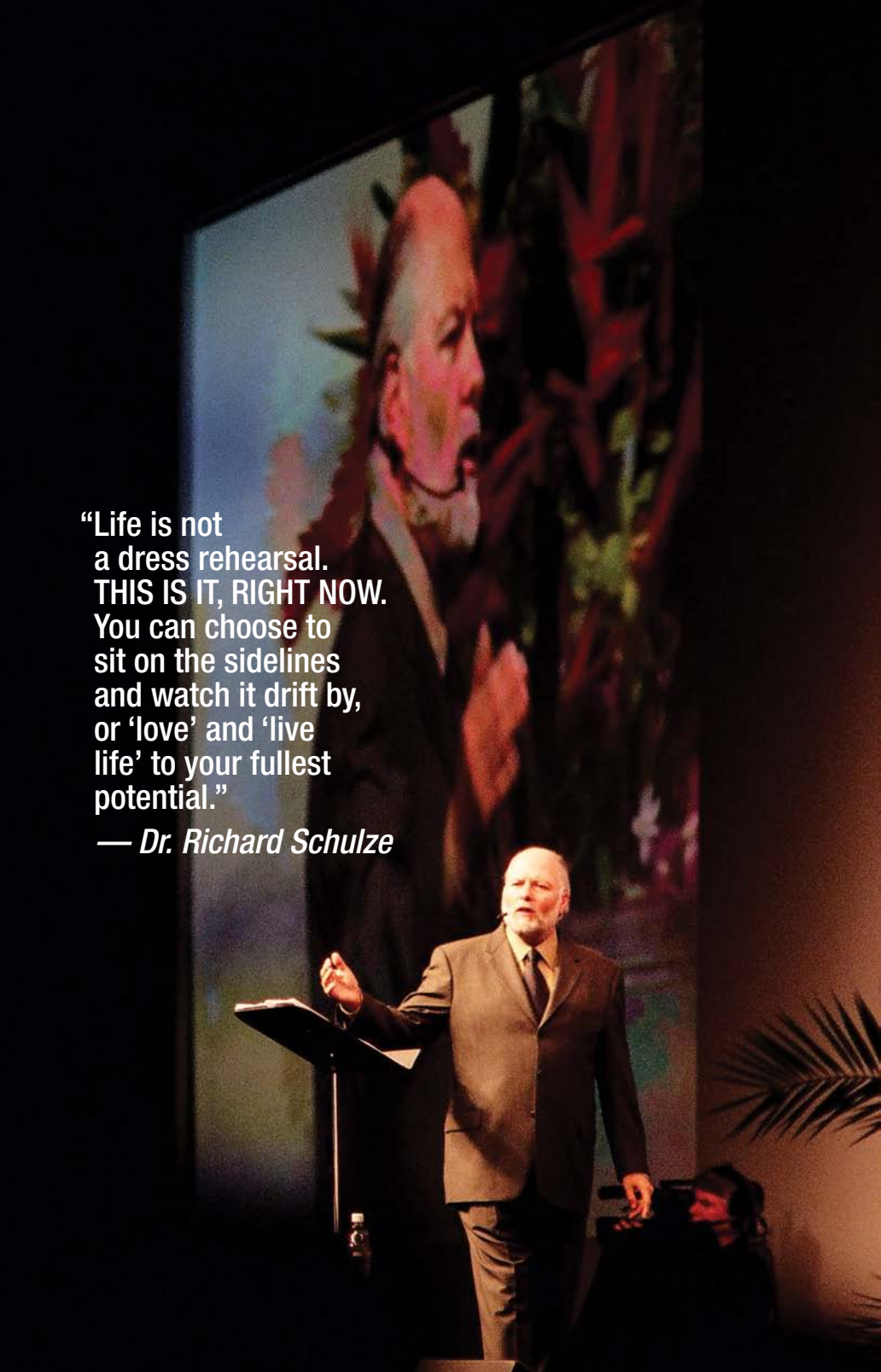
any infection or disease more effectively and also protect you from future invasion and illness.

Echinacea is one of the strongest immune stimulators and enhancers known. It can double and triple the amount of T-cells and macrophages in your bloodstream and increase the number of granulocytes. It also stimulates the phagocytosis, the ability to kill and eat the bad guys, in all of these white blood cells. Echinacea can increase the amount of interferon, interleukin, immunoglobulin and other important natural immune chemicals present in your blood. **Again, this is how Echinacea works, by boosting the number of immune cells and the amount of natural immune chemicals in your body and then stimulating them into being more active.** This is why in my clinic, Echinacea Plus was an extremely effective treatment, not only for acute infections, but also for long-term diseases.

Dosage

For general maintenance, use 2 droppersful (about 60 drops), three times daily.





“Life is not
a dress rehearsal.
THIS IS IT, RIGHT NOW.
You can choose to
sit on the sidelines
and watch it drift by,
or ‘love’ and ‘live
life’ to your fullest
potential.”

— *Dr. Richard Schulze*

STEP 21

FINAL THOUGHTS

In closing, healing disease is not really that difficult. After all, even modern medicine, with its scalpels, stitches and chemical pills, achieves that. Healing just means that the diseased part is not diseased any more. Or, as with surgery, that it's completely gone. The broken part is repaired, the clogged part is unclogged. The rotten part has stopped rotting. With my 20 steps, I'm offering you much more than healing. I'm offering you a new life.

See, after 20 years with sick and dying patients, I came to realize that your disease, your illness, is not bad, not the enemy, not a curse from the devil. Your disease is... wonderful. That's right, I said wonderful. In fact, it's a blessing you've received from God to get your attention, to get you to change the path that

you're on. Who knows, maybe just to get you to listen to me so that you can fix the disease.

If you follow my 20 steps, you will definitely be healed. You will have a miracle. Listen to the divine message that was sent to you that brought you to my doorstep. You are being given a very special chance right here, right now. Sometimes this chance only comes once in a lifetime. A chance to not only be born and to die, but to really live. The question is, do you just want to be a healed patient or do you want to be an ADVENTURER? A COSMONAUT? AN EXPLORER? Do you believe that there's more to living than just wading through life with a mundane spirit and a dull look on your face? God has given you an incredible gift: life. Are

Final Thoughts

you going to live it or are you going to sleepwalk through it? What I'm telling you is that there are many realities and I live in the one where you're laughing, loving, extremely happy, passionate and blissed out every day—no bad news, just good news. No bummers, only divine messages and divine blessings.

Follow these 20 steps, and you will be healed. But learn to *live* these 20 steps. Learn to live them, and a life filled with laughter, love and light is yours. So start every day with all my steps in your heart. When you wake each morning, go over the list and each day, you'll get better and better at living a healthy life. You will change and, in doing so, you will change the world.

FINAL HOUR REGRETS

In the many years I spent interviewing patients, not only in America but all over the world, I had the wonderful opportunity to talk with many elderly people. I also had the

illuminating experience of being with many people just a few days, even a few hours, before their death. For a few, I was the last person they saw. I must share with you that most of these visits were filled with regrets. The reason I'm telling you this is so you don't make the same mistakes.

What I heard was like a condensed version of their life. People have a tendency near death to look back at their life and examine it. What I heard were many regrets for not living life to its fullest.

I don't remember ever hearing any regrets for believing too much, trusting too much, laughing too much or loving too much. All the regrets were based on holding back, not going far enough, not giving enough, not loving enough, not taking the chance, not saying what they wanted to say, not taking risks, not fully living life.

Let's not wait until it is too late. Let's not have a list of unfulfilled wishes and unlived dreams as the final hour approaches. Take the chance.

Take the leap. Dare to make this life rich. Love and live life to its fullest potential.

What if you only had six months left to live?

What would you do differently? Who would you tell you love more often? How would you spend your time? How would you live each day, each moment?

“This is how I want you to live RIGHT NOW!”

A POEM FROM DR. SCHULZE'S DEAD PATIENTS

We screwed up.

Don't make our same mistakes. Don't hold back.

Don't be stingy.

**We all waited until it was too late,
now sitting on our deathbeds, gasping our last breaths.**

**We all agree: we wasted our lives. We didn't really live.
We would do anything for a few more hours,
but all we can do is warn you,
tell you that you are making the same mistakes we did.**

**We regret letting our fear and complacency rule us.
We didn't go far enough. We didn't live enough.
We didn't love enough. We didn't take enough chances.
We kept our mouths shut and didn't say what we really
wanted to say.**

**We should have trusted more, believed more,
laughed more, loved more.
We should have taken more risks, lived life to the fullest,
traveled more, worked less and had more sex.**

**It's too late for us. We have so many unfulfilled wishes
and so many unlived dreams.
Please don't make our same mistakes.
Take the chance. Take the leap.
Love life, and live life to the fullest.**



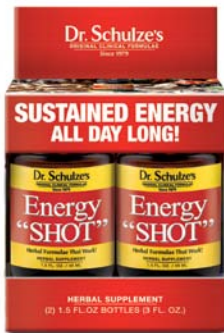
DR. SCHULZE'S OTHER POWERFUL HERBAL FORMULAE:

VITALITY PROGRAM



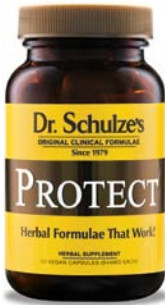
- ✓ **BLASTS** every cell in your body with nutrient-rich organic vitamins and minerals to give you more energy than ever before
- ✓ **REMOVES** the toxins and waste that cause you to be unhealthy, while cleaning and strengthening your colon
- ✓ **STRENGTHENS** your immune system to better fight viruses, infections and diseases

ENERGY “SHOT”



- ✓ **A Powerful And Effective ENERGY Boost That Lasts All Day Long!**
- ✓ **Increases PHYSICAL Endurance, Stamina, Strength, Power, Performance And Vitality**
- ✓ **Increases MENTAL Focus, Clarity, Concentration and Improves Brain Fitness**
- ✓ **A Pure, Clean and Healthy, 100% Herbal High-Octane “ENERGY-FUEL”**

PROTECT FORMULA



- ✓ **DESIGNED** for people who are worried about their health, people who don't take good care of themselves and anyone over 40
- ✓ Contains herbs used to **PROTECT** the heart, liver and brain
- ✓ Contains the three most **POWERFUL** herbal anti-oxidants
- ✓ The most cost-effective 'health insurance' you can get

CHILDREN'S ECHINACEA



- ✓ Keeps kids **HEALTHY** and **STRONG**
- ✓ **STRENGTHENS** your natural immune defenses against colds and influenza
- ✓ **TASTES** great
- ✓ **SUPPORTS** and **PROTECTS** a growing immune system

30-DAY DETOX PROGRAM



- ✓ **LOSE WEIGHT** and get healthier!
- ✓ **PREVENT** health problems before they start!
- ✓ Have more **VITALITY** and live a more blissful life!
- ✓ **CLEAN** and **DETOXIFY** every major organ!

SUPERTONIC



- ✓ **KILLS** harmful micro-organisms on contact, especially during winter months
- ✓ **NATURALLY** supports clear and open sinus and lungs
- ✓ **STARTS** working immediately

THROAT & TONSIL



- ✓ **STRENGTHENS** your natural immune defenses against colds and influenza
- ✓ **HELPS** get rid of micro-organisms that invade your body, especially during winter months
- ✓ **HELPS** your throat and tonsils feel better

COLD & FLU HERBAL "SHOT"



- ✓ **SUPERCHARGES** your immune system to better protect you during winter months
- ✓ **1000% RDA** of Vitamin C using Organic Acerola Cherry
- ✓ **PREMIXED** for easy use
- ✓ **The most POWERFUL AND CONVENIENT** herbal shot on the market

LUNG TONIC



- ✓ **PROMOTES** clearer breathing by opening up respiratory passageways
- ✓ **SUPPORTS** the body's need to cleanse through coughing
- ✓ **STRENGTHENS** your immune system so it can naturally fend off respiratory invaders and contaminants

FEMALE "SHOT"



- ✓ **A POWERFUL**, extra-strength female formula for crisis situations related to PMS, menstruation, menopause and fertility
- ✓ **BALANCES** your female hormones for better health
- ✓ **CALMS** your body, mind and spirit during hormonal fluctuations
- ✓ **STOPS** water retention and bloating

FEMALE FORMULA



- ✓ **PROMOTES** natural female hormonal balance
- ✓ **REGULATES** and **BALANCES** a woman's body chemistry during her monthly cycle
- ✓ **PROMOTES** normal and healthy monthly cycles
- ✓ **HELPS** reduce the stress of the changing female body chemistry later in life

FEMALE PLUS



- ✓ **PROMOTES** natural female hormone balance
- ✓ **REGULATES** and **BALANCES** a woman's body chemistry during her monthly cycle
- ✓ **HELPS** women regain control and stop feeling those terrible mood swings, irritability and bloating

PROSTATE FORMULA



- ✓ **PROMOTES** prostate health, reducing unwanted pressure on the urethra and increasing the flow of urine
- ✓ **REDUCES** the frequency of nighttime urination, which lets you sleep through the night again

MALE FORMULA



- ✓ **STIMULATES** sexual energy, desire and performance
- ✓ **Have** more **FREQUENT** and **harder** erections
- ✓ **INCREASES** sperm production

SUPER GINSENG



- ✓ **IMPROVES** overall energy, vitality and stamina
- ✓ **HEIGHTENS** sexual performance
- ✓ **PROMOTES** harder erections
- ✓ **A NATURAL** herbal aphrodisiac
- ✓ **COMBATS** exhaustion and supports a sense of emotional well-being

MALE “SHOT”



- ✓ **A powerful SEXUAL STIMULANT**
- ✓ **Stimulates male SEXUAL PERFORMANCE, STAMINA, STRENGTH and POWER**
- ✓ **Increases the LENGTH and WIDTH of your erection**
- ✓ **Have sex LONGER and MORE OFTEN**

HEART FORMULA



- ✓ **A life-saving formula that STRENGTHENS and TONES the heart**
- ✓ **MAINTAINS** healthy blood pressure and cholesterol levels
- ✓ **INCREASES** overall heart health and general circulation

BRAIN FORMULA



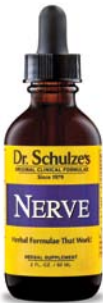
- ✓ **RESTORES** memory, **SHARPENS** concentration and improves alertness
- ✓ **INCREASES** oxygen and blood flow to the brain
- ✓ **SUPPORTS** healthy hearing and eyesight

CAYENNE TINCTURE AND POWDER



- ✓ **A POWERFUL** blood circulation boost throughout your body
- ✓ **STRENGTHENS** your heart, arteries, capillaries and nerves
- ✓ **Helps maintain NORMAL** blood pressure in healthy individuals

NERVE FORMULA



- ✓ **RELAXES** and **SEDATES** the mind and body
- ✓ **SUPPORTS** natural sleep with no side effects
- ✓ **RELIEVES** nervous tension, pressure in the head and muscle spasms

FRESH BREATH PLUS



- ✓ The most **POWERFUL** natural breath freshener available anywhere
- ✓ Made with **Peppermint Spirits**, the **STRONGEST** concentrate in nature
- ✓ **ASSISTS** in digestion
- ✓ **LASTS** long and tastes great

TOOTH & GUM



- ✓ **STRENGTHENS** and **TIGHTENS** gums and **REDUCES** inflammation
- ✓ **DISINFECTS** and **KILLS** germs and bacteria in your entire mouth
- ✓ **FRESHENS** breath, relieves pain

EYEBRIGHT



- ✓ **REMOVES** harmful contaminants that can damage your eyes
- ✓ **REDUCES** eye irritation
- ✓ **SUPPORTS** healthy blood circulation to the eyes

BUG BLOCK



- ✓ **REPELS and BLOCKS** insects naturally
- ✓ **Allows you to enjoy the OUTDOORS** without insect bites
- ✓ **ORGANIC**, natural and safe for children, pets and plants

BUG BARRIER



- ✓ **Creates an INVISIBLE BARRIER** that blocks bugs
- ✓ **STOPS** insects from biting you
- ✓ **ORGANIC**, natural and safe for children, pets and plants

DEEP TISSUE



- ✓ **SOOTHES** your muscles with a miraculous, deep-penetrating formula
- ✓ **INCREASES** circulation to sore muscles, tendons, ligaments and bones
- ✓ **Your body will FEEL** dramatically better

JOJOBA & TEA TREE



- ✓ A great moisturizer that **SOOTHES** and **SOFTENS** your skin
- ✓ **CLEANSES** the skin on contact by eliminating harmful micro-organisms
- ✓ **POWERFULLY** effective, yet **SAFE** for sensitive areas

ANTI-INFECTION



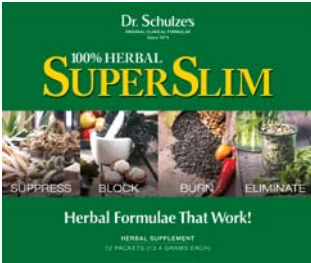
- ✓ A **POWERFUL** cleanser that **KILLS** harmful micro-organisms on contact
- ✓ **COATS** wounds and won't wash off
- ✓ **PROMOTES** faster healing

AIR DETOX



- ✓ **DISINFECTS** and purifies the air in your home, office and car
- ✓ **DESTROYS** airborne bacteria, viruses, pathogens and antigens on contact
- ✓ **DELIGHTFUL** eucalyptus/citrus scent lifts the spirits and clears the mind
- ✓ **100%** pure essential oils, not diluted

SUPERSLIM PACKETS



- ✓ **SUPPRESS** Your Appetite!
- ✓ **BLOCK** The Fat and Carbs You Eat!
- ✓ **BURN** More Fat!
- ✓ **ELIMINATE** More Waste!
- ✓ **The Fastest, Easiest, Healthiest and Most Effective 100% HERBAL Formula!**

SUPERSLIM SYSTEM



- ✓ **SUPPRESS** your appetite, **BLOCK** carbs and fats, **BURN** more fat and **ELIMINATE** more waste!
- ✓ **Proven EFFECTIVE** in Dr. Schulze's Hollywood and Malibu clinics with models and celebrities!
- ✓ **100% Natural, 100% Herbal and 100% GUARANTEED** Weight Management System!

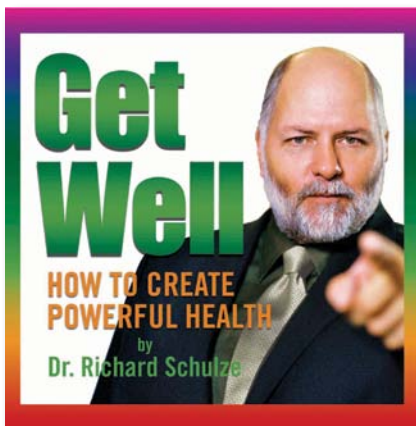
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**“This is the book
Dr. Schulze was
destined to write!”**

DR. RICHARD SCHULZE

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Herbal Medicine in the world.

What if there was an option to Doctors, Drugs and Surgeries... that you could PREVENT and even HEAL diseases just by making simple changes in your daily routine?

After spending 20 years in clinical practice helping tens of thousands of patients heal themselves, Dr. Schulze discovered that there are certain basic health habits that can help anyone regain their health and even heal disease.

Inside this book are 20 very simple ideas, some so simple you will be shocked. Yet put into practice each one of them was powerful and effective enough to change his patients' lives, heal their diseases and create vibrant health.

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