

DR. SCHULZE'S

BI-MONTHLY NEWSLETTER

BY NATURAL HEALING PUBLICATIONS

MAY 2001

Get Well!

\$10.00 PER ISSUE

Everything you've always wanted to know about your LIVER but were afraid to ask ...well then ask Dr. Schulze!

YOUR LIVER, it's your first line of defense and your body's main detoxifying organ, but for most people it's a toxic garbage dump overflowing with waste and poisons. Learn how to flush it out to ***Feel Better, Prevent Disease and Live Longer!***

READ MY COMPLETE SPECIAL LIVER REPORT

 **Every human living Anywhere on this Planet has numerous Deadly Poisons in their Liver.**

▶ **SIMPLIFIED Liver and Gallbladder Anatomy and Physiology with PICTURES!**

▶ **No one ever just gets sick. Disease doesn't just *happen*. It is created. And often diseases are created by a sick, weak, overloaded Liver.**

▶ **Viral Hepatitis (*liver-inflammation*) has reached epidemic proportions.**

▶ **500,000 people this year will have their impacted Gallbladders carved out of their bellies.**

INSIDE . . . A long list of common liver killing chemicals in our everyday life
See Pages 4 and 5

INSIDE . . . A layman's description of what your liver does and how it works.
See Pages 6, 7 and 8

INSIDE . . . An explanation of jaundice and the many other diseases a weak liver can cause
See Pages 6-7

INSIDE . . . Learn about Hepatitis and the program that got my patients off the liver transplant list.
See Page 7

INSIDE . . . Dr. Schulze's Liver Flush drink that his patients used successfully to save themselves from the butcher's knife. **See Pages 8-9**

PLUS: Politically ***INC***orrect; To Get Well or ***NOT*** Get Well; Ask Dr. Schulze; American Botanical Pharmacy Special Deals; a New **FREE** Special Book Offer and much, much, much, **MORE!**

NATURAL HEALING PUBLICATIONS 1-877-TEACH-ME (832-2463) www.naturalhealingpub.com ALMOST

WARNING: The statements made in this newsletter have **NOT** been evaluated or approved by the F.D.A. We must also legally warn you that if you are ill, have any disease, are pregnant or nursing, you should consult your medical doctor before attempting any natural or herbal program.

Politically *In*correct

BY DR. RICHARD SCHULZE

I DON'T HAVE A LOT OF TIME FOR DEAD PEOPLE

Sometimes a patient of mine on my Incurable's Program for a killer disease would announce to me that they had to postpone their next few visits to my clinic. They also had to halt their healing program because a close friend or relative died, and they had to fly off to New York, or Chicago, to cry and look at a dead body. I would then proceed to give them a good ass kicking.

The dead are dead. Love them, but they are gone. And if you are trying to heal yourself of ANYTHING, especially a serious life threatening disease, your healing has to be the most important thing in your life. Even more important than paying respect to the dead. I believe most relatives or friends who die, if they could speak to you, would much rather you save your own ass and continue healing yourself instead of flying across the country to sit around their ashes moping.

Now if gathering around the dead was going to be a big party, a celebration of the person's life, with dancing, uplifting stories, lots of laughs, you know, an immune enhancing event, well then maybe. But death gatherings are usually guilt ridden, crying, gossiping, judging, bitching, blaming, fighting, negative emotional sewers that I can do without and no sick patient of mine should be in attendance. No disrespect intended, but I have no energy or time for dead bodies. On the contrary, I have lots of energy for the living.

Now that you know where I am coming from and having said all of that, I would like to talk a little about one dead man. He was one of the greatest natural healers of the past century so it is important to look a bit at his life and especially *look at his discoveries*.

DR. BERNARD JENSEN DIES AT 92 IN HIS SLEEP

Dr. Bernard Jensen died near the end of February in his sleep. I'll give you a tiny bit of his history, and my history with this great man. **Mostly I will give you his pearls of Natural Healing Wisdom**, so you can get an incredible 92 years of concentrated Natural Healing experience, in a few paragraphs to help you in your life and your healing experiences.

Dr. Jensen was born in Stockton, CA and at the age of 18 he entered Chiropractic college. In 1929 he opened his first clinic. Even while he practiced he continued to study at various Naturopathic colleges. He was even a classmate at the Dominion Herbal College, with the late Dr. John R. Christopher, America's greatest herbalist of the past century. He worked at Battle Creek Sanitarium under Dr. John Harvey Kellogg and knew just about every prominent Natural Healer of the era. Even Dr. Kirshner, who specialized in juice therapy, visited Dr. Jensen's Health Ranch to observe the extremes Dr. Jensen would go to, to create healing miracles, like a 365 day juice fast. WOW. Dr. Jensen, like myself, was a perpetual student and that is what made him a master. After 25 years in practice, in 1955, he opened his Hidden Valley Health Ranch near Escondido, when I was just a kid. **He continued his practice and taught there for almost 30 more years, writing more than 50 books and seeing more than 350,000 patients.**

That's what is important to me, **seeing more than 350,000 patients, THIS MAN KNEW WHAT OTHERS ONLY TALK ABOUT.** So I would like to tell you what this man **learned** during his **OVER 70 years of clinical practice, studying, teaching, and a life of helping people to get well.** Dr. Jensen also took more than a half a dozen worldwide trips in his life to meet and study people, his favorite subject. He would often travel to areas of the world where people were known to live the longest from the Hunza mountain valleys of Asia to Soviet Georgia. He would then observe and study what these people ate and how they lived, to add this information to his storehouse of knowledge. He would even bring back vegetable seeds to grow their foods in his own organic garden.

MY 3,000 MILE JOURNEY

When I first heard Dr. Jensen speak, it was life changing. See, I always knew that you could heal anything, any disease, especially killer diseases with Natural Healing, but I lacked the experience with the really tough cases. Well there was only one way to get more experience and that was 3,000 miles away. So I sold everything, and left my New York clinic in my disabled Pontiac for Escondido, California. When I got there I was full of fire, but out of money. The tuition for Dr. Jensen's summer internship was \$900.00 so I went into a car wash, a nearby town, and sold my car for guess what, exactly \$900.00. I gave him every penny I had. Then came the awareness that had no food, shelter or transportation. For a half year I slept in the bushes at the edge of his ranch, showered with his garden hose and **ate on raw, organic food that I borrowed from his and others' gardens.**

I paid my dues that summer. This experience and numerous other similar experiences, sacrifices and my total commitment to learn Natural Healing led me to be the tough guy I am today, with little, actually no room at all, for anyone's whining or excuses. So let me tell you what I learned that summer from this amazing Natural Healer during my internship.

NUTRITION IS #1

Dr. Jensen put Nutrition as #1. I remember many times when a patient wouldn't get it, he would grab his body, or theirs, then squeeze their arm, shake it and yell, "This stuff, YOU, your body, your flesh and bones, it's all made with nutrition. **Nutrition is what YOU are made out of!**" He was a Nutritional Healer meaning **he was a FOOD healer.** His main therapy was Organic Food and Juice therapy. Back when the word organic wasn't yet heard of, He was obsessed with his organic garden, at one time growing up to 3,000 carrots a month for his juicing program for himself and his patients. He knew that our body was made from nutrients, and even studied which organs and systems of the body thrived on which nutrients. He would stuff his patients full with raw, organic food and drown them with organic juices. He knew the best way to get a patient well and assist a body to repair itself was to FLOOD the system with vitamins, minerals and every nutrient that God has provided, but the way Nature provides it, NEVER man made, synthesized, laboratory crap. With food and juice therapy I saw thousands of miracles happen, including the continuation of my own healing.

As I mentioned earlier, Dr. Jensen was also an herbalist. While many herbalists of the past century were looking for the healing or medicinal phytochemicals in an herb, Dr. Jensen was more interested in the vitamins and minerals in an herb. We would occasionally walk rether through his gardens and then out into the surrounding countryside and he would ask me to identify for him some of the wild herbs that grew on his Health Ranch. Since I was an apprentice to the late Dr. John R. Christopher and sometimes even passed messages between these two great healers, he knew I was a good herbalist. But when I would tell him about the essential oils in a particular plant that were urinary disinfectants or the alkaloids in other plants that were muscular antispasmodics I could see he wasn't that interested. **I wanted to know what vitamins and minerals were in the herbs, because he was a nutritional healer and he knew if he could get the nutrition in, he could get his patients well. He was a FOOD HEALER!**

We would also discuss super concentrated herbs that were known to be the right

this time studying with Dr. Jensen that I set out to design my first herbal vitamin and mineral complex which later became my SuperFood Nutritional Formula and in my clinic I made EVERY patient I ever had, use it.

BOWEL CLEANSING AND DETOXIFICATION IS #1 TOO

During the 1940's, WWII and after the war, the great blitz of modern medicine and the AMA came close to obliterating Natural Healing. Dr. Jensen not only kept it alive and well in America, but he also promoted a form of genetic analysis called Iridology--observing a person's genetic constitution from the study of the iris of the eye. In the early 1940's he began an 11 year research project that resulted in a 360 page book on Iridology. One thing that his observations into this analysis proved, but what he had already confirmed in his practice, was that many people had genetically weak digestive systems, were chronically constipated, and that this backup of poisons in their systems was a major cause of disease and illness.

Because of this Dr. Jensen used colon cleansing as a fundamental in his clinic. He did a special type of gravity/ slant board/ enema/ colonic combination that he developed which he called the coloma. It was very effective at getting the old, impacted fecal matter out. In addition he used raw foods, juices, herbs, etc. To this day Dr. Jensen might hold some Guinness record for the most enemas given or for the tons of fecal matter removed, but I can attest that cleansing the bowel, like with most natural healers, was one of the most important foundations of his program. In the summer I interned at his Health Ranch I never saw more fecal matter in my life. Buckets full, wheelbarrows full. It was this experience and similar experiences at other clinics that eventually led me to develop my Bowel Detoxification Program and my Intestinal Formula #1 and Intestinal Formula #2.

SIMPLICITY

Dr. Jensen was a master at simplicity, breaking things down to their simplest level. Obviously an extremely intelligent man, he was also a master at seeing what so many of us miss, what is right in front of our noses. I remember when he was observing a patient that was having a 3 year bout with sciatica. The pain was so extreme that the man was going to let medical doctors carve into his body and cut and cauterize his sciatic nerve. He couldn't stand the pain anymore. It was literally killing him. The patient described the pain as continual. It was a sharp and burning pain down the right side from his lower back all the way to his right foot. Dr. Jensen simply told this man he had too much money, and that the patient had to give Dr. Jensen his wallet and his money and not come back to the clinic for 2 weeks.

The man looked quite startled, but was desperate, and willing to do anything including this. I thought, "Oh no, Dr. Jensen is really a quack, or some gypsy thief." After the patient left, Dr. Jensen proceeded to explain to me that this man had a very thick wallet that he carried in his right back pants pocket. This man had a desk job and was sitting all day long on this thick leather wallet that was pressing directly on his sciatic nerve. The patient returned 2 weeks later with no pain, a miracle healing after 3 years of excruciating, debilitating pain. Even as a trained Doctor of Chiropractic, who could have treated this man with countless adjustments and numerous types of body work, he was always searching for the simplest of solutions first, and the real cause of the disease.

THERE MUST BE AN ENERGY EXCHANGE

I know that when I crudely say that I don't give sympathy and that this word lies between shit and syphilis in the dictionary, people think I am a mean, if not a horrible, cold, callous person. But my experience in the clinic taught me well, and I never saw sympathy get anyone well. Well Dr. Jensen never worked on anyone for free. NEVER, EVER. Everyone paid, period.

He knew that if he let anyone slide, that he would be commiserating and backing up that person's belief that they were poor, incapable, unfortunate, unable, or that life was tough, or a million other negative affirmations that many people develop as part of their disease. Or maybe the other way around, they develop their disease because of their negative mind or loser attitude. He also knew that the patient had to make getting well the most important thing in their life, even if it meant selling their furniture, their clothes, or even their car, as I did to intern with him.

Anyway, everyone paid, and if you didn't have any money, then you went to work, gardening, plumbing, cleaning, whatever, but there were no free rides. Dr. Jensen knew that energetically there had to be what he referred to as an "energy exchange", and without it, there would be no healing.

COLOR

Finally, in the final years I saw Dr. Jensen in practice, COLDR was becoming very important to him. I should say that it was actually always important. He felt a great way to make sure that you got all of your needed vitamins and minerals was (always to make sure) that your food, your lunch or dinner bowl looked like a rainbow, was colorful. He knew that whatever made different colors in foods were actually different vitamins and minerals.

But later on he was moving more and more into color. Scientists tell us that different colors have different wave lengths, different vibrations, and therefore Dr. Jensen knew that different colors affect us in different ways physically, emotionally and spiritually.

One of the last things Dr. Jensen told me, in his beautifully simplistic, natural way, was to take the time to watch the sunrise in the morning and the sunset in the evening. He felt that all of the colors changing at this time of the day was food for our body. He felt that it was a different type of nutrition that we assimilated through our eyes directly into our brain, but necessary nutrition nonetheless.

I now sleep with all of the window shutters in my bedroom wide open. I am often up for the sunrise, but just in case I am still asleep, I have the foot of my bed facing east so the sun wakes me. When I am working, I get outside during sunset and usually drag those around me too. We may not have all the scientific answers to what this great Natural Healer offered, but in my heart I know the truth and the power in what he taught.

MY FINAL WORD

I have never fully agreed with anyone's approach to health and healing, even Dr. Jensen's. When I was very young and I interned with this great man he had already been in practice for over 50 years and I, only a few years. I was the toughest, roughest, most headstrong natural healing gestapo student practitioner he had ever seen. Sometimes when he would prescribe cod liver oil, pig digestive juices, kefir or veal joint broth and because I have always been a strict vegetarian, I would utter comments, kind of under my breath but loud enough to be heard. One day in the clinic he had heard enough. He looked me right in the eye and yelled, "I want to see you in my office." He sat me down and very loudly told me that his methods were based on the best of his over 50 years of clinical practice and that I needed to observe, have more respect for him, and keep my mouth shut. He was right.

He then proceeded to tell me that I reminded him of a very tough, headstrong, young natural healing student he once knew a long time ago--himself. Cocky, brash, tough, self assured and not afraid to try anything on himself or with a patient. He told me that his greatest desire was that someday, I and his other interns, would take all of his work to an even higher level, improve on his protocols, make his programs cleaner and make natural healing even more effective. I apologized, we hugged and that day I grew a little bit taller, and a lot wiser.

Dr. Jensen, my great teacher, thank you for your patience with me. We two rams butted heads many times and the few times you threw me out you always welcomed me back. Wherever you may be, you, your work and your experience changed my life, **and I used it to help change the lives of a million more people that you never met.**

I would say goodbye but you will always be in my heart. I would say may you rest in peace but I know wherever you are, you are still preaching the gospel of Natural Healing, because you know, I know, a half a million of our patients know and millions more of our followers know, **Natural Healing Works!**

Dr. Richard Schulze

Everything you've always wanted to know about your **LIVER** but were afraid to ask

by Dr. Richard Schultz

I don't care if you live in Tahiti, eat only organic fruit, drink only distilled water and pray 8 hours a day. If you live anywhere on this planet and want to be healthy, and stay that way, you need to flush out your liver and gallbladder . . . and do it regularly!

blood, gall stones, worms, and just ungodly goop that was literally unidentifiable. Every student was shocked to see such advanced disease and degeneration in such young, supposedly healthy people.

IN THE CLINIC

In the clinic the majority of my patients would wonder why I made such a big deal about the liver and gallbladder and an even bigger deal about the importance of routine cleansing, detoxification and flushing them out. When they would ask, "What's the Big Deal about the liver?" I would tell them the above story, and then proceed to tell them the following information, which is just a few of the many reasons why so many healthy people, upon examination, had rotten livers and gallbladders and worse, numerous other diseases, even heart attacks and cancer, because the liver was poisoned, impaired, and not able to defend you.

Medical doctors often say that before most diseases develop, the liver was malfunctioning and not doing its job. I have heard oncologists (cancer specialists) say that long before a person develops cancer, almost always the liver was weak and not protecting the patient. This is why the liver is referred to as your first line of defense. The reason for this is simple.

Your liver is your **defensive barrier** between the things you take into your body, and your blood. It literally blocks harmful substances from getting into your blood. To explain this let me refer briefly to the last Get Well Newsletter, March 2001 on the Colon . . .

...The small intestine is where the majority of food absorption takes place, the more surface area to absorb, the better. Each villus (the singular of villi) contains a capillary network which introduces the digested food nutrients into your bloodstream. The portal vein transports this digested food first from your small intestine into your liver and then if deemed acceptable, onward into your entire circulatory system to feed every cell in your body.

So as you can see, everything you breathe and swallow—food, water, drugs EVERYTHING—once it is assimilated to your small intestine, EVERYTHING—goes directly to your liver. Even what is in the air you breathe is taken into your bloodstream and then dealt with by your liver. If it is toxic, then your liver creates particular chemicals, like enzymes, that can actually neutralize the poison.

YOU SAY YOU DON'T EAT OR DRINK POISONS

You can't say that anymore. If you live anywhere on this planet, you are breathing, drinking and eating poisons. The FDA says that just the food in the average American grocery cart contains over 50 known poisons and toxic substances. Just read the newspaper, or listen to the radio, and you'll hear a current hot news story about a health concern that affects the liver. Most of the stories have to do with our liver cells being hurt, damaged, sometimes even destroyed, by toxic chemicals in our food, air, water and environment and especially by pharmaceutical drugs that have been found, after approval, to be liver killers.

Let me give you just a few examples of extremely common killer poisons that target the liver, that we take into our bodies and blood every day. (I have left out thousands that cause disease and kill other organs, I just stuck to the liver.)

1,3-Butadiene, in everything from rugs and rug pads to gasoline, rubber tires, car exhaust and groundwater, is known to cause liver cancer. **Benzenes** in plastics, polypropylene food and water containers and tobacco smoke cause liver tumors and cancer. **Chlorinated water**, whether you drink it or just breathe the vapor from your shower, destroys liver white blood cells. **Carbon Tetrachloride** found in groundwater destroys the liver's enzymes that it creates to render poisons harmless. **DEHP (Diethylhexyl-phthalate)** that is in many plastics, food wraps and even used to make blood storage bags and leaches into the stored blood, is a killer to the liver.

(continued on next page)

Everything you've always wanted to know about your **LIVER** but were afraid to ask

Dioxins that are common in pesticides, herbicides and now found worldwide in air, water, animal products and even in human livers, kills the liver too. **Ethanol**, in all alcoholic beverages causes cirrhosis of the liver and kills liver cells. **Ethylene Oxide**, an anti-bacterial that is gassed onto almost all herbs sold in America today (never ones we use; see page 8 of the *American Botanical Pharmacy catalog*) causes liver damage, cancer and mutates unborn children. **Glycol Ethers**, in anti-freeze, glue, paint, sealants, chalking compounds, circuit boards, ink, kills liver cells. **Nitrosamines**, are in baby nipples and pacifiers, soaps, cosmetics, food additives, food containers, pesticides, insecticides and herbicides and cause liver cancer. **Styrene**, a very common plastic used in food containers, water bottles, carpets, paper, destroys liver enzymes that protect you.

Trichloroethylene, found in dry cleaning fluid, paint, glue, cleaners, degreasers, insecticides, drain cleaners, ink, kills liver cells.

My personal toxic horror pick is PCBs (Polychlorinated Biphenyls) from transformer leakage, and used in copy papers, paints, plastics, flame retardants, glues, adhesives, coolants, inks, common furniture fabric protectors and is now found in groundwater WORLDWIDE. This common, but powerfully toxic and poisonous chemical kills liver cells and causes cancer and fetal death. This is a big one. You definitely have PCBs in your house in everything from your shower curtains to your bed mattresses to your children. You heard me right. **This chemical is commonly found in the blood and tissue of newborn babies.**

And finally, the **Vinyl Chloride** scandal. Come on guys, just a few months ago it was all over every news channel that the chemical industry in America has been accused of not disclosing how toxic many common household chemicals and ingredients are. They were further accused of discussing this in closed door corporate meetings and subsequently covering up how poisonous and toxic some commonly used chemicals are. Way back in the 1950's and 1960's apparently workers at the chemical plants that produced **Vinyl Chloride**, a very common plastic used in everything from plastic food wraps (*Saran Wrap*), **VC (PolyVinyl Chloride)** used in household water and food irrigation tapes, vinyl records, an ingredient in most spray cans and now found in groundwater around the world. Well it seems that the workers handling this

chemical had the bones inside their fingers dissolve along with skin damage, nerve damage, immune cell destruction causing cancers of the brain, lung, kidney and you guessed it, the liver.

POISON MEDICINE

Hypocrites, the so-called father of modern medicine (he was actually an herbalist) said, "physician, do no harm" when he stated his basic philosophy of treating patients. He would be spinning in his grave on this one. Just in March of this year, the FDA banned numerous common pharmaceutical drugs suspected for hurting and KILLING people, killing thousands of people for that matter. Most people reading this newsletter probably had a relative use one or more of these drugs, maybe you even used them yourself. Some of the drugs were **Propulsid**, the nighttime heartburn drug that despite the 1993 warning that it caused heart rhythm disorders was kept on the market. It is suspected of killing hundreds of people. Also regardless that it was suspected to have killed 8 children in pre-clinical trials, no one told this to pediatricians who widely prescribed it to infants for common digestive disorders. "We never knew that" said Jeffrey A. Eglebrick, a heavy equipment welder in Shawnee, Kansas, whose 3-month old baby boy, Scott, died after taking Propulsid. "To me they used my baby as a guinea pig to see if this drug would work." By the time this drug was pulled off the market it was suspected of killing many children, but the manufacturer had already made 2.5 billion dollars on its sales. Other drugs that were recently banned, that you may still have in your medicine cabinet and which are suspected of maiming and killing are:

Redux, a diet pill, suspected in hundreds of deaths; **Raxar**, an antibiotic that is suspected of killing by disrupting heart rhythm; **Posicor**, a blood pressure medication, again suspected in hundreds of deaths due to heart rhythm disruption; **Lotronex**, a drug for treating irritable bowel, is suspected of killing many and requiring many users to have their colons removed.

Of course many banned drugs are suspected of killing the patient by destroying their liver, such as **Duract**, a painkiller, suspected of causing liver failure and other deaths but

The winner is Rezulin. This drug was just taken off the market and is suspected of being one of the biggest drug scandals in years. This diabetes

drug was just approved in 1997 and is suspected of numerous liver failures, and hundreds and hundreds of deaths. Scanda has rocked both the drug manufacturer and the FDA on this one. Apparently pressure, corruption and subsequent cover-up is suspected in the drug's approval and it is alleged that people's jobs were threatened at the FDA if they didn't cooperate. The drug made over 2 billion dollars in the few short years before it was recently banned. The medical doctor in charge of this drug company told the FDA that liver damage from this drug was the same as in the placebo group, but in fact it was almost 400% greater. Currently it is unknown how many people got liver damage or died from using this drug.

ARE OVER THE COUNTER DRUGS SAFE?

First, many of the common drugs now sold over the counter, without doctors' prescriptions, were prescription drugs only a few years ago. Over the counter drugs are very potent and are also suspected in killing their users. Just simple aspirin and aspirin substitutes like **Acetaminophen**, (the active ingredient in **Tylenol, Excedrin, and an ingredient in Percocet, Vicodin, Sinutab, Sudafed and many more drugs**) have been exposed as harmful to your liver, even killing you if you overdose. Medical doctors and government officials said they were basically shocked at this information, but I really don't know exactly why, since it has been published for years. Although the deaths are due to over dosage, pain killers are the most common drugs that people take more than the recommended dosage of, ignore the paperwork in the box the bottle comes in and just literally suck a bunch of pills right out of the bottle.

O.K., so now I think it's safe to say that if you are a human, living anywhere on this planet, breathing, eating and drinking, that your liver has been attacked, damaged and is maybe even sick. So what the heck do we do now?

If you want to learn more about your liver and gallbladder, what they do and how they work, just turn the page!

If you've heard enough, want to repent your toxic sins and flush your liver and gallbladder out, turn to pages 8 and 9 for my **5-Day Cleansing and Detoxification Program.** (end)

LIVER/GALLBLADDER ANATOMY AND PHYSIOLOGY 101

These two pages are for anyone who wants to know more about their liver and gallbladder, where they are, what they do and how and why they get sick.

You do not need to know this information in order to flush out your liver and gallbladder.

If you are not one for anatomy and physiology, NO PROBLEM. Just skip these two pages and move on to the next two pages that tell you how to do the Liver and Gallbladder Flush.

THE LIVER

Although your medical doctor would like you to believe that they have figured your liver out and *got it all down*, the reality is that **your liver is the most metabolically complex organ in the entire human body**, more than even your brain. It has numerous different microscopic functional units and is as complex and infinite as outer space. One of the main reasons I know God was a natural healer and NOT a medical doctor is the liver itself. It is so incredibly complex you know it's best to just leave it alone and create a healing lifestyle for it, and DON'T TOUCH IT, HANDS OFF. Now, let me try to boil it down and make understanding the functions of the liver as simple as possible.

Your liver is the largest organ inside your body. It weighs around 3 pounds. It is on your right side under your lower ribs. The underneath of your liver is concave because it covers your stomach, duodenum, hepatic flexure of the colon (see my March 2000 GET WELL Newsletter), right kidney and right adrenal. Blood passes through your liver, especially blood from your digestive organs, which contain end products of digestion and nutrition, before this blood enters your general circulation to the rest of your body. If I were to divide the two main tasks of your liver they would be ENERGY & NUTRITION, and DETOXIFICATION.

ENERGY and NUTRITION

Your Liver is your Life Force, the source for your ENERGY.

Your liver synthesizes the sugar glucose from carbohydrates or starches that you eat. Glucose is the most important carbohydrate in your body's metabolism. It could just be called *PURE ENERGY* because it is used by your brain and every other cell of the body for just that—ENERGY. Excess glucose is stored in your liver as glycogen and is ready to be converted back to Glucose if any energy is needed. Your liver also stores other SUPER ENERGY NUTRIENTS like Vitamin B-12 and Iron to be used any time you need a turbo charge.

Your liver also makes vitamins, clotting factors and amino acids. It makes cholesterol that you need to produce steroid hormones (sex hormones) and other important metabolic chemicals. It also makes the lipoproteins like HDLs that transport fat around in your blood. (*Too much cholesterol in your blood, causing coronary arterial blockages, is from eating too much animal food and rarely from a liver gone haywire*). The liver stores other vitamins too like A, D, E and K.

DETOXIFICATION

Your Liver is THE blood detoxification organ of your body.

The liver recycles and removes worn out blood cells.

Each red blood cell has a life span of 120 days (4 months). Once it is old and its time is up, Macrophages, *big eating* white blood cells in your liver, eat the red blood cell. Every RBC (*red blood cell*) contains Hemoglobin. Hemoglobin is the iron containing pigment in your blood that makes it red, which carries the oxygen from your lungs to all the cells of your body. Your liver recycles this iron, stores it for later use or turns it into bile, which it excretes as a digestive juice. **Bile stimulates digestion, emulsifies fats, stimulates peristalsis (the muscular waves of the intestines), is a natural laxative and a natural digestive antiseptic.** Bile contains bilirubin, a yellow-orange pigment from the iron in the hemoglobin from the dead red blood cells that macrophages eat, *phew....*, if you didn't catch that one don't worry, remember getting well is easy.

Now for you numbers freaks, each red blood cell has over 200 million hemoglobin molecules in it and you have over 35 trillion red blood cells, so that's over 7,000,000,000,000,000 (*how the heck do you say this number*) hemoglobin molecules that your liver has to recycle or over 58,000,000,000,000 (*58 trillion*) hemoglobin molecules every day.

OK let's get simple. The liver detoxifies, metabolizes, renders harmless and eliminates harmful toxic poisons, chemicals and substances from your blood. It produces many different enzymes that actually convert toxic poisons into harmless chemicals and then they are eliminated in the bile that your liver excretes.

A small list of the substances that your liver detoxifies and renders harmless are alcoholic drinks, street drugs, pharmaceutical drugs, insecticides, pesticides, food additives, environmental toxic chemicals, parasites, bacteria and virus. **So one of the liver's main jobs is to eliminate toxins, chemicals, poisons and drugs from your body.** **Then it only makes sense that the more intake you have of toxic substances, the harder it is on your liver, the more work it has to do.** This makes a great case for organic food. It not only tastes better and is more nutritious, but it doesn't overwork or deplete your liver.

The liver also has to metabolize and render harmless anything that causes increased ammonia in the body. The main culprit here is animal food. When animal food is digested it forms ammonia, an alkaline gas, which is absorbed by your intestines into your blood to be hopefully converted into urea by your liver to be removed by your kidneys. **Americans being the highest consumers of animal food on the planet per person, have a constant over production of ammonia gas in the intestines which in turn weakens the liver and promotes hepatic coma or paralysis of the liver.** Substances that contain ammonia, besides animal flesh, organs, eggs and milk, are mainly drugs such as sedatives, tranquilizers, anesthetics, analgesics (pain relievers) and diuretics. **(AT HOME EXPERIMENT: Take two aspirin and place them in a spoon, hold the spoon over a candle or the stove until the aspirin melt, WOW, ammonia city.)** For years in my clinic I saw patient after patient with liver trauma and even acute failure that caused hepatic coma worse than alcohol, drugs and toxic poisons. **IT WAS CAUSED BY FAD HIGH PROTEIN DIETS.** These diets

(continued on next page)

LIVER/GALLBLADDER ANATOMY AND PHYSIOLOGY 101

have come and gone and current ones are the Zone and the Atkins. These diets, like any diet, can cause weight loss, but they can also skyrocket your ammonia levels and paralyze your liver. This is a double whammy because your liver now cannot process all of this added cholesterol that you are eating more and more of, and this alone could give you a heart attack or stroke. Granted you will look fit and trim in the hospital bed or the casket but better to have a healthy liver than to be sick or dead.

Jaundice: When your Liver Gets Sick

As I have discussed, one of the liver's primary jobs is the production of bile, which is its waste product and also a great digestive system aid among many other things. When the liver gets sick, it gets constipated and the bile instead of getting released, **backs up in the body.** Remember the part before about the 58 trillion hemoglobin molecules that the liver has to process EVERYDAY from the dead red blood cells? Well, when the liver backs up with bile which contains bilirubin (an orange-red iron pigment from the old hemoglobin that the liver eats) and at the same time the liver can't continue to clean all the 58 trillion a day recently dead orange-red hemoglobin molecules out of your blood. Well in a very short time you have all this excess circulating orange-red bilirubin and hemoglobin and what color do you think you are going to turn? You guessed it, **ORANGE-RED.** When your sclera, (the whites of your eyes), your skin and even your urine takes on an orange-red color, this is called jaundice and **is a good sign that your liver is very constipated, it is that simple. This is why one of the major cleansing and detoxifying aids I used in my clinic was a liver flush, to unconstipate the liver and get the bile flowing again.** There are 2 main types of jaundice and they are referred to as Intra Hepatic, (inside your liver) and Extra Hepatic (outside of your liver) referring to where it is thought the trouble is.

INTRA HEPATIC JAUNDICE

The most common causes of Hepatitis (*which just means liver inflammation*) and Intra Hepatic Jaundice are drugs, alcohol, liver damage, almost any virus, bacteria, fungus, fad heavy animal protein weight loss diets and viral hepatitis.

VIRAL HEPATITIS

There are currently 6 known types of viral hepatitis. The most commonly known are Hepatitis A, Hepatitis B and what used to be referred to as Hepatitis non-A, non-B which is now called Hepatitis C, and Hepatitis D, E and G. Soon we will discover so many more that we will run out of letters of the alphabet and have to start giving them names like tropical storms and hurricanes, like Hepatitis Harry. There is currently a medical mass panic to vaccinate for Hepatitis C. This dangerous vaccination is even given to children born in hospitals in NYC within hours after birth and most school kids in California, but the only real prevention is to STOP doing what hurts your liver, like drugs and toxins, and START living a healthy liver lifestyle. As I said earlier, the liver's job is to neutralize poisons and toxins and the more a person or child is bombarded with poisons, the weaker the liver becomes. What poisons you ask? Well when was the last time you were around a typical American kid, and watched him eat, or any adult for that matter? Weak livers have less resistance to infections. We will never get rid of germs and viruses. As I always say, the only defense is a strong offense building a strong healthy body. The massive amount of hepatitis infections all around America is just a reflection that we have beaten up our livers for too long.

EXTRA HEPATIC JAUNDICE

The most common cause of extra hepatic jaundice is some type of blockage. Sounds like my theory of all diseases being caused by blockage, doesn't it? And the major blockage is gall stones stuck in the gallbladder and bile ducts. Remember I said earlier that over a half million people this year in America will have their gallbladders carved out of them by medical doctors. Medical doctors are so absolutely stupid. **FLUSH IT OUT don't CUT IT OUT.**

Minor jaundice or liver constipation can go on for years almost unnoticed causing all sort of health related problems. Neurological diseases, neuromuscular diseases, paralysis, chronic fatigue, immune system depression and disorders, cancers, heart disease, stroke, hypertension, high cholesterol, every digestive disorder from indigestion to constipation,

diabetes, dementia, depression, painful and stiff joints, sexual dysfunction, eyesight problems, the list is almost endlessssssssss.

Many old sage doctors used to say when you have someone that has cancer, you have a patient who had a sick liver 3 to 5 years ago. I will go a step further, with any sick patient and with any disease we need to look at the liver and get it clean. This is why in my clinic, EVERYONE, EVERY PATIENT had to do my 5 Day Cleansing and Detoxification Program and my Liver and Gallbladder Flush. What is the bottom line:

"Let the liver get run down and congested and you will become toxic and weak. Keep the liver healthy and you will be protected from chemical poisons, disease, feel great and have TONS of energy."

THE GALLBLADDER

The gallbladder is a pear shaped sac on the underside of the right lobe of the liver that stores bile from the liver. While in the gallbladder the bile is concentrated by removing water. The bile is released through the cystic duct, which joins the hepatic duct from the liver to create the common bile duct which empties into the duodenum, (the beginning of the small intestine, see picture on page 10.) Bile is not only the waste product of the liver that carries away the neutralized poisons, but as stated previously, also stimulates digestion, aids digestion by emulsifying fats, stimulates peristalsis (the muscular waves of the intestines), is a natural laxative and a natural digestive antiseptic. When the bile contains too much cholesterol from eating too much animal food (or for some people ANY animal food) the cholesterol can't be kept in solution anymore and forms quite hard stones and rocks. These can form in the gallbladder and also the bile ducts causing extra hepatic jaundice. (Use Dr. Schulze's Liver/Gallbladder Flush on pages 8-9 to get rid of your rock collection.) (end)

DR. SCHULZE'S LIVER FLUSH AND 5 DAY

HELP, What Do I Do FIRST???

The Liver Flush Drink or the 5 Day Cleansing and Detoxification Program or SuperFood, Intestinal Formula, Liver and Gall Bladder Tonic, HELPPPP?

Hilda is the angel that has been running my American Botanical Pharmacy store in Southern California for years. She has healed herself naturally of serious disease using my programs, done my Incurables Program, juice fasted for 42 days and uses herbal medicine to take care of her husband and three children. Needless to say she is extremely passionate about natural healing. For years she has been in the front lines, dealing with everyone that walks through the door of my company to buy herbs. The other day she was kicking a customer's butt (go Hilda!) about needing to do my **Bowel Detoxification Program** prior to doing the **Liver/Gallbladder Flush** when a big discussion erupted about the proper order to do my programs in. Since I know my programs can never be clear enough, let me address this issue right now.

THE HEALTHY SHOULD ALWAYS FOLLOW THE RULES

If you are in reasonable health and do not have any major health problems or diseases, then I would like you to follow my specific clinical order of doing the programs. The reason I call it my clinical order is because this is the order I made over ten thousand patients follow in my clinic so I am sure of one thing. It WORKS! These patients were seeking more energy, vitality and health and wanted to prevent future disease but were currently fairly healthy.

For them the first step was ALWAYS **SuperFood**. Get the nutrition in. The second step was my **Bowel Detoxification Program**, using **Intestinal Formulas #1 and #2** (yeah Hilda). The reason for this is simple. If the colon is not working, then it is difficult for you to do any real cleansing and detoxifying. The **Liver/Gallbladder Flush** and my **5 Day Cleansing and Detoxification Program** help remove waste that must flow out your colon and if your colon is

not working, well, you are not going to get rid of the waste. The cleansing can be a waste of time and worse, it can even make you feel horrible.

Once a patient took the **SuperFood** for a few months and did my **Bowel Detoxification Program** during their second month, I would then say that they had earned their right to do a cleanse and then we would start their first 5 Day Cleansing and Detoxification Program with the **Liver and Gallbladder Flush Drink**.

ARE THERE ANY EXCEPTIONS?

Of course, even my rules are made to be broken. If you have a family history of liver and/or gallbladder problems or disease, you have gallstones or are having a gallbladder attack or pain, you have a dangerously high cholesterol level (above 250) you have hepatitis, jaundice, any acute or even chronic liver or gallbladder problem, YES, you can start the **Liver/Gallbladder Flush Drink** and the **5 Day Cleansing and Detoxification Program IMMEDIATELY**. I mean get your butt into the kitchen and get the blender going and **MAKE YOUR FLUSH DRINK NOW!** If this is you I want you to also begin taking my **Intestinal Formula #1**. I need to make sure that your colon is very active so that everything that you flush out of your liver and gallbladder can get out of your body. As soon as you are out of danger, but in any case within a week, I want you to begin my complete **Bowel Detoxification Program** and begin taking my **SuperFood**.

CAN I JUST DO THE LIVER FLUSH DRINK ON ITS OWN?

Sure, no problem here either. Occasionally I wake up in the morning and don't feel energetic. I feel sluggish, maybe I ate too much party food but in any case my digestion is off. Sometimes this is a good time to make a **Liver/Gallbladder Flush Drink** followed by a few cups of my **Detoxification Tea** with the **Liver/Gallbladder & Anti-Parasite Formula** in it. If you do this you might even feel more sluggish but this will pass soon, usually after the first cup of **Detoxification Tea**. To make it a real "breakfast of champions", have your **SuperFood** an hour later. But remember, if you suspect any liver or gallbladder problems, do the **Liver Flush** and the **5 Day Program**.

CAN I TAKE THE LIVER/GALLBLADDER TONIC ON ITS OWN?

Absolutely. Remember, the **Liver/Gallbladder Formula** is also a powerful **Liver PROTECTIVE Formula**. Even if you can't get Uncle Harry to do anything healthy, get him to take this formula to coat the liver cells so his continual eating, drinking and being merry won't kill him as fast (see *Protect Your Liver* on page 12).

THE BOTTOM LINE

So Hilda was right. First thing's first. Getting the bowel cleansed and functioning well IS the first step in natural healing, but in an emergency, or with an at-risk patient, get the **Liver/Gallbladder Flush**, the **Detoxification Tea**, the **Liver/Gallbladder Formula** and my **5 Day Cleansing and Detoxification Program** going IMMEDIATELY!

THE LIVER FLUSH AND WHAT IT DOES

The main cause of liver and gallbladder disease is an overworked liver that is overloaded with toxins and poisons from our food, water and air and also from taking drugs, drinking alcohol and eating too much animal food. All of these cause the liver and gallbladder to be overloaded and subsequently result in congestion, constipation and illness. **This is the cause of almost all liver and gallbladder disease and also the cause of many seemingly unrelated diseases, like Heart Disease, High Blood Pressure, Strokes, even Cancer, and these are the things that you need to STOP.**

The **Liver/Gallbladder Flush Drink** and Herbal Formulae stimulate the liver to produce more bile and get the bile moving through the gallbladder and ducts. This action unblocks and unconstipates the liver and gallbladder and even dissolves and removes gallstones. **This is what will clean, detoxify and heal your liver and gallbladder and what you need to START.**

CLEANSING AND DETOXIFICATION PROGRAM

DR. SCHULZE'S LIVER FLUSH DRINK RECIPE

Put these ingredients in a blender:

- 8 ounces of fresh squeezed juice.¹
- 8 ounces of distilled or purified water.
- 1-5 cloves of garlic² (start with 1 and increase daily.)
- 1-5 tablespoons of organic virgin cold pressed olive oil (start with 1 and increase daily.)
- 1 piece of fresh ginger root² (about 1 inch long.)
- Blend on high speed for 15-30 seconds.

¹ **During Spring or Summer**, mix 8 ounces of fresh orange juice or better yet a citrus juice combination (1 lemon or 1 lime and enough orange, grapefruit or tangerine juice to make 8 ounces). **During Fall or Winter** mix 8 ounces of fresh apple or grape juice or an apple/grape combination.

² Don't chop the garlic or peel the ginger, just throw everything in the blender and liquify it. It only takes me 60 seconds to make my **Liver Flush** in the morning. Drink the flush down in 2-3 minutes, don't sip it.

AFTER DRINKING YOUR FLUSH

- 15-20 minutes after drinking your **Liver Flush**, drink 2 cups of previously prepared **DETOXIFICATION TEA**.
- Put 2 droppersful of my **LIVER/GALLBLADDER FORMULA** in each cup of tea (consume total of 4 droppersful) or have the tonic separately in an ounce of water.

DR. SCHULZE'S 5 DAY CLEANSING AND DETOXIFICATION PROGRAM

I created my 5 Day Cleansing and Detoxification Program as an entry level cleanse for all of my patients.

As discussed on the previous page, after my patients started taking their **SuperFood** on a regular basis and then did my **Bowel Detoxification Program**, and their bowel was working normally, it was then time to do their first detoxification program. Also as outlined on the previous page, if you are ill, you can start this **5 Day Program IMMEDIATELY!** You don't have to do the **Bowel Detoxification Program** first, just add the **Intestinal Formula #1** to the following program.

This program is an easy cleanse that anyone can do.

Come on friends, don't take this program (or life for that matter) too seriously. Just do it—jump right in! Next Monday sounds like a good time to start to me, and if it's already Tuesday, how about a 4 Day Cleanse? LOOK, any of you out there who think that this might be a little inconvenient or cramp your busy lifestyle, well all I can tell you is that once people end up in the hospital, under the knife, they wish they would have done it 20 times. But more importantly, everyone should experience a few days of a juice flush and a few days on raw foods. For my patients, this program turned their health and their life around.

I give you my guarantee that you will feel physically better, more alive and more energetic after 5 days on this program. Also, you will feel better about yourself and your life too!

The program is two days of a Purifying Raw Food Program and three days of a Juice Fast.

YES, I designed my **5 Day Cleansing and Detoxification Program** to be done during the week, at work or during your regular weekly routine. Look, nobody wants to do a cleanse or detox on the weekend, and usually if you are silly enough to plan it that way, the phone rings, friends or relatives call, and the next thing you've blown it. Weekend fun, friends, parties, eating is a big part of all of this. During the week you are all very busy at work. You can do this program at work and **you will hardly even notice that you've done it**. IT WILL FLY BY. You might even set an example for a few of your co-workers who would be nicer people with their livers cleaned out.

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

STEP 2: Prepare and drink the **Liver/Gall Bladder Flush** (see column to the left), and also prepare and drink the **Detoxification Tea** and **Liver/Gall Bladder Formula** (see page 11).

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

STEP 4: Repeat the same dosage of the **Detoxification Tea & Liver/Gall Bladder Formula** 2 more times during the day.

STEP 5: Repeat the same dosage of my **D-TOX Formula** 4 more times during the day.

STEP 6: One hour later drink your **SuperFood Morning Nutritional Drink**.

STEP 7: Continue with the **Food and Juice Program** as outlined next.

Remember to drink the **Liver/Gall Bladder Formula** and **Detoxification Tea** 2 more times during the day and take my **D-TOX Formula** 4 more times during the day.

(continued on page 10)

FOOD & JUICE PROGRAM

(continued from previous page)

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.

DAY #1 AND #5

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

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

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

Dinner: Diluted fruit juices, fruit, fruit smoothies, fruit salads and herb teas.

DAY #2, #3, AND #4

Now we begin the 3-day fast. Consume at least 1 gallon (128 ounces) of liquid a day. That's eight 16-ounce servings a day. If you get hungry, DRINK MORE LIQUID!!!

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

Mid-mornings: Diluted fruit juices, herb teas and water until noon.

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

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

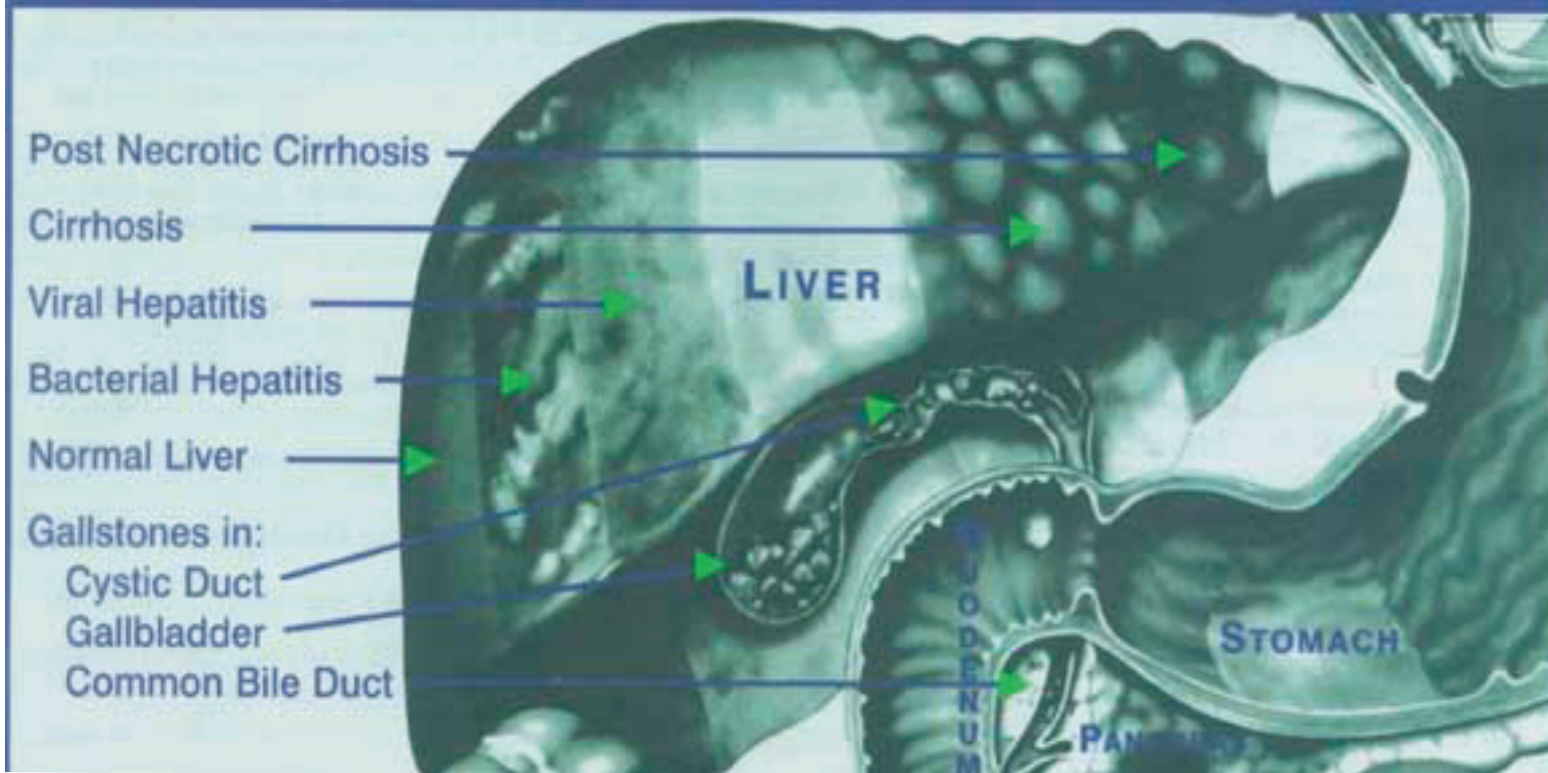
DAY #5

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

**FREE
BOOK
OFFER**

FOR EVEN MORE INFORMATION ON HOW TO SUCCEED ON DR. SCHULZE'S 5-DAY CLEANSING AND DETOXIFICATION PROGRAM SEE A SPECIAL FREE BOOK OFFER ON PAGE 12 OF THIS NEWSLETTER!

DISEASES OF THE LIVER AND GALLBLADDER



DR. SCHULZE DESCRIBES HIS **LIVER/GALLBLADDER ANTI-PARASITE FORMULA**, HIS **DETOXIFICATION TEA** AND HIS **D-TOX FORMULA**

LIVER/GALLBLADDER ANTI-PARASITE FORMULA

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

Therapeutic Action: The herbs in this formula are famous for their ability to **stimulate, cleanse and protect the liver and gallbladder and rid the body of parasites.** Milk Thistle has certain chemicals that bind to and coat liver cells. These phyto-chemicals 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 gallbladder. If you have been exposed to any toxic substances, had constipation, eaten large amounts of animal food or drank 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 gallbladder 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 gallbladder 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 parasite larvae waiting to hatch in your body. Over 65% of fresh fish tested had toxic levels of bacteria and parasites. Chicken is even worse. I've had hundreds of patients expel bowls 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 Formulas #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 and degeneration.

Dosage During the 5 Day Cleansing and Detoxification Program:

Add 2 droppersful to each cup of Detoxification Tea you will drink. In the morning after your Liver/Gallbladder Flush you are instructed to have 2 cups of Detoxification Tea 15 minutes after doing your Liver/Gallbladder Flush, so that is a total of 4 droppersful after

your Liver/Gallbladder Flush. If you want you can have your tea without this tonic, and consume it separately. 4 droppersful in 1 ounce of water, at the same time as you drink the tea. Repeat having 2 cups of Detoxification Tea and 4 droppersful of Liver/Gallbladder & Anti-Parasite Formula 2 more times during the day.

DETOXIFICATION TEA

Botanical Ingredients: 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.

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, or 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 gallbladder and is the perfect tea to use after the liver flush.** It flushes out the bile and fats from your duodenum that the liver flush purged from your liver and gallbladder. **It is also a mild diuretic and disinfectant to the kidneys and bladder** and will cause you to urinate 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 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 During the 5 Day Cleansing and Detoxification Program:

2 cups of tea consumed 15 minutes after doing your Liver/Gallbladder Flush. You should also have 2 more cups in the afternoon and 2 more cups in the early evening consuming a total of 6 cups of the Detoxification Tea each of the 5 days during this program.

Directions for making the

Detoxification Tea: Put 3 tablespoons (medium) or 6 tablespoons (strong) of this tea into 60 ounces of distilled water. Be sure to use only stainless steel or glass cookware. Let the tea sit in the water overnight. In the morning heat to a boil, reduce heat and let simmer for fifteen minutes. Strain the herbs, do not discard them, let tea cool a bit, but drink hot.

This will give you enough tea for your 6 cups for the day. Put the used herbs back into the pot, add 3 tablespoons of fresh herbs and 60 ounces of distilled water. Let sit overnight and repeat whole process. Keep adding new herbs to old ones for 3 days, then discard all herbs and start all over.

THE D-TOX FORMULA

Botanical Ingredients: Red Clover blossoms, Mojave Chaparral herb and resin, Oregon Grape root, Burdock root and seed, Yellow Dock root, Goldenseal root, Garlic juice, Lobelia seeds, Cayenne, and a **politically incorrect herbal base.**

Therapeutic Action: This is a very powerful blood and lymph cleansing formula and the 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. Christopher's arrests he was *instructed* never to 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 During the 5 Day Cleansing and Detoxification Program:

You want to consume one entire bottle of my D-TOX Formula during your 5 Day Cleansing and Detoxification Program. This will be approximately 15 droppersful a day taken 3 droppersful 5 times a day. This is by far one of my most POWERFUL and STRONG TASTING herbal tonics. You will want to add your 3 droppersful to 1 ounce of strong apple or grape juice and knock it back. This is an herbal Jack Daniels, not a fine wine, don't savor it, GET IT DOWN, you might even want a chaser.

FLU DRUG WARNING...

A suspected dangerous prescription drug that is still on the market is **Relenza**, the newly approved high tech flu pill, suspected in the deaths of patients. The FDA has now issued a **public health advisory** to doctors.

Why is this happening? It usually just boils down to money. Many drugs cost 150 million dollars or more to get approved. Keeping these drugs on the market, even if people are dying, just makes good business sense. Even if you lose a few patients, new customers are being born every day. And even when these drugs are pulled at the first sign of trouble, that's still plenty of time to make a **few billion dollars**. Just the few pharmaceutical drugs listed in this Newsletter brought in billions and billions of dollars in their brief lives, or was it their patients' brief lives?

FACT

It is estimated that negative side effect and even death reports that are attributed to drugs are only 1% to 10% of the actual amounts of disease and death caused by drugs, which means that the actual drug holocaust is actually 10 to 100 times higher than reported.

PROTECT YOUR LIVER WITH DR. SCHULZE'S LIVER/GALLBLADDER AND ANTI-PARASITE FORMULA

Did you know that there is one herb that is famous worldwide as a liver protector? The herb is Milk Thistle. Its Latin or botanical name is *Silybum marianum* and one of the most used parts of the plant is the seed.

There are numerous healing and protective chemicals in the plant; one in particular is Silymarin. Most chemicals found in plants are named after the Latin botanical name such as the plant drug digitalis which comes from foxglove or *Digitalis lanata*. The Silymarin from milk thistle actually binds to and coats the liver cells and protects them from damage, like a protective plastic shield. It protects the liver cells and the liver from any further damage due to toxic poisons and inflammation.

This was discovered by many medical doctors quite by accident when researching why people who ingested lethal doses of deadly poisons, weren't affected and didn't get sick. The doctors discovered that these same people had ingested Milk Thistle prior to ingesting the poisons, and it protected them. It was also found to reduce swelling and inflammation in the liver (Hepatitis).

Milk Thistle seed is the primary herb in my Liver/Gallbladder and Anti-Parasite Formula. In my clinic I would get anyone who had any liver problem, a history of a liver problem, hepatitis, whatever, to start taking this formula IMMEDIATELY. I would also IMMEDIATELY give it to any patients who were street drug addicts, pharmaceutical drug addicts, alcoholics, ate lots of animal food or toxic chemical-laden junk food, or who were exposed to toxic chemicals on the jobsite. Sure I would work furiously to correct all of these lifestyle problems, but FIRST things FIRST.

GET THE LIVER PROTECTED IMMEDIATELY RIGHT NOW!!!!

Other very BITTER herbs in this formula like the Oregon Grape root, Barberry root, Gentian root, Wormwood leaf, Chaparral leaf and Dandelion root stimulate the liver to produce more bile, flush the bile out and cleanse and detoxify the liver. The Ginger root and Fennel seed in the formula are carminative in action and relieve any bilious cramping in the liver and gallbladder.

It is also a great formula for anyone who doesn't take good care of themselves, is exposing themselves to toxins in their food, air, water and jobsite and doesn't want to take any responsibility and do anything about it, like stubborn relatives. Just get them on this formula, sit back and relax knowing at least their liver is protected while you slowly try to convert them to a new healthy way of living.

There are NO Incurable Diseases:

Dr. Schulze's famous book on his 30 Day Detox Program is now a FREE gift to you with any order!

This book contains 110 pages of powerful encouragement for you to heal yourself including:

- **Tips to succeed on a Juice Fast**
 - **Blood building juices**
 - **Dr. Schulze's Cleansing Raw Food Program**
 - **Descriptions of Herbal Tonics**
 - **How Hydrotherapy Works including detailed descriptions of Dr. Schulze's now famous Hot and Cold Shower routine, High Enema and Cold Sheet Treatment.**
 - **Skin brushing**
 - **Castor oil packs**
 - **Cancer poultices**
 - **Female suppositories**
- ...plus a powerful message from Dr. Schulze's dead patients

Ask for it FREE with any order until June 30, 2001!

**To GET WELL or NOT GET WELL? That IS the Question!**

"You can heal yourself of ANYTHING. ANY Disease. ANY Illness. Your body knows exactly how to create perfect health and heal you. All you have to do is STOP doing what you did to make yourself sick and START doing what will assist your body in healing itself. Then the Miracle happens. Tomorrow is what you Believe and Do Today." -Dr. Richard Schulze

Dear Dr. Schulze,

I have been taking your SuperFood, your Intestinal Formula #1 and your Echinacea like you suggest for a little over a year and in the past year I have not been sick one day! I have lost over 20 pounds, all my aches and pains are gone, I have stopped taking my diabetes medicine and my blood sugar is normal, my digestive problems are gone and my joint problems are gone. I have stopped taking all my other damn medications and pills that the doctor has given me.



It seems as though every time I went to the doctor over the past 10 years for some problem he gave me another pill to take, but also told me to keep taking all the previous pills that he had prescribed over the years. Up until last year I was taking about 20 pills a day and I think half of them were to combat the bad effects of the other ones. Over the past year on your program, I have stopped taking all of them, slowly, one by one, even my diabetes pill. I have now flushed them all down the toilet and I feel better than ever.

Recently I had to go in for a routine check up. After examining me my doctor, in his own words told me that I looked better than ever and my tests confirmed I was healthier. He then asked me what I was doing and so I told him I had become a vegetarian and also told him about your products that I was taking. You wouldn't believe the shock on his face, he screamed at me like I was a little kid. He told me I was crazy and that I should get back on the medication or I could die. He told me that being a vegetarian is dangerous, but personally after all the bad press about meat lately, I think eating meat is dangerous.

Best yet, he also told me that I should stop taking ALL of your herbal formulations IMMEDIATELY because herbs are not effective and may not be safe which sounds like an oxymoron to me.

After going home I decided to give up my routine check ups, and from now on be my own doctor, which has proven both effective and safe. It has also proven cheaper because I can now wear clothes I stopped fitting into 20 years ago.

Thank you for teaching me how to regain my life and my health and freeing me from being a slave to medicine.

Dear Dr. Schulze,

I have been using your formula for about 6 months now, mainly the SuperFood and the Intestinal Formula #1. I also used a few bottles of your Echinacea Plus and SuperTonic which kept me from getting the flu this past winter while everyone else in the house was sick. The SuperFood gives me more energy and I have felt generally much better since I started taking it and I have lost a few pounds. I have also fought constipation most all of my adult life and by using your Intestinal Formula #1 my bowels work normally now, for the first time since I was a kid.



The dilemma I have is last week I went in for my yearly medical check up with our family doctor and I told my doctor what I was doing. He told me that I was probably just wasting my money, but also told me that herbs can be dangerous and that I shouldn't be fooling around medicating myself. He strongly advised that I stop taking all of your herbs and warned that if I didn't he would wash his hands of me and not be responsible if I got sick.

Since then I stopped taking your herbs but I don't feel as good and my constipation is back. I would start on them again but I am afraid that my doctor will get furious and then if I really get sick he may not see me and he has been our family doctor for years and my husband agrees with him too. Please, I need your help, do you have any suggestions?

I have often said that in the clinic I could tell the winners from the losers in just a minute or two. Can you tell the winner from the loser in the above letters?

Natural Healing is not about Dr. Schulze healing anyone, it is about people healing THEMSELVES. Sure, I might educate, and push a few buttons, but then it is up to them.

What has always amazed me is what a great con job, a great sales job, medical doctors have done on their patients, getting them to believe that doctors know everything. They seem to have an opinion on everything, especially when it comes to something they don't know or understand. These pathetic, fearful, intellectual midgets JUST SAY NO TO EVERYTHING THEY DON'T UNDERSTAND.

When will people get it? Would you call your plumber when you are having a problem with the electrical in your house? Or worse would you call a doctor when your trees have a fungus and are dying? Doctors go to school for years, have over 12,000 hours of training, **BUT ZERO HOURS TRAINING IN NUTRITION AND ZERO HOURS TRAINING IN HERBAL MEDICINE. NONE!**

Why anyone would even ask their doctor's opinion about nutrition and herbal medicine is beyond me, but then to LISTEN to their doctor's opinion, or worse, ACT on their doctor's opinion is sheer stupidity.

Medical doctors are specialists in KILLING DISEASE with chemical pills and surgery. They are also specialists in PROLONGING ILLNESS, NOT CURING IT, like giving insulin to diabetics which just makes your pancreas go to sleep forever.

I AM A SPECIALIST IN GETTING PEOPLE HEALTHY WITH HERBAL MEDICINE AND NUTRITION.

Both people in the above two letters were feeling better, getting healthier and healing themselves. For the lady writing the second letter, I guess this was just too good to be true, so she had to stop it and get back to the suffering.

-Dr. Richard Schulze

ASK DR. SCHULZE

Emergency Herbal Treatment for a Gallbladder Attack?

Dear Dr. Schulze,

Last summer at a family reunion, a second cousin of mine had a gallbladder attack. We had to rush him to the hospital where he went under immediate surgery to have his gallbladder removed. My question is that I have read about your many first aid herbal treatments and am happy to say that I have used a few of them, very successfully on myself and others during emergency occasions. We even used your emergency treatment for appendicitis on my sister's 13 year old boy and kept him from having his appendix removed. My question is, is there any emergency treatment for someone having a gallbladder attack or is surgery the only way to go? I figured if anyone knew it would be you.

I also ask this for personal reasons because many of my brothers and sisters have had their gallbladders removed, and both of my parents too. I am about the only one around here that still has the darn thing, but in the past couple of years I have had a little pain in that area and it scares me to death. So anyway, for me and others I could sure use an herbal first aid cure for gallbladder attacks here and I promise to share it with everyone.

You have many followers in my area and we even get together to watch your videos and have Dr. Schulze gatherings. You have saved so many people, more than you will ever know, God Bless You.

Helen K.
Eugene, OR

Dear Helen,

I had many patients doubled over in severe pain that were minutes away from the doctors scalpel to cut out their gall bladder and I can say that **every single one of them cleared their gallbladder and ducts of stones and never had any surgery or further medical treatment. They all got better using the Liver/Gallbladder Flush and the liver herbs.**

Many of my patients had hundreds of gall stones, some only had a few, but they were BIG ones, and some even had the stones stuck in the ducts causing severe pain, bleeding and jaundice. **EVERY ONE of them got well and here is the program that I used.**

Emergency Gallbladder Attack Treatment

- #1 Stop eating all food immediately which is a good idea with any acute illness. Take 4 dropperful of my **Digestive Tonic** and 4 dropperful of my **Liver/Gallbladder & Anti-Parasite Formula** in an ounce of warm water immediately.
- #2 Prepare and Drink a Liver Flush. In an emergency fresh apple-lemon juice is preferred, but any juice will work. Use at least 3 cloves of Garlic and 3 tablespoons of Olive Oil.
- #3 Lie on your right side with a hot pack over your liver, Castor Oil packs over the liver are very beneficial as is hot and cold hydrotherapy
- #4 15 minutes later drink 2 cups of hot, strong **Detoxification Herb Tea** that has 6 dropperful of my **Liver/Gallbladder & Anti-Parasite Formula** in each cup.
- #5 When the pain has subsided a bit, give yourself a high enema, relax, take an hour to do it.
- #6 For any spasmodic pain and cramping in the liver take an additional 4 dropperful of my **Digestive Tonic** and a 1/2 to 1 dropperful of **Lobelia Tonic** in an ounce of water.

If the pain persists in an hour, repeat all of these steps using 3 cloves of garlic and **5 tablespoons of olive oil**. I don't recall any patient ever having to do this entire routine more than twice before they got relief. The patient should then immediately start on my **5 Day Cleansing and Detoxification Program** using the **Liver and Gallbladder Flush** and my **Liver/Gallbladder & Anti-Parasite Formula** and **Detoxification Herb Tea**. Remember, a gallbladder attack should be a wake up call to change a person's lifestyle to a liver friendly one.

Dr. Richard Schulze

Hepatitis C and on the Liver Transplant List. Can you really Help?

Dear Dr. Schulze,

Two years ago my husband, who is now 71, was diagnosed with Hepatitis C. He has gotten sicker and sicker and is currently on the liver transplant list at our hospital. He says it's too late for herbs and natural healing and he feels too sick to do the programs, but I have seen where you say it's never too late. Please advise.

Andrea F.
Fort Lauderdale, FL

Dear Andrea,

Tell that old coot to get up off his ass sick liver and get to work, on building his health that is. If he still has a pulse tell him that if he feels like crap now, just wait until the medical doctors get through with him. **He doesn't know what BAD feels like yet.** Also tell him that if they do a liver transplant, that they will virtually have to shut his immune system off with immune suppressive drugs FOREVER, so his body won't reject the new ALIEN liver. This will make him very susceptible to all types of diseases and also ironically hurt his new liver. His quality of life will be greatly diminished and to be blunt he will feel like death warmed over most of the time. Did that get his attention. **IT IS NEVER TOO LATE!**

I am enclosing a free copy of my MIRACLE video tape for you. On the video tape after I explain why anyone can have a healing miracle, there are a dozen or so healing miracle testimonies from people all over America. The very first testimony is from a man whose wife was on the liver transplant list and he helped to heal her liver and get off the list. Make your husband watch this 1000 times.

Dr. Richard Schulze

ASK DR. SCHULZE

Gallbladders gone, can we still do the Liver Flush?

Dear Dr. Schulze,

For the past few years it seems that all I have heard about is your Liver and Gallbladder Flush. There are many practitioners in Britain who speak very highly of you and the efficacy of your 5 day Detox program. I just wish I would have known about you and your herbal programs years ago before me and my husband both eventually had our gallbladders removed. My question is can we still do your Liver and Gallbladder Flush even though we don't have gallbladders, would it be dangerous or a waste of time?

Chloe M.
Edinburgh, Scotland, UK

Dear Chloe,

Join the crowd. Most people by middle age are missing one or more of the parts that God put in our bodies. Regardless of what any ignorant medical doctor says, every part of your body, even the tonsils, appendix and gallbladder are extremely important, but if yours are gone, **don't despair.**

Anyone who has missing organs can still do ANY of my Natural Healing Routines and use ANY of my Herbal Formulae, including doing the Liver/Gallbladder Flush when you have no gallbladder. Actually if you have a missing organ or organs, well it is even more important for you to do the programs than anyone else. This is because if the doctors removed your gallbladder then it is a sign that it was plugged up, constipated and that is a reflection that your liver was overloaded and plugged up too so you need to get to work on your liver right away. **The Liver/Gallbladder Flush will clean out your liver and flush out the toxic waste and bile into your duodenum, even without a gallbladder.**

First, the rule of thumb for anyone missing organs is just take it easy on yourself by lowering the intensity, frequency and dosage of the program, using your best judgment and inner voice, and then gradually increase everything to see what your tolerance is.

Secondly, start taking the **Liver/Gallbladder & Anti-Parasite Formula** right away. Remember it is a liver **PROTECTOR** and you need your liver protected from any further damage, **IMMEDIATELY!** (see the article on page 11)

Lastly, the fact that both you and your husband had your gallbladders removed tells me something. Unless your medical doctor was faced with a balloon payment on his house mortgage and needed some immediate cash, then you and your husband have probably not lived a very liver healthy lifestyle. Remember, getting well is EASY, it is just a matter of **STOPPING doing what made you sick in the first place and START doing what will heal and build your body.** For your liver I would suggest to stop eating animals or any animal products for a few months. This will thin your blood and give your liver a big rest. To help clean, stimulate and tone your liver I would suggest adding more bitter greens to your salads which will stimulate the liver and help keep it clean. I would also do my Bowel Detoxification Program and my 5 Day Cleansing and Detoxification Program every month for the next three months.

Dr. Richard Schulze

Hiatal Hernia, Acid Reflux and Irritable Bowel...can you help?

Dear Dr. Schulze,

I have had a problem all of my life with my digestion. I have stomach ulcers, hiatal hernia, acid reflux and I have irritable bowel syndrome which sometimes makes me constipated and other times I have bouts of diarrhea.

I am about to begin your programs, first doing your Bowel Detoxification Program and then doing your 5 Day Cleansing and Detoxification Program with your Liver and Gallbladder Flush.

My problem is that in the past I tried your Intestinal Formula #1 and because of my many digestive diseases, it was a bit upsetting and a little burning in my stomach. Can you suggest anything that will help me complete your program?

Sandy K.
Pittsford, NY

Dear Sandy,

YES, my Digestive Tonic. Just take a dropperful or two in an ounce of water as needed. You will LOVE it. It stops heartburn, gas, burning in your gut, cramps, indigestion, colic, nausea and is the perfect remedy for your problems (especially stomach ulcers, hiatal hernia, acid reflux and irritable bowel syndrome.) It is the perfect companion herbal tonic to always have on hand when doing my Bowel Detoxification Program and the 5 Day Program with the Liver and Gallbladder Flush. It makes your entire digestive tract calm down and run smoother and even stops spasms in the Liver and Gallbladder. Also, keep it on your nightstand so when you wake up at night with acid reflux, you can take a few dropperful in a little water and get right back to sleep.

Dr. Richard Schulze