

Dr. Schulze's

30

DAY DETOX

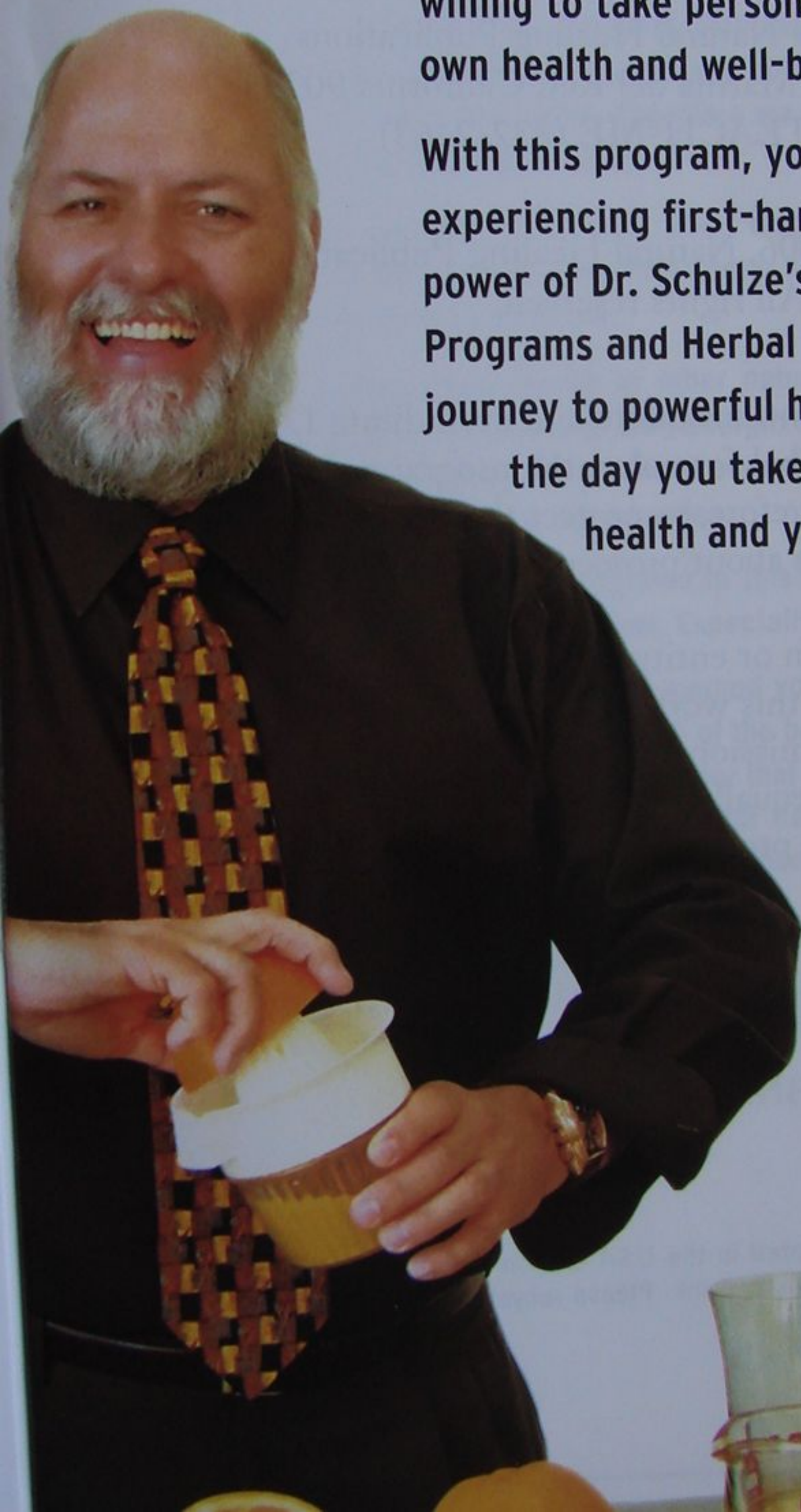
A
Powerful,
Life-Changing
Program



CONGRATULATIONS

Thank you for choosing Dr. Schulze's 30-Day Detox Program. Dr. Schulze has spent a lifetime dedicated to helping people just like you - those willing to take personal responsibility for their own health and well-being.

With this program, you will be experiencing first-hand the awesome power of Dr. Schulze's Natural Healing Programs and Herbal Formulae. Your 30 day journey to powerful health begins now. This is the day you take back control of your health and your life.



Dr. Schulze's

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WARNING

This book is published under the First Amendment of the United States Constitution, which grants the right to discuss openly and freely all matters of public concern and to express viewpoints no matter how controversial or unaccepted they may be. However, medical groups and pharmaceutical companies have finally infiltrated and violated our sacred constitution. Therefore we are forced to give you the following WARNINGS:

If you are ill or have been diagnosed with any disease, please consult a medical doctor before attempting any natural healing program.

Many foods, herbs or other natural substances can occasionally have dangerous allergic reactions or side effects in some people. People have even died from allergic reactions to peanuts and strawberries.

Any one of the programs in this book could be potentially dangerous, even lethal. Especially if you are seriously ill.

Therefore, any natural method you learn about in this book may cause harm, instead of the benefit you seek. **ASK YOUR DOCTOR FIRST**, but remember that the vast majority of doctors have no education in natural healing methods and herbal medicine. They will probably discourage you from trying any of the programs.

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FOREWORD BY DR. RICHARD SCHULZE

CELEBRATE LIFE!

My 30-Day Detox is a powerful detoxification and life-changing program.

"My 30-Day Detox is primarily a pure water, fresh juice and raw food cleansing program. By just drinking more water, fresh juice and eating raw foods for 30 days, you will transform your life!"

What makes my 30-Day Detox so different, and such a powerful detoxification, health building and life-changing program, is the addition of my Clinical Nutritional, Immune Boosting and Detoxifying Herbal Formulae.

I know that some of you reading this are wondering if you should do this...could you do this? All I can say is that life is the most precious gift you will ever receive. We take our health for granted and we almost live life like there is no end to it. Well, there is an end and it is not that far away. There are only 525,600 minutes in an entire year. That is why, as we age, years seem to go by so fast. And for those reading this that are in their 40's, what do you have left, 20 more summers, maybe 25? Life has a beginning and it has a definite end, and as far as we know, this is the only one we get.

If you don't do my 30-Day Detox, I don't care. My message is not about selling my herbal formula. My message is simply that I have seen the light. After spending 3 decades in my clinic, I know what the future is for most of you and it is

I'm offering you a chance, an opportunity, to enjoy life more, to live the rest of your life happy, healthy and full of energy. To love more, to laugh more, and to wake up every morning with a big smile on your face.

If you want more energy, if you want to feel better than you've felt in years, maybe even feel better than you have in your entire life... this program is for you!

not good. So please hear my message. If you are somewhere in mid-life, RIGHT NOW it is time to take a good look in the mirror. Don't let yourself slowly degenerate and go down the drain. STOP! Instead, it is time to do something special, plot a new course, steer out of your rut, and make a commitment to LIVE LONGER and make the rest of your life HAPPIER and HEALTHIER!

A few months ago I was talking to a man who did this program. He said that after a week on this program he felt better than he had in years. After his second week on this program, he said that he actually felt better than he had in 10 years. After three weeks on this program he told me that he felt better than he ever remembered in his entire life! You would think I would have been surprised, but I was not. I wasn't because I have heard this same response a hundred, actually probably a thousand, times. Some of the most common responses are that, after doing my 30-Day Detox, they now fit into a pair of jeans that they haven't worn in 25 years, or that their aches, pains and diseases just miraculously went away.

Dr. Richard Schulze

WHO NEEDS MY 30-DAY DETOX?

Thousands of my patients and customers have done my 30-Day Detox over the last 30 years for many different reasons.

Some of my patients who did my 30-Day Detox Program needed to heal themselves from a health problem that wasn't life-threatening, but was keeping them from fully enjoying life. Others were overweight and wanted to lose it. Some were healthy and just wanted to get healthier. Some of my patients were having mid-life crisis, were depressed, and medical doctors were prescribing anti-depressants or mood-elevating drugs for them, and handfuls of other dope... I mean prescription drugs. Menopause, erectile dysfunction or just feeling old were reason I heard too. Others were tired and bored with life, just plain unhappy, recently divorced, or a recent death of a friend or loved one woke them up and made them realize they were not immortal. Whatever their reason was, or your reason may be, there is no doubt that my 30-Day Detox is a very powerful physical, emotional and spiritual makeover.

WHY IS THE 30-DAY DETOX PROGRAM EASIER THAN THE INCURABLES PROGRAM?

It is easier for many reasons. First there aren't intensive hydrotherapy routines like my Incurables Program. You do not have to do an herbal bath and a cold sheet treatment. These are replaced with hot and cold alternating showers. You do not have to do high enemas and rectal garlic enemas. Instead you can just go and get a few colonic

HERBAL ROUTINE

The following are the minimum herbal formulas that you need to consume during my 30-Day Detox Program:

- 2 SuperFood Plus
(Must be taken all 4 weeks of program)
- 2 5-Day BOWEL Detox
Cleansing Kits
- 1 5-Day LIVER Detox
Cleansing Kit
- 1 5-Day KIDNEY Detox
Cleansing Kit
- 2 Echinacea Plus

irrigations, or not. You do not have to juice-fast for 30 days, and you can eat raw food if you wish.

HOW DO YOU DO MY 30-DAY DETOX PROGRAM?

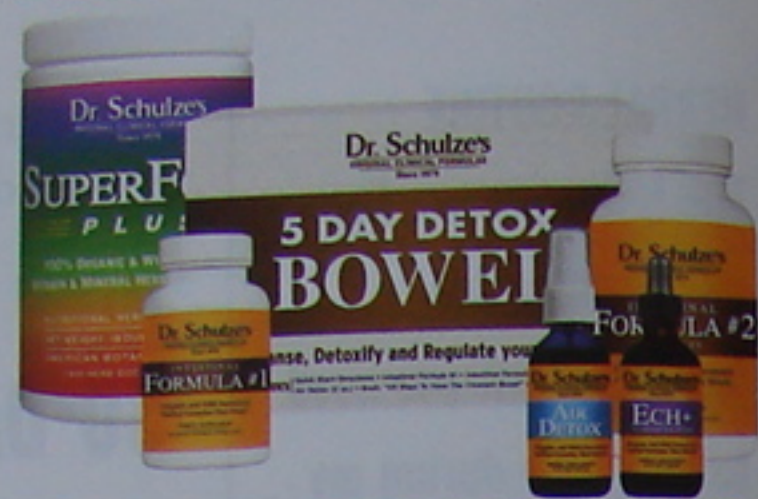
FOOD PROGRAM

You can juice-fast for thirty days, or eat raw foods, all you want, for thirty days. I would never stop anyone from doing a 30 day juice-fast. But with my 30-Day Detox Program, juice-fasting is optional. What I suggest for most people is to start off with a week of raw foods, then juice-fast for two weeks and finish with a week of raw foods. But be flexible, you don't even have to decide what you are going to eat or not eat up front, and you can change your mind anytime you want. Juice and raw foods are both powerfully detoxifying so you can adjust your food program as you go if this feels more comfortable to you.

NATURAL HEALING ROUTINE

Read my book, Common Sense Health and Healing and do as many of the programs listed as possible during your 30-Day Detox Program. If you want more energy or less weight, to build health or destroy disease, to change your career or to change your life, my 30-Day Detox Program is for you!

WEEK ONE WHAT YOU NEED



- SuperFood Plus
- 5-Day BOWEL Detox
- Echinacea Plus

"Cleansing your bowel is the FIRST STEP to better health."

This cleanse is easy to do and you will be amazed at how much better you will feel and how much more energy you will have.

As colon-rectal disease deaths surpass breast cancer, prostate cancer and also kill 400% more people than AIDS, isn't it time that all of us recognize the need for seasonal cleansing and detoxification of this most important organ? As every year passes we see that most disease and illness, from coronary artery blockage and strokes to cancer, and from neurological diseases to dementia and depression, are initially caused by the retention and accumulation of poisons and toxins in the body. Most often this retention and accumulation is initially caused by a sluggish colon that just doesn't properly remove the waste from our bodies.

Cleaning your bowel makes it a more efficient waste removal machine. This not only keeps the rest of your body and organs clean, but also prevents diseases before they even get started.

After cleansing out their bowel most people notice more energy and more vitality. They also notice improved digestion of food, better assimilation of nutrients, and more complete elimination of waste. You will also be protecting yourself from disease.

FIRST THINGS FIRST

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

We live in an age where we are exposed daily to literally thousands of chemical poisons in our air, water and food, from chemical-laden junk food and common toxic household cleaners, to home and work environment poisons and heavy metal exposure. Even most toothpaste labels warn to call the Poison Control Center if you swallow any. All of these exposures leave toxic residues lodged in your bowel. By cleansing your bowel, you can rest assured that these accumulated toxic residues won't stay inside you any longer.

DON'T BE IN A HURRY

If you are currently skipping days without having a bowel movement, then it is best not to rush and not to use the **Intestinal Formula #2** right away. Instead, start using the **Intestinal Formula #1** only. Let's get your bowel working better first. The reason for this is simple. You are already a bit constipated and sluggish. Your bowel is not active enough to use the **Intestinal Formula #2**, which could constipate you even further.

IMPORTANT!

Every evening, with dinner or just after dinner, take one or more capsules of my Intestinal Formula #1, which is best taken with food. Most people under 150 lbs. need only one capsule, while those over 150 lbs. usually need two capsules.

So start by taking one capsule of **Intestinal Formula #1** with or just after dinner. It is best to take this formula with food. If the next morning you do not have a good, complete bowel movement, or none at all, that evening take two capsules with or just after dinner. Continue to increase the dosage of **Intestinal Formula #1** by one capsule each evening until the next morning, when you sit on the toilet, you have a complete bowel movement. A complete bowel movement may consist of a larger volume than you would normally see in the toilet bowl, or you may experience two or three intestinal waves of fecal matter elimination.

When you have one or more bowel movements a day for an entire week, without skipping, you may now begin taking the **Intestinal Formula #2**.

BEGINNING WEEK #1

GROCERY LIST

- At least 7 gallons of distilled or purified water.
- For a juice-fast, enough organic fruit and vegetables (carrots, apples, oranges, beets, grapes, blueberries, blackberries, raspberries, cherries, prunes, lemons, limes, etc.) to make at least 4 gallons of fresh squeezed juice.
- 2 bulbs of organic garlic
- For a raw food diet - the above plus assorted organic fruits, vegetables, grains, beans, legumes, seeds and nuts. (See page 48 for a list of suggestions.)

Your goal is to take ten capsules or one packet of my Intestinal Formula #2 five times a day, for five days.

MY 5-DAY BOWEL DETOX KIT

FOR INTESTINAL FORMULA #2 CAPSULES

Simply take ten capsules, five times a day, for the next five days. You will be consuming 50 capsules per day for the next five days until the bottle is finished.

During this program, on average, you will be taking the **Intestinal Formula #2** every two to three hours. Remember, when taking Intestinal Formula #2, you must drink a minimum of 16 ounces of liquid with or immediately after each dose. You may drink pure water, herbal tea or fresh fruit or vegetable juice.

FOR INTESTINAL FORMULA #2 PACKETS

Simply take one packet, five times a day, for the next five days. Follow directions on the back of the packet for making your Intestinal Formula #2 drink. During this program, on average, you will be taking the **Intestinal Formula #2** packets every two to three hours. Remember, when taking Intestinal Formula #2 packets, you must drink a minimum of 16 ounces of liquid with each dose. You may use pure water, herbal tea or fresh fruit or vegetable juice when making your Intestinal Formula #2 drink. Again, see directions on the back of the packet.

Intestinal Formula #1 will remove all the accumulated **Intestinal Formula #2** from your bowel the next morning. If on day two, the morning after taking your **Intestinal Formula #2** capsules for the first time, you do not have a bowel movement, increase your liquid intake today and also increase your dosage of **Intestinal Formula #1** on that evening by one additional capsule.

SUPERFOOD PLUS DOSAGE

- Every morning and afternoon put 2 tablespoons of **SuperFood Plus** in a blender with 8 ounces fresh juice and 8 ounces distilled or purified water along with 1/2 cup of fresh fruit. Blend and drink.

ECHINACEA PLUS DOSAGE

- Drink 2 droppersful of **Echinacea Plus** in 2 ounces of juice or water, five times a day.

NOTE: If you do not notice an increase in your elimination the following morning, increase your **Intestinal Formula #1** dosage by 1 capsule every evening until desired effect is obtained. If you forget to take your **Intestinal Formula #1**, take it the next morning with a full breakfast.

DAILY ROUTINE BOWEL CLEANSE

THE NIGHT BEFORE:

- Take 1 **Intestinal Formula #1** capsule with dinner.

UPON WAKING:

- Drink 8 ounces distilled water.
- Do the **Hot and Cold Shower Routine**. (See page 43.)
- Add 2 tablespoons of **SuperFood Plus** to your morning juice. (This is your **SuperFood Plus Morning Nutritional Drink**.)
- Drink **Echinacea Plus**. 2 droppersful in 2 ounces of juice or water.
- Take **Intestinal Formula #2**. (10 capsules or 1 packet with at least 16 ounces of water.)
- Drink another 8 ounces of juice.

MID-MORNING:

- Drink another 8 ounces of juice and/or potassium broth. (See page 22.)
- Drink **Echinacea Plus**. 2 droppersful in 2 ounces of juice or water.
- Take **Intestinal Formula #2**. (10 capsules or 1 packet with at least 16 ounces of water.)

**SOMETIME DURING
THE DAY:**

- Get some fresh air.
Walk outside in your bare feet.
- Get some exercise and take some deep breaths.
- Send your body some healing messages like, "I love being alive! My body is healing itself!"

NOON:

- Have lunch consisting of raw juice or raw salad. If you like, sprinkle some **SuperFood Plus** on your salad.
- Drink **Echinacea Plus**. 2 droppersful in 2 ounces of juice or water.
- Eat at least 1 clove of garlic now and 2 more cloves later in the day.

AFTERNOON:

- Drink another 8 ounces of juice and/or potassium broth.
- Drink **Echinacea Plus**. 2 droppersful in 2 ounces of juice or water.
- Take **Intestinal Formula #2**. (10 capsules or 1 packet with at least 16 ounces of water.)
- Take 2 tablespoons of **SuperFood Plus** with juice or sprinkle on your salad for dinner.
- Drink at least 8-16 ounces of carrot juice some time today.

EVENING:

- Drink another 8 ounces of juice.
- Take **Intestinal Formula #2**. (10 capsules or 1 packet with at least 16 ounces of water.)
- Consume more juice or salad for dinner.
- Drink more juice (yes, again) or potassium broth.
- Do the **Hot and Cold Shower Routine**.
- Drink more juice.
- Drink **Echinacea Plus**. 2 droppersful in 2 ounces of juice or water.
- Take **Intestinal Formula #2**. (10 capsules or 1 packet with at least 16 ounces of water.)
- Take **Intestinal Formula #1** with juice or food.
- Good night. Job well done!

WEEK TWO WHAT YOU NEED



- SuperFood Plus
- 5-Day LIVER Detox

"Flushing, Detoxifying and Protecting your Liver and Gallbladder just makes good common sense!"

Your body is really no different than your car. Like any machine, if you want it to last and give you the maximum lifespan that it was designed for, and give you years and years of trouble-free service, then it needs routine maintenance.

If you want to get the most miles out of your vehicle, then you have to follow a routine preventative maintenance program just like the one that comes inside the glove compartment of every new car. You know, change the oil and oil filter every 5,000 miles, rotate the tires, change the air filter every 10,000, a tune-up in 20 or 25,000 miles, radiator flush, check the battery and so on. Any mechanic will tell you that if you want your car to last for years and years, you need to take care of it.

Everything you breathe and swallow – air, food, water, drugs, EVERYTHING – once it is assimilated by your small intestine, everything goes directly to your liver. The reality is that if you are a human being who eats, drinks and breathes, and lives anywhere on this planet, your liver has been attacked, damaged and is possibly even sick.

Your body, like any machine, uses fuel to run, and as it runs it creates waste products. To have your machine run its best, it is important to use the absolute best fuels and to periodically cleanse your internal parts. If you do not follow a routine preventative maintenance program, as sure as the wind your vehicle will prematurely break down and die.

What's the bottom line? Your best defense is a strong offense. In other words, a strong and healthy liver. And the best way to maintain a strong and healthy liver is to cleanse it regularly.

The main cause of liver and gallbladder disease is an overworked liver that is overloaded with toxins and poisons from our food, water and air and also from taking drugs, drinking alcohol and eating too much animal food. All of these cause the liver and gallbladder to be overloaded and subsequently result in congestion, constipation and illness. This is the cause of almost all liver and gallbladder disease and also the cause of many seemingly unrelated diseases, like heart disease, high blood pressure, strokes, even cancer.

My Liver Flush Drink and 5-Day LIVER Detox stimulates the liver to produce more bile and get the bile moving through the gallbladder and ducts. This action unblocks and unconstipates the liver and gallbladder and even dissolves and removes gallstones. This is what will clean, detoxify and heal your liver and gallbladder.

TOOLS:

- Blender
- 1 measuring cup (at least 16 ounces)
- 1 water glass (at least 20 ounces)
- 1 manual citrus juicer
- 1 knife (wider is better)
- 1 tablespoon

BEGINNING WEEK #2**GROCERY LIST**

- At least 7 gallons of distilled or purified water
- At least 15-20 organic oranges
- 5 organic lemons
- 5 organic limes
- 2 bulbs of organic garlic
- 5 inches of fresh organic ginger root
- One 24-ounce bottle of organic, extra-virgin cold-pressed olive oil
- For raw food days - assorted organic fruits and vegetables to eat, organic grains, beans, legumes, seeds and nuts to sprout.

DR. SCHULZE'S LIVER FLUSH DRINK INGREDIENTS:

- 3 to 4 juice oranges, 1 lemon and 1 lime (enough for 8 ounces)
- 1-5 cloves of garlic
- 1 inch piece of fresh ginger
- 1-5 tablespoons of olive oil (extra-virgin, cold-pressed organic)
- 8 ounces distilled or purified water

RECIPE FOR DR. SCHULZE'S LIVER FLUSH DRINK

1. Put 8 ounces of fresh juice in your blender. NOTE: During Spring or Summer, mix the juice of one lemon, one lime and enough oranges to make 8 ounces of a citrus combination juice. During Fall or Winter, mix 8 oz. of fresh apple or grape juice or an apple/grape combination juice.
2. Add one to five cloves of garlic – one clove for Day #1, two for Day #2... until you reach five cloves by Day #5. NOTE: Do not chop the garlic, just throw it in whole, the blender will do

the rest. The best way to peel garlic is to smash it under the flat side of a knife, the peel will just slip off. Use medium sized cloves. Use larger or smaller cloves depending on your garlic tolerance.

3. Add one piece of fresh ginger root (about one inch long.) NOTE: Do not peel it. The blender will liquefy it.
4. Finally, add 8 ounces of distilled, reverse osmosis or filtered water and one to five tablespoons of olive oil (one tablespoon for Day #1, two for Day #2... until you reach five tablespoons by Day #5.)
5. Blend all of these ingredients for about 60 seconds and DRINK! Don't sip it!

HOW TO MAKE**DR. SCHULZE'S DETOX TEA**

Put six tablespoons of Detox Tea into 60 ounces of distilled water. Be sure to use only stainless steel or glass cookware. Let the tea sit in the water overnight. In the morning heat up to a boil, reduce heat and let (**Detox Tea**) simmer for 15 minutes. Strain the herbs, do not discard them, let the tea cool a bit, but drink 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.

HOW TO MAKE DR. SCHULZE'S POTASSIUM BROTH

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

Use only organic vegetables! We do not want to consume any toxic, immune suppressive insecticides, pesticides or inorganic chemical fertilizers while we are on a detoxification program.

INGREDIENTS:

- Potatoes
- Carrots
- Beets
- Onions
- Garlic
- Celery
- Dark Greens
- Distilled Water

1. Fill a large pot with:

- 25% potato peelings
- 25% carrot peelings and chopped beets
- 25% chopped onions
- 25% chopped celery and dark greens
- 50 cloves of garlic (minimum)

2. Add hot peppers to taste. Add enough distilled water to just cover vegetables and simmer on low temperature for 1- 4 hours.

3. Strain and drink only the broth.

Make enough for two days, refrigerate leftover broth.

This program is two days of a Purifying, Raw Food Program and three days of a Juice Flush.

FOOD AND JUICE PROGRAM

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.

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!!!

DAYS #2, #3 AND #4 (juice-flush)

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.

DAYS #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.

THE NIGHT BEFORE:

- Soak 6 tablespoons of **Detox Tea** in 60 ounces of distilled water.

DAILY ROUTINE LIVER/GALLBLADDER CLEANSE**UPON WAKING**

- Drink 8 ounces distilled water.
- Do the **Hot and Cold Shower Routine**. Emphasis on any part of your body that is sick or hurting.
- Simmer 2 cups of **Detox Tea**.
- While **Detox Tea** simmers, prepare and drink the **Liver Flush Drink** (directions on how to prepare the **Liver Flush Drink** on page 20.)
- 15 minutes after drinking the flush, add 2 droppersful of my **L-GB Formula** to each cup of **Detox Tea** (or you can take the tonic separately in 1 ounces of water) and drink both cups. You will repeat this two more times during the day.
- Take 3 droppersful of my **Detox Formula** (you will need to take this a total of 5 times a day). **Detox Formula** is my strongest tasting formula, so you can drink it with a little grape juice if you wish.
- An hour later, drink your **SuperFood Plus Morning Nutritional Drink**.
- Drink another 8 ounces of juice.

**SOMETIME DURING
THE DAY:**

- Get some fresh air.
Walk outside in your bare feet.
- Get some exercise and take some deep breaths.
- Send your body some healing messages like, "I love being alive! My body is healing itself!"

MID-MORNING

- Drink another 8 ounces of juice and/or potassium broth.

NOON

- Have lunch consisting of raw juice or raw salad. If you like, sprinkle some **SuperFood Plus** on your salad.
- Eat at least 1 clove of garlic now and 2 more cloves later in the day.
- Drink 2 cups of **Detox Tea**, adding 2 droppersful of my **L-GB Formula** to each cup.
- Repeat **Detox Formula**.

AFTERNOON

- Drink another 8 ounces of juice and/or potassium broth. (See page 22.)
- Drink 2 cups of **Detox Tea**, adding 2 droppersful of my **L-GB Formula** to each cup.
- Repeat **Detox Formula**.
- Take 2 tablespoons of **SuperFood Plus** with juice or sprinkle on your salad for dinner.

EVENING

- Drink another 8 ounces of juice.
- Repeat **Detox Formula**.
- Consume more juice or salad for dinner.
- Drink more juice (yes, again) or potassium broth.
- Do the **Hot and Cold Shower Routine**.
- Drink more juice.
- Repeat **Detox Formula**.
- Begin soaking **Detox Tea** for tomorrow.
- Good night. Job well done!

WEEK THREE WHAT YOU NEED



- SuperFood PLUS
- 5-Day KIDNEY Detox

"It's so silly that Kidney and Bladder Disease has become an epidemic in America, especially since it's so easy to prevent . . . and so simple to heal."

The Kidney/Bladder Flush and my K-B Herbal Formulae have many healing benefits to your Urinary System. First, just by consuming all the liquid you are literally flushing the kidneys out. Just by urinating more, you can remove infections and stones in the kidneys and bladder. This is very important, especially first thing in the morning since your kidneys have been sleeping and near dormant all night long. In the morning you most likely have a higher bacteria count and higher level of sediment in your kidneys than any other time.

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

TOOLS:

- Blender
- Manual citrus juicer

BEGINNING WEEK #3

GROCERY LIST

- At least 7 gallons of distilled or purified water
- 5 organic lemons
- 5 organic limes
- 2 bulbs of organic garlic
- For a raw food diet - the above plus assorted organic fruits, vegetables, grains, beans, legumes, seeds and nuts (see page 48 for a list of suggestions.)
- Dr. Schulze's Cayenne Powder or Dr. Schulze's Cayenne Tincture
- Maple syrup

DR. SCHULZE'S KIDNEY FLUSH DRINK

INGREDIENTS:

- Juice of 1 lemon and 1 lime
- Pinch of Dr. Schulze's **Cayenne Powder** or 5-20 drops of Dr. Schulze's Famous **Cayenne Tincture**.
- 16-32 ounces of distilled or purified water
- Maple Syrup

RECIPE FOR DR. SCHULZE'S KIDNEY FLUSH DRINK

1. Put 16 - 32 ounces of distilled water into your blender.
2. Add fresh lemon and lime juice.
3. Add a pinch of Dr. Schulze's **Cayenne Powder** or 5-20 drops of Dr. Schulze's Famous **Cayenne Tincture**.
4. Optional: Add a small amount of maple syrup to taste.
5. Blend on high speed for 10-15 seconds.
6. Consume this drink in 2-3 minutes. Don't sip it.

HOW TO MAKE DR. SCHULZE'S K-B TEA

Put six tablespoons of this tea into 60 ounces of distilled water. Be sure to use only stainless steel or glass cookware. Let the tea sit in the water overnight. In the morning, heat 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 to drink two cups, three times during the day. If you are planning to drink the tea for more than one day, then put the used herbs back into the pot, adding three tablespoons of fresh herbs and 60 ounces of distilled water.

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

FOOD AND JUICE PROGRAM

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.

This program is two days of a Purifying, Raw Food Program and three days of a Juice Flush.

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)

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.

DAYS #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.

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!!!

THE NIGHT BEFORE:

- Soak 6 tablespoons of K-B Tea in 60 ounces of distilled water.

DAILY ROUTINE KIDNEY/BLADDER CLEANSE

UPON WAKING:

- Drink 8 ounces distilled water.
- Do the **Hot and Cold Shower Routine**. Emphasis on any part of your body that is sick or hurting.
- Simmer 2 cups of **K-B Tea**.
- While **K-B Tea** simmers, prepare and drink the **Kidney Flush Drink** (directions on how to prepare the Kidney Flush Drink on page 29.)
- 15 minutes after drinking the flush, add 2 droppersful of my **K-B Formula** to each cup of **K-B Tea** (or you can take the tonic separately in 1 ounce of water) and drink both cups. You will repeat this three more times during the day.
- Take 3 droppersful of my **Detox Formula** (you will need to take this a total of 5 times a day). **Detox Formula** is my strongest tasting formula so you can drink it with a little grape juice if you wish.
- An hour later, drink your **SuperFood Plus Morning Nutritional Drink**.
- Drink another 8 ounces of juice.

Mid-morning:

- Drink another 8 ounces of juice and/or potassium broth. (See page 22.)

SOMETIME DURING**THE DAY:**

- **Get some fresh air.**
Walk outside in your bare feet.
- **Get some exercise and take some deep breaths.**
- **Send your body some healing messages like, "I love being alive! My body is healing itself!"**

NOON:

- Have lunch consisting of raw juice or raw salad. If you like, sprinkle some **SuperFood Plus** on your salad.
- Eat at least 1 clove of garlic now and 2 more cloves later in the day.
- Drink 2 cups of **K-B Tea**, adding 2 droppersful of my **K-B Formula** to each cup.
- Repeat **Detox Formula**.

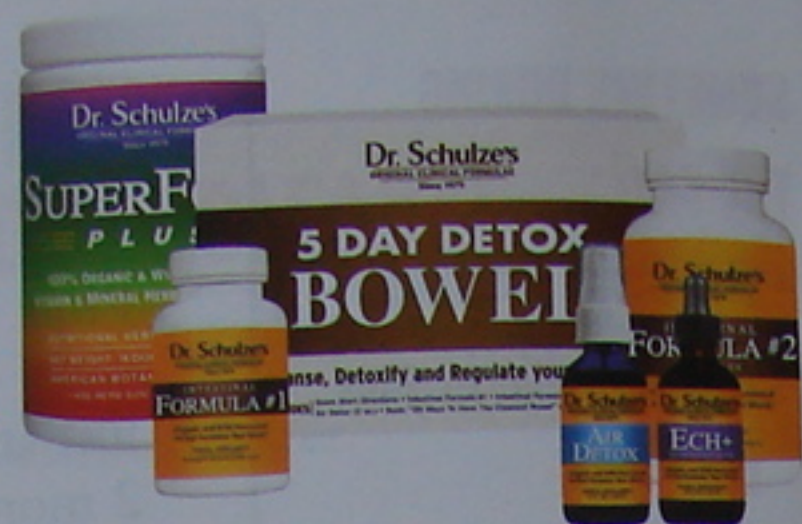
AFTERNOON:

- Drink another 8 ounces of juice and/or potassium broth.
- Drink 2 cups of **K-B Tea**, adding 2 droppersful of my **K-B Formula** to each cup.
- Repeat **Detox Formula**.
- Take 2 tablespoons of **SuperFood Plus** with juice or sprinkle on your salad for dinner.

EVENING:

- Drink another 8 ounces of juice.
- Repeat **Detox Formula**.
- Consume more juice or salad for dinner.
- Drink more juice (yes, again) or potassium broth.
- Do the **Hot and Cold Shower Routine**.
- Drink more juice.
- Repeat **Detox Formula**.
- Begin soaking **K-B Tea** for tomorrow.
- Good night. Job well done!

WEEK FOUR WHAT YOU NEED



- SuperFood PLUS
- 5-Day BOWEL Detox
- ECHINACEA PLUS

NOTE:

If you do not notice an increase in your elimination the following morning, increase your Intestinal Formula #1 dosage by 1 capsule every evening until desired effect is obtained. If you forget to take your Intestinal Formula #1, take it the next morning with a full breakfast.

BEGINNING WEEK #4

FOR DOSAGES AND DIRECTIONS SEE WEEK ONE ON PAGE 10.

DAILY ROUTINE BOWEL CLEANSE

THE NIGHT BEFORE:

- Take 1 **Intestinal Formula #1** capsule with dinner.

UPON WAKING:

- Drink 8 ounces distilled water.
- Do the **Hot and Cold Shower Routine**. (See page 43.)
- Add 2 tablespoons of **SuperFood Plus** to your morning juice. (This is your **SuperFood Plus Morning Nutritional Drink**.)
- Drink **Echinacea Plus**. 2 droppersful in 2 ounces of juice or water.
- Take **Intestinal Formula #2**. (10 capsules or 1 packet with at least 16 ounces of water.)
- Drink another 8 ounces of juice.

SOMETIME DURING THE DAY:

- Get some fresh air. Walk outside in your bare feet.
- Get some exercise and take some deep breaths.
- Send your body some healing messages like, "I love being alive! My body is healing itself!"

MID-MORNING:

- Drink another 8 ounces of juice and/or potassium broth. (See page 22.)
- Drink **Echinacea Plus**. 2 droppersful in 2 ounces of juice or water.
- Take **Intestinal Formula #2**. (10 capsules or 1 packet with at least 16 ounces of water.)

NOON:

- Have lunch consisting of raw juice or raw salad. If you like, sprinkle some **SuperFood Plus** on your salad.
- Drink **Echinacea Plus**. 2 droppersful in 2 ounces of juice or water.
- Eat at least 1 clove of garlic now and 2 more cloves later in the day.

AFTERNOON:

- Drink another 8 ounces of juice and/or potassium broth.
- Drink **Echinacea Plus**. 2 droppersful in 2 ounces of juice or water.
- Take **Intestinal Formula #2**. (10 capsules or 1 packet with at least 16 ounces of water.)
- Take 2 tablespoons of **SuperFood Plus** with juice or sprinkle on your salad for dinner.
- Drink at least 8-16 ounces of carrot juice some time today.

EVENING:

- Drink another 8 ounces of juice.
- Take **Intestinal Formula #2**. (10 capsules or 1 packet with at least 16 ounces of water.)
- Consume more juice or salad for dinner.
- Drink more juice (yes, again) or potassium broth.
- Do the **Hot and Cold Shower Routine**.
- Drink more juice.
- Drink **Echinacea Plus**. 2 droppersful in 2 ounces of juice or water.
- Take **Intestinal Formula #2**. (10 capsules or 1 packet with at least 16 ounces of water.)
- Take **Intestinal Formula #1** with juice or food.
- Good night. Job well done!

*“Make a
commitment to
LIVE LONGER
and make the rest
of your life
**HAPPIER and
HEALTHIER!”***

–Dr. Richard Schulze

OPTIONAL EXTRAS

- Extra Bowel Cleansing
- Garlic
- Hydrotherapy
- Skin Brushing
- Movement
- Love
- Positive Affirmations
- Other Natural Healing Resources

You have already decided to take a huge step towards a new life. As I have said before, my 30-Day Detox Program is a physical, emotional and spiritual makeover.

The following are a list of optional extras that all greatly enhance and add power to the 30-Day Detox and I recommend that you include ALL of them into your month long cleanse. I suggest as a minimum that you at least try each of them for a few days every week.

EXTRA BOWEL CLEANSING

When my 5 Day DETOX for your bowel that you will do in week one and week four is complete, you do not have to do anything else or any other colon cleansing. ON the other hand, if you have a medical history of constipation or any type of digestive or bowel disease, or a family history of this disease, you may want to get more acquainted and more familiar with your bowel.

COLONICS & ENEMAS

A great way to do this is to get a colonic irrigation which is basically a simple water wash of the inside of your colon through a short, small tube inserted into your anus. Once you do one you will see that it is no big deal, but can offer a great health benefit. For the more adventurous, learning to give yourself a high enema, which is like a home colonic, can be highly enlightening, not to mention offering serious health and healing benefits too. To get the most out of your 30-Day DETOX I suggest doing both.

A high enema is designed to wash, empty and clean out the entire colon, and large intestines. By comparison, a regular enema only washes fecal matter out of the area near your rectum. In addition, a high enema should always be followed by a rectal implant. You can do a high enema at home. It's easy. The first time you have to be patient. I always say it's best to have an enema party. It's much easier if you have two people – one person giving the enema and one person receiving. Otherwise, you've got to work and move and strain all on your own.

Put a couple of old towels down on your bathroom floor because chances are you are going to get a little bit of water on the floor, possibly a little bit of fecal matter, some herbal ointment and other things. Make it nice and comfortable. Put a heater in the bathroom and get it warmed up. Play some nice enema music and spray some essential oil or light some incense because you'll have old fecal matter coming out and this is going to smell. So make it a nice experience. Make sure you apply some herbal ointment or un-petroleum jelly. Grease your rectum really well. You are better off over-greased than under-greased. Fill the enema bag with nice, warm water – body temperature or a little cooler. Begin with a regular enema. While lying on the floor, release the clamp and let the air out of the tube before introducing the water. Have your healing partner introduce 8-16 ounces of water into your rectum. At this point, many people will feel an initial cramp like, "Oh, I gotta' get this out of here now." So hop on the toilet and let that water and fecal matter out of the bowel. And do that again. You can repeat a rectal flush two or three times. After a while, just water comes out.

Now you want to introduce water into the colon itself, and it's very simple. First, lie on your left side. Have your healing partner put the enema in, and refill the bag with at least a couple of quarts of water if you can get that

much in. Have your healing partner unclip the enema hose so the water starts flowing. You'll feel the water enter the rectum. Breathe. You need to breathe. Take some deep breaths and relax. You might feel a little cramping. If you do, say, "Stop." Your healing partner will shut off the flow of the enema bag. Have them keep it off for a while until the cramping subsides. You'll begin to feel the water on your left side, especially if you're using cooler water. You'll begin to feel it entering your sigmoid and descending colon. Again, if you feel a cramp, or, like, "Oh, I can't hold this!" tell your healing partner to stop the water. Relax and breathe, but do try to get as much water in as possible. There's no hurry to get up. You'll empty your rectum, but you'll also have some emptying of your descending or sigmoid colon. Lie back, use a little more herbal ointment or un-petroleum jelly, fill the enema bag again, and then lie down again on your left side. The second or third time, you'll probably get a lot of water in. In fact, you'll probably drain the enema bag. You'll feel the water on your left side, all the way up under your rib. This is called your splenic flexure, because it's the bend right near your spleen.

Now, roll over, onto your back. It helps if you put an old pillow under your butt to elevate you a bit. Once on a slant, you'll feel the water enter your transverse colon moving from left to right, going backwards through the colon, the opposite way the fecal matter goes. Now you'll feel the water, and when you feel it go all the way above your navel at the base of your rib cage through your transverse colon, you may feel as though you have a belly or lower abdomen full of water. It will feel a little heavy. Great!

Now, turn over onto your right side. As you move, you might have to have a water change. Have your healing partner pull the enema out. (In Europe, they have enema bags that have open tops so you can keep adding water as this is going on, but in this country, we have sealed enema bags, so you have to stop, pull out the enema, fill the enema bag again and then restart. If you can, cut a hole in the top of your sealed enema bag so you can refill it without removing the hose from your rectum.) Now you are filling up the right side of your colon. You'll feel that water going down the ascending colon all the way down to that cecum and appendix, which is halfway between your navel and your hip bone.

If you drew a line between your navel and what's called the iliac crest of your pelvis, that's about where your cecum is. You'll feel it all the way there.

When you've had enough, stop. Say, "I'm full of water," and lie there. Maybe even get up into a higher slant where your butt is even higher. If you've got support under you, it will help distribute the water. If you've done yoga, try a shoulder stand or a modified one. If you haven't done yoga, put your feet up against the wall and walk your feet up the wall creating a slight inversion. Stay there and relax. Be there for at least 5 minutes, if not 10 to 15 minutes. Then get on the toilet. Relax. You may find that, at first, nothing comes out. Then, as you relax more, water will come out and you'll think, "Was that it?" Relax even more, and you'll have a real flush of water. You'll get a tremendous amount of water and a lot more fecal matter now. When you finish that, if you are up to it, start all over again. At this point, you won't have to do any more rectal flushes. Your body will accept a high enema immediately. So do it again. You'll find that you can do two or three of these before the water starts looking somewhat clear. If you're lucky, you'll get what's called a cecal flush, which means you're sitting on the toilet and, all of a sudden, you'll feel a cramp in your bowel. The whole bowel contracts at once and you have a cecal flush. A cecal flush means that the water from your cecum all the way through your bowel is expelled at once. On the way to the toilet, it will feel very warm – even hot, and you'll feel a peristaltic wave from your right side to your left. It's tremendous. Now you know you've done some deep cleansing. In the colonic industry that's called a cecal flush, and if you can get it at home with a high enema, yahoo!

GARLIC

Garlic is one of the most powerful herbs on the planet for cleansing and detoxifying. It is also famous for enhancing your chi, ki, prana, (your internal power) and making you physically strong.

Experiment with adding 3 raw cloves of Garlic to your daily program. You can just chew them whole or you can chop them up and swallow it with some juice.

Remember, the best way to cover up the garlic odor on your breath is covering it up with 1 or 2 droppersful of my Digestive Tonic, swished in your mouth and swallowed.

In the clinic and with my own healing, I have learned that Garlic is truly a miracle plant. If I were to be restricted to only a handful of herbs, Garlic,

Cayenne, Lobelia and Aloe would be on the top of the list, in that order!

Garlic, known botanically as *Allium sativum*, is certainly one of nature's miracle plants. It has been worshiped since the beginning of recorded history for its ability to heal and strengthen the body. The ancient Egyptians, Greeks and Romans all used garlic in copious amounts to increase strength and combat disease and illness.

If you are looking for a safe and effective remedy for heart disease, Garlic is a great choice. Whether you have high blood pressure, high cholesterol and triglycerides, arterial plaque or clotting, Garlic has been found to lower serum cholesterol and triglyceride levels and reduce the build-up of atherosclerotic plaque in your arteries.

Garlic is also proven to be an effective cancer therapy. The National Cancer Institute has reported that cancer incidence worldwide is lowest in the countries where garlic consumption is the highest: France, Spain and Italy. Garlic has been shown to help our white blood cells not only defend us against cancer, but also to increase our ability to destroy tumors.

When the powerful healing phytochemicals of garlic are present in the bloodstream, many aspects of our immunity are enhanced. Garlic not only destroys bacteria, virus and fungus on contact, but it also stimulates cellular immunity. This is why I chose it as a compliment to Echinacea in my **Echinacea Plus**.

A great healing dose is at least 3 cloves of FRESH, RAW Garlic every day.

See Chapter 4 of my book *Common Sense Health and Healing* for more information about this wonderful, miraculous and healing herb.

HYDROTHERAPY

If you want to increase the power and effectiveness of your 30 Day Detox 10 times, by just adding one thing, this is definitely it! My Hot and Cold Shower routine will WAKE your body/mind up, SHAKE your body/mind up and transform you into a much stronger, healthier and alive person.

Hydro (water) Therapy is as old as history itself. All of our ancestors knew of the power of using hot and cold water to heal the body, mind and spirit.

MY HOT & COLD SHOWER ROUTINE

Just get into a nice warm shower (a blend of HOT and COLD water) for a few minutes and relax, then when you're ready, quickly turn the HOT water off all the way, and take that full blast of cold water on your entire body, everywhere, especially the sick areas, and don't forget your head. It is also helpful to scream, yell, moan, cry, shake and do whatever comes naturally. Actually, what usually comes naturally is very little because we have had years of training in swallowing our emotional expression, so unload and scream.

After about 15 – 30 seconds, whatever you can stand, turn the hot water back up slowly, take a few seconds, and turn it up to as HOT as you can stand it. Make sure that it hits you everywhere again for about 15 seconds, even up to a minute if you can. Then immediately turn the HOT water off all the way again.

If you understood me correctly you are only turning the Hot water on and off but you will be leaving the COLD water always running.

Once you get the hang of this, I want you to do 7 repetitions of HOT and COLD, that's 7 HOT and 7 COLD.

If you do this HOT and COLD alternating hydrotherapy shower on or over any diseased area of your body, or on any sick area, any blockage, any pain, any cyst, boil, cancer, or physical injury along with the other programs in this book, the next thing you will know, your problem will be gone.

P.S. Use your common sense. If you have a history of any heart or circulatory disease, work your way into this program more slowly, using your good common sense.

SKIN BRUSHING

With a dry, natural plant-fiber skin brush, start at your feet and move upward toward your heart. Pay special attention to your affected areas as well as your lymph system in your groin area and under your arms. Don't forget your scalp and face. (Careful with the face.) SCRUB yourself thoroughly every day. Skin brushing stimulates the lymphatic flow. Your

lymphatic system is the clear fluid of your body. It's the white blood and it contains pure immune cells. It doesn't have a pump like the heart, so skin brushing is one of the best ways to move that lymph around the body.

MOVEMENT

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

You've heard it before: If you rest you rust, and all that. But moving your body is not just exercise to be fit. Every function in your body depends upon your moving—everything. Your blood circulation, your lymphatic circulation, your nerve function, your digestion, assimilation, elimination, your brain—EVERYTHING. Remember, over 50% of deaths due to chronic disease are caused by a sedentary lifestyle. So get moving!

LOVE

To heal yourself of any disease, any illness, to be healthy, you need to love more. Love yourself, love your kids, love your family, love strangers, love your enemies, love your life, love what you do, love your disease and love being loving and when you run out of things to love, then love running out of things to love. I know being loving doesn't come naturally to most, that's why we have to practice it, but believe me, it is more nutritious than beets and more healing than carrot juice.

If you walk around all day long frowning, not loving what you do and not loving yourself, then prepare yourself because disease and illness are not far away.

My suggestion: make up some of your own positive affirmations about how much you love yourself, how much you love your life, how much you love where you live, and how much you love your family. You love everybody and everything. Tell yourself how good you are at doing things, and the next thing you know you'll be living in love and any disease and illness will be gone.

POSITIVE AFFIRMATIONS

Everything you do in life, EVERYTHING, you need to make fun, and do it with gusto, and this includes my 30 Day DETOX. If you are torturing

yourself, depressed and making it a horrible experience, you are doing it all wrong. Lighten up! Learn some positive affirmations and some jokes. Love, Laughter and Light, my friends.

We all take ourselves and our lives way too seriously. So lighten up a little bit, in fact A LOT. Laugh more. Laughter can be more healing than fresh juice. Start laughing today, even if you have to force it at first. Try it. Actually get hysterical. Laugh until you cry, until snot dribbles out your nose, laugh until you pee your pants or are in so much pain your ribs hurt and you can't breathe. Actually try to die laughing. It might take some practice, especially if you've had years of training being so serious, and being in control and being cool. Years of practice being dead.

In order for me to heal my heart disease I also learned to express positive affirmations WITH GUSTO! It is fun. I only bowl once a year at our company bowling tournament. So since I don't get any practice, when I bowl I say, "Hey, I'm a great bowler." Because of my positive affirmation I bowl better and I have more fun bowling. Sure I could focus on a gutter ball or two but all I remember is the four strikes I had in a row last year, which is because I AM A GREAT BOWLER!

TRY IT... Scream it out: "I Love Myself! I Love My Life! YAHOO!" When you see yourself in the mirror tomorrow morning I want to hear you scream "YES, WHAT A HUNK!" . . . all the way to my house in Malibu, California.

OTHER NATURAL HEALING RESOURCES

Read my book, Common Sense Health and Healing all during your 30-Day Detox and listen to my GET WELL audio tape over and over again. You can't read the book or hear the audio tape enough.

Then, as you read and listen, try to add each and every one of my steps into your life during your 30-Day Detox. I know that this is asking a lot, but have fun with it. I am still working on including every one of these steps into my daily life and I have been doing this for 36 years.

The whole object of getting healthier is to live disease free and live a longer life, this is fun. So it is important to HAVE FUN with the 20 Steps, as outlined in my book Common Sense Health and Healing, have some laughs, be sincere, but never take yourself too seriously.

GROCERY LIST

Even if you decide to eat raw foods, you must still drink as much fresh juice as possible - at least 64 ounces a day.

If you have decided to eat solid food during your 30-Day Detox Program, then GO 100% raw, (not cooked or heated in any way.) This includes all fresh fruits, vegetables, seeds, sprouts, nuts, legumes and grains. Everything must be eaten raw, or soaked and sprouted. Eat fresh organic produce that is grown locally and in season. Drink only distilled or purified water, herbal teas (non-caffeinated), fruit and vegetable juices.

WEEK ONE - BOWEL CLEANSE x 2

- At least 7 gallons of distilled or purified water
- For a juice fast - enough organic fruit and vegetables (carrots, apples, oranges, celery, wheat grass, beets, grapes, blueberries, blackberries, raspberries, cherries, prunes, lemons, limes, etc.) to make at least 4 gallons of fresh squeezed juice.
- 2 bulbs of organic garlic
- For a raw food diet - the above plus assorted organic fruits, vegetables, grains, beans, legumes, seeds and nuts (refer to following list on page 48 for suggestions.)

WEEK TWO - LIVER/GALLBLADDER CLEANSE x 2

- At least 7 gallons of distilled or purified water
- At least 15-20 organic oranges

- 5 organic lemons
- 5 organic limes
- 2 bulbs of organic garlic
- 5 inches of fresh organic ginger root
- 1 24-ounce bottle of organic, extra-virgin cold-pressed olive oil
- For raw food - assorted organic fruits and vegetables, organic grains, beans, legumes, seeds and nuts (see page 48 for suggestions.)

WEEK THREE - KIDNEY/BLADDER CLEANSE x 2

- At least 7 gallons of distilled or purified water
- 5 organic lemons
- 5 organic limes
- 2 bulbs of organic garlic
- For raw food - assorted organic fruits and vegetables, organic grains, beans, legumes, seeds and nuts (see page 48 for suggestions.)
- Maple syrup

WEEK FOUR - BOWEL CLEANSE

- At least 7 gallons of distilled or purified water
- For a juice fast - enough organic fruit and vegetables (carrots, apples, oranges, celery, wheat grass, beets, grapes, blueberries, blackberries, raspberries, cherries, prunes, lemons, limes, etc.) to make at least 4 gallons of fresh squeezed juice.
- 2 bulbs of organic garlic
- For raw food - assorted organic fruits and vegetables, organic grains, beans, legumes, seeds and nuts (see page 48 for suggestions.)

SUGGESTED RAW FOODS LIST

- Fresh fruits and juices: Melons (watermelon, honeydew, cantaloupes, crenshaw, etc...) papaya, figs, dates, mangoes, pineapple, bananas, cherries, plums, prunes, raisins, grapes, pears, oranges, limes, lemons, grapefruit (red, pink and white), tangerines, berries (strawberries, blackberries, raspberries, blueberries), avocado, apricots, peaches, nectarines, and all types of apples.
- Fresh vegetables like potatoes, turnips, carrots, beets, dark greens, as well as the cruciferous vegetables like cabbage, cauliflower, broccoli, brussels sprouts and kale. Try raw corn, on or off the cob, peas, green beans and squashes of all types. Don't be afraid to use onions (all types: green, red and white), hot peppers and TONS of garlic. Let's make some sprouts - mung, alfalfa, red clover, sunflower, lentil, wheat and garbanzo. Soak your beans (all types) and try blending them with some olive oil, garlic and spices to make homemade raw hummus. GREENS: Forget iceberg lettuce; how about some red and green cabbage, spinach, romaine, chard, collards, mustard, turnip and dandelion.
- Nuts and seeds: (Raw and unsalted only.) Some good ones are brazil nuts, almonds, pecans, walnuts, filberts and pepitas. Make your own raw nut butter in a blender, adding some maple syrup. Some good seeds are sunflower, sesame, pumpkin and flax.
- Beans and grains: Soak and sprout, then eat as sprouts. You can make grain and seed dehydrated breads. No cooking or baking.