

*Dr. Richard Schulze's
Natural Healing Crusade*

*Tomorrow
is what you Believe Today*

NOTE:

**Pages 17-32 of this Natural
Healing Crusade Class Manual are
Dr. Schulze's Patient Handbook.**

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Welcome Friends and Crusaders

I want to thank you for making my dream come true. See I know, what a wonderful world this is, and I know that healing, health, laughter and love is our natural state of being. I have known this since I was very young, and also that I am here to share my gift of love and healing with all of you.

It is a gift that all of you possess too, we just need more encouragement to manifest it, to feel it, to breathe it, to live it, to release it and share it with others.

From the beginning of our lives we are all bombarded with the lies of mankind. The lies that we believe to be truths. From our parents, teachers, preachers and leaders we have been vaccinated with a poison worse than any bacteria or virus known. A disease that lies buried deep within all of us, in every cell of our body, mind and spirit. This disease is distrust, disbelief, fear and hate. This disease has corrupted us, affected us, infected us, we no longer can feel the infinite light that shines and pours through our very being, every second of every day.

Our healing and our freedom can only come from knowledge, and our willingness to trust again, to believe again, to have strength again and love again. These abilities are the natural state for all of us, but we have lived so long with the disease, we are numb, we are paralyzed, we can't think straight and have lost our way.

I know all of you have taken many steps in your life to change. I am asking you to dare, to take another. Let this week be a safe place for you to step out further. Let it be another beginning, to change your life.

This is my dream, my vision, my life, my crusade, please join me, I need your help. Together we can create a new world for ourselves and our children, a world of trust, health, happiness, laughter and love.

What are you waiting for

Dr. Schulze's Natural Healing Crusade

Over 200 years ago Ben Rush, who signed the Constitution of The United States, warned that we needed to include a medical freedom clause in the Constitution. He said if we didn't it was likely that one group of doctors would monopolize healthcare by passing legislation to outlaw other types of doctors and systems of medicine. This is exactly what happened.

Over the last 80 years, organized medical groups and pharmaceutical companies, using lawyers, bribes, lobbyist, insurance companies and the strong arm of the Food and Drug Administration, have been very busy. They have corrupted elected officials to pass laws to remove any competition. They have crushed Natural Doctors, Natural Medicine and Self Care. Their goal is to monopolize health care and make us dependent on medical doctors and pharmaceutical drugs. It almost worked!

We have watched them pass more and more laws restricting our rights, they have made many healing herbs, foods and even nutrients illegal. Natural health professionals that flourished a few decades ago are now barred by law to practice, and Natural Doctors, Holistic Healers, Health Food Store Owners and even family members of the sick have been arrested and jailed for using natural remedies. If you disagree with your doctor regarding the medical treatment of your children, they can be taken away from you, put in a foster home, and you can be arrested for endangering the health and welfare of your child. **There are many people jailed every year, put there for disagreeing with medical doctors and their policies.** Organized medical crime has gone so far, they have outlawed words for other health professionals to use such as Diagnose and Cure. Just by using these words you can be arrested for "Practicing Medicine Without a License."

Orthodox medical treatment would be put in its place if people had a more visible and *available* choice. The majority of the people in this country would rather choose prevention and a Natural Doctor, than wait for the disease to surface and be poisoned, burned and mutilated in the name of science. It is estimated that if people had a choice, lack of demand would shrink Doctors and Drugs to less than 10% of its current size, with the remainder almost entirely related to trauma medicine. That would be a \$ 900,000,000,000.00 (nine hundred BILLION dollar) loss to them. They are not going to take this loss without a good fight.

Hoxey's was constantly harassed by the A.M.A. and the F.D.A. and arrested on numerous occasions, even though he proved his herbal cancer formula worked. One of our great teachers, Dr. John Christopher was arrested 6 times and Dr. Schulze has been arrested and is constantly harassed.

Dr. Schulze's School of Natural Healing is dedicated to health freedom. To give the power back to the people through health education. To help people regain their freedom of choice to heal themselves, make conscious health decisions, work with natural health practitioners and freely use any plant, food or health product they choose.

In order to break free from the clutches of organized medical crime, pharmaceutical drug cartels and the monstrous insurance companies, we must all work to change the unconstitutional laws that monopolize health care. Dr. Schulze has tried to make changes in Washington and was physically beaten and jailed. He then decided the best way for him to create medical freedom was to take it to the people, his grass roots Natural Healing Crusade. Dr. Schulze believes we can put the medical and pharmaceutical industries in their place by educating everyone in the healing powers naturally present in the human body and how to use the foods and herbs given to us by God and Nature. Most importantly each of us must stop using and supporting these deadly industries by learning the healthy and natural God given alternatives.

Our deepest fear is not that we are inadequate,
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.
We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?

Actually, who are you NOT to be?
You are a child of God.
Your playing small doesn't serve the world.
There's nothing enlightened about shrinking so that other people won't feel insecure around you.

We are born to make manifest the glory of God that is within us.
It is not in some of us, it is in everyone.
And as we let our own light shine, we unconsciously give others permission to do the same.
As we are liberated from our own fear, our presence automatically liberates others.

Nelson Mandela's Inaugural Speech, 1994

A Story by Dr. Richard Schulze

Dr. Ben Spock, was a leading American pediatrician and certainly not a person I agreed with until his later years in life. He eventually denounced cows milk suggesting it was not a good food for babies after all. Also in the later years of his life he became very vocal against war and the senseless killing that is constantly going on around the world. I had the opportunity to have met him once at one of the many demonstrations I attended in the 60's, 70's and 80's.

At many of these demonstrations like Chicago in 1968 and Washington in 1969 and 1970, it got a bit rough and in order to demonstrate we would have to scale walls and fences, sometimes even barbed wire.

Dr. Spock would arrive in his three piece suit looking very distinguished and neat unlike myself with a crash helmet on and other hippies who were dressed in peaceful *battle gear*.

Dr. Spock, I believe in his seventies or eighties at that time would slowly scale the walls like a turtle, in his three piece suit dragging up with him a small rug or bath mat. He would place this over the barbed wire so as he crawled over it he didn't tear his suit. He was slow moving because of his age and also his carefulness.

A reporter on the scene of one of these demonstrations walked up and said to him, you must really like to do this, at your age, to go to all of this trouble and grief and risk and even jail, just to get into a demonstration. He looked at the reporter in utter disgust and said, "**I hate doing this, but my conscience won't let me stop.**" He was a man with the Financial means to easily retire and do nothing. But he couldn't, he wouldn't, because he knew that babies he delivered and loved so much, were growing up and being forced into wars, and killed, so he would not rest. As far as I know he continued his peaceful stand against hate, war and killing up until he died.

"In the many years I spent interviewing patients, not only in America but all over the world, I had the wonderful opportunity to talk with many elderly people. I also had the illuminating experience of being with many people just a few days, even a few hours before their death. For a few I was the last person they saw. I must share with you that most of these visits were Filled with regrets. The reason I telling this to you is so we all don't make the same mistakes.

What I heard was like a condensed version of their life. People have a tendency near death to look back at their life and examine it. What I heard were the many regrets for not living life to its fullest.

I don't remember ever hearing any regrets for believing too much, trusting too much, laughing too much or loving too much. All the regrets were based on holding back, not going far enough, not giving enough, not loving enough, not taking the chance, not saying what they wanted to say, not taking the risk, not living life totally.

Lets not wait until it is too late, lets not have a list of unfulfilled wishes and unlive dreams as the Final hour approaches. Take the chance, take the leap, dare to make this life rich and love and live it to your fullest potential."

From a Sam Biser Interview with Dr. Richard Schulze

Simplicity

Change

Responsibility

Quotes on Health and Healing from Dr. Schulze

"Your body has a BLUEPRINT, a SCHEMATIC of what perfect health is and it is constantly trying to achieve this perfect health for you, all that goes wrong is that you get in the way of this natural process."

"Getting well is easy, it is getting sick that takes years of constant, dedicated hard work."

"Getting well is just a matter of stopping what you did to make yourself sick and beginning a few new programs that will encourage health."

"All disease is caused by some type of blockage, whether it is circulatory, lymphatic, digestive, nutritional, elimination, emotional, whatever, free the blockage, let the energy flow, and healing explodes."

IS HOMEOPATHY NATURAL AND HOLISTIC ?

In this short explanation of Homeopathy I will discuss three issues, the founder, the philosophy and the *remedies* used for treatment. I will also point out that Homeopathy is NOT a Natural or Holistic therapy, not even alternative healing, but instead a branch of orthodox medicine.

To quote Taber's Cyclopedic Medical Dictionary, (the standard medical dictionary in the United States),

Homeopathy, a *School of Medicine*, it does not make this statement for Naturopathy, Herbology, Chiropractic, etc. or any other natural therapy.

The Founder

Dr. Samuel Hahnemann (1755 - 1843), a **medical doctor**, after years of orthodox medical practice, became dissatisfied with his therapy. He developed his own system, **using the same medical drugs** of the era, but in very small even invisible dosages. I repeat he used the **same chemical drugs**, animal parts, herbs, reptiles, insects, metals, minerals, acids, and radioactive material which are still employed by modern homeopathic and medical doctors.

He believed that the remedies took on the spirit, especially in the case of the animals, reptiles and insects. A common practice of his was to suffocate live birds into the alcohol to capture the spirit of the animal into the remedy. This is still practiced today in such homeopathic remedies as Formica Rufa or Myrmexine, used in the treatment of arthritis, which is made from crushed *live* ants.

He did not believe that we could depend on nature to treat disease and illness as stated in his book The Organon of Medicine written in 1810. Some of his fundamental beliefs were recorded in this work. He felt that **nature was undependable** as a healing agent, most of nature was **unusable in its natural state**, and if it did cure disease it was **only by chance**. He felt the **only certain cures were remedies manufactured by the physician**.

These views are exactly the views of most orthodox medical doctors today, certainly not the views of Holistic or Natural Practitioners

The Philosophy

The word Homeopathy is taken from the Greek, *homoios* meaning like and *pathos* meaning disease, thus like disease. The basic premise is that a substance, **any substance**, that in a large dose would cause a particular toxic reaction, is applied for a disease that resembles this same toxic reaction, but in an extremely small dose. This dose is so small and diluted that it is invisible to normal laboratory equipment and testing. This is why it is sometimes referred to as energetic medicine, nothing can be detected.

The substances used are the same substances used by modern medicine. Plants are used as with drug manufacture but also Animal Waste, Organs, Infected Tissue and Puss, Insects, Reptiles, Metals, Minerals, Toxic Acids and Radioactive Material. Some of the substances used, such as Arsenic, Cyanide and Smalipox, are so lethal even extremely small amounts are deadly, Most people find it extremely repulsive to even think of ingesting the aforementioned material in any dosage whether energetic or not. For this reason the Homeopaths, like their brothers the Medical Doctors, using the same material in different dosages, do not tend to disclose or discuss the ingredients of their so-called remedies. Most Americans are shocked to discover that common drugs like estrogens and birth control pills are made from horse urine, anti-viral drugs from bird and bat manure and even vitamin B-12 from sewage sludge.

Again a homeopath will use ANY material, regardless of how toxic or disgusting, to create a remedy. Their sole focus is to find an agent, that in large doses would cause a toxic reaction similar to the disease the person is afflicted with, and give them that SAME element in a very small dose. Finding a drug or remedy to treat a disease is not Holistic. This is identical therapy to modern medical treatment. This is in direct conflict with the philosophy of Natural and Holistic Medicine. **Natural Healing treats the whole person and aids the body / mind / spirit to heal itself by creating a lifestyle and environment that promotes wellness and healing.** Foods, Juices and Plants are used to nourish the body and to assist with elimination, cleansing and detoxification. Hydrotherapy, Body Work Therapies and Movement / Exercise are used to stimulate the circulation, restructure, and remove blockages and Psychotherapy, Counseling, Meditation and Spiritual Practice are used to promote a positive attitude, self love and a connection with our higher self. **Wellness is simply a way of life where one stops doing the things that made them sick in the first place and creates a new lifestyle that promotes health and well being.**

The Remedies

As stated earlier homeopathic drugs are manufactured using **any** material that is felt to be effective. The general public when kept ignorant will swallow almost anything. This is especially true today.

The Homeopathic Remedies continued

As mentioned earlier, If most women knew that birth control pills and hormone replacement drugs were made from horse urine they might object to the usage of such drugs, and in turn hopefully pressure the pharmaceutical industry to return to the herbs that were used a few years ago, although a bit more costly to the manufacturer.

It is true that Homeopathy employs the use of plants, **in invisible dosages**, but it is also true that **almost % of their medicines are made from some of the most disgusting material known**. I believe in this manner the Homeopaths have surpassed the medical profession, in fact their materia! is worse than any bizarre science fiction film made. The following is a brief list, only a small sample of Homeopathic Remedies. If you have any doubt about this go to your local library or medical school and look at any Homeopathic Materia Medica yourself, or ask your Homeopathic Doctor and watch him squirm around as he tries to answer, Ready;

Insects: crushed live ants, honey bees, papal cross spiders, cockroaches, bedbugs, lady bugs, black Cuban spiders, wood louse, head lice, plant lice, centipede, the common flea, orange spiders, Spanish spiders, grey spider, Australian black spiders, the fly, potato bug, locusts, live wasps, caterpillars, scabies mites and kissing bugs.

Snakes and Reptiles and Fish: crawfish, red starfish, roasted sponge, yellow viper, toad poison, copperhead snake, red coral, rattlesnakes, coral snake, digestive fluid of the lobster, fish fossils, jellyfish, purple fish, cobra snake, inky juice of cuttlefish, leeches, German vipers, gila monster, king crab blood, moccasin snake, stinging fish and adder snakes.

Animal and Human Parts, Disease, and Unknown origin material: Adrenal gland secretion, Whale morbid secretions, a maceration of a tuberculous lung, botulism poison, saliva of a rabid dog, animal charcoal, a cancer nosode, rudimentary thumbnail of a horse, the beaver, cholesterol from the gal! bladder lining, diphtheria virus, fecal matter taken from the amniotic fluid of an unborn horse, pancreatic fluid, dogs milk, lecithin from animal brains, horse *grease*, gonorrhoeal virus, skunks, musk, animal oil, ovarian extract, lung mucus containing the virus whooping cough, pituitary gland, septic pus from cow flesh decomposed in the sun for 2 weeks, muscle tissue acids, protein from decomposed human fecal matter, syphilis virus, thyroid gland of sheep, a nosode from a tubercular abscess, smallpox puss, cats milk, gall stones, anthrax bacteria and testicle extract.

Chemicals, Metals and other Toxic substances: arsenic, cyanide, mercury, lead, ammonia, amyl nitrate, anthracite coal dissolved in boiling potash, coal tar, lime, plaster of Paris, carbolic acid, chloroform, loadstone magnets, formaldehyde, soot, graphite black lead, potash, saltpeter, nickel, petroleum, radium bromide, tin, sulfuric acid, thallium, TNT, uranium and alcohol exposed to x-rays.

Summation

The is not an investigation of whether homeopathy is an effective treatment. Certainly there are people worldwide that claim benefits. But just because a therapy works, such as the case of modern orthodox medicine, doesn't mean that it is natural. A further definition of natural could be a therapy, treatment or remedy that helps the body to heal itself, without intervention, that also has no toxic physical, emotional or spiritual side effects.

Hippocrates has been associated with modern medicine and is hailed as the Father. Modern Orthodox Medicine even follows their blasphemous Hippocratic Oath. The fundamental rule of Hippocrates was Do No Harm. He was a great herbalist and Natural Healer, not a medical doctor, and he clearly understood the dangers of killing a patient with your therapy. It is estimated that millions of people die in the United States and Europe each year from Iatrogenic (physician created) death. This death is usually caused by drugs and surgical procedures. It appears the medicine is deaf for the words of its father.

Homeopathy uses many extremely toxic and lethal substances, in so called invisible dosages. History is rampant with mistake after mistake, and many cover-ups, when the deadly substances were underestimated. It is believed that some have been cured of cancer from the use of extremely toxic chemotherapy. At the same time thousands have died from the damage caused by these drugs and their side effects, and not the cancer.

The polio and smallpox vaccines have been recalled, after millions have been exposed, and found to be bacterial and viral nightmares. Even x-rays, a so called miracle of modern science, are advised with caution after simple dental x-rays and mammograms were found to cause cancer. Many diagnostic routines cause worse disease than the original problem.

What price do you pay for using dangerous diagnostic techniques, debilitating surgeries, toxic drugs and filthy remedies and therapy that can cause side effects sometimes worse than your original illness, only the future will tell for sure. In the mean time beware of Medicine that is sold as holistic and natural, but is actually neither. To be safe, always ask, what the product and every ingredient is made from.

Buyer Beware, Chinese Herbal Medicine

The Animal Slaughter continues, by Dr. Richard Schulze

Traditional Chinese *Herbal* Medicine has been practiced for thousands of years and still today, many species of animals are being tortured and killed for their superstitious potions and voodoo remedies.

I would like you to consider the following if you purchase Chinese *Herbal* Products.

I visited one local Santa Monica Chinese *Herbal* Store **and** found out what they considered herbal. In their *herbal* tonics I found **animal sexual organs, gecko lizards, deer antler, placenta, tortoise shell, fish, caterpillar fungus and pearls.** Quoting from their *Herbal* Tonics catalog it says "this formula contains 41 herbs, three of which are **male animal sexual organs.**" Later on it states "supertonic herbs such as deer antler" and calls "pearl, a very special herbal substance." **I do not consider animal sexual organs, deer antler and pearls to be herbs !** Other stores I visited sold musk extracted from deer testicles and snake cream from cobras that were *skinned alive*. I also found bear gall bladders and bile and you should be aware that **many American and Canadian bear have been found dead in the forest with their gall bladders cut out. The current price I was quoted recently from a forest ranger was \$5,000.00)**

Animals are being butchered all over the world for *Herbal* Medicine. Tigers and the Rhinoceros are now extinct in the wild.

The Chinese claim that by eating the **penis of Tigers** men can regain their sexual stamina and prowess. It is one of the most sought after Chinese *herbal* tonics. People always hope for the shortcuts to health. Men all over the world would rather believe eating a **tigers penis** will give them an erection instead of getting healthy and being in love. The **tiger's bones** are believed to help arthritis, the **tiger's nose** for epilepsy and seizures and even the **tiger's whiskers** for toothache. Because of this ongoing poaching of endangered species, tigers are almost extinct. While Chinese Herbal shops swear they don't sell tiger parts, they do. In a trip to China town in San Francisco recently 45 herbal shops were visited. Of the 45, over half of them had illegal tiger parts. One shop had entire tiger skeletons and skin.

Because tiger parts are getting harder to acquire, the Chinese *herbalists* have turned to rhinoceros horns hoping that these horns might have the same supposed sexual stimulating powers as the tiger penis. Because of this, rhinoceros have been slaughtered by the thousands all over Africa, some even shot by helicopter gun ships strafing **the** herds and then trucks coming by afterwards sawing off the horn and then leaving the entire rhino dying on the ground. In efforts to stop **the** slaughter many African countries have dehorned the rhinos, to save their lives, but the poachers are still killing them just to dig the stump of the horn out.

The Bottom Line. I feel we should have an all out boycott of Chinese herbs and these so-called herbal shops until they go 100% animal and insect free. Thousands of years ago, the people who lived on this planet had to do many things to survive. The Chinese system of Medicine is supposedly over 6,000 years old. The American Indians used herbs for healing too but still the vast majority of their materia medica was animal organs also. If we were to all of a sudden have no food, clothing, shelter and herbs, we would all quickly go back to these ways of living to survive. But we do have great food, and great herbs, and plenty of shelter, heat and hot water, so it is time to abandon these ancient *survival* systems of medicine for new healthier ways that don't involve the killing, torture and extinction of our animal friends.

The Faulty Mathematics of Medicine

What is the missing factor in this medical equation

DIAGNOSIS

The *Name* a doctor puts on your particular group of symptoms that they *believe* is your dis-ease.

+

= PROGNOSIS

***Prediction* of the course and end of a disease, and the *Estimate* of your chance for recovery.**

The *Missing Factor* is that the doctor believes you are *the Average American*. Lets take a look at the average Americans lifestyle.

They eat a **low** nutrition high fat **and** sugar **food** program. A diet high **in** over processed nutritionally deplete food. They consume 300 soft drinks a year, 170 pounds of white refined sugar, 400 candy bars, 500 doughnuts, and will eat over 12 entire 3,000 pound cows, 6 whole pigs, 3,000 chickens and other birds and another 3,000 assorted fish and sea creatures and over 30,000 quarts of milk and pass all of this through their digestive system and bloodstream.

They will have an average of 2 - 4 bowel movements a week coming up 70,000 bowel movements short in their lifetime, definitely having diverticulosis and digestive / elimination problems.

They will get very little exercise if any, be 25 pounds or more overweight, have hypercholesterolemia with a average level of 200 and have high blood pressure.

They take over 30,000 aspirin and assorted other pain killers in their lifetime along with over 20,000 over the counter and prescription drugs and over 2,000 gallons of alcohol.

The average American has a negative self image, and gets re-occurring bouts of depression and anxiety. The Average American is physically, emotionally and spiritually sick, therefore the doctors prognosis of their disease is probably statistically correct.

ON THE CONTRARY, If you iive an above average lifestyle, a healthy lifestyle, doctors will know little or nothing about how your body will react and recover from disease or your healing potential. You can expect to have **medical miracles happen like Dr. Schulze's heart, hand, knee and all of his patients.**

The Difference Between *Natural Healing and Medical Intervention*

Natural Healing

Medical Intervention

Symptoms	We listen when our body " talks " and use this communication to guide us in our healing process Stop, Look and Listen	Dull, Suppress or completely Remove the Symptoms, most often assessing that the symptom is the Disease itself and never getting to the cause of why our body is "communicating"
Focus	To Create a Healthy Person	To Destroy, Kill or Cure a Disease
Method of Treatment	Setting up a proper living <i>environment</i> so our body can heal itself. This is done through changes in our Food Program, Elimination, Movement, Emotions and Lifestyle. Assistance	Attacking, Killing and Removing disease using drugs and surgery. Altering or removing malfunctioning parts or organs (ex. coronary bypass surgery, appendectomy, mastectomy,) Intervention
Therapeutic Products	Products of Nature Wholesome Fruits, Vegetables, Grains, Seeds, Sprouts, Legumes, Nuts, Herbs, Concentrated whole food supplements such as sea vegetables. NO Side Effects	Man Made Products Isolated Drugs made from petro-chemicals, animal waste and toxic elements. Man made vitamin and mineral pills. MANY Side Effects including Iatrogenic DEATH
Therapeutic Modalities	Vegetarian (Vegan) Food Programs, Cleansing and Detoxification Routines, Exercise and Movement, Bodywork, Hydrotherapy, Emotional Healing, and Changes in the way we Live, Work, Play and Relate	Surgery, Radiation, Toxic Chemotherapy, Stimulant, Sedative and Suppressive drugs, Carnivore DIETetics, Dialysis, Colostomies, Changes in ones Lifestyle and Habits are rarely discussed.
Emotions	Positive Attitude , Excitement, Strength, Trust in Nature/God, Love, Laughter, Empowerment.	Negative Attitude , Coping, Anxiety, Fear, Weakness, Depression, Being out of Control, Our life is in someone else's hands.
Responsibility	We have created our current health level and therefore we can change it and heal ourself. Being in control.	I "caught" this disease. I am an unlucky victim . Doctor / God, please heal me.

What Determines Your Current *Level of Health* ?

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.

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.



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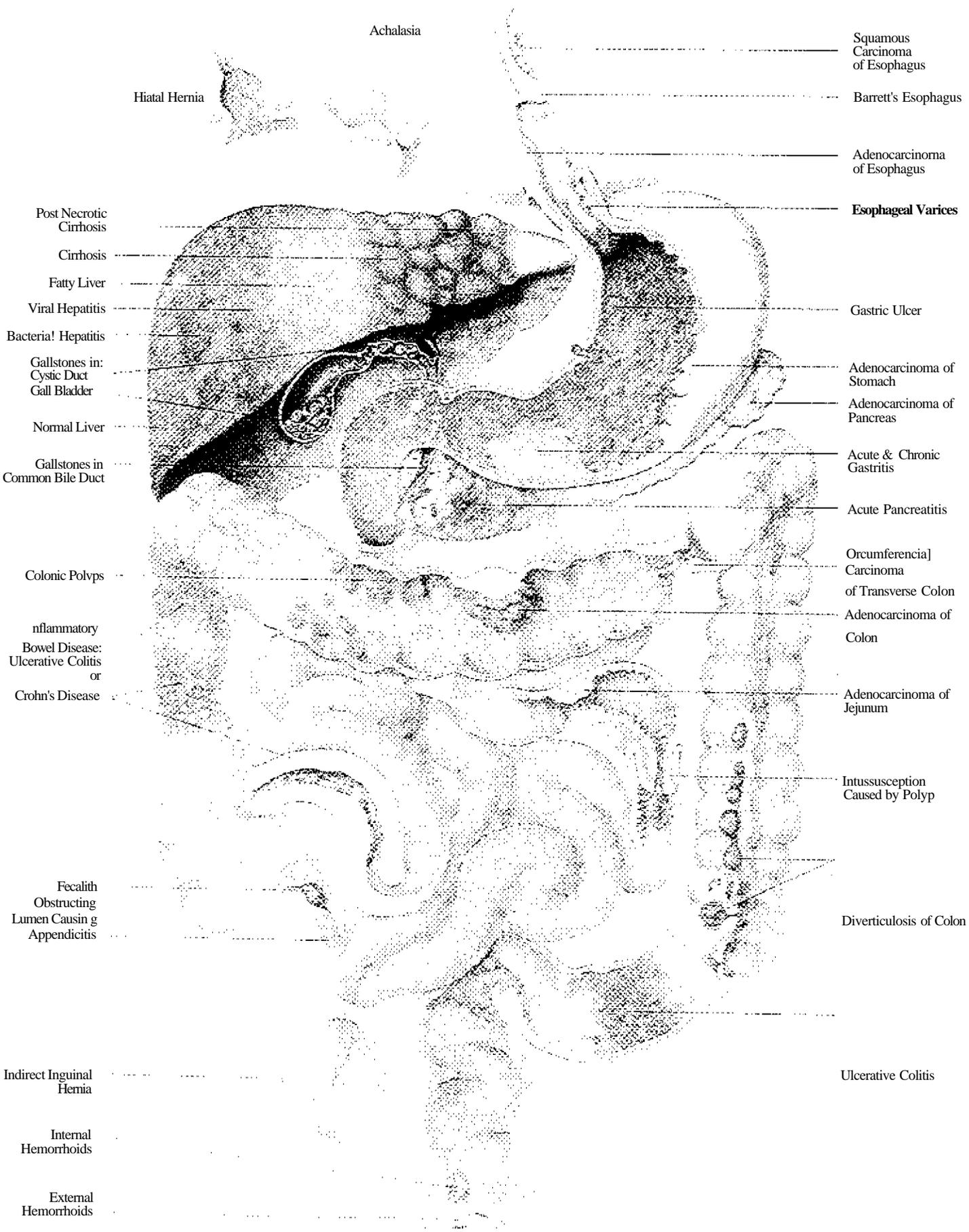
YOUR LEVEL OF HEALTH

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 ??????

DISEASES OF THE DIGESTIVE SYSTEM



Achalasia

Hiatal Hernia

Squamous Carcinoma of Esophagus

Barrett's Esophagus

Adenocarcinoma of Esophagus

Esophageal Varices

Post Necrotic Cirrhosis

Cirrhosis

Fatty Liver

Viral Hepatitis

Bacteria! Hepatitis

Gallstones in Cystic Duct Gall Bladder

Normal Liver

Gallstones in Common Bile Duct

Gastric Ulcer

Adenocarcinoma of Stomach

Adenocarcinoma of Pancreas

Acute & Chronic Gastritis

Acute Pancreatitis

Colonic Polyps

Circumferential Carcinoma of Transverse Colon

Adenocarcinoma of Colon

Inflammatory Bowel Disease: Ulcerative Colitis or Crohn's Disease

Adenocarcinoma of Jejunum

Intussusception Caused by Polyp

Fecalith Obstructing Lumen Causing Appendicitis

Diverticulosis of Colon

Indirect Inguinal Hernia

Ulcerative Colitis

Internal Hemorrhoids

External Hemorrhoids

Dr. Richard Schulze's

Intestinal Detoxification Program

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 gastro-intestinal 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 1/2. 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 everyones health program should be stimulating, cleaning and toning all the elimination organs, and the bowel is the best place to begin.

2 Week Intestinal Detoxification Program

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 a 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 lets 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 14 hour before lunch, between lunch and dinner, 1/2 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.

Intestinal Corrective Formula #7

Ingredients;

Curacao and Cape Aloe leaf (Aloe spicata / ferox), Senna leaves and pods (Cassia officinalis), Cascara Sagrada aged bark (Rhamnus purshiana), Barberry rootbark (Berberis vulgaris), Ginger rhizome (Zingiber officinalis), Garlic bulb (Allium sativum) and African Bi

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 gall bladder, bile ducts and liver, destroys **Candida albicans** overgrowth and promotes a healthy intestinal flora, destroys and expels intestinal parasites, increases gastro-intestinal 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.

Intestinal Corrective Formula #2

Ingredients;

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

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.

SUPERFOOD

100% 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 taste 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 compliments Spirulina well. The cell wall has been cracked to make the nutrients more available and increase its digestibility.

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 taste 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 useable 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 C-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.

2 level 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.

A letter from Dr. Richard Schulze. the formulator of SuperFood

In my many years of 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 Pharmacopeia (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!

Dr. Richard Schulze's

Patient Handbook of Herbal Formulae Specific Dosages Therapeutic Benefits Detoxification Programs

Important Notice. This book is a reprint of patient instructions from Dr. Richard Schulze's clinic. This book is intended for educational purposes only. The herbal formulae and programs in this book 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.

Regardless, we are in the midst of the dark ages of health freedom. The crushing influence and power of the medical and pharmaceutical industries has caused the legal deterioration of our right to free speech. We must insist that if you are ill or have any disease, that you contact a medical doctor immediately.

A message from Dr. Richard Schulze

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 formula I tried. I was constantly amazed at the weakness of these so-called *intense* herbal formula 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 formulae 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 formulae I had developed to heal myself and also create new formula *that worked*. Why were all the herbal formulae useless? Why didn't they work? As far as I could see there were 3 main reasons for this.

Dr. Richard Schulze's

School of Natural Healing

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Dr. Richard Schulze Director

Anisha Jones M.H. Secretary

Adam Loef Administrator

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 someones 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 them. 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 them. 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 a 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.

Then call the **American Botanical Pharmacy (310) 453-1987** and order a catalog, you will have it in a few days. Send your order in express mail and pay the rush fee, this will get it back to you in only a few days. Order all the necessary products to do the Incurables Program.

Fax the School after the first 25 to 30 days and tell us what is happening. We can usually suggest more of our educational material that may help you

PLEASE Remember, I cannot offer you any specific health advice. I can only suggest what material we have for educational purposes only. I can also suggest that the only herbal products I would consider are from the American Botanical Pharmacy.

Good Luck and God Bless You,
Dr. Richard Schulze

Dr. Richard Schulze
Naturopathic Doctor / Medical Herbalist

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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;

Listen to the audio tapes in my Natural Health Consultant Correspondence Course. This course covers the basic fundamentals necessary to regain health and stay healthy. If you are still sick, then precede to the Herbalist Correspondence Course. Watch all the videos.

NOTE. There is enough information in these two courses for a person to heal themselves 10 times over. 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 healings. 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, blissed out, happy, and reflecting on the wonder of life and giving thoughts to our loved ones. All of my patients that 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've have tossed little old grey haired ladies out the door, I have shoved others out in their wheel chairs 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 of 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 wimped out. **90% 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 is 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 half way.

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, lets 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 unAmerican, 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 everyday, 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 that 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, your lucky to be alive after what you have done. I have always found that a persons 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 kidnaped 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.

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Garlic

Garlic, known botanically as *Allium sativum*, is certainly one of nature's miracle plants. It has been worshiped since the beginning of recorded history for its ability to heal and strengthen the body. The ancient Egyptians, Greeks and Romans all used garlic in copious amounts to increase strength and combat disease and illness. Hippocrates, the so-called father of modern medicine was actually an herbalist and natural healer. He used garlic specifically to treat cancer.

As recently as World War I and II the British government used garlic in the battlefield hospitals. It is credited with saving thousands of lives. It was used in various preparations to disinfect and heal battle wounds and also used internally to successfully treat typhoid fever and dysentery.

Today garlic is the leading over the counter drug in many European and Asian countries. It is an official drug in many countries and prescribed by medical doctors outside the U.S. for many diseases especially hypertension (high blood pressure), high cholesterol, cancer, as a broad spectrum anti-biotic, anti-viral agent and fungicide. It has been eliminated from medical use for the last 100 years in the United States, not because of its inability to heal, but due to pressure on doctors from the A.M.A. and the pharmaceutical companies. For years the pharmaceutical industry and the American Medical Association have been attempting to discourage the public from using plants to heal themselves and make them doctor and drug dependent. It seems that even the tight fist from these two groups and the 850 billion dollars a year they demand can't keep garlic underground anymore.

Garlic is famous for its healing power with heart disease. Heart disease is the #1 cause of death in the United States today. This year almost 1 million people will die, that's about 2 people a minute. 99% of all these heart deaths are caused by cholesterol and saturated fat blocking the coronary arteries. Attention was first put on garlic as a cardiac remedy when researchers noticed that in countries who had high garlic consumption, the incidence of heart disease was much lower than average.

Garlic has also been found to lower serum cholesterol and triglyceride levels and reduce the build up of atherosclerotic plaque in our arteries. It does this partly by increasing our blood levels of high density lipo-proteins (HDL's). These lipoproteins clear our blood of excess cholesterol and fat. Garlic also lowers our low density lipoproteins (LDL's) which can attribute to arterial plaque.

Medical researchers have also found substances in garlic that inhibit blood platelet aggregation (The sticking together of blood cells). This is just another way that garlic can reduce your risk of heart attack.

High blood pressure is a worldwide disease and in every study garlic has proven conclusively to reduce hypertension. Because of its powerful effect on blood pressure, the Japanese Food and Drug Administration has approved garlic and it is now an official drug listed in the Japanese Pharmacopeia.

If you are looking for a safe and effective remedy for heart disease, Garlic is a great choice. Whether you have high blood pressure, high cholesterol and triglycerides, arterial plaque or clotting, Garlic is for you.

Garlic has proven to be an effective cancer therapy. 1/3 of all the medical research into garlic is cancer related. The National Cancer Institute has reported that cancer incidence worldwide is lowest in the countries where garlic consumption is highest, France, Spain and Italy. In the few isolated rural areas of the world where there is NO incidence of cancer, the garlic consumption was also the highest reported.

Garlic has been shown to help our white blood cells not only defend us against cancer but also to increase our ability to destroy tumors. When the properties of garlic are present in the bloodstream, many aspects of our immunity are enhanced. Garlic has also been found to stimulate interferon production, enhance natural killer cells, stop tumor growth, and reduce the associated pain of cancer.

Colon-rectal cancer is on the rise. In many areas of the world it is the #1 cancer among men and women together as a group. According to The Merck Manual almost 1/2 of all American adults over age 50 have diverticulosis, (bowel herniation). Garlic has been found in double blind studies to **reduce the incidence of colon - rectal cancer.** Garlic has also been reported to reduce stomach cancer. In one medical university study garlic was shown to reduce stomach cancer 10 times more effectively than the non garlic eating group.

Garlic with its over 80 different sulphur compounds, is a free radical scavenger. This is just another way that garlic will protect you from cancer and suppress chemically induced cancers.

Garlic is a powerful Antibiotic, Anti-Viral and Anti-Fungal agent.

Garlic is a very powerful anti-biotic. Garlic juice diluted 1 part in 125,000 has been found to inhibit the growth of bacteria. Garlic destroys BOTH gram positive and gram negative bacteria making it a broad spectrum antibiotic. Garlics use as an antibacterial agent in Russia is so esteemed it has been nicknamed Russian penicillin.

Pharmaceutical antibiotics are non-selective in their destruction of bacteria in your body, they just destroy it all. This creates many problems because our body has many so-called friendly bacteria, that we need for proper metabolic functions. This is why many people after a course of antibiotic therapy have digestive problems, constipation, and yeast and fungal overgrowth infections. Our bodies also become immune to these antibiotics over time and sometimes dangerous resistant strains of bacteria are actually created in our body.

Garlic is totally selective in its bacteria destruction, only killing bacteria that's harmful to our body. What is amazing is that at the same time garlic actually enhances our friendly bacteria and improves our intestinal flora and digestion.

Garlic destroys many types of bacteria including Streptococcus, Staphylococcus. Typhoid, Diphtheria, Cholera, Bacterial Dysentery (Travelers diarrhea), Tuberculosis, Tetanus, Rheumatic bacteria, and many others.

Some say that the reason you don't catch colds when you eat garlic is because no one will come near you. Regardless, **garlic is also a powerful antiviral agent** Many feel it's the cure for the common cold. It destroys various virus that cause upper respiratory infections and influenza. Garlic destroys on contact, the viral infections of Measles, Mumps, Mononucleosis, Chicken pox, Herpes simplex #1 and #2, Herpes zoster, Viral Hepatitis, Scarlet fever, Rabies and others. H.I.V. & A.I.D.S ?

Garlics antifungal ability is second to none. In the laboratory it has proved to be more potent than any known antifungal agent including Nystatin. Garlic will regulate the overgrowth of Candida albicans.

Botanical Materia Medica

130 Species in Common Name Alphabetical Order

COMMON NAME	PART USED	GENUS species	MEDICINAL USE
Agrimony	herb	Agrimonia eupatoria	Hepatic / bile stim / bitter
Aloe	leaf, gel	Aloe ferrox / spicata	Cathartic / emodin / strong #1
Aloe	leaf, gel	Aloe vera	Allantoin, speeds healing, Stim. cell repair, Demulcent, Emollient
Angelica	root	Angelica sinensis	Woman's Tonic (Aisa)
Apple	pectin	Malus communis	Lubricant / Drawing Heavy Metals / Removes Radioactivity
Arnica	flower	Arnica montana	Trauma
Artichoke	leaf, flower	Cynara scolymus	Hepatic / bile stim / bitter
Balm of Gilead	bud / resin	Populus gileadeusis	Antibacterial / Expectorant
Barberry	root bark	Berberis vulgaris	Hepatic / bile stim / bitter
Bentonite Clay	clay		Drawing agent 40 times its weight
Black Pepper	seeds	Piper nigra	Circ. Stimulant, Tonic
Black Walnut	inner hull	Juglans nigra	Anti-fungal, iodine, Fungus, Ringworm
Black Cohosh	root	Cimicifuga racemosa	Antispasmodic
Blessed Thistle	herb	Cnicus benedictus	Stim. milk production
Bloodroot	rhizome	Sanguinaria canadensis	Mex. CA
Blue Cohosh	root	Caulophyllum thalictroides	Antispasmodic, Encourages birth
Boneset	herb	Eupatorium perfoliatum	Diaphoretic

COMMON NAME	PART USED	GENUS species	MEDICINAL USE
Buchu	leaf	Agathosma betulina	Diuretic, disinfectant
Buckthorn	bark	Rhamnus cathartica	Cathartic / emodin / strong #4
Burdock	root / leaf seed	Arctium lappa	Hepatic / bile stim / detoxifys, skin, diuretic
Cactus Grandifolus	leaf	Seleenicereus grand.	Cardiac tonic, regulator
California poppy	herb	Eschscholzia californica	Sedative / Anodyne
Carob	pod	Ceratonia siiiqua	Mild Laxitive / stool softener
Cascara Sagrada	aged bark	Rhamnus purshiana	Cathartic / emodin / strong #3 Decongests liver
Catnip	herb	Nepeta cataria	mild sedative
Cayenne	fruit	Capsicum annum	Digestive / Strong Stimulant Cerebral Stimulant,> Circulation Throat pain relief,Stim. Cathartic Diaphoretic, Tonic, Counter Irritant
Celery	seed	Apium graveolens	Nerve stimulant
Chamomile	flowers	Anthemis nobilis	mild Sedative
Chaparra!	leaf	Larrea californica	antioxidant- detoxifys, CA
Chaste Tree	berries	Vitex agnus-castus	Woman's Tonic, (europe)
Cherry	resin / sap	Prunus virginiana	Anti-bact, viral, fungal, Expectorant
Chickweed	herb	Stellaria media	Itching, Irritations
Cinnamon	bark, oil	Cinnamonum zeylanicum	Counter Irritant
Citrus peel	Pee!	Citrus limon / sp.	Hepatic / bile stim
Clove	bud oil	Syzigiam aromaticum	Pain Relief, Infection, Digestive
Coffee	bean	Coffea arabica	Cardiac Stimulant / caffeine alkaloid Bronchial dialation, Nerve stimulant
Coltsfoot	leaf	Tussilago farfara	Expectorant, demulcent

COMMON NAME	PART USED	GENUS species	MEDICINAL USE
Comfrey	leaf, root	Symphytum officinale	Trauma, bone, Allantoin, knit-bone Demulcent, Expec.
Corn	silk	Zea mays	Diuretic
Cramp	bark	Viburnum opulus	Antispasmodic
Cranesbill	root	Geranium maculatum	Astringent strong
Damiana	leaf	Turnera aphrodisiaca	Aphrodisiac
Dandelion	root, leaf	Taraxacum officinale	Detox, Diuretic, Hepatic / Tonic
Digitalis	leaf	Digitalis lanata	Cardiac < regulator, (strong)
Echinacea	root, flwr.lf	Echinacea angustifolia purpurea, palida	Immune Stimulant, Numbs
Elder	berry, flwr, lf	Sambucus nigra	Cathartic
Ephedra	herb	Ephedra species	Decongestant, Astringent Beta cell stim. / ephedrine Bronchial dialation
Eucalyptus	oil, leaf	Eucalyptus globus	Disinfectant, bronch. dialator Decongestant, Antibacterial
Eyebright	herb	Euphrasia officinalis	Eye Tonic
False Unicorn	root	Chamaelirium luteum	Uterine tonic
Fennel	seed	Foeniculum officinale	Digestive / Carm / mild
Feverfew	herb	Tanacetum parthenium	Anodyne / Migraine
Flax	seed, oil	Linum usitatissimum	Emollient, Mild Laxitive / Lubricant
Garlic	bulb	Allium sativum	Immune Stimulant, anti-bacterial / viral / viral, fungal, reg. B.P., Expectorant Worms, all Infection, Abcess, Hepatic disinfectant, Stimulating Cathartic Thins blood & lymph, <Cholesterol,
Gentian	root	Gentiana lutea	Hepatic / bile stim / bitter

COMMON NAME	PART USED	GENUS species	MEDICINAL USE
Ginger	rhizome	Zingiber officinale	Counter Irritant, Digestive / Carm / strong Stim Cathartic, Downward energy herb Circulation stimulant to extremities Tonic Hepatic stimulant, Diaphoretic
Ginkgo	leaf	Ginkgo biloba	Cerebral stimulant
Ginseng	root	Panax quinquefolium	Stim. Sexuality
Goldenseal	rhizome	Hydrastis canadensis	Anti-bacterial, Encourages birth Eye disinfectant, Infection Hepatic / bile stim / bitter
Gravel Root	root	Eupatorium purpureum	Disolvent
Guarana	seed	Paulinia sorbilis	Cardiac Stimulant / caffeine alkaloid
Hawthorn	berries, flwr leaf	Crataegus oxycantha	Cardiac tonic, protects heart cells
Hops	Flowers	Huraulus lupulus	Sedative, Horm.
Horehound	herb	Marrubium vulgare	Expectorant, demul.
Horseradish	root	Armoracia rusticana	Decongestant, stim.
Hydrangea	root	Hydrangea arborescens	Disolvent
Jewel Weed	leaf, juice	Impatiens capensis	Poison Ivy
Jojoba	oil (ester)		Penetrates, ester, Sunscreen
Juniper	berries	Juniperus communis	Diuretic, disinfectant
Kola Nut	nut	Cola acuminata	Cerebral stimulant, Nerve stimulant
Lavender	flower, oil	Lavandula vera	mild, sedative, Antispasmodic
Licorice	root	Glycyrrhiza glabra	Mild Laxitive / Stool softener Heals Muc. Membrane Demulcent, Expectorant
Lime Blossom	flowers	Tilia europea	Sedative, Antispasmodic

COMMON NAME	PART USED	GENUS species	MEDICINAL USE
Lobelia	herb, seed	Lobelia inflata	Antispasmodic, Sedative, purge When all else fails, try it
Marigold	flower	Calendula officinalis	Emollient, Trauma
Marijuana	leaf, flwr resin	Cannabis sativum	Sedative / Antispas.
Marshmallow	root	Althea officinallis	Demulcent, Expectorant, Emollient, >milk
Milk Thistle	seed	Silybum marianum	Liver protector
Mistletoe	leaf, berry	Viscum album	Europe CA
Motherwort	herb	Leonurus cardiaca	Cardiac tonic, beat regulator
Mugwort	whole plant	Artemisia vulgaris	Hepatic / bile stim / bitter
Mullein	leaf	Verbascum thapsus	Expectorant, Demulcent, Plant irritation, (flower) Anti-inflam. Ear, Eye, pain relief
Mustard	seed	Brassica alba / nigra	Counter irritant
Myrrh	resin	Commiphora myrrh a	Anti-bacterial, viral, fungal, tooth filling replacement
Netties	leaf	Urtica dioica	Detoxifys, nutrients
Oak	bark / galls twigs	Quercus alba	Astringent strong Gum Astringent, removes plaque
Oat / Wheat / Rice	bran		Fiber
Oat	seed	Avena sativa	Nerve stimulant
Olive	fruit, seed, oil	Olea europa	Emollient, Mild Laxitive / Lubricant
Onion	bulb, oil	Allium cepa	Anti-bacterial, viral, fungal Decongestant, same as garlic, but milder
Opium	flower resin	Papaver somniform	Sedative / Anodyne
Oregon grape	root bark	Berberis aquifolium	Hepatic / bile stim / bitter
Parsley	root, leaf	Petroselinum crispum	Duirtic, disinfectant

COMMON NAME	PART USED	GENUS species	MEDICINAL USE
Passion Flower	leaves, flower	Passiflora incarnata	Sedative
Pau d' Arco	inner bark	Tabebuia impetigenosa	Immune Stimulant
Peppermint, Spear	leaf, oil	Mentha piperita / spicata	Digestive, Carm, (menthol) mild. Diaphoretic, > Circulation, Disinfectant, Bronchial dialator
Periwinkle	flower, leaf	Vinca rosea	Chemotherapy
Pine	resin / sap	Pinus species	Anti-bact, viral, fungal
Plantain	leaf, juice	Plantago major	Blood Poisoning, Infection, Itching, Irritation
Pleurisy root	rhizome	Asclepias tuberosa	Expectorant Diaphoretic.
Poke	root	Phytolacca americ.	Lymph cleanse, (strong), CA thins lymphatic fluid
Pomegranate	root bark	Punica granatum	Worms, tape
Psyllium	seed	Plantago ovata	Fiber (Metamucil)
Pumpkin	seeds	Cucurbita pepo	Prostate
Red Clover	blossoms	Trifolium pratense	Thins, detoxifys, CA
Red Raspberry	leaf	Rubus ideas	Astringent mild, Fern. Tonic
Rosemary	herb	Rosmarinus officinale	Digestive, Carm, Cerebral stim., depression
Saint Johnswort	flowers	Hypericum perfor	Anti-viral
Sarsaparilia	root	Smilax officinale	Detoxifys, skin
Sarsaparilla	root	Smilax ornata	Male Tonic, Testosterone ?
Sassafras	rootbark	Sassafras officinale	Detoxifys, skin
Saw Palmetto	berry	Seronoa serrulata	Prostate
Senna	leaf / pod	Cassia angustifolia	Cathartic / emodin / strong #2
Siberian Ginseng	root	Eleutheroccus senticosus	Adaptogen, Immune Stimulant

COMMON NAME	PART USED	GENUS species	MEDICINAL USE
Skullcap	herb	Scutellaria lateriflora	Nerve stimulant
Slippery Elm	inner bark	Ulmus fulva	Mild Laxitive / stool softener Demulcent, Absorbant, Emollient
Squaw Vine	herb	Mitchella repens	Uterine tonic
St. Johnswort	flower	Hypericum perforatum	Anti-inflammatory, pain relief repair, bioflavanoid rich. Emollient, Trauma
Tea Tree	oil	Melaleuca alternifolia	Fungus, Ringworm, Candida, Anti-bacterial, fungal, Infection, Emollient, soothing Demulcent if diluted
Thyme	leaves	Thymus vulgaris	Anti-bacterial
Turkey Rhubarb	rhizome	Rheum palmatum	Cathartic / medium
Usnea	whole plant	Usnea longissima	Anti-bacterial, fungal
Uva Ursi	leaf	Arctostaphylos uva ursi	Diuretic, disinfectant
Valerian	rhizome	Valeriana officinalis	Sedative
Wild Lettuce	leaf	Lactuca virosa	Sedative / Anodyne
Wild Yam	root	Discorea villosa	Female Tonic, Progesterone Strong Antispasmodic
Wild Carrot	root, seeds	Daucus carota	Diuretic, disinfectant
Willow	bark	Salix alba, nigra	Anodyne / Anti-inflammatory Charcoal absorbs poisons & drugs
Wintergreen	leaf, oil	Gaultheria procumbens	Anti-inflammatory / Anodyne
Wormwood	herb	Artemisia absinthum	Worms, pin & round Hepatic / bile stim / bitter
Yarrow	herb	Achillea millefolium	leaf Styptic, flower Diaphoretic
Yellow Dock	root	Rumex crispus	Hepatic / bile stim Detoxifies, iron tonic
Yohimbe	bark	Corynanthe yohimbe	Caution ?????

Why use Latin Names for Plants ?

It is the International Language

Plant Family	Umbelliferae	Automobile	America
Genus	Foeniculum	Ford	California
species	vulgare	explorer	santa monies

Root, Rhizome, Bulb	All plant material underground
Rootbark	Just the skin of the root or rhizome
Leaves	Only the leaves
Gel	The jelly like substance inside a succulent plant
Fruit, Pod, Berry, Seed, Hips, Nut, Bean,	Only the Fruit
Inner Bark	The softer inner bark of the branches
Gum, Resin, Sap	The sap of the plant or tree
Oil	The oil that is pressed, steamed, or infused out
Flower, Blossoms	The entire flower including petals and sepals
Herb	The entire above ground portion of the plant
Whole Plant	The entire plant from the root to the flowers
Odd Examples	Silk, Inner Hull, Bud, Gall, etc.

Dr. Schulze's School of Natural Healing

130 Botanical Materia Medica

Plants catagorized by the major organ and structural systems of the human body and listed according to Dr. Richard Schulze's Clinical Herbal Formulae

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Dr. Schulze's School of Natural Healing

Affiliated Institutes

The College ofHerbology and Natural Healing Great Britain The Osho School of Natural Healing Spain / France

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The Gastrointestinal System

Dr. Schulze's Intestinal Corrective Formula #1

(Formulae ingredients are in bold type)

Cathartic

Aloe	leaf / gel	Aloe ferrox / spicata	Cathartic / emodin / strong #1
Senna	leaf / pod	Cassia angustifolia	Cathartic / emodin / strong #2
Cascara Sagrada	aged bark	Rhamnus purshiana	Cathartic / emodin / strong #3
Buckthorn	bark	Rhamnus cathartica	Cathartic / emodin / strong #4
Turkey Rhubarb	rhizome	Rheum palmatum	Cathartic / medium

Hepatic

Barberry	rootbark	Berberis vulgaris	Hepatic / Bile Stim / Bitter
Oregon grape	root bark	Berberis aquifolium	Hepatic / bile stim / bitter
Goldenseal	root	Hydrastis canadensis	Hepatic / bile stim / bitter
Agrimony	herb	Agrimonia eupatoria	Hepatic / bile stim / bitter
Gentian	root	Gentiana lutea	Hepatic / bile stim / bitter

Disinfectant

Garlic	bulb	Allium sativum	Stimulating Cathartic Anti-Bacterial, Viral, Fungal
Goldenseal	root	Hydrastis canadensis	Hepatic / bile stim / bitter & Anti-Bacterial

Carminative

Ginger	rhizome	Zingiber officinale	Digestive / Carm / strong
Peppermint	leaf	Mentha piperita	Digestive / Carm / mild
Fennel	seed	Foeniculum vulgare	Digestive / Carm / mild

Stop Bleeding / Stimulant Cathartic

Cayenne	fruit	Capsicum annum	Stimulating Cathartic
Yarrow	leaf	Achillea millefolium	Styptic

The Gastrointestinal System

Dr. Schulze's Intestinal Corrective Formula #2

(Formulae ingredients are in bold type)

Bulk / Fiber Laxatives

Psyllium Oat / Wheat / Rice	seed bran	Plantago ovata	Laxative / Fiber (Metamucil) Fiber
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Oil Lubricants

Flax Olive oil	seed / oil fruit / seed	Linum usitatissimum Olea europea	Mild Laxitive / Lubricant Mild Laxitive / Lubricant
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Detoxification / Cleansing

Apple and Grape fruit Pectin Bentonite Clay Activated Willow Charcoal		Lubricant / Drawing agent Drawing agent Purifying agent	Heavy Metals / Radioactivity Removes 40 times its weight absorbs chemical poisons / drugs
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Demulcent / Stool Softener

Slippery Elm Marshmallow Licorice	inner bark root root	Ulmus fulva Althea officinalis Glycyrrhiza glabra	Mild Laxitive / Stool softener Demulcent Mild Laxitive / Stool softener Cell Repair Agent
Aloe vera Carob	leaf/gel pod	Aloe vera Ceratonia siliqua	Demulcent / Cell Repair agent Mild Laxitive / Stool softener

Carminative

Fennel Ginger Peppermint	seed rhizome leaf	Foeniculum vulgare Zingiber officinale Mentha piperita	Digestive / Carm / mild Digestive / Carm / strong Digestive / Carm / mild
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The Gastrointestinal System

Dr. Schulze's Digestive Tonic

(Formulae ingredients are in bold type)

Ginger	rhizome	Zingiber officinale	Digestive / Carm / strong
Peppermint	leaf	Mentha piperita	Digestive / Carm / mild
Fennel	seed	Foeniculum vulgare	Digestive / Carm / mild
Cardoman			
Dill			

Yogi Tea / Black pepper, Ginger, Cinnamon, Cardamon and Clove Digestive Stimulant

Cayenne fruit Capsicum annum Digestive / Strong Stimulant

Dr. Schulze's Stomach Soothe

(Formulae ingredients are in bold type)

Soothing / Demulcent Herbs

Slippery Elm	inner bark	Ulmus fulva	Demulcent / Soothing /
Licorice	root	Glycyrrhiza glabra	Mild Laxitive / Stool softener
Peppermint	leaf	Mentha piperita	Digestive / Carm / mild
Marshmallow	root	Althea officinalis	Demulcent
Aloe vera	leaf / gel	Aloe vera	Demulcent / Cell Repair agent
Carob	pod	Ceratonia siliqua	Mild Laxitive / Stool softener

Digestive system Antispasmodic

Wild Yam rhizome Dioscorea villosa Antispasmodic

Astringents for Diarrhea

Oak	bark / galls	Quercus alba	Astringent strong
Cranesbill	root	Geranium maculatum	Astringent strong
Red Raspberry	leaf	Rubus ideas	Astringent mild

Foods to enhance the intestinal bacteria

Fermented Vegetables, Kim Chi, Sauerkraut, Rejuvelac, Regenerative Foods Brand (Raw)
Fruit Kefir (non-dairy), Soy Yogurt, Lactobacillus drinks

The Hepatic System

Dr. Schulzes Liver / Gall Bladder and Anti-Parasite Tonic

(Formulae ingredients are in bold type)

Liver Protecting Herbs

Milk Thistle	seed	Silybum marianum	Liver protector
Chaparral	leaf	Larrea californica	Detox / Antioxidant

Hepatic / Liver-Gall Bladder Herbs

Barberry	root bark	Berberis vulgaris	Hepatic / bile stim / bitter
Oregon grape	root bark	Berberis aquifolium	Hepatic / bile stim / bitter
Gentian	root	Gentiana lutea	Hepatic / bile stim / bitter
Dandelion	root/ leaf	Taraxacum officinale	Hepatic / Tonic
Goldenseal	root	Hydrastis canadensis	Hepatic / bile stim / bitter
Agrimony	herb	Agrimonia eupatoria	Hepatic / bile stim / bitter
Burdock	root / leaf	Arctium lappa	Hepatic / bile stim
Yellow Dock	root	Rumex crispus	Hepatic / bile stim
Artichoke	leaf (not flwr)	Cynara scolymus	Hepatic / bile stim / bitter
Cascara Sagrada	aged bark	Rhamnus purshiana	Decongests liver
Wormwood	flower / leaf	Artemisia absinthium	Hepatic / bile stim / bitter
Mugwort	whole plant	Artemisia vulgaris	Hepatic / bile stim / bitter
Citrus peel	Peel	Citrus limon / sp.	Hepatic / bile stim
Chaparral	leaf	Larrea californica	Hepatic / bile stim / bitter

Anthelmintic Herbs / herbs that destroy and expel parasites

Wormwood	leaf / flower	Artemisia absinthium	Parasites, Worms, pin & round
Black Walnut	hull of fruit	Juglans nigra	Destroys Parasites
Garlic	bulb	Allium sativum	Worms, all, liver purifier
Sage	leaf / flower	Artemisia tridentata	Parasites, Worms, pin & round
Pomegranate	bark	Punica granatum	Worms, tape

Liver Stimulants and Carminatives

Ginger	rhizome	Zingiber officinale	Hepatic stimulant
Fennel	seed	Foeniculum vulgare	Digestive / Carm / mild

Bitter greens salad (Beet greens, Chicory, Arugula, Dandelion) Bitter drinks (Citrus peel smoothie)

Dr. Schulze's Five Day Cleanse and Liver / Gall Bladder Flush

Dr. Schulze's Gall Bladder Purge

The Hepatic System

Dr. Schulzes Detoxification Herb Tea

(NOTE, The Detoxification Tea is difficult to put into any one system of the body. It is Hepatic, it does stimulate and clean the liver, but it is also a Digestive for the Gastro-Intestinal system, a Diuretic for the Urinary system and a Detoxifier for the Blood and Lymphatic Systems.)

(Formulae ingredients are in bold type)

Dandelion	root/leaf	Taraxacum officinale	Hepatic / Tonic / Detoxifier
Burdock	root/leaf	Arctium lappa	Hepatic / bile stim, skin, diuretic
Pau d' Arco	inner bark	Tahebugia impetigenosa	Immune Stimulant
Cinnamon	bark		Digestive Stimulant
Cardamon	seed		Digestive stimulant / carminative
Licorice	root		Soothes digestive surface
Fennel	seed		Carminative
Juniper	berry	Juniperus communis	Diuretic, urinary disinfectant
Ginger	root	Zingiber officinalis	Digestive stimulant, downward
Clove	buds		Digestive stimulant
Black Pepper	corns	Piper nigrum	Stimulant
Uva Ursi	leaves	Arctostaphylos uva ursi	Diuretic
Horsetail	herb	Equisitum arvense	Diuretic
Orange	peel	bitter	Hepatic
Parsley	leaf, root	Petroselenium crispus	Diuretic

The Immune System

Dr. Schulzes Echinacea Plus Immune System Tonic Formula

(Formulae ingredients are in bold type)

Immune System Stimulating Herbs

Echinacea	root, leaf, flwr	Echinacea angustifolia purpurea, palida	Immune Stimulant
Pau d' Arco	inner bark	Tahebugia impetigenosa	Immune Stimulant
Siberian Ginseng	root	Eleutherococcus senticosus	Immune Stimulant
Garlic	bulb	Allium sativum	Immune Stimulant, thins lymphatic fluid

Mushrooms and Fungi

Reishi, Shitake , Maitake and many other species are immune system tonics

The Immune System continued

Dr. Schulzes Anti-Infection Tincture Formula

(Formulae ingredients are in bold type)

Anti-bacterial viral & fungal

Garlic	bulb	Allium sativum	Anti-everything
Goldenseal	root	Hydrastis canadensis	Anti-bacterial
Usnea	whole plant	Usnea longissima	Anti-bacterial, fungal
Almost all tree saps are anti-bacterial, fungal and viral			
Pine	resin / sap	Pinus species	Anti-bact, viral, fungal
Myrrh	resin / gum	Comiphorra myrrha	Anti-bact, viral, fungal
Cherry	resin / sap	Prunus virginiana	Anti-bact, viral, fungal
Echinacea	root, leaf, flwr	Echinacea angustifolia purpurea, palida	Topical Immune Stimulant
Tea Tree	oil	Melaleuca alternifolia	Anti-bacterial, fungal Demulcent if diluted
Thyme	leaves	Thymus vulgaris	Anti-bacterial
Saint Johnswort	flowers	Hypericum perfor	Anti-viral
Black Walnut	inner hull	Juglans nigra	Anti-fungal, iodine
Oak Galls	galls	Quercus alba	Astringent, Strong
Cayenne	fruit	Capsicum species	Styptic, Strong

Kelp is added as a rich source of iodine

Dr. Schulzes Jojoba and Tea Tree Oil 9% Formula

(Formulae ingredients are in bold type)

Jojoba	bean oil		Emollient, ester, penetrating Soothing, sun protective 16
Tea Tree	oil	Melaleuca alternifolia	Anti-bacterial, fungal Demulcent if diluted

The Blood and Lymph

Dr. Schulzes Detoxification Tonic Formula

(Formulae ingredients are in bold type)

Blood Thinning Herbs

Red Clover	blossoms	Trifolium pratense	Thins, detoxifys, CANCER
Garlic	bulb	Allium sativum	Thins, < Cholesterol, anti- bacterial / Anti-viral / fungal, regulates B.P.

Detoxifying Agents

Chaparral	leaf	Larrea californica	antioxidant- detoxifys, CA
Plantain	leaf	Plantago major	blood poisoning \
Burdock	root and seed	Arctium lappa	Detoxifys, skin, diuretic
Dandelion	root and leaf	Taraxacum officinale	Detoxifys
Sassafras	rootbark	Sassafras officinale	Detoxifys, skin
Sarsaparilla	root	Smilax officinale	Detoxifys, skin
poke	root	Phytolacca americ.	Lymph cleanse (strong), CA
Yellow dock	root	Rumex crispus	Detoxifys, iron tonic
Nettles	leaf	Urtica dioica	Detoxifys, nutrients
Mistletoe	leaf, berry	Viscum album	Europe CA
Bloodroot	rhizome	Sanguinaria canadensis	Mex.
Periwinkle	flower, leaf	Vinca rosea	Chemo
Goldenseal	root	Hydrastis canadensis	Hepatic / bile stim / bitter
Oregon grape	root bark	Berberis aquifolium	Hepatic / bile stim / bitter

Lobelia	seed, herb	Lobelia inflata	Releases entire body to let it detoxify
Cayenne	fruit	Capsicum annum	Circulates the formula

Blood Builders

SUPERFOOD

**Dark blue, red and purple fruits,
Beets, Beet greens and their juices
Wheat, Barley, & Alfalfa Grasses**

High Iron Foods (per 100 grams)

Dulse seaweed 150 mg., Sunflower seeds 50 mg., Kelp 100 mg.

The Urinary System

Dr. Schulzes Kidney and Bladder Tonic Formula

(Formulae ingredients are in bold type)

Uva ursi	leaf	Arctostaphylos uva ursi	Diuretic, disinfectant
Juniper	berries	Juniperus communis	Diuretic, disinfectant
Corn	silk	Zea mays	Diuretic
Horsetail	herb	Equisetum arvense, hymale	Diuretic
Burdock	root and seed	Arctium lappa	Diuretic
Parsley	root, leaf	Petroselinum crispum	Duiretic, disinfectant
Wild Carrot	root, seeds	Daucus carrota	Duiretic, disinfectant
Buchu	leaf	Agathosma betulina	Diuretic, disinfectant
Dandelion	root	Taraxacum officinale	Duiretic

Dr. Schulzes Kidney - Bladder and Dissolve Tea Combination

(Formulae ingredients are in bold type)

Juniper	berries	Juniperus communis	Diuretic, disinfectant
Corn	silk	Zea mays	Diuretic
Uva ursi	leaf	Arctostaphylos uva ursi	Diuretic, disinfectant
Parsley	root, leaf	Petroselinum crispum	Duiretic, disinfectant
Dandelion	root	Taraxacum officinale	Duiretic
Horsetail	herb	Equisetum arvense, hymale	Diuretic

Herbs that dissolve gravel and stones in the kidneys

Hydrangea	root	Hydrangea arborescens	Disolvent
Gravel Root	root	Eupatorium purpureum	Disolvent

Marshmallow	root	Althea officinal	Soothing
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Diuretic and Disinfectant foods Watermelon, Asparagus, Cranberry, Pear

The Cardiovascular System

Dr. Schulzes Heart Tonic Formula (Formulae ingredients are in bold type)

Hawthorn	berries, flwr,	Crataegus oxycantha	Cardiac tonic, protector	0 ^ ^ ^ '
	leaf			
Red Clover	blossoms	Trifolium pratense	Thins blood, detoxifys blood	
Cactus Grandifolus	leaf	Seleenicereus grand.	Cardiac tonic, regulator	
Motherwort	herb	Leonurus cardiaca	Cardiac tonic, beat regulator	
Garlic	bulb	Allium sativum	Thins, lowers Cholesterol,regulates B.P.	

Heart and Circulatory Stimulants

Cayenne	fruit	Capsicum annum	Circ. Stimulant, Tonic
Ginger	rhizome	Zingiber officinale	Circ. Stimulant, Tonic
Black Pepper	seeds	Piper nigra	Circ. Stimulant, Tonic
Ephedra	branches	Ephedra species	Beta cell stim. / ephedrine
Coffee	bean	Coffea arabica	Cardiac Stimulant / caffeine
Guar ana	seed	Paullinia sorbilis	Cardiac Stimulant / caffeine

Digitalis *leaf* *Digitalis lanata* *Cardiac < regulator (strong)*
also Lily of the Valley

The Brain and Nervous System

Dr. Schulzes Brain Tonic Formula (Formulae ingredients are in bold type)

The Brain

Ginkgo	leaf	Ginkgo biloba	Cerebral stimulant
Rosemary	herb	Rosmarinus officinale	Cerebral stim., depression
Kola Nut	nut	Cola acuminata	Cerebral stimulant
Cayenne	fruit	Capsicum annum	Cerebral stimulant

The Brain and Nervous System

Dr. Schulzes Nerve Tonic Formula (Formulae ingredients are in bold type)

Sedative and Nervine

Valerian	rhizome	Valeriana officinalis	Sedative
Hops	flowers	Humulus lupulus	Sedative
Passion Flower	leaves	Passiflora incarnata	Sedative
Lime Blossom	flowers	Tilia europea	Sed., Antispasmodic
Chamomile	flowers	Anthemis nobilis	mild Sedative
Catnip	herb	Nepeta cataria	mild sedative
Lavender	flower, oil	Lavandula vera	mild sedative

Antispasmodic

Lobelia	herb, seed pod	Lobelia inflata	Antispasmodic, purge
Black Cohosh	root	Cimicifuga racemosa	Antispasmodic
Blue Cohosh	root	Caulophyllum thalictroides	Antispasmodic
Wild Yam	root	Discorea villosa	Antispasmodic

Anodyne - Analgesic

Opium	flower resin	Papaver somniferum	Sedative / Anodyne
California poppy	herb	Eschscholzia californica	Sedative / Anodyne
Marijuana	leaf, flower resin	Cannabis sativum	Sedative / Antispas.
Willow	bark	Salix alba, nigra	Anodyne
Feverfew	herb	Tanacetum parthenium	Anodyne / Migraine
Wild Lettuce	leaf	Lactuca virosa	Sedative / Anodyne

Nerve Tonic / Stimulants

Skullcap	herb	Scutellaria lateriflora	Nerve tonic
Oat	seed	Avena sativa	Nerve stimulant
Celery	seed	Apium graveolens	Nerve stimulant
Kola Nut	nut	Cola acuminata	Nerve stimulant
Coffee	bean	Coffea arabica	Nerve stimulant

Nerve Repair

St. Johnswort	flower	Hypericum perforatum	Pain relief, repair
Marigold	flower	Calendula officinalis	Trauma
Arnica	flower	Arnica montana	Trauma

The Reproductive / Endocrine System

Dr. Schulzes Female Tonic Formula (Formulae ingredients are in bold type)

Female Tonic Herbs / Hormone Balancers

Wild Yam	root	Discorea villousa	Hormone Balancing, Menopause, PMS
Angelica	root	Angelica sinensis	Hormone Balancing, Menopause, PMS
Chaste Tree	berries	Vitex agnus-castus	Hormone Balancing, Menopause, PMS
Damiana	leaf	Turnera aphrodisiaca	Female Tonic
Hops	Flowers	Humulus lupulus	Sedative, Hormone precursor

Phytosterol Herbs

Licorice	root	Glycyrrhiza glabra	Hormone precursor
Siberian Ginseng	root	Eleutherococcus senticosus	Hormone precursor
Sarsaparilla	root	Smilax ornata	Hormone precursor
Saw Palmetto	berry	Serenoa serrulata	Hormone precursor

Menstrual

Cramp bark	bark	Viburnum opulus	Antispasmodic
Wild Yam	root	Discorea villousa	Antispasmodic
Lobelia	herb	Lobelia inflata	Antispasmodic, Sed.
Blue Cohosh	root	Caulophyllum thalictroides	Antispasmodic
False Unicorn	root	Chamaelirium luteum	Uterine tonic
Squaw Vine	herb	Mitchella repens	Uterine tonic
Ginger	rhizome	Zingiber officinale	Down

Anti - Miscarriage

False Unicorn	root	Chamaelirium luteum	Female Tonic
Lobelia	herb	Lobelia inflata	Antispasmodic

Pregnancy Nutritional / Tonic

Red Raspberry	leaf	Rubus idaeus	Tonic
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The Reproductive / Endocrine System continued

Birth Helpers

Blue Cohosh	root	Caulophyllum thalictroides	Encourages birth
Goldenseal	rhizome	Hydrastis canadensis	Encourages birth

Galactogogues

Blessed Thistle	herb	Cnicus benedictus	Stim. milk production
Marshmallow	root	Althea officinalis	Enriches milk
SUPERFOOD			

Vaginal Infections

Garlic	peeled cloves	Allium sativum	Any Infections
Tea Tree	oil, bolus	Melaleuca alternifolia	Infection, Emollient

All the Hormone Balancing Herbs plus the 5 Day Cleansing Program / Incurables Program

Dr. Schulzes Male Tonic Formula

(Formulae ingredients are in bold type)

Male Tonic Herbs / Hormone Balancers

Ginseng	root	Panax quinquefolium Panax ginseng	Stim. Sexuality, Fertility
Siberian Ginseng	root	Eleutherococcus senticosus	Hormone Precursor, POWER
Sarsaparilla	root	Smilax ornata	Hormone Precursor, Testosterone
Saw Palmetto	berry	Serenoa serrulata	Hormone Precursor, PROSTATE
Pumpkin	seeds	Cucurbita pepo	Prostate
Yohimbe	bark	Corynanthe yohimbe	Caution ??????????????
Oat	seed	Avena sativa	Nerve stimulant
Kola Nut	nut	Cola acuminata	Nerve stimulant
Ginger	rhizome	Zingiber officinale	Downward energy

The Muscular / Connective Tissue System

Dr. Schulzes Deep Tissue Repair Oil Formula

(Formulae ingredients are in bold type)

Anti-inflammatory

Wintergreen	leaf, oil	Gaultheria procumbens	Anti-inflammatory / Anodyne
Peppermint	leaf, oil	Mentha piperita	Increases Circulation
	Menthol		
Willow	bark	Salix alba	Anti-inflammatory / Anodyne

Counter Irritants

Cayenne	fruit	Capsicum annum	CI
Ginger	rhizome	Zingiber officinale	CI
Mustard	seed	Brassica alba / nigra	CI
Cinnamon	bark, oil	Cinnamomum zeylanicum	CI

Trauma

St. Johnswort	flower, oil	Hypericum perforatum	Trauma
Marigold	flower	Calendula officinalis	Trauma
Arnica	flower	Arnica montana	Trauma
Comfrey	leaf, root	Symphytum officinale	Trauma, bone
Aloe	leaf, gel	Aloe vera	Speeds healing
Yarrow	herb	Achillea millefolium	Styptic

Antispasmodic

Lobelia	leaf, seed	Lobelia inflata	Antispasmodic
Lavender	flowers, oil	Lavandula vera	Antispasmodic
Black Cohosh	root	Cimicifuga racemosa	Antispasmodic

The Skeletal System

Aloe	leaf gel	Aloe vera	Allantoin
Comfrey	leaf, root	Symphytum officinale	Allantoin, knit-bone

High Calcium Foods, Carrot Juice, Kelp, Sesame seeds, dulse, Greens, see Botanical Nutrition

The Respiratory / Pulmonary System

Lung / Bronchial Infections

Garlic	bulb	Allium sativum	Anti-bacterial, viral, fungal, expectorant
Onion	bulb	Allium cepa	same as Garlic but milder
Goldenseal	root	Hydrastis canadensis	Anti-bacterial
Eucalyptus	oil	Eucalyptus globus	Disinfectant, dialator
Peppermint	oil (menthol)	Mentha piperita	Disinfectant, dialator
Tea Tree.	oil	Melaleuca alternifolia	Anti-bacterial, fungal
Cherry	resin / bark	Prunis species	Antibacterial / Expectorant
Balm of Gilead	bud / resin	Populus gileadeusis	Antibacterial / Expectorant

Antispasmodic / Bronchial Dialator

Lobelia	herb	Lobelia inflata	Antispasmodic, Bronchial Dialator Magical Lung Tonic Herb
Ephedra	herb	Ephedra species	Bronchial dialation
Coffee	bean	Coffea arabica	Bronchial dialation

Expectorant

Pleurisy root	rhizome	Asclepias tuberosa	Ex., Diaphoretic.
Mullein	leaf	Verbascum thapsus	Expectorant, demul.
Horehound	herb	Marrubium vulgare	Expectorant, demul.
Coltsfoot	leaf	Tussilago farfara	Expectorant, demul.
Licorice	root	Glycyrrhiza glabra	Expectorant, demul.

Lung Tonics

Comfrey	leaf, root	Symphytum officinale	Demulcent, Expec.
Mullein	leaf	Verbascum thapsus	Demulcent, Expec.
Marshmallow	root	Althea officinale	Demulcent, Expec.

The Skin

Diaphoretic

Yarrow	flower	Achillea millefolium	Diaphoretic
Boneset	herb	Eupatorium perfoliatum	Diaphoretic
Ginger	rhizome	Zingiber officinallis	Diaphoretic
Peppermint, Spear	leaf, oil	Mentha piperita / spicata	Diaphoretic
Cayenne	fruit	Capsicum annum	Diaphoretic

Emollient

Olive	oil	Olea europa	Emollient
Jojoba	oil (ester)		Penetrates, Sunscreen
Aloe	leaf, gel	Aloe vera	Stim. cell repair
Marigold	flower	Calendula officinale	Emollient
St. Johnswort	flower, oil	Hypericum perforatum	Emollient, repair
Flax	seed, oil	Linum usitatissimum	Emollient
Slippery Elm	inner bark	Ulmus rubra	Emollient
Marshmallow	root	Althea officinale	Emollient

Dermatitis / Plant Irritations

Mullein	leaf	Verbascum thapsus	Plant irritation
Chickweed	herb	Stellaria media	Itching, Irritations
Jewel Weed	leaf, juice	Impatiens capensis	Poison Ivy
Plantain	leaf, juice	Plantago major	Itching, Irritation

Anti-Fungal

Black Walnut	inner hull	Juglans nigra	Fungus, Ringworm
Tea Tree	oil	Melaleuca alternifolia	Fungus, Ringworm, Candida
Garlic	clove, oil	Allium sativum	Anti-everything

The Eye. Sinus / Nose. Ear. Teeth and Throat / Tonsil

The Eye

Dr. Schulzes Eyebright Formula

(Formulae ingredients are in bold type)

Eyebright	herb	Euphrasia officinalis	Eye Tonic
Goldenseal	rhizome	Hydrastis canadensis	Eye disinfectant
Red Raspberry	leaf	Rubus ideas	Astringent
Fennel	seed	Foeniculum officinale	Tonic
Cayenne	fruit	Capsicum annum	Stimulant

The Sinus / Nose

Horseradish	root	Armoracia rusticana	Decongestant, stim.
Onion	bulb	Allium cepa	Antibacterial, Decongestant
Ephedra	herb	Ephedra species	Decongestant, Astringent
Eucalyptus	leaf, oil	Eucalyptus globulus	Decongestant, Antibacterial

Dr. Schulze's Nasal Snuff

Dr. Schulze's Super Tonic

The Ear

Mullein	flower	Verbascum thapsus	Anti-inflammatory, pain relief
St. Johnswort	flower	Hypericum perforatum	Anti-inflammatory, pain relief
Plantain	leaf	Plantago major	Infection
Garlic	bulb, oil	Allium sativum	Anti-bacterial, virul, fungal
Onion	bulb, oil	Allium cepa	Anti-bacterial, viral, fungal

The Teeth

Clove	bud oil	Syzigiam aromaticum	Pain Relief, Infection
Garlic	clove, oil	Allium sativum	Infection, Abcess
Oak	bark, twig	Quercus alba	Gum Astringent, Plaque
Goldenseal	root	Hydrastis canadensis	Infection
Tea Tree	oil	Melaleuca alternifolia	Anti-bacterial, fungal
Myrrh	resin	Commiphora myrrha	Anti-bacterial, filling replace
Tree resin / sap and Bentonite Clay			

The Throat & Tonsils

Echinacea	root	Echinacea angustifolia	Immune boost, numbs
Garlic	clove, oil	Allium sativum	Anti-bacterial, viral, fungal
Cayenne	fruit	Capsicum annum	> Circulation, pain relief
Goldenseal	root	Hydrastis canadensis	Infection
Peppermint	leaf, oil	Mentha piperita	Cools, Soothes
Licorice	root	Glycyrrhiza glabra	Soothes M. Membrane

HOW TO MAKE HERBAL PREPARATIONS

by Dr. Richard Schulze

DEDICATION

As a child I had a wonderful great aunt, aunt Hattie. She was born in the late 1800's and still held onto many of these values into the 20th century. She also grew up on a farm and didn't trust the ways of the "big city". She was not a believer in water unless it came from a well so she boiled all her water that came out of a city faucet.

All of my grandparents were already dead when I was a child, so my aunt Hattie was like; a grandmother to me. My family on both side originated in Eastern Europe and my aunt Hattie was some type of gypsy. Whenever my brother or I got sick, she would make up some type of herbal or food concoction that usually smelled bad and tasted worse. We would be forced to drink it and many times afterwards she would tell us of things to come by reading herbal leaves in the bottom of the cup or by cards. She was an herbalist but my brother and I lovingly referred to her as a witch.

My great aunt Hattie outlived all of her brothers and sisters, my parents and even her own children, because of her firm resistance against modern living and doctors. She finally died, but it is obvious to me now what a great influence she had on me as I was growing up.

I began my research to write this book about 25 years ago. As I started using herbs for my health and medicine I realized that there was a lot of people and books that professed knowledge about herbs, but little was said or written on the topic of making herbal preparations. I gathered what I could and did a lot of experimenting on my own. I made a lot of mistakes. It wasn't until the 1970's when I met Dr. John Christopher that I found many missing pieces of this puzzle. It was obvious to me at this time that very few had any knowledge of how to turn herbs into different herbal preparations, and of those who had the knowledge, very few had any real practical experience. Finally in meeting Dr. Christopher, I met a man who had both. He spent the most of his life healing people with herbs, and the preparations he made. He told me endless stories of his experience with plants. He told me that to earn extra money he used to *weed* peoples yards in the summer and then in the fall, sell them back their same *weeds* but now as healing herbal tonics and formula. We used to laugh as he would tell me these and other funny stories. He took me under his wing and told me all the mistakes I was making, and told me how to make things stronger, and better.

I asked him if I could teach with him in his newly formed courses and he warmly invited me to. It became my job to hold practical demonstrations showing the students how to do the different things that Dr. Christopher talked about. I was the first person to ever demonstrate his version of the cold sheet treatment. The first time I demonstrated it for his school, I knocked the person out I was doing it on, hence I learned the value of always keeping my cayenne and lobelia tinctures in my pocket. My most popular class was how to make herbal preparations. He sat in on the first few, I was nervous and spilled a lot but he just smiled and laughed. Over the next few years he shared so much of his wisdom, knowledge, love and humor with me.

I remember visiting him at his home up in the mountains of Utah just before he died. He knew he was slipping away and could see my distress. He told me not to be sad, he said he wasn't and was looking forward to his journey. That was the last time I ever saw him.

It is to my greataunt Hattie and John Ray Christopher that I dedicate this booklet.

FORWARD

I have taken much out of this booklet over the last few years. The vast majority of what you need to know is now covered on the Sam Biser "Save Your Life" video collection. This is just to clarify a few points and give you some specific measurements and formulae.

By the year 2000 I plan to publish a very detailed book on making herbal preparations. With the help of one of my great students and good friend, Keith Thompson, I am preparing a very detailed herbal preparations book with all of my formulae, specific proportions, the many notes I have on herbal quality, exact alcohol percentages, and many more notes from my clinic. With the help of Ron Man Warren, we have constructed a new improved herbal tincture and extract press that is now available to the public.

If I could give you one word of advice it would be to not be afraid to make some herbal preparations. Whether you make every herbal preparation you need, or a few, or just play with it as a hobby it doesn't matter. You will probably find that even your mistakes are better than what is commercially available. And if God forbid, the day ever arises that you can't get what you need, this information could save your life.

HERBAL HISTORY LESSON

Since the beginning of time, herbs have been used for food and for medicine. Still today over 70% of the world's population continues to use herbs as their *only* source of medicine. Although some of these people reside in primitive countries, many people in the world's most civilized countries such as Germany, Japan and The United Kingdom still prefer herbal medicine to chemical medicine. This is because herbal medicine has hundreds, even thousands of years of practical healing experience. It is the traditional medicine of every country on this planet. It has proven itself worldwide to be a safe and effective form of therapy.

Chemical medicine is very new. Many people distrust it and rightly so. In the few short years drugs have been available, their track record is far from perfect. Many medical researchers report that our increase in longevity and decrease in certain diseases over the last few decades is not the result of drug therapy, as the pharmaceutical industries would like you to believe. Instead it is the result of better nutrition, cleaner water and better waste removal and disposal. Many of the world's leading doctors even point out that medicine and drugs may have done more harm than good. Statistics prove that although some have been saved, many have suffered and died at the hands of medical techniques and drugs. In fact statistically the majority of people would live longer if they never visited a doctor's office or hospital.

Unfortunately with the powerful crushing influence of medicine, pharmaceuticals and their bribed lawmakers in Washington D.C., herbal medicine in the United States has been destroyed. Shortly after the turn of the century herbal doctors were attacked, hounded, driven out of business and jailed by government agents protecting the interest of big business and industry. A few years later the practice of herbal medicine was for all intensive purposes made illegal. By the 1940's and 1950's, herbal medicine in this country was almost obliterated except for a few bold men and women, who dared to continue the tradition.

As the fabulous fifties came to an end and the 1960's began, medicine and drugs were already starting to flounder. Many drugs that were sworn safe, maimed thousands. Others that were heralded as life savers, were later found out to cause serious disease and death. Thousands of children were born deformed and paralyzed and new diseases, never seen before vaccinations and inoculations were springing up everywhere.

Certainly if a person is in a life or death situation, the risks of using drugs may outweigh their dangers. But for the most part even Americans are beginning to understand that the indiscriminate usage of drugs causes far more harm than good.

Even those who choose chemical medicine may end up with refined and concentrated herbal products. Still today the vast majority of pharmaceutical drugs are either made from plants or synthesized to mimic the chemistry or action of a plant.

HERBAL PREPARATIONS continued

There are many ways in which we can use herbs. Some herbs we can eat just like they are in their fresh, raw state. Others we like to dry, cut, sift and powder to use. Basically, herb capsules and tablets are probably the most common means of ingesting herbs in their dry state. Beyond this we enter the world of various Herbal Preparations. The basic Preparations I will cover in this booklet are: Snuffs, Infusions, Decoctions, Fomentations, Poultices, Suppositories, Douches, Enemas, Syrups, Oils, Tinctures and Ointments. There are many other Herbal Preparations used but these are some of the most common.

If you gathered a convention of "dusty" Herbalists together not only might you have some slight quarrels over the hundreds of thousands of herb species known to us today, and their uses, but also over the making of Herbal Preparations. This booklet is meant for a general guide in making herbal preparations, a road map for the student, not a rigid rule book.

SNUFFS

Herbal Snuffs have been used for hundreds of years. They are basically herbs in a finely powdered state and sometimes with an essential oil added. Most of the Snuffs I have made and used in the clinic over the years were for decongesting and draining of the sinus cavity.

One of my favorites was Goldenseal root powder and Bayberry bark powder, with a tiny bit of Cayenne pepper and Garlic added. This Snuff disinfects and decongests the sinus cavities.

Take a small jar and put 7 tablespoons of finely powdered Goldenseal Root and 7 tablespoons of finely powdered Bayberry bark. The Cayenne and Garlic add the *intensity* to the formula and the amounts should be judged by your ability to tolerate the formulae. The amounts I added in the clinic were 1 tablespoon of 150,000 H.U. Cayenne powder and 1 tablespoon of Garlic powder. Although this amount may seem a bit extreme to some, it works !

Shake the jar and mix the powder well.

INFUSIONS

When we speak of Infusions we mean making a common tea. Taking an amount of herb and pouring boiling water over it and letting it steep. An Infusion can be made with cold water, a sun tea or using boiling water.

A basic formula for making an Infusion is to use 1 teaspoonful of dried herb or 2 teaspoons of fresh herb to the cup of water. Pour the boiling water into a cup with the herbs (a tea ball may be used) cover and let steep for 15-30 minutes. When making a cold infusion or sun tea let the herbs remain in the water before straining for 1 to 4 hours.

We use Infusions with herb parts that are easy to extract the medicinal qualities out of like leaves and flowers, example peppermint leaves or chamomile flowers. If we were to simmer or boil these sensitive parts of herbs we would have their valuable healing chemicals in the air of our kitchen but not in our cup of tea.

When we want to make a tea out of the harder parts of plants such as the twigs, branches, barks and roots, then we make a Decoction.

DECOCTIONS

A Decoction is also an herbal tea, but it is designed for the harder parts of herbs such as the barks, roots, twigs, berries, fruit, nuts, etc. With these parts of herbs an Infusion may not extract all the medicinal properties, they are more *locked in* the harder parts of the plants . Therefore, we need to apply more heat for a longer period of time.

A basic Decoction is made by adding 1/2 to 1 ounce (1 to 4 tablespoons) of dried herb to 1 1/2 pints of cold water (the extra 1/2 pint covers the evaporation in boiling). It is best to let the herbs soak and re-hydrate in the water up to 12 hours if you have the time and then slowly bring it up to a boil. Let it simmer between 10 and 30 minutes.

For both Infusions and Decoctions, and any other herbal preparation you make that requires water, it is best to use the *emptiest* water. Your first choice would be distilled water, a very close second would be reverse osmosis and then filtered. Mineral and spring waters are very saturated (full) with minerals and therefore dissolve less plant chemicals than the *empty* waters

FOMENTATIONS (compress)

A Fomentation is basically an herbal Infusion or Decoction applied externally using a piece of cloth, gauze or towel, always using natural fibers such as cotton or wool.

Fomentations can be made with any liquid at any temperature but generally we use a hot herbal tea made with water. Other possibilities are to make the Fomentation with various Oils, castor oil is one of my favorites, apple cider vinegar, diluted essential Oils, fresh fruit or vegetable juices, use your imagination.

To make an herbal tea Fomentation you first make an Infusion or Decoction as previously described. Then dip a piece of cloth in the solution, the size of the cloth being in proportion to the area of the body you want to cover. Wring out the excess liquid and apply this cloth to the affected area of the body. You may wish to keep the tea hot and keep dipping the cloth back in it and reapplying it when the cloth gets cool, this can be done every few minutes. Also, a heavy towel placed over the Fomentation will help it retain its heat longer.

A nice way to increase circulation to an area is to place an ice cold wet cloth or ice pack on the area for a 2 to 8 minutes followed with a application of the hot Fomentation for 5 to 10 minutes.

To leave the Fomentation on for a long period of time, like overnight, you will want to cover it with other towels or even plastic to keep the area warm and wet. Even a hot water bottle can be applied over the Fomentation to keep it warm. Over the years my patients have come up with thousands of ways to keep poultices on all night from ski caps on the head to elastic ace bandages. Use your imagination.

Fomentations are wonderful hydrotherapy and with using different water temperatures you have a wonderful aid for increasing blood flow and circulation. Fomentations can be used for stiff or torn muscles, burns, cuts, bruises, scrapes, broken and cracked bones, internal organs, glandular areas, general pain, etc.

Castor Oil Fomentations are great eliminative routines. Oil soaked cloth, usually hot, can be placed over the liver, kidneys, intestines, appendix, lungs, etc. and will assist in elimination.

Using hot water or liquids in a Fomentation relaxes tight muscles, draws blood to the surface of the skin, increases circulation in that area and opens up congestion. Heat is also drawing and aids in pulling impurities from the body. One of my favorites is using Cayenne and Ginger with other herbs to really increase the blood flow to an area.

A cold Fomentation constricts the blood flow and circulation to the area and drives the blood deep below the surface. It can soothe discomforts caused by too much heat (bums, sunburns, inflammation, etc.) and also increases circulation to reduce unwanted swelling and pain.

POULTICES

A Poultice differs from a Fomentation in that instead of applying the herbal tea, oil or juice to the body we apply the actual herb itself. This could be in a very simple way, by just "bruising" an herb leaf and applying it to the skin. The American Indians and still today primitive cultures all over the world simply chew herbs up into a wet pulp and apply this pulp to various parts of the body.

The most common way is mixing dried herbs together, in a finely cut or powdered state, adding water, apple cider vinegar or some other liquid to it to form a paste and applying this to the skin. I have found that adding 1/4 to 1/3 of a mucilaginous herb powder, such as Slippery Elm inner bark powder, makes a much nicer consistency and will also adhere better.

Poultices are great for just about any problem but most used for wounds. When using a Poultice on a "hole" in the body or a deep wound, you want to have cleaned and disinfected the area before applying the Poultice but also have added some anti-infection herbs to the Poultice, Goldenseal, Garlic, it does burn a bit, or Tea Tree oil. Another general rule of thumb on a wound is that once the Poultice is dried it may look like some of it is gone or has been absorbed into the body; don't clean the remaining Poultice off unless you absolutely need to recheck the wound. Just add a new Poultice over the old one and keep "*feeding*" the area.

There are other types of Poultices, especially a drawing one like my Black Super Draw Poultice, that you will want to change frequently. A drawing poultice removes impurities and poisons out of the body and can be more effective if changed 1 to 3 times a day.

But generally once a Poultice has dried on a wound I consider it a part of the body, just like a scab - it will come off when it's time to.

A good example is many years ago I was with someone who cut the tip of their finger entirely off. The finger was bleeding profusely so I dumped a handful of Cayenne pepper on it. When the bleeding stopped (in about 2 seconds) I put their finger tip on top of the cayenne pepper and just stuck it to the rest of their finger.

I covered the whole area with an herbal Poultice made up of mainly Comfrey leaf and root, Garlic, Slippery Elm and a few other herbs. After adding more Poultice in the next few hours, I finally wrapped gauze around the whole area. The next morning we realized that the Poultice had dried hard with the gauze and this person now had a rock hard herbal cast on their finger. I said not to worry and in about 3 days it worked itself off and we found a beautifully healed finger, the finger tip was reconnected with the finger. Only a slight redness was around the cut area, but we could see lots of cayenne pepper under the new skin between the finger tip and the finger. I assured the person that the body would just *digest* the cayenne pepper over a few weeks and it did. A month later there was not even a scar.

Other Poultices that are wonderful are Poultices for itching skin and other skin irritations, Poultices to draw out the poisons of stings and bites, or internal poisons coming out, Poultices to heat an area (the famous mustard plaster) and Poultices for glandular infections or congestion. You can put a Poultice on just about anything you can come up with. A Poultice can also be applied between 2 layers of gauze or light cotton if you don't want the actual herbs to touch the skin for some reason. As a Poultice dries it becomes more and more pulling. To increase the pulling power you can add drawing herbs and even bentonite clay.

One of my favorite additions to a herbal poultice is fresh aloe vera leaf gel, it adds soothing and healing qualities helping your body repair itself 2 to 10 times faster than normal.

Besides herbal Poultices, vegetable Poultices have also been used widely over the years with potatoes, onions, carrots, beets, garlic, cucumbers, and a wide variety of greens. Cayenne, Ginger, Mustard, Horseradish have all been popular heating and stimulating Poultices. Healing and soothing Poultices made from Slippery Elm, Marshmallow, Aloes, Calendula, Lobelia and Mullein have had extensive use. Seed and grain Poultices have also been used over the years (oats, barley, flax, etc.) with very soothing effects. Let's not forget fruit Poultices. Bananas, Figs, Apples, Papayas and melons all make excellent Poultices. Last but not least, Plantain. It grows in most people's yards and is a classic from bites and stings to blood poisoning.

SUPPOSITORY - BOLUS - PESSARY

Suppositories, Boluses and Pessaries are basically Herbal Poultices used internally. They are generally made with a mucilaginous herb base like Slippery elm or an oil base like Coconut Oil or Cocoa Butter. They are inserted into body openings (vagina, rectum, nasal opening, ears, mouth, etc.) to distribute their herbal power to internal areas.

In making your Bolus you will want your herbs FINELY powdered so the Bolus will be as smooth as possible. You will want to add something to the mixture to give it a slippery consistency. A soft bolus can be made by adding Slippery Elm bark powder to your herbal mixture. Slipper Elm is very mucilaginous when mixed with water and also a great soothing, healing and nutritional agent. If you desire a harder Bolus, sometimes preferred in the rectal and vaginal areas, Coconut Oil works the best.

Take a jar of Coconut Oil and place it in a bowl of hot water (in the jar). In a short time the oil will melt, (depending on your air temperature, it may already be in a liquid state). Mix the melted Coconut Oil with the finely powdered herbs you choose into a dry pie dough consistency. Shape and form the herb mixture into the size and shape of the Suppository you desire. (This can vary greatly depending on the area they are to be used in and the size of the individual).

Place the individual Boluses on a piece of wax paper, stainless steel or glass plate and refrigerate them. Refrigeration will make them hard. When you want to use one, take it out of the refrigerator, hold it between your fingers for just a few seconds (the Coconut Oil will begin to melt) and insert the Bolus. Use some olive oil to lubricate the area of insertion first.

When the Bolus is inside of the body, the body temperature will cause the coconut oil to melt rapidly and the herbs will be dispersed. Suppositories are commonly used for rectal cleansing and hemorrhoids, vaginal infections, irritations and inflammation and problems of the whole reproductive area.

DOUCHES AND ENEMAS

Douches and Enemas are liquid injections into the vagina and rectum, usually in the form of Infusion or Decoction, Vegetable, Nut and Seed Oils or Aloe vera gel. These injections can be used to wash out a Bolus, to cleanse the area and to supply the area with herbal medicinal and nutritional properties. Rectal injections can be extremely important. In some cases, when a person cannot accept liquids, food and medicinal agents orally, they can be fed through a bowel injection.

SYRUPS

A Syrup is basically an Infusion or a Decoction and sometimes a Tincture to which Maple Syrup, Vegetable Glycerine, Honey or sugar has been added. These substances are added mainly to preserve the solution but also added to give the liquid a thicker, stickier and more coating consistency and make it much more palatable to children.

I prefer Maple Syrup over the others and used it successfully in my clinic for years. If you use Glycerin make sure it is vegetable and *not animal of petroleum derived*.

Usually adding from 1/4 to 1/2 Maple Syrup will work perfectly. I can get most children to swallow any herbal tincture just by adding 1/2 or 50% Maple Syrup.

You can make a very strong syrup by simmering down your Decoction to less than its original amount before adding the syrup. If you "slowly" simmer your decoction down to 1/4 its original amount, you have what used to be referred to as a 3 power Decoction. If you simmer your 3 power Decoction down to 1/2 this amount you will have a 7 power Decoction. By adding maple syrup to this you have 3 & 7 power syrup.

Always try to find organic maple syrup but it must be 100% pure maple syrup

OILS

What I will explain here is the Oil extraction of herbs. I prefer to use Olive Oil; Almond works well too. A common Oil extraction is Oil of Garlic. There are many other types of Oil extractions you can make in a similar way. It is most important that your herbs are either dried or that when fresh the liquid in the herbs mixes well with oil. Water in your oil will be a sure way to have spoilage and problems.

In making a Garlic Oil you peel, cut and chop many cloves of Garlic, covering the bottom of the bowl with at least 1 inch of cloves. I use glass or Pyrex bowls. Don't use any container the solution can react badly with like aluminum.

Cover the Garlic with your Oil and set it in a warm place for 1 to 3 days. Cover with gauze or cheesecloth to keep bugs out. You can place it in a warm oven, that is turned off or over a heat register as long as it doesn't get too hot.

Occasionally I like to mash the Garlic with a potato masher to squeeze out all the "goodness". When you feel the Oil is right, strain your mixture through cheesecloth or cotton and bottle. If you refrigerate this it will keep longer.

Oils can be made from any herb bark, stem, leaf, root, etc. With some herbs you will definitely want to heat the Oil to a higher temperature for varying amounts of time but never above 120 degrees . Generally you will want to steep your herbs in your oil for 14 days with the moons, the same way as described in detail in the tincture section.

Oils are great remedies for internal use and wonderful for external applications (wounds, infections, skin problems, massage, etc.). Making a good Oil takes time and practice. When you turn out a good one, your time and patience are rewarded.

Commercial essential Oils such as lavender, eucalyptus and thousands of others are usually made by steam distillation. It can take hundreds of pounds of herb to make only a few ounces. For the most part you are better off buying good quality essential Oils. They make nice additions to the herbal Oils you make. A few drops added to your Oils is a nice finishing touch.

HERBAL TINCTURES

Herbal Tinctures are technically a fluid extract of herbs. They usually differ from an Infusion or Decoction where we use water to extract because we now add alcohol to the water or apple cider vinegar.

There are many advantages of tinctures over infusions and decoctions. One basic one is that there are many medicinal properties in herbs that are not water soluble. While many of the chemical properties of herbs do dissolve in water, there are also some important properties that do not. In fact many essential Oils, resins, alkaloids, steroids, etc. dissolve better in a water / alcohol base, some don't dissolve in water at all.

Like Infusions and Decoctions, the medicinal properties in Tinctures can be digested and assimilated easier than consuming herbal capsules, the raw herbs, especially if a person's digestion is bad. The medicinal properties of herbs in a tincture get in the bloodstream the fastest, almost instantly. Unlike Infusions and Decoctions, Tinctures are quick; they are already made up and on hand and this makes them invaluable for First Aid Kits and Emergency applications.

Tinctures are also much more concentrated than teas. As little as 2-3 drops of good Tincture can equal and excel the medicinal properties of a whole cup of tea. Tinctures made with an alcohol base are also good antiseptics for open wounds.

HERBAL TINCTURES continued

The alcohol we use to make Tinctures in grain alcohol. This means it is distilled off of a fermented grain "mash". Denatured, Isopropyl (Rubbing Alcohol) or Methyl (Wood Alcohol) are never used because they are poisonous. Although all herbal medicinal chemicals are best extracted in various percentages of alcohol, the standard Tincture solvent solution (base) is 50% grain alcohol and 50% water. 50% alcohol is equal to 100 proof, (alcohol % x 2 equals the proof (or) proof divided by 2 equals the alcohol %). Many people have used 80 proof (40%) alcohol solutions successfully throughout the years and for most herbs this will make a great tincture. "Dr. Christopher always said to use 90 proof (45%) alcohol or better." When your end cost per ounce will be so little anyway, I suggest using 100 proof vodka which is a 50/50 solution of grain alcohol and water.

NOTE, occasionally a few people have an emotional aversion to consuming alcohol, on this I will make the following statements.

The base is mostly distilled water but it does have a pure grain alcohol content. Grain alcohol dissolves and extracts certain important phytochemicals, (plant chemicals) that are necessary for this formula to be effective, better than just water alone. Example, the diosgenin in *Discorea villosa* is only soluble in alcohol and not in water. The alcohol also preserves the formula and gives it an almost indefinite shelf life, over 5 years.

The actual amount of alcohol per dosage is so small that their is more in some mouthwashes. This dosage has been tested on people who are alcohol sensitive with no adverse reactions. It is also a safe amount for anyone in a 12 step program or alcoholics anonymous.

Vodka by law can be nothing more than grain alcohol and water and this is the reason why it is the choice of most Herbalists. It is also obviously a very safe alcohol because it is specifically designed for human consumption. Other whiskeys may contain the correct amount of alcohol but also contain impurities, colorings, flavorings, preservatives and toxic substances. Gin is grain alcohol flavored with Jumper but also may contain other additives. Dr. Christopher used to suggest Brandy (distilled grape wine). Although it has been used for hundreds of years for Tinctures, modern brandies usually contain many additives (colors, preservatives, flavors, etc.).

So, vodka is our best and purist grain alcohol base. Everclear, or pure grain spirits is available in some areas of the United States. It can range from 150 to 190 proof. (75-95% alcohol). It can be used straight or diluted with distilled water to make Tinctures. Some herbal properties such as gums and resins will release properties better at this higher alcohol content.

Pure apple cider vinegar (acetic acid) is also a good Tincture base for certain herbs especially lobelia inflata. It is not as strong a solvent as grain alcohol. Tinctures made with vinegar are less drying to the skin so they can be nice for liniments and they are slightly antiseptic. Always use a health food store brand of Pure Apple Cider Vinegar - naturally aged and unfiltered and RAW, not distilled and organic if possible. One main problem I have with apple cider vinegar Tinctures especially my SuperTonic, (Garlic, Cayenne, Ginger Root, Onion and Horseradish) is that they taste so delicious that I drink them all and "eat" my profits. Also, the people who buy them from me don't have colds; they just know a good salad dressing when they taste one.

If you are not getting the results from your tincture that you desire you could consult various Pharmacology, Materia Medica, Botanical Chemistry, Pharmacognosy and Dispensatory books for more information.

HERBAL TINCTURES continued

In most cases the best way to make a tincture is using fresh herbs. This can be simply done by putting fresh herbs in a blender, adding your water/alcohol solution and then just turning the blender on. By turning your herbs and solution into this herbal *applesauce*, more alcohol solution will reach individual cells of the plant and make a stronger tincture than if you just dropped a whole root in a jar and covered it with alcohol. If you have dried herbs and want to powder them, an inexpensive way to do this is an electric coffee grinder or a mortar and pestle. If you use an electric type of grinder be careful not to "cook" your herbs in the grinding processor brake the blades off with hard roots.

If you are going to be making many Tinctures, you are best off making them all separately. Specifically what I mean is that you are better off making separate Lobelia, Valerian Root, Skullcap, Wild Lettuce, Hops and Cayenne Tinctures, than putting them all together in one jar. If you make them all together, you have a nice Antispasmodic, Nervine Formula. If you make each herb Tincture separately, you can not only make this exact formula but you can also vary the amount of each herb in the formula by mixing the different Tinctures together in different proportions for each individual need. Also, if you made the individual herbs into separate Tinctures, you could not only mix them in different doses to make an individual Antispasmodic, Nervine Formula, but also you could have just a straight Emetic Formula (Lobelia), a Stimulant Formula (Cayenne), a Pain Formula (Wild Lettuce and Valerian Root), and Insomnia Formula (Hops and Valerian) or any number of numerous different mixtures.

MAKING THE TINCTURE

The first thing to remember is that making a Tincture Is fun. You are going to put your Love and "good energy" into making this preparation. If you are all "nerved up" and in a bad mood, your Tincture will taste like it.

Most proportion rules in the past have been 4 ounces of dried herb to the pint (16 ounces) of alcohol or 8 ounces of herb to the quart (32 ounces). Herbs have many varying weights and densities and this makes this type of formula ridiculous. What I have found that works the best over the years is simply my half to full rule.

Blend your herbs with your alcohol and then pour the solution into a big glass jar. Let it settle for a day and see where the herbs end and the liquid starts. You want the herbs to settle at least halfway up to the top of the jar. If they settle to less add more herbs. If you want a stronger tincture then make sure the herbs settle to 3/4 of the way to the top and a really strong tincture could be all pulp like *applesauce*. This rule has worked better for me in my pharmacy over the years than all the rules in every herb book I have read. You need to use your common sense when putting a Tincture together. 8 ounces of Mullein or Red Raspberry leaf may not even fit into a quart jar, so you have to use your best judgment. Follow my 1/2 to full method and you will never fail.

Common, inexpensive Tincture jars are one (1) quart canning jars. A clear glass jar lets you observe the Tincture as it's "working" and is okay to use as long as you keep it in a dark place out of sunlight. Do not use plastic, metal or any other type of container that your base (alcohol) may react with undesirably.

Pour your solvent over the herbs and seal the jar. Then it should be shaken vigorously for several minutes to make sure there are no clumps of herb that have stuck together. At this point you can open the jar and usually add more alcohol or herb. Once your jar is fully packed then it is not to be reopened until the Tincture is done. From this point on until it is finished, it should be shaken at least three (3) times daily or as Dr. Christopher said "every time you walk by it".

HERBAL TINCTURES continued

The Tincture is left in the jar for two weeks. Start the tincture on the new moon and squeeze it out on the full moon. (Many tests have been done by Dr. Christopher and myself as to the strength and potency of Tinctures in relationship to the time they "brewed" and the phases of the moon and in all cases Tinctures made in accordance with the phases of the moon made the strongest Tincture.

Note: Obviously, most manufacturers of commercial Tinctures nowadays, who use a 3 or 4 day "special process", and ignore the moon phrases, are making a highly inferior product.

There are many astrological books and almanacs that give the times of the New Moon and Full Moon, although you may have to calibrate these times to your local area. Most Herbalists don't get too critical on the time but go just by the day of the Full Moon.

It is nice to keep a record of your Tinctures as well as your other herbal preparations. I record the amounts of herbs, where I got them, the amount of base and the % of alcohol, the date and any other pertinent information. This logging of information could lead you to making fairly consistent tinctures.

The big complaint the A.M.A. and the F.D.A. have of herbal preparations is that they are not standardized. Even if you make a preparation the same exact way each time you can't rely on the herbal medicinal properties being in the same quantity from one bunch of herbs to another. How Wonderful!! This is Nature's beautiful way of adjusting not only the chemical properties of herbs from season to season but also to adjust the chemical properties to the local area for the local people. We are not all living in the same climate, doing the same things, eating the same foods, etc. Personally, I would rather experiment with a dosage of a natural remedy than take any of the poisonous, isolated, synthesized, chemicals the pharmaceutical industry has to offer.

You will first want to filter your Tincture well through a natural fiber like cotton or through paper coffee filters, brown unbleached ones only. Laboratory grade filters work well too. Let's not forget the old cotton diaper cloth - this works great. If you use a funnel, use a glass one; not plastic or metal.

Bottle your tinctures in amber glass jars with tight lids. Laboratory polyseal are good airtight, leak proof tops. I usually put my Tinctures in 16 oz. or 32 oz. amber glass jars and then pour or mix them into 1 or 2 oz. amber bottles with glass droppers bottles as needed. A glass dropper is necessary. You don't want a plastic dropper sitting in your Tincture or you will end up with a nice Tincture of plastic.

Always label your Tincture preparation jar, your Tincture storage jars and your 1 oz. or 2 oz. dosage jars to identify the type of Tincture in them. I also include the base used, % of alcohol and the date of bottling. An unlabeled Tincture is dangerous and can be an unpleasant "surprise".

HERBAL SALVES. OINTMENTS AND BALMS

In the 1970's the California State Department of Health (and I'm sure this will be followed by the U. S. Department of Health and the Food and Drug Administration) decided that the words "salve", "ointment", "unguent" and probably "balm" indicate a medicinal substance and can be used only by pharmaceutical preparations. You will notice in the herbal industry, ointments and salves generally have odd and creative names such as herbal saavy, green goo and unpetroleum jelly.

Herbal Salves, Ointments and Balms are one of the most often used of the herbal preparations. With the oil soluble medicinal properties of the herbs, suspended into the preparations, we have a multi-versatile product. A general purpose herb salve could be used for cuts, bruises, scrapes, burns, sunburn, insect bites and stings, plant irritations, sore rough skin, and dry skin. We can also make salves to draw out poisons, vapor salves for the nose, salves for eczema and dermatitis, lip salves - the possibilities are endless! Like Tinctures, salves are great for herbal First-Aid kits and first-aid applications.

THE BASE

The best base of all that I have used is Olive Oil and Beeswax. Olive oil supplies the medium for the herbal medicinal properties to be placed in and beeswax provides the hardening agent to the olive oil.

The Oil - although olive oil is the most generally used oil, other types of vegetables, nut and seed Oils can be used. Olive oil is high in monounsaturated fats and so it has a good shelflife and it is naturally healing and soothing to the skin. It also contains many vitamins, including A, D, E and K and many minerals. Olive oil just by itself is a great medicinal agent for the skin and a nutritious food for the body. Some other Oils that are acceptable are Almond and Sesame.

Petroleum Oils and mineral Oils are in many commercial "name brand" preparations (Vaseline Petroleum Jelly). In my opinion, they're wonderful for lubricating car engines and packing wheel bearings but who would want to put this garbage on their skin.

Coconut oil and cocoa butter can also be used for salves but melt and soften at room temperature so that makes your salve very unstable and on a hot day your ointment turns into an herbal soup. To make a creamier salve you can replace some of your beeswax with these products.

Beeswax, which is most commonly used as the hardening agent for the base is available in different forms. Generally you can get it white (bleached) or brown (unbleached). I suggest the brown - unbleached, which is in its natural state and not chemically altered. It also still contains naturally occurring medicinal ingredients such as propolis.

The general base formula I use is one quart (32 fluid ounces) of olive oil to between 1/4 pound (4 ounces weight) and 1/2 pound (8 ounces weight) of beeswax. If you want a real creamy ointment, like petroleum jelly use the 4 ounces of beeswax. If you desire a normal harder ointment then add the 8 ounces. The temperature of the area where you live will also come into play. I make my Heating Balm Formula fairly creamy for California. In Upstate New York in the winter its consistency gets very hard and during my trip to India this Spring with temperatures in the 120 degree range it turned into soup.

HERBAL SALVES. OINTMENTS AND BALMS continued

HERBS

Use dried herbs. Fresh herbs can be used but since they contain water this can encourage mold and bacterial growth - just what you don't want in your salve. This can be somewhat controlled by adding natural preservatives and keeping your salve refrigerated, but it's a big problem.

Basically, cut your herbs finely like described in the Tincture section so that the oil can reach maximum plant cells. It is best to use dried finely cut or powdered herbs.

Some of the most common salves made are:

- * General Purpose Herbal Salves with Comfrey, Mullein, Chickweed, Marshmallow, Marigold, Arnica, Saint Johnswort, etc.
- * Infection Salves - Goldenseal root & Myrrh Gum is an old time favorite. Add essential Oils like Tea Tree
- * Skin Cleansing and Drawing Salves - with Plantain, Chaparral, Red Clover blossoms and Poke Root.
- * Vapor Balms with essential Oils of Peppermint, Spearmint, Eucalyptus, etc.

HOW TO MAKE OINTMENTS

Some Herbalists prefer the old cast iron pots, others prefer stainless steel double boilers. Some use a crock pot plugged into a light dimmer switch which gives me a variable control on the temperature. Whichever vessel you choose, it is helpful to have a food thermometer that ranges from at least 80 degrees to 160 degrees F. You can get one in almost any grocery store that ranges from 0 degrees to 220 degrees F.

Lets assume that your herbs have been *brewing* in your oil in a jar for the last two weeks and that you started on the new moon and it is now the full moon. Strain your oil through a cotton cloth and a stainless strainer. You may want to do this a few times because usually you don't want a "gritty" salve. At this point you have a decision to make.

Dr. Christopher frequently talks of single power, 3 power and 7 power ointments. To make a 3 power ointment, strain the oil and herb mixture when it's done and then add more dried herb to this solution and let it "brew" all over again. When you strain this solution you have a 3 power ointment which is much stronger medicinally than your regular ointment. To make a 7 power ointment, repeat the process with your 3 power oil and strain. Now you have a 7 power solution. Whichever you choose to make, always strain your oil well, pressing and squeezing the oil saturated herbs because the rich properties can cling to the herbs.

Next, put the amount of beeswax you are going to use into a separate small pan and heat until it is melted being careful not to overheat or burn it. Some beeswax takes up to 140 degrees to melt. In the meantime warm your herbal oil that you pressed out to about 120 degrees and then slowly pour in the melted beeswax and stir during this process. Many try to melt the beeswax in the herbal oil. This works but you have to heat the oil way to hot so the 2 pan method works much better.

You definitely want to make a test pouring, which could save you a lot of time and mess. Take a sample of your solution and pour it into a small container or just drip some on the counter top and it will harden quickly. See if it's the consistency that you want. You can always add more beeswax but you can't go the other way.

HERBAL SALVES. OINTMENTS AND BALMS continued

PUTTING INTO JARS

When you feel your consistency is right, ladle or pour your solution (a glass laboratory pipette works well) into your containers. A glass turkey baster works just as well. 1/4 oz., 1 oz., 2 oz., or 6 oz. wide mouth jelly jars - use any container that suits your needs.

Don't move or mess with your jars after you have poured your ointment or it will crack and puddle. Leave the clean up for later. Leave the tops off until the ointment is hard.

Seal your containers tightly. Dr. Christopher has always suggested that with ointments, tinctures, syrups or any herbal preparation you want to store for a long time to seal with paraffin wax. You can do this by heating up a vessel of paraffin wax and dipping your sealed jar or bottle upside down into the hot wax. This makes a long lasting air tight seal.

Making an essential oil ointment is very easy. You can either add the essential Oils in before you add the beeswax or after. That's all. When making your first ointment, an essential oil "Vapor Balm" is a good one to start with.

Dr. Schulze's 16 Steps to a healthier life !

START with cleaning out your elimination organs, especially the colon.

STOP eating animals and their by-products.

Buy a **JUICER** and use it daily.

Have your **SUPERFOOD** every day.

MOVE everyday for one hour, **SWEAT**.

STOP watching television, especially the news.

WEAR cotton and other natural fibers.

Eat more **RAW FRESH FOODS** and cook only in stainless steel or glass.

DRINK only distilled, filtered of r.o. water.

WALK barefooted and **BREATHE DEEPLY**

BEGIN and end each day by saying "It's great to be alive and I love myself and I love my life".

HELP someone everyday.

THROW OUT and give away 1/3 of everything you own, Your possessions can bury you.

PRAY

Learn 1,000 jokes and **LAUGH**

LOVE, LOVE, and LOVE some more

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 nature 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 lifestyle, 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, 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.

He 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 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, dedication to students, sense of humor, creativity, and his exciting, enthusiastic and evangelistic teaching style. He is most recognized for his unequalled 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 Bodytherapy 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.