

QUICK START DIRECTIONS FOR DR. SCHULZE'S

# Starter Kit 30-Day Routine

**START NOW** For Greater Health and Vitality!

EVERY patient who visited Dr. Schulze's clinic started with common sense, good-health basics! First, FEED your body super nutrition for greater health. Second, REMOVE the toxins and waste that cause disease. And third, STRENGTHEN your body's immune system to promote overall health. During the three decades Dr. Schulze spent running his clinic, all of his patients on their first visit left with:

- 1 SuperFood Plus**  
to build nutrient-rich blood
- 2 Intestinal Formula #1**  
to get the old, toxic waste out of their colon
- 3 Echinacea Plus**  
to boost their immune system

If you want better health, more energy, and you only have two minutes a day, then this routine is for you. All you have to do is swallow and WE GUARANTEE the results!

Call 1-800-HERBDOC (437-2362) or visit us online at [www.herbdoc.com](http://www.herbdoc.com) to order

# DAILY ROUTINE

Follow this routine for 30 days and feel and see the difference in your life!

## MORNING: (ALL MONTH LONG)

For the next 30 days, upon arising, drink 8 ounces of distilled or purified water. Then, prepare and drink your SuperFood Plus morning drink, OR take your SuperFood Plus tablets.

- **SuperFood Plus (Powder) Drink Recipe:** In a blender, mix 8 ounces of organic fresh fruit juice, 8 ounces of pure water, 1/2 cup of fresh organic fruit and 2 tablespoons of SuperFood Plus.

OR

- **SuperFood Plus (Tablets):** Consume 5 tablets, three times per day to get your complete dose of SuperFood Plus, or take all 15 tablets in the morning. To get an immediate nutritional and energy blast anytime, take 5 tablets with a few gulps of water.

## DURING THE DAY: (WEEK ONE ONLY)

Put 10 droppersful of Echinacea Plus in a 24-oz bottle of water and/or juice and just sip it throughout the day until you've finished it. Do this every day for about 7 days to consume the entire bottle.

Note: If you have a history of illness or immune system weakness, consume an additional bottle of Echinacea Plus during the third week of this routine.

## EVENING: (ALL MONTH LONG)

Start with only 1 capsule of Intestinal Formula #1 during or just after dinner. If you do not notice any difference in your bowel behavior by the next day, or if the difference was not dramatic, then that evening increase your dosage to 2 capsules. You can continue to increase your dosage every evening by 1 capsule until you notice a dramatic difference in the way your bowel works. Continue on this dosage until you have finished the bottle.

# ABOUT THE FORMULAS IN THIS ROUTINE:

## **SUPERFOOD PLUS (POWDER & TABLETS)**

### **Natural Vitamin & Mineral Food Concentrate!**

Getting the extra nutritional blast from my SuperFood Plus can be the missing link you've been searching for in your health program. Two rounded tablespoons of SuperFood Plus (added to a juice or blender drink) or 15 tablets, gives you 2 to 5 times of most vitamins you need for the entire day.

These superfoods assimilate so easily; the nutrients can enter your bloodstream and go to work within 15 minutes. If you are not used to nutritional supplements, then for the first week use only 1 tablespoon or only 5-10 tablets of SuperFood Plus, working your way up to the full dose.

## **INTESTINAL FORMULA #1**

### **The most effective herbal colon cleanser available anywhere!**

This stimulating tonic is cleansing, healing and strengthening to the entire gastrointestinal system. Getting the accumulated poisons and toxins out of your body and tuning up your body's waste removal system is the quickest way to heal disease and build powerful health.

This formula works best when taken with food, preferably dinner. The next morning you should notice an increase in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference by the next day or if the difference was not dramatic, then that evening increase your dosage to 2 capsules of Intestinal Formula #1. There is no limit. Most people need only 2-3 capsules, but a few have needed over 30 capsules. It has taken most of us years to create a sluggish bowel, so let's be patient for a few days and increase by only 1 capsule each day. This formula can be taken for a week, a month or the rest of your life. Use this formula until you are having one bowel movement each day for every meal you eat. Between 2 and 4 bowel movements a day is normal.

## **ECHINACEA PLUS**

### **Supercharge Your Immune System!**

Echinacea stimulates your body to build more immune cells and immune chemicals. It also stimulates these immune cells into action and heightened activity levels. These actions will help you combat any infection or disease more effectively and also protect you from future invasion and illness.

**“ I Guarantee: In a week, you'll feel better and more alive. In two weeks, you'll have more energy, feel less sluggish, be less toxic and those problems you had... well, they'll be gone. ”**

**– Dr. Schulze**



## Dr. Schulze's Clinical Experience

Dr. Schulze operated his clinic in Hollywood and Malibu, California. Most of his patients were movie directors, producers, actors, actresses and models. You can't find busier people, under more stress, living a faster-paced and more hectic life. They had no time and any program he put them on had to be easy, fast and simple. This routine is all three—plus, it's powerfully effective!

With just these three formulas, Dr. Schulze's patients saw dramatic results in their health, and for most of them, they didn't need to do much more to have a complete healing miracle in their lives!

These statements have not been evaluated or approved by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Call 1-800-HERBDOC (437-2362) or visit us online at [www.herbdoc.com](http://www.herbdoc.com) to order