

Dr. Schulze's

ORIGINAL CLINICAL FORMULAE

Since 1979

5 DAY DETOX BOWEL QUICK START DIRECTIONS



- ✓ Promotes regular, healthy and complete bowel movements which prevents disease
- ✓ Removes old accumulated toxins, poisons and fecal waste
- ✓ Have more energy, feel lighter and have a flatter stomach

Congratulations! You have just opened the finest 5-Day BOWEL Detox Kit available anywhere. More importantly, you are taking a big step to a new, much healthier life. After cleansing out their bowel most people notice more energy and more vitality. They also notice improved digestion of food, better assimilation of nutrients, and more complete elimination of waste. You will also be protecting yourself from disease.

WHAT'S INSIDE THIS KIT

- Intestinal Formula #1
- Intestinal Formula #2
- Air Detox

GUARANTEED RESULTS

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

DIRECTIONS FOR DR. SCHULZE'S 5-DAY BOWEL DETOX PROGRAM

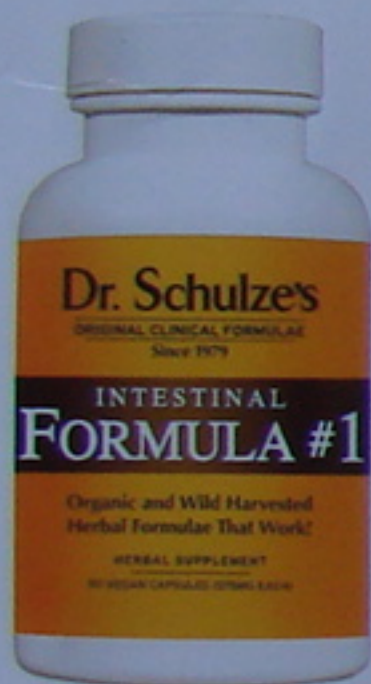
A POWERFUL, EFFECTIVE AND COMPLETE CLEANSING PROGRAM FOR THE COLON

The first step to powerful health and the best way to prevent disease is to clean out and detoxify your colon on a regular basis. Of further importance is to train your bowel to empty itself on a regular basis, 30-60 minutes after every main meal, two to three times a day. My **5-Day BOWEL Detox Program** will help you achieve both of these goals.

HOW TO BEGIN

The first thing you must determine **BEFORE** you begin this program is how often you have a bowel movement. That will decide how you start.

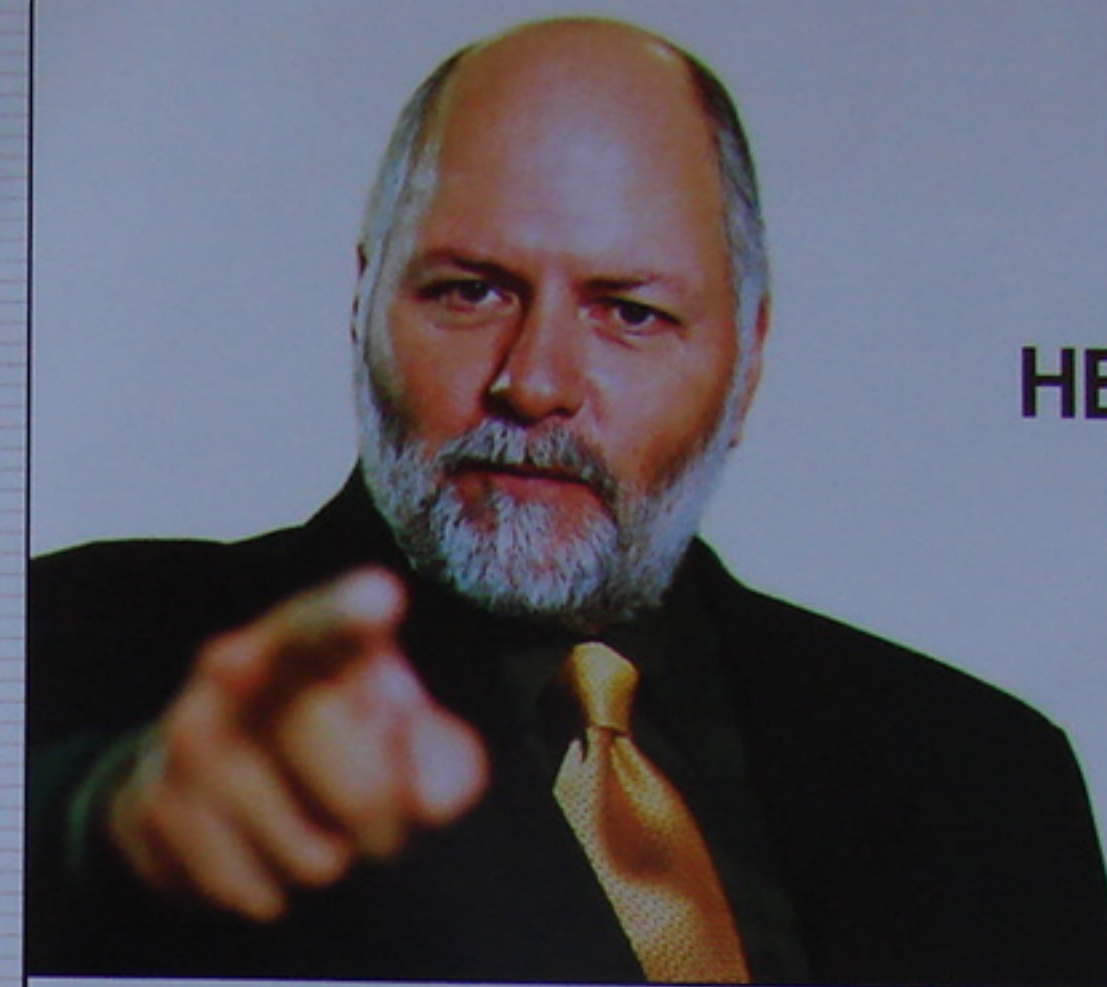
START HERE – If you are currently skipping days without having a bowel movement...



...start using the **Intestinal Formula #1** only. It is best not to rush and not to use the **Intestinal Formula #2** right away. Let's get your bowel working better first. The reason for this is simple. You are already a bit constipated and sluggish. Your bowel is not active enough to use the Intestinal Formula #2, which could constipate you even further. Don't worry, there are more than enough Intestinal Formula #1 capsules in your bottle to do this *and* complete the entire **5-Day BOWEL Detox Program**.

So start by taking one capsule of **Intestinal Formula #1** with or just after dinner. It is best to take this formula with food. If the next morning you do not have a good, complete bowel movement, or none at all, this evening take two capsules with or just after dinner. Continue to increase the dosage of Intestinal Formula #1 by one capsule each evening until the next morning, when you sit on the toilet, you have a complete bowel movement. A complete bowel movement may consist of a larger volume than you would normally see in the toilet bowl, or you may experience two or three intestinal waves of fecal matter elimination. So don't be too quick to get off the toilet. Your bowel movement may also be loose, even a bit like liquid at first. You may also experience a bit of gas or cramping. All of this is normal.

When you are having one or more bowel movements a day for an entire week, without skipping, you may now begin taking the **Intestinal Formula #2** (follow the directions on the next page). You must continue using the **Intestinal Formula #1** at your current dosage and even increase your dosage by one or two capsules when you begin the Intestinal Formula #2.



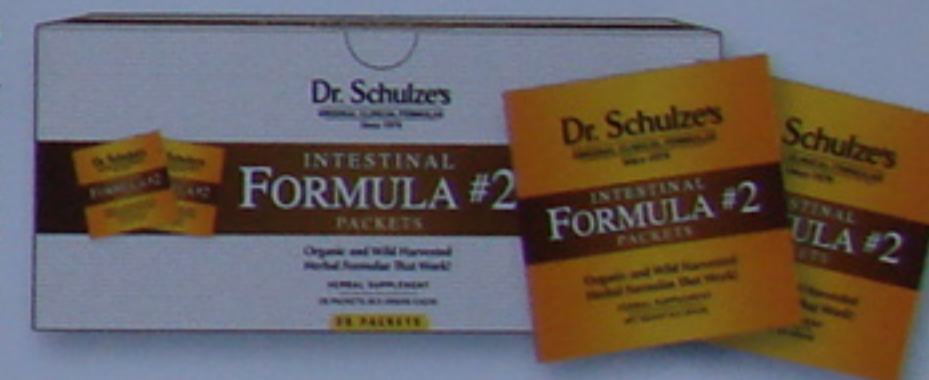
"Never, never underestimate the HEALING POWER of Colon Cleansing."

-Dr. Schulze

START HERE – If you are currently having one or more bowel movements a day...

...then you are ready to start using **Intestinal Formula #2** along with **Intestinal Formula #1**.

Simply take one packet, five times a day, for the next five days. Follow directions on the back of the packet for making your Intestinal Formula #2 drink.



During this program, on average, you will be taking the **Intestinal Formula #2** packets every two to three hours. Remember, when taking Intestinal Formula #2 packets, you must drink a minimum of 16-18 ounces of liquid with each dose. You may use pure water, herbal tea or fresh fruit or vegetable juice when making your Intestinal Formula #2 drink. Again, see directions on the back of the packet.

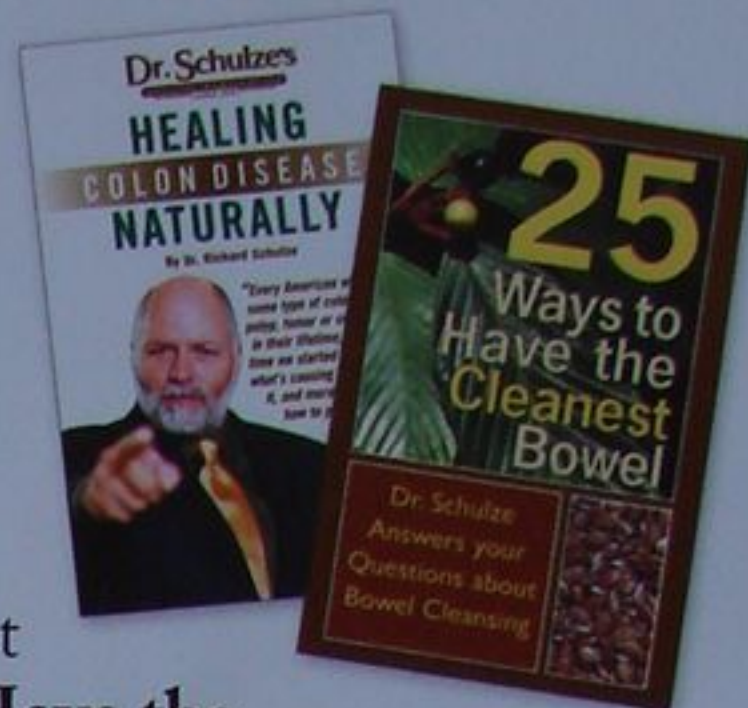
IMPORTANT! While taking **Intestinal Formula #2**, continue taking one or more capsules of the **Intestinal Formula #1** every evening, with dinner or just after dinner. Most people under 150 lbs. need only one capsule, while those over 150 lbs. usually need two capsules. Intestinal Formula #1 does many things for your bowel, but most importantly it removes all the accumulated Intestinal Formula #2 from your bowel the next morning.

NOTE: If on the morning after taking your **Intestinal Formula #2** you do not have a bowel movement, increase your liquid intake today and also increase your dosage of **Intestinal Formula #1** this evening by one additional capsule.

DR. SCHULZE'S 5-DAY BOWEL DETOX PROGRAM

IMPORTANT HELPFUL TIPS

Tip #1: If you are unfamiliar with what is normal bowel frequency, normal fecal consistency, you may think that something is wrong at first. You may also experience abdominal feelings that you have not experienced before. What you are used to is not normal or healthy.



If you have any concerns or questions about any aspect of this program please refer to my books 25 Ways to Have the Cleanest Bowel (included in this kit) or Healing Colon Disease Naturally.

Tip #2: It took you years to become constipated, so take a few weeks or a month using my **Intestinal Formula #1** to get your bowel regulated before you begin doing my complete **5-Day BOWEL Detox Program** using **Intestinal Formula #2**.

There is no maximum dosage of **Intestinal Formula #1**. The record so far is 48 capsules in one day, so I am sure you haven't reached that dosage yet. Many people need six, eight or even twelve capsules a day to get their bowel working normally. But remember to increase by only one capsule daily. This way you won't accidentally discover the "laws of jet propulsion."

Dr. Schulze's NOTE: *"As a child I had only one bowel movement a week. That was normal for everyone in my family. Also normal for my family were severe bouts of constipation, hemorrhoids, kidney stones, heart attacks and cancer.*

*It took me 12 years of using my **Intestinal Formula #1** and consistent bowel cleansing to get my bowel working normally. Then for the last 20 years I have done my **5-Day BOWEL Detox Program** about every season, 3 or 4 times a year. I currently have 2 to 3 bowel movements a day, 20 to 30 minutes after every main meal, of perfect consistency.*

My point is that just because I inherited a dysfunctional, constipated bowel didn't mean I had to live with the suffering and illness that it caused me. With this exact program I was able to clean out and train my bowel to work perfectly. For me and my patients, great health was something we had to earn."

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

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

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