

A portrait of a middle-aged man with a grey beard and balding head, wearing a dark suit, white shirt, and dark tie. He is standing in front of a wooden shelf filled with various items, including books, jars, and a mortar and pestle. The lighting is soft, highlighting his face.

ASK DR. SCHULZE 2011 Blog Posts

A yearly collection of Natural Healing Questions, Answers,
Commentaries & Wisdom taken directly from
Dr. Schulze's Official BLOG Site

www.herbdocblog.com

Published by
Natural Healing Publications
P.O. Box 9459, Marina del Rey, CA 90292
1-877-TEACH-ME (832-2463)

© Copyright 2012
Natural Healing Publications
1st Edition. All Rights Reserved.

When people misrepresent, misquote and dilute Dr. Schulze's message, programs and herbal formulae, the programs do not work and people do not get well. Therefore, to protect the public, Natural Healing Publications is serious about prosecuting copyright violators.

At no time may any person or entity copy any portion of this book or incorporate any portion of this work into any other work to the public, without the written permission of Natural Healing Publications. These prohibitions apply equally to electronic and hard copies of this protected work. These prohibitions also apply to the Internet.

Library of Congress Catalog
Card Number: Pending
Ask Dr. Schulze: 2011 Blog Posts
ISBN: 978-0-9835087-4-8



PRINTED IN THE USA ON 100%
CHLORINE AND BLEACH-FREE
RECYCLED PAPER, WITH MINIMUM 30%

POST-CONSUMER WASTE (REALLY RECYCLED
WASTE), USING SOY-BASED INK.

Ask Dr. Schulze
2011 BLOG POSTS
by Dr. Richard Schulze

“You can heal yourself of ANYTHING, any illness or dis-ease. Just STOP doing what made you sick, and START doing what will Create Powerful Health.”

— *Dr. Richard Schulze*



TABLE OF CONTENTS

Introduction Page 1	Raising Your Hormone Levels Naturally To Increase Fertility! Page 66	A Cold & Flu Argument! Page 129
Healing Headaches, Naturally Page 7	Hormones, Cancer and the Female Tonic Page 70	A Hospital Nightmare: Why Do You Vomit? Page 133
ALERT: Radiation Exposure Page 11	440 Pounds, Dying & Optifast Alternatives Page 76	Hostility Amplified, But Allergies Simplified! Page 142
Fasting, Flushing, But No “Pooping” Page 18	Prostate Cancer, Radiation & Viagra Page 83	Sinusitis Blitz Plus New Herbal Formula Page 148
Gum Abscess Treatment Page 20	More On Prostate Cancer-Fighting It Naturally! Page 87	Blog Bonus Information Page 153
Danger of CT Scans Page 23	Weight Gain Mystery... Solved! Page 91	Blog Mission: My Mission Is You Page 154
Avoiding Your Genetic Cancer Risk Page 26	I Had A Friend Page 94	How Herbal Medicine Works Page 157
Don't Worry, Be Regular! Page 31	Healing Physical Trauma: Miracle in a Bottle, Indeed! Page 100	Natural Healing, The Bottom Line Page 163
Say Goodbye To Gallstones! Page 34	Can A Damaged Kidney Be Repaired? Page 108	What Is Natural Healing? Page 164
Lower Your Cholesterol Naturally Page 38	7 Miracles For Depression Page 111	Dr. Schulze's 10 Commandments Page 168
I'm Still Constipated! Page 50	Ten Drugs—No Herbs! Page 118	Dr. Schulze's Quotes Page 170
Can I Use Drugs? Page 53	Two Readers Respond, One A Medical Doctor! Page 124	Positive Healing Affirmations Page 172
Is Diabetes Curable? Page 63		About The Doc Page 180
		Blog Index Page 184



INTRODUCTION

ASK DR. SCHULZE

This book is the first in a series, and is a compilation of my weekly postings—questions, answers and commentaries—at my blog site www.herbdocblog.com during the previous year.

In case you don't know what my blog site is, it's just a hip name for my personal interactive website. This is the website that I created last year mainly as a place where you could ask me questions regarding your personal health issues, and every week I would post answers.

It is also a place where I post occasional commentaries like Natural Healing and herbal medicine alerts, which are my responses to immediate health threats (like last year's radiation cloud from the Japanese nuclear facility meltdown that was threatening the health of Americans), or important seasonal messages (like influenza updates) and also where I post any new videos.

One of my focuses with this blog site is to keep it purely educational and not use it as an advertising vehicle for my herbal medicine company. This is not always the easiest thing to do, simply because often my answer involves using the herbal medicine that I know best, and the herbal medicine that I personally use and the herbal medicine that I used for decades in my clinic, which is Dr. Schulze's herbal medicine. But, I can assure you my intention for this blog is purely to educate you in the best

Natural Healing methods, routines and programs, and the best and most effective ways to use herbal medicine.

Why do I care? This answer is simple—I want to train you to be one of my Natural Healing doctors. Why would I want to do that? Well, I have a few reasons... my parents, myself and my personal crusade.

As a very young boy, I watched my father die at the age of 55 at the hands of medical doctors. Only a few years later I watched my mother die at 55, and like my dad, she followed the medical doctors' advice all the way to her death, consuming handfuls of toxic chemical drugs every day. Most of these drugs were to hide and cover up the horrible side effects of the other drugs she was taking. I know in my heart that if they both had never gone to a medical doctor they would have lived many more years. In fact, how many people do you know of that went to their medical doctor or a hospital with a minor complaint, only to be dead in a few months from the medical treatment? And, you know damn well they would still be alive if they never went to the medical doctor or hospital in the first place! So, my first reason is that I do what I do for your parents, because it is too late to help mine.

My second reason is I do it for myself. If you don't know my personal story of why the medical doctors told me I'd be dead by 20 and why I'm still alive at 60, you can read my own personal healing miracle story on my blog site.

My third reason is I do not believe modern medicine is a sustainable business at all. What I mean by this is simply that, as a nation, we cannot afford this system of breakdown and repair. We cannot afford to live ignorantly, like ostriches with our heads buried in the sand, living an unhealthy lifestyle that promotes degeneration, illness and diseases, and then creating a network of emergency repair stations that drug us to maintain our diseases or perform space age organ transplants. We cannot afford to give every American a coronary bypass surgery because they won't stop eating grease, and we cannot afford to give every woman a

hysterectomy or breast surgery or every man a prostate reaming surgery. We will be broke in less than an hour if we just treat the aftermath of the modern American lifestyle. Instead, we need to educate Americans in how to create health, this is much more affordable.

Let me ask you, with your hard earned dollars, do you want to pay higher and higher taxes to pay for every ignorant, obese slob in America who lives on cheeseburgers, fries, shakes, candy and ice cream to have a coronary bypass surgery, when all of this fat eventually clogs up their coronary arteries? I don't! I say let the beef and dairy industry pay for it!

Look friends, doctors, drugs and hospitals in America (and most of the modern world) are way out of control. Just in America alone, the cost of medicine has risen to two trillion dollars annually, which makes it the biggest business in the world, comprising over 20% of the entire gross national product of the United States. This is totally out of control and totally insane and we cannot afford it! Don't be ignorant here, even if medical care is free from our government, we are still paying for it with higher and higher taxes. The medical doctors, hospitals and drug companies do not work for free.

In America, we have really lost our common sense. The modern American lifestyle is a lifestyle that totally ignores common sense and the foundations of health. We eat garbage that we call food. We subject ourselves to more information and more stress than ever before in history. We don't get enough exercise, fresh air, sleep and enough rest. We feverishly consume negativity from television, movies and the media. And in case this isn't enough, we throw in a little sugar, chocolate, caffeine, alcohol and over-the-counter drugs. And then we wonder why we feel like crap and develop disease? Personally, I think it's amazing that we survive as long as we do.

Then, when we eventually develop disease, instead of taking responsibility for our actions and correcting the flaws in our

lifestyle that made us sick in the first place, we run to a medical doctor or a hospital and take powerful chemical drugs or subject ourselves to surgical procedures that are painful, debilitating, torturous, disfiguring and extremely expensive. Procedures that don't offer us true healing and health, but instead just help us "maintain" our diseases at a tolerable level until they eventually kill us. Again, this is absolutely INSANE!

Just look at your average television commercial for drugs. A man goes to his mother's house for dinner, but can't tell her that the food she cooks makes him sick to his stomach! So the narrator says just take a pill (a pill that actually stops your production of hydrochloric acid so you can't digest your food) and then forces this undigested food through your intestinal tract. Why wouldn't we just stop eating food that makes us sick? Another example is that no one ever gets better or heals themselves from Diabetes by taking insulin. In fact, insulin makes your pancreas even weaker, puts it to sleep and guarantees that you will have Diabetes for the rest of your life. There are no medical cures for anything from arthritis and Alzheimer's disease to heart disease, cancer and even influenza. This is why I say that we have a medical system that promotes the maintenance of disease, not the healing of disease.

Look, I am not an idiot, and if I get run over by an 18-wheel tractor trailer truck on an interstate and the top of my body is in one lane and the bottom of my body is in the other lane, I want immediate emergency medical care! I want helicopter air lifts with EMTs and paramedics on board. I want the best team of medical doctors, I want blood transfusions, I want neurosurgeons, I want drugs and I want the whole medical show. This is trauma, and trauma medicine is what doctors and hospitals do best. This is their miracle and what they do here in this instance beats Natural Healing and herbal medicine hands down, and I will be the first to ask for this medical care in this type of emergency.

But, what I'm talking about is not trauma. I am talking about illness and disease, and the healing of disease. And when it comes to dealing with illness and disease, I don't want anything

to do with modern medicine unless I am in absolute immediate danger of dying within an hour, and then I only want the most minimal medical care until I am out of danger. Again, this is simply because modern medical care does not heal disease! It ignores it, covers it up, it masks the symptoms and helps you maintain disease. And I don't want any part of this disease maintenance. This is not the true healing of disease and this is not creating powerful health.

How can you be helped by reading my answers to complete strangers with diseases you don't have? Well, there are many reasons why...

First off, the fundamentals of healing disease, the philosophy of healing disease and the fundamental programs of healing disease are the same. So what is good healing advice and philosophy for one person is almost always good healing advice and philosophy for another. **Good principles of healing disease and health are good principles and can be used across the board.** Reading my advice will help you strengthen and solidify your Natural Healing understanding, and help you to think in a natural way the next time you, a loved one or a friend develops any illness or disease. We have been brainwashed our whole lives with thinking the way of medical doctors, and so my job is to wash your brain and to get you thinking like a common sense natural doctor.

Also, by reading about Natural Healing programs and herbal medicine to treat diseases that you don't have, or have never heard of, this will educate you to become your own Natural Healing and herbal medicine doctor. Who knows what the future has in store for you? I don't. God forbid you develop one of these diseases, or a family member or friend does. Then you will know exactly what to do and how to treat them. And if you don't, this is what this "Ask Dr. Schulze" book is all about! By keeping this book (and all my other books) in your library, and keeping your kitchen stocked with natural medicine, you too can be your own doctor 99% of the time. **And the more you can keep yourself, your family and your friends away from medical**

doctors, well, this simply lowers your risk of running head-on into a medical nightmare.

Also, with the beginning of this first “Ask Dr. Schulze” book, I am including my fundamental principles from the top navigation bar of my blog site. This is a bonus for this first book. These principles are the foundations of Natural Healing and well worth reading. Even if you’ve read them before—read them again. I do!

Never underestimate the brainwashing power of the multi-trillion dollar medical show. You might need to read these foundational principles every day for a while just to make sure your mind is thoroughly cleansed of the principles of modern medicine.

Over the past 45 years, since I first saved my own life, and then in my clinic as I watched tens of thousands of people heal themselves from every disease known, I have witnessed the amazing healing power of good, common sense, creating a healthy lifestyle and the miracle healing power of God’s gift of herbs.

My greatest desire is that my work helps you save yourself or a loved one from the physical, emotional, spiritual and financial torture of modern medicine, and empowers you to take charge of your own healthcare. Learn how to heal disease naturally—better yet, learn how to Create Powerful Health Naturally.

QUALITY and QUANTITY is the name of the game, my friends. I want you to feel great so you are able to do all the things you want to do in life, and I want you to be able to do them for as long as possible.

Peace,

— Dr. Schulze

HEALING HEADACHES, NATURALLY

March 15, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I hope you can help me with my problem. I seem to be fairly healthy and thank God I have no big health complaints, except a nagging one.

Almost every day at work, in the mid-afternoon, I get a headache.

I am a manager at a manufacturing plant so usually I am sitting at my desk talking on the phone, or working on my computer checking invoices and then it starts. Often with a knot in my neck, sometimes

with a pain in my temple, but then it turns into a full-blown headache. I hate to take drugs, but I take a few aspirin almost every day just to

get through the afternoon. Can you please suggest anything that I can do to make them go away?

— Daniel S. in Manchester, NH

ANSWER

Dear Daniel,

I can help my friend, and you can get rid of these headaches permanently, totally, guaranteed, just follow my simple steps...

First, we simply need to begin by listening to your body, instead of telling it to shut up. What I mean is that every day, your body is sending you a message, and is trying to communicate something to you. And you are telling it to shut up, instead of listening to this communication. What you are doing is no different than if you were awakened in the middle of the night by the sound of the smoke detector screeching in your bedroom, but instead of looking for the fire, you just rip the batteries out of the smoke detector to stop the noise, and then go straight back to sleep. This

would be a very dangerous thing to do as the alarm is trying to warn you that something is very wrong, and the house is on fire.

In the same exact way, your body is telling you almost every afternoon that something is wrong. And instead of finding the problem and solving it, you are just ripping the batteries out of the alarm by taking drugs. The big danger of doing this is that after awhile—if we continue to ignore our body's feedback and communication—well, little ignored problems have a tendency to become very big problems, if not big diseases. So let's get to the cause of this "alarm" or your body's communication before it turns into something more serious. I think you will find these headaches are a fairly easy problem to solve.

First, the fact that they come in the afternoon is an important sign, and also the fact that they are often preceded by a knot or pain in your neck or temples. And you mentioned that you are often on the telephone or computer. So let's eliminate the obvious first.

They are probably stress-related, physical stress and tension from sitting in one position and keeping your neck, head and eyes stuck in one position all day and also the way you hold your neck while you are on the telephone or staring at a computer monitor for hours. Add in the mental job stress and tension, and there you have it, the perfect breeding ground for a daily headache.

The cure will probably be as simple as about a half hour before you usually get these daily headaches, **TAKE A SHORT BREAK!** Take 5 to 10 minutes to just breathe. Find a quiet place to be alone, the lunchroom, locker room or even a broom closet, and turn the lights out.

Before you go to your quiet space, take 2 to 4 droppersful of my **Nerve Tonic**. It is a powerful anti-spasmodic and naturally relieves the pain by relaxing tension and tight muscles in your neck and temples before they spasm, and releases these muscles, and also relaxes your mind and mental state. Put 2 to 4 droppersful into an ounce or two of juice, this will help to disguise

the strong flavor, and just drink it down. It is a potent physical and emotional relaxation tonic.

Next, take along some of my **Deep Tissue Ointment** or **Oil** and place a dab on your neck and temples, and rub it in real well, until it is gone. Close your eyes now as the vapors are strong and will make your eyes tear.

Next, do two minutes of deep breathing. Then after two minutes, keep breathing, and start doing some neck stretches. Lift your shoulders up high and try to pinch your ears with them, then let them drop, repeat this. Then some neck rotation, circles to the left, then right, then stretch forward and back. This isn't rocket science, just move and stretch your neck. You might even begin with a little neck massage. I am always for finding a friend at work to exchange massages with, but you can also do this yourself. Massage your trigger points, in other words where the pain usually starts, or where the knot is in your neck, massage both sides, your temples, face, scalp and neck. Massage yourself **HARD**, be tough, and continue your neck stretches. If you are really tight you can always use a heating pad on your neck. I would set up a little mini-environment somewhere at work where you can be alone for 10 minutes every day. If the area is noisy, then I would also bring a music storage device and some mini-headphones and play some relaxation music or positive affirmation meditations with music.

You will find that in only in five minutes, you will feel like a new man, and in 10 minutes, you will feel like you have had a weekend at the spa. Think of it as an afternoon power nap, breathing, massage, herbal, relaxation, meditation, physical, emotional and spiritual makeover. Most important you will not get your usual headache in the afternoon. And, if you have already have a headache, do the exact same routine I have suggested above and that will get rid of it. Also, I would have a **SuperFood Bar** before you begin this routine. Most people have a physical and emotional slump in the mid-afternoon. Many people have low blood sugar, or are exhausted from what they ate for lunch, which is usually lots of fat, grease and junk with no nutrition. This is why so many

people need coffee to keep them awake in the afternoon. By the way, if you drink coffee in the afternoon, **STOP!** This may be a contributing factor as it causes muscles to tighten and does the complete opposite of what you need to do. So, eating an afternoon **SuperFood Bar**, or just taking a few bites of one, can make a huge difference in how you feel.

If the **Nerve Tonic** doesn't feel like the right solution for you, then you can also try the **Brain Tonic**. This tonic drives more blood, oxygen and the nutrition from your **SuperFood Bar** right up into your brain, it gets your brain feeling better and your nerves firing better, and will change how you feel all afternoon. Use 2 to 4 droppersful of **Brain Tonic** as an option to the **Nerve Tonic**. Or use both of them together!

You know, 10 years ago, this would sound crazy, but today it is easy to find others at work that would benefit from this session too—an afternoon 10-minute self-healing massage and meditation moment. So, see if you can find someone at work you can share this experience with, especially somebody with strong hands.

Finally, please remember, you can heal yourself of anything, **ANYTHING!** So just **STOP** doing what is making you sick, and **START** doing what will Create Powerful Health. Let's stop supporting the drug companies, and stop drugging and numbing our body's wonderful communication system! Instead, get to the cause of the headaches and heal your body, mind and spirit. It's fun, and it feels good!

— Dr. Schulze

ALERT: RADIATION EXPOSURE

March 19, 2011, COMMENTARY by DR. RICHARD SCHULZE

In the last 48 hours, I have received hundreds of questions from customers all across America, about the potential radiation exposure from the Japanese Nuclear Power Plant disaster.

The questions are ranging from taking prophylactic potassium iodide (KI) to general and natural radiation protection.

First, I would like to say that I had many students in the vicinity of Chernobyl during their nuclear facility meltdown, and worked with them to protect and treat their patients. So I do have a lot of helpful information and experience—let's get started!

How much Radiation is coming?

I think that one thing we know for sure, is that we cannot trust the power companies (nor the Japanese or the American governments) when it comes to getting us accurate information and possibly even telling the truth. The media and the Internet may be our best and more accurate source of current information.

As far as the Japanese nuclear energy suppliers, we know they are total liars. Their nuclear power plant executives have been arrested in the past for falsifying nuclear facility safety and incident reports, to the point where the Japanese government has closed every Japanese nuclear power plant at one time or another. And the American government has made many mistakes in the past monitoring facilities and reporting incidents such as this, and even downplaying disasters to avoid panic, and has even been found to have “outright lied” on other occasions. So while private businesses and government agencies alike are known to falsify, cover up information and even lie, I would say that I do NOT trust anyone giving this current information.

Again, I would seek out the Internet, and try to find your own truth, which probably lies somewhere between the hysterical panic of the doomsayers and the lies of the Japanese corporate executives.

What is Radioactive Fallout?

Radioactive fallout is like radioactive dust. After the radioactive explosions, radioactive particles attach to dirt and dust, and circulate into the air, and in this instance, have been carried by the jet stream winds from Japan to America. The simple reason it is called fallout is because this type of dust literally falls out of the sky onto us. Within a few weeks, winds will carry this fallout to almost all areas of the planet. If you suspect that radioactive fallout has reached harmful levels, you should consider ALL of the following.

There are two major ways that this Fallout contaminates us, External and Internal.

#1 To protect from EXTERNAL Contamination, Stay Inside, Breathe Clean Air and Cover Up.

One of the best ways to protect yourself from radioactive fallout dust or contamination is simply to stay indoors. Keep the windows and doors closed and avoid direct contamination of this “dust” to your body. In extreme circumstances, you can even temporarily seal the house with plastic sheeting and duct tape, especially if a concentrated radioactive cloud was passing through.

If you are outdoors, cover your head and hair, wear a scarf or dust mask over your mouth and cover up with clothing as much as possible. Then as soon as possible, remove all of these clothes and scrub your skin with soap, water and a skin brush. If exposure is extreme, cutting your hair off is also advised.

#2 To protect from INTERNAL Contamination, Watch what you Breathe, Eat and Drink.

Internal contamination comes from breathing air, and ingesting food and drink that has been contaminated with this radioactive dust.

As far as breathing in radioactive dust, you must protect yourself by breathing through a dust mask or dust filtration mask, or at least a scarf.

As far as food, one thing we have learned from past nuclear incidents is that the number one food that has always been accountable for 98% of radiation dust consumption is milk and dairy products. So **DO NOT** consume any milk or dairy products. Only about 2% of radioactive dust ingestion has come from all other sources of food. This is because milk and dairy products have proven to have the highest concentrations of radioactive contamination after fallout has occurred.

Having said that, it is extremely important to wash all of your fruits and vegetables (even organically grown) because any food can be exposed to this radioactive dust. So washing all food with soap, water and a scrub brush is extremely important. This will remove the radioactive dust.

Finally, make sure that any water that you consume is bottled, (before the fallout occurred) or purified. Having a great water filter around is perfect for this type of emergency.

Should I take Potassium Iodide (KI)?

Unless high-level exposure is imminent, assumed or confirmed, I would **NOT** flood my body with this.

Since your thyroid assimilates iodine as food in order to function, and manufactures your thyroid hormones, and since this radioactive fallout is partially IODINE-131, your thyroid will gobble up this radioactive iodine. This is a very bad thing to happen.

The idea is that if you flood your body with non-radioactive iodine and your thyroid is full, it won't take in any more iodine (including the radioactive iodine from the fallout), and it will hopefully pass through your body harmlessly and be eliminated. And one of the ways to flood your body with iodine is by using Potassium Iodide

ALERT: Radiation Exposure

(KI), as taking high levels of iodine is NOT advised and can be poisonous, even lethal.

All your questions about this can be answered at <http://emergency.cdc.gov/radiation/ki.asp>, which is the Center for Disease Control website, and includes dosages and just about everything you would want to know about this treatment.

Again, I would NOT consume this unless high-level exposure is imminent, assumed or confirmed.

Are there Natural ways to do this instead of Potassium Iodide?

Yes!

Many herbs are rich sources of iodine, especially seaweeds. Although most people think that Kelp is the highest food and plant source of iodine, actually Dulse has twice as much iodine as Kelp (along with every mineral known) as it grows in the ocean. This is why I use Purple Dulse as one of my ingredients in **SuperFood Plus**. And although a normal serving of these foods contains extremely high amounts of iodine, it is still about 300 times less than the massive dose of potassium iodide that is used to flood and saturate your thyroid with iodine.

So while some researchers think that using the natural source seaweeds (because of the much lower amount of iodine) would not be effective, other researchers feel that the iodine in the sea vegetables is much more bio-available and will assimilate easier, therefore it will be more effective, so a lower dose may be effective to block the absorption of radioactive iodine.

Also, I must state that there has been no substantial testing that I have ever seen using lower doses of herbal and organic natural food source iodine such as Dulse (instead of taking the potassium iodide) for the prevention of the toxic absorption of radioactive IODINE-131.

Now while some non-herbal people might be scoffing at the idea of loading your body up with **SuperFood Plus** or running to the health food store and loading up on Dulse and Kelp, and thinking that this lower dose may not be effective, listen up.

During the Chernobyl nuclear power plant meltdown, I had students that didn't have any potassium iodide available in their clinics, so instead they painted parts of their patients body's with iodine tincture, some even with my black walnut and dulse tinctures that are high in iodine. And low and behold, their bodies assimilated the iodine through the skin, and their thyroid was protected. In fact, these people ended up having the exact same low levels of radioactive uptake into their thyroid as the group that took potassium iodide. In fact after this incident, I have seen other studies that prove that painting iodine tincture onto a small areas of your body, like the hand or kneecap (some even as small as a silver dollar) was equal to taking potassium iodide, in blocking radioactive dust uptake by your thyroid.

So now people are not laughing at the SuperFood, Dulse and Kelp idea anymore, and certainly all of these are better than doing nothing.

What other Natural Preventative Measures should you Consider?

After the bombing of Hiroshima and Nagasaki in World War II, it was determined that there was a direct correlation between A) the amount of radioactive fallout poisoning exposure, and B) the frequency that the person had a bowel movement, and C) the degree of radiation sickness that a person developed. The reason for this is simple. When you consume food that has radioactive fallout contamination, and this food sits in your body and bowel for days, or a week, well this gives you much greater exposure time to the radioactive fallout, and therefore the radiation does significantly more damage. On the contrary, if your bowel is eliminating two or three times a day, this gives you much less exposure time to the radioactive fallout. So this is simply why

ALERT: Radiation Exposure

keeping your bowels active, keeps flushing out the radioactive dust and does not let it build up inside your body.

Secondly, after the Chernobyl power plant nuclear meltdown, apple pectin was used extensively to extract radiation from people's bodies and their bowels, as it is proven to remove heavy metals including radioactive fallout and particles, even Strontium 90. This action proved to significantly prevent damage and disease that would have been caused by the radiation exposure and contamination.

So on the first assumption that you may have eaten contaminated food, and have consumed radioactive fallout, I would immediately use my **Bowel Flush "SHOT"**, and then consider doing my complete **5-Day BOWEL Detox Program**, that has **Intestinal Formula #1**, which would continue to stimulate the bowels to make sure that no radioactive dust had time to stay inside your bowel to cause any poisoning or damage. This Detox program also contains the **Intestinal Formula #2** which contains apple pectin, that draws out the radioactive dust, and also the bentonite clay that will physically pull out the radioactive dust.

For all of these reasons, a good bowel detox is the antidote for internal consumption of contaminated radioactive food.

My 10-Step Prevention / Protection Program

- ▶ Stay Inside, Keep Doors and Windows Shut
- ▶ Wear a Dust Mask
- ▶ Remove Contaminated Clothing Immediately
- ▶ Wash with Soap, Water and a Skin Brush
- ▶ DO NOT consume any Milk or Dairy Products
- ▶ Wash all fruit, vegetables or any contaminated food with Soap, Water and a Scrub Brush
- ▶ Drink only Purified water

- ▶ **Unless high-level exposure is imminent, assumed or confirmed, DO NOT take Potassium Iodide**
- ▶ **DO flood your body with Dulse, Kelp and SuperFood Plus, and consider painting parts of your body with Iodine solutions or tinctures**
- ▶ **If you suspect any Internal Contamination, flush your bowel immediately with my Bowel Flush “SHOT” and then follow up by doing my complete 5-Day BOWEL Detox**

Finally, in this first week of my BLOG, I have interrupted my planned normal schedule of answering your questions with this ALERT, but the volume of your concerns and questions demanded it. After all, this is what this BLOG is all about, current answers and information, and YOU!

On a positive note, this incident in Japan, and the previous ones in Russia and the United States, are simply costly lessons that nuclear energy is not the safe long-term option that many people would have us believe. I hope that this incident will put us all on a faster track to develop alternate, safe, natural and healthy power for our children.

Peace,

— Dr. Schulze

FASTING, FLUSHING, BUT NO “POOPING”!

March 22, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I love doing your 5-Day Detox kits. I feel so clean, clear-minded, healthy and have so much energy when I finish them, they are the best. Thank You.

My question is that always when I juice fast, or as you say “juice flush”, or when I do any of your Detox programs, I pee my brains out, but I don’t poop! Sometimes I don’t even have a bowel movement for the entire five days and that cannot be good.

Normally, I go like you suggest, once for every big meal that I eat and I don’t need any help. But during your 5-Day Detox programs, even the bowel, I always have a problem pooping. I recently finished your 5-Day Kidney/Bladder Detox and I didn’t poop the whole five days! This can’t be good. Do you have any suggestions?

— Debbie O. in Marysville, WA

ANSWER

Dear Debbie,

Your problem is a common one and I have a very simple yet effective remedy.

First, Why This Happens

Most of us store about five pounds of digesting food and fecal matter in our stomach, small intestines and colon. (Unhealthy people can store 10 pounds or more.) When we eat a major meal, we swallow more food into our stomach, which causes peristaltic muscular waves and “helps” the previous contents of your stomach

to be moved into your small intestine for nutrient assimilation, which moves the previous contents of your small intestine into your large intestine (or colon or bowel), for dehydration, which causes the previous contents of your large intestine to move into your rectum and to be eliminated as fecal matter. **This is why it is normal to have one bowel movement, about 30 minutes after every major meal that you eat.** Eating a meal starts the “waves” that move the food you ate—that is in various stages of digestion, assimilation and elimination—to the next organ or stage.

When you stop eating (as you do during a juice fast or a juice flush, or during my 5-Day Detox Programs) your entire intestinal tract becomes empty. After a day you have nothing left in it, so it is empty to store quite a lot. But, since you are not eating during your Detox program, the little amount of solids in juice, smoothies, potassium broth, **SuperFood** or a liver flush drink, even a salad, is not enough to cause a bowel movement. So, for many people it just starts storing up.

Now, How To Fix This Problem

The best way to assure you have a daily bowel movement (or even two) during any Fast, Flush or Detox program, is to take a good dose of fiber and mucilage every day during your cleanse.

What I do (and highly suggest to anyone who stops pooping during a cleanse) is to take a daily dose of my **HerbalMucil Plus**. This will cause a daily, complete bowel movement. It does this because the herbs in this formula swell up and cause volume. They are almost pure fiber, both of which cause you to have a daily soft and satisfying bowel movement, even if all you are consuming is liquids.

So, for you or anyone that stops “pooping” during any of my 5-Day Detox Programs, simply have 1 or 2 doses of my **HerbalMucil Plus** during the day, and you will have complete bowel movements like normal. This should put a smile on your face.

Stay Healthy,

— Dr. Schulze

GUM ABSCESS TREATMENT

March 29, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

My dad is fairly healthy, and BTW he thanks you for his SuperFood Tablets and Protect Formula. He does have problems with his gums though, and occasionally gets a gum infection. The dentist is suggesting to pull all of his teeth out and to do implants, but he would love to keep his teeth, and save the \$20,000. Is there anything that I can do for him? Thanks in advance.

— Dorothy G. in Yorba Linda, CA

ANSWER

Dear Dorothy,

YES! I have treated hundreds of patients with tooth problems and gum abscesses, and my treatment has always worked, so here it is...

Directions

In a small bowl, put about 1 rounded tablespoon of my **Intestinal Formula #2** powder. If you use the capsules, then just open up and empty the capsules until you have this same amount of powder.

Next, add to this powder, 2 droppersful of **Tooth & Gum Tonic**, 2 droppersful of **Echinacea Plus** and 1 dropperful of my **Anti-I Formula**.

You DO NOT want to make this into a wet paste, it should still be dry and crumbly, like dry cookie dough, and it should seem like you have not used enough liquid to the amount of powder.

Then using a fork, mix this crumbly powder well and then, using a small spoon, just shovel this moist powder right into your mouth, all over and around the abscess.

(**Caution:** Hold your breath, and make sure NOT to breathe in when shoveling this dry powder into your mouth. Since it is very dry, you do not want to breathe this powder into your lungs.)

Then using your finger, pack this powder all around the teeth and gums, and leave it there. As more saliva mixes with this powder, it will pack better over the abscess. Use a lot to cover the entire abscess and the surrounding area.

Your saliva will naturally add whatever additional moisture to make this dry powder into a poultice, but we want it dry because we want it to draw.

Let it remain there for at least two hours. I like to put it there during the evening, and then go to sleep and leave it there all night long. Don't worry, it will stay there, and it won't hurt to swallow some of it.

You will probably find that one treatment is all that is needed to eliminate the infection, but I always suggest doing this two nights in a row, just to be sure.

WHY and HOW this WORKS

It is quite simple.

Intestinal Formula #2 is primarily designed to be a powerful drawing agent, to draw out and remove old fecal matter, pus and poisons from your intestines, but it will do this anywhere. I had a student who used it on his arm to draw out the poisonous venom of a copperhead snakebite, and it worked! It is a powerful drawing poultice. So on the gum, it sucks the infection right out of the abscess. It also reduces inflammation and absorbs any toxic material, the same as it does inside your colon.

Tooth & Gum Tonic, Echinacea Plus and **Anti-I Formula** do exactly what you think they would—destroy the bacteria and the infection on contact!

So with this combination in the poultice, well, the abscess does not stand a chance. Remember, you can repeat this routine for a few days if you need to.

Additional Remedies

A Gum Abscess is an infection in your mouth, so start using more garlic right away. Chew at least three cloves of raw garlic every day for a week, if not 12 cloves a day, for 10 days, YES! This will kill the bacteria.

Additionally, start taking 3 droppersful of my **Echinacea Plus** five times a day, until you use the entire bottle. This will really boost up your immune system. Swish each dose right over the abscess or where it was, and this will not only numb the pain, but it will also kill that bacteria. And then, when you swallow it, this will start boosting your immune system right away. If necessary, you can even soak a cotton swab with the **Echinacea Plus** and then scrub it into the abscess or infected area.

Also, remember that an abscess is usually a sign of tooth decay and gum disease, so get working on those teeth and gums with a water pick and my **Tooth & Gum Tonic**, and get them healthy. Floss, then brush your teeth and then use a water pick with about 8 droppersful of my **Tooth & Gum Tonic** in the water. Do this daily for a few weeks to heal the teeth and gums.

Let's get your Dad's mouth healed and save his teeth!

— Dr. Schulze

THE DANGER OF CT SCANS

April 05, 2011, COMMENTARY by DR. RICHARD SCHULZE

I have always said that if I am ever unfortunate enough to be run over by a train, and my torso is on one side of the tracks and my legs are on the other, that I would like to have a CT scan, an MRI and a top team of surgeons put me all back together ASAP.

But, barring some major catastrophe and trauma medicine, I have always said that most people are better off avoiding most medical care all together, especially when it comes to the diagnosis and treatment of diseases.

I remember reading a study a few years back (to most all oncologist's dismay) that in spite of all of the amazing claims of advancements and cures, the average person with cancer, would live longer, if they simply did nothing at all, outliving those that choose aggressive medical therapy. That's right, if they do **nothing at all** they actually live longer! In fact, the study went on to say that they would have a much better quality of life too, be a lot less tortured, not to mention save hundreds of thousands of dollars and avoid giving their house and entire nest egg to doctors, pharmaceutical companies and hospitals.

Back to **CT scans...** The cat is now out of the bag, *pun intended*. According to the most recent evidence, many CT Scans are NOT necessary, and that is according to Dr. Rita F. Redburg, editor of the *Archives of Internal Medicine*.

In 2007 (the most recent data), it was estimated that **29,000 Americans will develop Cancer because they got a CT scan, and that more than 15,000 will die from Cancer due to CT scans! This means that CT scans are now one of the highest causes of cancer and DEATH!** Doesn't anyone but me think this is insane?!

The Danger of CT Scans

A while ago I got a call from an old friend, his wife was in severe abdominal pain and distress and he called me asking for advice. After asking a few questions, I suggested that it was probably trapped gas, and suggested one of my **Digestive “SHOTS”**, which is a powerful carminative that offers strong help for indigestion, heartburn, acid reflux, gas, nausea, etc. He said she was scared, but I even suggested a hot water bottle over the lower abdomen, a few teaspoons of my **Intestinal Formula #2** in 16-ounces of water, doing some easy stretches, even an enema, at which point he sounded like I was going way too far, so I didn't mention putting his finger in her anus and stimulating it.

Regardless of my advice, he rushed her to the hospital emergency room late at night. They waited a few hours to be seen while she was in agonizing pain (as they didn't take my herbal advice) and then finally the medical doctor suggested a CT scan and they agreed. They called me from the hospital and asked me again, and told me the medical doctors wanted to do a CT scan and had already taken blood and were already injecting chemicals, and I repeated, **“Get out of there! It is probably just gas!”** I also mentioned to them that a CT scan was dangerous and was equal to **hundreds** of x-rays in radiation exposure and at this point I could see I lost them, like I was out of my mind.

Anyway, they took more blood, injected more chemicals, did a CT scan and after six hours found nothing, and told her to go home, *and that it was probably... just gas.*

What they didn't tell them was the bill that was coming in the mail in a week would be for over \$8,000.00 and also that **the CT scan they gave her was actually equal in radioactive exposure to 442 chest x-rays!**

They called me a few days later and said they felt real stupid. Hey, we all do stupid things. I just hope she isn't one of the over 50,000 that will get cancer this year because of an unnecessary CT scan.

So I will REPEAT:

In 2007, the most recent medical data on this subject, it is estimated that **29,000 Americans will develop Cancer because they got a CT scan, and that more than 15,000 will die from Cancer due to CT scans! This means that CT scans are now one of the leading causes of cancer and DEATH!** Doesn't anyone but me think this is insane?!

— Dr. Schulze

AVOIDING YOUR GENETIC CANCER RISK

April 12, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I recently had a 5cm thyroid nodule removed that turned out to be cancerous. I am also BRCA1 positive. Doctors want to take the other half of my thyroid out, give me radioactive iodine, perform a hysterectomy, and remove my breasts. I do not plan on doing any of these. I have ordered a juicer and am starting to follow your Incurables Program. I have 2 questions: 1) Can the Incurables Program help with the genetic mutation cancer risk of BRCA1? 2) Do any of your products address the balancing of my thyroid hormones?

Thanks,

— Roberta F. in Providence, RI

ANSWER

Dear Roberta,

Your first question, can the incurables program help when you have a genetic cancer risk? This is a great question that many people have. And you are under the gun of the medical doctors wanting to prophylactically remove your female reproductive organs and your breasts? OK, let me see if I can clear some things up for you by telling you a story.

Not long ago, I attended a holiday party in a person's home, who was asking for donations for a large cancer research and treatment charity in America. I can't tell you the name, but they may be the largest. Anyway, during this party, one of the chief oncologist medical doctors (who was also in charge of research) gave a speech, and this is what he said...

He said that first, **ALL** Cancer is caused when certain genes in our body give a message to our body's cells to mutate and become cancerous. He went on to say that their research plan was to develop chemicals that (when introduced into the human body) would inhibit and block these genes from giving this "message to mutate" to the cells of your body.

At the end of his lecture, I asked him two questions:

First, I asked how much money they needed to develop this program of chemical "genetic altering", and he said it was unknown, but it could be **trillions of dollars**.

I then asked him how long this research was going to take, before they know if it works, and he said that it might take up to **100 years** to perfect this genetic "altering approach" to stopping cancer.

Being that I was a few dollars short of a trillion, I put my checkbook back into my pocket. But also, there were people in this audience that had parents with cancer (in fact, some of them had cancer themselves) and this doctor was talking about a cure that would cost an amount almost the size of the national debt, and also a cure that probably wouldn't be available—even if it worked—until everybody at this lecture and their children (and probably even their children) were **ALL DEAD!**

Needless to say, this guy had spent too many years in medical school and in the research lab with rats and not the clinic with human beings, and he obviously doesn't live in the real world. They should have sent a better salesman with a better bedside manner, as this man's highly expensive, extremely tentative and futuristic cancer treatment didn't get too many donations.

But, it gets better... and this is where YOUR answer is.

Finally, because you know me, I have a lot of questions too, so I asked him **WHY?**

WHY do these genes, that some of us have, tell our cells to mutate and become cancer in the first place?

He said, “Well, everyone knows that!” And, he started naming junk food and fast food hamburgers, French fries, alcohol, soft drinks, candy and sugar, etc. He went on to say that chemicals, harmful chemicals, toxic chemicals, poisonous chemicals, mutagenic chemicals and carcinogenic chemicals, **this is what turns these genes on to create cancer in us.**

When we consume these chemicals, and our genes are exposed to these chemicals, this creates a mutagenic response to our genes and then our body’s cells, and we develop cancer.

So, I had one more question. I said, “Well, then if we know what causes cancer, what if we make changes, create a healthier lifestyle and stop exposing ourselves to these chemicals? Wouldn’t that stop our genes from going haywire and stop our cells from mutating and **STOP CANCER?**” He looked me right in the eye and said, “**Well, who would do that?**”

So there is your answer, Roberta. If you stop exposing yourself to toxic chemicals, then your genes should stop telling your cells to mutate, and you will stop making cancer.

Now, obviously you have a genetic predisposition to developing cancer, **but that does NOT mean that you have to have it.** It just means that you have the predisposition, the **POSSIBILITY!**

Our level of health (or level of disease) is a perfect reflection of our genetics, reacting to our environment and our lifestyle, nothing more and nothing less. And, since I have never seen a farmer plant corn and get strawberries (you reap what you sow), well, then if you or anyone is not happy with what you have created, then all we have to do is change and create something else.

Now, before you complain and say that you take care of yourself better than most people, forget about most people. We all have

different genetics and we all have to live in such a way as to not create disease, but instead, to create powerful health.

So, what I would do is what I often refer to as a complete lifestyle “makeover”. You have to change EVERYTHING! Again, everything is genetic, we are basically 50% our Mom and 50% our Dad, and whatever they had, we are prone to get. YOUR level of health (or level of disease) is a simple combination of your genetics REACTING to your lifestyle and environment. It is a REFLECTION of this collision between your family genetics, and how you live your life. YOU may be predisposed to develop cancer—genetically predisposed—but that DOES NOT mean that you will have it. That does not mean that there is nothing that you can do about it. Obviously, your relatives lived a life that caused this genetic disposition to mutate their cells. The way for you to stay cancer-free is to live a DIFFERENT life than your parents, a different lifestyle than your parents.

And I know this was a long-winded answer, my evangelism on genetics and Natural Healing, but to finally answer you...

YES, YES, YES and YES!

A Juicer and the Incurables Programs... AWESOME! That is a great start!

I have seen thousands of patients that have had all types of cancers—you name it. And, I have seen them heal themselves by making radical changes in their lifestyle. So again, great, get started, do a complete lifestyle makeover and enjoy the journey, enjoy the adventure. Get my **20 Steps Book** and look at each of these 20 steps and try to do them all at once. I have been working on this myself, to master these 20 steps for over 40 years now.

And, for balancing your thyroid hormones I suggest the **Female Formula** and **SuperFood Plus**. The **Female Formula** works to balance ALL of your endocrine organs, so not just the ovaries, but

Avoiding Your Genetic Cancer Risk

the thyroid also. And, the **SuperFood Plus** gives your body the nutrition it needs to build these thyroid chemicals.

Roberta, remember fun is FUNdamental on all of my programs, and please enjoy your new lifestyle, and your new life!

— Dr. Schulze

DON'T WORRY, BE REGULAR!

April 26, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

How safe is Senna to take on a daily basis? I have an issue with sluggish bowels. If I don't take #1, I don't eliminate. I may go for days without a bowel movement. But Senna is a laxative, albeit a natural one. I am afraid I am creating a dependency. Not to mention, I am not always able to take it at dinnertime with food due to my work schedule. If I don't take it at the right time at night, it hits me in the morning at an inconvenient time. Will your herbal mucilage work better for me?

Thanks.

— Jamie H. in Cardiff, CA

ANSWER

Dear Jamie,

I have a whole bunch of great answers for you.

First, you are not the first person to ask this question and you will not be the last. I get over 20 questions a day that are very similar (if not identical) to your question, so this brings up a great point.

USE ME!

Many people just look for the answer on my BLOG for their particular question, not realizing that I have already answered their question in the past to another person. This is all the more reason to really use this BLOG site as I built this for you Jamie, and all my customers, crusaders and anyone who needs any healing, health or herbal answers.

For my great answer to your question, go over to the left side of your computer screen, on what I call my **left-side navigation bar**. Now scroll down the page a bit to the main Blue Heading that says **BLOG ARCHIVES**. Now go down to the very first sub category, which is **SEARCH by Disease or Illness** and click on this and a jillion sub-categories will open up.

Now, scroll down to **Constipation** and click on that, and a whole bunch of videos, articles and customer answers will pop up on your screen all about the bowel and Constipation. Scroll down to the eighth entry, which is a letter I answered for a customer, Sarah C. on September 9th, 2008 entitled **To Poop or Not to Poop, that is the Question**. In my answer you will find the answer to your question and probably much more.

You also have a question on **HerbalMucil Plus** and also the herbs in **Intestinal Formula #1**. In this very same section, the second entry as you scroll down is a **14-minute video on HerbalMucil Plus** (Dr. Schulze Introduces his NEW **HerbalMucil Plus**). This video is **ONE OF MY ABSOLUTE FAVORITES**. My brother Larry filmed this with my handheld video camera and it starts off with me on the toilet and ends up in the kitchen—its really FUN! It may sound like it is all about **HerbalMucil**, but in actuality it is almost all about the bowel with some amazing statistics and some of my best Natural Healing Evangelism. This video should be shown in every school across America.

Also, in this same section are many videos including a **40-minute video on Intestinal Formula #1 and other videos on ALL of my Intestinal Formulas**. Also, check out the Classic Video at the bottom of this section.

The point I am making here for you, Jamie—and EVERYONE reading this answer—is that I spent two years and over a hundred thousand dollars to get this BLOG site up and running to answer all of your questions, so PLEASE USE ME UP! Seriously, I have put sooooo much work into this BLOG site, and my entire life into the answers, videos and audios. You can even **READ ALL**

OF MY BOOKS and WATCH ALL OF MY DVD's FREE right on this site! Just click on them and check out my really cool book-reading program. And, you don't have to buy anything... **YAHOO!!!!!!**

This BLOG is my dream come true for my Natural Healing Crusade to EDUCATE the world about natural health, healing and herbal medicine.

So I invite all of you to take the time to really go over this BLOG site and see all that is on it.

Now Jamie, to give you a little personal attention, I answer your questions in the areas I mentioned on the BLOG in detail. I think you will be very satisfied. I am just giving you a little homework. And, if you still have questions, well, use this BLOG to ask more.

You are on the right path my friend, get your bowel working well and a new life awaits you! You will be absolutely amazed at the physical, emotional and spiritual changes that you will notice in your life when you have a clean and healthy bowel. It is a whole life makeover!

— Dr. Schulze

SAY GOODBYE TO GALLSTONES!

May 04, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I have been diagnosed with gallstones for over a year. Two weeks ago I did the liver/gallbladder cleanse and went to the doctor for an annual ultrasound, which showed that I still had a gallbladder full of stones. I followed the cleanse exactly as written. What do you suggest I do now, because I really do not want my gallbladder removed? Thank you!

— Robin E. in Las Vegas, NV

ANSWER

Dear Robin,

Whenever I think of healing anything, any illness, any dis-ease, or any problem, I think of what should we STOP and what should we START in order to heal ourselves. I always say, **“You can heal yourself of anything—just STOP doing what you’re doing that’s making you sick, and START doing what will Create Powerful Health.”**

STOP

In your case, and with most Americans, what is plugging up your gallbladder and forming into stones is fat and mainly **cholesterol**. So the first thing I want you to do is reduce your consumption of fat, by going on a lowfat food program, and eliminate cholesterol entirely, which is ALL animal fat. Cholesterol only exists in animals—flesh, fluids, eggs, blood (THERE IS NO CHOLESTEROL in any fruit, vegetable, grain, bean, nut, legume, sprout, NONE!!!) and so I want you to stop eating all animals, all meat of any kind including fish, and all eggs, dairy products and

any animal by-products. **If it came from anything that had a face, don't eat it.** So we call this a vegan-vegetarian food program.

When you stop consuming any cholesterol and go on a lowfat food program, this will ensure that you will no longer be developing any stones. See, it is possible that you got rid of your original stones *but are producing new stones while you are flushing the old ones out*, so I want to make sure that we don't produce any more stones.

START

By saying that you followed the cleanse exactly as written, I will assume that you did **Dr. Schulze's 5-Day LIVER Detox**. The reason I am being very specific here is not my ego, but simply because there are many products and programs out there that claim to be my products and programs, **BUT ARE NOT** my clinical programs and my herbal medicines. Some of these people mean well, and some of them are just rip-off jerks, but in any case, make sure you are doing my program using my herbal medicines because they will give you the results that I am talking about here.

Now, assuming that you are, I suggest that you do my **5-Day LIVER Detox** again, this time being on a vegan-vegetarian food program, specifically using only my Raw Food Program on days 1 and 5 and my Juice Flushing Food Program on days 2, 3 and 4.

I also suggest that when making your Liver Flush Drink that instead of starting out with 1 clove of garlic and 1 tablespoon of olive oil on day one, and increasing through day 5, that you start out day one with at least 3 cloves of garlic and 3 tablespoons of olive oil, if not 5 cloves of garlic and 5 tablespoons of olive oil. This time, I want you to consume much stronger Liver Flush drinks during **ALL 5 days** to purge these stones out of your gallbladder.

NOTE: The herbs in my **L-GB Formula** create the flushing effect on your liver and gallbladder in many ways, one being the purging of bile. And, the olive oil in the Liver Flush Drink causes your bile duct to dilate and your gallbladder to purge itself and empty its contents... *the stones*.

NOTE #2: Just like melting ice, where two pounds of ice cubes will dissolve faster than a two-pound block of ice, many small gallstones will dissolve faster than two big ones. Also, many small ones can be quickly and easily flushed right out of the gallbladder with one Liver Flush while a few big stones must be dissolved *before* they are removed, simply because they cannot fit through the bile duct tubes. This may take more time and more than one **5-Day LIVER Detox** program.

In my clinic, I rarely had to have anyone repeat my **5-Day LIVER Detox** program to remove gallstones, so again, make sure you are not still manufacturing them with your food program, and two, increase the intensity of your Liver Flush Drink. This will solve your problem.

Remember, my programs were created from decades in my clinic, with actual patients, not just something I made up, so I **KNOW** that they work. If anyone does any of my programs and does not get the results they expected, this may be because they did not **STOP** doing what is making them sick. If they did, I suggest they repeat the program again and this time to turn up the intensity of the program. Like with you, I suggested a stronger Liver Flush Drink. This will always give you the results you want.

If you are in the mood for a Natural Healing and herbal adventure, you could even try my “Emergency Gallbladder Attack Treatment”. To find that routine and treatment just go to the right margin of this **BLOG** site and look for my book, *Dr. Schulze’s 5-Day LIVER Detox*.

NOTE #3: A lot of you reading this might not know that all of my books are available for you to read **FREE** right on my **BLOG** site. Now, I would prefer to **SELL** you a book, but save the 12 bucks and go to the right margin, find the *5-Day LIVER Detox* book, click on it, look at the page numbers on the bottom of the pages, and go to page 57. There you’re going to find my “Emergency Gallbladder Attack Treatment”. If you’re feeling like you want to, go ahead and try this routine, which is a much more concentrated treatment where you’re consuming a “Day 5” version of my Liver Flush Drink and more of my **L-GB Formula**

and **Detox Tea**, too. This routine is also on page 179 of my new *Detoxification: Volume Two* book that is coming out this month.

Also, note that on page 58, there is a letter I received from a medical doctor, the head hepatic surgeon at one of the biggest hospitals in the Los Angeles area, who used my 5-Day LIVER Detox effectively with himself and his patients, to remove gallstones, and avoided removing his patients' gallbladders.

Another note... Right on my BLOG site, go to the left margin, under BLOG Archives, click on SEARCH by Disease or Illness. When all the titles appear, click on Gallstones, and the first entry that will appear on your screen will be my video **“How the Liver Flush Actually Works”**. After a lot of my raging and rambling, about 3 minutes into the video, I explain in detail how and why the liver flush actually works. I quote: **“The most potent stimulus for the release of bile from the gallbladder is the presence of fat in the duodenum. This stimulates contractions of the gallbladder and the common bile duct (the tube pathway from the gallbladder to the duodenum) resulting in the release of bile, AND GALLSTONES. And the Olive Oil in the Liver Flush is PURE FAT!”**

So Robin, I want to recap...

First, make sure that you're not creating new stones by stopping eating all animal foods. Go on a completely vegan-vegetarian food program. And don't consume any high-fat vegetarian foods either. So you're going on a vegan, low-fat food program.

Then, do my **5-Day LIVER Detox** again, being more aggressive with the Liver Flush.

And, for positive emotional reinforcement, watch my video on my BLOG site, www.herbdocblog.com, “How the Liver Flush Actually Works”.

This will get your gallbladder cleaned out once and for all!

— Dr. Schulze

LOWER YOUR CHOLESTEROL NATURALLY

May 17, 2011, COMMENTARY by DR. RICHARD SCHULZE

Lower Your Cholesterol Naturally to 150 or Below, with NO DRUGS... *I get literally hundreds of questions from people who have recently returned from a medical doctor check-up to discover that they have high cholesterol. Some also have high LDLs and even VLDLs and Triglycerides. Others were even told that they have too low cholesterol. I will address all of these in my answer.*

Below are just two of these hundreds of questions—one from a woman who is 68 and another from a man who is 35—both with high cholesterol.

After their questions, I will explain all about cholesterol and more important, I will explain my Clinical Cholesterol Reduction Program. No matter who you are, no matter what your age, and no matter how high your cholesterol level, if you want to maintain a healthy low cholesterol level, and do it naturally, without drugs, your answer is here...

Dear Dr. Schulze,

I recently had a blood test and it showed high cholesterol and LDL levels. What products of yours would you recommend to help reduce both those levels along with a better diet and exercise? I am 68 and have never had a problem with LDL levels. Cholesterol has always been around 200. Thanks for your info!

— Jean P. in Punta Gorda, FL

Dear Dr. Schulze,

I am 35-years-old and recently I had my annual physical and my doctor told me my cholesterol was high. Not sure what I am doing wrong for it to be high (triglycerides were fine). Of course, he wants

to put me on cholesterol lowering medication, which I DO NOT want to do. What can I do to lower my cholesterol and keep it down at a healthy level, provided there is such a thing? I have read that cholesterol levels can rise when the liver/gallbladder are stressed and it's a response your body reacts to... Is that the case or am I totally wrong?

— Jorge V. in Alexandria, VA

What is Cholesterol?

The word literally translated from the Greek means “solid bile”. It is a waxy-like fat that circulates in our blood. It comes from two sources:

Source #1 is that we **manufacture cholesterol**, in our liver and then it is turned into bile, which we need to digest food, like fats, and also fat-soluble vitamins like vitamins A, D and E. Cholesterol is also important for our body to manufacture hormones, even estrogen, progesterone and testosterone. It is an important fat for the human body and circulates in our blood, and excess cholesterol is stored in our gallbladder.

Source #2, the other source of **cholesterol is dietary**, it is in the food that we eat. Cholesterol is found in ALL animal foods, their flesh, eggs, milk, and all animal by-products including fish and seafood. There is absolutely NO CHOLESTEROL in any fruit, vegetable, grain, seed, nut or sprout. Cholesterol is only found in animal food.

How is Cholesterol measured?

Cholesterol is measured by taking a sample of your blood and then calculating the amount of cholesterol that is in it. This measurement is how many milligrams of cholesterol (mg) that are found in a deciliter (d/L) (1/10 of a liter) of blood. It is written like this, 150mg/dL.

What is a healthy Cholesterol level?

In America, by almost all medical groups, associations and medical experts—including the Mayo Clinic—it is considered

normal, healthy and desirable to have a blood cholesterol level of 200 milligrams of cholesterol per deciliter of blood, written 200mg/dL. It is considered *borderline*, to have a cholesterol level between 201 and 239, and it is considered *high* to have a blood cholesterol level at 240 and above.

A high blood level of cholesterol is associated with a high risk of cardiovascular diseases, heart attacks and stroke.

Important Note: I think it is very important to note right here that while medical experts consider a blood cholesterol level of 200 mg/dL to be *normal*, unfortunately what is also normal in America is cardiovascular disease, heart attacks and strokes. **In fact, in America, we have the highest incidence of coronary artery blockage, coronary artery disease, heart attacks and stroke in the entire world, and almost all of this disease is directly related to cholesterol blocking arterial blood flow.** I think it is also very important to note that the average cholesterol level in China is 122, much lower than in America, where they have a significantly and dramatically lower incidence of these same circulatory diseases. There is no doubt that the lower the cholesterol level in the general population of China, and the lower incidence of heart disease and stroke, is totally related. Considering this fact, while the medical experts in America say 200 is normal, it is also normal that the #1 cause of death in America today is heart attacks and stroke. I think these facts alone underscore the importance that the medical establishment in America take another look at what they consider *normal*, and recognize that what they consider *normal* is the major contributing factor to the #1 cause of death!

Another important fact here is that the Chinese on average consume one pound of animal meat a week per family of four. That is only two ounces a day or a half-ounce a day per person, so they mainly have a rice and vegetable food program, with very little animal.

Along with the Chinese, the average Vegetarian in America has a blood Cholesterol level below 130 and rarely dies from cardiovascular disease where one-third of all American meat eaters will die from cardiovascular diseases.

Can your Liver produce too much Cholesterol?

YES, and this can be a contributing factor to high cholesterol levels in the blood. But having said that, in my clinic I NEVER had a patient that followed my program and couldn't reduce their blood cholesterol levels to below 160, regardless of how much cholesterol their body produced.

What are Triglycerides, HDLs, LDLs and VLDLs?

Triglycerides

Triglycerides are fats that exist in your blood, very similar to cholesterol and they exist with cholesterol in your blood plasma. They come from fat in the food that you eat, and like cholesterol, are also manufactured in your body.

When you consume food, and eat more calories than you need, triglycerides are stored with fat cells to be used later when you need energy. Unfortunately, because most people eat too much fat and carbohydrates, and do not get enough exercise, they store too many triglycerides.

High triglyceride levels in your blood (again, like cholesterol) is linked to cardiovascular and coronary artery disease.

Similar to cholesterol numbers, high and potentially dangerous are triglyceride levels above 200 and below 150 is considered normal. Personally I prefer triglyceride levels to be even lower.

HDLs, LDLs and VLDLs

Your total cholesterol level is a combination of all of your lipoproteins (HDLs + LDLs + VLDLs + a few more fatty substances). As the name suggests, lipoproteins are a combination of lipo (fat) and protein.

Lower Your Cholesterol Naturally

Lipoproteins have a very important function in your body, as they transport fats around in your blood. All the cells in your body need fats, cholesterol and triglycerides as food to build their cell membranes, the structure of the cell. It is the lipoproteins that transport cholesterol and fat from your liver, through your blood to all of your body's cells, and then back to your liver.

Since fat and water don't mix (like olive oil and water) and since your blood is more like water, the lipoproteins encase fats and transport them through your blood.

HDLs are High density Lipoproteins, and they basically pick up cholesterol from your body, blood vessels and blood and bring it back to your liver, where it can be eliminated via your gallbladder and bowel. HDLs are often called the "Good Cholesterol" as they can literally lower your cholesterol level by removing it from your body.

A level of HDLs in your blood greater than 60mg/dL is considered optimal and healthy, while a level below 40mg/dL is considered dangerous increasing your risk of arterial plaque and heart and circulatory disease.

Recent studies over the past few decades have even shown that high levels of HDLs can literally scrub and clean cholesterol and plaque off the walls of arteries that are already blocked. YES, your body will heal and repair itself if you give it a fighting chance!

LDLs are Low Density Lipoproteins, and they do the exact opposite of HDLs. They collect cholesterol from your liver and take it out through your blood to all the cells of your body. Although they are very necessary, too many LDLs transport too much fat through blood vessels and the body, which is not healthy and therefore they are often referred to as "Bad Cholesterol".

Medical authorities suggest that a safe level of LDLs is less than 100 mg/dL, and this is considered healthy and optimal for LDL

cholesterol. Personally, I would like to see my patients below 70mg/dL.

VLDLs are Very Low Density Lipoproteins, and they transport triglycerides through the blood to cells and fat in the body. These are also considered “Bad Cholesterol” as they transport cholesterol into your body and cells.

The bottom line is that all of these lipoproteins are necessary to be healthy, but the balance or ratio of them in your blood is what is important.

What is the HDL / LDL Cholesterol ratio?

Many doctors look at the ratio between HDL and LDL cholesterol, along with looking at the total cholesterol level, to determine the risk of coronary artery and cardiovascular disease. This ratio of HDL/LDL looks at the ratio of the HDL “good” cholesterol to the LDL “bad” cholesterol.

To deduce this ratio, divide your HDL cholesterol by your LDL cholesterol.

For example, if you have an HDL cholesterol level of 60 mg/dL and your LDL cholesterol level is 100mg/dL, then your HDL/LDL ratio would be 0.6. Most medical doctors think any ratio above 0.3 is good but I would like to see it above 0.4, or even higher.

How can I raise my levels of HDLs and lower my LDLs and VLDLs?

I knew you would ask this question, which takes me right to... **What is the most effective program to reduce Cholesterol levels?**

Dr. Schulze's Clinical Cholesterol Reduction Program Food

I am a doctor, and if the #1 cause of death in America, which would also be the #1 cause of death for my patients, is high cholesterol blocking the arteries to the heart, brain and other organs, killing them and killing you, well, I guess being a responsible doctor, it only makes sense that I would check my patients' blood cholesterol levels and get them down to a safe level. (Not what medical doctors think is normal, but what the disease statistics dictate is normal.)

This is just one of the many reasons that in my clinic, why all three of my Clinical Food Programs were Vegetarian food programs. (Click on my book Detoxification Volume 1, on the right margin of this BLOG site, and you will see all three of these food programs, what they are and when to use them, all described in detail, within this book.)

If the #1 cause of death in America is cholesterol, then it is also the #1 cause of death for my patients, so I better do something about this, and the best thing I can think of is a food program that does NOT contain any cholesterol.

As I said, all of my Clinical Food Programs are Vegetarian. To me, being a vegetarian means absolutely no animal food, flesh, blood, eggs, milk—NONE. Now today in America, it can mean a wide variety of things, and because it is cool in some circles to say you are a vegetarian, I find there are many different meanings to this word, like fish and chicken eating vegetarians, to lacto-ovo (dairy and egg) eating vegetarians, so to be painfully specific here, I guess I mean what today we refer to as Vegan. Again, read my description in the book of my three food programs and you will understand exactly what I mean.

Now having said all of that, I realize that nobody ever dropped dead from eating one cheeseburger and a milk shake. But I

am a doctor, and we are talking about a food program to bring dangerously high cholesterol levels down to safe low cholesterol levels. And, I would be lying if I said you could do this without drugs, and *still consume cholesterol*, you cannot, so stop eating it.

Whether you are trying to lower your cholesterol levels, or heal yourself of any disease, ANY disease, stopping eating ALL animals and their byproducts is a fundamental principal of Natural Healing. Once you have normal cholesterol levels and/or are disease-free, then I won't watch what you put in your mouth on a Saturday night, but until then, stick to the program.

Another tip, if you are concerned about getting enough nutrition, please read Chapters 2, 3 and 4 of my "20 Powerful Steps" book, which is also available to read FREE, right on this BLOG. You might also consider taking my **SuperFood Plus** every day too, and it contains a lot of nutrition, and ZERO cholesterol.

Herbal

Cholesterol is also manufactured in your intestines, but regardless, my first detox is always my **5-Day BOWEL Detox**. You must make sure that your bowel is clean and functioning well *before* you consider doing any other detoxification. This is simply because all solid waste, even old bile and gallstones (cholesterol) from your liver and gallbladder are eventually emptied into your intestines and bowel for elimination. If your bowel is sluggish, congested or constipated, you cannot effectively clean out your body. So get the bowel clean, toned and healthy **FIRST!**

Then, it is time to do my **5-Day LIVER Detox**, which includes my Liver and Gallbladder Flush. This detox is basically a laxative for the liver and gallbladder, cleaning it out and purging it of its contents, including cholesterol. And, it also tones and strengthens your liver and gallbladder and gets them healthier. The herbs are also powerful liver protectors, and protect your liver cells from the constant chemical bombardment we call, "Living the American Dream".

Once your liver and gallbladder are clean, you may also consider my **PROTECT Formula** for the rest of your life, to keep that liver protected. You can read up about that formula on my Herbal Medicine website by clicking here: <http://www.herbdoc.com>

Garlic

Garlic is famous for its ability to reduce cholesterol levels, so much so it is used medically for this purpose in many countries around the world. I would have my patients consume three cloves a day, (one clove, three times a day) raw or chopped. Have it either swallowed or mixed into cooked food, but don't cook the garlic, just mix it in your food. And forget about garlic pills—just eat it **RAW!**

Exercise / Movement

A regular exercise program, even an hour of brisk walking a day, kept up daily for a month or two, has been proven to reduce your cholesterol level by up to 30%, so let's get moving.

Remember, especially with moving, fun is **FUNdamental**. If you do not make moving fun, you will quit moving, so make it **FUN!** I highly suggest you go to my "Links" page in the upper Navigation Bar of this **BLOG**, and the third link down is my movement Guru, ZenKahuna. Check out many of his fun ways to get moving more, while having lots of fun doing it. He breaks all the rules.

Stress

Stress makes you sick, and can even raise cholesterol levels and make it harder for you to get rid of it, so let's start to melt the stress away. Slow down a bit, time is a man-made nightmare. Move more, breathe deeper, and see how you can eliminate things from your life that take up your time and cause stress. A month ago, I realized I had been run over by the information highway, and the safest thing I could do was get off the road. So, I stopped emailing and closed my email account. This immediately gave me more time to get healthy and lowered my stress.

Finally

My patients who followed this program for three months, ALL dropped their cholesterol levels to absolutely normal, their triglycerides too, and lowered their LDLs and VLDLs and raised their HDLs. And, I had patients with some of the highest cholesterol levels that medical doctors have ever heard of.

While on this program, most of my patients had normal cholesterol levels in only one month, and great HDL / LDL ratios, but why stop the fun after only one month?

How do you know for sure these programs work?

Read the following letter...

"18 months ago my cholesterol was 1469, almost 1500, my triglycerides reached 8664, almost 9000! It was really scary. My head felt like the top of it could just explode, and my brain even felt like it was shaking, along with the rest of my body. I had to resort to nerve medication, and I tried the drugs to lower cholesterol, but found it was damaging my liver. I was hospitalized three times with pancreatitis, and I had another four attacks after, but just stayed home and survived. The hospital stays were complete nightmares. No one I have ever talked to, no doctor or lab worker, had ever heard of someone with cholesterol and triglyceride levels so HIGH and still be ALIVE.

I did your 5-Day LIVER Detox five weeks in a row, as well as the whole Incurables Program. I passed two tumors with 'tentacles' and hundreds of small green stones. After a year on the programs, my cholesterol is now 158 and my triglycerides are down to 444! I thank God for the information arriving when it did! May God bless you and guide you in your adventure! If I could do it, I know you can do it too!! My prayers are with you. Love in Christ."

— J.K. in Mound City, MO

Should I use the Heart Tonic?

YES! Anyone who has or has had a high cholesterol level should be using the **Heart Tonic**. The **Heart Tonic**, besides being a tonic for your entire Cardiovascular and Circulatory System, PROTECTS your heart and lets it function on less blood and

oxygen if your arteries are already blocked or your blood is thick with fat and cholesterol. I would use this formula daily, for at least three months, until all of your numbers are perfect.

If my Arteries are Already Blocked with Cholesterol and Fat, can I Remove this Blockage Naturally?

YES! Dr. Dean Ornish, one of the nation's leading vegetarian cardiologists, has done numerous studies proving that you can stop, and even reverse coronary artery plaque and cholesterol build-up, and remove it by living a healthy lifestyle. My Clinical Cholesterol Reduction Program is a few steps beyond what Dr. Ornish did to achieve these results. Remember...

Your body can and will heal itself of ANYTHING, ANY DISEASE. Just STOP doing what you did that made you sick And START doing what will Create Powerful Health! And dis-ease will disappear!

See my description of this action above under HDLs.

My Medical Doctor says my arteries are blocked with calcium plaque, not cholesterol.

This is a misconception. FIRST, excess cholesterol was deposited and got stuck onto the walls of your arteries. Then, white blood cells attached to it causing inflammation. Finally, it was covered with calcium plaque and became a type of scar tissue on the inside of your arteries, causing a reduction in blood flow. If this is in your coronary or cerebral arteries it can cause a heart attack or stroke. So, this top layer or "crust" of this plaque may indeed be calcium, but underneath it is cholesterol and was caused by high cholesterol levels or what is referred to as hypercholesterolemia.

Regardless of what your arteries are blocked with, your new, healthy lifestyle will remove it and clear your arteries.

Do you ever advise Cholesterol Lowering Medications?

NO. NEVER!

FIRST, I say this simply because I have NEVER found them to be necessary. I have had the most extreme cases of high cholesterol ALWAYS respond to my Natural Healing program. Every patient with high cholesterol was able to bring their cholesterol levels down to normal and BELOW, by just following my program.

SECOND, ALL DRUGS are dangerous and have health-damaging side effects, especially cholesterol lowering drugs. So, I suggest you avoid them at all cost.

My Medical Doctor says my Cholesterol level is too low and that I should eat more meat. What do you think?

Your MD is an IDIOT! I have heard many patients over the years tell me this exact same thing. That they went in for a regular check-up, and their medical doctor said their blood cholesterol was 130 mg/dL or 120 mg/dL and that is *dangerously* low. What utter bull! I have had many patients that were told by their MD to eat more red meat and cheese to raise their cholesterol. The stupidity of some doctors never ceases to amaze me.

I have NEVER read, or heard of ANYONE (and I have researched this) who was ill because their cholesterol level was *too low*. On the other hand, millions are dying because their cholesterol levels are too high! So, unless these MDs were trying to make their patients sick, give them high blood pressure or a heart attack or stroke, I go back to my original statement that they are simply being ignorant idiots.

The Bottom Line!

I will say it again... Every patient I ever had—no matter how fat, no matter how high their cholesterol and triglyceride levels were, no matter how out-of-whack their HDL / LDL ratio was—ALL OF THEM were able to return to normal blood cholesterol and triglyceride levels and ratios on this program, PERIOD!

— Dr. Schulze

I'M STILL CONSTIPATED!

May 24, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I have been using Dr. Schulze products for about 5 years and have suggested and helped out many people with these products. I have completed all the detox programs multiple times. I eat all organic foods and have tried everything short of a raw diet. Nevertheless, I still have an issue with constipation and if I don't use the Formula #1, then I don't eliminate. I would really like to get off the constant use of the Formula #1 product. What do you suggest?

— Diane R. in Green Bay, WI

ANSWER

Dear Diane,

In my decades of clinical practice, seeing tens of thousands of patients, I have ALWAYS been able to sort out people's constipation, even in Hirschsprung's Disease where there are no nerves to the bowel. Also, I have had the most extreme cases of constipation in my clinic that I have ever heard of in any medical books. (See my *5-Day BOWEL Detox* book, or my *NEW Detoxification: Volume Two* book, both available FREE now for the asking. Or better yet, check the right side of my BLOG to read them right now!) In both of these books there is a section called **Constipation Record Breakers** (in the *5-Day BOWEL Detox* book, see page 37, and in the *Detoxification: Volume Two* book, see page 49) that tells many of these EXTREME stories. They will make you feel downright healthy.

OK, It sounds like you inherited a very dysfunctional and lazy bowel, so I am sure constipation is a family trait. Usually this begins with generations of bad eating habits and bad genetic "engineering" from basically people with genetically weak colons

falling in love with other people who have genetically weak colons, and then having babies who have even weaker colons. In the same way that we can genetically “breed” strengths (*and I am sure you have many of these*) we can also “breed” weaknesses, and we know your big one is constipation. Does all of this *breeding* talk sound too German of me?

Anyway, you state that you have used my **Intestinal Formula #1** for five years, and would like to stop using it. I hear you, but I want to tell you that I too inherited a very dysfunctional and lazy bowel, and as a child I had only one bowel movement a week. As a teenager I tried all of the colon cleansing formulas available and NONE of them worked for me, so that is why I eventually designed my **Intestinal Formula #1**. I took this formula myself for **12 YEARS**—7 YEARS LONGER THAN YOU—before my bowel really worked great on its own. Now the only time I use this formula is when I eat constipating food or travel. Having said that, I do have a few people that have been on this formula for almost 30 years now, and they have such dysfunctional bowels, or will not change their lifestyle enough, that they may end up using this formula for life, **BUT THAT IS BETTER THAN BEING CONSTIPATED!** Which brings me to another part of your letter.

First, I want to congratulate you for all of the dedication and work you have done to be healthier. Doing all of my Detox Programs, eating better, making lots of great healthy changes in your life (can you tell I am setting you up to whoop your ass)... If you are really serious about curing your constipation, you say you have done everything except raw foods, well, I suggest you go there now and begin a Vegan Raw Food Program. I have never had a patient do this and still be constipated—**NEVER**—but it could be possible, so I suggest you find out.

I would also increase your movement program to an hour a day, every day, and also check and make sure that you are not emotionally “holding on” to anything. I would get a **FREE** copy of my **20 Powerful Steps To A Healthier Life** book and look into each and every one of my 20 steps and see if there is anything that

I'm Still Constipated!

you have missed. You can find this book on the right side of this blog, too. Click to read it right now—FREE!

Remember, the Natural Healing of disease is the process of **changing our lifestyle and our life for the better—physically, emotionally and spiritually—until our body heals ITSELF and our disease simply goes away.** So be patient.

I would also try some of my other bowel formulas, like the **HerbalMucil Plus**, which will add more fiber than a raw food program, and this may be your answer. I would also try my **Intestinal Formula #1 Maximum Strength** and my **Bowel Flush “SHOT”**. These formulas may offer your body a break from the **Intestinal Formula #1**, and also they will work differently for you, so try them too.

If raw foods are too much of a push for you, I totally understand. Natural Healing dictates that you can heal yourself of ANYTHING—ANY DISEASE—and that all you have to do is STOP doing what makes you sick and START doing what will Create Powerful Health. Well, that can be easier said than done. Most of us have our limits of what we are willing to do. This is where the herbal medicine help comes in.

So in the mean time, while you are becoming a health fanatic, we have herbs to literally assist your body to work perfectly, **even though your current lifestyle improvements have not been enough to offset your genetic weakness**, but KEEP GOING!

This is the beauty of herbal medicine. It will keep you clean inside, make your bowel work well and keep you safe from colon disease while you are figuring out how to live.

Please, congratulate yourself for all that you have done so far. Give yourself lots of appreciation and hugs and kisses, and then take the next steps to a healthier life! Who knows? You might be one day away, or one week on raw foods away from your healing of a lifetime!

Celebrate whatever it is, keep smiling, keep laughing and have FUN with the journey and adventure! — Dr. Schulze

CAN I USE DRUGS?

June 28, 2011, ANSWER by DR. RICHARD SCHULZE

Friends, the following is an answer to a question from a customer, but it is such an important issue—and a question that I get asked by many of you EVERY WEEK—that I took a little more time on it and turned it into a valuable lesson for all of you. I hope this helps many of you make this very important decision. — Dr. Schulze

QUESTION

Dear Dr. Schulze,

I am a huge fan of yours and I now have my entire family on all of your products, and I am blessed to tell you that everyone in my family is healthy now. The many complaints that used to cause us to go to the doctor are now gone. No one in my family has been to the doctor in over three years. We haven't even had any colds thanks to your Cold & Flu SHOT. It feels so great, and so empowering, to be both Mom and also my family's doctor. The kids even say our new hospital emergency room is the house kitchen (thanks to your First Aid DVD). God Bless you.

I am writing you, as I know that you are totally against using any chemical and pharmaceutical drugs and medicines. My question is - is there ever an exception to this rule? I am asking this because my father has lived a healthy life (he is 84 years young) and recently his medical doctors say he needs some heart medicine to stay alive. They say it will give him more years and I just wanted to get your opinion on this, although I already think I know what you will say. But obviously I want to see my Dad live as long as possible.

So I am awaiting your response. Thanks again for your wonderful, herbal and NATURAL medicine.

— Patty E. in Hollywood, FL

ANSWER

Dear Patty,

FIRST, and VERY IMPORTANT

All of my knowledge, all of my knowing, all of my understanding, comes from my clinical experience. It is important that you know this, and that the following is NOT just my opinion, or that I am trying to just prove some Natural Healing or herbal medicine point. Instead, this is my ACTUAL EXPERIENCE, time and time again, with tens of thousands of patients. Additionally, it is also the ACTUAL EXPERIENCE of my great teachers, from their clinics, with tens of thousands of their patients. The reason I emphasize this is very important. **You are putting your trust and your LIFE in my hands, and I take this VERY SERIOUSLY.**

So, I am not going to do any guessing here, or any preaching about Natural Healing and herbal medicine, or give you any of my opinions, theories and hypotheses—and I have many of these. I am simply going to tell you the absolute truth, what I witnessed firsthand in my clinic for decades using Natural Healing routines and my herbal medicine to treat disease, PERIOD!

My Clinical Observation and Experience

Most people are lazy. Maybe this is human nature. Maybe this is why the biggest health epidemic in America today is obesity. But whatever the reason, most people I meet are lazy. I would safely say this is about 90% of the people I meet. They are lazy. This is a big reason why medical doctors, drugs and hospitals have become such big, profitable businesses in America today, because rarely are we asked to (or even want to) take any responsibility in our own healing.

A simple example of this is, how many times have we seen a man get a coronary bypass surgery, and have his clogged or blocked arteries replaced, only to be out eating cheeseburgers, French fries and milk shakes a week after his surgery at some fast food

restaurant (if not right in the hospital) clogging up the new blood vessels?

NO Responsibility.

Modern medicine—almost all of it—is designed for lazy people who are too damn lazy to create a healthy lifestyle, too lazy to eat healthy, nutritious food, too lazy to do routine cleansing and detoxification, too lazy to move their ass every day and too damn lazy to be positive and loving to themselves and others.

From the drive-through at fast food garbage houses, to microwaving manufactured fast food at home, to the lazy boy chair, to the mind-rotting television, sitting down and taking as many breaks as possible, just to get back to the fast food and do it all over again.

Patty, getting well is pretty darn easy. For most of my patients, it was simply a matter of STOPPING what was making them sick.

But most people, instead of stopping eating food that they cannot digest, they would rather take a pill or drink some chalky drink to sooth their indigestion. Most people would rather be fat and buy bigger and bigger clothes—and even buy an electric cart to move their fat ass around in—because they are so fat now it hurts to walk, then to lose fat.

Consequently, most people would rather take more and more chemical drugs, have more surgeries, get dialysis, wear diapers and buy an electric scooter to ride in than to do a **5-Day KIDNEY Detox** and get healthy.

Getting Off Of Drugs...

In my clinic, I found that 100% of my patients—**that's right, 100% OF THEM**—were all able to be healthy, stop taking **ALL** medication and **STOP ALL DRUGS** by making very easy and simple changes in their lifestyle. But, there is the dirty word—

CHANGE—and back to the beginning, most people are lazy and do not want to change.

There is HOPE!

Thankfully nowadays, more and more people are losing faith in modern medicine. Television is loaded with ads and between the ads for drugs are other ads from lawyers asking you if you want to sue your doctor or the drug company for giving you drugs that harmed you or killed your relatives. Almost every supposed wonder drug, in only a few short years, is discovered to have serious, harmful side effects and has maimed or killed people. Additionally, almost ALL medical treatments, especially for degenerative diseases, have been proven to NOT be effective. Worse, they have proven to be detrimental, even lethal. Today, many authorities say that you will live just as long—if not longer—if you do NOTHING AT ALL, instead of undergoing aggressive medical treatment.

FACT: In America, we spend more money per person on medical care than any other country in the world, but we don't even make it into the top 15 countries when it comes to longevity.

So in this new millennium, modern medicine, doctors, drugs and hospitals are no longer looked at as they were in the 1950s. Trying to poison people into health just doesn't work very well. They have grossly over-promised and under-delivered when it comes to healing disease and are now viewed with more skepticism than ever. Modern medicine has done a terrific job at shooting itself in the foot so I won't say anymore.

The bottom line is that very few people today think doctors, drugs and hospitals are safe, and are looking for alternative ways to cure disease and regain their health.

But back to my main point... In my clinic, 100% of my patients were able to get off of ALL of their drugs, if they were willing to make the necessary positive changes in their lifestyle, and simply STOP making themselves sick.

What were these LIFESTYLE changes?

I will break the changes down into a few simple categories that I made EVERY patient do, so they could successfully STOP taking ALL of their drugs...

INTAKE: Food & Liquid

START consuming plenty of fruits, vegetables, whole grains, legumes, nuts and seeds, and STOP eating ALL animal food and ALL junk food.

For exact details of this food program, see my book “Detoxification: Volume One”. You can read it right on my BLOG, just click on the book and go to “My Three Clinical Food Programs” on page 53, or call and ask for a FREE copy of this book by calling 1-800-HERB-DOC (437-2362).

And, to make sure you are flooding your blood, cells and body with nutrition, I had all my patients use my **SuperFood Plus!**

ELIMINATION: Routine Detoxification & Cleansing

Immediately start on my 5-Day Detox Programs. You need to do to get ALL of your elimination organs clean, toned and functioning normally. Then, continue to do a 5-Day Detox every season for life. I have nine Bowel Digestive and Elimination Herbal Medicines, and three 5-Day Detox Programs. If you are serious about getting off of drugs, try them all.

MOVEMENT: Daily Exercise

Begin a daily movement program for an hour EVERY day. Start out slow and increase the duration and intensity, as you get healthier and stronger.

EMOTIONAL: Positive, Healthy Living

We have all been polluted, all of our lives, with health destroying, negative affirmations. We need to STOP them and replace them with positive healing and life and health-affirming, positive affirmations. At the top of this BLOG is a horizontal navigation bar, go to the

right and put your cursor on “Quotes and Healing Affirmations”, click on “Healing Affirmations” for a great place to start.

REPLACEMENT MEDICINE: Herbal Medicine

Use herbal medicine, which when assisted by you creating a healthy lifestyle can be just as effective at healing disease than any pharmaceutical drug. Better yet, herbal medicine acts more like food for the body, helping it to HEAL ITSELF, instead of forcing some metabolic action and does not have the negative side effects as drugs. So, I would get my patients to replace their chemical medicine with natural herbal medicine.

For information on all of these categories—AND MUCH MORE—see my book, *20 Powerful Steps To A Healthier Life*. Just go to the right side of my BLOG site, look for this book cover, click it and read it for FREE.

What if the DRUGS I am taking are keeping me ALIVE?

Let's not be stupid here and die to prove a point. If the drugs you are taking are literally keeping you alive, DO NOT STOP TAKING THEM.

BUT, having said that, 99% of my patients who thought that they would never be able to wean themselves off of their drugs, and whose medical doctors thought they would never be able to live without their drugs, were able to eventually stop taking them. They simply had to improve their lifestyle to be even healthier, and then they were able to wean off the drugs.

In most circumstances it is important to do this slowly. You will know when the time is right. For instance, if you are Diabetic, you will see when you start creating a healthy lifestyle, you will need less and less insulin. Depending on the severity of your Diabetes, and the length you have had this disease, this will also determine the intensity that you will need to do my programs, and also the time it may take to get off of all of your insulin. And, you must master a low glycemic food program, and really understand about

eating whole, natural foods that are hard to digest, (which will naturally have a low GI). You'll also need to learn to love exercise and get rid of any and ALL FAT. Get the point? When you do all of this and much much more, you will see your blood sugar drop. Then, you can reduce your insulin and eventually get off of it. For everyone the program will be different. The same is true for any and all drugs.

Sometimes, it is at this point that my patients who said that they were willing to do ANYTHING to be well, do ANYTHING to heal their disease and do ANYTHING to stop taking their drugs REALIZED THAT THEY WERE NOT WILLING TO DO ANYTHING after all!

There is nothing wrong with this. I always said, everyone thinks they would like to drive an expensive car, but when they see what the payments and cost will be, well, the rusty old junker isn't so bad after all. I do not judge. I am simply here to tell you what is possible and offer you a new chance at life free of disease and free of drugs.

Almost ALL of my Patients...

Most of my patients had some type of disease and also had high cholesterol, high blood sugar or high blood pressure, if not all three! They had a number of aches, pains and diseases. They had all of these issues simply because they...

- ▶ **Ate a lot of crap, and drank crap!**
- ▶ **Did not get enough nutrition!**
- ▶ **Had poor digestion and elimination!**
- ▶ **Had congested bowels, livers, gallbladders and kidneys!**
- ▶ **Were overweight and didn't move their ass enough!**
- ▶ **Were negative!**

Then, when I had them CHANGE their lifestyle and REPLACE these DISEASE CAUSING BAD HABITS with POSITIVE, HEALTHY HABITS... Their DISEASES WENT AWAY and they could STOP TAKING ALL OF THEIR DRUGS!

Your medical doctor is ASSuming that you will not make these positive changes. In fact, they have NO EXPERIENCE in the curing power of these positive changes, and don't even believe that they will work.

They DO and they WILL!

The hospitals and pharmaceutical companies hope you don't make these changes. Their income depends on you NOT making these changes. A patient cured, IS MONEY LOST! It is that simple.

Is there EVER a time to take drugs?

ABSOLUTELY! Some of you may be shocked by this answer, the great Dr. Schulze saying to take chemical drugs, but please let me explain. I believe there are TWO times to take chemical drugs.

#1: TRAUMA

In cases of extreme trauma, like bad car wrecks or any circumstance where your life is immediately threatened due to great bodily harm, injury or the rapid onset of a life-threatening disease, this is when modern medicine excels, often far beyond the scope of Natural Healing.

In situations such as this, I highly suggest using as much surgery and taking as many drugs as necessary to save your life and stabilize you. Then, once you are stable, as soon as possible, get the hell out of the hospital before they kill you because you can do the remainder of the healing naturally at home.

Don't be stupid and don't die trying to prove that Natural Healing and herbal medicine works. I already know it does, so save your ass first, we can always do a liver flush later.

#2: YOU ARE OLD

We are ALL going to eventually die. No matter how clean you live, no matter how powerful of health that you create, no matter how perfect your lifestyle is and no matter how positive you are, eventually you will die.

Eventually your body will start to fail, your genetic weaknesses will surface and your body will start to breakdown, fall apart and become diseased. With most Americans this will be cardiovascular or heart disease, or cancer.

When this happens, modern medicine, hospitals and pharmaceutical drugs may be able to give you a few more years, and if this is what you want, **WHY NOT!**

What is **IMPORTANT** is to also maintain your quality of life while you are going for the most quantity and longevity. Most of my patients did not want to be lying almost paralyzed, in pain, vomiting, in a diaper, doped up on morphine, and paying \$5,000 a day just to squeeze out a few more months of life. You get the picture. At this point, it is time to move on to the next adventure and celebrate a life well lived.

Don't give away your family nest egg and throw away what little money you have saved after bills and taxes, and give it all to the hospitals, just to have anyone lie in a hospital bed feeling like hell, living in hell, this is silly too. Use your common sense!

BUT, if a few drugs can keep you maintaining a great quality of life, and hold off disease and death a few more years, why the heck not? I have never seen anything wrong with this.

BUT, HERE IS THE BIG BUT... Just make sure **THAT YOU HAVE DONE ALL OF MY PROGRAMS FIRST**, done **ALL** of my Natural Healing programs, using **ALL** of your herbal medicine, and made **ALL** of my suggested lifestyle changes, done **ALL** of my 20 Steps, and have done 110% at creating the best, healthiest and most positive life possible. 99% of the time when

Can I Use Drugs?

my patients, or their relatives, thought that they had done this, I was able to see 100 more healthy changes that the person could make, and I had them do this for a few months, and their disease completely went away and their health came back, **WITHOUT DRUGS**. So it is important to stay off of any drugs as long as possible.

And, if you have done it **ALL** and you are still dying... and you can get a few more years with drugs, bring on the drugs.

FINALLY, Patty...

If your father is like most of my patients that were in their eighties, he has not done what I just stated above. So, if he wants to and he is willing to step-up his health programs, his herbal medicine and his healthy lifestyle a few notches, he will probably be able to stay off the drugs for a few more years. Who knows, maybe even for the next decade? Now you can reserve the use of drugs, if you need them at all, until you cannot keep him stable with lifestyle and herbal medicine alone.

Doctor Patty, you are a **GREAT** mom and a **GREAT** daughter. Just keep learning and growing and celebrate it **ALL!**

— Dr. Schulze

IS DIABETES CURABLE?

July 06, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I am intrigued by your web site and excited about the possibilities of your "Incurables Program". Having had Type I Diabetes for over a quarter of a century, I have tried countless different diet and lifestyle changes in hopes of curing this disease. While I have been able to decrease the amount of insulin I need to inject each day, a cure has not been my experience. Oftentimes, Type II is curable, but not Type I. Have you had people who have had success with curing their Type I Diabetes with your "Incurables Program"?

— Kathy S. in Windermere, FL

ANSWER

Dear Kathy,

My patients healed themselves of both Type II Diabetes **and** Type I.

As you said, Type II Diabetes is curable and I want you to know that EVERY patient I had with Type II Diabetes was able to cure it if they were willing to do the following:

Food Programs: A Vegan Vegetarian Low Glycemic Food Program (*Try my Low Glycemic, Low Fat, Low Calorie, High Nutrition, High Fiber and **AWESOME TASTING** morning drink in the intro of my July Newsletter.*)

All processed foods have a high glycemic index, meaning they raise your blood sugar rapidly. Whole grains, vegetables, foods in their natural state, and even most fresh fruit have a low glycemic index. So the more natural and whole the food you eat, the Harder and **Slower** it is for your body to digest and assimilate and therefore does not raise your blood sugar rapidly. Managing your

Is Diabetes Curable?

food program, and reducing body fat along with detoxification and regular exercise was powerful enough to totally eliminate Type II Diabetes with all of my patients and also most of my patients with Type I Diabetes.

Routine Detoxification: Get your elimination organs cleaned out, toned and healthy!

Daily Exercise and Movement: An hour each day!

Oh yeah, and STOP eating crap: NO sugar and man-made foods!

Anyone can get their blood sugar into the normal range easily in just 30 days on this program. You can even get it into the normal and great range for anyone, even anyone who doesn't have Type II Diabetes. That's right, let's go for the best blood sugar levels of fasting below 110 and after meals below 140... anyone CAN DO IT! Follow ALL the steps in my "20 Steps" book. (Just click on the book cover in the right column, and read it for FREE right here on my BLOG!)

Now, about your Type I Diabetes.

You say that you have done "diet" and "lifestyle" changes and **you have been able to decrease the amount of insulin that you inject each day. YES!** This is your teaser, the proof, and we just need to take it a few steps further AND turn up the intensity of the program a little!

Making further diet and lifestyle changes will allow you to decrease your insulin even more, and like many of my patients, stop using it altogether.

I have had many people with Type I Diabetes recover from this disease, cure themselves, heal their pancreas and stop using insulin all together, but most of them needed to make more extreme and powerful changes, and what you were thinking, my

Incurables Program is just the place to begin. Follow that and also every step in my “20 Steps” book.

Many of my patients, and now hundreds of my customers with Type I Diabetes have been able to cure their disease and STOP taking all insulin by making these powerful lifestyle changes.

We have had many write in, but any of you reading this, please write in your healing stories about healing yourself of Type I and Type II Diabetes and I will publish it right on this BLOG. In fact, any great HEALING MIRACLE I will publish, so send them in. Put in the title, HEALING MIRACLE, so I will be able to sort them out easier.

OK Kathy, you can do this. I have had people with Type I Diabetes longer than you and sicker than you, totally heal themselves.

So let's get started!

— Dr. Schulze

RAISING YOUR HORMONE LEVELS NATURALLY TO INCREASE FERTILITY!

July 06, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I am 41 years old and my husband and I are trying to conceive a child. After a year of trying to conceive (I know, a late start for me at my age, but we just married a year and a half ago and I am a late bloomer), we still have not had any success. I have had my hormones tested and the labs showed my hormone levels (particularly FSH and AMH) were low. Not surprised, I know it all decreases with age, but I do see a lot of women conceiving later in life and I feel very youthful and lead a healthy lifestyle.

I do take monthly fertility blend vitamins and fish oil to help provide a well atmosphere in my body. I have also used your cleansing products before and actually just completed a bowel cleanse and love and believe in your products.

I had a recent consultation with a fertility clinic and was suggested for IVF due to my age and low egg count. Of the four hormone labs, only the two aforementioned were a little high (but not impossibly) for natural conception. I like to believe anything is possible if you want it badly enough. My insides are healthy as well with the exception of a small polyp I may have to have removed which seems logical to me to provide the best level ground for conception.

I prefer the idea of allowing conception to occur naturally and with the help of natural products. I feel like I can make this happen (God willing).

I had read about your Female Shot and am interested in it's possible benefits for what I am trying to achieve. My goal is to do anything to allow my body the possibility of conceiving naturally.

My question is, can that product possibly provide benefit to my hormone levels?

Also, what is the recommended frequency of the shots?

Any information would be wonderful. Thank you Dr. Schulze in advance for your shared knowledge and wisdom in the area of Natural Healing.

— Kathy B. in San Diego, CA

ANSWER

Dear Kathy,

This is not a tall order. I had hundreds of patients in my clinic older than you, with lower levels of Follicle Stimulating Hormone and AMH, and not as healthy as you by any means, that were able to get pregnant, have healthy pregnancies and eventually have healthy babies.

Here are my suggestions:

#1: Get the Waste out.

I always suggest, first and foremost, to start with my **5-Day BOWEL Detox**. Your bowel surrounds your ovaries, fallopian tubes, uterus and all parts of your female reproductive anatomy. Whether it is any female imbalance, disease or disorder, or just wanting to get fertile and get pregnant, getting your bowel cleaned out, toned and working efficiently is the best place to start. *OK, you did this. Good job!*

#2: Nutrition.

Your body makes its hormones from quality nutrition (not pizza and soda) and there are two ways to achieve this. The most important is getting on a great food program. Organic food, vegan food, don't worry, you will get plenty of protein, calcium, etc. See my 3 Clinical Food Programs on page 76 of my "20 Steps" book, which you can read on the BLOG site. And get the juicer out!

#3: MORE Nutrition.

On top of a great food program, I suggest you take nutritional supplementation. I would STOP the fertility blend of vitamins. I

Raising Your Hormone Levels Naturally to Increase Fertility!

can just imagine what they are made from, not what is added to them, but what they are actually made from?

Also, I would STOP the fish oil. If Omega 3 and 6 Essential Fatty Acids is what you are looking for, then Flax seeds and Chia seeds are a much better, cleaner and a nontoxic source of these oils.

And START my **SuperFood Plus**, two doses a day. I would make a morning blender drink, including the above seeds, and adding two rounded tablespoons of my **SuperFood Plus** (see my Summer Breakfast Drink recipe and video on this BLOG).

Then I would have a **SuperFood Bar** in the afternoon, or an additional **SuperFood Plus** nutritional drink or 15 tablets... your choice.

NOTE: I had so many female patients—and now female customers—that were told they could not have children, that now have healthy babies. Almost all of them refer to their children as ‘SuperFood babies’. This proves the power of nutrition in making you fertile!

#4: NO IVF!

In Vitro Fertilization has an 87% FAILURE RATE. Did they bother to tell you this?

#5: START my Female Tonic.

Take 2 droppersful, three times a day for three months. Every day! **This has ALWAYS worked!** It will balance all of your female hormones and get you VERY fertile.

#6: You can also use my Female “SHOT”.

It’s a great way to get your female organs going and producing hormones. I suggest two to three **Female “SHOTS”** a week during the first month, then during months two and three, just the **Female Tonic** at the dosages I suggest above is fine.

Kathy, it sounds by your letter that you are levelheaded, make great decisions, have understood my work and have even started

with the right detox program, and would be a great patient. I have NO DOUBTS that you will be pregnant soon. Just remember one thing, *your husband*. Please make sure that having kids is also what he really wants to do, talk about it a lot, and also make sure that he is healthy and that he takes his **SuperFood Plus** every day, too.

I also suggest that he follows the same programs I outlined in numbers five and six for you, but using the **Male Formula** and **Male “SHOT”** and maybe even the **Super Ginseng** tonic. All of this will create powerful and numerous “good swimmers”.

And not to be obvious here, but make sure that you both know when you ovulate, and that you have lots of sex *before* and *during* your ovulation (check your mucous daily). Also, keep a menstrual diary and write down all the dates of menstruation, first day of period, when you think you ovulated, etc. This will help you know when to have sex. Oh yeah, and don't get too serious about all of this, keep sex fun, don't turn it into a strictly baby producing exercise. Laugh a little, or a lot!

Finally, you are sooooo right about letting conception occur naturally. With IVF, you are medically *forcing* your body to become pregnant, even if it is not ready *and not healthy enough* to have a baby. This is a great recipe for disaster and often results in miscarriages, sick moms (Preeclampsia) and premature and sick babies. Your body does not want to have a baby right now for a good reason, and that reason is that you are not strong enough and healthy enough. It is always best to assist God and nature, instead of going against what your body is doing. With IVF you are medically forcing your body to do something it is trying to protect you from.

So the simple and logical solution, and one that ALWAYS works, is you getting stronger and healthier, and balancing your hormones! And when you do this, your body will produce the right hormones, your female organs will come alive, and you will get pregnant and have healthy children.

Have Fun and Enjoy the Adventure... Mom!

— Dr. Schulze

HORMONES, CANCER AND THE FEMALE TONIC

September 06, 2011, ANSWER by DR. RICHARD SCHULZE

Below is a question from Debbie M. in Boyertown, PA. Sometimes it is best if I answer a customer's letter within the letter itself so it makes more sense, and this is what I am doing below...

Dear Dr. Schulze,

I'm so glad you finally got your blog up and running. Thank you for your persistence. I have been a fan since I bought the book "Curing with Cayenne" and have been making the women's formula ever since.

In my forties this formula helped with severe cramping. I just turned 55 and am now perimenopausal. My parents both have reproductive cancer. My mother has since passed from breast cancer. The doctors say it was estrogen driven. Someone in the health field told me I shouldn't take the women's formulas because some of the herbs may have an estrogenic effect and since my mother had estrogen driven breast cancer, I should stop. Well, that scared me and I stopped about a year ago...

OK, let's begin...

First, you say that this formula helped you with severe cramping and that you started taking it at age 40 and that you are now 55—and I am assuming that you have been taking the formula for 15 years, either straight or on and off. This all sounds good.

You also state that BOTH of your parents have reproductive cancer and that your Mom has passed away from it, and that the medical doctors said it was estrogen-driven.

The first thing I did in my clinic with every patient was take a health history, which would include all of their relatives and going

back to grandparents. If both of your parents have reproductive cancer, and you mother has actually died from it, this does in fact put you in a higher risk group for developing reproductive cancer. BUT, it is not a guarantee at all that you will develop cancer at all, and I am sure that you will NOT. So take a breath here, please.

If you live a very different life than your parents, physically, emotionally and spiritually, and have a very different lifestyle, then you can expect to have a very different health outcome. Basically, you can expect to be healthy and cancer-free.

Remember, your level of health is determined by your GENETICS REACTING to your LIFESTYLE, meaning, that you may be genetically predisposed to reproductive cancer, (and there is nothing that you can do about that, that's water under the bridge), but if you create a powerfully healthy lifestyle (again, not just physically, but also emotionally and spiritually), well, you simply WILL NOT develop reproductive cancer. On the other hand, if you live in a similar way as your parents did, or even a lower quality or lower health lifestyle, well you can expect a similar outcome, possibly creating Reproductive Cancer.

For all of us, the best way to PREVENT genetic weaknesses (family diseases) from developing in our bodies, and the best way to pass on stronger genetic coding to our children, is to live a healthy life. I don't want to sound like a German geneticist or Dr. "Adolph" Schulze here, but this is a very basic law of Nature. The weak become diseased and die out and the strong survive, and I want to make sure that you are strong, healthy, live long, and that we will all create stronger and healthier future generations.

OK, so good so far.

Then you say:

"Someone" in the "health field" told me I shouldn't take the women's formulas because some of the herbs may have an estrogenic effect

and since my mother had estrogen driven cancer, I should stop. Well, that scared me and I stopped about a year ago...

They were wrong!

This is where I have a problem—‘*Someone in the health field*’. Just like medical doctors, there are so many people in the health field that mean well, but don’t really know what they are talking about and pass on a lot of misinformation, even real stupid suggestions and even more ridiculous treatment ideas. This is the vast MAJORITY of both medical doctors *and* natural health professionals.

To make things worse, the vast MAJORITY of “health practitioners” and even “natural” doctors, still THINK like medical doctors, using standard medical algorithms or thought patterns with treatments, meaning they think and treat just like medical doctors, and this is where the problem lies. Let me explain...

Herbs are just one of the many tools of Natural Healing. They are to be used along with healthy food programs, flexibility, movement and exercise programs, cleansing and detoxification routines, emotional and spiritual programs and hundreds of other positive lifestyle changes.

Herbal Medicines, when used correctly, are never used like a drug. Herbs do not act like drugs, and should not be prescribed like drugs. Many herbalists around the world, if you have a headache, would prescribe herbs for reducing pain—I definitely would not. Unfortunately, most people who practice natural medicine do so with an allopathic or standard medical doctor’s mindset.

If you have a headache, I want to know WHY, not, I repeat NOT, *just kill the pain*. You can have a headache for 1,000 different reasons from tight neck muscles and stress, to constipation, toxicity, eyestrain or even a brain tumor. Pain is the way the body communicates and lets us know that something is out of balance. To tell it to shut up, and use drugs *or even herbs*, to make it go away

without knowing why it exists is a very ignorant form of medicine that is practiced by most doctors, both Orthodox and Alternative.

The herbs in any of my Female Formulas do not contain estrogen, nor would these herbs promote any cancer in your body, nor would they promote your body to develop any cancer—in fact they will do just the opposite.

The herbs do contain nutrients that your body can use to build hormones, but only if you need them. Mostly what these herbs do, is sensitize or assist your body to be more sensitive in detecting the amount of hormones that you have created that are present in your bloodstream and then *suppressing* or *stimulating* the manufacture of them, as needed.

For instance, many of the female herbs in my Female Formulas have been found to work by increasing the sensitivity of the hypothalamus organ in your brain. It's the hypothalamus that constantly checks your blood for hormone levels every minute of every day. If it detects that you are low in any endocrine chemical (like a hormone such as estrogen) it will release chemicals that tell your ovaries to produce more estrogen. If the hypothalamus detects that you have enough estrogen, it will release other chemicals that slow down or even stop your ovaries from producing estrogen. So you can see that these herbs do not contain estrogen, but instead sensitize your own endocrine system to produce exactly the amount of hormones, or estrogen, that your body decides that you need, not what I (or any doctor) *thinks* you need.

Since I don't use herbs that actually contain estrogen, you have nothing to worry about.

Now, having said that, all animal foods, because of the huge amount of growth hormones and steroids that are used in all meat, milk and egg production, are loaded with residual growth hormones and steroids. So, when you consume animals and their byproducts, you consume large amounts of these growth hormones and steroids. The residual hormones and steroids in

animal food and animal byproducts have been directly linked to the increase in reproductive cancers, including breast, uterine and ovarian in women, and prostate and testicular in men. So if you read my books and follow my work, then you already know that—especially for you with a family history of cancer—that I highly recommend a vegan food program. Even the American Cancer Society says that this will reduce your risk of cancer. So this is the FIRST place this “health practitioner” should have gone, stopping you from consuming any animal food, and left the herbal medicine advice to the herbal doctors.

Now my symptoms are crampiness and spotting almost every day. I tried going back on the formula, but I started to get slight hot flashes, so I stopped again. When I started taking it, was I just not taking enough? Now, I don't know what to do. I'm thinking I should be taking it to balance my hormones, but don't want hot flashes. I would love to hear your thoughts.

— *Debbie M. in Boyertown, PA*

OK, let me give you a few of my thoughts here...

First, relax. This is not such a big deal. I know this is very important to you, and your health, but I do not feel that you are in any serious danger, just a little bit out of balance. So it is important that you keep this in perspective.

#1: At the beginning of your letter you state that you have been ‘making’ my formulas for years—I hope this is a typo and you meant ‘taking’ my formula for years. If it is not, and you are actually ‘making’ my herbal formula, this may be the beginning of your problem. As you know, I do promote people to make their own herbal medicine if they want to. But, my concern here is that any herbal medicine that you make, can only be as powerful as the herbs you begin with. I am a fanatic. In fact, fanatic is not even close to a powerful enough word to describe how insane I am about herbal quality and my manufacturing techniques for my herbal medicine. Please, read the beginning of my catalog under, “*Why my Herbal Formulas are the very BEST*”. I am not tooting my own horn here,

or pumping up my ego, but it is one thing to make your own herbal medicine for general use, and another thing to make it to save your life. I suggest you start using my **Female Formula**, at least for a while, as I know exactly how I make it. This is the exact formula that created the extremely positive results with my patients in my clinic.

#2: I definitely suggest getting some of my **Female Formula** and start using 2 droppersful three times a day, with an additional dose of 2 droppersful anytime you need it. And, if you are having a powerful negative symptom of menopause—like extreme hot flashes, night sweats or any other symptom—I suggest using my **Female “SHOT”** immediately. Then, after a period of time when you feel that your hormones are back in balance and that you are healthy again, you can feel free to start making your own herbal medicine if that is what you want to do. But at least for now, please, use my herbal medicine, until we get you healthy, strong and out of any danger.

#3: You are not your mother and you are not your father. Sure, you have inherited many of their genetic strengths and weaknesses. But remember, you do not have to *live out* any of their genetic weaknesses, and the best way to make absolutely sure that you do not manifest any of their or your genetic weaknesses is to live a much healthier lifestyle—physically, emotionally and spiritually—than your parents did. I am sure that your parents did a lot of great things—all I’m asking of you is an **UPGRADE**. I want you to take a good look at what your parents taught you. And then I want you to eliminate the bad, keep the good and create a new, more healthier lifestyle for yourself than your parents did for themselves.

So stop worrying, get healthier, have fun and let’s get going on Creating Powerful Health.

— Dr. Schulze

440 POUNDS, DYING & OPTIFAST ALTERNATIVES

September 13, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I am 58 years old, 5' 11", and weigh 440 lbs. Needless to say I am at a very dangerous weight. I believe the only reason I am up and about is because of Cayenne and Protect. I want so much to turn my health life around but not real sure in what order. My legs and ankles swell and I currently sleep in a chair for comfort. My main concern is to make sure my body is getting enough calories, so I don't get sick. My diet consists of chicken mostly and not eating at set times. I have never eaten a salad before and sorry for that. I understand Vegan is the way to go but it is such a foreign food to me. I am inspired by 20 Powerful Steps and have been working on changes. I would appreciate anything you might be able to share with me. The most successful diet I have ever done was Optifast, no food decisions worked easiest for me. Losing 115 lbs in 20 weeks and I felt so good. You know the rest, bad decisions of bad food choices after that and now I am at this point. I need some guidance Dr. Schulze. I want to reclaim my life and health if it is possible. Thank you for all that you do.

— Tom H. in Newport News, VA

ANSWER

Dear Tom,

First, before I even start, thank you for taking the **Cayenne** and the **Protect Formulas**. I agree with you and I will take it one step further, *they are keeping you alive!*

OK, let's start with a dose of REALITY. You are 58, 5 foot 11 inches and 440 pounds. A normal BMI (Body Mass Index) for

your height, not that I follow BMI, but just to get an idea, is 25 weighing in at under 180 pounds, and you weigh 440 pounds and have a BMI of 61. Oh My God, you are a GIANT, you are HUGE! Look, I don't think fat or thin is right or wrong, I am only thinking about your longevity and you have NONE. If you are still alive and can read this, **YOU MUST ACT IMMEDIATELY!** If you are dead and your relatives are reading this, I am sorry that I didn't get to you in time, and this answer will be for the other huge people out there, as America has no shortage of obese people. **You are almost 300 pounds overweight.** I can't even begin to explain what that does to your body and internal organs and systems, not to mention your lifespan. The good news is you must have strong genes to have even survived this far. You must be a really strong person, physically, that you have been able to even handle this much added physical stress without having a heart attack, stroke, cancer or dying from any one of a thousand different diseases.

I helped many, many patients normalize their weight, some even worse than you, so listen up.

Step #1: STOP looking at weight loss.

The first and most important thing we have to fix is your mind. You have to STOP looking at your future as a weight loss program and START looking at the rest of your life as **Creating Powerful Health**. One of the reasons the Optifast did not work (and I will get into Optifast later) is that it is a weight loss program, not a food program, so when you lost 115 pounds and were sick of doing it, you simply went back into your old food program, and put all the weight back on, which is typical. No matter what Optifast or any medical doctor says, weight loss programs usually fail long-term, without another goal. Instead, you have to begin a food program that will **Create Powerful Health**, nourish your body, even cleanse your body and help you to lose almost 300 pounds. This is going to take a few years and I hope you have enough time left to survive the experience, so let's get started **RIGHT NOW!**

Step #2: Optifast vs. your New Dr. Schulze Food Program

The best news here is that we both know it is possible for you to lose weight, **YOU CAN DO IT** *because you have done it before.*

BUT, we are going to **STOP** looking at the next part of your life as a weight loss program. We are going to **START** looking at the **ENTIRE REST** of your life, as creating a healthy food program for the entire rest of your life, again our focus is going to be **Creating Powerful Health**. This is not just semantics—there is a huge difference here.

I often talk about the old Chinese proverb that states, “*Focus on the GOOD to Eliminate the Bad*”. What I simply mean by this is that instead of looking at yourself as a dying big fat slob who is torturing yourself with the medically designed chemical liquid diet to survive obesity, you will instead need to look at life in a very different way, in which you are excited about creating a new food program and a new way to eat, with healthy foods that supply your body with powerful life-giving vitality and nutrition. One that will **Create Powerful Health**. All of this so you can enjoy life to the fullest—laughing, having fun, having sex and feeling great! Your life is **NOT** over unless you decide it’s over. Again, you are **Creating Powerful Health**. Focus on **Creating Powerful Health** and the fat will just *disappear*.

Optifast, in my opinion, is a medically designed **diet** for obese people. **It is NOT a health program**, it is **NOT** about **Creating Powerful Health** and it is **NOT** even a food program, and certainly **NOT** one that you will stay on for the rest of your life. It is a program of liquid chemotherapy, adding in some chemo-nutritional bars and fiber, that are so loaded with chemicals and other crap, they won’t even list the ingredients on their website. I am not saying it doesn’t work, **I am saying it is about chemo-weight loss**, not *Creating Powerful Health*.

You can achieve the exact same results, using my Juice Flushing Food Program, along with my **Superfood Plus Powder**, instead of the Optifast chemo-drink, and replacing the Optifast bars and fiber drink, with my **SuperFood Bars** and my **HerbalMucil Plus**. Now you have amazingly powerful and superior nutritional food programs and supplements to create a powerfully healthy body, mind and spirit, instead of just a chemo-weight loss program. See the difference?

I would immediately go out and buy a juicer, any juicer, but if you read my articles before you know I suggest Champion Juicers for their high level of quality and extreme ease of use and especially ease of cleaning.

I would immediately start on my juice-flushing program using my **SuperFood Plus powder**, **SuperFood Bar**, and **HerbalMucil Plus**, just like I mentioned above. And, PLEASE keep taking your **Cayenne** and your **Protect Formula**.

(NOTE: Click on my *20 Powerful Steps* book at the top of my BLOG site and read my chapter on “Fresh Juice” on pages 65-70. Then, go to page 83 for specific instructions on my Juice Flushing Program.)

By doing this, you would be mimicking the Optifast program that you have done before, and had successful weight loss results with. You will have the same exact weight loss results with my program, but your focus will be on building powerful and lasting health. And Creating a NEW LIFE!

Once you have lost 100 pounds, and feel much better again, you can start looking into my Purifying Raw Food Program, and when you are down 100 pounds more, or at least under 250 pounds, you can investigate my Health-Building Food Program.

You can also consider my **SuperSlim Program** and products, but I hesitate to put you on any program that moves your focus into weight loss versus **Creating Powerful Health**.

Step #3: MOVE!

If you don't start moving immediately, you're going to die. I know that at 440 pounds it hurts to even breathe. The French Foreign Legion has an unofficial saying, "**March or Die**". This needs to be your saying now, for the rest of your entire life. And it must be every single day.

I am not going to get into any of the details here, but you need to push yourself every single day, until your weight is normal. And you need to make it FUN!

A great place to start might be one of my best friends and colleagues YouTube site. Just go to my "Links" section of this BLOG and click on "Zenkahuna" and you will find his YouTube Channel. You may find many of his movements to be way over the top for your ability right now. But listen to this great man's philosophy on movement. Start searching his site just to pick up some of his wonderful Natural Healing pearls of wisdom when it comes to moving your ass. And do what you can every day.

I want your entire initial focus to be on creating powerful physical and emotional health. Using your Dr. Schulze Food Programs and Herbal Medicine and Herbal Nutritional Supplements, and movement, to create your new "normal weight" life.

Additionally, I want you to move into flexibility and stretching. At first even flexibility and stretching movement will be like aerobic exercise for you simply because of the 300 pounds of fat that you have attached your body. This is a great place to begin, just stretching.

Step #4: CLEANSE!

Once you have started my food programs, and my movement program, and feel at least stable during both of these things, it is time to think about cleansing and detoxifying your body. Which detox program? Hmm... let me think... **ALL OF THEM!**

I would suggest you start with my **5-Day BOWEL Detox**, then wait a few weeks or a month and get stable again, and then do my **5-Day LIVER Detox** program. And again, when you are stable, you can do my **5-Day BOWEL Detox** again, and later on, my **5-Day KIDNEY Detox**.

You Make Me Laugh!

I almost fell off my chair laughing, when I read your statement...

My main concern is to make sure my body is getting enough calories, so I don't get sick.

Who are you kidding? It was getting **too many calories** that has almost killed you and turned you into a huge obese giant, and made you extremely ill, if you are even still alive. *I think you can drop this concern!*

I also laughed really hard at...

I have never eaten a salad before and sorry for that.

No need to be sorry, and if you follow my advice you'll be drinking your salads instead of eating them.

Finally...

I am inspired by 20 powerful steps and have been working on changes.

Me too! Yes, I know I wrote them, but I too work to master these 20 steps every day of my life. And I will be thinking of you for awhile as I'm working on all 20 steps.

I need some guidance, Dr. Schulze. I want to reclaim my life and health if it is possible. Thank you for all that you do.

OK, all of the above is plenty of guidance to begin with. If I address one more thing with you, your fat, and your life, I would like to say that it would be also very helpful for you to take a look

at why you have sabotaged yourself to such an extreme level, not to participate in life.

Life itself, may be the greatest gift we will ever receive. And as far as I know, it's a limited time offer, and you have made this time even more limited. I really appreciate you reaching out to me, and so if I say one thing in closing, it's to take a look at WHY you decided to cover yourself with almost 300 pounds of excess fat. I can tell by the way you wrote your letter that you're a nice person. I'm not saying that you have to spend the next 20 years in deep psychotherapy trying to figure out where the hell you went wrong. I have never seen much good come out of this type of therapy. What I am suggesting is that you need to seriously rewrite YOUR script for your life. And come up with 10,000 new positive life-affirming affirmations, to use as tools and to keep your positive mental focus, while you are making a dramatic and life-changing, positive, healthy transformation.

Don't forget, you really need to start loving yourself!

— Dr. Schulze

PROSTATE CANCER, RADIATION & VIAGRA

September 20, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

My 61-year-old husband went through radiation two years ago for prostate cancer. Now we depend on Viagra for sex. Can your prostate formula or shot help someone like him that had gone through radiation?

Thank You,

— Abigail A. in Brooklyn, NY

ANSWER

Dear Abigail,

The Answer is YES!

But it is NOT quite that simple.

Don't get me wrong, I LOVE Sex! It feels great and it is great for you, physically, emotionally and spiritually, but first things first.

As we all know, if we do not correct the underlying reasons why your husband created cancer in his body, well, in just a few years, he will create cancer again. Statistically, cancer will return in five years or less. **So I am much more interested in discovering, and more important, CORRECTING, the lifestyle flaws that caused your husband to create cancer in his prostate in the first place, and getting him healthy, than getting his penis hard (which I know is important) but we can deal with that second.**

Running a Natural Healing clinic dealing with thousands of patients is very similar to running emergency triage after a disaster. I have to deal with your husband's life-threatening issue first.

One of the main contributing factors causing cancer of the reproductive organs in both men and women (so I am talking about prostate and testicular cancer in men and breast, uterine and ovarian cancer in women) is excess hormones, especially growth hormones and steroids. One of the main and only ways as adults we get bombarded with growth hormones and steroids is by the consumption of animal flesh and animal byproducts. ***Look, I am not preaching some moral vegetarian standpoint here or some 'save the whales' philosophy. I am solely interested in stopping the flow of growth hormones and steroids into your husband's body, which caused the prostate cancer in the first place.***

When we begin our teenage years, we all have a spike in our own growth hormones and steroids. The reason for this is simple—to make us grow! This is what causes everything from teenage growth spurts to our maturing as male and female sexual beings, along with the growth and maturing of our sexual and reproductive organs. During our late twenties and early thirties it is natural for our body to start producing *less* growth hormones and steroids. This is simply because, WE DON'T NEED TO GROW ANYMORE! So our bodies slowly and naturally begin to reduce the manufacturer of growth hormones and steroids to where sometime in our late forties, fifties or sixties, both men and women experience female and male menopause, which is a time when our growth hormones and steroids reduce to a very minimal level. This is all part of the natural growth and sexual reproductive cycles of humans.

The problem of creating sexual and reproductive cancers begins when we interfere with our body's own natural reduction of growth hormones and steroids, by introducing additional powerful growth hormones and steroids into our body, bloodstream and reproductive organs, through our diet.

There is now an overwhelming amount of scientific evidence that shows that all animal flesh, milk, eggs and byproducts contain high levels of growth hormones and steroids.

First, they contain the growth hormones and steroids that are naturally present in the animal. What I mean by this is that a cow or a pig naturally contains growth hormones that tell their body to grow hundreds—if not thousands—of pounds very quickly. These powerful growth hormones (along with our animal-based American diet) are one of the main reasons behind the huge problem with obesity in America. These powerful growth hormones also send grossly improper messages to our sexual and reproductive organs, to grow and often this growth is tumors. Just imagine, the milk of a cow is genetically engineered to tell the baby cow to grow fast, and to rapidly grow thousands of pounds, and we are consuming this alien milk into our bodies.

Just imagine what message this alien milk is telling our prostate, testicles, breasts, uterus and ovaries to do? I can tell you. **TO GROW!** Now, I have not even begun to talk about the millions of gallons of growth hormones and steroids that are *pumped into* all animals to produce more meat, more milk, more eggs, more animal byproducts, more animal food. Naturally, when you put animal growth hormones plus additional man-made growth hormones into your body, well, you now have a very serious hormone double-whammy! When you combine these two facts, with the gross increase in the consumption of animal food in the American diet, it is no wonder that sexual and reproductive cancers have skyrocketed to an all-time high.

So the first thing we need to do for your husband is to get him to read what I wrote above!

Now, beyond his food program, let's get him healthy. If he is up to reading a book, I highly suggest my 20 Steps Book. If he is not up to reading it, I suggest you read it, and start including ALL of these 20 Steps into your family lifestyle. You can even read it right

now for FREE by clicking on the “20 Powerful Steps” book cover at the top of my BLOG site, www.herbdocblog.com.

I also suggest that you get him to take my **SuperFood Plus**, and if he won't drink green drink or swallow 15 tablets, well, I just really wonder how much he desires his penis to get hard.

Additionally, after he gets on his new food program that won't create cancer in his body, and gets a nutritional blast from my **SuperFood Plus**, and beyond the detox programs that I always suggest, yes he would greatly benefit from my **Male Formula**, my **Super Ginseng Formula** and my **Male “SHOT”**.

I would suggest that he starts on the **Male Formula** at 2 droppersful three times a day, on the **Super Ginseng Formula** at 1 droppersful three times a day, and to take a **Male “SHOT”** a few hours before he plans on having a sexual experience.

In closing, I would rather have him alive than sexually active, although I do prefer both. So let's get him on a food program and lifestyle program that won't cause his cancer to return and cause him to be just another American cancer statistic.

You're a good wife!

— Dr. Schulze

MORE ON PROSTATE CANCER— FIGHTING IT NATURALLY!

September 27, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

My husband has prostate cancer, and has changed his lifestyle to be vegan for the past 18 months. We have done 90% of your products and advice. We have heard that soy products and some fruits such as apples, prunes, raisins and pears feed the cancer? Is this true? Thank you for helping me keep my husband out of the hospital and living a healthy life. He has trouble with a swollen prostate, which makes urinating difficult at times. He keeps himself emptied by self-cathing, a few times a day, when he feels his kidneys starting to ache. Done the detoxes from time to time, and juices every day. Haven't been able to get him to do the 30-Day Detox or Incurable program. He has an extremely busy life, but I feel he can do whatever he puts his mind to; maybe you could persuade him? Waiting for your reply ASAP, thankful for what we've learned from your books and blogs. God bless your efforts, you're an answer to prayer.

— Brenda G. in Lansing, MI

ANSWER

Dear Brenda,

Hmmmmmm... *"My Husband has Prostate Cancer"*

Hmmmmmm... *"We" have done 90% of your products and advice"*

Hmmmmmm... *"Thank You for helping to keep my husband out of the hospital"*

Hmmmmmm... *"Haven't been able to get him to do the 30-Day Detox or Incurables"*

Brenda, I have a question . . .

Whose prostate is it anyway?

Whose prostate is swollen?

Whose prostate is cancerous?

Who has to stick a tube up his penis twice a day?

And who is writing me this letter?

The most difficult thing about Natural Healing is that we cannot heal anyone of disease, no matter how much we love them—**they have to heal themselves!**

You sound like an amazing woman to me, a great wife and if I were looking for a woman, or a nurse, I would give you a call immediately. And, I totally applaud your husband for making all of the changes that you have told me he has done, although I am sure you are the one who has made this all happen.

Look Brenda, I really appreciate your faith in me, my Natural Healing Programs, my Herbal Medicine and all of the work that you, *and your husband*, have done. I am not being hard on your husband, and I do congratulate him for all the good work he has done, but I take Cancer **VERY SERIOUSLY and I want more than anything for him to HEAL HIMSELF and I KNOW, in order to do this and give him his best shot he has to get MORE INVOLVED!**

And, you writing to me is very typical of my clinic. There is no accident that 90% of my patients were female. I would like to think that it is simply because I am a handsome hunk, but the reality is probably closer to the fact that women are more open and flexible when it comes to new things than most men. Maybe this is one of the wonderful differences between estrogen and testosterone. We know that testosterone makes things harder, stiffer, and less flexible, **ALL** puns intended. This is one of the reasons you love him, but also these same reasons make men less open and receptive.

Anyway, just make sure that you are not dragging your husband through this Natural Healing adventure. And, make sure that he has more energy with healing his prostate than you do. I know Brenda, if you could, you would have his prostate transplanted into your body and you would heal it yourself, and then give it back to him, but you cannot do this.

Again, I applaud you for all you have done, and him for what he has done so far, **but his healing will take an immediate and amazing change if he leads the charge, gets into his programs and gives me 110%, and gets his prostate healed and gets his body to heal itself of cancer.**

Let me tell you, if he doesn't take this more seriously, the cancer will!

NOTE: Psychologists now say there is a third personality type, the type "C" personality (verses the type "A" and type "B"). They say that the type "C" personality is common with people who have Cancer and they describe it as people who don't speak for themselves when they have the diseases, which is what is happening here. So, we need to get your husband to be the one who is Creating "his own" Powerful Health!

And, I understand that he has an extremely busy life, but if he loves life and wants decades more, he has to give me a season here, and take a break from work, give me 110% and we will get this cancer out of his body and he will heal himself.

The best thing you can do right now for me is two things...

#1: Love your husband for who he is, not for his level of healing participation.

We are all going to die someday, and ALL of us could have lived a little longer if we would have taken better care of ourselves and led healthier lives. But, at the same time, we have to balance quality with quantity. So don't be too hard on him if he also doesn't want to do any of my programs as intensely as you do, or if he isn't as disciplined as you in creating a Natural Healing lifestyle. You fell

More On Prostate Cancer – Fighting It Naturally!

in love with him for a reason, and it was not his ability to drink carrot juice.

#2: Send this BLOG to him!

Mr. Brenda, I have had people with prostate cancer in far worse shape than you, totally heal themselves. You can do this. And, you are lucky to have your wife on your team. I have **NO DOUBT** that with your determination, kick-ass intensity, my programs and with your secret weapon of your wife, *the prostate cancer doesn't stand a chance.*

Finally, answering your initial question, the foods you mention do not feed cancer. What feeds cancer is toxins and poisons that we get exposed to in our food, water and air. And, what feeds prostate cancer are all animal foods and they are probably what caused your husband's prostate cancer in the first place. So I congratulate him for making the change to his vegan lifestyle. Dried fruit, like some prunes and raisins are very concentrated and high in sugar, so I suggest eating only fresh fruit.

Finally, finally... make sure your husband is using my **PROSTATE Formula**, 3 droppersful, four or five times a day, every day, until he can urinate with no problems at all. I've had a thousand men who could barely pee because of their swollen prostate, be able to urinate with a strong stream again just by using this formula, so make sure he takes it every day.

God Bless You Both and Your Efforts,

— Dr. Schulze

WEIGHT GAIN MYSTERY . . . SOLVED!

October 04, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I'm 46 years old and am into menopause - I do not eat "totally" clean, but pretty healthy - I rarely eat red meat, occasional chicken or fish, try to stick with vegetables, nuts (almonds and walnuts), fruit and recently started juicing as a supplement. I workout at least 6 days a week and jog a mile 3 times a week. I've recently started swimming laps (although right now, I'm sucking in more water than I care to admit while I learn to breathe!). Over the past month, I have literally gained 10 pounds! Now, I know that some of it may be muscle mass, but I also know the difference between fat and muscle - and this is FAT on my abdomen, thighs and butt! Could this be caused by a hormone imbalance and if so, can your FEM tonics balance them out?

I am ready to SCREAM!!! I have considered doing a juice flush, but I don't know if that's the answer. I have tried increasing my metabolism by eating 5-6 times a day and that's when this all started.

I would appreciate any help you can give! Our family nutritionist introduced us to your products 20 years ago and we have used the Formula 1 "forever" - don't leave home without it! I'm at a loss as I do not consult medical doctors for anything unless I absolutely have to and refuse to take Estrogen, (horse urine) as a remedy (SERIOUSLY?? Do people actually take that stuff???)

Thanking you in advance for your response. We so appreciate your knowledge and candid, straight-forward way of addressing things!

Continued blessings to you and those who consult you ~

— Lori N. in Henderson, NV

ANSWER

Dear Lori,

I have your answer.

I extracted the following sentence out of your letter...

I have tried increasing my metabolism by eating 5-6 times a day and that's when this all started.

I believe you!

If you put gas in your car, and a mile down the road your engine quits, you don't start wondering if the tune-up you had two years ago was faulty, you look at the most recent thing that you did or change that you made—the new gas! That is almost always what caused the problem.

Also, I always found in my clinic that my patients had the answer, no matter how complicated and confusing their dis-ease was, or how little their knowledge was of anatomy, physiology or biochemistry, whatever—it didn't matter. Most people KNOW exactly what's happening in their body, what and where it's gone wrong, and my job was just to confirm their belief and instruct them how to Create Powerful Health.

So, let's start with what you're telling me, which is basically in your attempt to increase your metabolism by eating five or six times a day, well, that's when the 10-pound weight gain happened.

You're on the right track, and eating five or six times a day (I call it grazing) is not a bad thing to do. You just have to make sure that you are not—I repeat NOT—consuming more food and more calories than you were in the two or three meals that you were originally eating. In fact, it would be fine to try this new food program as long as you are consuming LESS calories than in your original two or three meals.

Lori, you are not alone here at all. Many people, when they switch from eating two or three meals a day, to eating five or six times a day, simply forget that those five or six times should NOT be

meals, but more like grazing snacks. It is really easy when going to five or six meals to overdo it, and overeat. Do not beat yourself up about this. I am sure that once you get your food consumption and calorie consumption back to normal, you will lose those 10 pounds, and feel better than ever.

Don't get discouraged!

You are doing a lot of really great things, and introducing a lot of healthy lifestyle changes that will make you feel terrific and promote a very healthy and very long life. Stay positive, smile, even laugh at yourself (no screaming) and have fun with it all.

Finally, you know I always push my personal lifestyle, and what created the healing miracles and life transformations in my clinic with my patients. So I highly suggest that you start your day with my extremely low-calorie—and extremely high-nutrition—**SuperFood Plus** morning blender drink. **You can find the VIDEO and RECIPE right on this BLOG site.**

Just scroll down the left-side margin under Blog Archives until you see "ALL VIDEOS". Click this and then scroll down and click on my SIXTH entry on the page that loads up, which is called, "I Just Filmed This, My Summer Breakfast", where I tell you—AND SHOW YOU on video—exactly how to make my low-calorie, low glycemic index, high nutrition and high fiber morning breakfast blender drink.

Also, I would eat one of my **SuperFood Bars** for at least one, if not two, of your grazing meals. Again, they are extremely high in nutrition but very low-calorie (only 165 calories in a 60-gram bar), which is almost unheard of!

So, if your breakfast is my suggested low-calorie **SuperFood Plus** blender drink, and two of your other meals are my **SuperFood Bars**, then you are well under 600 calories for three of your five daily meals. This means that you have another 600 calories or more for your other two grazing meals.

Keep Positive and Continue your Great Lifestyle Transformations!
— Dr. Schulze

I HAD A FRIEND

October 12, 2011, COMMENTARY by DR. RICHARD SCHULZE

I had a friend who just died. So I wanted to share a few truths with you, about life, dis-ease, healing, and death. **For those of you that only have two minutes, I Put The Most Important Points In Bold.**

This friend was diagnosed many years ago with the deadliest of diseases, a rare form of cancer. The medical doctors said he only had a few months to live.

He was a man of some faith, so I reminded him that only God knows when a person will live or die, not medical doctors. And from my experience, the medical doctors are dead wrong, pun intended, far more often than not.

In fact, if I had a hundred dollars for every patient of mine that was told they would be dead in a few months, only to live decades after their “medical death sentence”, well, I would be a far richer man than I am today.

Anyway, this man decided to give my **Incurables Program** a try. He wasn't a great patient, he didn't even meet my minimum requirements. Sure, he drank some of the drinks, took some of the herbal medicines, and went through some of the motions of some of the programs, but generally, he had that medical mindset that some of my patients had been brainwashed into. **In the back of his mind somewhere, he *believed* the medical doctors, he *believed* their diagnosis, their prognosis, and I think he felt that they were very smart people, and therefore they must be at least partly correct. To me this is kind of like believing that the President, or the Queen, or the Pope is the smartest person in the world, or is psychic. I think he felt that somehow surgery, at some point, was going to help him. This can be a deadly mistake, much more deadly than any disease.**

I think he expected me, or my herbal formulas, to almost magically heal his cancer. He said if it did, he would tell the masses, at which point I told him I didn't need "this kind of attention". He never saw the healing process as "him healing himself" and creating powerful health. I know if he would have just believed, he could have healed himself of anything.

His worst failure, was that he absolutely refused to take what I consider enough time off, to heal himself—at least three or four months, if not six—but again to be fair, he did some of the program. So I fired him as a patient, after three days, and then again after five days, but we kept in touch.

By the way, in case anyone is wondering, I am not Jesus, nor a prophet of God. I have never healed anyone. I cannot heal anyone. All I can do is *Illuminate the Healing Path*, for a person to walk on, guide them on their Healing Adventure with my wisdom and supply them with some of the Healing Tools that they will need along their Journey.

OK, so he got very lucky and had his healing miracle, his minimum involvement was enough, he created his own healing miracle, and his disease went into remission, and as my patients often experienced in my clinic, the disease was eaten up by his own immune system. Often when this happens, when the cancer is literally destroyed by your own immune cells, then just the fiber or "skeleton" of the cancer remains. He even had the medical doctors perform a biopsy, and they said, "we don't even know what this is anymore... it is NOT cancer, it is just some dead cells." I said, "Wonderful, we have had another healing miracle." But the medical doctors, nor him, were satisfied with this. They could not leave miracles alone, so they all decided to go in and "clean things up," which I always feel is a drastic mistake, for a few reasons...

First, surgery in itself causes a drastic reduction in our life energy, our chi, ki, prana, pilot light or energy level, whatever you want to call it. I always say unless a surgery is absolutely

necessary, and you will be dead in hours unless you have it, then DO NOT have it!

His cancer had been devoured by his immune system, it was gone as far as I was concerned, and to go in with invasive surgery, just to clean out already dead cancer, is simply a waste of time, money and a HUGE waste of your internal energy. Your body will do this eventually anyway. This was NOT a good idea, especially when you have just healed yourself from a supposedly very lethal disease. I have faith in our body's ability to completely heal itself of any disease—*he did not*. So he just couldn't help himself, he did it, he had the “clean up surgery” and it was a huge energetic blow to him, like getting hit by a car... no, a TRUCK!

Another reason to avoid surgery whenever possible, but especially when you are healing yourself of cancer, is that I believe the surgical procedure itself can cause the cancer to spread. Actually, it is more than just a belief... I have seen this happen time and time again.

Some of you might wonder why he got sick in the first place. Well, many reasons that I could see.

To give you the best of my decades of clinical practice, ALL diseases are caused by a combination of things, and cancer is no different.

**ALL disease is caused by:
Inherited genetic predispositions**

(or)

Diseases that are activated or created by physical, emotional and spiritual poisons

Most often, it is a combination of both.

Physically

Physically, he could have been poisoned by a number of carcinogenic chemicals that are present in almost all of our

lives. He worked at a very large manufacturing company, and this company uses chemicals in manufacturing that are known carcinogens. So he could have been exposed to many manufacturing toxins, or just environmental toxins that are commonly present on most work environments.

Emotional Trauma

Emotionally, there were many obvious poisons. He had a huge emotional trauma during his career, and when he explained it to me, he said it was like getting struck right in the guts, at which time he unknowingly pointed to exactly where the cancer lied underneath. He also said that he had physical pain there for a few years after, and even a “twinge” now and then ever since.

Many diseases (especially cancer) are often caused, at least in part, by powerful emotional upsets that we never resolve, or forgive and forget. And this man had a huge one. He wasn't big on forgiveness—he was big on getting even.

Spiritual Trauma

This man had also made some business decisions that he was not proud of making, *to put it mildly*. A few of them were very big decisions that made the company a lot of money, but they were decisions that he did not feel good about making at all. He had severe guilt and severe shame about this one decision that he was just in the process of making.

I suggested a solution, which was to simply... NOT DO IT. But my simple and very healing solution, well, it was just overwhelming to him. He couldn't even imagine admitting his mistake, let alone stopping this project that was just about to launch. It would have cost the company millions of dollars and blah, blah, blah. I believe this guilt, shame and “spiritual trauma” was a big part of why his immune system was shutting down, and why he developed cancer.

A great Guru once told me, “You can't get what you want out of life, by doing what you don't want to do”. WOW, how simple

is that? This man was simply doing what he did not want to do, and “it” was killing him. What is this “IT”? This “IT” was him, so a better more accurate statement would have been “I am killing myself” if I do this thing. Well, he did it, and he did! We are all extremely successful, powerfully successful, and get exactly what we want. If we are not getting the results we want, then we simply need to change our program.

You cannot be healthy and disease-free carrying a huge amount of guilt, shame and remorse around. We are human—we ALL screw up! Be honest with yourself. Fix any mistakes you have made the best way you can, the best way you know how, and then MOVE ON!

I have a very smart CPA and many, many years ago I was considering an investment that was so complex, neither of us even understood it. He simply said to me, no matter how much money you make on this deal, if you lose sleep over it, it’s not worth it. He then went on to explain to me that he judges all deals based on their “sleep factor”. He said that if any investment or any business deal keeps you awake at night, worrying, it is not worth doing it. So I did NOT do this deal, and I have slept like a baby following this important advice, ever since.

The bottom line is that carrying around guilt and shame will make you sick and kill you, as effectively as any disease. Actually, it is part of the disease!

OK, so now my friend is dead. So what is my point here? Well, I have a few...

First, I only share this story with you so we can ALL avoid these same mistakes and pitfalls in our own lives. He would have liked this.

If you are seriously ill, with any one of the thousands of life-threatening diseases, and you want to heal your dis-ease naturally, well, you simply need to take enough time off to

heal yourself. In my clinical experience, the minimum is three months on the programs, but with getting started and recuperation, plan on six months. If you will not take the time off, well, this is what medical doctors, drugs and surgery are for.

Medical doctors are NOT Natural Healers. If you are going to embark on a Natural Healing Adventure, STOP listening to them. In fact, STOP asking them questions. In fact, STOP going to them. By the way, they DO NOT know when you are going to die!

Dr. Schulze is NOT Jesus, Buddha, Moses, Mohammed, Lao Tzu, Confucius or any other prophet of God or spiritual leader. He has never healed anyone, except himself. ALL of his patients healed themselves!

ALL diseases have physical, emotional and spiritual components. It is very important when healing yourself to identify as many of these disease-causing factors as possible, and eliminate them. They can be toxic food, toxic emotions and toxic spiritual poisons. Guilt and shame can kill just as fast as French fries and trans-fatty acids—actually faster.

Surgery in itself causes a drastic reduction in our life energy—our chi, ki, prana, pilot light, energy level—whatever you want to call it. Only consider it if you will be dead in hours without it. Otherwise, postpone it as long as possible.

With ALL of your decisions in life, remember... consider the “sleep factor”.

OK, I'll see you next week!

HEALING PHYSICAL TRAUMA: MIRACLE IN A BOTTLE, INDEED!

October 18, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I have been a customer of yours for many, many years. I cannot even begin to tell you how much your advice and herbal medicines have changed my life for the better, not to mention that you have benefitted my entire family. But I am writing you with a question regarding your Deep Tissue Oil and healing trauma from accidents, but first let me give you my testimony.

Last year, I hopped off my tractor in the cold weather, and instead of landing on the ground, my left foot landed on a rock. When I hit the rock, my ankle and knee twisted, bent sideways and I collapsed. I heard and I felt a huge pop come from both my knee and my ankle. As it turns out, I sprained and even tore the ligaments in my ankle and my knee really, really bad. I could not walk. My medical doctor sent me to an orthopedic surgeon, who then told me that I needed to put a cast on my entire leg for at least two months. He also said that within two months if my leg was not better, that I would need arthroscopic surgery. This wasn't even an option as harvest season was just beginning. At this point I remembered the story you wrote about your knee and how the orthopedic surgeon wanted to do the same surgery on you. I was actually thinking of this as the doctor was telling me the grim news, and I could hear your voice telling me not to do this, louder than the orthopedic doctor was telling me to do it. So I decided to leave instead and not to put a cast on my entire leg from my ankle to my thigh for two months. Instead I did nothing and went home in a wheelchair. The doctor told me that I was crazy and would damage

my ankle and knee even more, and maybe never even walk again. My wife thought I had gone nuts.

As soon as I got home I started as much of your program as I could remember. Of course I doubled my SuperFood, started juicing immediately, but I often do this anyway if I am feeling bad. I immediately started your hot and cold water routine on my leg and ankle, then applied your Deep Tissue Oil, and had my daughter who has had some training in massage rub my ankle and knee as much as possible, but I was in excruciating pain. You should know that I could not walk at all, nor could I put any weight on this leg.

The next morning, it was about exactly the same. I was in just about as much pain, and I still couldn't walk at all. My wife again reminded me that I was totally insane, and that I should go back to the orthopedic surgeon immediately. I have to tell you that I was scared, in a lot of pain, and had my own doubts popping up, but I made it through that day. During that day and night I kept busy doing the hot and cold treatment numerous times, and reapplied your Deep Tissue Oil numerous times, along with asking my daughter to rub it into my leg for as long as she possibly could. She complained about the smell, and the vapor is so strong she was in tears the whole time she was working on me, and her nose was constantly running, as was mine. At one time the vapors actually traveled up the leg of my shorts and felt like they were burning my private parts. This was almost more scary than my injury.

On Day 2, when I woke up, the pain was noticeably less, and I had more movement in my ankle and the knee than the day before. There was a lot less swelling and I was even able to walk very slightly but I could only put very little of my weight on the leg. I kept up the same routines all during the day.

On Day 3, I was walking with a limp. I also had a lot less pain, and I was able to move my ankle and knee quite a bit more.

On Day 4, I was walking even better, still with a limp, and still quite scared to put much weight on this ankle and knee. I had almost no pain, and could move my ankle and knee quite a bit. My wife was even starting to believe that I was onto something.

Healing Physical Trauma: Miracle in a Bottle, Indeed!

On Day 5, it was like a miracle. I had no pain at all, I could walk on the leg, I was still scared, and I still felt a little weak in that leg, but I felt completely healed.

One week later, it was like it never happened. My wife and my daughter were amazed, even though they were a little sick of smelling your Deep Tissue Oil in every room of the house, and my wife was a little mad because I stained the bed sheets and a few towels, and everyone complained about the way I constantly smelled of mint and wintergreen.

Like you, I made a 2nd appointment to see my orthopedic surgeon, and when I walked in the room his jaw dropped. Like your experience, he said he had never seen anything like this before and said maybe his diagnosis was wrong, except he had the x-rays that proved how injured I was. They even showed some slight cracking and fractures in bones both in my ankle and in my knee.

I remember reading many times that your patients call this formula a "Miracle in a Bottle". I mainly wanted to let you know that your Deep Tissue Oil really is a miracle formula, and my whole family witnessed it, and even my orthopedic surgeon. A week later, I was back on my tractor, like nothing had ever happened. I don't know where to begin to thank you for my miracle. My finances would have gone upside down if I wasn't able to get back to work.

OK, I have a few questions...

One is, could you describe to me in detail, how you would have done it yourself, and if you would've done anything differently. As since I couldn't call you I made up much of the program. Secondly could you give me all the additional programs that you would've done and is there anything I should do for my ankle and knee now. The accident and injury took place 6 months ago. By the way, I wear a support bandage on my knee now when I'm out in the field. Is this bad?

Again, thank you! I am now a total believer in miracles too. I am a living, walking, and even dancing living testimony to the power of your magical herbal remedies.

— Scott D. in Salina, KS

ANSWER

Dear Scott,

I love your letter, your healing testimony and your healing miracle, I know exactly what you went through, how you felt, your pain, your fear and what it feels like when someone tells you that you may never walk again. I also know what it feels like to create your own personal healing miracle, and how downright empowering that is for not only you but also your family.

GREAT JOB!

As far as what would I have done, if anything different, I doubt it. And your results speak for themselves, I don't think anyone could have healed themselves quicker from such a traumatic and devastating injury then you did. But for you and all the readers, I will briefly outline the steps that I would've taken.

Step #1: ICE

Immediately after an injury such as this, where you feel the muscles, tendons, ligaments, and even bones have been injured, ICE is the 1st and most important step. You can see how I do this, and how I make a natural icepack, on my First Aid DVD, which is free for the asking, and even viewable for free on this blog site. But basically I put a bowl full of ice in a cotton towel, draw the towel together tightly and close it with rubber bands so the ice doesn't fall out, and then slightly wet it with cold water, which makes it much more effective, and much colder. Now apply the ice to the injured area for about 8 minutes, then take the ice off for about 5 minutes, and then reapply the ice again, and do this for as long as you can, but for at least an hour.

Step #2: Deep Tissue Oil (*the Miracle in the Bottle*)

After you have used the ice, on and off, for the 1st hour, now it is time to apply my **Deep Tissue Oil** or my **Deep Tissue Ointment**.

This formula does three main things:

A) It increases circulation. The more I can get blood flowing back to, and in and out of the injured area, the quicker it will heal. Often after any traumatic injury, the body swells, and circulation is blocked off. This slows and hinders the healing process. The concentrated Peppermint Oil and the Habanero Pepper and Ginger Root in the **Deep Tissue Oil** dramatically increases your blood flow and circulation to the injured area, and breaks up congestion which dramatically speeds up the healing process.

B) It reduces inflammation. The Wintergreen oil in **Deep Tissue Oil** has a very powerful effect at reducing congestion and inflammation in the injured area. This also dramatically speeds up the healing process.

C) It repairs trauma. The Arnica, St. John's Wort, and Calendula in the **Deep Tissue Oil** are used worldwide by traditional doctors to heal everything from bangs, bruises and sprains, to torn and damaged muscles, tendons and ligaments to even repairing fractured and broken bones. I have had thousands of patients and now tens of thousands of customers that have had serious trauma to their body, and not only found themselves healed in only a few days like you did, but never even having any bruising.

Deep Tissue Oil speeds up the healing process and your body's ability to heal itself. It has turned many a doctor's dismal prognosis into a healing miracle in just a few days.

Step #3: Alternating HOT & COLD Hydrotherapy Treatment

The most powerful non-herbal way to increase circulation, reduce inflammation and greatly speed up the healing process is alternating hot and cold hydrotherapy. Hot water draws the blood in your body to the surface; this is why your skin turns red when anything hot is applied to it. The red you see is simply blood coming to the surface. Cold water when applied to your body turns your skin white. This is because it is driving the blood away

from the surface and driving it deep into your body. By alternating hot and cold water on the surface of your body, you are drawing the blood to the surface and then forcing it away from the surface deep into your body. It is the most powerful way known to move blood in and out of an injured area. You can do alternating hot and cold hydrotherapy treatments in a number of ways.

The simplest way is just in a shower using a handheld shower wand. Turn the water on in the shower. If you have a single control for the temperature just turn the water temperature up to the hottest you can stand it and let the water run over the injured area for about a minute. Then turning the water all the way to cold, and let the cold water run over the area for about a minute. Repeat this alternating hot and cold treatment seven times, which will take about 15 minutes. Do this 15-minute treatment at least four times a day.

Another way you can do this treatment is simply by using a homemade icepack as I described in Step 1, and then a very hot, hot water bottle, or even a heating pad.

If the injury is to a hand or foot, you can even fill two pails up, one with ice water with plenty of ice in it, and the other with hot water, as hot as you can stand it. Then you simply place the injured wrist or ankle into the pail of hot water, keeping it there for one minute, and then moving it into the pail of ice water, and repeating this seven times, again taking about 15 minutes to complete.

There are many more ways to do this hot and cold alternating hydrotherapy treatment. Just use your imagination.

Step #4: Additional Routines

Food

Whenever you are injured or have any illness or disease, it is always best to stop consuming solid food, and go immediately to juices. Just a few reasons for doing this are you get a lot more nutrition from the juices. Fresh, raw, organic fruit and vegetable

juices are concentrated nutrition, giving you very high amounts of the vitamins, minerals, enzymes, amino acids and other nutritional substances that you need for your body to heal itself. So why not give your body all that it needs, even more than it needs? In my clinic, I called juice therapy my Natural Healing Blood Transfusion, just to give you an idea of what a powerful therapy it is. And as you did, I would add a large dose of my **SuperFood Plus** to every glass of juice to send the nutritional values way over the top.

Also, you don't need to eat heavy meals and fill your gastrointestinal tract with a lot of food, that will take a lot of your body's energy to digest, not to mention eliminate, which brings me to the next step.

Elimination

I would also immediately take a **Bowel Flush "SHOT"**. Whenever you injure yourself almost everyone becomes constipated. There are a lot of reasons for this, from the pain of the injury to the emotional fear and shock that usually accompany the injury. Trauma to the body almost always causes constipation, so let's prevent this before it even happens by getting your bowel working great immediately. Then I would continue using my **Intestinal Formula #1** or whichever one of my many bowel formula you are used to or have on hand, using it every day until you feel that you are out of the pain and the emotional trauma and shock and your bowel will work normally on its own.

Managing Pain

For pain management, usually I suggest nothing. A little pain, even moderate pain, is a natural part of the healing process. It lets your body and you know, that it's not time to resume your normal activities. You will also find that all the above suggestions will dramatically reduce the pain immediately, especially the **Deep Tissue Oil**, and probably you will have no pain within just a day or two. If you are in extreme pain then I would suggest my **Nerve Tonic**. I never advise pharmaceutical pain relief. First it masks the

pain so you have a false sense of getting better, not to mention that it will probably also constipate you. My **Nerve Tonic** will reduce the pain and help you to sleep, and at the same time will NOT hinder your body in healing itself and never constipate you.

Now, as far as anything that you could do more now, six months later, I think you are well healed and your ankle and knee are fine. I would highly suggest not to jump out of tractors anymore, and simply to climb down them like normal people. I do not think it is necessary to wear a support bandage anymore but if it makes you feel more confident then go ahead.

Scott, again congratulations for creating your own personal healing miracle. You did an awesome job! And I also thank you for sharing your healing experience with the rest of us, because everybody at one time or another in their life will injure their body like this and it is important for them to know that they have an alternative, right in their own home, a simple alternative, to the pain, torture, hopelessness, financial stress and lengthy recovery time that is often the case with the medical treatment of trauma. I have seen it 1,000 times in my clinic, a patient's physical trauma was actually made much worse by the medical procedures and medical treatment, not made better. So again, Scott, thanks for believing, and thanks for sharing.

— Dr. Schulze

CAN A DAMAGED KIDNEY BE REPAIRED?

November 01, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I am a 48-year-old female who has had Diabetes for 38 years. About five years ago I started taking blood pressure medicine for high blood pressure. Recently I saw a kidney doctor and they told me that my kidney function is at 18%. When it gets to 10% I will have to start dialysis and then a transplant. They also told me that you can't repair an already damaged kidney. I drink your K-B tea and your Detox tea. I use the SuperFood and Intestinal #2. What do you suggest for me? Thank you for your time.

— Leslie S. in Cove, AR

ANSWER

Dear Leslie,

I will skip right to your bottom line here...

They also told me that you can't repair an already damaged kidney.

Hmmmm. I have heard this before.

Speaking from Personal Experience

I was told that the only way I would live past the age of 20 with my deformed heart was with surgery. I did NOT have surgery and I am now 59 years old. This means I was supposed to be dead 39 years ago, but I am very much alive!

I was also told by one of the top orthopedic surgeons in the world that I would never walk again without knee surgery, unless they sewed cadaver ligaments into my leg. Well, I NEVER had the

surgery and I am walking just fine, and running, and dancing and have three Black Belts in the Martial Arts.

I was also told that I would never have skin on my hand after my fourth-degree burns without skin grafts. But, you know what? I never had the grafts and my hand looks fine. It is covered with skin and works just fine.

Speaking from Professional Experience

If I had a dollar for every time a medical doctor told one of my patients, “NEVER, IMPOSSIBLE, WON’T HAPPEN, CAN’T HAPPEN, DOES NOT HAPPEN, NEVER SEEN IT”, and then said, “OH MY GOD, IT’S A MIRACLE”, well, I would be a richer man than I already am.

The bottom line is that I am an expert in what your body CAN do and WILL do! If you love your body, support it and create a healthy lifestyle and environment, your body will Heal Itself of Anything, ANY Illness, ANY Disease and ANY Injury.

Medical doctors are experts in negative affirmations, no faith in your body’s ability to repair itself, surgery, chemotherapy and chemical drugs and organ transplants.

What the medical doctors are actually saying is that if you do NOTHING—and continue living as you have been—your outlook is bleak. Your kidney will eventually fail and you will eventually need a transplant. Statistically, they are probably right!

I highly suggest that if you want to turn this prognosis around you get to work. It is now time for you to pull out all the stops and create your own personal healing miracle. What to do?

STOP EATING

Take a look at my “3 Clinical Food Programs” in Chapter 9 of my book *Detoxification: Volume One*, starting on page 53. (Read it for FREE right on my BLOG site, www.herbdocblog.com!) If you are more than 10 pounds overweight, and I am sure you are,

Can A Damaged Kidney Be Repaired?

then STOP EATING and go right onto my Juice Flushing Food Program for 30 days. Then look at the other two food programs.

A VEGAN / VEGETARIAN FOOD PROGRAM

This is what you will be eating for the rest of your life.

MOVEMENT

Move your body for at least an hour a day EVERY DAY. Sweat baby, SWEAT!

ATTITUDE ADJUSTMENT

Create the new mindset to Create Powerful Health.

Get a copy of my “20 Steps” book and follow every step!

Get a copy of my “Incurables” Book, and follow every step!

You can make the medical doctors’ prognosis wrong. It is up to you.

Your body CAN and WILL heal itself of ANYTHING—ANY DISEASE!

All you have to do is STOP doing what is making you sick and then START doing what will Create Powerful Health.

Your healing lies somewhere in-between the four herbal formulae that you are taking now and doing everything that I have said to do in every book I have written, every video I have ever recorded, every newsletter I have written and on every page of this BLOG!

Save Your Kidney and Save Your Life.

So get to work and enjoy the healing adventure!

— Dr. Schulze

7 MIRACLES FOR DEPRESSION

November 08, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I have a real problem with Depression. I am not one of these women who just says this to get attention. I have been diagnosed with clinical depression by my medical doctors for years, since being a teenager. It started sporadically, I would be going along feeling great, and then all of a sudden I would just wake up some days feeling different, like a different person, like my life was all of a sudden all wrong. As a few years went by, on these "bad days" I wouldn't even want to get out of bed. It progressively grew worse. I am now 37 and have been on numerous anti-depressive drugs for 20 years now. I am not even going to tell you the meds I am on as I know what you will say. I just wondered if there is any chance that I can get off of these meds. I have been using your Intestinal Formula #1 and Bowel Flush "SHOT" since a friend introduced me to your products a few years ago and they are a godsend. As you may know some anti-depression drugs are constipating and I suffered with this until I discovered your products. Thanks to you my bowel works normal now, so I was just wondering if you had any other miracles for me, with my depression. I look forward to your answer.

— Shelly C. in Philadelphia, PA

ANSWER

Dear Shelly,

If you want a Miracle, you came to the right place. I've got all sorts of Miracles for you.

Let's start at the beginning...

HORMONES, Miracle #1

It is a big clue to me that you started noticing your depression as a teenager, and it was sporadic, with a few weeks feeling fine, only

to wake up one day “feeling like a different person”. What you are describing, I heard 1,000 times (probably 10,000) from my female patients in my clinic—it is called PMS. What you were feeling is a hormonal crash.

Unfortunately, because Pre-Menstrual Syndrome was not recognized for decades due to the male-dominated medical establishment, it was just dismissed as women just being a little sensitive or crazy. Of course now it is recognized as a serious medical issue that has all sorts of physical and emotional illnesses and dis-eases associated with it. In my clinic, I noticed that EVERY female patient experienced some level of monthly imbalance, some hardly noticeable, while others were life, health, family, marriage and career-destroying.

When depression is cyclical in a female, and you go for a few weeks feeling great, only to wake up feeling like another person, this is ALWAYS CAUSED by your HORMONE LEVELS dropping severely before the onset of menstruation, like with PMS. This also happens during menopause, but it is less cyclical then, as your hormone levels are naturally tapering off.

A medical doctor with more experience, or one who simply had a girlfriend or wife, would have recognized this cyclic depression as hormonal.

So, the first thing I want you to do is start taking my **Female Plus Tonic**, as I KNOW that your hormones are out of balance, AND PROBABLY HAVE BEEN FOR 20 YEARS! Start with 2 dropfuls, three times a day, indefinitely.

BOWEL CLEANSING, Miracle #2

I am happy that you found me through my ability to make people poop! Many of my patients used to say that, “I make shit happen, literally!” I am glad that you got your bowel working better, but this is just the beginning. Now I want you to start getting the old waste out by doing my **5-Day BOWEL Detox** program a few times, once right now and again in the New Year.

During my years in the clinic, I had more than one patient with clinical depression snap right out of it—and I mean SNAP—just by doing my **5-Day BOWEL Detox** program for a few weeks in a row.

Think about it, your brain can only work as good as the quality of nutrition in the blood it receives, and the ability of the waste it produces to be eliminated. In almost every brain disease—from Alzheimer’s to Dementia and Senility—it is ALWAYS observed, post mortem, that the brain was filled with toxic waste fluid, if not thick waste and even lesions. This is simply the case with any organ where the circulation is deficient and the nutrition IN and waste OUT cycle is constricted, slowed down, or weakened.

Worse, toxins from built-up bowel waste due to constipation can be reabsorbed back into your blood and then eventually all of your blood will circulate into your brain. Also your body and blood will just be more toxic because your main elimination organ, your bowel, is not doing its job.

An old, great Natural Healer that I interned with used to do a lot of bowel cleansing with his patients. We used to comment and discuss how much nicer his patients would become after a good bowel cleanse. One day when I asked him why this was he simply said, “Don’t you know, you can’t have sweet thoughts on a sour stomach!” Simple, but true!

NUTRITION, Miracle #3

OK, I just mentioned that your brain can only work and function as well as the amount and quality of the blood it is receiving. NUTRITION is the QUALITY!

The best way I know to raise the quality of your blood, from depression inducing fluid to high-octane “positive thought” super fuel, is quality food and quality nutritional supplementation.

For quality food, well, this is simple... STOP eating any junk (i.e. coffee, tea, alcohol, soft drinks, sugar, animal food) or ANY food that we KNOW affects hormones adversely and also doesn’t offer

you the best and easiest to assimilate nutrition. Then, **START** on an organic, mostly raw, high-nutrition, vegetarian food program.

Secondly, start taking a double dose of my **SuperFood Plus**, morning and afternoon. I don't care if you make morning green drinks with the powder, take the tablets or eat my **SuperFood Bars**, just **EAT IT!** You will be amazed how nice your thoughts can be when you start giving your brain all the quality nutrition it needs to function at its highest ability.

CIRCULATION, Miracle #4

I will repeat the first sentence under nutrition, **“Your brain can only work and function as well as the AMOUNT and quality of the blood it is receiving. NUTRITION is the quality!”**

In nutrition, we dealt with the quality of your blood, but in the above sentence, now I stress the word: **AMOUNT!**

GETTING BETTER BLOOD CIRCULATION TO YOUR BRAIN IS ONE OF THE ABSOLUTE BEST REMEDIES FOR DEPRESSION!

It has been known for decades that when certain areas of your brain do not get enough blood circulation, you get depressed. It is one of the main physiological reasons for depression, simply, a lack of brain circulation. Consequently, over the past few decades hundreds of studies have taken place with patients suffering from depression, using exercise to decrease depression and in **EVERY** single study, the groups that exercised had a dramatic reduction in their depression.

So it is true, in a way your ass and your brain are connected, because when you move your ass, your brain functions better.

MOVE YOUR ASS BRAIN, Miracle #5

YES, exercise reduces depression, this is a fact, but there is much more. Exercising, which increases more blood circulation to your brain, has many other brain benefits.

- ▶ People who exercised walking 15 miles a week, that's only about three miles a day, five days a week had up to 25% better test scores than the sedentary group.
- ▶ People who exercised daily had dramatic reductions, even reversals of memory loss, dementia, senility and even Alzheimer's Disease.

In fact, it is known that most new brain cells die shortly after they are created, but now it has been proven in numerous studies that when a person gets regular exercise by simply moving their body, ANY TYPE OF MOVEMENT, well, the new brain cells have a much greater survival rate and DO NOT DIE!

BRAIN HERBS, Miracle #6

My **Brain Formula** is one I developed in my clinic for my patients with everything from depression and anxiety, to memory loss, dementia and senility, to Alzheimer's Disease and even serious brain injuries and post-stroke treatment and recovery.

I had used the herb Ginkgo biloba for a few years in my clinic with good results, but it wasn't until I started using much higher doses of it, at much greater concentrations, and then turbo-charged it with Habenero to literally force feed the Ginkgo and the other herbs in the formula to your brain cells, that my patients started getting their miracle results. I suggested my patients take 2 droppersful three to four times a day to keep the depression away.

If you are going to wean off of your medication, do it slowly, over a period of months. Anti-depression medications are VERY powerful chemicals and not fully understood. They are well known and documented to cause people to kill themselves, so play safe. It is always best to wean off most chemical drugs over time, and balance it with the aggressiveness of your new, healthy lifestyle changes.

POSITIVE BRAIN EXERCISE, Miracle #7

Finally, you MUST practice POSITIVE BRAIN EXERCISES. What I mean by this is POSITIVE AFFIRMATIONS. I have

no answer to why most people today are negative thinkers. Junk food, a lack of jokes, a lack of pooping, a lack of sex, I don't know, probably all of the above and much more. But, like it or not, most of my patients and most people I meet have negativity down pat. It comes natural to them, an automatic response, so you have to do daily training in being positive.

I use my affirmations, and I have 10,000 of them. I have multiple toolboxes filled with positive thoughts and affirmations that I have heard, learned, borrowed, stolen and made up over my lifetime. And, any time I hear anything negative, I just open one of my invisible toolboxes and pull out a positive anecdote, which is also the eraser of the negativity, and another one to secure the positive influence.

Just for a minute imagine yourself in my place—in my clinic during the final decade—where the average person I saw was already supposed to be dead six months before I saw them. WOW, did that make me a POSITIVE JUNKY! I had to be able to see the light when all I heard was doom, gloom, disease and death.

I remember I had a woman who had cancer in most of her major organs and body. She had already had numerous surgeries, many radiation treatments and four rounds of chemotherapy. She was supposed to be dead about nine months before I saw her, but was still clinging to life by a thread. I had to visit her in her home as she was sent home to die and could not even move. When I got to the house it was like a horror movie. She looked worse than dead. Her skin was cracked and bleeding as with most patients who had been through this type of medical torture, she smelled really bad, had vomit on her clothes, and the room (in fact, the whole house) smelled really bad. She was lying in her deathbed mostly naked, as they had just catheterized her.

I yelled at both of them, she and her husband, and I said next time I come over, I want you looking hot, in a nice dress, no puke, and the house aired out and smelling good. She looked at me and said, “But I'm dying, and I have malignant cancer throughout my entire body.”

I said, “That’s no excuse, we are ALL dying, that’s part of life, but until your heart stops beating, I want you looking like your living, and celebrating whatever you have!”

I then told her to stop whining and that she had a better ass than most women I know, and that even though they didn’t have cancer, they will never have as good an ass as her. (I could see it, as she was barely covered, remember... being catheterized.)

She grabbed a bottle of pills from her bed and threw it at me, told me to go ‘F’ off and get the hell out of her house and then cried for half an hour, sobbing and even throwing up. All the while, I sat there staring at her. Then she started laughing—hysterically laughing—and eventually said, “All I have left is a great ass. It’s the only place I don’t have cancer,” and I saw a spark in her spirit. She saw one positive thing!

I had planted a very powerful seed, not the cancer-burning and soul-killing radiation seeds that had been implanted in her body by the medical doctors, but a positive seed—a seed of LIFE.

She still died, *but four-and-a-half years later*, after regaining her strength, regaining her dignity, and being able to walk again and travel with her family. She enjoyed four more Christmases and four more birthdays. Her time wasn’t up yet—she and her doctors had just given up.

So, my point here is that positive thoughts may be the most powerful healing tool in my Natural Healing arsenal, not just for erasing depression, but healing all illness and disease.

So Shelly, this was more than you asked for, I know, but an amazingly beautiful, happy and bliss-filled life awaits you!

— Dr. Schulze

PS: For a good start on your Positive Affirmations, please go to the “Healing Affirmations” section on page **XX** of this book.

TEN DRUGS—NO HERBS!

November 22, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

My kidneys are now working at 9% and I am scheduled for the shunt procedure IN 2 WEEKS. I have spent the last four days reading and taking notes on the information that you have wrote regarding this matter. I am on a lot of medicine and don't know what will counteract each other. When asking my Doctors about natural healing methods, they had a fit and advised me to not take any herbal medicine as it might harm me. Please, Please help me to know what to do with this issue. I am currently taking:

Glipizide 5mg. 2 times a day

Furosemide (Lasix) 20 mg. 2 tablets daily

Losartan (Cozaar) 50mg. 1 per day

Hydrocodone-Acetaminophen (Norco) 10-325 mg. no more than 6 per day

Gabapentin (Neurontin) 300 mg. 2 per day

Fluoxetine (Prozac) 10 mg 3 per day

Atenolol (Tenormin) 50 mg. 1 1/2 tablets 2 times a day

Nortriptyline (Aventyl/Pamelor) 10 mg. 4 per day

Simvastatin (Zocor) 20mg. 1 per day

Beclomethasone Dipropionate (Qvar) 80 mcg. 1 puff 2 times a day

Should I keep taking the medicines and start the detox, or am I in danger of overdosing? Herbs are natural, but the doctors told me I would put myself in danger. I really just need some real guidance.

Please help me as I am in my final kidney days and need some Godly advise. I know you don't e-mail, but I am begging you to make this exception.

Thank You,

— Regina M. in Lakeside, CA

ANSWER

Dear Regina,

Sometimes when I get a letter like yours, and the story is so outrageous (like yours), I wonder if it's a joke, and if someone is "pulling my leg". Sadly, I know yours is a true story.

You are so far gone, and taking so many chemical drugs, that I don't know of any natural doctor in the world that would touch you, let alone consider helping you. They wouldn't even answer your email.

Luckily, people like you are my specialty. As you know, I spent the last decade of my clinical life dealing with people just like you. Patients would wait to come and see me until they had exhausted all other options, their organs were failing and they were at "death's door". Often I would see them after all their medical doctors would tell them they would be dead in a few months and that there was nothing more that they could do, and go home and die. And all of their natural doctors, psychics and religious healers had given up too and the priests had given them their last rites. So you are pretty healthy compared to them.

Finally, I have to laugh that your doctors warned you about the dangers of using herbal medicine, and that it may harm you, even though the doctors themselves have put you on 10 EXTREMELY POTENT, POWERFUL AND VERY DANGEROUS PHARMACEUTICAL DRUGS! What a joke! The doctors, hospitals and pharmaceutical companies must love you. You are paying for their yachts.

OK, let's begin.

The program for you to start IMMEDIATELY is my **Incurables Program**. But besides this, I will tell you and the other readers some of the absolute most important steps that anyone must follow to literally save their life when their kidneys are failing.

FOOD

You must stop eating all solid food.

At this point you need to begin a liquid diet, but because your kidneys are failing, we need to keep the liquids to a minimum. We must also make sure that all liquids you consume are cleansing, detoxifying and flushing to your kidneys meaning that they are diuretic.

I would start with...

1 quart of Distilled Water daily

The water must be distilled, as this is the most cleansing water you can drink for your kidneys. It will dissolve any sludge or sediment in your urinary tract. Squeeze the juice of one lemon and one lime into this water.

1 quart of Organic Raw Juice daily

The reason I stress RAW is because I don't want you drinking any cooked or pasteurized juices. So I want you to get a juicer and start making your own fresh, organic juice every day. In fact, I want you to not only get a juicer, but I want you to get a wheatgrass juicer, too. If you have a Champion juicer, you can simply get the attachment that allows you to also make your own fresh wheatgrass juice. If you must buy your juice in a store, buy it from a health food store where they will make it fresh for you while you wait. Below I will give you a few juice recipes.

Vegetable Juice Combination

All produce must be organic, of course.

8 ounces of Fresh Apple juice

8 ounces of Fresh Carrot juice

8 ounces of Fresh Beet root juice

4 ounces of Fresh Celery juice

2 ounces of Wheatgrass juice

adding through the juicer...

3 cloves of raw Garlic
 6 pieces of Asparagus
 1 piece of Ginger root
 1 bunch of Parsley Leaf

Fruit Juice

I would start with my vegetable juice combination above, but a great diuretic fruit juice is watermelon. You can simply just eat an entire watermelon everyday. I know they are not in season right now, but I would find one anyway.

HERBAL MEDICINE

I would NOT start my **5-Day KIDNEY Detox** just yet. This is simply because you cannot tolerate all the additional liquid.

But you must start on my **K-B Formula** and my **K-B Tea**.

Take 4 droppersful of my **K-B Formula** five times a day. You can just add it to the juices, water, or the tea that you will be drinking.

Drink as much of my **K-B Tea** as you can consume with a minimum of 16 ounces a day. Also, you must make it double-strength, so double my standard recipe using twice as much herbs in the water.

As far as your concerns or worries about any negative interaction between the drugs you are taking and any natural herbal medicine, forget about it. This is something you should've worried about a long time ago—long before you started taking so many dangerous pharmaceutical drugs. The medical doctors, hospitals, and even the drug companies have absolutely no idea what this lethal chemical cocktail will do to you that you are taking. It's any wonder you are even alive!

I would also make absolutely sure that your bowel is empty and working efficiently. So I would start taking one of my nine different bowel tonic formulas immediately, if not all nine of them. A great one to start with would be my **Bowel Flush “SHOT”**, and then work to your daily personal dosage of my **Intestinal Formula #1**.

Additionally, I would take a double dose of **SuperFood Plus** every day. Don't even bother to ask why.

ADDITIONAL ROUTINES

Movement: You must move vigorously one hour in the morning and an additional hour in the afternoon. I want you sweating and breathing hard.

Circulation: I want you to do my hot and cold shower hydrotherapy routine, multiple times a day, blasting the hot and cold water over your entire body, and then do it again, blasting the water onto the area of your kidneys.

Attitude: I don't know what to tell you to get you to run away from the medical doctors, the hospitals and the drugs, but all I can say is that if I were you, I'd run like hell and not look back, and take my chances with my own natural self-healing lifestyle. You are at the kidney transplant door, so it's long overdue for you to immerse yourself in a total Natural Healing lifestyle. Get your butt into all the health food stores you can find, and surround yourself with positive people who are behind you leaving the doctors and beginning this journey to heal yourself.

Spirit: Get as many self-help positive attitude and healing affirmation books that you can find. You can start with going right up to the top navigation bar on this BLOG site and click on my **Quotes and Healing Affirmations**, and read and re-read everything I say in both of these files every day. Remember, "Tomorrow is what you Believe and Do TODAY!"

A few closing thoughts...

As far as weaning off of all the chemical poison drugs that you are taking, this is something that you will have to figure out on your own. But generally speaking, I would wean your body off of them over the next couple of months, as you get stronger and healthier, and your kidneys start working better.

The big question that you have to ask yourself, is how did you get here? How did you get yourself into this mess, this desperate life-threatening situation? **This will be the true healing for you.** You need to discover why you have done this to yourself, and STOP doing this. Remember I always say that you can heal yourself of anything, any disease, and all you have to do is STOP doing what you did that made you sick in the first place and START doing what will Create Powerful Health.

In America, I often see people waddling around that weigh 250, 300, 400 pounds or more. I mean really obese half-human/half-cow looking things, that haven't seen their own genitals in years. And I often wonder to myself at what point do these people not realize that they were negatively spinning out of control, self-destructing, killing themselves and ruining their lives? Like when they couldn't tie their own shoes anymore, or wipe their own butt, or breathe or walk normally?

It takes a huge amount of unconscious living to get yourself into the position that you, and many, many Americans are in—as the average American senior over 65 is also taking a combination of 10 pharmaceutical drugs, just like you.

According to the American Medical Association themselves, properly prescribed medications like you are taking kill over 150,000 Americans every year. Personally, I think the real number is 1,000,000 dead!

So it is high time for you to WAKE UP! To realize that you are only steps away from death's door, and that you must pull out all the stops, remove all your excuses, and put 110% into SAVING YOUR LIFE.

Remember, I had thousands of patients that were in much worse shape than you, and they were able to turn it all around, Create Powerful Health, and live a long, healthy and happy life.

Do It Now!

— Dr. Schulze

TWO READERS RESPOND, ONE A MEDICAL DOCTOR!

November 29, 2011, ANSWER by DR. RICHARD SCHULZE

I always get response letters to my BLOG postings. Most of them are “Thank You’s”, a few are “Burn in Hell, Dr. Schulze”, and some are great “Healing Testimonials” of customers who were usually sicker and worse than the customer who wrote the letter, and then healed their diseases using my programs. As usual, I got a lot of responses to last week’s BLOG—*my answer to Regina M. from Lakeside, CA*—whose kidneys were failing, functioning at only 9%, and on 10 Pharmaceutical Drugs. Here are two AWESOME responses!

Response From A Medical Doctor

Dr. Schulze,

You were incorrect. Regina, the lady that you answered in your BLOG, is on 11 medications! The pain medication she is on Hydrocodone-Acetaminophen (Norco) 10-325 mg. is a horrible kidney toxin and a combination of two different drugs (Acetaminophen plus Hydrocodone). This counts as two meds. So the story is even worse than you stated, and it gets worse...

She’s also on Lasix (Furosemide). A friend of mine was talking with the president of (Sanofi Aventis) the company that manufactures Lasix. My friend was suggesting to the president that he had some tools to assist the kidneys. The president of this company got really angry and said he’d fight my friend if necessary. He said his company made, get this... \$20,000,000.00 net profit PER DAY from the sales of Furosemide alone!!!

I am an MD who supports the kind of advice you gave this poor soul! Please, keep it up!

— R.M., MD

(name and city/town withheld at medical doctor’s request)

Response from Dr. Schulze

Doc, thank you so much for your support and your information. I often find out from medical doctors like you, that the reality is even worse than I stated, or even imagined. And I knew that the diuretic and adult diaper business was huge, but as usual, I underestimated the enemy.

I really appreciate your support of my common sense natural medicine. We need a lot more medical doctors like you, my friend.

— Dr. Schulze

Lasix, has 41 additional names... Like sugar, Lasix is sold under at least 41 different names besides its brand name (Lasix) and its generic name (Furosemide). Here they are: Aisemide, Apo-Furosemide, Beronald, Desdemin, Discoid, Diural, Diurapid, Dryptal, Durafurid, Edemid, Errolon, Eutensin, Flusapex, Frudix, Frusetic, Frusid, Fulsix, Fuluvamide, Furesis, Furix, Furo-Puren, Furosedon, Fusid.frusone, Hydro-rapid, Impugan, Katlex, Lasilix, Lodix, Lowpston, Macasirool, Mirfat, Nicorol, Odemase, Oedemex, Profemin, Rosemide, Rusyde, Salix, Trofurit, Uremide and Urex.

My Mom Was Worse And Is Healing Herself!

Dear Dr. Schulze,

Please pass my response on to Regina M. of Lakeside, CA, the person whose question you answered in last week's BLOG re: kidneys functioning at 9%.

In August of this year (three months ago) my Mom, who is 71 years old, had a GFR of 6. (This equals a kidney function of only 6% to 7%, worse than Regina.) She was in Stage 5 (the worst and final stage) of kidney disease. She was referred to a specialist who advised her she must be placed on dialysis immediately. She asked to have two weeks reprieve before starting. The specialist agreed. (We later discovered that the specialist didn't hold out any hope for her anyways.)

Two Readers Respond, One A Medical Doctor!

We inquired to the medical doctor about using herbs. We were advised they could kill her and then we were told to go to a drugstore and get an OTC vitamin B supplement and folic acid. GAME ON!

I asked her if she wanted to be doctored, or if she wanted to be healed (she chose healed). She ceased consuming all fast food and frozen dinners (her main dietary staples). At the time she was not able to keep much food down, so she started with the SuperFood-100 for basic nutrition. I made her drink as much K/B Tea as she could handle and got her on the K/B and Detox Formulae. We estimate she did about 2/3 of the 5-Day Kidney Detox.

Two weeks later her GBR was 9 (her kidney function INCREASED to from 6% to 10%) The medical doctor specialist was dumbfounded (as this never happens). He wanted to biopsy her kidneys to determine what was causing the fluctuation. As my mom comes from the generation of, "Doctor knows best," this was very difficult for her, but in her heart she knew the operation was wrong and might lead to her demise. She declined the operation.

I'm happy to report that my mom's GBR is now 25 (a kidney function INCREASED to over 27%, from 6%) which puts her in only stage 4 kidney disease and not stage 5 anymore. (A reversal of kidney disease medical doctors know absolutely nothing about!) She has not eaten any fast food or frozen dinners since her diagnosis. She now eats raw organic food and adjusts some foods tailored to a kidney disease diet.

I thank God she chose healing over doctoring, and, most of all, I thank God you made that possible. There is always hope!

If you would pass the above info on to Regina in Lakeside, I'd be appreciative.

— Elizabeth C. in Santa Maria, CA

Response from Dr. Schulze

Elizabeth, I thank God for daughters like you. Twenty or 30 years ago I would have asked you to come work for me in my clinic. Your mom is very lucky to have a daughter like you, so GREAT

JOB! And keep it up, you are adding years, even decades to your mom's life by refusing the biopsies, the dialysis and kidney transplants. You are saving your mom lots of sickness and torture, and saving yourself a lot of money. By the way, I guess the herbs didn't kill her like the medical doctor predicted.

God Bless You!

— Dr. Schulze

Apples to Apples... Just to be correct, in the first BLOG answer from last week, Regina M. said her kidneys were only working at 9%. In the second response this week, Elizabeth C. said her mother's GFR was at 6, which equates to the kidney function being at about 6% or 7%. For you health geeks I offer the following GFR tech intel...

GFR for Health Geeks... GFR or (glomerular filtration rate) is the total filtration rate of both of your kidneys working together. It is NOT an exact test, but rather a close estimate that your medical doctor can calculate from a blood test by counting the amount of filtration markers, like creatinine, that are present in your blood sample. This is the accepted standard estimate for overall kidney function and measured like 100mL/min/1.73 m² or higher.

Basically a GFR of healthy people with kidneys that are healthy is between 90 and 116, above 90 usually for people under 60 with the highest ranges being in your twenties. From 60 to 69 years of age it is considered that 85 is normal and above 70 years of age it is considered that 75 is normal.

Fast Food & Frozen Food = SALT Overdose = Kidney DISEASE! Elizabeth C's mother was on almost a pure diet of junk food and frozen food. These two foods are the highest in salt. Salt is used specifically to enhance the flavor of poor quality food, and food that is overcooked and old. Salt is also a preservative.

Two Readers Respond, One A Medical Doctor!

Salt is also the worst food in the world for anyone with kidney disease or kidney impairment.

Salt is necessary to help your body retain its fluid balance. But, all the salt that you need is already naturally present in food—you do not need additional salt except in extreme circumstances and extremely hot climates.

Now, if someone already has kidney disease, and their body is already retaining fluids because their kidneys are not healthy and not functioning well, they are retaining fluid anyway. Then you add in salt, which causes them to retain even more fluid. This causes the blood pressure to skyrocket, which in turn damages the sensitive filtering cells of the kidneys even further. This is a deadly killer cycle for your kidneys and one that millions and millions of Americans have fallen into, taking diuretics and anti-hypertensive drugs, and eating salt-laden junk food. When you cut out the salt and junk food, you don't need the diuretic and blood pressure drugs anymore and your kidneys will heal themselves as Elizabeth experienced with her mother.

BEWARE! Junk food, prepared frozen foods, and even restaurant food usually has between 20 and 50 times more salt added to it than is naturally present in the food, or that you would add at home!

— Dr. Schulze

A COLD & FLU ARGUMENT!

December 06, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

I love your Cold & Flu Shot. It has been nothing short of a miracle and a blessing for me and my children. I can't tell you how many colds and flu that would normally infect my entire family every winter, someone was always sick in our house. But now because of your common sense prevention steps and herbal prevention program, and also using the Cold & Flu Shot, our house is the only house in the neighborhood that stays sickness free all winter long. The problem I am having is this...

It took me years to get my husband to do the prevention drink mixing your Echinacea Plus with your SuperTonic formula in juice. I am happy to say that after many years of my nagging (which my husband Robert says was worse than any cold) he is finally making his Echinacea Plus and SuperTonic prevention drink religiously, every morning, for the first entire week of every month, and DRINKS IT! He even does it in the summertime; in fact I can't get him to stop doing it in August. The problem is I cannot get him to switch over to your Cold & Flu Shot so he is missing out on all the Vitamin C and all of the other herbs for colds and flu.

I now personally use your Cold & Flu Shot, and I have got all our children using the shot too. But my husband Robert is very stubborn, and when he does something that works, he "locks" it into his life and I can't get him to change. I guess I should be happy. But this is still not my problem.

My problem, is that my husband Robert also says that there is no way that there is 12 droppers full of your Echinacea Plus and 6 droppers full of your SuperTonic in each Cold & Flu Shot, plus supposedly all these other herbs. He told me he thinks its some kind of marketing lie or its concentrated somehow. He says that he cannot taste any of these herbs in the Cold & Flu Shot, and therefore he does not believe they are in it, and therefore he does not believe it will work, and

therefore he won't use it. How can you help me possibly answer his disbelief?

I am sorry to bother you with our trivial family argument, when you get so many letters from people that are so seriously ill, but we could not be the only family that is torn between these two products.

A very healthy family, but one that argues a lot about Dr. Schulze!

— Betsy B. in Palm Beach, FL

ANSWER

Dear Betsy,

First, I don't think that your question is trivial because I don't think that bacterial and viral infections are trivial. As I have always stated, these infections kill more people every single year than breast cancer, prostate cancer and most all other diseases. Keeping your home cold and influenza-free during the winter months is one of the greatest things you can do to PROTECT your family, so GREAT JOB!

As far as the **Cold & Flu Herbal "SHOT"**, YES, I can absolutely assure you there are 12 FULL droppersful of my extremely potent and powerful **Echinacea Plus**, with all the Echinacea root and seed, and garlic and with all the habanero too. I don't make any different **Echinacea Plus** for the **Cold & Flu Herbal "SHOT"**, I simply add in the EXACT SAME **Echinacea Plus** formula from the EXACT same vats that I bottle the **Echinacea Plus** from.

Also, there are 6 FULL droppersful of my **SuperTonic**, with all the organic garlic, horseradish, habanero, ginger and onions. I don't make any different **SuperTonic** for the **Cold & Flu Herbal "SHOT"**, I simply add in the EXACT SAME **SuperTonic** formula from the EXACT same vats that I bottle the **SuperTonic** from.

PLUS, I do add in enough organic Acerola Cherry juice to give you One-Thousand Percent (1,000%) of your daily requirement of Vitamin-C and many, many more herbs for preventing and fighting off colds and influenza.

Now, having said all of that, please tell your husband Robert that I totally agree with him. I am amazed also that the **Cold & Flu Herbal “SHOT”** doesn't taste like it has these very strong tasting herbal formulas in them. I too cannot detect the powerful buzzing blast of my **Echinacea Plus** nor the spicy and pungent flavor of the **SuperTonic**, nor any of the other additional herbs.

My only explanation is this...

When my son, Arthur, first suggested that I make this **Cold & Flu Herbal “SHOT”**, to make it easier and quicker for him to stop the mixing every time he wanted to do my Prevention or Treatment Programs, my first prototypes tasted pretty horrible, and back then your husband Robert would have believed that all the herbs were in the “SHOT” that I say there are, no problem. But then a miracle happened when we added the Acerola Cherry juice! When I decided to add this juice, to give you 10 times your RDI of Vitamin-C, well, it acted just like the grape juice I suggest to use when making my original Cold & Flu Blaster Drink using **Echinacea Plus** and **SuperTonic**, which disguises the intensity of the herbal blend. The Acerola Cherry disguises the flavor so well that you almost cannot taste either the **Echinacea Plus** or the **SuperTonic**. So again, I agree with your husband.

I know people rave about the effectiveness of my **Cold & Flu Herbal “SHOT”** but also still complain about the taste. But personally, I think it tastes amazing, considering what is in it, and most customers agree it tastes great too, like cherry candy. I'm being really serious here. I cannot taste any **Echinacea Plus** or any **SuperTonic**, or any of the other herbs in the **Cold & Flu Herbal “SHOT”**. Again, to me it tastes like liquid cherry candy.

Maybe I am so far removed from the regular world of sugar, chocolate, and all this other crap that I guess I don't know what real sweet artificial garbage tastes like. Because again, to me, I agree with your husband Robert, I too think that the **Cold & Flu Herbal “SHOT”** tastes too good to be true.

Also, please tell your husband, Robert, something else. My company has grown to be quite large over the past few decades, and I cannot be everywhere, all of the time. So I keep my focus on two things, **COMMUNICATION** and **QUALITY**. Communicating with the customer to me is everything, so **EVERY** word written that goes out to you from Dr. Schulze, is written by me, as sure as I am sitting on my couch right now typing this response to your letter on my laptop computer. The one thing I can **GUARANTEE** to all of my customers is the best education, directly from me, on Natural Healing and Herbal Medicine; **EVERY WORD** is written by me!

My second **GUARANTEE** is my Herbal Medicine. I can assure you that I personally have my hands in every vat of herbal medicine I make, and that I personally check and taste every vat of herbal medicine I make, and that **NO HERB** is used without my approval and that **NO HERBAL FORMULAE** leaves my company without my approval.

As far as all the stuff inbetween, from my call center taking phone and Internet orders, my computer team processing orders and credit cards, the shipping department, the art department, the Internet department, bookkeeping, and all the rest, I don't know crap about what is going on there. But I do have 100 extremely capable and very dedicated employees that take care of all the in-between bits, so I can focus on **QUALITY** and **COMMUNICATION**.

Husband Robert, if I am sure of one thing in life, it is that my herbal medicine is **EXACTLY** what I say it is. So try the **Cold & Flu Herbal "SHOT"**, and quit making your wife crazy. Having said that, just yesterday I made my own Cold & Flu Blaster Drink using my **Echinacea Plus**, my **SuperTonic** and some carrot and wheatgrass juice, but please don't tell your wife this!

Thanks,

— Dr. Schulze

A HOSPITAL NIGHTMARE: WHY DO YOU VOMIT?

December 13, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

My friend's son Scott is 27 years old. Around mid-June of this year he went to a barbecue and ate barbecued chicken. When he came home that evening he didn't feel well. Since that time he has been in and out of the hospital many times. None of the treatments done to him have provided any relief. Here are the highlights from that time till now.

Scott started vomiting every day, and it was about two weeks before he went to the emergency room. He was then diagnosed with a hernia and sent home. His vomiting continued. He went back to a different hospital where they diagnosed him with diverticulitis and sent him home where he was to wait for more testing, while he continued throwing up. His cat scan was negative.

*He went back again to the hospital because of vomiting and was told he needed to have surgery to remove a portion of his colon that was affected by the diverticulitis. He had the surgery and had some of his colon removed, and he was sent home with a drain from his lower abdomen. He continued vomiting, throwing up a lot and was not able to eat. He was taken to surgery again and was told his vomiting was the result of a leak in his colon where they had done the surgery. They said his leak was not their fault and caused by a minor car accident that he had been in after the surgery, even though he was not injured in the car accident at all. **Also, it is important to know that he had already started vomiting again, before the accident occurred.***

After the second surgery he was sent home again. He continued to vomit and was unable to hold food down. He went back to the hospital and they now suggested an ileostomy. (Doc's note; An Ileostomy is an operation where they surgically bypass the entire colon) One week before Thanksgiving, he was taken to surgery again and this time they did the ileostomy. He was told

A Hospital Nightmare: Why Do You Vomit?

that he would have to have it for 3 months so his bowel could heal, and then they would reverse or remove it. He was discharged and returned home.

Five months later, Scott had been in and out of the hospital numerous times, had three major surgeries, and he continued to vomit and was not able to hold down any food.

*He went back to the hospital again where he was admitted and remains currently as I write this. **This time they are treating him for pancreatitis, which at the very beginning of all this, they had mentioned, but did not treat him for.***

His wife inquired as to why they didn't treat him for that in the beginning, and I will have to get the answer from her about that. They are going to put him on a special diet for pancreatitis. He still can't hold anything down and now has developed a pain on his left side that goes around to his back. He has not had this pain before.

So since June, for six months now, Scott has been vomiting and very sick without any relief. He didn't have a hernia, he didn't need all these surgeries, an ileostomy, he has been diagnosed improperly and continues to suffer... and I know that this is one of thousands of cases where the traditional Western medicine method of "practicing" medicine can only guess at the diagnosis, where procedures may be done that aren't needed, don't help and the patient continues to have his problem and suffer. This has been a great strain on him and his family.

As a registered nurse for 30 years working in Intensive Care Units, Emergency Rooms, day surgery, home health, school nursing, IV therapy, ICU ambulance and teaching some healthy cooking classes, I saw many things. ***But, what affected me most is how the Western medicine LIES to patients.*** They do this by not telling them the whole truth. ***There is no money in teaching patients they are responsible for their health and teaching them how to take care of themselves. And, that the big three—heart disease, cancer and diabetes are preventable and curable. To me this is unconscionable.***

I look forward to your answer.

Sincerely and with much appreciation

— G.T. in New Mexico

ANSWER

Dear G.T.,

I LOVE your summary, I couldn't have said it better myself. If I ever need a ghostwriter I will call you. Scott is very lucky to have you as a family friend. I will give you many explanations and Natural Healing and Herbal Medicine solutions below.

First, just a Recap...

Problem:

Vomiting

Treatment:

Hospital Treatment

Hospital Diagnosed with Hernia

CT Scan

Return to Hospital

Hospital diagnosed with Diverticulitis

Surgery, partial colon removal, drain installed

Return to Hospital

Surgery "leaked", causing infection, and second surgery performed

Return to Hospital

Third Surgery Ileostomy (complete bypass of the entire colon)

Return to Hospital

Diagnosed with Pancreatitis instead (*whoops?*)

More pain, six months later

Vomiting continues

Now Living in Hospital

Unfortunately, I get stories just like this emailed to me EVERY DAY! And people wonder why I have such a dim view of medical doctors, drugs and hospitals, and the vast majority of modern medicine.

Let's look at this very, very simply, with a big dose of COMMON SENSE...

Natural Healing Rule #1: Don't eat Barbequed Chicken!

Although in this case, I am sure it was just “the straw that broke the camel's back”.

Backyard barbeques are famous for food poisoning. This is usually due to the improper handling of animal flesh, and contaminating the cutlery, plates and eating surfaces with raw meat that contains billions of bacteria, and then this bacteria is consumed and causes severe food poisoning. Another reason is simply that the meat is seared on the outside because the barbeque is too hot, but is undercooked on the inside, again, leaving the poisonous bacteria.

Although I would love to blame the chicken for Scott's problems, this food poisoning was just the “final straw” in this young man's health decline and just brought his degeneration and disease to the surface, from a chronic state, festering beneath the surface, to an acute disease state.

What I mean is that this gentleman was already 99% there and for some reason didn't know it. The barbequed chicken just brought his chronic disease to his attention. **In my clinical experience I would say that he had ignored for months, actually years, all sorts of digestive warnings.** Illness like this, and this severe, rarely happens overnight.

An example of this would be that, contrary to popular belief, appendixes just don't all of a sudden burst. Acute appendicitis is the “end result” of a chronic impaction of fecal matter into the entrance of the appendix, “blockage”, causing infection, inflammation and then acute appendicitis. This idea of bursting is a scare story generated by hospitals to sell immediate surgery.

My point is, it takes years of dedication to an unhealthy lifestyle and years of ignoring warning signs to make yourself as sick as Scott was at this young of an age. But having said that, eating barbequed road kill is about as bad of a food choice as it gets.

Natural Healing Rule #2: Why do you Vomit?

Your body causes you to vomit simply as a protective measure when something is wrong in your digestive tract. Your body is NOT working against you, and it is ALWAYS doing its best to heal you, to Save Your Life! So when it does ANYTHING, it is doing the best it can do to repair and heal you. Vomiting is a sign that something is wrong in your digestive tract, and your body doesn't need the food that is in your stomach, so it gets rid of it.



All photos taken by Dr. Schulze at a County Fair this summer.

Reason A

First and most often, vomiting is caused by some type of food overload disturbance. Usually you simply ate too much food, a horrible combination of food or just some horrible junk food, and your body (which is smarter than you) says, “THAT’S IT! I am not going to take this anymore!” and simply rejects it, reverses it and forces the food back out of your mouth.

Reason B

You will also vomit when your body detects that the food you ate has some type of toxin in it, like bacteria. *This might be what caused Scott to start vomiting in the first place, but I can assure you this was NOT Scott’s real problem.* Bacteria, virus, fungus or some other toxic poison that is allowed to enter your digestive tract, well, it will cause you serious harm, and maybe even kill you. So again, your body



detects this poisoning, the food is reversed, regurgitated, and your body causes you to vomit, or have diarrhea, thank God. This is why I always say that whatever is happening, no matter what it looks like, your body is doing the best it can to save you and heal you.

This is why medications to make you STOP vomiting or to STOP diarrhea go totally *against* what your body is trying to do to save you. In fact, MOST chemical medicines in an attempt to make you feel more comfortable—like cough suppressants, fever reducers, diarrhea medicine, etc.—go totally AGAINST what your body is trying to do!

Reason C

This reason is much more rare, but true in Scott's case, which is when any of your internal digestive organs are infected, irritated, inflamed, congested or blocked, your body knows that it cannot take in any more food, or digest and assimilate any more food, so it naturally causes you to vomit. This can happen with...

- ▶ Hepatitis (hepa = liver + itis = inflammation)
- ▶ Colitis (col = colon + itis = inflammation)
- ▶ Gastritis (gastric = stomach + itis = inflammation)

Or with Scott...

- ▶ **Pancreatitis (pancreas = pancreas + itis = inflammation)**
- ▶ **Diverticulitis (diverticula = small herniations of the colon + itis = inflammation)**

As you can see, all of these ten-dollar words simply mean inflammation of the particular digestive organ. When your stomach, duodenum, intestines, colon, liver or pancreas are infected, irritated, inflamed, swollen or worse, blocked, you will vomit for sure.

By the way, remember I said that Scott had already ignored years of illness? If Scott did actually already have diverticulitis, which means he had inflammation of the herniations in his colon, my question is why did he have herniations in his colon? And my answer is that these sacular herniations are caused by *years* of a sluggish bowel, fecal matter impaction, constipation and the resulting stretching and herniation of the walls of the large intestine. This is why earlier I said that Scott had years of disease *before* this vomiting incident that he had ignored.

Please, let's DO blame the medical doctors for most of this insanity and trauma, but Scott is not innocent here either. And, no one forced him to submit to all of this medical torture either. He volunteered for ALL of this pain, torture and surgery, *and paid for it too*. He could have read my BLOG six months ago!

By the way #2... Drugs like Aspirin and Acetaminophen along with alcohol, soda and coffee are the #1 causes of stomach lining erosion and digestive tract inflammation. Aspirin causes your stomach to bleed and Ibuprofen, along with most other non-steroidal anti-inflammatory drugs (NSAIDs) cause your liver to bleed.

Natural Healing Rule #3:

Don't go to Hospitals and Medical Doctors, unless you are almost dead... and even then, you might want to wait!

First, try EVERY possible natural and alternative treatment. Second, with ALL disease you need to STOP EATING and

START JUICING. Third, don't let medical doctors cut out your organs. God put them ALL there for a good reason!

Natural Healing Treatments for Vomiting

Remember, when you are vomiting, don't fight it and never try to stop it. Again, your body is just trying to help you get better, heal you, fix the problem and possibly save your ass from severe poisoning. So instead of fighting it, ASSIST your body.

Treatment #1

A great way to ASSIST your body is when you feel like you need to vomit, or you are vomiting, drink a quart *or more* of warm water, with a lemon squeezed into it. No one wants to vomit thick lasagna or spaghetti (it's a nasty experience) so DILUTE any food in your stomach with lots of water. The warm water will relax your stomach muscles and simply dilute the food so it all slides out easy. The lemon will make it taste a little better and also cut any mucous, and again, make it all slide out almost effortlessly. Keep drinking huge amounts of water until you vomit.

Treatment #2

After you are done vomiting, take 8 to 12 droppersful of my **Digestive Tonic** in a few ounces of water, or take an entire **Digestive "SHOT"**.

Treatment #3

Since I always say that BLOCKAGE is the root cause of ALL disease, a great natural treatment after vomiting—especially if any blockage is suspected—is to flush out the suspected organ. For the stomach, intestines or colon, use my **Bowel Flush "SHOT"**, or with the liver, gallbladder or pancreas, use my **Bowel Flush "SHOT"** and then do my entire **5-Day LIVER Detox** program immediately afterwards.

If you suspect that you have had food poisoning, and are having pain in your lower abdomen, or already having diarrhea, use a large dose of my Intestinal Formula #2. This will absorb and neutralize the intestinal poisons. The Bentonite clay will absorb

up to 40 times its weight in poison and the Activated Willow Charcoal will absorb over 3,000 known poisons.

Finally

Please remember, although it is easy to blame medical doctors, hospitals and drugs, Scott is RESPONSIBLE for all of this. Look, no one thinks that most medical doctors are a bunch of greedy and/or ignorant butchers more than me. And no one loves bitching about the *practice* of modern medicine and all of the physical, emotional, spiritual *and financial* pain, suffering and torture they do, more than me. But having said all of that...

Scott should not have volunteered for all of this torture, so he is responsible, even if it is for his ignorance and for trusting the doctors and hospitals.

I suggest you send him this answer, or print it out for him, plant the seeds in his mind. Who knows how far he will have to torture himself before he gets it. Most Americans let the medical doctors carve them up until there is not enough left to fight back or even walk out of the hospital. I hope Scott gets out of there while he can still walk, and that he takes RESPONSIBILITY and begins a new life and new lifestyle where he Creates Powerful Health.

In a few years from now, he might thank God for the blessing of the barbequed chicken that led him to create his new life.

— Dr. Schulze

PS: Please don't let Scott show this BLOG to the medical doctors or ask them what they think of my answer. I am sure he is just the type, *as most people are*, to ask his medical doctors what they think of Dr. Schulze's ideas. I DO NOT need any more heat or attention on me and my work. Additionally, they DO serve barbequed chicken in prison, and they do not have vegetarian entrees and fresh juice, so PLEASE tell Scott to leave me out of his decision. Thanks.

HOSTILITY AMPLIFIED, BUT ALLERGIES SIMPLIFIED!

December 21, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

your dead wrong the first step in getting well is getting rid of your allergic actions aka allergies getting rid of side effects aka sensitivities.

many healthy foods and herbs made me rally sick and almost killed me. until i studied and started taking nettle leaf reshi mushroom and eating raw honey in the honey comb with the wax bee pollen bee propolis royal jelly in it in is natural form.

please tell people and sell an anti allergic reaction detox kit its thee first step in getting well these herbs can get rid of peanut strawberry blueberry allergies. get rid of your allergies before they get rid of you or your customers.

you should also carry tinctured pre diluted wild oregano oil its thee most powerful antibacterial in nature through your anti infection tincture in the trash!

(Editor's Note: We believe this person is in AZ, but he is so angry, he cannot abbreviate the name of his state correctly)

— George L. in Phoenix, AR

ANSWER

Dear George,

Wow! I'm dead wrong, my customers will die, and I should throw my formulas in the trash. OK tough guy, let's take a look at all of your issues...

But before I begin, you seem very angry, threatening, slightly hysterical, definitely dislike using the shift key on your keyboard (no capital letters) and maybe you are even allergic to *me!* You may be physically well now but emotionally... I think you are far from well. You have missed a few of the basics of health, like smiling, having fun, laughing, and being nice and being *reasonably* polite, *although I am not known for using much social lubrication myself.* You definitely need to read Chapter 17, “Laugh More” from my **20 Powerful Steps Book** and learn 1,000 jokes, before your seriousness and anger gives you a stroke!

I usually find that people like you have constipated livers, which seems to make them hostile and angry, and maybe a constipated bowel, too. Maybe even some “constipation between the ears” caused by a lack of circulation to the brain (**Brain Tonic** suggested). Regardless, constipation usually makes people sound... *like you sound!*

OK, let’s get started with your letter...

your dead wrong the first step in getting well is getting rid of your allergic actions aka allergies gitting rid of side effects aka sensitivities.

My three main teachers—Paavo Airola, Dr. Bernard Jensen, and Dr. John Ray Christopher—had between them 100,000 patients. I worked in their clinics and studied their methods and results. Then in my clinic, which spanned three decades, I refined and upgraded their work. I had well over 20,000 patient visits, probably 30,000. Not to mention the numerous patients I dealt with in my students’ clinics. So adding it all up, I have a Natural Healing and Herbal Medicine Program based on the experience of about 150,000 patients vs. *your single personal experience.*

George, that’s about 150,000 to ONE, and I like my odds better than yours.

Hostility Amplified, But Allergies Simplified!

I am DEAD wrong you say? Strong words, but let's look at this. You say I should focus on allergies. I have a very simple and common sense approach to allergies. **I don't pay much attention to them, AT ALL.** Allergists make millions and millions of dollars every year, subjecting you to small doses of toxic substances to attempt to discover what you are allergic to, and then mixing up voodoo cocktails to save you. It is a total scam.

The reason I don't pay any attention to allergies is quite simple. Most allergies are just a symptom telling us that your body is not healthy, and when you get healthy, I have always found that the allergies, *like most all disease*, just disappears. Natural Healing is all about creating a healthy lifestyle, one so healthy that after a period of time, your body heals itself. This has led me to create the following statements...

“You can heal yourself of ANYTHING, ANY Disease (*YES, including allergies George*). Just STOP doing what has made you sick, and START doing what will Create Powerful Health!”

In other words, “Focus on the GOOD to eliminate the BAD.”

This is why I always say that you do not need any training in anatomy, physiology, chemistry, biochemistry, immunology or anything to be well, you just need to know the basics of how to create a healthy lifestyle, which will in turn, Create Powerful Health.

many healthy foods and herbs made me rally sick and almost killed me.until i studied and started taking nettle leaf reshi mushroom and eating raw honey in the honey comb with the wax bee pollen bee propolis royal jelly in it in is natural form.

I wonder what these so-called healthy foods were that you ate that made you sick and almost killed you? What most people call healthy food is often what I call *food merchandise* that they bought in a health food store. And, I wonder what herbs made you sick and almost killed you? Whose herbs, whose formula, from

where, what dosages? Maybe it wasn't the herbs that made you sick—maybe it was what was sprayed on them, or what they were contaminated with when they were shipped in from Pakistan or East Jerk-a-stan.

Nettle is a great herb and all mushrooms are stimulating to your immune system, just like Echinacea. Raw honey, propolis, royal jelly, well, I prefer to have patients stay vegan and not consume animal or insect food while on my programs, and also on low-sugar food programs when they are healing themselves, so I stay away from bee vomit.

please tell people and sell an anti allergic reaction detox kit its thee first step in getting well these herbs can get rid of peanut strawberry blueberry allergies.

George, I don't think I will do this. I found that ALL of my patients would no longer be allergic to peanuts, strawberries, blueberries or ANY food that was natural, after they followed my programs for three or four months.

get rid of your allergies before they get rid of you or your customers.

It sounds like you are preaching the allergy apocalypse now. George, you are sounding a bit paranoid and crazy.

you should also carry tinctured pre diluted wild oregano oil its thee most powerful antibacterial in nature through your anti infection tincture in the trash!

You have been reading some great advertising literature published by the people who sell Oregano oil. Don't get me wrong, it's a good herb, and has uses, but it is NOT the most powerful antibacterial in nature, and far from it. It does contain some essential phytochemicals that are antibacterial, but these exact same chemicals are found in many common herbs, like Thyme, which I use in my **Daily Oral Therapy**.

Hostility Amplified, But Allergies Simplified!

Also, the reason you make an herbal formula (instead of using just one single herb) is to get the benefit of multiple herbs.

Let me tell you a little bit about the 11 different herbs in my **Anti-I Formula** and you will quickly see why Oregano oil can't even compare to the effectiveness of my formula, and maybe I can steer you away from using one single mediocre herb:

Garlic Bulb

Nature's most powerful broad-spectrum antibiotic (*killing both gram positive and gram negative bacteria*), anti-viral and antifungal.

For more information about Garlic, I suggest you read page 117 of my **Cold & Flu Manual**.

Echinacea Angustifolia Root & Echinacea Purpurea Seed

An extremely potent and powerful immune system stimulant.

Goldenseal Root & Usnea Herb

Two more of nature's powerful antibacterial, anti-viral and anti-fungal herbs.

Myrrh Resin & Pine Resin

Antibacterial and wound closing

Tea Tree Oil

A powerful antifungal, anti-viral and anti-bacterial herb

Kelp Leaf, Dulse Leaf & Black Walnut Hull

All contain natural organic iodine

Bayberry Root Bark

An astringent to help close wounds

Habanero Pepper

Stops the bleeding

The bottom line is that the **Anti-I Formula** contains numerous herbs that destroy all harmful bacteria, virus and fungus. It is rich

in natural organic iodine, its powerful astringency and resins close wounds and it stops bleeding.

So, at the risk of making you even angrier, your oil of Oregano cannot even come close to the power of my **Anti-I Formula**, so unless you are advocating Oregano because you sell it or promote some multi-level sales of it, I would make the switch to my **Anti-I Formula**.

George, my brother, you need to calm down before you blow a fuse. Smile, laugh, learn 1,000 jokes, have more sex, do my **5-Day LIVER Detox** and maybe a few more bowel herbs. It's the holidays, lighten up a bit and celebrate that you have found some things that have helped you and that you are feeling better.

Your healing is NOT something finite that you've finally figured out or finished. It's a path, a journey—an adventure! And, I am on the path too, like you, so enjoy the ride, and get some laughs in.

— Dr. Schulze

P.S. I WANT TO SEE YOUR NEXT LETTER IN ALL CAPITAL LETTERS!

SINUSITIS BLITZ PLUS NEW HERBAL FORMULA

December 27, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I went through your 5-Day Bowel Detox and I must say I feel 10 years younger; I stopped smoking just 4 weeks prior to that too! What an achievement ;)

I need your help on something though - I have Sinusitis and don't know how to resolve it. I tried your Cold and Flu SHOTS, Ech+ and SuperTonic, but just ain't getting anywhere! It's still there, still all blocked, the 5-Day Bowel Detox which I just completed has handled my Eczema, but not my Sinusitis unfortunately. I completely changed my diet to vegetarian too! Could you please tell me what I can do to resolve it?

Thank you, so much!

Sincerely,

— David S. in Los Angeles, CA

ANSWER

Dear (10 Years Younger) David,

I know exactly what you mean. It's always amazing to me, even after tens of thousands of patients, at how only five days and a few little herbs can create such a HUGE DIFFERENCE in how you feel, and heal so many chronic problems, like it healed your Eczema. GREAT JOB, on your Detox, and also on quitting smoking!

As far as your Sinusitis, you should know two things.

One is that your sinus is an almost encapsulated region of your head, deep in, dark, and very restricted, so it's a perfect breeding ground for disease, bacteria, virus, fungus, and many micro-organisms. And if it is congested, it is even more restricted and even more susceptible to infection.

The other thing you should know is that **Chronic illness and disease often needs an intensive, concentrated and dedicated natural ASSAULT to get rid of it.**

If you have ANY disease long term, that you have had for a long time or for most of your life, you will need to do an intensive natural blitz assault to it, much more than what most people imagine.

The late Michael Moore, a great American herbalist, use to say often that Americans really “pussy foot” around when it comes to quantities and dosages of herbal medicines, compared to other cultures. I totally agree! When you leave a Chinese herbalist you leave with a big grocery size bag or of herbs (*and dried bugs, animal horns and gonads - I couldn't help myself here*), whatever it is, the dosages are huge. They know that you need to consume a large quantity of herbs to get well. Americans are used to highly concentrated chemical drugs, like little pills and small droppers of chemical liquids. When using herbs to heal chronic diseases, one of the reasons that I, Dr. Schulze, became so famous, is simply because I dared to go where no other herbalist would, when it comes to dosages. I tried to kill my patients with huge overdoses of herbs. Besides a few of them vomiting on my office floor, all that happened was... **THEY GOT WELL!**

SINUSITIS HERBAL MEDICINE BLITZ

As far as an herbal medicine blitz, for your chronic Sinusitis, I suggest the following for two weeks...

One **Cold & Flu Herbal “SHOT”** 2 to 3 times a day for two weeks, taking Sunday off, so six days a week. Yes, that's 24 to 36 **Cold & Flu Herbal “SHOTS”** over the two weeks!

Additionally, 24 droppersful of my **Echinacea Plus** tonic daily (4 droppersful six times a day), spread out throughout the day. YES, that is TWO 2-ounce bottles of **Echinacea Plus**, each week, for two weeks, 4 bottles total (or 2 bottles of my new 4-oz size).

Additionally, 12 droppersful of my **SuperTonic** daily (2 droppersful six times a day), spread out throughout the day. YES, that is ONE 2-ounce bottle of **SuperTonic** each week, for two weeks.

Air Detox: Use this formula liberally and constantly, spraying it throughout the entire house, car, office, wherever you are. And every day, in your daily shower, make it really hot and steamy and spray copious amounts of the **Air Detox** in the shower, and do a lot of deep breathing *through your nose*. Also, a few times a day, apply it to a damp washcloth and breathe it in, again through your nose. And at night, spray a lot of it onto your pillow. Also at night, put a small amount of my **Deep Tissue Ointment** right under your nostrils, before you go to bed.

Horseradish Root and White Onions: Everyday, chop up some whole white onions until you cry, and also grate some fresh Horseradish root. Then when you are really tearing, chew up some of this fresh horseradish root too. Just by breathing in the odor of these two herbs will destroy the bacteria and virus that are living in your sinus cavity.

Garlic: Everyday, consume at least three cloves of raw garlic. You can just chop up a clove of it, put it in a spoon and swallow it whole if you want, three times a day. But chewing it is best!

Finally, My HERBAL SNUFF FORMULA for Sinusitis:

OK, it's not really a new formula like I said in the title of this BLOG answer, it is an old formula from my clinic, probably 35 years old, but it may be new to all of you.

Mix finely powdered and sifted...

- ▶ 1 Tablespoon of Goldenseal root powder
- ▶ 1 Tablespoon of Bayberry Root bark powder
- ▶ 1 Small pinch of Cayenne pepper powder
- ▶ 1 Small pinch of dried Garlic powder (not Garlic salt)

One of the questions my students always had about this formula is what is a pinch, how much? Just take a pinch, a little will be enough, if you must have a measurement, try 1/8 of a teaspoon. Mix all of these ingredients together well, and then make sure there are no bits or sticks in this powder.

Take a pinch of this herbal mixture and snuff it deep through each nostril up into your sinuses. I want to hear you snorting LOUD! Warning, this will hurt and burn a bit the first few times you do it, so do not do it while driving a car or operating dangerous machinery. Sit down, or stand at a sink, and snuff it up, and be prepared to yell a little if need be. YAHOO! It will also burn a bit for a short time after you snuff it.

Along with all of the herbal medicines and routines listed above, and then including my herbal snuff formula, I have seen the worst chronic Sinusitis healed.

One Final Thing, Vegan, NOT Vegetarian for Sinusitis:

I want to congratulate you for becoming a Vegetarian. But, because you have chronic Sinusitis, I need you to take it one step further and become a Vegan. Here's why; If I could pick the biggest food source offender for causing and contributing to Sinusitis it would be dairy products. Milk, milk products, dairy products, cheese, all of these things that I call "liquid meat", are the worst at congesting and infecting the sinus. I don't care if it is organic and chemical free, I don't care if it is from sheep instead of cows, or from goats, or even from monkeys or pigs (which many scientists say are more similar to humans). The only milk that was ever designed for human consumption is human milk,

period. Never anywhere on this planet would you ever see any animal sucking off the tit of a different animal; this doesn't exist.

Cows milk has all the fats, proteins, hormones, genetic material and DNA coding to create and build a beautiful baby COW! NOT a human. (*Just one of the reasons obesity is plaguing America.*) The same goes for sheep, goats or any animal. WE ARE ALL LACTOSE INTOLLERANT when it comes to the milk or milk products of another species of animal, other than a human. And consumption of this *alien* milk directly causes the production of excess mucous in the lungs and sinus and leads to lung and sinus irritation, inflammation, congestion, and then blockage and infection. I saw this a thousand times in my clinic. I would get a patient to stop consuming ALL dairy products from all types of animals, and the sinus infections would disappear.

So becoming a VEGAN, not just a Vegetarian, is the natural FOOD CURE for chronic Sinusitis.

You can easily heal your chronic Sinusitis with just a little directed attention. So It's Time for the BLITZ!

— Dr. Schulze

BLOG BONUS INFORMATION

Friends,

On my BLOG site, besides posting my weekly answers to customers' questions and my videos, there are numerous other very important pages. These pages are literally GEMS! They are my **FOUNDATIONAL PRINCIPLES of Natural Healing**.

These are **Foundational Principles** that I have discovered in my clinic and during my 45 years investigating Natural Healing and Herbal Medicine. **These are principles that EVERYONE NEEDS TO KNOW and that EVERYONE should read, over and over again.**

I have placed all of these **Foundational Principles** in the Navigation Bar at the top of my BLOG site, but many people don't even know they are there. Therefore, I have also decided to reprint them all at the end of this book for your Illumination and Education.

These are the Foundations of Natural Healing that apply to EVERYONE!

- ▶ My Blog MISSION
- ▶ How Herbal Medicine WORKS
- ▶ Natural Healing, The BOTTOM LINE
- ▶ WHAT IS Natural Healing
- ▶ Dr. Schulze's 10 COMMANDMENTS of Natural Healing
- ▶ Dr. Schulze's QUOTES
- ▶ Positive Healing AFFIRMATIONS
- ▶ My Biography

- ▶ And maybe MOST important, an INDEX to help you find the answer you need!

Enjoy!

— Dr. Schulze

BLOG MISSION: MY MISSION IS YOU!



Someone asked me the other day, if my company, or I, had a mission statement, and I said I don't need one. There are two reasons for this.

NO BULL!

First, I am so sick of bullshit, politically-correct mission statements all about the environment, helping others or promising change. I am not going to insult anyone's intelligence with some feel good crap that isn't worth the time to read.

For example, even though the oil companies' new television ads say that all they care about is helping the environment, who are they kidding? Why don't they just tell the truth and simply say that they are sucking the lubricant out of the planet and refining it, so we can drive cars? And this makes them trillions of dollars and causes wars, not to mention it is toxic and polluting.

Look, I own a car and I drive it. Sure we need better solutions, greener solutions, but can we cut the crap and just be honest?

So Here It Is: MY MISSION IS YOU!

My mission is YOU! Sure, I am in business to make money, but that is a side benefit to who I am and what I do.

Look, in the beginning, it was not about you, IT WAS ALL ABOUT ME. I started my investigation into Natural Healing and Herbal Medicine because I was dying. The medical doctors said I would be dead over 40 years ago, and I used what I learned

to save my ass. So, you can bet that I am VERY PASSIONATE about what I do.

Anyway, after I saved myself, I decided to study more and eventually teach what I learned, so I could help others to heal themselves. This is MY PASSION, and it is what I KNOW and WHAT I DO BEST, so I am VERY PASSIONATE about Natural Healing!

So, when I say “My Mission is You”, what I mean is that being a doctor, well, I have ONE GOAL, and that goal is: **You healing yourself of any dis-ease using natural methods; creating powerful health and then maintaining that health. That is my goal and that is my mission.**

You wouldn't think that this would be such a rare commodity these days, but in this world of modern medicine with medical doctors, drugs and hospitals, well to them, a patient cured is money lost.

This is why a better name for modern health care would actually be **disease maintenance**, which is really what the practice of medicine is. After all, no one ever healed their diabetes by taking insulin or healed their bad backs with painkillers.

I have spent over 40 years investigating Natural Healing and Herbal Medicine, I have spent over 30 years teaching it, and my clinic spanned three decades where I helped tens of thousands of patients heal themselves. I have never forgotten for even one minute why I am doing this—what my focus is and what my goal is—and it is YOU!

I also loved teaching, and every summer I taught seminars and semesters at universities all over the world. I taught a lot of post graduates (which I loved) and I loved getting them back on track after years of study in medical school. Because, after almost a decade of study into anatomy, physiology, chemistry, biochemistry or even botany (not to mention a hundred thousand dollars in

debt with student loans), they were so exhausted they could barely remember why they started on this path in the first place. So, I was always there to remind them that the entire reason behind **EVERYTHING** we do—**THE ONLY REASON**—is simply to **Help People Get Well.**

Being a doctor and spending almost my entire life teaching people how to **Heal Dis-ease and Create Powerful Health** (whether in my clinic or in the classroom), is who I am and what I do. So, this **BLOG** is all about sharing that healing knowledge, experience and wisdom with you. That's it.

My greatest desire is that you will find the healing information that you need somewhere on this site. And using my experience, you will be able to heal yourself, a loved one or a friend, and then pass on this wonderful blessing of Natural Healing and Herbal Medicine to others.

Welcome.

— Dr. Schulze

HOW HERBAL MEDICINE WORKS



An Ignorant Pharmacist

A number of years ago while I was out shopping, I ran into a woman who was a wonderful customer. She told me that she used and loved my herbal medicines. She then told me how much success she had, healing herself over the years from a few quite serious illnesses. She also was pleased to tell me that she had also helped some

family members, too. Mainly, she wanted to hug me and express to me that she felt so *empowered* to be able to heal herself and to help others, especially loved ones, to heal themselves. But most of all, she loved NOT having to run to the medical doctor or hospital emergency room anymore, every time someone had some illness.

But, then she told me that she gets a lot of ridicule from her husband, who is a pharmacist at a major drug store chain. He told her that herbs don't work at all, and they are just *hocus pocus* and a load of bull, and that any benefit that she thought she had was all in her head, and at best, just a placebo effect. She was very upset and with tears in her eyes, she asked me for my response.

I started off by telling her that the best-case scenario was that her husband is a total **IGNORANT IDIOT!** I also explained that the worst-case scenario was that he was being an absolute **TOTAL JERK** to her.

I will explain...

For a layperson to have an ignorant opinion and remark like this, well, I would have almost understood it, but for a pharmacist, it was inexcusable. Actually, his answer was soooo ignorant, that

I figured that this man either slept through pharmacy college and bought his tests, or more likely, must be very insecure, so he wanted to use his education and profession to invalidate and intimidate his wife or make her angry and start a fight with her. Either way, not a nice guy at all. Because there is no way that someone could complete pharmacy school, become a pharmacist, and then say something that is so stupid or so ignorant.

But it gives me a great platform to easily explain to all of you,
How Herbal Medicine Works.

First, herbal medicine has been THE medicine of every single group of people, of every single culture and in every single country on this entire planet since the beginning of time. Herbs grow wild on this planet, and have been THE medicines of the people on this planet, forever. Chemical medicines are the *new kid on the block*, the new fad, and have only been around for a few hundred years. And, most drugs were originally made from plants anyway.

Herbal Medicine has recorded roots dating back over 6,000 years in China, India and the Middle East, just to mention a few places. Still today, the vast majority of the people on this planet still use herbal medicine as their *first choice* medicine, and do not trust pharmaceutical drugs, at all.

In Pharmacy School, there is no way that this jerk could have missed this, nor could he have missed the fact that still today, 50% of all drugs are either made from botanicals or synthesized to duplicate a chemical that was originally found in a plant.



Digitalis, the most famous of all heart drugs, gets its name from the herb *Digitalis lanata*, the Foxglove plant that it is made from. This plant (like many plants) contains some very powerful chemicals, often referred to as phyto-chemicals meaning “plant-chemicals”. The most powerful chemicals in this particular plant are called

glycosides, specifically *cardiac* glycosides that affect the heart muscle in many ways. This is just one small example of one herb that has now become one of the most famous drugs used today. I could list over 1,000 additional drugs here that are plant-derived, but I just wanted to make a point.

But HOW Do Herbs Actually Work?

Well, it is actually very simple. All foods and plants (basically, anything that grows) contain chemicals. And when you ingest plants, your body breaks the plant material down, using everything from saliva to digestive juices, and then your body assimilates these various chemicals.

One of the reasons that we eat food is so that our body can assimilate the phyto-chemical nutrients from the plant. Nutrients that sustain life, like vitamins, minerals, enzymes, amino acids, protein, fat, carbohydrates, etc. Without plant nutritional chemicals, we couldn't survive.

Herbs are also foods, but usually people don't consume them for food, as they taste stronger. Sometimes we do, like raspberries, artichokes, dandelion, burdock, etc. But, when it comes to the stronger tasting ones (like coffee), most cultures have discovered that these plants have more *medicinal* uses, instead of *nutritional* uses. These stronger tasting plants taste stronger, because they have stronger chemicals in them. This is one way that nature protects us and tells us the difference between food and medicine—raspberries taste great, digitalis does not.

Anyway, when we ingest these medicinal herbs, the same way as food, we breakdown the plant and assimilate the chemistry in the plant. But, with many herbs it is these stronger *medicinal chemicals* that we assimilate, instead of nutrients.

So, when we consume medicinal herbs by just chewing them or using herbal teas, tablets, capsules or liquid extracts (like tinctures and tonics), instead of nutrition, we assimilate the medicinal plant

chemicals or phytochemical medicines. This way in which herbs work is not rocket science and is actually very basic chemistry.

Then Why Do Medical Doctors Often Ridicule Or Condemn Herbal Medicine?

Well first, you must understand that they have NO TRAINING in Herbal Medicine, nor even in Nutrition. So asking the average medical doctor about using herbs, or about your food program is like asking your plumber about the condition of your home's *electrical* system. They may have an opinion, but it is probably not a valid one.

The second reason is insecurity. Many people (including medical doctors) are very insecure about anything they don't know or understand. They either fear it and condemn it, or will tell you to stay away from it. A better, more enlightened answer would simply be, "I have no training in herbal medicine, so I suggest that you seek the advice of a qualified herbal doctor." But, you will NEVER hear that answer from someone whose ego is not in check.

Another reason why medical doctors generally condemn herbal medicine is that *modern* medicine is a TWO TRILLION DOLLAR a year business in America. Additionally, Medical Groups spend more money *influencing* government with lobbyists in Washington than any other private business organizations. Considering that medical doctors and hospitals don't want to lose your business and since pharmaceutical companies are making more money than any drug cartel ever thought of, well, you can expect that you are going to see and hear some occasional negative publicity warning you about any competition, and consequently not to use herbs. Either you will be warned that herbs are dangerous and unsafe or that they are ineffective. (Two answers that contradict each other.)

Usually, most of these warnings come from medical doctors who work for a system that makes a living off of helping people *managing* their diseases, but never quite actually healing them.

(An example is that no diabetic ever heals their pancreas using insulin. In fact, when the pancreas detects artificially-induced insulin, it gets weaker.) The medical cure of most diseases in America is not actually a cure at all, but more accurately, *management*. In fact, the use of the term “Health Care” would be more accurate—and more appropriate—if it were changed to “Disease Care”.

FIRST CHOICE Medicine

So back to the beginning, I was really not surprised to hear this lady’s husband’s remark, and his completely ignorant response, since he was a *pimp* for the biggest drug cartels in the world... I mean, a *pharmacist*.

Look, I am not saying that we don’t need medical doctors, drugs and hospitals—we all need them in emergencies, like serious trauma.

What I am saying is that herbal medicine should be the FIRST CHOICE medicine for everyone. This simply just makes good, common sense. Why?

#1: IT’S SAFE

Herbal Medicine is milder than harsh pharmaceutical drugs, so it has fewer side effects, usually none.

#2: USE IT WHOLE

Herbs used in their whole and natural state are generally naturally buffered *and more effective*. In other words, isolating chemicals from herbs and then concentrating them (like when making drugs) is not a safe thing to do. Herbs have many *additional* chemicals in them, beside the medicinal chemicals that act as buffering agents, making their actions smoother and safer.

An example is that many herbs in their natural whole state will make you vomit before you can overdose on them—a natural protective response that is lost when you turn them into drugs. It has also been proven that the most effective way to use plant

medicines is using the whole herb. (Numerous studies, even published by the AMA, have now proven that whole herbs are much more medicinally effective than their individual isolated chemicals.)

#3: IT'S INEXPENSIVE

Herbs are much less expensive than drugs, not to mention a lot less expensive than medical treatment and hospitals. Their low cost makes them the perfect financially sustainable health care choice, instead of creating a health care system that we cannot afford.

#4: IT'S EFFECTIVE

Herbal medicine has proven to be a powerfully effective treatment for illness and disease, especially when used in conjunction with living a healthy lifestyle.

ALL of these reasons underscore why it just makes good common sense that herbal medicine, not chemical and invasive medicine, should be the FIRST CHOICE MEDICINE.

Finally...

In my life, I have healed my own life-threatening illnesses and injuries and helped tens of thousands of patients heal themselves, too. I have seen these herbal gifts—these blessings from God—heal every disease known to man.

Maybe I could have saved my breath on this woman, since she told me that she and her husband were Christians, and simply sent her husband a Bible...

“...And the fruit thereof shall be for meat, and the leaf thereof for medicine.” — Ezekiel 47:12

— Dr. Schulze

NATURAL HEALING, THE BOTTOM LINE

QUESTION

Dear Dr. Schulze,

Can you please just give me the bottom line on what Natural Healing is so I can explain it simply to my sickly and degenerate friends? Just kidding! Thanks for all of your great work and herbal products.

— Vicky H. in New York, NY

ANSWER

Dear Vicky,

Natural Healing is a style of healing in which you assist your body increasing its powerful self-healing ability. This is done by creating a lifestyle where you eliminate those things that create disease, and increase those things that create powerful health. When your body is healthy and strong, it can and will heal any disease and repair and rebuild itself.

The sign in my clinic read:

You Can Heal Yourself of ANYTHING and ANY DISEASE.

Just STOP doing what makes you sick and

START doing what Creates Powerful Health!

An old Chinese proverb says, “Focus on the good to eliminate the bad.” In the same way, Natural Healing is about focusing on creating powerful health and letting your body do what it knows how to do better than any doctor and what it does best, which is repair and heal you of anything and everything.

Thanks for your support and remember, plant seeds in your friends, but don't torture them, and have fun, smile and laugh while you are doing it!

— Dr. Schulze

WHAT IS NATURAL HEALING?

QUESTION

Dear Dr. Schulze,

My friends have asked me to describe to them what Natural Healing is. I have my idea, but can you give me your answer?

— *Karen J. in Coconut Grove, FL*

ANSWER

Dear Karen,

This is easily seen with a cut. You cut your skin and you bleed. Your blood eventually clots and you form a scab. Then, your tissue and skin starts regrowing. Eventually, the scab falls off and you are miraculously healed! Even though we take this basic healing function for granted, no medical doctor and no hospital can ever do this for you.

On a microscopic level, your body may be invaded and infected by foreign pathogens such as bacteria, viruses, fungi or parasites. Your body has numerous organs, systems and blood cells to take care of any unwanted visitors. You have white blood cells (like macrophages) and certain T-cells that work to kill the invader immediately, along with immune chemicals (like interleukin and interferon) that help speed up these cells. Other cells create chemical poisons to kill off the invaders in the same way your B-cells use immunoglobulin to create specific antibodies that attack foreign pathogens.

Without a doubt, our bodies are amazing repair machines ready to take on any illness or disease. But eventually, because of genetics, lifestyle and just plain aging, your body may not be up to the task of healing or repairing you. This is usually when a person seeks outside help, usually from a medical doctor.

A medical doctor's approach is to take on the healing themselves, fighting and killing the disease with a barrage of chemical drugs, and often getting the body functioning again by performing surgical procedures. This form of healing can work, but can be very dangerous. Medical intervention is so harsh and extreme that it often hurts other organs and causes other diseases. It can also leave you with irreversible surgical impairment, when it involves your organs being altered or removed. It is the best form of healing for those people who absolutely will not take any responsibility for their health and refuse to make any healthy lifestyle modifications.

On the other hand, Natural Healing is for people who are willing to make healthy and positive lifestyle changes. As a Natural Healing doctor, I help my patients to dramatically raise their overall level of health, which in turn, dramatically increases their body's ability to heal and repair itself. Doing this is simple! As the sign in my office says, "You can heal yourself of anything, just STOP doing what is making you sick and START doing what will Create Powerful Health."

Natural Healing is simply helping your body to become stronger and healthier, so it becomes a more powerful and effective healing and repairing machine.

In my clinic, I discovered that with most people, it doesn't take much to get their body to heal illness or disease. I usually just had to get them to STOP killing themselves. Most of my patients' diseases were caused by what they were doing to themselves. In other words, their body was trying to heal itself, but it was too weak, or running into too much resistance, or both. This could simply be a lack of nutrition caused by a bad food program, all the way to a buildup of sludge in the body, causing everything from constipation and

Natural Healing

coronary artery blockage to dementia. Most of my patients just needed a good cleanup and a new, healthy lifestyle, and they were on their way to health. However, my patients who had spent years damaging their bodies, ignoring their ill health and disregarding their many disease warning signs were now in a serious disease crisis and they needed more aggressive health programs.

Regardless of the level of my patients' illnesses and diseases, even in the worst stages of degenerative diseases, I always saw Natural Healing work as powerful as medical intervention. My patients were always able to regain their health, and in fact, create powerful health by simply leading a very healthy lifestyle. Often the healing results are in balance with how many positive healthy changes a person is willing to make. Sure, for some, it took a lot of work, but when you compare it to the drama, trauma, pain, torture and expense of medical intervention, for most people with good common sense, it's a no-brainer. In fact, when you look at it this way, it is obviously the only real healing.

To sum all this up, Natural Healing is a style of healing where you assist your body in charging up its powerful self-healing ability by creating a lifestyle in which you eliminate things that create disease and increase those things that create powerful health. When your body is healthy and strong, it can heal, repair and rebuild anything.

An old Chinese proverb says: "Focus on the good to eliminate the bad." In the same way, Natural Healing is about focusing on Creating Powerful Health and letting your body do what it knows how to do better than any doctor, and what it does best, which is repair and heal you of anything.

I hope this information gives you a few more insights into your understanding of Natural Healing.

Thank you for spreading the Natural Healing gospel!

— Dr. Schulze



DR. SCHULZE'S 10 COMMANDMENTS

Based on Dr. Schulze's Book, "20 Powerful Steps to a Healthier Life"...

1. I DRINK Liquids that Hydrate, Flush and Nourish Me

I Drink Pure Water, Fresh Fruit & Vegetable Juices and Herbal Teas!

2. I EAT Food that Creates Powerful Health

Vegetarian, Whole, Nutritious and Organic—Dr. Schulze's Health-Building Food Program!

3. I Use Natural Herbal and Food MEDICINE

To Prevent Dis-ease and Nourish, Clean, Detoxify, Tone, Balance and Heal My Body!

4. I MOVE My Body Every Day

Walking, Dancing, Running, Jumping, Stretching, Breathing, Sweating, Sex... Always Fun!

5. I Take a Week Off Every Season to CLEANSE Myself Internally

Juice-Flushing or Dr. Schulze's Purifying Food Program and Herbal Detox Programs!

6. I Use Only Natural HEALING to Prevent and Treat Dis-ease

Massage, Bodywork, Hydrotherapy and All Therapies that HEAL and Do No Harm!

7. I Create a Healthy HOME Environment for My Well-Being

Natural Soaps, Cleaners and Clothing, No Negative Television, Frequently Trashing!

8. I Have Positive THOUGHTS that Create Powerful Health

Positive Thoughts and Affirmations that Create Love, Laughter, Passion, Peace, Fun and Bliss!

9. I COMMUNICATE to Others as I Like to Be Treated

I Communicate Being Happy, Friendly, Positive, Clear, Honest, Sincere, Caring and Loving!

10. I LOVE Myself and My Life More and More Every Day

Practice Being Self-accepting, Self-ish, Self-centered, Self-involved, Loving YOU!

Appreciate All That You Have and Focus On All That You Want To Create.

Your FOCUS Determines Your FUTURE!
Tomorrow Is What You Believe And Do Today!

DR. SCHULZE QUOTES



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

“You can heal yourself of ANYTHING, any illness or dis-ease. Just **STOP** doing what made you sick, and **START** doing what will Create Powerful Health.”

“Your **FOCUS** determines your **FUTURE.**”

“There are NO incurable diseases, NONE. Take **RESPONSIBILITY** and be willing to **CHANGE**, and you can heal yourself of anything.

“**BLOCKAGE**—Physical, Emotional and Spiritual— is the cause of ALL DIS-EASE.”

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

“Your body has the ability to completely **HEAL ITSELF** of ANY disease... All it needs is your assistance.”

“**Getting well is EASY**. It is getting sick that takes years of constant, dedicated hard work.”

“The main function of your body, is to constantly heal and repair itself; **REPAIR YOU!**”

“STOP focusing on your disease, and START focusing on Creating Powerful Health! Your disease is not a curse, it is a **GIFT**, a **BLESSING**. It is what brought you to this new beginning of the greatest adventure in your life, to discover and create a new life, a much better life, and to **Create a NEW YOU!**”

POSITIVE HEALING AFFIRMATIONS

INTRODUCTION

The dictionary description of Affirmation:

Concentrating your Attention and your Effort on achieving a particular Outcome!

Simple and to the point—I love it! So, let’s get right to this point.

What I want is to be extremely healthy and live a very long life filled with Love, Joy, Happiness, Success, Relaxation, Fun, Laughter, Bliss, Great Moments, Great Sex and even more Love! Or as Mr. Spock said, I want to “Live Long and Prosper”.

I want maximum QUALITY and maximum QUANTITY. I want to feel great and to do all the things that I want to do, for as long as I can possibly do them. YES!

OK, you can see that I have had plenty of time—on my own and with my patients—to get good at this. I spend a good part of my day thinking up better ways to ask for what I want. And, when I hear others that need a little help with their focus, well, I have an invisible toolbox of 10,000 Positive Healing Affirmations that I carry around with me everywhere I go to spread like magical seeds on everyone and everything.

Many people think that life just *happens* to them, and that they have no control over their future. They believe that it is all in God’s hands or that “Shit Happens”, or that they fluctuate between having Good Luck and Bad Luck or between being blessed and being cursed.

I don’t!

Others might think that this is selfish thinking, and are too embarrassed to focus this much on their own self.

On the contrary, I've helped thousands of others, actually tens of thousands. I used to help them through my clinic, and now I do it through my work, my Natural Healing Crusade and my Foundation. I LOVE helping others and I have spent most of my life doing this, but FIRST, I needed to help myself, or I would have been dead over 40 years ago, and helping no one. So, I had to get real healthy, I had to get real strong and I had to get real selfish, really self-involved, really self-centered and self-controlled. It was all about me!

Then when YOU get strong and healthy, you can help others.

When I first opened my clinic doors back in the early 1970s, I absolutely saw that “you are what you eat”. It is simple physics, the nutritional quality of what you consume, directly affects your metabolism and your level of vitality and health. By the time my clinic closed decades later and after spending hours with thousands and thousands of patients, I also knew that “You are what you THINK”. In the first few minutes of any consultation with a new patient, I could see if they were “The Right Stuff”. I could tell the winners from the losers just by the way they spoke, their choice of words and their attitude. I could clearly see those that were going to get tough, get to work and get well, and those that were not.

First, they had to **BELIEVE** that they could be well and that they could create a healthy lifestyle that was so powerfully healthy, that their body would heal itself. And second, they had to be willing to **DO** the healing programs and take the herbal medicine, in order to get well. Taking us all the way back to the beginning...

Concentrating your ATTENTION and your EFFORT on achieving a particular Outcome!

After having thousands of patients healed all over the world from every type of disease, illness and affliction known to mankind, I have seen the power of natural healing programs and lifestyle and herbal medicine. But, I have also seen that the power of natural healing (or any healing) is also directly related to a person's attitude, focus and effort.

In order for *anything* to be effective for you, you must Believe and Do.

My reality is that I am in control and I have the power to create my future; to create my destiny. I am not saying that I don't believe in God or even Fate or Luck. **What I am saying is that I know that I have the power to make things happen**—that I have the power to manifest things to happen in my life and to me and that I have the power to alter my future!

I have had many people say to me, “Whatever happens is God's will and you have no control.” What a wimpy, pathetic, victim mentality—an excuse to sit back and do NOTHING. I would immediately tell them that, “God helps those that help themselves!” So, get started helping yourself, right now, and you might not even need God's help! I have always felt that God has plenty to do, and if I was made in God's image, well, let's see what I can do FIRST, on my own, and not call in the “big guns”, until I have no other choice.

In my clinic, I had to teach ALL of my patients what to ask for and how to ask for it. So instead of just bouncing around life like a pinball in a pinball game, or blowing like a leaf out of control in the wind, instead, they started focusing on what they wanted to achieve, how to achieve it and doing what was necessary to achieve their goals. And, you know what happened next... they got exactly what they asked for.

I also know that your level of health, RIGHT NOW, is a PERFECT REFLECTION of your Genetics, REACTING with your Lifestyle. A PERFECT REFLECTION. This is

basic physics—I am just adding this new way of saying it to your Newtonian or genetic textbook.

How could you possibly receive anything that you didn't ask for? No farmer ever planted strawberries and then had corn come up in the field where the strawberries had been planted. You reap whatever you sow.

EVERYTHING that happens, happens because the energy was set up for this to happen. And, this energy was set up by YOU!

So, if you are like most people and are not happy with what you have created, all you have to do is CHANGE. And the best way to do this is to start focusing on creating something different.

I have used ALL of the following Positive Healing Affirmations to heal myself of my life-threatening physical deformity that medical doctors said was not possible. Remember, they said I would be dead by age 20. I have used these same affirmations to grow skin back on a fourth-degree burn that my medical doctors said could not happen—impossible! And, I have used these affirmations as part of my healing program to help my body repair all the ligaments in my knee after the top medical specialists in the world said that I would never walk again without surgery.

I did NOT have surgery and I am not just walking, I am dancing!

There are plenty of people out there in the world to tell you what WON'T happen, what you CANNOT do and what is IMPOSSIBLE.

I am here to tell you what CAN HAPPEN!

I am here to tell you what you CAN DO!

I am here to tell you what IS POSSIBLE!

...And it is far MORE than anyone can IMAGINE.

The following Positive Healing Affirmations helped my thousands of patients create their own personal healing miracles and helped them to transform their life in a very powerful way.

We are ALL very powerful, very successful, and we get exactly what we ask for. This is basic physics.

I just helped my patients ask for something different and live in a different healthier way, and this caused very different results.

AFFIRMATIONS that will CHANGE Your FUTURE!

Your future is simply the time that is coming up next. I have discovered that you can change and shape this future by simply altering what you are doing in the moment—what you are doing right now.

Again, basic physics. If you want something different to happen tomorrow, then simply change what you are doing today.

Remember what I said earlier, that your level of health is a **PERFECT REFLECTION** of your lifestyle reacting with your genetic make-up. Your lifestyle is how you choose to live your life. The **Food** you eat, the way your **Elimination** organs work, the way and frequency that you **Move** your body and the **Thoughts** that you think—**EVERYTHING** that you do—is what adds up to what you can expect to happen tomorrow.

So, in order to get my patients to have different results, *different tomorrows*, they needed to **CHANGE** what they were doing today. Some of them just needed subtle shifts, while others (especially those that were dying) well, they needed to change **EVERYTHING**.

What I know is simple; that if you want to have different results, or a different tomorrow, then you have to be willing to change, and be willing to live differently, today. So, three of my favorite Positive Healing Affirmations to remind us that we have the power and ability to change our future are...

Tomorrow Is What You BELIEVE and DO Today!

This is my quote, that I think I came up with in my clinic, to help my patients realize that they could change the results of their tomorrow. All you need to do is first, **BELIEVE** that you can change the future, and then **DO** the necessary things to make that change manifest.

Your Focus Determines Your Future!

This one I heard in one of the later Star Wars movies, when the kid is afraid he can't win the spaceship race and the Jedi Knight (I think played by Liam Neeson) tells him to Focus, and says this amazing line, "Your focus determines your future!" Anyway, regardless of where it came from, and even if I paraphrased it, it is true! It is just another way of empowering yourself to see that, well I will say it again, that **Your Focus, Determines Your Future!**

If I would add anything to this, it would be that **"Your Actions Make It Happen!"**

So let's put it all together...

Your FOCUS Determines YOUR FUTURE, And Your ACTIONS Make It Happen!

Now, this is great food.

Here is another one...

EVERY Thought You Think And EVERY Word You Speak Creates Your FUTURE!

I think this one comes from Louise Hay... Thanks, Louise!

If I added anything (I always tweak everything, even my own work) I would add, "And EVERY Thing You DO." So let's put it all together...

EVERY Thought You Think And EVERY Word You Speak And EVERY Thing You Do Creates Your FUTURE!

My experience with myself (and with my thousands of patients) is that affirmations alone were not powerful enough to create healing miracles or manifest great goals in life. But, mixed with ACTION, well, that is when I saw MIRACLES HAPPEN—and happen FAST!

The bottom line my friends, is that YOU determine your reality and your future. So pick a great one and make it happen!

And finally...

Focus On The GOOD To Eliminate The BAD!

Or, I like it better the other way around, so I'll end on the positive note...

To Eliminate The BAD, Focus On The GOOD!

Either way, it works for me. I love this one. Some say the Chinese made this one up. Regardless, the point is it's a great Natural Healing concept. See, when they first came to see me, my patients were totally focused on their disease. They had actually become their disease, and so they were also totally focused on healing their disease. But, it was all about their DISEASE.

I have a very different approach. FORGET THE DISEASE, I DON'T CARE about the disease. Instead, let's focus on Creating Powerful Health!

I have stated this many times before, in many places. I am not the smartest person in the world. But, I am just smart enough to know and my ego is in check enough to admit that I have no idea what is wrong with most people when they are dis-eased. And furthermore, I have no possible idea how to tell, instruct, command or medically force their body to heal.

On the other hand, what I do know is how to create such an amazingly healthy lifestyle and environment that surrounds the body, so that the body will get stronger and HEAL ITSELF! This is the only real and lasting healing and health.

So, instead of bullshitting my patients that I was some see-all, know-all, medical genius god, I instead FOCUSED on the GOOD, creating this amazingly healthy lifestyle for the body, mind and spirit and ignored their disease. That is when the healing miracles happened!

I have at least 999 more Positive Healing Affirmations, so keep checking my BLOG site and I will add more in the future.

— Dr. Schulze

ABOUT THE DOC



Dr. Schulze grew up in a small farming town in rural upstate New York. On one “snowed-in” winter’s night, he was awakened by his mother frantically trying to summon a medical doctor to their home, but all the roads were closed. That night his father slowly and painfully died from a heart attack. It took him over an hour to die, and he eventually stopped breathing right in his young son’s arms. Dr. Schulze was only 11 years old. Three years later when he was only 14, his mother also died of a massive heart attack. Both his parents were only 55 years old when their lives were cut short.

At the age of 16, after a year of ill health, medical doctors diagnosed Dr. Schulze with a genetic heart deformity and heart disease. The doctors told him that unless he underwent open-heart surgery, his weak and deformed heart would not be able to pump sufficient blood to an adult body, and he would be dead by the age of 20.

He declined to have the surgery, walked out of the hospital and instead, made it his quest to discover alternative ways to heal his heart. Over the next three years he made radical changes to his teenage lifestyle. He became a vegan, began an intensive exercise program and literally changed everything that went in and out of his body, mind and spirit. He immersed himself in literally hundreds of intensive alternative-lifestyle and Natural Healing programs, herbal-formulae and detoxification routines, as well as cleansing, fasting, flushing and health-building programs. After three years, he returned to the same medical doctors who had told him he would die without surgery. This time they told him his heart had miraculously healed itself. Dr. Schulze had created his first healing miracle.

TRAINING WITH THE BEST TEACHERS

Dr. Schulze admits that he “stalked” many of the greatest Natural Healers of the last century, including the famous European naturopath, Paavo Airola. He trained directly under, and then served an internship with, the great Natural Healer, Dr. Bernard Jensen, at his Hidden Valley Health Ranch. He also studied and apprenticed with “America’s greatest herbalist,” the late, great, Dr. John Christopher, eventually graduating from his college. Dr. Christopher asked him to stay and teach alongside him for years. When the acclaimed teacher eventually passed away, Dr. Schulze continued teaching at his college for another decade.

In addition to acquiring a doctorate in Herbology, Dr. Schulze also received degrees as a Master Herbalist and Herbal Pharmacist, a doctorate in Natural Medicine, three degrees in Iridology and eight certifications in various styles of body therapy. Incredibly, he also possesses a yoga instructor’s degree and three black belts in the martial arts.

LEARNING FROM HIS PATIENTS

In the early 1970s, Dr. Schulze opened his first Natural Healing clinic in New York, and then a few years later, he moved his clinic to Southern California. He operated his Natural Healing clinic in America from the early 1970s to the mid 1990s. During this same period, he also managed and directed other Natural Healing clinics in Europe and Asia. In his two decades of clinical practice, he has treated literally thousands of patients. Dr. Schulze maintains that he learned 5% of what he knows from school and 95% in the clinic, and always credits his patients as his real teachers. Without a doubt, his real-life clinical experience is what sets him apart from other doctors in his field.

In his second decade of clinical practice he worked almost exclusively with patients suffering from cardiac, neurological, cancerous and other degenerative (so-called incurable) diseases. His clinic became famous for those patients whom western medicine had given up on and who were sent home to die. His

clinic was also recognized for Dr. Schulze's highly effective Natural Healing programs, his powerful herbal formulae and his many patients curing themselves, in spite of the death sentence handed to them by their medical doctors. Many of his patients are still alive today, 20, even 30 years after their medical doctors told them they would soon die!

The main reason his patients were able to create their own "miracle cures" was the fact that Dr. Schulze pioneered new techniques, therapies, programs and herbal medicines that went far beyond what anyone had done in the past, and he went to extremes, where most Natural Healing doctors and herbalists feared to go. Dr. Schulze always says, "I tried to kill my patients with extreme programs and herbal formulae; after all, they were supposed to be dead anyway, so we had nothing to lose." But his patients didn't die. Instead, they thrived and healed themselves. The outcome of his clinical work has been the achievement of miraculous and unprecedented results, far beyond what most people thought possible with alternative medicine.

Dr. Schulze's herbal formulae and Natural Healing programs are now used in clinics worldwide to help people heal themselves of numerous, supposedly incurable diseases. His clinical results have reverberated throughout both the Natural Healing and medical communities. His many patients are now the living testimony to the limitless possibilities of how you can literally heal yourself of anything, naturally.

SHARING HIS HEALING WISDOM

Dr. Schulze served as the Director of the College of Herbology and Natural Healing in the UK for 11 years. He held the title of Senior Professor at Dr. Christopher's School of Natural Healing for 10 years and also Co-director of The Osho School for Naturopathic Medicine in England, France and Spain. Additionally, Dr. Schulze is the co-founder of the Association of Master Herbalists in Great Britain.

He has taught and lectured at numerous universities, including Cambridge University and Oxford University in England, Trinity Medical College in Ireland, Omega Institute in New York, Cortijo Romero in Spain and other natural therapy and herbal institutes worldwide. He has been the guest speaker at numerous churches and also on numerous radio and television shows. Dr. Schulze is loved worldwide for his intensity, passion, dedication to students, sense of humor, creativity and his exciting, enthusiastic and evangelical style of teaching. He is mostly recognized for his unequaled understanding of Natural Healing.

TEACHING NATURAL HEALING IS HIS LIFE'S MISSION

In 1994, after 15 years of formulating herbal medicines for his patients, Dr. Schulze opened the American Botanical Pharmacy, which manufactures and sells his effective pharmaceutical-grade herbal formulae to the public.

Dr. Schulze also continues his healing mission today by developing new herbal medicines and creating books, publications, CDs and DVDs describing his clinical Natural Healing programs. He also communicates directly with the public daily through his Internet website, answering patients' and customers' questions and making video clips that explain his many natural detoxification, cleansing, flushing and health-building programs.

BLOG INDEX

A

Abscess

Gum Abscess Treatment, pg 20

Acid Reflux

A Hospital Nightmare: Why Do You Vomit?, pg 133

Allergies

A Hospital Nightmare: Why Do You Vomit?, pg 133

Hostility Amplified, But Allergies Simplified!, pg 142

Air Detox

Sinusitis BLITZ plus NEW Herbal Formula, pg 148

Anti-I

Gum Abscess Treatment, pg 20

Hostility Amplified, But Allergies Simplified!, pg 142

B

BOWEL, 5-Day Detox

Fasting, Flushing, but no “Pooping”!, pg 18

Don't Worry, Be Regular!, pg 26

Lower Your Cholesterol Naturally, pg 38

I'm Still Constipated!, pg 50

Raising Your Hormone Levels, Naturally to Increase Fertility!, pg 66

440 Pounds, Dying & Optifast Alternatives, pg 76

7 Miracles For Depression, pg 111

Bowel Flush

Don't Worry, Be Regular!, pg 26

I'm Still Constipated!, pg 50

Healing Physical Trauma: Miracle in a Bottle, Indeed!, pg 100

A Hospital Nightmare: Why Do You Vomit?, pg 133

Brain Tonic

Healing Headaches, Naturally, pg 7

7 Miracles For Depression, pg 111

Hostility Amplified, But Allergies Simplified!, pg 142

Breathing

Healing Headaches, Naturally, pg 7

Sinusitis BLITZ plus NEW Herbal Formula, pg 148

C

Cancer

Avoiding Your Genetic Cancer Risk, pg 26

Can I Use Drugs?, pg 53

Hormones, Cancer and the Female Tonic, pg 70

I Had A Friend, pg 94

Prostate Cancer, Radiation & Viagra, pg 83

More On Prostate Cancer – Fighting It Naturally!, pg 87

Ten Drugs—No Herbs!, pg 118

Two Readers Respond, One A Medical Doctor!, pg 124

Candida

Don't Worry, Be Regular!, pg 31

Cardiovascular Disease

Lower Your Cholesterol Naturally, pg 38

Cholesterol

Lower Your Cholesterol Naturally, pg 38

440 Pounds, Dying & Optifast Alternatives, pg 76

Cleansing & Detoxification

Fasting, Flushing, but no “Pooping”!, pg 18

Say Goodbye To Gallstones!, pg 34

Is Diabetes Curable?, pg 63

440 Pounds, Dying & Optifast Alternatives, pg 76

I Had A Friend, pg 94

Ten Drugs—No Herbs!, pg 118

Two Readers Respond, One A Medical Doctor!, pg 124

A Hospital Nightmare: Why Do You Vomit?, pg 133

Cold & Flu Herbal “SHOT”

Sinusitis BLITZ plus NEW Herbal Formula, pg 148

Colds & Influenza

Sinusitis BLITZ plus NEW Herbal Formula, pg 148

Colitis

Don't Worry, Be Regular!, pg 31

A Hospital Nightmare: Why Do You Vomit?, pg 133

Colon Disease

The Danger of CT Scans, pg 23

I'm Still Constipated!, pg 50

Colorectal Cancer

Don't Worry, Be Regular!, pg 31

Constipation

Fasting, Flushing, but no “Pooping”!, pg 18

Don't Worry, Be Regular!, pg 31

I'm Still Constipated!, pg 50

Crohn's Disease

Don't Worry, Be Regular!, pg 31

CT Scans

The Danger of CT Scans, pg 23

D

Deep Tissue Ointment

Healing Physical Trauma: Miracle in a Bottle, Indeed!, pg 100

Depression

7 Miracles For Depression, pg 111

Detox, 30-Day

Fasting, Flushing, but no “Pooping”!, pg 18

Is Diabetes Curable?, pg 63

Detox Tea

Say Goodbye To Gallstones!, pg 34

Diabetes

Is Diabetes Curable?, pg 63

440 Pounds, Dying & Optifast Alternatives, pg 76

Ten Drugs—No Herbs!, pg 118

Two Readers Respond, One A Medical Doctor!, pg 124

Digestive “SHOT”

The Danger of CT Scans, pg 23

A Hospital Nightmare: Why Do You Vomit?, pg 133

Digestive Tonic

The Danger of CT Scans, pg 23

A Hospital Nightmare: Why Do You Vomit?, pg 133

Diverticulosis

Don't Worry, Be Regular!, pg 31

I'm Still Constipated!, pg 50

A Hospital Nightmare: Why Do You Vomit?, pg 133

Dosages

Sinusitis BLITZ plus NEW Herbal Formula, pg 148

Dr. Schulze's Clinic

Hostility Amplified, But Allergies Simplified!, pg 142

Drinks & Recipes

Say Goodbye To Gallstones!, 34

Sinusitis BLITZ plus NEW Herbal Formula, pg 148

E

Echinacea Plus (Ech+)

Gum Abscess Treatment, pg 20

Sinusitis BLITZ plus NEW Herbal Formula, pg 148

Emotional & Spiritual Healing

Can I Use Drugs?, pg 53

440 Pounds, Dying & Optifast Alternatives, pg 76

I Had A Friend, pg 94

7 Miracles For Depression, pg 111

Ten Drugs—No Herbs!, pg 118

Two Readers Respond, One A Medical Doctor!, pg 124

Hostility Amplified, But Allergies Simplified!, pg 142

Endocrine Balancing

Avoiding Your Genetic Cancer Risk, pg 26

Erectile Dysfunction

440 Pounds, Dying & Optifast Alternatives, pg 76

Prostate Cancer, Radiation & Viagra, pg 83

Exercise

Lower Your Cholesterol Naturally, pg 38

Is Diabetes Curable?, pg 63

440 Pounds, Dying & Optifast Alternatives, pg 76

Can A Damaged Kidney Be Repaired?, pg 108

7 Miracles For Depression, pg 111

F

Fasting

Fasting, Flushing, but no "Pooping"!, pg 18

Female Balance Formula

Avoiding Your Genetic Cancer Risk, pg 26

7 Miracles For Depression, pg 111

Female Formula

Avoiding Your Genetic Cancer Risk, pg 26

Hormones, Cancer and the Female Tonic, pg 70

Female Health

Raising Your Hormone Levels Naturally to Increase Fertility!, pg 66

7 Miracles For Depression, pg 111

Female "SHOT"

Raising Your Hormone Levels Naturally to Increase Fertility!, pg 66

Lower Your Cholesterol Naturally, pg 38

Hormones, Cancer and the Female Tonic, pg 70

Food Programs (Dr. Schulze's)

- Lower Your Cholesterol Naturally, pg 38
- Can I Use Drugs?, pg 53
- Raising Your Hormone Levels Naturally to Increase Fertility!, pg 66
- 440 Pounds, Dying & Optifast Alternatives, pg 76
- Prostate Cancer, Radiation & Viagra, pg 83
- More On Prostate Cancer – Fighting It Naturally!, pg 87
- Can A Damaged Kidney Be Repaired?, pg 108
- A Hospital Nightmare: Why Do You Vomit?, pg 133

Flushing

- Fasting, Flushing, but no “Pooping”!, pg 18
- 440 Pounds, Dying & Optifast Alternatives, pg 76
- A Hospital Nightmare: Why Do You Vomit?, pg 133

Fractures & Broken Bones

- Healing Physical Trauma: Miracle in a Bottle, Indeed!, pg 100

G

Gallbladder Attack

- Say Goodbye To Gallstones!, pg 34

Garlic

- Gum Abscess Treatment, pg 20
- Say Goodbye To Gallstones!, pg 34

Gas

- The Danger of CT Scans, pg 23

Genetic Weakness

- Avoiding Your Genetic Cancer Risk, pg 26
- Hormones, Cancer and the Female Tonic, pg 70
- I Had A Friend, pg 94
- I'm Still Constipated!, pg 50
- Say Goodbye To Gallstones!, pg 34

Gums, Abscess or Infection

- Gum Abscess Treatment, pg 20

H

HDL/LDL Lipoproteins

- Lower Your Cholesterol Naturally, pg 38

Headaches

- Healing Headaches, Naturally, pg 7

Heart Attacks and Strokes

- Lower Your Cholesterol Naturally, pg 38

Heart Disease

- Can I Use Drugs?, pg 53
- Lower Your Cholesterol Naturally, pg 38

HerbalMucil Plus

- Fasting, Flushing, but no “Pooping”!, pg 18
- Don't Worry, Be Regular!, pg 26
- I'm Still Constipated!, pg 50
- 440 Pounds, Dying & Optifast Alternatives, pg 76

Hirschsprung's Disease

- Don't Worry, Be Regular!, pg 31
- I'm Still Constipated!, pg 50

I

Incurables Diseases

Ten Drugs—No Herbs!, pg 118

Two Readers Respond, One A Medical Doctor!, pg 124

Incurables Program

I Had A Friend, pg 94

Intestinal Formula #1

Don't Worry, Be Regular!, pg 26

I'm Still Constipated!, pg 50

Healing Physical Trauma: Miracle in a Bottle, Indeed!, pg 100

Ten Drugs—No Herbs!, pg 118

Two Readers Respond, One A Medical Doctor!, pg 124

Intestinal Formula #1 – MAX

Don't Worry, Be Regular!, pg 26

I'm Still Constipated!, pg 50

Intestinal Formula #2

Gum Abscess Treatment, pg 20

I'm Still Constipated!, pg 50

Intestinal Formula #3

Don't Worry, Be Regular!, pg 26

I'm Still Constipated!, pg 50

J

Juicing

Fasting, Flushing, but no “Pooping”!, pg 18

440 Pounds, Dying & Optifast Alternatives, pg 76

Healing Physical Trauma: Miracle in a Bottle, Indeed!, pg 100

Ten Drugs—No Herbs!, pg 118

Two Readers Respond, One A Medical Doctor!, pg 124

K

KIDNEY, 5-Day Detox

Fasting, Flushing, but no “Pooping”!, pg 18

440 Pounds, Dying & Optifast Alternatives, pg 76

Ten Drugs—No Herbs!, pg 118

Two Readers Respond, One A Medical Doctor!, pg 124

Kidney Disease

Can A Damaged Kidney Be Repaired?, pg 108

Ten Drugs—No Herbs!, pg 118

Two Readers Respond, One A Medical Doctor!, pg 124

L

L-GB Formula

Say Goodbye To Gallstones!, pg 34

Libido

440 Pounds, Dying & Optifast Alternatives, pg 76

Prostate Cancer, Radiation & Viagra, pg 83

LIVER, 5-Day Detox

Fasting, Flushing, but no “Pooping”!, pg 18

Say Goodbye To Gallstones!, pg 34

Lower Your Cholesterol Naturally, pg 38

440 Pounds, Dying & Optifast Alternatives, pg 76

A Hospital Nightmare: Why Do You Vomit?, pg 133

Hostility Amplified, But Allergies Simplified!, pg 142

Liver/Gallbladder Flush

Lower Your Cholesterol Naturally, pg 38

M

Male Formula

Raising Your Hormone Levels Naturally to Increase Fertility!, pg 66

Prostate Cancer, Radiation & Viagra, pg 83

Male Health

Prostate Cancer, Radiation & Viagra, pg 83

More On Prostate Cancer – Fighting It Naturally!, pg 87

Male “SHOT”

Raising Your Hormone Levels Naturally to Increase Fertility!, pg 66

Prostate Cancer, Radiation & Viagra, pg 83

Massage

Healing Headaches, Naturally, pg 7

Menopause

Hormones, Cancer and the Female Tonic, pg 70

Weight Gain Mystery... SOLVED!, pg 91

N

Natural Healing

Can I Use Drugs?, pg 53

I Had A Friend, pg 94

A Hospital Nightmare: Why Do You Vomit?, pg 133

Neck Pain

Healing Headaches, Naturally, pg 7

Nerve Tonic

Healing Headaches, Naturally, pg 7

Healing Physical Trauma: Miracle in a Bottle, Indeed!, pg 100

Nutrition

7 Miracles For Depression, pg 111

A Hospital Nightmare: Why Do You Vomit?, pg 133

O

Obesity

440 Pounds, Dying & Optifast Alternatives, pg 76

P

Pain

Healing Headaches, Naturally, pg 7

Pregnancy

Raising Your Hormone Levels Naturally to Increase Fertility!, pg 66

Prostate Formula

Prostate Cancer, Radiation & Viagra, pg 83

More On Prostate Cancer – Fighting It Naturally!, pg 87

S

Sinusitis

Sinusitis BLITZ plus NEW Herbal Formula, pg 148

Super Ginseng Formula

Prostate Cancer, Radiation & Viagra, pg 83

Raising Your Hormone Levels Naturally to Increase Fertility!, pg 66

SuperFood Bar

440 Pounds, Dying & Optifast Alternatives, pg 76

Healing Headaches, Naturally, pg 7

Raising Your Hormone Levels Naturally to Increase Fertility!, pg 66

Weight Gain Mystery... SOLVED!, pg 91

SuperFood Plus

Avoiding Your Genetic Cancer Risk, pg 26

Lower Your Cholesterol Naturally, pg 38

Can I Use Drugs?, pg 53

Raising Your Hormone Levels Naturally to Increase Fertility!, pg 66

440 Pounds, Dying & Optifast Alternatives, pg 76

Prostate Cancer, Radiation & Viagra, pg 83

Weight Gain Mystery... SOLVED!, pg 91

Healing Physical Trauma: Miracle in a Bottle, Indeed!, pg 100

7 Miracles For Depression, pg 111

Ten Drugs—No Herbs!, pg 118

Two Readers Respond, One A Medical Doctor!, pg 124

SuperSlim Formula

440 Pounds, Dying & Optifast Alternatives, pg 76

SuperSlim Weight Management System

440 Pounds, Dying & Optifast Alternatives, pg 76

SuperTonic

Sinusitis BLITZ plus NEW Herbal Formula, pg 148

T

Teeth

Gum Abscess Treatment, pg 20

Tooth & Gum Formula

Gum Abscess Treatment, pg 20

Thyroid

Avoiding Your Genetic Cancer Risk, pg 26

V

Vegan/Vegetarian

Say Goodbye To Gallstones!, pg 34

Lower Your Cholesterol Naturally, pg 38

I'm Still Constipated!, pg 50

Is Diabetes Curable?, pg 63

Hormones, Cancer and the Female Tonic, pg 70

440 Pounds, Dying & Optifast Alternatives, pg 76

Prostate Cancer, Radiation & Viagra, pg 83

More On Prostate Cancer – Fighting It Naturally!, pg 87

Can A Damaged Kidney Be Repaired?, pg 108

A Hospital Nightmare: Why Do You Vomit?, pg 133

W

Weight Loss

440 Pounds, Dying & Optifast Alternatives, pg 76

Weight Gain Mystery... SOLVED!, pg 91



DR. RICHARD SCHULZE

One of the foremost authorities on Natural Healing and Herbal Medicine in the world.

This book is the first in a series, and is a compilation of my weekly postings—questions, answers and commentaries—at my blog site www.herbdocblog.com during the previous year.

My greatest desire is that my work helps you save yourself or a loved one from the physical, emotional, spiritual and financial torture of modern medicine, and empowers you to take charge of your own healthcare. Learn how to heal disease naturally—better yet, learn how to Create Powerful Health Naturally.

QUALITY and QUANTITY is the name of the game, my friends. I want you to feel great so you are able to do all the things you want to do in life, and I want you to be able to do them for as long as possible.

— Dr. Schulze



Dr. Schulze's
ORIGINAL CLINICAL FORMULAE
Since 1979

For a FREE Catalog
call NATURAL HEALING PUBLICATIONS
at 1-877-TEACH-ME (832-2463)

© Copyright 2012 Natural Healing Publications