

DR. RICHARD SCHULZE

# PATIENT HANDBOOK

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FOUNDATIONAL PROGRAMS, HERBAL FORMULAE,  
THERAPEUTIC BENEFITS AND SPECIFIC DOSAGES



These herbal formulae and programs were developed and used by Dr. Richard Schulze in his now-famous clinic for almost two decades. Thousands of patients healed themselves of every disease and illness. Thousands more worldwide experienced "miracle cures".

This reprint of patient instructions from Dr. Richard Schulze's clinic are intended for educational purposes only.

## **Making Tinctures -An Example with Cayenne Tincture**

NOTE: To make other Herbal Tinctures by the following Dr. Schulze Method, just substitute the Herb(s) for Cayenne Pepper.

1. **Start to make this and ANY Tincture, if possible, on a NEW Moon.**
2. **Take a Quart Canning Jar and fill it 1/4 FULL with DRIED Cayenne Peppers, getting the HOTTEST ones (i.e. - Habanero, African Bird, Serrano, Jalapeno - 90,000+ Heat Units), that you can obtain.**
3. **Add enough 50% Grain Alcohol (100 Proof Vodka) to the Cayenne Peppers (powdered, using a Blender or Grinder) to just COVER them.**
4. **Use enough FRESH Cayenne Peppers, that you can blend with 50% Grain Alcohol (100 Proof Vodka) to turn the Mixture into an Apple Sauce-Like Consistency.**
5. **Add this Mixture to the 1st Mixture, filling up the Canning Jar 3/4 FULL.**
6. **Fill up the rest of the Canning Jar with MORE 50% Grain Alcohol (100 Proof Vodka).**
7. **Shake it as MANY times as possible, during the Day.**
8. **Let this Mixture SIT, until the following FULL Moon (15-16 Days), but OPTIMALLY until the following NEW Moon (28-29 Days)!**
9. **Strain this Mixture through an UNBLEACHED Coffee Filter.**
10. **Bottle the RESULTING Tincture.**

NOTE:

Part EQUALS Volume, NOT Weight in this Tincture Method. If using 95% Alcohol (190 Proof), then DILUTE in half with Distilled Water. Modify this procedure by using DRIED Herbs ONLY, if FRESH Herbs are NOT AVAILABLE, and when making other Herbal Tinctures also.

Also if you want to make a SUPER-POTENT Tincture (i.e. - Cayenne Pepper & Lobelia Seed Pod), then allow the Mixture to sit for a FULL 3 Months!

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# A Message from Dr. Richard Schulze

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- When I first started my own healing journey in the 1960's, one of my first great shocks was that most health products didn't work. This included all of the herbal formulas I tried. I was constantly amazed at the weakness of these so-called intense herbal formulas that were supposed to change my life. They didn't. I would take them diligently and nothing would happen. Out of frustration, and my own illness, I remember taking 20 to 100 times the dosages, the whole bottle, and still little or no effect. In order to get myself well from a terminal heart disease, I had to break all the rules and make it up as I went. **Because I broke the rules, I got well.**
- In the 1970's, I started helping others get well and opened up my clinic. From the early days of my clinical practice, I was especially interested in helping people with serious illness and degenerative diseases. Almost all other graduates from the various institutes I attended worked mainly on young, healthy people who wanted to be a bit healthier, but I was obsessed with emergency treatment and the sick and dying. The same useless herbal formulas that failed me years before were now failing to help any of my patients. They thought they were doing something wrong and this is why they were coming to see me. I was forced to improve upon the crude formulas I had developed to heal myself and also create new formulas that worked. Why were all the herbal formulas useless? Why didn't they work? As far as I could see, there were three main reasons for this.

## The 3 Reasons Why Most Herbal Formulae Don't Work

- Reason #1: (Antique Formulas )
- Many of the herbal formulas available were designed in the middle-to-late 1800's, some even earlier. The 1800's were very different times. Today, we have junk food restaurants on every corner, get less exercise and have more stress than probably ever before in history. What it took to stimulate and cleanse Wyatt Earp and Buffalo Bill 150 years ago doesn't work today. Even some of the *more modern* herbal formula available were still designed in the 1940's or 1950's. This is still over 40 years ago when herbs were looked at as a cute little hobby to alleviate headaches and tired feet, not cure life-threatening disease. Many other modern formulas are just remakes of these ancient formulas; the herbs are just *shuffled* and a so-called new formula is dealt. These formulas just don't work.
- Reason #2  
(Weak formulas, wimpy dosages, poor manufacturing and poor quality herbs)
- Most modern American natural healers and herbalists have been educated and *grew up* in a hostile legal and political environment. Recent history

reveals that the AMA and other organizations have been on a witch-hunt for practicing herbalists and have jailed many. Out of fear, most herbalists and manufacturers want to make sure that no one ever gets a strong action or has any *reactions* with their products, *even a cleansing reaction*. They feel it's far safer to make products that have little or no effect. Like medical doctors today, treatment and therapy parameters are designed by the hospital legal departments to minimize financial repercussions and malpractice law-suits, not always what is best for the patient.

- One way these herbal manufacturers assure *their* safety, **not your health**, is to design formula with very small amounts of the *potent* herbs, or none at all. Then, to be really safe, they suggest a dosage that is so low it's useless. They don't want to take any risks. To further weaken any potency, many manufacturers have abandoned the tried-and-true methods of old herbalists for quick extraction processes, high tech (high heat) machinery, freeze-dried herbs, ignoring the moons and seasons, mostly to make a quick buck. The result, most herbal products I see today are worthless junk. Many manufacturers are more concerned that their product tastes good or has a great-looking label than with whether you will get well using it. I also see labels loaded with sophisticated laboratory-testing results for potency, trying to convince you that the colorless, tasteless and odorless water inside will actually benefit you. How stupid do they think we are?
- One of the worst aspects of many herbal formulas today is the poor quality of herbs used. The vast majority of herbal products are made from herbs grown outside the US. There is only one reason for this: they are cheap. Herbs brought in from India, China, Egypt, Mexico or Eastern Europe cost literally pennies a pound. I never used these poor quality herbs in my clinic. I always used American organically grown herbs that can cost over 20 times as much. I have visited these countries and found filthy, disgusting growing conditions, toxic pollution and out-of-control use of pesticides and insecticides. When we travel to these countries, we don't drink the water, don't even eat the food. Then why would we want to use herbs grown there?
- In the last two years, there have been numerous people getting sick after using famous herbal formulas because the herbs were contaminated with human fecal waste. If this isn't bad enough, most of these contaminated herbs, when brought into the United States, are gassed with Ethylene Oxide, an antibacterial gas that is known to cause cancer and also cause mutations in unborn children. In fact, the vast majority of organic herbs are even sterilized with this gas because the manufacturers are scared to use unsterilized herbs. In the last two years, I have done much to expose this corruption and I have been attacked by almost everyone in the herb industry, even my so-called friends. Even though they are well-aware of the problems, I have affected their income and they are plenty mad. Even the ones who haven't attacked me won't go on record to expose the industry or speak the truth. Most of my colleagues, out of fear of prosecution, write books and magazine articles, gather at meetings of their guilds, run schools and teach, but rarely have ever worked with a patient. It is illegal for an American herbalist to run a clinic and cure patients from illness and disease using American Herbs. This leads to the 3<sup>rd</sup> reason why most herbal formulas don't work.

- **Reason #3: (Theory, not practical, clinical experience)**
- Why is it that most modern herbal formulas, designed by many of my colleagues, don't work? As I walk down the aisles of modern day health food stores, I see hundreds of herbal products and recognize many of the names on the bottles. Many are my students and many are friends, but few of these armchair herbalists ever ran a clinic and would know the difference between a heart attack and indigestion. What they don't tell you on the bottle is that they developed these formulas after countless hours of research reading books and searching computer data bases, but they have had no clinical results or cures. You may be the first human to ever put these formulas in your mouth. A few of their herbal hypothesis are good, and in years, probably decades, some might prove to be important discoveries. I also know most of these formula will be tossed in the garbage where they belong.
- **Running my clinic, I learned very quickly what it takes to get people well. Theories don't, hypothesis don't, but quality herbs, potent formulas and large dosages do. The formulas, dosages and programs on the following pages are the result of 10 years of healing myself and an additional 18 years of clinical experience. They work!**

# MOVING TOWARD PERFECT HEALTH

## Your First Three Months as My Patient

### I. RESPONSIBILITY The First Step in Natural Healing

In my many years of practice I have seen tens of thousands of patients recover from any and all disease using Natural Healing. Some from just minor irritations, some from killer diseases.

Many people think that their particular disease or illness is unique, the exception to the rule I assure you I have treated people just like you with your same disease. I have treated people with every illness known, and some unknown ones, and everyone got well if they did the work.

If you are seriously ill you may think that you are an exception, because of your serious condition. **You are NOT.** You are no exception, your disease or illness is no exception, the severity of your disease is no exception. I have seen people sicker than you, people at deaths door, people who all the doctors said would be dead a year before I ever met them. And I have seen these walking dead, recover, and outlive their doctors, but I never healed any of them, **they ALL healed themselves.**

I cannot get anyone well. I am a teacher. I can show you the path to great health, energy and vitality. I can take you on an adventure to a new life free of illness and pain. I can show you how to live longer and enjoy health beyond your wildest imagination but you have to do the work. I can teach you the lessons and show you the tools you need. But you are the one in control of your future health, not me.

### II. BUILDING LASTING HEALTH TAKES TIME

Many people that walk into my clinic must think I am a priest, they want to confess their sins, and have me tell them to say few Hail Mary's, and then all is forgiven. After years of too much of the good life, or too much unconscious living, they want to make it all better, fix all the damage, by doing some intensive 24 hour detoxification program, and then get back to living their degenerating lives.

I have never seen quick fixes work or help anyone get well. You may get a temporary boost for a few days but there will be no real or long lasting health benefits.

I am not interested in some quick fix, just to get you back in action again. If I see you doing this I will refer you to one of my many colleagues who will gladly take your money, lie to you, let you fiddle around for years, give you the illusion that you are making some progress and then drop you like a hot potato when you get a serious illness, or when your current illness really tries to kill you.

I am interested in showing you a new way to live, a new healthy lifestyle that will change your life. I am looking for patients that want to have a life transformation, who are ready to be reborn.

### **III. Why You Must Get Perpared**

Many people ask, why can't I do a particular cleanse now, then I'll follow your basic program next month. This approach not only doesn't work, but it can make you very ill.

One of the basic rules of Natural Healing, and I teach this all over the world, is you **FIRST** must open up, strengthen and tone the elimination organs, especially the bowel, liver and kidneys. Why! The whole purpose of doing any type of cleansing or detoxification program is to get the toxins out of your fat, muscle, and blood.

The point is, how are all these poisons supposed to get out of your body! Evaporate? I don't think so. These toxins once dissolved must be eliminated by your bowel, liver, and kidneys, and if these organs are not ready to handle the load, you may wish you never thought of getting healthy. I have seen many patients who attempted to do deep cleansing programs before their bodies were able to eliminate waste and they didn't get well, in fact they got worse.

What can happen is that all these toxins and poisons that you begin to dissolve and remove have no place to go, recalculate, reabsorb. I am sure you all know someone who started to do a deep cleanse and felt worse instead of better.

This is why I always say you have to earn the right to do a thorough cleansing and detoxification program. To earn this right you have to spend two months doing my **Foundational Programs**.

### **IV. Why the Foundational Health Programs?**

When I studied herbal and natural healing, like most students I was attracted to the complex herbal formulas and intricate natural healing routines to treat rare and bizarre diseases. I wanted to be a specialist. I couldn't wait to design very complicated treatments for my patients.

But I also learned from my great teachers the importance of beginning EVERY patient, regardless of what was wrong with them, with the basics of good health. I learned the good common sense to know that ALL my patients had to start here first.

**SUPER NUTRITION CLEANSING AND DETOXIFICATION OF THE ELIMINATION ORGANS, IMMUNE**

**BOOSTING, I knew I had to begin here before we could start any advanced routines. Then THE BIG SURPRISE HAPPENED.**

**95% OF MY PATIENTS,  
AFTER FINISHING THE BASICS, WERE WELL!**

That's right, the vast majority of my patients, before I ever got to treat their specific problem, their problem WAS GONE.

**80% OF MY PATIENTS WERE WELL JUST AFTER DOING MY  
THOROUGH BOWEL CLEANSING PROGRAM.**

The big surprise I got was that after my patients followed the basic for a few months, they had the nerve to get well. I wasn't ready for this to happen, but regardless, they were healed before I ever got a chance to do any advanced specialized treatment.

For this reason I began to call these programs my **Foundational Programs**. The vast majority of my patients didn't need to go any further. Also, following the **Foundational Programs** makes my other entire herbal formula even more effective.

For this sole reason, I cannot over-emphasize the importance for everyone to begin with the programs and formula on the next few pages called my Foundational Programs. If you do, you will probably forget what was wrong with you in the first place.

**I REPEAT...** Everyone, who came into my clinic, **I MEAN EVERYONE**, started with the same basic program for the first TWO MONTHS. I may have added some of the specific herbal Formulas; listed in this handbook, but nobody escapes doing ALL of the basics, **The Foundational Programs**.

**THE FIRST 3 MONTHS  
ON THE FOUNDATIONAL PROGRAMS  
MONTHS 1 AND 2**

**Dr. Schulze's SUPERFOOD**

This is the way to start your day, EVERYDAY. The adult dosage is 2 rounded to 4 rounded tablespoons per day. If you need extra nutrition, because of an illness, you can take an additional 2 tablespoons in a drink in the afternoon. In the morning, I suggest to take a blender, put in 8 ounces of fresh fruit juice, 8 ounces of purified or distilled water, ½ to 1 cup of fresh organic seasonal fruit and two rounded tablespoons SuperFood. I have started my day for the last 20 years with this morning drink.

If you choose to have another dosage of SuperFood in the afternoon I suggest 8 ounces of carrot juice, 4 ounces of a vegetable combination (beets, greens, etc.) and 4 ounces of purified or distilled water. You can also do the same fruit drink as in the morning. SuperFood can be mixed with either fruit or vegetable juice.

**BOWEL CLEANSING & DETOXIFICATION  
PROGRAM**

**INTESTINAL FORMULA #1:**

**Patient Type #1: The sluggish bowel type.** This formula is for 97 % of my patients. The ones who need a help getting their bowel working frequently enough. Follow the directions for Intestinal Corrective Formula #1 on page 15 of this handbook.

**Patient type #2: The irritated bowel type.** This is only a small percentage of my patients. This is the exception to the rule, those with bowels that work too often, more than 3 bowel movements a day. This includes those that have colitis, irritable bowel syndrome, Chrones disease, etc. If your bowels are irritated, hot or are working too frequently, skip this formula and go to the Intestinal Corrective Formula #2.

## **INTESTINAL FORMULA #2:**

**Patient type #1: The sluggish bowel type.** Continue to use Intestinal Corrective Formula #1 until your bowels are moving 2 to 3 times a day and the consistency is softer. Wait at least one week before adding the Intestinal Formula #2, but you can wait a month if necessary. Once you have achieved 2-3 bowel movements a day, begin the Intestinal Corrective Formula #2. You want to use up the entire 8 ounce jar within one week. That's about 1 heaping teaspoon 5 to 6 times a day. Follow the mixing directions on the can or the directions in the Intestinal Detoxification Program sheet. Repeat this the second month by consuming 1 more 8 ounce jar in a week.

**Patient type #2: The irritated bowel type.** Since you will not be taking the Intestinal Corrective Formula #1 at any time during this program, unless you get constipated, you can use the Intestinal Corrective Formula #2 on a daily basis, to sooth your bowel and solidify your bowel movements. You can use this formula continuously during the first two months of this program, you can use this formula forever if you wish. You may find that 1 teaspoon a day does the job, you may need three. Experiment to see what dosage is best for you.

## **IMMUNE SYSTEM STIMULATING**

### **ECHINACEA PLUS**

Use at least 1 bottle of Echinacea Plus each month for the first two months. Follow the dosages later in this handbook.

### **The Third Month**

Once you have succeeded making these lifestyle changes, stopped the old bad habits, added the new healthy ones and conscientiously taken the herbal formulae for two months, are have done the preparatory work necessary to get the most out of your detoxification program and have had a safe thorough cleansing.

Continue to follow the program you have been doing for the last two months. When you feel ready, start my **5 Day Cleansing & Detoxification Program.**

## **ADDITIONAL LIFESTYLE CHANGES**

**I also ask all of my patients to make the following healthy lifestyle changes:**

**Stop eating all ANIMAL FOODS.** Don't eat anything that had a face or came from anything that had a face. Come on, you can do this for 2 months. It will change your life, and save it too.

**Stop other bad habits.** Like smoking, drinking alcohol, sodas, coffee, black tea, highly refined & processed foods.

**Begin eating lots of fresh RAW organic fruits, vegetables, sprouts.** Enjoy, Baked Potatoes, Brown Rice Whole grain products. Enjoy yourself, Eat until satisfied, Just keep it Vegan and Healthy.

**Exercise more.** Come on. Get out and play. And sweat a little more while you are at it.

**Get your head together.** Start learning how to laugh, love and enjoy life more. Learn more jokes. Love yourself.

## Herbal Vitamin and Mineral Nutrition

# Superfood Formula by Dr.Schulze

### Formulae:

Spirulina Blue-Green Algae, Chlorella Algae, Alfalfa Grass, Barley Grass, Wheat Grass, Purple Dulse Seaweed, Beet Root, Spinach Leaf, Rose Hips, Orange and Lemon Peels and NON-Active Saccharomyces Cerevisiae Nutritional Yeast.

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### Therapeutic Action:

"In running my Clinic over the Last decade, I saw one truth when it came to nutrition. Synthetic vitamin and Mineral supplements never helped any of my patients get well, but the juicer did. Live raw food contains live nutrition, not only vitamins and minerals but enzymes that are missing in cooked foods and life energy that science ignores. Life energy is what an orange uses to grow back into a tree. Try growing a tree from your vitamin and mineral pills."

"My patients would be disciplined, but only a few ever lived exclusively on raw foods. To supplement the rest of my patients and to get them off of their synthetic, chemical vitamins, I created this formula and saw miracles happen."

Nature has blessed us with certain foods and herbs that are so nutritionally potent, concentrated and complete, I call them **SuperFoods**. They are nature's blood transfusion. Getting that extra boost from these **SuperFoods** is the missing link that many have been searching for in their health program."

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### Dosage:

2 heaping Tablespoons of SuperFood will give you 2 to 7 times the vitamins you need for the entire day. Many of these sources are single celled plants, which means they digest by themselves and easily assimilate into your bloodstream within minutes!

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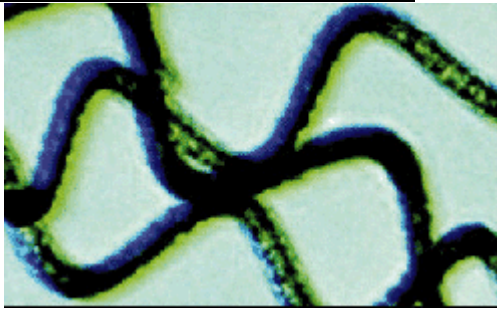
**"Tomorrow's health is built on what you do today."**

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**ORGANIC AND WILD HARVESTED Herbal VITAMIN and MINERAL Food Concentrate:**

This perfectly balanced blend of SUPERFOODS is specifically formulated to supply you with Natural Food Source Vitamins, Minerals, Amino Acids and Essential Trace Nutrients. These are Nature's Nutrients, not man-made synthetic vitamins. All ingredients are from the richest, whole food sources on the planet. This zero-fat formula will give you quick energy, and not slow you down, and it tastes great. It should be the foundation of any health program because it is nutrients that build your body and your health.

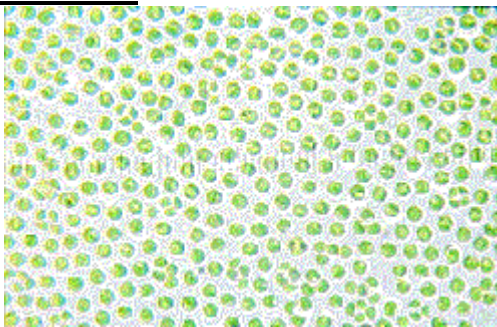
**Spirulina Blue-Green Algae**



Spirulina is one of the most concentrated, nutritious foods on this planet. It is the highest natural source of complete protein (75%). We use the only organically grown spirulina in the world, from Hawaii. The high amount of sunshine there makes this spirulina higher in Beta Carotene than any other. It is also a rich source of B-Vitamins, especially B-12. Grown using water pumped from 2000 feet deep in the ocean,

this spirulina is one of the richest sources of minerals, also. One of the oldest types of algae, it has a soft cell wall for easy digestion and assimilation.

**Chlorella**



Chlorella is second only to Spirulina in nutritional content. Another of the algae, it is an extremely concentrated source of nutrition and complements Spirulina well. The cell wall has been cracked to make the nutrients more available and increase its digestibility.

Chlorella cell (600 X Magnification)

**Alfalfa, Barley and Wheat Grasses** These are the Vitamin/Mineral herbs. They are mildly cleansing and the greatest sources of nutrition of any grasses. Grain grasses are more potent than the grains themselves, offering us a rich array of vitamins, minerals and chlorophyll.

**Purple Dulse Seaweed** Seaweeds are the richest source of assimilable minerals on the planet. They contain all the minerals and trace minerals that are found in the oceans and the earth's crust. We chose Purple Scandinavian Dulse because it has

the highest mineral concentration but also tastes bland. Many seaweeds taste fishy and are offensive to vegetarians.

**Beet Root and Spinach Leaf** Beets and Spinach are some of the richest, most assimilable sources of organic iron. Beets, being a root vegetable and growing underground, change inorganic raw elements into plant minerals that are usable by us. Spinach is a rich source of calcium, iron and vitamin K. Both of these plants are famous for their blood-building ability.

**Rose Hips. Orange and Lemon peels** Revered as some of the best sources of vitamin C, these fruits are also a balanced Complex source. They contain bioflavonoids, rutin, hesperidin, calcium and all of the trace elements that are now known to be necessary to assimilate vitamin C. The citrus peels are also one of the highest sources of pectin which has been proven to remove heavy metals ( mercury, lead, etc. ) from the body, even remove radioactive contamination like strontium 90.

**NON-Active Saccharomyces cerevisiae Nutritional Yeast** This yeast is grown on beets and pure molasses. It is the second highest source of complete protein in nature, (50%), and the richest source of B Vitamins. It is also a rich source of iron and many other minerals. The yeast we choose is heated high enough to absolutely destroy any yeast activity, but not high enough to lessen the B Vitamin content. It is totally NON active and safe for patients with candida albicans or on yeast-free diets.

**Two rounded tablespoons of the SuperFood, added to your favorite juice or blender drink, gives you 2 to 5 times the vitamins you need for the entire day. What's even better is that you can assimilate these foods so easily; the nutrients can enter your bloodstream going to work within 15 minutes. Four rounded tablespoons per day, has practically everybody noticing benefit immediately.**

# Intestinal Corrective Formula #1

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## **Formulae:**

Curacao and Cape Aloe leaf (Aloe spicatal and ferox), Senna leaves and pods (Cassia officinalis), Cascara Sagrada aged bark (Rhanmus purshiana), Barberry rootbark (Berberis vulgaris), Ginger rhizome (Zingiber officinalis), Garlic bulb (Allium sativum) and African Bird Pepper (Capsicum africana).

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## **Therapeutic Action:**

This stimulating tonic is both cleansing, healing and strengthening to the entire gastro-intestinal system. It stimulates your peristaltic action ( the muscular movement of the colon ) and over time strengthens the muscles of the large intestine, halts putrefaction and disinfects, soothes and heals the mucous membrane lining of your entire digestive tract. This herbal tonic also improves digestion, relieves gas and cramps, increases the flow of bile which, in turn, cleans the gallbladder, bile ducts and liver, destroys Candida albicans overgrowth and promotes a healthy intestinal flora, destroys and expels intestinal parasites, increases gastrointestinal circulation and is anti-bacterial, anti-viral and anti-fungal.

**Contra-indications:** Do not use during pregnancy without the guidance of a health care professional.

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## **Dosage:**

Start with only one capsule of this formula during or just after dinner. This Formula works best when taken with food, The next morning you should notice an increase in your bowel action and in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference in your bowel behavior today or the difference wasn't dramatic, then tonight increase your dosage to two capsules. You can continue to increase your dosage every evening by one capsule until you notice a dramatic difference in the way your bowel works. There is no limit. 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 us be patient for a few days and increase by one capsule each day only.

This formula can be taken for a week, a month or the rest of your life. Continue to 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 are normal. Considering all the disease and death we have because of retained

fecal matter, I wouldn't worry about taking too much of this formula.  
**Dr. Schulze ICF #1**

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## **Intestinal Corrective Formula #2**

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### **Therapeutic Action:**

This cleansing and soothing formula is to be used periodically in conjunction with Intestinal Corrective Formula #1. This formula is a strong purifier and intestinal vacuum. This formula will draw old fecal matter off the walls of your colon and out of any bowel pockets. It will also draw out poisons, toxins, heavy metals such as mercury and lead, and even remove radioactive material such as strontium 90. This formula will also remove over 3,000 known drug residues. Its natural mucilaginous properties will soften old hardened fecal matter for easy removal and also make it an excellent remedy for any inflammation in the stomach and intestines.

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### **Formulae:**

Organic Flax seed ( *Linum usitatissimum* ), Apple Fruit Pectin, Pharmaceutical Grade Bentonite Clay, Psyllium seed and husk ( *Plantago Species*), WildCrafted Slippery Elm inner bark ( *Ulmus flilva*), Organic Marshmallow root ( *Althea officinalis*), Organic Fennel seed ( *Foeniculum vulgare* ) and Activated Willow charcoal ( *Salix alba*).

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### **Dosage:**

Take this formula 5 times each day beginning in the morning for 5-6 days consuming a total of 8 ounces of the powdered formula during this period. One hour after your morning nutritional drink mix 1 heaping teaspoon of Intestinal Formula #2 powder with 8 ounces of diluted juice. It mixes best if you shake it in a small jar. Do the same ½ hour before lunch, between lunch and dinner, ½ hour before dinner and 1 hour before bed, so that you are consuming a total of 5 heaping teaspoons each day. During or after dinner, take your Intestinal Formula #1 as usual but increase your regular dosage by 1 additional pill, or more if necessary to have sufficient bowel movements. It is helpful to drink additional liquid after each dose of Intestinal Corrective Formula #2, at least 8 ounces.

**Dr. Schulze ICF #2**

The following notice comes from the 600 page user manual accompanying the "Safe Your Life Video Collection" by Dr. Schulze and purchased by Sam Biser.

### **Correction Notice for User Manual**

After using the intestinal formula #1 for at least a week, begin the colon cleansing formulas mentioned in the chapter on bowel cleansing in the User Manual. This comes before anything else you do. Take the Number Two Intestinal Formula 6 times a day, and do NOT decrease the number of times you take it by using more formula less often. You want the formula in your colon at all times, and not sporadically.

Then, you will notice parasites being removed, casing of old fecal matter coming out, and mucus. If you take the number two formula erratically or once or twice a day, this will not happen.

# Intestinal Corrective Formula #1

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## **Formulae:**

Curacao and Cape Aloe leaf (Aloe spicatal and ferox), Senna leaves and pods (Cassia officinalis), Cascara Sagrada aged bark (Rhanmus purshiana), Barberry rootbark (Berberis vulgaris), Ginger rhizome (Zingiber officinalis), Garlic bulb (Allium sativum) and African Bird Pepper (Capsicum africana).

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## **Therapeutic Action:**

This stimulating tonic is both cleansing, healing and strengthening to the entire gastro-intestinal system. It stimulates your peristaltic action ( the muscular movement of the colon ) and over time strengthens the muscles of the large intestine, halts putrefaction and disinfects, soothes and heals the mucous membrane lining of your entire digestive tract. This herbal tonic also improves digestion, relieves gas and cramps, increases the flow of bile which, in turn, cleans the gallbladder, bile ducts and liver, destroys Candida albicans overgrowth and promotes a healthy intestinal flora, destroys and expels intestinal parasites, increases gastrointestinal circulation and is anti-bacterial, anti-viral and anti-fungal.

**Contra-indications:** Do not use during pregnancy without the guidance of a health care professional.

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## **Dosage:**

Start with only one capsule of this formula during or just after dinner. This Formula works best when taken with food, The next morning you should notice an increase in your bowel action and in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference in your bowel behavior today or the difference wasn't dramatic, then tonight increase your dosage to two capsules. You can continue to increase your dosage every evening by one capsule until you notice a dramatic difference in the way your bowel works. There is no limit. 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 us be patient for a few days and increase by one capsule each day only.

This formula can be taken for a week, a month or the rest of your life. Continue to 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 are normal. Considering all the disease and death we have because of retained fecal matter, I wouldn't worry about taking too much of this formula.

**Dr. Schulze ICF #1**

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## **Intestinal Corrective Formula #2**

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### **Therapeutic Action:**

This cleansing and soothing formula is to be used periodically in conjunction with Intestinal Corrective Formula #1. This formula is a strong purifier and intestinal vacuum. This formula will draw old fecal matter off the walls of your colon and out of any bowel pockets. It will also draw out poisons, toxins, heavy metals such as mercury and lead, and even remove radioactive material such as strontium 90. This formula will also remove over 3,000 known drug residues. Its natural mucilaginous properties will soften old hardened fecal matter for easy removal and also make it an excellent remedy for any inflammation in the stomach and intestines.

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### **Formulae:**

Organic Flax seed ( *Linum usitatissimum* ), Apple Fruit Pectin, Pharmaceutical Grade Bentonite Clay, Psyllium seed and husk ( *Plantago Species*), WildCrafted Slippery Elm inner bark ( *Ulmus flilva*), Organic Marshmallow root ( *Althea officinalis*), Organic Fennel seed ( *Foeniculum vulgare* ) and Activated Willow charcoal ( *Salix alba*).

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### **Dosage:**

Take this formula 5 times each day beginning in the morning for 5-6 days consuming a total of 8 ounces of the powdered formula during this period. One hour after your morning nutritional drink mix 1 heaping teaspoon of Intestinal Formula #2 powder with 8 ounces of diluted juice. It mixes best if you shake it in a small jar. Do the same ½ hour before lunch, between lunch and dinner, ½ hour before dinner and 1 hour before bed, so that you are consuming a total of 5 heaping teaspoons each day. During or after dinner, take your Intestinal Formula #1 as usual but increase your regular dosage by 1 additional pill, or more if necessary to have sufficient bowel

movements. It is helpful to drink additional liquid after each dose of Intestinal Corrective Formula #2, at least 8 ounces.

## **Dr. Schulze ICF #2**

The following notice comes from the 600 page user manual accompanying the "Safe Your Life Video Collection" by Dr. Schulze and purchased by Sam Biser.

### **Correction Notice for User Manual**

After using the intestinal formula #1 for at least a week, begin the colon cleansing formulas mentioned in the chapter on bowel cleansing in the User Manual. This comes before anything else you do. Take the Number Two Intestinal Formula 6 times a day, and do NOT decrease the number of times you take it by using more formula less often. You want the formula in your colon at all times, and not sporadically.

Then, you will notice parasites being removed, casing of old fecal matter coming out, and mucus. If you take the number two formula erratically or once or twice a day, this will not happen.

# Intestinal Corrective Formula #3

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## Formulae:

California Fig extract, Cascara Sagrada aged bark, Senna leaf and pod, Anise extract, Clove extract and Tangerine oil.

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## Therapeutic Action:

This formula is a mild, great tasting liquid laxative for the whole family. I designed this formula primarily for children.

Every year hundreds of patients bring their babies, toddlers and children into my clinic. Some are very constipated. This formula has never let them down. In the clinic this formula saved hundreds of children and teenagers from having torturous, disfiguring, life-ruining surgeries.

Kids love the taste, a sweet fig-tangerine flavor. And they don't have to worry about swallowing a capsule. It's gentle, not gripping, and even powerful enough for many adults.

This formula increases the normal muscular contractions of the gastrointestinal tract, especially the colon. It promotes soft easy bowel movements. It will help strengthen the colon for better future elimination.

It relieves gas, cramping, colic, indigestion, nausea and stomach aches. It promotes proper, normal functioning of the bowels and will expel parasites.

---

## Dosage:

|                  |                        |
|------------------|------------------------|
| 10 to 25 pounds  | 1/8 to 1/4<br>teaspoon |
| 25 to 50 pounds  | 1/4 to 1/4<br>teaspoon |
| 50 to 75 pounds  | 1/2 to 3/4 teaspoon    |
| 75 to 100 pounds | 3/4 to 1 teaspoon      |
| 100 to 150       | 1 to 1 1/2             |

pounds

teaspoons

**For adults, if you need over 2 teaspoons than use Intestinal Corrective Formula #1.**

With children, always start out with the lower dosages and work your way up to whatever dosage is needed. You may exceed the dosages recommended above - whatever it takes to get the bowels working regularly.

# ECHINACEA PLUS

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## Formulae:

Echinacea angustifolia dried root, Echinacea angustifolia whole herb,  
Echinacea purpurea dried root, Echinacea purpurea seed,  
Echinacea Pallida dried root, Fresh Garlic bulb juice and Habanero pepper.

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## Therapeutic Action:

Echinacea is one of the strongest immune simulators and enhancers known.

It can double and triple the amount of T-cells and Macrophages in your bloodstream with in a few days. It can also increase the amount of Interferon, Interleukin, Immunoglobulin and other important natural immune chemicals present in your blood. **This is how Echinacea works, by boosting the number of immune cells and the amount of natural immune chemicals, then stimulating them into more activity.** The benefit of immune stimulation is a shorter duration of existing colds and flu and/or prevention of future infections. It also initiates and speeds up recovery from chronic and long-term immune-related depression illnesses, diseases and degeneration.

Cayenne is the best herb to stimulate circulation and makes these already powerful immune herbs many times more effective. Garlic is the best, most effective broad spectrum antibiotic, anti-viral, anti-fungal herb known. Echinacea and Garlic are the ***Herbal Dynamic Duo***.

---

## Dosage:

General: For general protection and immune stimulation, especially when you are not ill. This could even be when you're feeling fine but many around you are ill. People asked me for years, how can you be around so many sick people all the time and stay healthy yourself? Well, I live a very healthy lifestyle and takes lots of Echinacea Plus.

The best dosage for this scenario is two dropperfuls, three times daily, until you use up two fluid ounces. This dosage will take about twelve days. My patients who did this once a month never got sick.

## Feeling out of sorts:

If you are feeling a bit off, but it's nothing you can really put your finger on, this may mean that you are about to get sick. It also may mean that your body is fighting something off but in either case it is a good time to give it some help. In this scenario I suggest taking two dropperfuls six times daily until you consume two fluid ounces. This will take approximately six days.

## I know I am sick.

This is when you actually have some observable, clinical symptoms. Sore throat, fever, nasal or lung congestion, toxic bite or sting, wound or trauma. Anytime there is anything wrong with you, your immune system must go to work. In this case I suggest an initial blast of 1 dropperful every waking hour or about 16 dropperfuls in a day, until you consume a total of two fluid ounces. This will take approximately four days.

## I am REALLY sick:

This is when you are suddenly sweating, have the chills, a cold, food poisoning, cancer, whatever, but you are really ill. There is not time to waste fooling around and immediate aggressive herbal treatment can save you days of agony. In this case I suggest drinking an entire fluid ounce of Echinacea tincture immediately. For those who might have a hard time doing this, it can be diluted in juice or drunk  $\frac{1}{2}$  an ounce one hour and the other  $\frac{1}{2}$  ounce the next. Remember that this is 1 ounce of alcohol so keep that in mind and don't drive. Then consume an additional two dropperfuls every waking hour until you finish two fluid ounces. I suggest to continue taking Echinacea tincture at this rate and consume an additional two fluid ounces totaling four fluid ounces. This will take two to four days.

**REMEMBER**, all of the above suggested dosages can be doubled, meaning you can consume more than two fluid ounces. Many of my patients doubled, tripled, even quadrupled these above suggestions and I never had one case of *Echinacea Poisoning or Immune System Burnout*.

# Children's Echinacea

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## Formulae:

Fresh Echinacea angustifolia root, California Fig extract, Tangerine oil

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## Therapeutic Action:

Echinacea is one of the strongest immune stimulators and enhancers known.

It can double and triple the amount of T-cells and Macrophages in your bloodstream in just a few days. It also increases the amount of Interferon, Interleukin, Immunoglobulin and other important natural immune chemicals present in your blood. **This is how Echinacea works, by boosting the number of your immune calls and amounts of natural chemicals, then stimulating them into more activity.** The benefits of immune stimulation is a shorter duration of existing colds and flu and/or prevention of future infections. It also initiates and speeds up recovery from chronic and long-term immune-related depression illnesses, diseases and degeneration.

Children are the classic example of, "an ounce of prevention is worth a pound of cure." Keeping your children healthy is far easier than treating them for an illness.

Just by the fact that you are reading this patient handbook tells me that you have done more than the average parent to keep your children healthy. And while you are doing your best to keep your child healthy and strong, other parents are unconsciously doing everything they can to destroy the health of their children, your child's playmates. Go to the playground and watch your kids playing with other sick children, sharing toys, probably sharing drinks, and definitely sharing germs. Your best defense is a good offense and Children's Echinacea is the best place to begin.

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## Dosage:

Following the dosages on the previous page for Echinacea Plus. These would be the correct dosage for a 75 pound child.

# Liver/Gallbladder and Anti Parasite Tonic Formula

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## Formulae:

Milk Thistle seed, Dandelion root and leaf, Oregon Grape root, Gentain root, Wormwood leaf and flower, Black Walnut hulls, Ginger rhizome, Garlic bulb and Sweet Fennel seed.

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## Therapeutic Action:

The herbs in these formulae are famous for their ability to **stimulate, cleanse and protect the liver and gall bladder and rid the body of parasites.**

Milk Thistle has certain chemicals not only bind to and coat liver cells. These phytochemicals not only heal previous liver damage but also protect the liver from future damage. Oregon Grape rootbark, Gentian root, Wormwood leaves and Dandelion root are all classic bitter liver tonic herbs. These herbs not only stimulate digestion but also stimulate the liver to excrete more bile which in turn cleans both the liver and gall bladder. If you have been exposed to any toxic substances, had constipation, eaten large amounts of animal food or drunk alcohol or other harmful beverages this formula is for you. It is also beneficial if you have had high cholesterol, blood fats or any family history of liver or gall bladder problems. Many believe that anyone who has cancer or any immune dysfunction had a weak congested liver to begin with. Even if a person has had their gall bladder removed these herbs will still be effective to clean the liver and bile ducts. The Black Walnut hulls, Wormwood and Garlic are strong ANTI-PARASITICAL plants. Parasite infestation is a fact of life. One cubic inch of beef can have over 1,000 living parasites larvae waiting to hatch in your body. Over 65% of fresh fish tested has toxic levels of bacteria and parasites. Chicken is even worse. I've had hundreds of patients expel bowels full of intestinal parasites, tape worms over 30 FEET LONG and also kill cellular parasites with these formulae. It works best if used in conjunction with both **Intestinal Formula #1 and #2**. Use if parasites are suspected, or if there has been a history of bowel problems, constipation, eating of animal products, prolonged illness, disease or degeneration.

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## Dosage:

2 dropperfuls (70 drops) 4-5 times daily for 1 week. Most effective if used in conjunction with the next formula, the **Detoxification Herb Tea** also my **5 Day Cleansing & Detoxification Program** with the **Liver/Gall Bladder Flush**. (See details later in this handbook...)

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## *Top Ten Herbs for Medical Emergencies*

Lecture by Dr. Richard Schulze.  
Published by:

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355 West Rio Road, Suite 201,  
Charlottesville, Virginia 22902  
(804) 973-0262

**Liver and Gall Bladder Herbs:** Milk Thistle and Barberry. Use seed of Milk Thistle and the bark of root or root for Barberry. Latin name and genus is *Silybum marianum* and *Berberis vulgaris*.

**Uses:** Protects you from liver damage, hepatitis, liver inflammation, liver disease and liver degeneration. I have had patients that were scheduled for liver transplants and did not have them because of this great healing herb. The late Dr. John Christopher always said that whenever you have cancer anywhere in the body, you have a toxic liver that isn't doing its job.

Bitter herbs stimulate the digestion, stimulate the liver, and promote the secretion of bile, thus flushing the gall bladder. Although I only mentioned barberry, its next-of-kin, Oregon Grape root, can be used in place of it. Other favorites of mine are Chaparral, Wormwood leaf, Dandelion leaf and root, Artichoke leaf (not flower), Gentian root.

**Emergency** liver formula: Mix 50% milk thistle, and 50% bitter Aloes. Make a tea with one tablespoon each herb per 16 ounces of water, and take 2 cups. Do a liver flush or add 2-3 cloves raw garlic if not immediately doing a liver flush. Otherwise, use milk thistle tea with garlic and the emergency herb bitter aloes as given above. Emergency liver problems are usually gall bladder attacks, colic, or cramping.

For severe gallbladder attacks, do immediate liver/gallbladder flush as follows: 2-3 tablespoons olive oil blended with 2-3 cloves of garlic and a big chunk of ginger. Swallow.

Fifteen minutes later, take 2 cups of DeTox Tea (formula to follow) or use grated ginger root tea or mint tea. If no results, repeat in an hour from first olive oil dose. You can repeat this every hour until the pain subsides. Dr. Schulze has never had a patient do this more than twice for total pain relief, even when patients were doubled over in tears. No patient ever needed emergency surgery after doing this.

Right after flush, you can put an ice bag on the liver, just below right rib cage. Do this for ten minutes on, then hot water bottle for ten minutes, then do ice bag again. If person hasn't pooped recently, give an enema to relieve any pressure from the colon.

Repeat liver flush next morning. Then repeat every morning for a week to heal the liver.

In a gall bladder attack, remember to work the bottom of the feet *hard*, for it will help spasms to let go. Dig in and search for painful points. Work the entire bottom of the foot, as much as the person can tolerate.

Also, in a liver emergency, a person can always add a castor oil pack. Soak a piece of wool or cotton flannel in warm castor oil and place over the liver. Cover with plastic to keep in the castor oil, and place a heating pad over the castor oil to drive the castor oil into the body through the skin. The castor oil acts like a transdermal patch to purify the liver.

Daily castor oil packs along with milk thistle tea (6 to 10 cups/day) can also help drive down dangerously-high cholesterol, since the liver is where cholesterol is processed.

Dr. Schulze's Complete Liver/Gall Bladder **Tonic**: Milk Thistle seed 40%, Oregon Grape root, 10%, Dandelion root 10%, Gentian root 5%, Wormwood leaf 10%, Chaparral leaf 5%, Black Walnut inner hulls 5%, Ginger root 5%, Garlic bulb 5% and Fennel seed 5%.

**Emergency** Dosage for Complete Liver tonic: Do Liver/Gall Bladder flush. Take 5 to 10 Dropperfuls of the Liver/Gall Bladder Tonic (formula below). Fifteen minutes later drink 2 cups of DeTox Tea. If you don't have any DeTox formula already made-up, use what you have, such as grated fresh ginger, or crushed mint leaves. One tablespoon per 16 ounces water.

Dr. Schulze's **DeTox Blend** (by volume): Dandelion root 2 parts and equal parts of all the rest: Burdock root, Cardamom seed, Ginger root, Pau d' Arco inner bark, Cinnamon bark, Clove bud, Fennel seed, Licorice root, Juniper berry, Black peppercorns, Uva Ursi leaf, Horsetail herb, Parsley leaf and root and Orange Peel. If missing an ingredient, do your best. This is always the rule in emergencies: use what you have. It is better than standing by and doing nothing.

Whenever the Liver or Gall Bladder is sick, you must adhere to vegan vegetarian diet at least until you recover. If there is serious liver disease present, do a vegan vegetarian diet for at least three months.

# Detoxification Herb Tea

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## Formulae:

Roasted Dandelion root, Burdock root, Pau d' Arco inner bark, Cinnamon bark, Cardamon seed, Licorice root, Fennel seed, Juniper berries, Ginger root, Clove buds, Black Peppercorns, Uva Ursi leaves, Horsetail herb, Orange peel and Parsley root.

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## Therapeutic Action

This tea has numerous health benefits. First, it is based on an ancient East Indian digestive tea formula. Over the years in my clinic I have seen my patients eat almost anything and survive if they drank a cup of this tea before, during and after the meal. **It is a stimulant to the entire digestive process, especially the stomach during the first stages of digestion.**

**This tea also mildly cleanses the blood, skin, liver, and gall bladder and is the perfect tea to use after the liver flush.** It flushes out the bile and fats that the liver flush purged from your liver and gall bladder. **It is also a mild diuretic and disinfectant to the kidneys and bladder** and will cause you to urinate a little more within an hour after ingestion.

**This tea is also an excellent coffee replacement.** It is a hot beverage, dark in color and tastes good. It's even better when a little pure maple syrup is added to the final brew. It also increases your circulation but has no caffeine. I used it in my clinic successfully for years to help people get off the coffee habit.

---

## Dosage:

2 cups of the tea consumed 15 minutes after doing your Liver/Gall Bladder Flush. It can also be drunk at any other time during the day, as many cups as desired.

Put 1 tablespoon (medium) or 2 tablespoons (strong) of this tea into 20 ounces of distilled water. Be sure to use only stainless steel or glass cookware. Let the tea sit in the water overnight. In the morning heat up to a boil, reduce heat and let simmer for 15 minutes. Strain the herbs, do not discard them, let cool a bit but use hot. Put the used herbs back into the pot, add 1 tablespoon of fresh herbs and 20 ounces of pure water. Let sit overnight and repeat whole process again. Keep adding new herbs to old ones for three days, then discard all herbs and start over.

# Kidney & Bladder Formula

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## Formulae:

Uva Ursi leaves, Juniper berries, Corn silk, Horsetail herb, Pipsissewa leaf, Burdock root and seed and Goldenrod flower tops.

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## Therapeutic Action:

**This tonic is both diuretic (increases the flow of urine) and disinfectant to the kidneys, bladder and urinary system.** According to medical reports the herbs in this formula destroy the bacteria that cause kidney and bladder infections. More importantly, whenever I used this formulae in my clinic, it cured every patient with urinary tract infection, even after antibiotics had failed. **It worked 100% of the time.** This tonic formula works best if used along with the **Kidney/Bladder Tea** and the **Kidney/Bladder Flush** as directed in the **5 Day Cleansing & Detoxification Program** in the back of this booklet.

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## Dosage:

1 to 2 dropperfuls (35 to 70 drops) 3 to 4 times daily. Best results are obtained if used for 3 to 5 days consecutively and along with the **Kidney/Bladder Herb Tea**.

# Kidney & Bladder And Dissolve Tea Herb Formula

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## Formulae:

Juniper berries, Corn silk, Uva Ursi leaves, Parsley root and leaf, Carrot tops, Dandelion leaf, Horsetail herb, Goldenrod flower tops, Hydrangea root, Gravel root and Marshmallow root, Orange peel and Peppermint leaf.

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## Therapeutic Action:

Same powerful effect as the Kidney/Bladder Formula above. This tea is most effective if used along with the tonic as directed in my **5 Day Cleanse** that is described later in this handbook. **This formula also completely dissolves stubborn kidney stones and calculi.**

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## Dosage:

2 cups 3 times daily.

# The D-tox Formulae

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## Formulae:

Red Clover blossoms, Mojave Chaparral herb and resin, Poke root, Oregon Grape root, Burdock root and seed, Yellow Dock root, Goldenseal root, Bloodroot, Garlic Juice, Lobelia seeds & Cayenne.

---

## Therapeutic Action:

**This is a very powerful blood and lymph cleansing formula** and the only one that I've used for years in my clinic. Every patient I treat and put on my **5 Day Cleanse** consumes 1 bottle of this formula during the week of this program.

This formula is based on the famous Hoxey Formula, Dr. Christopher's Red Clover Tonic formula and many similar formulae from around the world.

These herbs are famous for scrubbing the accumulated toxins and poisons out of the body's blood, fat and cells. As mentioned, it works best if used along with my **5 Day Cleanse**. When using this formula make sure to consume a gallon of water, juice and herbal tea each day.

After one of the late Dr. Jon Christopher's arrests he was *instructed* to never use the word cancer again. In a private conversation I had with him regarding Red Clover Blossoms he said "I just can't help myself, Red Clover is the antidote for cancer."

Chaparral is one of nature's most powerful anti-oxidants and has proven itself in the clinic to break-up, destroy and dissolve all types of tumors.

The herbs in this formula are strong in taste, and very effective detoxifiers. Every patient I saw with chronic illness or degeneration used this formula with great success.

---

## Dosage:

2 dropperfuls (70 drops) 4 to 6 times a day for a week or during the **5 Day Cleanse Program** or as described in **The Incurables Program**. Mix with a few ounces of grape juice to make it go down easier. Drink 64-128 ounces of liquid a day.

## Dr.Schulze's Specific Herbal Formulae

### Male Formula

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#### Formulae:

Wild American "Blue Ridge" Ginseng root (*Panax quinquefolium*), Chinese and Korean Ginseng roots (*Panax ginseng*), Siberian Ginseng root (*Eleutherococcus senticosus*), Saw Palmetto berry, Sarsaparilla root, Yohimbe bark, Oat seed, Kola nut and Ginger rhizome.

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#### Therapeutic Action:

This is a male high-octane superfuel. It can be used by all men who feel a need for a lift. It provides men with herbal phytochemicals that are needed to create hormones.

This formula is for men who feel they have lost their edge and their male drive. It stimulates male energy, sexual desire, will promote more frequent, harder erections and for longer durations. It will also increase sperm production.

I have treated many men in my clinic with sexual dysfunctions. Some were the unfortunate aftermath of prostate surgery, coronary bypass surgery and other surgeries. Some impotence due to disease and illness and some was psychosomatic. Regardless, this formula has helped thousands of men and created numerous clinical record-breaking events. ("Eight ejaculations in one evening... An erection for 5 hours.... She begged me to stop... It was better than our honeymoon," are just a few of the hundreds of reports from my mail patients. Actually, many reports were from their wives.

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#### Dosage:

1-2 dropperfuls (35-70 drops) 3 times daily. Works best if used consistently over a period of 3 to 4 months, and of course with all of the Foundational Programs.

# Prostate Formula

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## **Formulae:**

Saw Palmetto Berry, Uva Ursi Leaves, Juniper Berry, Corn Silk, Cleaver's Herb, Nettle Root, Thuja Leaf.

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## **Therapeutic Action:**

The herbs in these formulae reduce swelling and inflammation in the prostate and promote the flow of urine. Over the years I have had many men in my clinic with Benign Prostate Hyperplasia who were scheduled for prostate surgery and were thrilled when they could call their doctor and tell him to shove the drill up his own penis. These formulae have even helped when the prostate showed the presence of degeneration.

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## **Dosage:**

1-2 dropperfuls (35-70 drops) 3 times daily. Works best if used consistently over a period of 3 to 4 months, and of course with all the foundational programs, and especially getting off of all animal products.

# Super Ginseng Tonic

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## Formulae:

Wild America "Blue Ridge" Ginseng root (*Panax quinquefolium*), Chinese and Korean Ginseng roots (*Panax ginseng*), Siberian Ginseng root (*Eleutherococcus senticosus*) and Brazilian Ginseng root (*Pfaffia paniculata*)

---

## Therapeutic Action:

Ginseng is one of the most prized and revered herbs on the planet. People have been killed and wars fought for it. Collecting Ginseng for a blend like this is an art and is very difficult. I spent years learning how to choose good roots. It contains rare essential trace elements and is a powerful tonic to increase energy, vitality and stimulate sexuality. It is famous for giving strength to the weak.

This formula can be used to increase the effectiveness of the **Male Formula**.

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## Dosage:

1-2 dropperfuls (35-70 drops) 3-4 times daily. Best if used consistently, 1 to 2 bottles.

# Female Formula

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## Formulae:

**Vitex agnus-castus/Chaste Tree berry, Discorea villousa/Wild Yam rhizome, Angelica polymorpha sinensis/Dong Quai root, Damiana leaf, Licorice root and Hops flowers.**

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## Therapeutic Action:

- **Regulation and balancing of the female hormones.**
- **Relief from symptoms of menopause, and P.M.S. such as anxiety, depression, anger, nervousness, osteoporosis, water retention/bloating, hot flashes, hair loss, and dry vaginal tissue.**
- **Regulation and normalization of the menstrual cycle and relief of menstrual problems.**
- **Increase fertility. Increased sexual desire.**
- **An effective overall female tonic. It provides women with herbal phytochemicals that are needed to create hormones, helps to balance the hormones and calms the nerves.**

**While running my clinic I have seen many woman who became incapable of normal functioning, both physically and emotionally, because of menopause, P.M.S. and hormonal imbalance. This tonic has been a lifesaver for them. Besides the obvious health benefits, many saved their marriages, their families, their careers and their sanity by using these formulae.**

**Over 1 billion woman use one or more of the herbs in these formulae. It gives women that sense of well-being and control. It does so by increasing the communication between the endocrine organs in the brain and the ovaries. It allows a woman the ability to age slowly and naturally and make comfortable transitions from puberty through menopause and beyond.**

**Today most estrogen is derived from torturing pregnant horses. Their urine is drained from their bladder via a catheter 24 hours a day. Even the manufacturers of estrogen use estrogen run a 4 to 14 times greater risk of developing uterine and breast cancers, not to mention liver disease and numerous other illnesses.**

**I have worked with hundreds of women in my clinic over the years to get them off of hormones. They were able to make this transition. This weaning off is best done gradually over a period of 30 to 60 days.**

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#### **Dosage for menopause:**

**Start with 1 dropperful (35 drops) 3 times daily for at least one week. If this is not enough and symptoms still persist, increase to 1 dropperful 4 times daily. If needed you can increase to 6 dropperfuls daily, but spread them out.**

**If your symptoms intensify during a particular time of the day or evening, use more of the tonic during that time. For example, for nighttime sweats, take 2 to 3 dropperfuls before bedtime to offset this situation.**

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#### **Dosage for PMS:**

**For a regular 28 day cycle on the 18<sup>th</sup> day after the start of your last period, take 1 dropperful (35 drops). On the 19<sup>th</sup> day take 1 dropperful in the morning and 1 in the evening. On the 20<sup>th</sup> day through the start of your next period take 1 dropperful 3 times daily. This dosage can be increased to 2 dropperfuls 3 times daily with an occasional dosage of up to 4 dropperfuls during extreme symptoms. Discontinue the formula once your period begins unless you have extreme menstrual problems.**

#### **Dosage for Menstrual Irregularity:**

**If you have had long-term menstrual irregularity, start by taking 1 dropperful 3 times daily for 1 to 2 months. This should balance your hormones and regulate your periods.**

**If it is for menstrual problems during your period, take 1 to 3 dropperfuls, 3 times daily as needed.**

#### **Dosage For Infertility:**

**Start with 1 dropperful 3 times daily for a month. The next month you can increase to 2 dropperfuls 3 times daily. Continue with the formula. Stop if you become pregnant.**

**As with most situations, but especially with infertility, you must do ALL of The Foundational Programs to get the best results.**

# Brain Formula

## Formulae:

Ginkgo leaf, Rosemary flowers, & Cayenne peppers.

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## Therapeutic Action:

Although used for thousands of years, Ginkgo Biloba is now famous worldwide for its ability to increase brain circulation and help with the associated diseases. Ginkgo has been proven effective for **depression** and other emotional problems. Recent medical discoveries have proven that depression and many mental disorders are rooted in poor brain circulation. The cells of the brain are not nourished and their waste is not being removed, causing congestion, toxemia and poor brain function. Ginkgo has been found helpful for hearing and eyesight problems. Ginkgo has also been proven effective for tinnitus (ringing in the ear), vertigo (balance problems and dizziness), deafness and other inner ear problems. Ginkgo is also famous for increasing memory and has been used effectively with Alzheimer's Disease. Many people using Ginkgo have experienced miraculous results with eyesight problems. For even more powerful results, use in conjunction with my Eyebright Formula.

Rosemary, and Cayenne also promote blood and oxygen circulation to the brain. This can be effective for anyone who has suffered a stroke or to prevent one.

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## Dosage:

1-2 dropperfuls (35-70 drops) 3-4 times daily.

# Cayenne Tincture

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## **Formulae:**

FRESH JUICE of Organic Habero peppers, California Jalapeno, African Bird Peppers, Chinese, Korean, Thai and Japanese peppers.

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## **Therapeutic Action:**

Cayenne is the greatest herbal aid to circulation and can be used on a regular basis.

The extract is VERY concentrated and gets in the bloodstream fast which makes it a perfect first aid remedy, for heart attacks, stroke, fainting, shock, dizziness, internal or external bleeding. Use a few drops to 10 dropperfuls. It has saved many lives.

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## **Dosage:**

5 to 30 drops 3 times daily. CAUTION: EXTREMELY HOT

# Cayenne Powder

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## **Formulae:**

A special blend of California, Florida and Mexican Habanero Peppers, African Birdeye Peppers, Chinese Hot Reds, Korean Aji, Thai Red, Japanese Red, California Jalapeno's and Serrano's.

This formula is a serious blend of the hottest cayenne peppers in the world. The peppers I use range in heat units from 90,000 to 575,000. You read it right, 575,000! No one else uses peppers in this heat range, if they could even find them. When I mix it I have to wear a special gas mask I bought from the German Special Forces. I am NOT kidding.

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## **Therapeutic Action:**

The benefits of daily cayenne usage are widely known. It is the greatest circulation stimulant known.

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## **Dosage:**

CAUTION, start with only a small amount! Do not encapsulate. Put a small amount in a little juice, stir and chug. Work your way up in dosage slowly. 1/8 to 1/2 teaspoon 2 to 4 times daily.

# Nerve Formula

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## Formulae:

Valerian root, Lobelia seed pods, Passionflower herb, Hops flowers, Black Cohosh root, Blue Cohosh root, Skullcap herb and Wild Yam rhizome.

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## Therapeutic Action:

This formula is a powerful sedative and antispasmodic. It will relax, sedate and relieve nervous tension and muscle spasms. It is also very effective for insomnia and a wonderful sleep aid. Although it has no narcotic ingredients, these herbs have become famous for their ability to relax and induce rest and sleep. It is useful for all types of muscle and nervous system spasms and cramps including nervous trembling disorders, seizures, fits, spastic bowel and menstrual cramps. I used it in my clinic for those wanting to stop using anti-seizure medications regardless of whether the cause was a brain tumor or a nervous system abnormality.

Don't forget, B-Vitamins are the fuel that your entire nervous system runs on and constantly needs to repair itself. This is why I made **every** patient I put on the **Nerve Formula** take a double dosage of **SuperFood**.

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## Dosage:

1-2 dropperfuls (35-70 drops) 3-4 times daily or up to 4 dropperfuls as needed.

# Lobelia Tincture

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## Formulae:

Lobelia seed & Herb in organic raw apple cider vinegar and pure grain alcohol.

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## Therapeutic Action:

Lobelia is one of the most powerful and versatile herbs I know. In my clinic I learned to rely on this herb more than any other. I learned in the first few years of my practice: "When in doubt, try Lobelia."

Lobelia has two main uses, first as an antispasmodic and second as a bronchial dilator and expectorant. As an antispasmodic it is second to none and will relax the entire body and organs. This is why it is one of the main ingredients in the **Nerve Formula**.

It is also the greatest herb for problems with the lungs. IT IS A STRONG BRONCHIAL DILATOR. It will get you breathing easily again. It also will help you to expectorate material out of the lungs. I have seen it work with a hundred different disorders, When in doubt, try it!

In American herbal history, from Samuel Thompson, one of the great 18<sup>th</sup> century herbalists, to Dr. John Christopher, Lobelia was an important healing plant. This is the only herb that Dr. Christopher devoted an entire chapter to in his herbal book. Although currently in America the F.D.A. has cautioned us on using this plant, in Europe it is an important over the counter drug sold in many modern drug stores. To begin with, alkaloids are one of the most powerful of all plant chemicals. Not all plants have them. Some have a few, but Lobelia ranks high, with 14 different alkaloids. I am explaining this so you will understand that we know very little about this plant except that it is a powerful healer.

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## Dosage:

5 to 60 drops 3 to 4 times daily. In an emergency use 2 to 5 dropperfuls or more. An overdose is not dangerous, but causes sweating and nausea.

# Deep Tissue Repair Oil

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## Formulae:

Wintergreen oil, Peppermint oil concentrate, Cayenne peppers, Ginger root, Arnica flowers, Saint Johnswort flowers, Marigold (Calendula) flowers, and Organic Virgin Olive oil.

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## Therapeutic Action:

A POWERFUL deep penetrating heating oil that relieves the pain, inflammation and stiffness in joints, tendons, ligaments and muscles. For arthritis, bursitis, lumbago, or any muscle or bone pain.

I have 3 Black Belts in different Martial Arts and spent over 20 years working out. I have ripped almost every muscle in my body at one time or another and fractured and broken many bones. I know what injury and pain is. I used every commercial preparation and would always sit there after applying them thinking, is this it? I decided to create my own and pull out all the stops and not wimp out when it came to adding enough ingredients. I guarantee you that you will be amazed at the results. My experience, and that of my patients, is that you rub in the oil, and in a day or two your problem is gone. A very powerful oil.

To intensify the treatment take a hot bath or shower before application and then rub in the oil for 15 minutes.

Also don't forget your hot and cold hydrotherapy. Every day until you are well, alternate very hot water over the injury for 1 minute and then ice cold over the injury for 1 minute.

Alternate this hot and cold 7 to 10 times. This alone will heal you, but with the **Deep Tissue Oil** you will have a miracle. Many patients call it, "a miracle in a bottle."

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## Dosage:

Use 1 or more dropperfuls on the body and rub in well. Use with caution on sensitive areas of the body.

# Anti-Infection Tincture

## Formulae:

Fresh Garlic juice, Goldenseal root, Usea lichen, Myrrh gum, Pine resin, Echinacea root juice, Tea Tree oil, Kelp, Black Walnut inner hulls, Oak galls and Cayenne pepper in 80% grain alcohol.

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## Therapeutic Action:

In 20 years of use, I have never seen any infection occur when using this formula. It's excellent for treating any cut or wound and is antibacterial, anti-viral and anti-fungal. The tree resins in the formula leave an invisible, protective, antibacterial coating over the wound. Last year in England I used this formula on a man who had the top of his knee torn off in an auto accident. In 24 hours it literally glued his knee back together. A nurse from Ireland on the scene said in all of her years in the hospital, she had never seen such a severe wound close right up and heal, and with no infection!

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## Dosage:

Generally for external use but can be used in the oral cavity. Soak a cotton swab in the tincture and scrub into the infected area, let air dry. It has a burning sensation.

If the wound is tender, just flush it with multiple dropperfuls of the tincture but no need to scrub it in.

# Jojoba & 9% Tea Tree Oil

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## **Formulae:**

Organic Jojoba oil and 9% Tea Tree oil

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## **Therapeutic Action:**

This formula is soothing and emollient to the skin and kills bacteria and fungus on contact. Use this formula when the anti-infection tincture would be too strong or intense. Especially on sensitive areas. This is the perfect solution for dry skin, baby's diaper rash, minor children's cuts, or for dermatitis, eczema, psoriasis or any general skin irritation.

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## **Dosage:**

Rub 1 or more dropperfuls into the skin.

# Dr. Schulze's Super Tonic

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## **Formulae:**

FRESH ORGANIC JUICES of Horseradish root, Garlic bulb, Onion bulb, Ginger root, and Cayenne peppers in a base of Raw Unfiltered Apple Cider Vinegar.

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## **Therapeutic Action:**

This is my famous plague formula. My patients swore it was the cure for the common cold. They were right!

The basic formula goes back to medieval Europe and the plagues. It is a broad spectrum antibiotic, destroying both gram-positive and gram-negative bacteria. It's also a potent , anti-viral and anti-fungal formula. It will increase blood circulation to every cell, and kill all the bad guys.

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## **Dosage:**

2010 dropperfuls (70-350 drops) gargle and swallow. Use 1 to 5 times daily as needed.

# **Eyebright Formula**

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## **Formulae:**

**Eyebright Herb, Goldenseal root, Red Raspberry leaves, Mullein flower, Fennel seed, Rue tops and Cayenne pepper.**

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## **Therapeutic Action:**

**Based on an old formula from the late Dr. John Christopher, this eyewash cleanses and strengthens the eyes. It increases blood circulation to the eyes and will remove toxic waste in and around the eyes and reverse eye diseases and destroys bacterial infections.**

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## **Dosage:**

**Mix 5 to 10 drops of tincture into an eyecup and the fill up with room temperature distilled water. Hold the eyecup up to your eye and tip your head back. Open your eye under the solution. It will burn a little bit at first. Now do eye exercises while under the solution, looking left and right, up and down, circles left and right. Rinse out the eyecup and do the other eye.**

# Tooth And Gum Restore Formula

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## Formulae:

Bayberry root bark, Oak galls, Echinacea root, Tea Tree oil, Peppermint oil and Cayenne pepper.

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## Therapeutic Action:

This formula increase the circulation to the teeth and gums. If used regularly it will rebuild tooth bone loss, tighten teeth, tighten gums and stop bleeding gums due to plaque build up and gingivitis. This formula is anti-bacterial and anti-fungal and will destroy oral infections on contact.

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## Dosage:

For best results get a water pic. Place 4 to 6 dropperfuls of the formula into a water pic reservoir along with warm water. Use the strongest setting that you can tolerate. If done daily you should notice gum bleeding halts within 1 week. You can also add 2 dropperfuls to 2 ounces of water and rinse mouth thoroughly swishing and straining the water through all the teeth. This formula can also be massaged directly into the gums using a cotton swap.

# Clinical Air Disinfectant Treatment

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## **Formulae:**

100% Essential oils of Eucalyptus, Lime, Lemon, Orange and Grapefruit.

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## **Therapeutic Action:**

This formula is anti-bacterial, anti-fungal and anti-viral. It destroys germs on contact. It also relieves sinus and lung congestion.

I sprayed this exact formula in my clinic. I needed something strong enough to cleanse and purify the air, but also something strong enough to de-odorize the smell of disease and death.

The fragrance of this spray can lift the lowest of spirits.

Great on your pillow before bed and in your bathroom as an air freshener.

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## **Dosage:**

1-4 sprays into the air.

# **Dr. Schulze's 5 Day Cleanse and Detox Program**

## **Cleansing and Immune Boosting for Health**

### **Why the Foundational Health Programs?**

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When I studied herbal and natural healing, like most students I was attracted to the complex herbal formulas and intricate natural healing routines to treat rare and bizarre diseases. I wanted to be a specialist. I couldn't wait to design very complicated treatments for my patients.

But I also learned from my great teachers the importance of beginning EVERY patient, regardless of what was wrong with them, with the basics of good health. I learned the good common sense to know that ALL my patients had to start here first.

SUPER NUTRITION CLEANSING AND DETOXIFICATION OF THE ELIMINATION ORGANS, IMMUNE BOOSTING, I knew I had to begin here before we could start any advanced routines. Then THE BIG SURPRISE HAPPENED.

### **95% OF MY PATIENTS, AFTER FINISHING THE BASICS, WERE WELL!**

That's right, the vast majority of my patients, before I ever got to treat their specific problem, their problem  
WAS GONE.

### **80% OF MY PATIENTS WERE WELL JUST AFTER DOING MY THOROUGH BOWEL CLEANSING PROGRAM.**

The big surprise I got was that after my patients followed the basic for a few months, they had the nerve to get well. I wasn't ready for this to happen, but regardless, they were healed before I ever got a chance to do any advanced specialized treatment.

For this reason I began to call these programs my **Foundational Programs**. The vast majority of my patients didn't need to go any further. Also, following the Foundational Programs makes my other entire herbal formula even more effective.

For this sole reason, I cannot over-emphasize the importance for everyone to begin with the programs and formula on the next few pages called my **Foundational Programs**. If you do, you will probably forget what was wrong with you in the first place.

**I REPEAT...**

Everyone, who came into my clinic, **I MEAN EVERYONE**, started with the same basic program for the first TWO MONTHS. I may have added some of the specific herbal Formulas; listed in this handbook, but nobody escapes doing ALL of the basics. **ALL of these Foundational Programs.**

# Basic Cleansing and Detoxification Program

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**Digestive system and colon health have reached an-all-time low in the United States. Diseases of the digestive tract are on the rise. In 1994 the #1 Cancer among men and women was Colon Rectal.**

Modern lifestyle has taken its toll on our digestive/elimination organs. Refined, processed, low fiber foods, animal fats, a lack of exercise and an ever-increasing level of stress all contribute to our current gastrointestinal health crisis.

The frequency at which a normal, healthy person should move their bowels has been a great misconception among the public and most medical professionals. For years, doctors have thought that anywhere between 1 bowel movement a day and 1 a week was normal. In the examination of more primitive peoples, we find that their bowels move much more frequently, 2 to 3 times daily on the average. This is due to the fact that these people eat better, get more exercise and have much less stress. What we have learned is that it is normal to have 1 bowel movement a day for each meal you eat, (if you eat 3 meals you should have 3 bowel movements).

The Merck Manual, the medical industry's standard text for the diagnosis and treatment of disease, tells us that colon degeneration is on the rise. The incidence of diverticulosis has increased dramatically over the last 40 years. It states, that in 1950, only 10% of adults over the age of 45 had this disease, in 1955 15%, in 1972 30% and in 1987 almost 50%. The latest edition states that the incidence "increases rapidly" over age 40 and that "every person will have many" if they live long enough. Every American adult will have herniation of the large intestine.

Diverticula are saccular herniations that protrude through the wall of the colon. These "bowel pockets" are almost always asymptomatic, (you can't feel them). They are caused by a sluggish constipated bowel. These pockets fill with old fecal material which can be reabsorbed back into the bloodstream. This can infect the entire body causing all types of toxic reactions.

A sluggish bowel can retain pounds of old, toxic and poisonous fecal matter. Many times the real cause behind sickness and disease is this retention and reabsorption of this toxic waste.

The first step in everyone's health program should be stimulating, cleaning and toning all the elimination organs, and the bowel is the best place to begin.

**Day #1:** Start with only one capsule of Intestinal Corrective Formula #1 during or just after dinner. This formula works best when mixed with food.

**Day #2:** This morning you should notice an increase in your bowel action and in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference in your bowel behavior today or the difference wasn't dramatic, then tonight increase your dosage to two capsules. You can continue to increase your dosage every evening by one capsule until you notice a dramatic difference in the way your bowel works. It has taken most of us years to create a sluggish bowel so let's be patient for a few days and increase by one capsule each day only.

By the end of the first week you, should know what your dosage is. If not, then remain on this formula alone for an additional week to get regulated before you go on to the next step.

**Week #2:** At the beginning of week two is when we begin to start the Intestinal Corrective Formula #2. We will take this formula 5 times each day beginning in the morning. One hour after your morning nutritional drink, mix 1 heaping teaspoon of Intestinal Corrective #2 powder with 8 ounces of diluted juice. It mixes best if you shake it in a small jar. Do the same ½ hour before lunch, between lunch and dinner, ½ hour before dinner and 1 hour before bed, so that you are consuming a total of 5 heaping teaspoons each day.

During or after dinner, take your Intestinal Corrective Formula #1 as usual but increase the dosage you discovered the first week by 1 additional pill. If you feel a bit bound by the #2 formula, you can increase your dosage of the #1 formula even more.

**Helpful Hints:** It is helpful to drink additional liquid after each dose of Intestinal Corrective Formula #2, at least 8 more ounces. Drink plenty of pure water, herb teas and diluted fruit and vegetable juices during this two-week colon cleanse. A good amount is between 64 and 128 ounces of liquid each day. This makes the program more effective.

# Use of Herbal Home Colonic Formulas

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## NUTRITION

### **SUPERFOOD**

This is the way to start your day, EVERYDAY. The adult dosage is 2 rounded to 4 rounded tablespoons per day. If you need extra nutrition, because of an illness, you can take an additional 2 tablespoons in a drink in the afternoon.

In the morning, I suggest to take a blender, put in 8 ounces of fresh fruit juice, 8 ounces of purified or distilled water, ½ to 1 cup of fresh organic seasonal fruit and two rounded tablespoons SuperFood. I have started my day for the last 20 years with this morning drink.

If you choose to have another dosage of SuperFood in the afternoon I suggest 8 ounces of carrot juice, 4 ounces of a vegetable combination (beets, greens, etc.) and 4 ounces of purified or distilled water. You can also do the same fruit drink as in the morning. SuperFood can be mixed with either fruit or vegetable juice.

## BOWEL CLEANSING & DETOXIFICATION

### **INTESTINAL FORMULA #1:**

**Patient Type #1: The sluggish bowel type.** This formula is for 97 % of my patients. The ones who need a help getting their bowel working frequently enough. Follow the directions for Intestinal Corrective Formula #1 on page 14 of this handbook.

**Patient type #2: The irritated bowel type.** This is only a small percentage of my patients. This is the exception to the rule, those with bowels that work too often, more than 3 bowel movements a day. This includes those that have colitis, irritable bowel syndrome, Chrones disease, etc. If your bowels are irritated, hot or are working too frequently, skip this formula and go to the Intestinal Corrective Formula #2.

### **INTESTINAL FORMULA #2:**

**Patient type #1: The sluggish bowel type.** Continue to use Intestinal Corrective Formula #1 until your bowels are moving 2 to 3 times a day and the consistency is softer. Wait at least one week before adding the Intestinal Formula #2, but you can wait a month if necessary. Once you have achieved 2-3 bowel movements a day, begin the Intestinal Corrective Formula #2. You want to use up the entire 8 ounce jar within one week. That's about 1 heaping teaspoon 5 to 6 times a day. Follow the mixing directions on the can or the directions in the Intestinal Detoxification Program sheet. Repeat this the second month by consuming 1 more 8 ounce jar in a week.

**Patient type #2: The irritated bowel type.** Since you will not be taking the Intestinal Corrective Formula #1 at any time during this program, unless you get constipated, you can use the Intestinal Corrective Formula #2 on a daily basis, to sooth your bowel and solidify your bowel movements. You can use this formula continuously during the first two months of this program, you can use this formula forever if you wish. You may find that 1 teaspoon a day does the job, you may need three. Experiment to see what dosage is best for you.

## **IMMUNE SYSTEM STIMULATING**

### **ECHINACEA PLUS**

Use at least 1 bottle of Echinacea Plus each month for the first two months. Follow the dosages later in this handbook.

# Five-day Cleansing and Detoxification Program for Liver

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*2 Days of a Purifying Raw-Food Program and a 3-Day Juice Fast*

**IMPORTANT NOTICE:** You must complete the 2-week bowel detoxification and rebuilding program using Intestinal Corrective Formulae #1 and #2 and CONTINUE taking #1 & #2, before you begin this program. Then you may either do this 5-day Liver Cleanse, or the 5-day Kidney Cleanse. Or you may do both! The liver usually is detoxified before the kidneys, but you may reverse this if desired.

**Day 1:** Upon arising drink 8 ounces of distilled water

**Breakfast:** This is a great way to start your day. The water rinses and flushes your digestive tract of any leftover food and digestive juices. **Within 1 hour prepare for the following Morning Drink:**

## **Morning Drink (Liver & Gallbladder Flush)**

(Mix in a Blender) (in Spring and Summer ) 8 ounces of fresh orange juice or a citrus juice combination (1 lemon or 1 lime and enough orange, grapefruit or tangerine to make 8 ounces)

or

(in Fall and Winter ) 8 ounces of fresh apple and/or grape juice

- 8 ounces of Distilled Water
- 1-5 clove(s) of garlic (start with one and increase daily)
- 1-5 tablespoon(s) of organic virgin cold-pressed olive oil (start with one and increase daily )
- 1 small piece of fresh Ginger Root (about 1 inch long)

**15 minutes after this drink, consume 2 cups of Detoxification Tea.** Consume 2 dropperfuls of Liver/Gallbladder - Anti-Parasite tonic 4 times daily during this cleanse. Take in a few ounces of water. It should be quite bitter.

## **Day #1 Breakfast**

Live, **FRESH** fruit or vegetable juice is the best way to get your Vitamins, Minerals and other Essential Nutrients. They are also very important for cleansing and detoxification. If you are hungry before lunch time you may have fruit, diluted fruit juices, and fruit smoothies.

Stop all fruit or fruit juices at least 1 hour before lunch. It is best while on this program not to mix fruit and vegetables together.

### **Day #1 Lunch**

For lunch you can have diluted fresh raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, and herb teas. You may make dressings for the salad 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 food must be stopped by 6 p.m.

### **Day #1 Dinner**

Diluted fruit juices, fruits, fruit smoothies, fruit salads and herb teas.

**Day #2, #3 and #4** Now we begin the 3 day fast. Start with your water, morning flush drink and herbal tea. Diluted fruit juices and herb tea until noon, diluted vegetable juices, Potassium Broth and herb tea mid-day and afternoon and diluted fruit juices and herb tea again in the evening. **Consume at least 1 gallon (128 ounces) of liquid. That is 8 ounces every hour! If you get hungry, DRINK MORE!!!**

### **Potassium Broth Recipe**

This is a great-tasting addition to your cleansing program. It will flush your system of toxins, poisons and unwanted salts and acids while giving you a concentrated amount of vitamins and minerals.

Fill a large pot with 25% potato peelings, 25% carrot peelings and whole chopped beets, 25% chopped on-ions including 50 cloves of garlic, 25% celery and dark greens. Add hot peppers to taste. Add enough distilled water to cover vegetables and simmer on very low temperature for 1-2 hours. Strain, or just dip your mug in, and drink only the broth. Put the vegetables in your compost. Make enough for two days, refrigerating the leftover broth. It is important to use Organic vegetables. We do not want to consume any toxic insecticides, pesticides or inorganic chemical fertilizers while we are on a **cleansing** and detoxification program.

### **Day #5:**

Today is the day to break your fast. Make this day the same as day #1. Continuation of the fast with your morning drink and then you can have some fresh fruit. Chew it very slowly and mix each mouthful with plenty of saliva. Remember, breaking your fast is a very important part of this program. Chew your food well and eat until satisfied, not full. You can always eat more later if you are still hungry. After 1:00 PM you may have a small vegetable salad, and fruit again in the evening, chewing everything to a liquid pulp.

Remember, this program restricts the types of food you will be eating, not the amount. If you are hungry at any point during this detoxification program, drink and/or eat more. The more you eat and drink, the more you will flush the toxins out of your body. Also remember to have a fun time. Your positive, healing attitude is most important to achieve maximum benefits out of this program; be loving to yourself. Take it easy when returning to a new healthy food program. Choose lighter foods for a few days and be careful not to overeat. Chew your food well. Eating smaller meals more often is better than one or two large meals. Enjoy your new set of values on food choices and amounts. For the best health, become a vegetarian. Repeat this program until you are well but do it at least once every 3 months.

# Five-day Cleansing and Detoxification Program for Kidney

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*2 Days of a Purifying Raw-Food Program and a 3-Day Juice Fast*

**IMPORTANT NOTICE:** You must complete the 2-week bowel detoxification and rebuilding program using Intestinal Corrective Formulae #1 and #2 and CONTINUE taking #1 & #2, before you begin this program. Alternate this Kidney Cleanse Program with the 5 Day Liver Cleansing and Detoxification Program.

**Day 1:** Upon arising drink 8 ounces of distilled water

**Breakfast:** This is a great way to start your day. The water rinses and flushes your digestive tract of any leftover food and digestive juices. **Within 1 hour prepare one of the following Morning Drinks:**

## **Morning Drink #2 (Kidney & Bladder Flush )**

- Juice of one Lemon and one Lime
- 16 to 32 ounces of Distilled Water
- A pinch of Cayenne Pepper
- Optional - Maple Syrup (a little) to Taste

15 minutes after this drink, consume 2 cups of Kidney/Bladder - Dissolve Tea with 2 dropperfuls of Kidney/Bladder Tonic added per cup. Consume 2 more cups of this tea with the tonic added 2 more times each day.

## **Day #1 Breakfast**

Live, **FRESH** fruit or vegetable juice is the best way to get your Vitamins, Minerals and other Essential Nutrients. They are also very important for cleansing and detoxification. If you are hungry before lunch time you may have fruit, diluted fruit juices, and fruit smoothies. Stop all fruit or fruit juices at least 1 hour before lunch. It is best while on this program not to mix fruit and vegetables together.

### **Day #1 Lunch**

For lunch you can have diluted fresh raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, and herb teas. You may make dressings for the salad 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 food must be stopped by 6 p.m.

### **Day #1 Dinner**

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### **Day #5:**

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# **What Determines Your Current Level of Health?**

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**Your current Level of Health is a Perfect reflection of how your body, mind and spirit is responding to the Environment and Lifestyle you have created for yourself.**

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## **Intake**

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

## **Elimination**

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

## **Movement/Circulation**

**The ways we move our body to keep it toned, flexible, with good circulation.**

## **Lifestyle**

**How we live, work and play.**

## **Emotions/Spirit**

**Do we have positive/healing or negative/destructive emotional and spiritual habits?**

## **Inherited Constitution**

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

**add up to Your Overall Level of Health.**

**Your entire body totally rebuilds itself in less than 2 years !!! 98% in less than 1 year. A new brain in 1 year, blood in 4 months, skeleton in 3 months, DNA in 2 months, liver in 6 weeks, skin in 1 month and stomach lining in 5 days !!!!!**

**WHY ARE YOU STILL CREATING THE SAME BODY????**

# Healthy Life Style Changes

## - Dr. Schulze.

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### ADDITIONAL LIFESTYLE CHANGES

I also ask all of my patients to make the following healthy lifestyle changes:

- **Stop eating all ANIMAL FOODS.** Don't eat anything that had a face or came from anything that had a face. Come on, you can do this for 2 months. It will change your life, and save it too.
- **Stop other bad habits.** Like smoking, drinking alcohol, sodas, coffee, black tea, highly refined & processed foods.
- **Begin eating lots of fresh RAW organic fruits, vegetables, sprouts.** Enjoy, Baked Potatoes, Brown Rice, Whole grain products. Enjoy yourself, Eat until satisfied, Just keep it Vegan and Healthy.
- **Exercise more.** Come on. Get out and play. And sweat a little more while you are at it.
- **Get your head together.** Start learning how to laugh, love and enjoy life more. Learn more jokes. Love yourself.

Once you have succeeded making these lifestyle changes, stopping the old bad habits, adding the new healthy ones and conscientiously taking the herbal formulas for two months, now you have done the preparatory work necessary to get the most out of your detoxification program, and have a safe fun cleansing.

Continue to follow the same program you have been doing for the last two months, and when you feel ready, you can do my 5 Day cleansing and Detoxification Program outlined later in this patient handbook.

### DON'T EVER FORGET THE FOUNDATIONAL PROGRAMS

#### *Super Food, Intestinal Formula # 1 & # 2, Echinacea Plus*

Super Food adds power to all of these herbal remedies and makes them more effective. Cleansing the bowel allows the body to rid itself of toxins and poison. Stimulating the Immune system helps your body heal itself. And always do my 5 Day Cleansing and Detoxification Program once every season.

Using these foundational programs along with your specific herbal treatments will give you the healing you desire.

Thank you.

# *The New Incurables Program*

## **Open Letter From Dr. Richard Schulze On Healing and Responsibility**

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### **Naturopathic Doctor / Medical Herbalist**

**Dear Interested Reader,**

Thank you for your letter. I wish I could answer your questions personally and directly but I am legally gagged. I will make the following suggestions:

Just follow the basic information in these courses; forget the specifics at first. It will make a dramatic change in your health, and will change your life. I developed and used these programs myself for my own dramatic personal healing. The same routines and formulae in my clinic healed tens of thousands worldwide. These programs work on everybody and for everything. The results you will get on these programs will be a perfect reflection of the amount of time, dedication and energy you put into doing the programs themselves.

I know that we are all different, and our specific problems seem very unique, but I assure you they are not, and **I have most likely seen hundreds of people with your same problems, in your same dilemma, in my clinic, and I have seen them all get well.** I know that I can't offer you the same personal service, but I can offer it other ways such as the videos, audios and written material.

Everyone wants the specifics, but the basics of getting and staying well are so powerful, that 98% of the time the specifics are not necessary. The specifics rarely work on their own anyway, or only give temporary results. Getting well is not as difficult as you may think; it is not complicated. It usually takes a lot more dedication, time and energy to make yourself sick. Follow the basic principals of Natural Healing, be patient, and you will get well.

Maybe the doctors say you are dying, we are all dying and have been since the day we were born. I am not trying to stop death, I am talking about increasing the quantity and quality of life. If you are out of time and are at death's door, or even if you or your loved one still dies, these programs will make death more comfortable, peaceful and usually pain-free. Physical death, the eventual physical end for all of us, we will all experience it. I strongly feel that this is something that we should experience at home, with our loved ones, blessed out, happy, and reflecting on the wonder of life and giving thoughts to our loved ones. All of my patients who have had a loved one die at home, using natural healing, have had a blessed, beautiful experience, and without pain. Who wants to die in a hospital, with strangers, and tubes stuck everywhere and doped up with drugs, incoherent for this beautiful experience?

Probably the only reason you are sick is because the life you led was not healthy enough for your particular constitution. I don't care what your relatives, neighbors or friends eat or do, they are not you, and some people have stronger constitutions and can get away with more than others. Who cares what George Burns does; his lifestyle would have killed me by 20. So, stop blaming yourself or others, get rid of your excuses, your why ME's and your cop-outs; they won't help you get well.

I am not saying this is you, but most people who write, in fact most of the patients I saw for 20 years, and my students and even myself at times, want to work on the specific problems and skip some, or most, or all of the basics. This is what doctors do and why we are fed up with medicine. This is why most of us have the same problems coming back to haunt us, or worse ones.

The following is a review of the basics that most people skip. Natural Healing must be a broad spectrum program, a lifestyle, not just an herb for a disease. If my patients did not achieve the following basics within one month of their first visit, I would throw them out of my clinic. I am a hard ass, a butt kicker, because hard work, not sympathy, gets people well. I have tossed little old greyhaired ladies out the door, I have shoved others out in their wheelchairs and told them to enjoy their life as a cripple. Many people write me and say they wish they could only talk to me, or see me one time for a consultation. Some even weep and say if only I would have known of you when you were still in practice. I tell most of you that I would have thrown your butt out the door too. Don't think I'm a nice guy, I am a very tough Natural Healing Evangelist.

Only 10% of my patients ever made it through the first month. Everyone said they were willing to do anything to get well, but when they found out what *anything* was, they wiped out. **Ninety percent of the people who came to see me didn't have what it takes to get well using Natural Healing**, and I sent them packing. Why do you think that medicine and pharmaceuticals are a trillion dollar industry? It's because people don't want to take responsibility for their own health or "just say no to drugs." People want the temporary "quick fix" of medicine. For many, life isn't worth living if they have to give up too much of the "good life". Most people wouldn't make near the sacrifices I made to overcome my heart disease.

But, that 10% who stayed, and did the work, well you have heard the miracle stories. Almost every one of them got a miracle healing. They came looking for a good doctor; I was looking for good patients! I am not passing judgement on you and I give you total permission to do

anything you want, including drugs and surgery to get well, or to even stay sick; who am I to judge? But you are asking for my help, my experience, and here it is:

**FOOD:** Until you are well, regardless of your disease whether it be headaches or cancer, you must be a total vegetarian. Sure, I have seen meat eaters get well, but not as fast and not as completely. You may not have the time to waste. Why do the program halfway? I won't go into all the details, but all animal food is unhealthy. It is full of fat, cholesterol, toxins, drugs, steroids, growth hormones, antibiotics, bacteria and parasites. I don't care how little of it you eat, or if you think that it is normal to eat a little, or what your parents did or your protein-need fantasy, or even if you eat animal food that is organic and the animal was allowed to pray before its head was cut off. Eating animals is wrong for health and environmental reasons, not to mention moral reasons; so stop it. Our ancestors ate this food to survive; it is not necessary anymore. This is 1995 not 1895, let's move on to a cleaner, more nutritious food program. I know it may be difficult for you but don't fool yourself for a minute, If you are eating anything that had a face or came from anything with a face, I would throw you out of my office, get it? Believe me, I know what I am asking. It is un-American, and may be difficult for you to achieve after a life of eating blood, but I also know it will give you the results you want. Also, get a juicer and use it; it can save your life - and use SuperFoods every day.

**CLEANSING:** Clean the bowel, clean the liver and clean the blood.

**EXERCISE:** Move every day, sweat and move more! Do your hot and cold showers!

**EMOTIONAL:** Quit blaming the program, the herbs, the routines, the doctors and me. Take a good look into the mirror. There is the person who is responsible for your current health. I know you may hate the doctors and blame them, but you walked into their office in the first place. You are the only person who can help you, so get a grip, stop feeling sorry for yourself and get to work.

**HOW MUCH CAN YOU TAKE?** Many people spend 30 or 40 years killing themselves with cigarettes, beer, wine or whiskey, coffee, black tea or soft drinks, high fat, sugar and low-fiber diets, junk food, no exercise, negative television and a bad attitude. These same people then worry if a herb may hurt them, if they are getting enough protein on a vegetarian diet or if they can physically take a health routine. Get real! You're lucky to be alive after what you have done. I have always found that a person's breaking point is about a million times past where they think it is. Most people who are taken hostage, starved and given forced labor end up healthier. Maybe you should consider getting kidnapped by a hostile government.

**I know I have been tough, but that is the only way I have seen miracles happen, and I want more than anything for you to have one.**

**Good Luck and God Bless You,**

**Dr. Richard Schulze**

# Why You Must Get Prepared

## - Dr. Schulze.

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Many people ask, why can't I do a particular cleanse now, then I'll follow your basic program next month. This approach not only doesn't work, but it can make you very ill.

One of the basic rules of Natural Healing, and I teach this all over the world, is you **FIRST** must open up, strengthen and tone the elimination organs, especially the bowel, liver and kidneys. Why! The whole purpose of doing any type of cleansing or detoxification program is to get the toxins out of your fat, muscle, and blood.

To clean out your body of accumulated poisons and waste. The point is, how are all these poisons supposed to get out of your body! Evaporate? I don't think so. These toxins once dissolved must be eliminated by your bowel, liver, and kidneys, and if these organs are not ready to handle the load, you may wish you never thought of getting healthy. I have seen many patients who attempted to do deep cleansing programs before their bodies were able to eliminate waste and they didn't get well, in fact they got worse.

What can happen is that all these toxins and poisons that you begin to dissolve and remove have no place to go, recalculate, reabsorb. I am sure you all know someone who started to do a deep cleanse and felt worse instead of better.

This is why I always say you have to earn the right to do a thorough cleansing and detoxification program. To earn this right you have to spend two months doing my **Foundational Programs**.

# Introduction: Curing Oneself of an "Incurable" Illness

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## THE NEW INCURABLES PROGRAM

### (THE FIRST 30 DAYS)

I highly suggest for anyone who has been diagnosed as incurable or hopeless to throw out the diagnosis. Whether you are new to natural healing or have years of natural healing knowledge, this 30-day program can save your life. I used this very program in my clinic for people who had been written off as hopeless by other doctor's and health professionals. This program is intense and it works!!!!!! "You will get out of it what you put into it. You can either wait for someone to do it for you and hold your hand and that **won't be me** or you can jump in and give 110% and take responsibility for you health and healing. Nothing less will do.

**So let's get started!!!!!!**

Here are a few things to help your success rate:

- **Tomorrow is what you believe today!**
- Read all this material top to bottom, take a deep breath, then **read it again !**
- **Make sure you thoroughly read the section on each of the individual formulas in this Health and Natural Healing Section**, both Basics of Health as well as Beyond the Basics.
- Have all the supplies you will need for the 30 days.
- A juicer is not an option. If you don't have one, buy one today. It will save your life. If your not going to buy a juicer then, forget doing **The Incurables Program**.
- Be responsible for yourself. You created this problem and you can heal yourself. No one ever got better by feeling sorry for themselves. The doctors were wrong, you can get well.
- Forgive everyone in your past including all your doctors.
- Love, giving it and receiving it, is the most powerful cleansing and healing tool.
- Trust yourself and stop asking so many questions. You will find your own answers as you go through the process.
- You must have a good support system. A friend to along the way, and one that won't give into your victim stuff, your why me bull, somebody that will kick your butt when you need it, Another part of your support system will be my audios, videos, and anything I've written on

Natural Healing. Read and re-read, watch and re-watch. **You have to EAT, DRINK, SLEEP and BREATHE Natural Healing. Embrace yourself. Surround yourself with Natural Healing.**

- **The main function of the body is to repair and heal itself.**
- **Stop doing the things that hurt you and start doing the things that will Heal you.**
- **There are no incurable diseases. Get positive, Get right, RIGHT NOW, BELIEVE, START NOW. Again, tomorrow is what you believe today!**

### **THE FOOD PROGRAM**

If you are seriously ill, I highly suggest that you do a fresh organic juice fast for the entire 30 days. Drink at least one gallon of liquid a day. That's eight 16 ounce servings. Liquids should only be distilled or purified water, **D-tox Tea**, herbal teas (non-caffeine) and organic fruit and organic vegetable juices. You can dilute your juice with 50%, distilled water. If you don't have a juicer, buy one, it will save your life.

Your second option, you may consume only 100% organic (Vegan) Vegetarian raw food and organic fruit and vegetable juice. **Raw means no cooked food.** This includes all vegetables, fruits, raw nuts and seeds, and soaked and sprouted beans and grains. Try to eat fresh organic produce that is grown locally and in season. If you choose to eat raw food you must take at least one day a week and juice fast.

**Everybody** must consume a combination of at least 8 to 16 ounces of fresh organic carrot, apple and parsley juice daily.

**Absolutely NO** animal flesh, eggs, milk or milk products (cheese, yogurt, butter). No cooked foods (bread, pasta, baked potatoes, tofu, etc.) NO alcohol, coffee, black tea or sugar.

Although organic is the best way to go, if you can't get organic don't let that stop you. Do the best you can.

## Notes on Getting Started on the Incurables Program

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Use "Distilled" or "High grade reverse osmosis" water only, for all teas, enemas, colonics, etc.

Begin a juice fast immediately, using 8-10 ounces of fresh juice an hour (that is one gallon a day) for at least 14 days minimum and 30 days, if you are willing. (That is one gallon, 5000 calories, of pure, raw, liquid food and nutrition daily!) After the fast, then going to raw fruits and vegetables, with little being cooked or steamed, while continuing to juice, along with plenty of "Super food" and green drink daily, always doing your drinks between meals only!

Castor oil packs on and around the afflicted area, or areas, a minimum of three nights a week.

A five-gallon colonic every other day, made up of 1/3 chaparral, 1/3 Oregon grape root, 1/3 red clover tea, as a minimum for the first 2-3 weeks. (Very simple, and is only 7-10 sessions total.)

Purchase a "shower wand" and do a minimum of two (three would be better), hot and cold showers a day, also concentrating over the afflicted area for a total of sixty days, then going to a minimum of one a day. If the person is too weak to stand, simply give the treatment with them lying in the tub.

One "Cold sheet treatment" every 7-10 days for the first four months, then going to two treatments a month for the rest of the year.

Cancer/virus/immune tea, 3 Tbl. chaparral, 3 Tbl. red clover, 2 Tbl. echinacea, 2 Tbl. Pau d'arco, 1 Tbl. lobelia. Bring 3 quarts of pure H<sub>2</sub>O to a boil, remove from heat, put in contents with lid on, and let steep till cool enough to drink. Always steep and let cool with the lid on

Six times a day put two dropperfuls of "black walnut tincture" in anything you are drinking.

All "water" consumed is to be in tea form, and anytime you just want to sip on a simple cup of tea, use "red clover" with a very small amount of raw honey, if desired.

Be sure to get some exercise. With a walker, or otherwise, move around as much as you can!

For fresh oxygen, be sure to sleep with your bedroom window either wide open during the summer, or cracked during the winter, sleeping and living only in clothing and bedding that breath (100% cotton, wool, linen, silk, or a combination of one of these four only!)

### **For herbs and supplies:**

Call The American Botanical Pharmacy, **1-800-HERB-DOC (1-800-4372-362)**

- <http://www.800herbdoc.com/abp/index3.html>
- <http://www.sambiser.com> ("Curing with Cayenne" by Sam Biser)
- <http://www.healthfree.com>

***Pacific Botanicals*** is one of the finest for organic bulk herbs to make the formulas yourself, at; 541-479-7777.

***Heal Marketplace*** makes and sells potent herbal formulas using high quality, organic or wildcrafted herbs. You can reach them at; 828-272-5999.

**The above is work, but is also very simple and will get you started. All you have to do is just begin, so just do it! Follow this program, and happy trails! For as you do, you will be absolutely amazed!**

# The New Incurables Program

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(The First 30 Days by Dr. Richard Schulze )

## The Food Program:

All food consumed must be 100% total (vegan) Vegetarian Raw Food. This includes all Vegetables, Fruits, Raw Nuts and Seeds, and soaked and sprouted Beans and Grains. Try to eat fresh organic produce that is grown locally and in season.

Liquids, only Distilled Water, Herbal Teas (non-caffeine) and Fruit and Vegetable juices.

No Animal Flesh, Eggs, Milk or Milk Products (cheese, yogurt, butter) can be consumed. No Cooked Foods (Bread, Baked Potatoes, **Tofu**, etc.) No alcohol, Coffee, Black Tea or Sugar.

**If you are seriously ill, do a water and fresh juice fast for the entire first 30 days, drinking at least 1 gallon daily, and then use raw foods. In any case, fast at least one day every week.** Also, drink at least 8 if not 16 ounces of fresh carrot, apple and parsley juice **daily**. If you **don't** have a juicer, buy one. It will save your life!

## The Herbal Nutritional Program:

4 tablespoons per day, 2 tablespoons a.m. and 2 tablespoons p.m. (a double dose) of SuperFood is suggested every day. Make the following Nutritional Drink (mix in a blender) 8 ounces of fresh-squeezed fruit juice, 8 ounces of distilled or pure water, ½ to 1 cup of fresh seasonal fruit and 2 tablespoons of **SuperFood**.

## The Cleansing Morning Drinks and Teas:

Every morning must begin with a Liver or Kidney Flush and the herbal tonics and teas from the 5-day cleansing and detoxification **program**. You can alternate these flushes weekly. For specific directions see:

- 5 Day Kidney Cleansing and Detoxification Program
- Liver 5 Day Cleansing and Detoxification Program
- BOWEL CLEANSING & DETOXIFICATION
- Herbs for Nutrition and Colon Cleanse Program
- Basic Cleansing and Detoxification Program

## Herbal Detoxification Programs:

Intestinal Corrective Formula #1 (Cathartic formula): You must use a herbal formula every day to keep your bowels very active. Start with 1 capsule just after dinner and increase by one capsule daily until desired effect is reached.

Intestinal Corrective Formula #2 (Drawing and Detoxifying formula): You must use a bowel drawing and detoxification tonic every day (once you have your bowel working with formula #1) to keep your bowel clean.

## The Bloodstream and the Immune System:

Alternate these formulas weekly starting with the Detox Formula Tonic and then the Echinacea Plus tonic during week two.

- **Echinacea Plus**
- **Children's Echinacea**
- **Liver/Gallbladder & Antiparasite Formula**
- **Detoxification Herb Tea**
- **Kidney/Bladder Formula**
- **Kidney/Bladder Herb Tea**
- **The D-Tox Formula**

### **Echinacea Plus: (Immune System Stimulant)**

Use 2 dropperfuls ( 70 drops ) 4 times daily.

### **Consume at least 3 cloves of FRESH RAW Garlic every day.**

If you do only one program or use only one herb, it should be Garlic. In the many years at the clinic, I have seen it heal many, hurt no one, and create miracles.

Garlic is one of the most potent and reliable herbal healers known. It is a powerful broad spectrum antibiotic. It is also anti-viral, anti-fungal, anti-parasitical and has proven itself to rid the body internally and externally of any antigen or pathogen.

Garlic has been proven in hospitals and laboratories worldwide to destroy cancer and break up tumors, thin the blood and normalize blood pressure and cholesterol levels. Hundreds of my female patients used vaginal garlic implants to do everything from heal infections to eliminate cancer.

Garlic externally is an herbal surgeon. Its 75 various sulfur compounds will destroy infection and, if used full strength, will burn off anything in its way. Garlic nutritionally is a great strength-builder and has been revered throughout history in numerous cultures as a food to increase health and energy.

It can be eaten raw, swallowed whole, chopped up and mixed with food and put through your juicer. Just get it in.

The best Garlic is the hottest, and, of course, Organic. If none is available, which is rare, use your hottest onions, which is Garlic's next of kin.

### **Hydrotherapy Program:**

**High Enemas:** You must use a high enema 2 times a week with an implant afterwards. Use only distilled water for the high enema The implant can be:

8 ounces of Aloe Vera gel and 8 ounces of distilled water (soothing) or 2 ounces wheatgrass juice with 16 ounces of water (Detoxifying ) or 1 - 2 cloves of garlic blended into 8 ounces of raw apple cider vinegar and 8 ounces of distilled water (Antibacterial, Antiviral and Antifungal).

### **Hot and Cold Showers: (the most effective way to move the blood and create circulation**

) Once daily, you must do a complete hot and cold shower. You will start with hot water for 1 minute, then cold for 1 minute. Re-peat this 7 times so the shower should last about 15 minutes. Another time, daily, you can do a complete hot and cold shower routine again or a partial one just applying the water directly to the affected area. Make sure while you are doing both hot and cold showers that you pay special attention to the affected area and massage it vigorously. If the shower is impossible then use Hot packs and Ice packs.

### **Hot Castor Oil Packs: (breaks up congestion )**

Use hot Castor Oil packs in the evening over the affected area and leave on all night long. They can be kept warm with a hot water bottle.

### **The Cold Sheet Treatment:**

Do the *new* Cold Sheet treatment once weekly.

### **Massage/Bodywork:**

Massage the entire body every day with special emphasis on deep foot reflexology and all around the problem areas. Don't be afraid to touch your sore or sick parts. Put some life back there. Alternate castor bean oil and olive oil for your massage oils. SKIN BRUSH with a natural bristle skin brush and SCRUB yourself thoroughly every day.

### **Exercise:**

You must exercise everyday. Do whatever you can but push yourself. Increase the amount everyday. You should breathe hard and work up a sweat. 1 hour each day is to be your eventual goal. If you rest, YOU RUST!

### **Attitude:**

I highly suggest for anyone who has been diagnosed as incurable or hopeless to throw out that diagnosis and start on a healing program IMMEDIATELY. The incurables program has no power unless you put all the time and energy you have into it. **You must give 100%.** Love, giving it and receiving it, is the most powerful cleansing and healing tool.

Be responsible for yourself. You created this problem and you can get rid of it. No one ever got better by feeling sorry for themselves. The doctors were wrong; you can get well. Forgive everyone in your past, including all the doctors. The main function of your body is to repair and heal, so let's get started. **There are NO incurable diseases.** Get positive, right now, Believe, START NOW!

### **Additional Routines**

Every day strip naked and take a sun and air bath for 10 to 15 minutes. Every day take a walk outside in your bare feet and shuffle them in the grass or dirt, even lie down on the earth. Do deep breathing while you are outside; fresh air will help you heal faster. Use only natural soaps, shampoos and toothpastes. Never use any deodorants, perfumes, colognes, etc. You may use pure herbal essential oils if you smell. Wear only natural fiber clothing, cotton, wool and silk. No polyester, nylon or even blends. Drink as much of the Potassium Broth as you can stand, the recipe is in the 5-day cleanse and detox program. This is a great tasting addition to your cleansing program. It will flush your system of unwanted salts and acids while giving you a concentrated amount of vitamins and minerals.

### **Final Thoughts, a Natural Death**

We all eventually experience a physical death. For all of us, this beautiful time will come. By using Natural Healing, Herbs and my programs we are not trying to cheat death; we are increasing the quality and prolonging a quantity of life.

Medical Universities tell us the human body should last 125 years. We are lucky today if we make it to half that. There have been many people who have lived to 150 and even a few over 200. Looking at this miraculous being that we have been blessed with, I know that the ages in the Old Testament of the Bible are correct. I know that we should live 300, 400, 500 years, maybe more. I don't think that you or I will achieve this in our lifetime but what about in 20 or 30 generations of better living? When we finally die after living a healthy natural lifestyle, what I have seen is we go with no pain, a big smile on our face and in a room with our loved

ones. Considering the screaming hospital death drama, my patients preferred the natural death.

# Letter to a Friend

## Natural Healing and Power of Choice

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Dear Friend,

We received your letter regarding your concern for your very sick or dying friend/relative. I would like to share with you the following thoughts. Please keep in mind that what I am about to tell you I learned from many years in the clinic, the school of hard knocks. At first, it may sound a bit cold or cruel. I assure you it is not and I send this message with love. In fact, what you may be about to do could be cruel.

First of all, I know you are excited about the possibility of your friend or loved one being healed. So am I, and you are probably a great believer in the healing power of herbs and natural healing. So am I, and I am sure your friend or loved one doesn't want to die, but trying to save someone's life is usually the same as trying to force an alcoholic to stop drinking. It rarely works.

The first thought that enters my mind is why didn't your friend or relative contact me personally, instead of you? And why are you the one who bought the Save Your Life Collection, or the herbal products, and not they. Now you probably have a few excuses for them but I have heard them all. I actually know why they didn't contact me barring that they can't speak or write. The reason you are contacting me is because you are much more of a believer in me, herbs and natural healing than they are. In fact, most of the suffering they are currently experiencing is due to the countless drugs and medical procedures they have volunteered for and are probably only interested in what you have to say as a last ditch effort. I know you are probably willing to do anything to be well, but are they? The fact is, they didn't even attempt to contact me themselves, which in my experience shows they will probably never complete the programs.

I suggest to back off; give them a few telephone numbers, some of my literature, one of my video tapes or the catalog from the American Botanical Pharmacy. Then just sit back, bite your tongue and see what they do with this information. Chances are probably little or nothing. If there is any chance for their success on the programs, they must make all of the first steps. The majority of the time you will hear plenty of excuses, and they will decide to go with what their medical doctor says.

**I have had many students who have regretted that the last days they spent with mom, dad or uncle Harry was forcing them to undergo some natural therapy, swallow some bad tasting herbs, and listening to them complain as they dragged and tortured them through the programs. Dr. Christopher used to warn, never work on your relatives or friends, and this is why. Hopefully, this information will save you from a bad experience and a life of bad memories.**

Remember, there are many paths to follow, and natural healing isn't for everybody. Give your friend/relative the right to drown themselves in chemical poisons and cut and burn their diseases away until they look like Frankenstein, if this is their choice. It is always O.K. to point out alternatives, but a good friend supports you in your decisions, and holds your hand while you are making them. My own brother usually chooses medical torture over my guidance, and I support him 100% and give him my love. It took me a few years to learn how to do this and now we really love each other and have a better relationship than ever.

Forcing someone to submit to natural healing is no different than someone forcing you to take drugs and have surgery.

If you still feel I am wrong, sleep on it a few days. If the person, doesn't have a few days, well, it is probably too late anyway. If, in a few days, you still want to go ahead with this, then this is the first step.

I do believe that everyone can be healed of ANY disease. Is it too late? Who knows? Make sure and watch the last 2 videos in the Save Your Life Collection that deal with the mistakes people make on the incurables program and the positive things I say about natural death.

As I said before, just give them a little information and see if they act on it themselves. In order for natural healing to be effective, the patient must totally believe in what they are doing and be 100% committed and self-involved.

It is very important that you constantly monitor how much time and energy you are putting into helping them and to always make sure they are at least matching your time and energy; preferably, they are doing more than you and are more excited than you. If they are not, BACK OFF.

If it is still a "go", then get out the Save Your Life Collection and watch the video tapes with your friend/relative day and night. If you don't have this collection, order one from us immediately.

PLEASE remember, I cannot offer you any specific health advice. I can only suggest what material we have for educational purposes only.

**Good Luck and God Bless You,  
Dr. Richard Schulze**

# Children's / Animal Dosage

Children vary dramatically in size and shape. One 5 year old can be very different from another. In my clinic, I found the most effective and safest way to dose children was by weight. After all we want to adjust their dosages by how much their metabolism can handle. The surest way to do so is by weight. Simply make a fraction and put the child's weight over 150 pounds. Look at the following examples and I am sure they will clarify what I am saying.

$$\frac{\text{Child weight 30 pounds}}{150 \text{ pounds}} = \frac{1}{5} \quad \text{one fifth of the adult dose}$$

If a child's weight was 50 pounds they would take 1/3 of the adult dosage. **You can use this same formula to dose animals.** A small dog or cat of 10 pounds would be 1/15 the adult dose and a horse of 1500 pounds would be 10 times the adult dose. **Additional notes for Children** I have seen thousands of kids over the years in my clinic. I have bruises on my shins from being kicked by some of the more stubborn ones. I am also a dad myself. I have found that by mixing most herbal tonics 1/2 and 1/2 with pure maple syrup, you can get it down any kid. Call it candy if you need too. By diluting it 50% just take this into consideration and give the child twice as much as the children's dosage you already figured out. I have also noticed how smart children are. You must convince the child that the herbal tonic taste good and if you have a scary look on your face they will know your are lying. Making herbal popsicles or having a tea party is far better than strapping them down with a funnel. Love, hugs and kisses can go a long way too.

# Index of Ailments and Herbal Remedies

After each ailment listed in this section is the formula abbreviation on the following page. Some pages have two or more formula listed.

All remedies are listed in order of priority so start with the first formula listed. You may use all of the formula listed at once also. If you start with just one and after a reasonable period of time you do not get the desired results, try the second and third formula recommendations. Continue to use the first formula when adding the second and third formula suggestions.

Please note: I have much hesitation and resistance to writing an index of this type. My fear is that you will take it out of context and try to cure diseases with herbal remedies. Herbal Doctoring rarely works, and even when it does it is only a temporary fix. True healing comes from creating a lifestyle that is healthy. Stopping the things you did that made you sick and beginning new programs of health and wellness.

My 5 Day Cleansing and Detoxification Program should be done as a foundation to almost every formula, and then repeated every three months for prevention purposes.

## **DON'T EVER FORGET THE FOUNDATIONAL PROGRAMS.**

### ***SuperFood, Intestinal Formula #1 and #2, Echinacea Plus***

**SuperFood adds power to all of these herbal remedies and makes them more effective.**

**Cleansing the bowel allows the body to rid itself of toxins and poison. Stimulating the Immune system helps your body heal itself. And always do my 5 Day Cleansing and Detoxification Program once every season.**

**Using these foundational programs along with Your specific herbal treatments will give you the healing you desire.**

**Thank you.**

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## **A - B**

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| <b>Abdominal Bleeding</b> | Intestinal Corrective Formula #1 and #2 ; Cayenne Tincture Concentrate; Cayenne Pepper Blend. |
| <b>Abrasions:</b>         | Anti-infection Formula; Jojoba and 9% Tea Tree Oil Formula.                                   |
| <b>Acne:</b>              | Intestinal Corrective Formula #1 and #2; Detoxification 15 Herb Tea.                          |

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| <b>Adenoids, inflamed:</b>  | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Garlic; Super Tonic.                                                 |
| <b>A.I.D.S:</b>             | 5 Day Cleanse and Detox Program; The New Incurables Program.                                                                         |
| <b>Allergy:</b>             | Echinacea Plus Immune Formula, or Children's Echinacea Formula; 5 Day Cleanse and Detox Program.                                     |
| <b>Alzheimer's Disease:</b> | Brain Formula; The New Incurables Program.                                                                                           |
| <b>Anemic:</b>              | Organic Super Foods; 5 Day Cleanse and Detox Program.                                                                                |
| <b>Angina Pectoris:</b>     | Heart Formula; Cayenne Pepper Blend; Cayenne Tincture Concentrate; 5 Day Cleanse and Detox Program.                                  |
| <b>Animal Bites:</b>        | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Anti-infection Formula.                                              |
| <b>Antioxidants:</b>        | Organic Super Foods.                                                                                                                 |
| <b>Antiseptic:</b>          | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Garlic; Anti-infection Formula ; Jojoba and 9% Tea Tree Oil Formula. |
| <b>Anxiety:</b>             | Organic Super Foods; Lobelia Tincture ; Nerve Formula.                                                                               |
| <b>Arrhythmia:</b>          | (see cardiac)                                                                                                                        |
| <b>Atherosclerosis:</b>     | Heart Formula; The New Incurables Program; Cayenne Pepper Blend; Cayenne Tincture Concentrate.                                       |
| <b>Arthritis:</b>           | Deep Tissue Repair Oil Formula; The New Incurables Program.                                                                          |
| <b>Asthma:</b>              | Lobelia Tincture ; The New Incurables Program.                                                                                       |
| <b>Athletes foot:</b>       | Jojoba and 9% Tea Tree Oil Formula; Anti-infection Formula ; Echinacea Plus Immune Formula.                                          |
| <b>Aphrodisiac:</b>         | Female Formula, or Male Formula; Garlic.                                                                                             |
| <b>Bad Breath:</b>          | Intestinal Corrective Formula #1,#2,#3.                                                                                              |
| <b>Bladder:</b>             | (see kidney)                                                                                                                         |
| <b>Bleeding:</b>            | Cayenne Pepper Blend; Cayenne Tincture Concentrate.                                                                                  |

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| <b>Blindness:</b>          | Eyebright Formula; Brain Formula ;Organic Super Foods.                                                             |
| <b>Blunt trauma:</b>       | Deep Tissue Repair Oil Formula.                                                                                    |
| <b>Boils:</b>              | Anti-infection Formula; Intestinal Corrective Formula #1,#2,#3; 5 Day Cleanse and Detox Program.                   |
| <b>Bone fractures:</b>     | Deep Tissue Repair Oil Formula; Hot and Cold Hydrotherapy.                                                         |
| <b>Bowel, inflamed:</b>    | 5 Day Cleanse and Detox Program; Nerve Formula; Intestinal Corrective Formula #2.                                  |
| <b>Breast, cancer:</b>     | The New Incurables Program.                                                                                        |
| <b>Breathing:</b>          | Lobelia Tincture.                                                                                                  |
| <b>Brain circulation:</b>  | Brain Formula; Organic Super Foods; Cayenne Pepper Blend; Cayenne Tincture Concentrate.                            |
| <b>Bronchials, dilate:</b> | Lobelia Tincture.                                                                                                  |
| <b>Bronchitis:</b>         | Lobelia Tincture; Echinacea Plus Immune Formula, or Children's Echinacea Formula; 5 Day Cleanse and Detox Program. |
| <b>Bruises:</b>            | Deep Tissue Repair Oil Formula; Organic Super Foods.                                                               |
| <b>Bursitis:</b>           | Deep Tissue Repair Oil Formula; Hot and Cold Hydrotherapy.                                                         |

## C-D-E

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| <b>Bruises:</b>                  | Deep Tissue Repair Oil Formula; Organic Super Foods.                                                                               |
| <b>Bursitis:</b>                 | Deep Tissue Repair Oil Formula; Hot and Cold Hydrotherapy.                                                                         |
| <b>Cancer:</b>                   | The New Incurables Program.                                                                                                        |
| <b>Candida albicans:</b>         | Intestinal Corrective Formula #1,#2,#3; Garlic; 5 Day Cleanse and Detox Program.                                                   |
| <b>Cardiac, arrhythmia:</b>      | Heart Formula; Brain Formula; Cayenne Pepper Blend; Cayenne Tincture Concentrate; The New Incurables Program.                      |
| <b>Cataracts:</b>                | Eyebright Formula; Brain Formula; Cayenne Pepper Blend; Cayenne Tincture Concentrate; The New Incurables Program.                  |
| <b>Cerebral hemorrhage:</b>      | Cayenne Pepper Blend; Cayenne Tincture Concentrate; The New Incurables Program.                                                    |
| <b>Cervix infections:</b>        | 5 Day Cleanse and Detox Program; Garlic; Female Formula.                                                                           |
| <b>Chest cold:</b>               | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Super Tonic; Deep Tissue Repair Oil Formula.                       |
| <b>Chicken Pox:</b>              | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Jojoba and 9% Tea Tree Oil Formula; Organic Super Foods.           |
| <b>Childbirth:</b>               | Lobelia Tincture; Organic Super Foods.                                                                                             |
| <b>Cholesterol:</b>              | Heart Formula; Anti-Parasite Formula; Garlic; The New Incurables Program.                                                          |
| <b>Crohn's Disease:</b>          | Intestinal Corrective Formula #2; Nerve Formula; The New Incurables Program.                                                       |
| <b>Chronic Fatigue:</b>          | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Organic Super Foods; 5 Day Cleanse and Detox Program.              |
| <b>Circulation, to enhance:</b>  | Cayenne Pepper Blend; Cayenne Tincture Concentrate.                                                                                |
| <b>Colds and Flu:</b>            | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Super Tonic; 5 Day Cleanse and Detox Program; Organic Super Foods. |
| <b>Colic:</b>                    | Nerve Formula; Lobelia Tincture.                                                                                                   |
| <b>Colitis, ulcerated:</b>       | Intestinal Corrective Formula #2; Organic Super Foods.                                                                             |
| <b>Congestive Heart Disease:</b> | Heart Formula; Cayenne Pepper Blend; Cayenne Tincture Concentrate; The New Incurables Program.                                     |
| <b>Conjunctivitis:</b>           | Super Tonic; Chop onions Eyebright Formula.                                                                                        |
| <b>Constipation:</b>             | Intestinal Corrective Formula #1,#2,#3; 5 Day Cleanse and Detox Program.                                                           |
| <b>Convulsions:</b>              | Nerve Formula; Lobelia Tincture; The New Incurables Program.                                                                       |
| <b>Cuts:</b>                     | Cayenne Tincture Concentrate; Children's Echinacea Formula; Anti-infection Formula.                                                |

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| <b>Cystitis:</b>                 | Kidney/Bladder Tonic Formula; Kidney Bladder Tea; 5 Day Cleanse and Detox Program.                                                 |
| <b>Depression:</b>               | Nerve Formula; Organic Super Foods; Intestinal Corrective Formula #1,#2,#3; Brain Formula.                                         |
| <b>Dermatitis:</b>               | Joboba and 9% Tea Tree Oil Formula.                                                                                                |
| <b>Detoxification:</b>           | The Detox-Regeneration Formula; 5 Day Cleanse and Detox Program.                                                                   |
| <b>Diabetes:</b>                 | The New Incurables Program.                                                                                                        |
| <b>Diaper Rash:</b>              | Joboba and 9% Tea Tree Oil Formula.                                                                                                |
| <b>Diarrhea:</b>                 | Intestinal Corrective Formula #2; Echinacea Plus Immune Formula, or Children's Echinacea Formula; 5 Day Cleanse and Detox Program. |
| <b>Diverticulitis:</b>           | Intestinal Corrective Formula #1,#2,#3; The New Incurables Program.                                                                |
| <b>Diverticulosis:</b>           | Intestinal Corrective Formula #1,#2,#3; 5 Day Cleanse and Detox Program.                                                           |
| <b>Dizziness:</b>                | Cayenne Pepper Blend; Cayenne Tincture Concentrate; Brain Formula.                                                                 |
| <b>Drug Withdrawal:</b>          | Nerve Formula; The New Incurables Program; Lobelia Tincture.                                                                       |
| <b>Dysentery:</b>                | Intestinal Corrective Formula #2; Echinacea Plus Immune Formula, or Children's Echinacea Formula; 5 Day Cleanse and Detox Program. |
| <b>Edema:</b>                    | Kidney/Bladder Tonic Formula; Kidney Bladder Tea; 5 Day Cleanse and Detox Program.                                                 |
| <b>Emetic:</b>                   | Lobelia Tincture.                                                                                                                  |
| <b>Emphysema:</b>                | Lobelia Tincture; The New Incurables Program.                                                                                      |
| <b>Energy:</b>                   | Organic Super Foods; Cayenne Tincture Concentrate; 5 Day Cleanse and Detox Program; Cayenne Pepper Blend.                          |
| <b>Epilepsy:</b>                 | Nerve Formula; Lobelia Tincture; The New Incurables Program.                                                                       |
| <b>Epstein Barr Virus:</b>       | Echinacea Plus Immune Formula, or Children's Echinacea Formula; 5 Day Cleanse and Detox Program; Super Tonic.                      |
| <b>Eczema:</b>                   | Joboba and 9% Tea Tree Oil Formula; 5 Day Cleanse and Detox Program.                                                               |
| <b>Eyes, injury, infections:</b> | Organic Super Foods; Brain Formula; Eyebright Formula.                                                                             |
| <b>Eyesight, loss:</b>           | Eyebright Formula; Organic Super Foods; Brain Formula; Cayenne Pepper Blend; Cayenne Tincture Concentrate.                         |

## F-G-H

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| <b>Fainting:</b>          | Cayenne Pepper Blend; Cayenne Tincture Concentrate; Brain Formula; Organic Super Foods.                            |
| <b>Fatigue:</b>           | Organic Super Foods; Echinacea Plus Immune Formula, or Children's Echinacea Formula.                               |
| <b>Fertility, Men:</b>    | Male Energy Formula; Super Ginseng Tonic Formula; Prostate Formula; 5 Day Cleanse and Detox Program.               |
| <b>Fertility, Women:</b>  | Female Formula; 5 Day Cleanse and Detox Program.                                                                   |
| <b>Fever:</b>             | Echinacea Plus Immune Formula, or Children's Echinacea Formula; 5 Day Cleanse and Detox Program; Garlic.           |
| <b>Fits:</b>              | (see epilepsy)                                                                                                     |
| <b>Food Poisoning:</b>    | Intestinal Corrective Formula #2; Garlic; Echinacea Plus Immune Formula, or Children's Echinacea Formula.          |
| <b>Frostbite:</b>         | Cayenne Pepper Blend; Cayenne Tincture Concentrate; Deep Tissue Repair Oil Formula.                                |
| <b>Fungus:</b>            | (see athletes foot)                                                                                                |
| <b>Gall Stones:</b>       | 5 Day Cleanse and Detox Program; Liver/Gall Bladder and Anti-Parasite Formula; Detoxification 15 Herb Tea.         |
| <b>Gangrene:</b>          | Cayenne Pepper Blend; Cayenne Tincture Concentrate; The New Incurables Program.                                    |
| <b>Gas:</b>               | Intestinal Corrective Formula #1,#2,#3; 5 Day Cleanse and Detox Program.                                           |
| <b>Glands, swollen:</b>   | Echinacea Plus Immune Formula, or Children's Echinacea Formula; 5 Day Cleanse and Detox Program; Garlic.           |
| <b>Glaucoma:</b>          | Cayenne Pepper Blend; Cayenne Tincture Concentrate; Brain Formula; Eyebright Formula.                              |
| <b>Gingivitis:</b>        | Tooth and Gum Restore; Echinacea Plus Immune Formula, or Children's Echinacea Formula.                             |
| <b>Gout, pain:</b>        | 5 Day Cleanse and Detox Program; Deep Tissue Repair Oil Formula; Kidney/Bladder Tonic Formula; Kidney Bladder Tea. |
| <b>Gums, bleeding:</b>    | Tooth and Gum Restore; Garlic.                                                                                     |
| <b>Hay Fever:</b>         | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Super Tonic; 5 Day Cleanse and Detox Program.      |
| <b>Headache:</b>          | Intestinal Corrective Formula #1, #2; Cayenne Pepper Blend; Cayenne Tincture Concentrate; Brain Formula.           |
| <b>Heart, protective:</b> | Heart Formula; Cayenne Pepper Blend; Cayenne Tincture Concentrate.                                                 |
| <b>Heart Attack:</b>      | Heart Formula; Cayenne Pepper Blend; Cayenne Tincture Concentrate.                                                 |
| <b>Heartburn:</b>         | Intestinal Corrective Formula #1,#2; Cayenne Pepper Blend; Cayenne Tincture Concentrate.                           |

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| <b>Heavy Metal Poisoning:</b> | 5 Day Cleanse and Detox Program; Intestinal Corrective Formula #2.                                                                     |
| <b>Hemorrhage:</b>            | Cayenne Pepper Blend; Cayenne Tincture Concentrate.                                                                                    |
| <b>Hemorrhoids:</b>           | Joboba and 9% Tea Tree Oil Formula; Intestinal Corrective Formula #1; Deep Tissue Repair Oil Formula.                                  |
| <b>Hemoglobin Low:</b>        | 5 Day Cleanse and Detox Program; Organic Super Foods; The Detox-Regeneration Formula                                                   |
| <b>Hepatitis:</b>             | 5 Day Cleanse and Detox Program; The New Incurables Program; Liver/Gall Bladder and Anti-Parasite Formula; Detoxification 15 Herb Tea. |
| <b>Herpes, zoster:</b>        | Detoxification 15 Herb Tea; Garlic; Nerve Formula.                                                                                     |
| <b>Herpes, simplex:</b>       | Garlic; Anti-infection Formula.                                                                                                        |
| <b>Hiatal hernia:</b>         | Nerve Formula; 5 Day Cleanse and Detox Program; Lobelia Tincture.                                                                      |
| <b>Hiccups:</b>               | Lobelia Tincture; Nerve Formula.                                                                                                       |
| <b>High Blood Pressure:</b>   | Garlic; Heart Formula; 5 Day Cleanse and Detox Program.                                                                                |
| <b>Hives:</b>                 | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Nerve Formula; Deep Tissue Repair Oil Formula;                         |
| <b>Hot Flashes:</b>           | Female Formula; Organic Super Food.                                                                                                    |
| <b>Hypertension:</b>          | Garlic; Heart Formula; 5 Day Cleanse and Detox Program.                                                                                |
| <b>Hypoglycemia:</b>          | Organic Super Food; 5 Day Cleanse and Detox Program.                                                                                   |

### I-J-K-L

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| <b>Immune Stimulation:</b>  | Organic Super Food; Echinacea Plus Immune Formula, or Children's Echinacea Formula.                                                 |
| <b>Impotency:</b>           | Male Energy Formula; Super Ginseng Tonic Formula; Prostate Formula; 5 Day Cleanse and Detox Program.                                |
| <b>Incontinence, Women:</b> | Kidney/Bladder Tonic Formula; Kidney Bladder Tea.                                                                                   |
| <b>Incontinence, Men:</b>   | Kidney/Bladder Tonic Formula; Kidney Bladder Tea; Prostate Formula.                                                                 |
| <b>Indigestion:</b>         | Intestinal Corrective Formula #1,#2; Cayenne Pepper Blend; Cayenne Tincture Concentrate.                                            |
| <b>Infection, internal:</b> | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Garlic.                                                             |
| <b>Infection, external:</b> | Garlic; Anti-infection Formula.                                                                                                     |
| <b>Infertility:</b>         | Female Formula; 5 Day Cleanse and Detox Program.                                                                                    |
| <b>Influenza:</b>           | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Super Tonic; 5 Day Cleanse and Detox Program; Organic Super Foods.  |
| <b>Insect Bites:</b>        | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Anti-infection Formula; Deep Tissue Repair Oil Formula.             |
| <b>Insomnia:</b>            | Nerve Formula.                                                                                                                      |
| <b>Irritable Bowel:</b>     | Intestinal Corrective Formula #2.                                                                                                   |
| <b>Itching:</b>             | Deep Tissue Repair Oil Formula; Jojoba and 9% Tea Tree Oil Formula; Echinacea Plus Immune Formula, or Children's Echinacea Formula. |
| <b>Jaundice:</b>            | Liver/Gall Bladder and Anti-Parasite Formula; Detoxification 15 Herb Tea; 5 Day Cleanse and Detox Program.                          |
| <b>Kidney, stones:</b>      | Kidney/Bladder Tonic Formula; Kidney Bladder Tea; 5 Day Cleanse and Detox Program.                                                  |
| <b>Kidney, infection:</b>   | Kidney/Bladder Tonic Formula; Kidney Bladder Tea; 5 Day Cleanse and Detox Program.                                                  |
| <b>Laryngitis:</b>          | Echinacea Plus Immune Formula, or Children's Echinacea Formula; 5 Day Cleanse and Detox Program; Super Tonic.                       |
| <b>Leg ulcers:</b>          | Intestinal Corrective Formula #1,#2,#3; 5 Day Cleanse and Detox Program.                                                            |
| <b>Ligament, sprains:</b>   | Organic Super Food; Deep Tissue Repair Oil Formula.                                                                                 |
| <b>Liver, all problems:</b> | Liver/Gall Bladder and Anti-Parasite Formula; Detoxification 15 Herb Tea; 5 Day Cleanse and Detox Program.                          |
| <b>Low Energy:</b>          | Organic Super Food; 5 Day Cleanse and Detox Program.                                                                                |
| <b>Lumbago:</b>             | Deep Tissue Repair Oil Formula ; Hot and Cold Hydrotherapy.                                                                         |

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| <b>Lung, infection:</b>  | Echinacea Plus Immune Formula, or Children's Echinacea Formula; 5 Day Cleanse and Detox Program; Super Tonic; Lobelia Tincture.                                             |
| <b>Lung, congestion:</b> | Echinacea Plus Immune Formula, or Children's Echinacea Formula; 5 Day Cleanse and Detox Program; Super Tonic; Lobelia Tincture; Clinical Air Treatment Essential Oil Blend. |
| <b>Lupus:</b>            | Echinacea Plus Immune Formula, or Children's Echinacea Formula; The New Incurables Program.                                                                                 |

### M-N-O

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| <b>Malaria:</b>               | Echinacea Plus Immune Formula, or Children's Echinacea Formula; The New Incurables Program.                                        |
| <b>Malnutrition:</b>          | Intestinal Corrective Formula #1,#2,#3; Organic Super Food.                                                                        |
| <b>Mastitis:</b>              | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Hot and Cold Hydrotherapy.                                         |
| <b>Measles:</b>               | Echinacea Plus Immune Formula, or Children's Echinacea Formula; 5 Day Cleanse and Detox Program; Intestinal Corrective Formula #2. |
| <b>Migraine:</b>              | Cayenne Pepper Blend; Cayenne Tincture Concentrate; Brain Formula; Nerve Formula; Intestinal Corrective Formula #1,#2,#3.          |
| <b>Mumps:</b>                 | Echinacea Plus Immune Formula, or Children's Echinacea Formula; 5 Day Cleanse and Detox Program.                                   |
| <b>Muscle, torn, sprains:</b> | Deep Tissue Repair Oil Formula.                                                                                                    |
| <b>Cramps, Spasms:</b>        | Organic Super Foods; Nerve Formula; Lobelia Tincture.                                                                              |
| <b>Nerve repair, damage:</b>  | Deep Tissue Repair Oil Formula; Organic Super Food; Nerve Formula.                                                                 |

### P-Q-R

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| <b>P.M.S.:</b>                | Organic Super Foods; Nerve Formula; Female Formula.                                                                                                          |
| <b>Pain:</b>                  | Deep Tissue Repair Oil Formula; Nerve Formula.                                                                                                               |
| <b>Palpitations:</b>          | Heart Formula; Cayenne Tincture Concentrate.                                                                                                                 |
| <b>PAP Smear, abnormal:</b>   | Intestinal Corrective Formula #1,#2; Garlic; Female Formula.                                                                                                 |
| <b>Parasites, general:</b>    | Liver/Gall Bladder and Anti-Parasite Formula; 5 Day Cleanse and Detox Program; The Detox-Regeneration Formula.                                               |
| <b>Parasites, intestinal:</b> | Liver/Gall Bladder and Anti-Parasite Formula; Intestinal Corrective Formula #1,#2; 5 Day Cleanse and Detox Program.                                          |
| <b>Pink eye:</b>              | Eyebright Formula; Brain Formula; Organic Super Foods.                                                                                                       |
| <b>Pneumonia:</b>             | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Lobelia Tincture; The New Incurables Program; Garlic; Super Tonic.                           |
| <b>Poison Ivy:</b>            | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Deep Tissue Repair Oil Formula; Anti-infection Formula.                                      |
| <b>Poison Oak:</b>            | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Deep Tissue Repair Oil Formula; Anti-infection Formula.                                      |
| <b>Prostate, enlarged:</b>    | Prostate Formula; Male Energy Formula; Kidney/Bladder Tonic Formula ; Kidney Bladder Tea; 5 Day Cleanse and Detox Program; Intestinal Corrective Formula #1. |
| <b>Prostate, infection:</b>   | Prostate Formula; Male Energy Formula; Kidney/Bladder Tonic Formula; Kidney Bladder Tea; 5 Day Cleanse and Detox Program; Intestinal Corrective Formula #1.  |
| <b>Psoriasis:</b>             | Joboba and 9% Tea Tree Oil Formula; Deep Tissue Repair Oil Formula; 5 Day Cleanse and Detox Program.                                                         |
| <b>Radiation poison:</b>      | Intestinal Corrective Formula #2; Organic Super Foods; The New Incurables Program.                                                                           |
| <b>Ringworm:</b>              | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Joboba and 9% Tea Tree Oil Formula.                                                          |

### S-T-U-V-W

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| <b>Sciatica:</b>                 | Deep Tissue Repair Oil Formula; Hot and Cold Hydrotherapy.                                                               |
| <b>Seizures:</b>                 | Nerve Formula; Lobelia Tincture; The New Incurables Program.                                                             |
| <b>Sexual desire, Male:</b>      | Prostate Formula; Male Energy Formula; Organic Super Foods; Super Ginseng Tonic Formula.                                 |
| <b>Sexual desire, Female:</b>    | Female Formula; Organic Super Foods.                                                                                     |
| <b>Shingles:</b>                 | <i>(See Herpes Zoster)</i> Nerve Formula ; Detoxification 15 Herb Tea; Garlic.                                           |
| <b>Sinus, congestion:</b>        | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Super Tonic; Clinical Air Treatment Essential Oil Blend. |
| <b>Sinus, infection:</b>         | Echinacea Plus Immune Formula, or Children's Echinacea Formula; 5 Day Cleanse and Detox Program.                         |
| <b>Skin, elimination:</b>        | Intestinal Corrective Formula #1 and #2; Detoxification 15 Herb Tea.                                                     |
| <b>Skin, dry, chapped, sore:</b> | Jojoba and 9% Tea Tree Oil Formula.                                                                                      |
| <b>Smoking, to stop:</b>         | Nerve Formula; Lobelia Tincture; Organic Super Foods.                                                                    |
| <b>Sprains:</b>                  | Deep Tissue Repair Oil Formula.                                                                                          |
| <b>Stings:</b>                   | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Anti-infection Formula; Deep Tissue Repair Oil Formula.  |
| <b>Stress:</b>                   | Organic Super Foods; Lobelia Tincture; Nerve Formula.                                                                    |
| <b>Stomach ulcers:</b>           | Intestinal Corrective Formula #2; 5 Day Cleanse and Detox Program.                                                       |
| <b>Stomach cramps:</b>           | Nerve Formula; Lobelia Tincture.                                                                                         |
| <b>Stroke:</b>                   | Cayenne Pepper Blend; Cayenne Tincture Concentrate; The New Incurables Program.                                          |
| <b>Sty:</b>                      | Organic Super Foods; Brain Formula; Eyebright Formula.                                                                   |
| <b>Tachycardia:</b>              | Cayenne Pepper Blend; Cayenne Tincture Concentrate; Heart Formula.                                                       |
| <b>Teething:</b>                 | Lobelia Tincture; Children's Echinacea Formula.                                                                          |
| <b>Tendon, sprains:</b>          | Deep Tissue Repair Oil Formula.                                                                                          |
| <b>Throat, sore:</b>             | Echinacea Plus Immune Formula, or Children's Echinacea Formula; 5 Day Cleanse and Detox Program; Super Tonic.            |
| <b>Tinnitus:</b>                 | Cayenne Pepper Blend; Cayenne Tincture Concentrate; Nerve Formula; Organic Super Foods; Brain Formula.                   |
| <b>Tonsillitis:</b>              | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Garlic; 5 Day Cleanse and Detox Program.                 |
| <b>Tooth, infection:</b>         | Tooth and Gum Restore; Echinacea Plus Immune Formula, or Children's Echinacea Formula; Garlic; Anti-infection Formula.   |

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|                             | <p><b><i>ache</i></b>: Clove oil; Tooth and Gum Restore; Echinacea Plus Immune Formula.</p> <p><b><i>bone loss</i></b>: Tooth and Gum Restore; Organic Super Foods.</p> |
| <b>Tremors:</b>             | Lobelia Tincture; Organic Super Foods; Nerve Formula.                                                                                                                   |
| <b>Tumors:</b>              | The New Incurables Program.                                                                                                                                             |
| <b>Vaginal, infect:</b>     | Echinacea Plus Immune Formula; Garlic; 5 Day Cleanse and Detox Program.                                                                                                 |
| <b>Vaginal, dryness:</b>    | Female Formula.                                                                                                                                                         |
| <b>Virus:</b>               | Echinacea Plus Immune Formula, or Children's Echinacea Formula; Garlic; 5 Day Cleanse and Detox Program.                                                                |
| <b>Vomiting, to induce:</b> | Lobelia Tincture.                                                                                                                                                       |
| <b>Warts:</b>               | Garlic; Echinacea Plus Immune Formula.                                                                                                                                  |
| <b>Water Retention:</b>     | Kidney/Bladder Tonic Formula; Kidney Bladder Tea; 5 Day Cleanse and Detox Program.                                                                                      |
| <b>Wheezing:</b>            | Super Tonic; Lobelia Tincture; Clinical Air Treatment Essential Oil Blend.                                                                                              |
| <b>Wounds, cleansing:</b>   | Anti-infection Formula.                                                                                                                                                 |

# Biography of Dr. Richard Schulze



Dr. Richard Schulze is one of the foremost authorities on natural healing and herbal medicines in the world. He operated natural cure clinics in New York, Southern California and Europe for almost 20 years up until 1994. He still teaches throughout the United States, Canada, Europe and Asia and has for the past 17 years. He has designed natural therapy programs, which have assisted tens of thousands of people worldwide to create miracles and regain their health.

When he was 11, his father died in his arms of a massive heart attack. At 14, his mother died of a heart attack. They were both only 55 years old. At 16 years of age, he was diagnosed with a genetic incurable heart deformity. After curing himself of this so-called incurable disease through changes in his life-style, and NO surgery, he set out on a mission to help others. He continues this healing crusade today through his daily work to expose the truth, to reveal the unlimited healing power of our being, to educate on the use of herbs and the fundamentals of natural healing, to help people to help themselves and to expose the medical, pharmaceutical and even herbal industries. He is considered an innovator, a purist, and even an extremist by many of his colleagues, but to his patients he is considered "The man who has the guts to say and do what the others were afraid to". In the field of natural healing, he dared to pioneer new techniques and therapies which went far beyond what most people thought possible with Alternative Medicine. The outcome of his work has been the achievement of miraculous and unprecedented results. His formulae and incurables program are used at clinics worldwide to help people heal themselves from degenerative diseases such as Heart Disease, Cancer, Arthritis, Neuromuscular disease and even A.I.D.S. These results have caused reverberations in both the Natural and Medical communities.

Dr Schulze apprenticed with the late Dr. John Christopher and taught with him at his prestigious School of Natural Healing in Springville, Utah. He continued to teach at the school after Dr. Christopher's death for another 12 years. He has been the Director of the College of Herbology and Natural Healing in the United Kingdom for 12 years and is also Co-Director of the Osho School for Herbalists and Natural Healers in France and founder of his own School of Natural Healing in Southern California. He has taught and lectured at numerous universities including Cambridge and Oxford Universities 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 on numerous radio and television shows in the United States and Europe. As a teacher, he is loved for his intensity, passion, and dedication to students, sense of humor,

creativity, and his exciting, enthusiastic and evangelistic teaching style. He is most recognized for his unequaled understanding of Natural Healing.

In the 1970's, he was the creator of Professor Cayenne's Herbal Products and, today, the American Botanical Pharmacies line of industrial strength pharmaceutical botanical extracts. He has manufactured these herbal products in the United States and Europe for over 17 years and also designs herbal formulae for natural clinics and natural product companies worldwide. His herbal formulas are famous for their strength and efficacy.

He served an internship with the famous natural healer Dr. Bernard Jensen. Besides having a Doctorate in Herbology and a Doctorate in Natural Medicine, he also holds a degree in Herbal Pharmacy and three degrees in Iridology. He is certified in eight different styles of Body Therapy and holds three Black Belts in the Martial Arts. He has written many clinical research papers on the topics of Botanical Pharmacognosy, Pharmacology and the making of Herbal Preparations.

He has written for Sam Biser's famous newsletter, has done many video and audio tapes and has co-authored books in Europe.

# **HYPERTHERMIA**

## **How I do The "COLD SHEET" Treatment, explained by Espen**

The "COLD SHEET" Treatment is several hundreds of years OLD, NATURAL and POWERFUL Healing Method

By inducing an Artificial Fever known as **HYPERTHERMIA**, **you can cure many diseases!**

**It is one of the most powerful of all cancer treatments!**

**HYPERTHERMIA** can be used with Common Health Problems, such as Flus and Colds, and DEFINITELY should be used with MORE SERIOUS Pathogenic Disease Processes, such as Pneumonia, Cancer, and AIDS!!

It is important to do all 8 steps!

Espen:

Here is exactly what I do, when doing "COLD SHEET" Treatment.  
My wife is helping me. You will have to have someone to help you, it is too complicated to do it alone!

It should be done inside house, and you definitively need a bath.

### **STEP 1:**

COLD Enema to clear LOOSE Fecal Matter out of my Colon, before I begin "COLD SHEET"

I add Herbs to the Water, such as Catnip or Red Raspberry.

A COLD Enema causes the Rectal Area to contract, which HELPS to RETAIN the Fluid LONGER, before I EXPEL the Herbal Tea and the LOOSE Fecal Matter.

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### **STEP 2:**

After expelling the Herbal Tea, the next Step of the "COLD SHEET" Treatment is the "GARLIC INJECTION"!

I take Rectal Syringe from the Drug Store (a wider tube), that allows not only water, but also small particles of garlic to enter colon.

I take 8-10 LARGE Organic Garlic Cloves in a Blender with 50% Apple Cider Vinegar and 50% clean Water.

Dr. Richard Schulze says it's like NAPALM in your Rectum!

I put this Solution in with the Rectal Syringe, but I get it in QUICKLY ALL at once, because once it is inside, I don't feel like keeping it there ... I want it out !

"It's POWERFUL and it BURNS!

I RUN to the Toilet, but it doesn't ALL come out.

In about 2 minutes, the Burning and the Cramping go away.

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### **STEP 3:**

I take a HOT Bath, which is as HOT as I can support, without burning my skin!

Before I enter the Tub, my wife place the following Herbs in the HOT Water:

1 oz. or more of Cayenne Pepper  
1 oz. or more of Ginger, and  
1 oz. or more of dry Mustard. Get GOOD HIGH-POTENCY Mustard, since MOST of the American Mustard is quite WEAK!

I coat my Genitals with PLENTY of Vaseline for Protection, because Olive Oil ALONE can't do the Job! The Cayenne, Ginger, and Mustard, that I use in the "COLD SHEET" Treatment are NOT LOOSE in the Water, but are put in a VERY LARGE (made-up) Tea Bag.

If you put them in LOOSE, you'll plug up the Drain and create a REAL MESS!

I use a small cotton pillow case, and I put all herbs inside, and inside hot bath water.

Squeezing it several times for as long as 10 minutes will make more of it get into the water.

The Water turns a Yellowy Orange, and the scent is very strong!

These HOT Herbs HELP to induce HYPERTHERMIA.

To further ACCELERATE HYPERTHERMIA, I drink HOT Herbal Tea, while I am inside, in the Bath.

According to Dr. Schulze, "For adults, the BEST bitter Diaphoretic (fever-inducing) Tea is Yarrow, which was what Dr. Christopher suggested."

I prefer Ginger instead, since it is a taste, that I and most People KNOW and LIKE!

Ginger really ACTIVATES the Digestive System, makes you SWEAT, and it's also readily AVAILABLE! I'm always looking for the Herbs, that really WORK and are EASY-to-get at your local Health Food Store.

You can even get minced, dehydrated Garlic Cloves, if you have NO other choice. Now you've got the Garlic for the Rectal Injection, and everything that you will need for the "COLD SHEET" Treatment, from the Grocery Store. Drink as many Cups of the Herbal Tea as you can get down, but the MINIMUM is 6!

If you get LIGHT-HEADED and you feel like FAINTING, have your Helper place a COLD Towel or Washcloth on your Forehead. Also, there are 2 Herbal Tinctures (Home-Made), that you should ALWAYS have on hand: CAYENNE and LOBELIA!

CAYENNE PREVENTS People from fainting and LOBELIA STOPS FULL Body Spasms, that can occur SOMETIMES!

When I get to the Point, where I know that I can't stand it 1 Minute MORE, my wife makes sure I stay for about 5 MORE minutes!

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#### **STEP 4:**

Now, My wife helps me out of the Tub, and then wrap me in the "COLD SHEET"!.

This is a Double bed-size, clean, White Cotton Sheet (NOT Synthetic Fabric), that has been soaking in a Bucket of 20 Pounds of ICE, so that this "COLD SHEET" is definitely ICE-COLD!

I don't even NOTICE it though, because I am in ANOTHER World!

"COLD SHEET" signals the Body to raise it's Temperature even HIGHER!

The sides of the Sheet are then pinned, so that I can NOT throw it off.

This "COLD SHEET" draws-out the POISONS and TOXINS, that have come to my Skin's Surface as a result of the HOT Bath!

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#### **STEP 5:**

Now, my wife helps me go into Bed.

The Bed has been prepared by putting a Plastic or Rubber Sheet over the Mattress, then a Cotton, Wool, Linen, or Silk Sheet (ANY Material that BREATHEs - NO Synthetics) is laid over that. I lie down, while wrapped in the "COLD SHEET" and another dry, Non-Synthetic Sheet is put over me, and then I am covered with Non-Synthetic Blankets.

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#### **STEP 6:**

Lastly, with my Feet uncovered, my Feet and Ankles are oiled with Olive Oil, a thick Paste of Vaseline (VEGELATUM - Vegetable-based Substitute is preferable) is then applied and the Garlic Paste.

Garlic Paste is made with Vinegar, is applied to the Bottoms of my Feet to help get RID of ANY Infections in the System.

I use 2-inch gauze or torn, White Cotton Strips as a Bandage to hold the Garlic Paste on the Sole of the Foot. White, Cotton or Wool Socks are placed over the bandaged Feet.

Then, my feet are again COVERED with the "COLD SHEET".

The bottom of this "COLD SHEET" is pinned, so I am in a WET Sack. Then the DRY Sheets and Blankets are pulled over my Feet for WARMTH.

If you have to urinate, then just do it where you are, and do NOT take the "COLD SHEET" OFF!!

The Urine won't HURT anything, and it's NOT worth being REWRAPPED in the "COLD SHEET" and then having the Garlic Paste REAPPLIED!

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#### **STEP 7:**

**I stay** in the Sheets OVERNIGHT and, by the Morning, the Sheets have turned Multi-Colored from ALL of the POISONS and TOXINS, that have been drawn OUT of the body.

Dr. Christopher said that sometimes the Sheets turn ALL Shades of Purple, Yellow, Black and Green. These are the different POISONS and TOXINS, that have been in the Person for Years - sometimes for the Person's WHOLE Life!

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#### **STEP 8:**

In the Morning, I get brushing with a sponge from my wife.

I love this part.

I take 1 Part each of WARM Apple Cider Vinegar and Distilled Water to get the remaining POISONS and TOXINS out of the Pores.

Then, I get dressed into CLEAN Clothes and I am back to Bed.

I only eat Fruit and Vegetable Juices, Herbal Teas, and lots of Distilled Water for the next 3 days, s to provide a TOTAL Cleansing.

Juice fasting is something that youy should definitely try before you try hypertermia!

# Why Most Herbal Formulas Don't Work!

A Message from Dr. Richard Schulze - A Master Herbalist



When I first started my own healing journey in the 1960's, one of my first great shocks was that most health products didn't work. This included all of the herbal formulas I tried. I was constantly amazed at the weakness of these so-called intense herbal formulas that were supposed to change my life. They didn't. I would take them diligently and nothing would happen. Out of frustration, and my own illness, I remember taking 20 to 100 times the dosages, the whole bottle, and still little or no effect. In order to get myself well from a terminal heart disease, I had to break all the rules and make it up as I went. Because I broke the rules, I got well.

In the 1970's, I started helping others get well and opened up my clinic. From the early days of my clinical practice, I was especially interested in helping people with serious illness and degenerative diseases. Almost all other graduates from the various institutes I attended worked mainly on young, healthy people who wanted to be a bit healthier, but I was obsessed with emergency treatment and the sick and dying. The same useless herbal formulas that failed me years before were now failing to help any of my patients. They thought they were doing something wrong and this is why they were coming to see me. I was forced to improve upon the crude formulas I had developed to heal myself and also create new formulas that worked. Why were all the herbal formulas useless? Why didn't they work? As far as I could see, there were three main reasons for this.

## Reason #1: Antique Formulas

Many of the herbal formulas available were designed in the middle-to-late 1800's, some even earlier. The 1800's were very different times. Today, we have junk food restaurants on every corner, get less exercise and have more stress than probably ever before in history. What it took to stimulate and cleanse Wyatt Earp and Buffalo Bill 150 years ago doesn't work today. Even some of the more modern herbal formula available were still designed in the 1940's or 1950's. This is still over 40 years ago when herbs were looked at as a cute little hobby to alleviate headaches and tired feet, not cure life-threatening disease. Many other modern formulas are just remakes of these ancient formulas; the herbs are just shuffled and a so-called new formula is dealt. These formulas just don't work.

## Reason #2: Weak formulas, wimpy dosages, poor manufacturing and poor quality herbs

Most modern American natural healers and herbalists have been educated and grew up in a hostile legal and political environment. Recent history reveals that the AMA and other organizations have been on a witch-hunt for practicing herbalists and have jailed many. Out of fear, most herbalists and manufacturers want to make sure that no one ever gets a strong action or has any reactions with their products, even a cleansing reaction. They feel it's far safer to make products that have little or no effect. Like medical doctors today, treatment and

therapy parameters are designed by the hospital legal departments to minimize financial repercussions and malpractice law-suits, not always what is best for the patient.

One way these herbal manufacturers assure their safety, not your health, is to design formula with very small amounts of the potent herbs, or none at all. Then, to be really safe, they suggest a dosage that is so low it's useless. They don't want to take any risks. To further weaken any potency, many manufacturers have abandoned the tried-and-true methods of old herbalists for quick extraction processes, high tech (high heat) machinery, freeze-dried herbs, ignoring the moons and seasons, mostly to make a quick buck. The result, most herbal products I see today are worthless junk. Many manufacturers are more concerned that their product tastes good or has a great-looking label than with whether you will get well using it. I also see labels loaded with sophisticated laboratory-testing results for potency, trying to convince you that the colorless, tasteless and odorless water inside will actually benefit you.

How stupid do they think we are?

One of the worst aspects of many herbal formulas today is the poor quality of herbs used. The vast majority of herbal products are made from herbs grown outside the US. There is only one reason for this: they are cheap. Herbs brought in from India, China, Egypt, Mexico or Eastern Europe cost literally pennies a pound. I never used these poor quality herbs in my clinic. I always used American organically grown herbs that can cost over 20 times as much. I have visited these countries and found filthy, disgusting growing conditions, toxic pollution and out-of-control use of pesticides and insecticides. When we travel to these countries, we don't drink the water, don't even eat the food. Then why would we want to use herbs grown there?

In the last two years, there have been numerous people getting sick after using famous herbal formulas because the herbs were contaminated with human fecal waste. If this isn't bad enough, most of these contaminated herbs, when brought into the United States, are gassed with Ethylene Oxide, an antibacterial gas that is known to cause cancer and also cause mutations in unborn children. In fact, the vast majority of organic herbs are even sterilized with this gas because the manufacturers are scared to use unsterilized herbs. In the last two years, I have done much to expose this corruption and I have been attacked by almost everyone in the herb industry, even my so-called friends. Even though they are well-aware of the problems, I have affected their income and they are plenty mad. Even the ones who haven't attacked me won't go on record to expose the industry or speak the truth. Most of my colleagues, out of fear of prosecution, write books and magazine articles, gather at meetings of their guilds, run schools and teach, but rarely have ever worked with a patient. It is illegal for an American herbalist to run a clinic and cure patients from illness and disease using American Herbs. This leads to the 3<sup>rd</sup> reason why most herbal formulas don't work.

### Reason #3: Theory, not practical, clinical experience

Why is it that most modern herbal formulas, designed by many of my colleagues, don't work? As I walk down the aisles of modern day health food stores, I see hundreds of herbal products and recognize many of the names on the bottles. Many are my students and many are friends, but few of these armchair herbalists ever ran a clinic and would know the difference between a heart attack and indigestion. What they don't tell you on the bottle is that they developed these formulas after countless hours of research reading books and searching computer data bases, but they have had no clinical results or cures. You may be the first human to ever put these formulas in your mouth. A few of their herbal hypothesis are good, and in years, probably decades, some might prove to be important discoveries. I also know most of these formula will be tossed in the garbage where they belong.

Running my clinic, I learned very quickly what it takes to get people well. Theories don't, hypothesis don't, but quality herbs, potent formulas and large dosages do. The formulas, dosages and programs on the following pages are the result of 10 years of healing myself and an additional 18 years of clinical experience. They work!

# Natural Mineral and Vitamin Supplements

## The HONEST STORY.

Dr. Richard Schulze:

From a letter by Dr. Richard Schulze, the formulator of SuperFood.

"In my many years as a Nutritional Consultant I have seen many philosophies and products come and go. I have seen the fads, the cure-alls, and the laziness in all of us that wants a pill to replace a sound nutritional program. Nutritional fads can even be dangerous by consuming large amounts of trace elements that we only need in microscopic amounts, or maybe none at all such as the latest toxic fads of silver and chrome.



"I used to prescribe only the best vitamins and minerals to my patients. I knew that these products were in a base of natural ingredients and herbs, but wondered what the actual vitamins and minerals were made out of, I had assumed food.

"All vitamin and mineral supplements currently made are NOT blended foods. In fact most are made from very undesirable, even horrifying substances. If you look on your current bottle of nutrients, it will state it contains many vitamins, minerals, and a long list of no's like starch, wheat, cellulose, soy, lactose etc. It will even be in a base of herbs but you will notice that it doesn't state what the actual vitamins and minerals are made from. I can tell you right now no one is grinding up fresh raw vegetables and organic grains to make these pills.

"Commercial grade vitamin and mineral concentrates are synthesized by the big pharmaceutical and chemical industries from the same starting material that drugs are made from, (coal tar, petroleum products, animal by-products / waste and fecal matter, ground rocks, stones, shells and metal. They are then wholesaled out to the various nutrient manufacturers. The manufacturers are just mixing middlemen. Most of them don't even know how these various vitamins and minerals are made, or from what, nobody asks. Everybody just assumes a vitamin is a vitamin.

"After all The United States Pharmacopoeia (U.S.P.) states that if a product looks similar under a microscope, or in analysis, that it is the same regardless of what it is made out of. For instance salicylic acid u.s.p. is considered identical whether it comes from wintergreen leaves or by boiling coal in carbolic and sulfuric acids. It also considers glycerin u.s.p. identical whether it is made from fresh vegetables, toxic minerals or boiled down animal carcasses, cartilage and feet. Does it make a difference to you?

"The Vitamins: Many so-called natural vitamins are made from horrible substances.

"All the vitamin B-12, cyanocobalamin, on the market is made from either ground up toxic cow livers or activated sewage sludge. These cow livers are overloaded with steroids and antibiotics, and the pesticides the cow assimilates while eating. The sewage sludge is just

that, fecal matter. In today's environment of depressed immune diseases I can think of hundreds of reasons that these materials would be a health risk, not benefit. Just because a so-called natural substance, (fecal matter is natural), is high in a particular vitamin, does that also mean it is a good food?

"Vitamin A from fish liver juices loaded with toxic PCB's and mercury, B vitamins from coal tar and petro-chemicals known central nervous system depressants, respiratory irritants and carcinogens, Vitamin C from acid blends irritating to the lining of the digestive tract, Vitamin D from radiated oil, Vitamin E from Eastman Kodak, need I say anymore?

"The Minerals: All minerals used in nutrient manufacture are basically dirt. The iron, calcium, zinc etc. are just mined ore, pulverized and powdered to a fine dust. This doesn't make it any easier to assimilate. Some calcium is made from ground up oyster shells. This reminds me of when I was a kid watching the Three Stooges fix dinner, they would throw the oysters away and try and chew the shells. We all laughed at them and now we are doing the same thing. Modern research shows us that minerals of this type are 99% inassimilable. The manufacturers response to this is to add pig digestive enzymes, which supposedly pre-digests it or chelates it, in their attempts to force our body to accept this toxic material. Is this practice of chelating minerals really to our benefit or a dangerous act of ignorance?

"We are currently entering a new era of nutrition. It is no longer a matter of how many milligrams you take of a particular nutrient but how much of what you are taking is actually getting into your bloodstream, and the organs that need it. And even more important, what are these vitamins and minerals made from and do they have toxic side effects. If you are like me, and are horrified by this information, then try my SUPERFOOD.

"Let's stop eating toxic chemicals, animal waste and rocks and get back to eating food, SUPERFOOD!"

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Dr. Schulze's formula for Super Foods calls for the use of only Organic and Wildcrafted ingredients. There are 12 ingredients in all and is best described as an Herbal Vitamin and Mineral Foods Concentrate. Dr. Schulze himself has this to say about it, "This perfectly balanced blend of SuperFoods is specifically formulated to supply you with Natural Foods Source Vitamins, Minerals, Amino Acids and Essential Trace Nutrients. These are Nature's Nutrients, not man made synthetic vitamins. All ingredients are from the richest, whole food sources on the planet. This zero fat formula will give you quick energy and not slow you down. It tastes great and should be the foundation of any health program because it is nutrients that build your body and your health.

Dr. Schulze had a clinic which specialized in patients which were considered "hopeless and incurable" and he cured thousands by first having them eat his SuperFood formula each day – 4 tablespoons.

Those of us who are in better health condition also see great benefit from using the ingredients in Dr. Schulze's SuperFood Formula. Very few of us eat a regular diet that is comparable in quality to SuperFood.



















