

Dr. Schulze's

ORIGINAL CLINICAL FORMULAE

Since 1979

5 DAY DETOX KIDNEY QUICK START DIRECTIONS



- ✓ Flushes and Detoxifies your Kidneys and Bladder
- ✓ Eliminates Kidney and Bladder Infections
- ✓ Helps Remove Kidney Stones
- ✓ Cleans and Detoxifies your Blood and Promotes Healing

The Herbs in my Kidney and Bladder Formula and my Kidney and Bladder Herb Tea have 3 major actions: diuretic, disinfectant and dissolving. Herbs such as Uva Ursi Leaves, Juniper Berries, Corn Silk, Horsetail Herb, Parsley Leaf and Root, Dandelion Leaf, and others in the formula have been used for centuries to flush the Kidneys and Bladder.

WHAT'S INSIDE THIS KIT

- K-B Formula
- K-B Tea
- Detox Formula

GUARANTEED RESULTS

This program has proven itself effective in my clinic and in my customers' homes for over 25 years. I guarantee it is the most powerful and effective kidney, bladder and blood cleansing program available anywhere.

DAILY ROUTINE

DO THESE 8 STEPS EVERY DAY!

STEP 1: Upon arising drink 8 oz. of distilled or purified water.

STEP 2: Prepare and drink the Kidney/Bladder Flush Drink (see How to Make Dr. Schulze's Kidney/Bladder Flush Drink on the back panel).

STEP 3: 15-20 minutes after drinking your Kidney/Bladder Flush Drink, drink two cups of **K/B Tea** (see Dr. Schulze's **K/B Tea** directions on back panel). Put 2 droppersful of my Kidney/Bladder Formula in each cup of tea (consume total of 4 droppersful) or have the tonic separately in one ounce of water.

STEP 4: Finally take 3 droppersful of my **Detox Formula**. This formula is my strongest tasting so you can put it in a little grape juice if you wish.

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

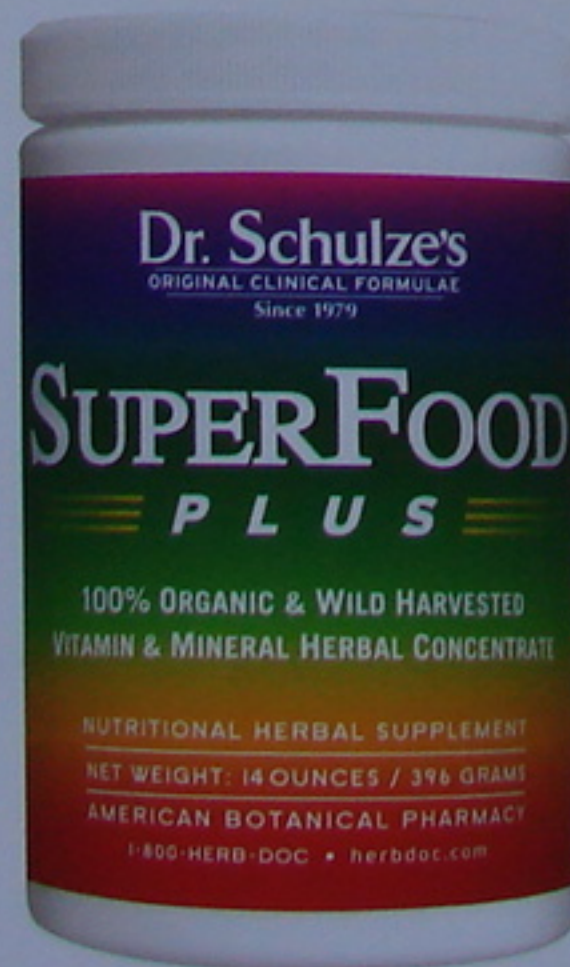
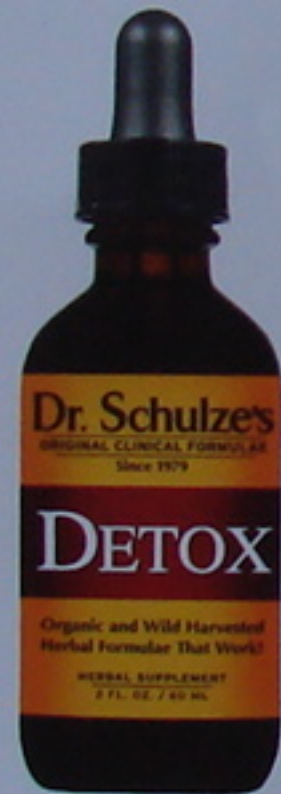
SuperFood Plus directions:

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**.

STEP 6: Repeat the same dosage of the **K/B Tea** & **K-B Formula** two more times during the day, consuming a total of 6 cups of **K/B Tea** and 12 droppersful of the **K-B Formula** a day.

STEP 7: Repeat the same dosage of my **Detox Formula** four more times during the day, consuming a total of 3 droppersful five times a day.

STEP 8: Continue with the Food and Juice Program as outlined on the next page.



THE FOOD AND JUICE PROGRAM

This program is 2 days of a Purifying Raw Food Program and 3 days of a Juice Flush.

DAYS #1 AND #5 (RAW FOOD)

BREAKFAST: If you're hungry before lunchtime you may have fruit, diluted fruit juice and fruit smoothies. Stop all fruit and fruit juice at least 1 hour before lunch. It is best while on this program not to mix fruits and vegetables.

LUNCH: For lunch you can have fresh raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, and herb teas. You may use dressings for your salads and vegetables if you like, using olive oil, avocado, raw apple cider vinegar, lemon juice, garlic, onions, and any herbs and spices.

AFTERNOON SNACKS: Raw vegetables, raw vegetable salads, diluted vegetable juices, sprouts, potassium broth, and herb teas. All vegetable foods and juices must be stopped by 6 pm.

DINNER: Diluted fruit juices, fruit, fruit smoothies, fruit salads, water and herb teas.

DAYS #2, #3, AND #4 (JUICE FLUSH)

Now we begin the 3-day fast. Consume at least one gallon (128 ounces) of liquid a day. That's eight 16-ounce servings a day. If you get hungry, DRINK MORE LIQUID!!!

MORNINGS: Start with water, your morning flush, herbal teas/tonics and your morning SuperFood Plus drink.

MID-MORNINGS: Diluted fruit juices, herb teas and water until noon.

AFTERNOONS: Diluted vegetable juices, potassium broth, herb teas and water until evening.

EVENINGS: Diluted fruit juice, herb teas and water in the evening.

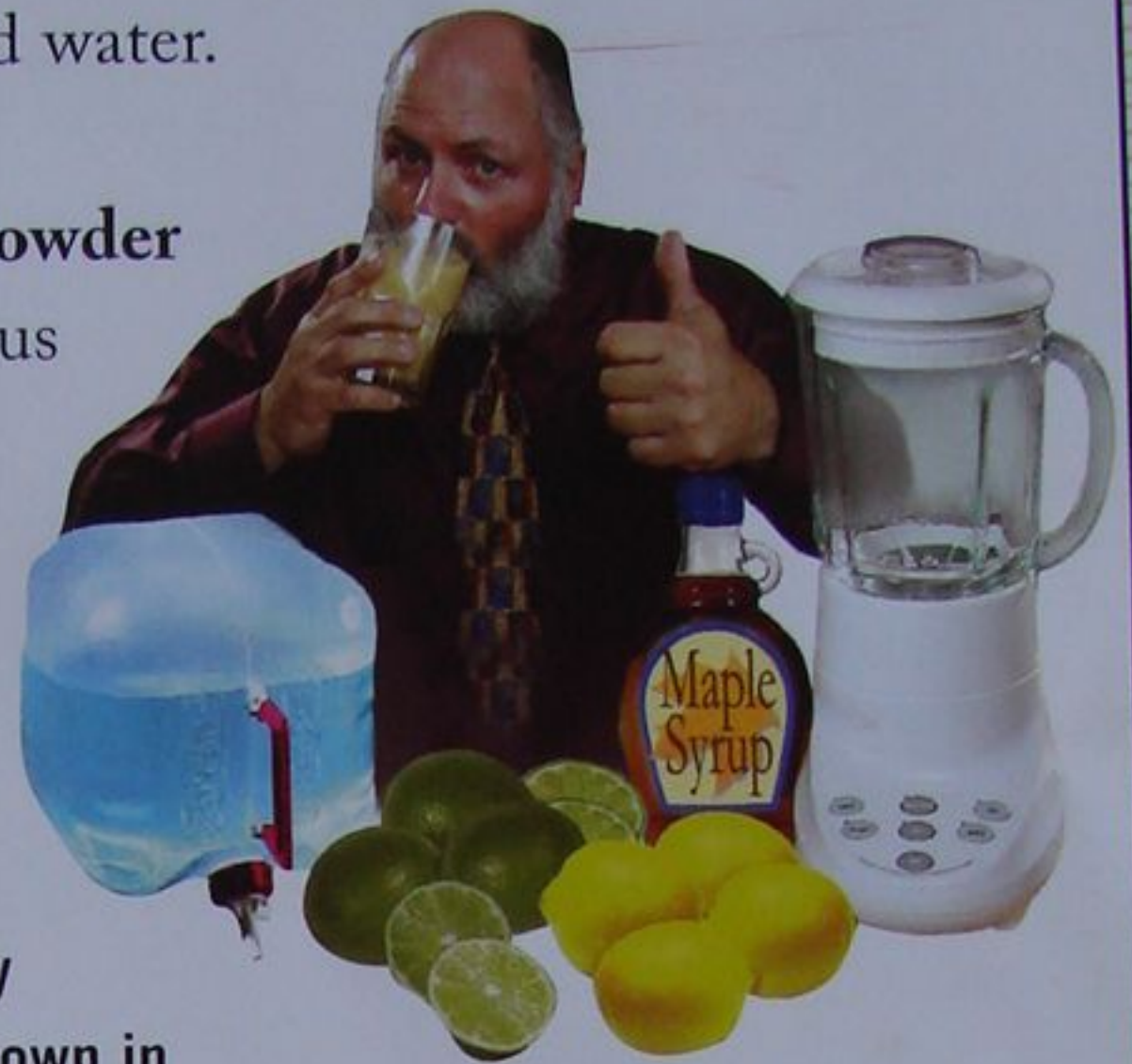
DAY #5 (RAW FOOD)

Day #5 is the day you will be breaking your fast. Your food program will be the same as Day #1. Breaking your fast is a very important part of this program. Chew your food slowly and mix each mouthful with plenty of saliva. Eat until you are satisfied, not full. You can always eat more later if you are still hungry. Chew everything to a liquid pulp.

HOW TO MAKE DR. SCHULZE'S KIDNEY/BLADDER FLUSH DRINK

PUT THESE INGREDIENTS IN A BLENDER:

1. 16 - 32 ounces of distilled or purified water.
2. Juice of 1 lemon and 1 lime.
3. A pinch of Dr. Schulze's **Cayenne Powder** or 5-20 drops of Dr. Schulze's Famous **Cayenne Tincture**.
4. Optional: A small amount of maple syrup to taste. Blend on high speed for 10-15 seconds.
5. Consume this drink.



NOTE: It only takes me 60 seconds to make my **KIDNEY FLUSH DRINK** in the morning. Drink it down in 2-3 minutes. Don't sip it.

HOW TO MAKE DR. SCHULZE'S KIDNEY/BLADDER TEA

Put six tablespoons of **K-B Tea** into 60 oz. of distilled water. Be sure to use only stainless steel or glass cookware. Let the tea sit in the water overnight. In the morning, heat it to a boil, reduce heat, and let simmer for 1 minute. Strain the herbs; do not discard them. Let the tea cool a bit, but use it hot. This will give you enough tea for your six cups for the day.



Put the used herbs back into the pot, add three tablespoons of fresh herbs and 60 ounces of distilled water. Let sit overnight and repeat whole process. Keep adding new herbs to old ones for three days, then discard all herbs and start over.

SUGGESTED DOSAGE: 2 cups, 3 times daily.

For more information about Dr. Schulze's **5-Day Kidney Detox Kit**, see the American Botanical Pharmacy Herbal Product Catalog, or read Dr. Schulze's book, *Healing Kidney Disease Naturally*.

Call: 1-800-HERBDOC or Visit www.herbdoc.com

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