

A portrait of a middle-aged man with a grey beard and mustache, wearing a dark suit, white shirt, and dark tie. He is looking directly at the camera with a slight smile. The background is a wooden bookshelf filled with various items, including books, jars, and a mortar and pestle.

ASK DR. SCHULZE 2012 Blog Posts

VOLUME ONE

A yearly collection of Natural Healing Questions, Answers,
Commentaries & Wisdom taken directly from
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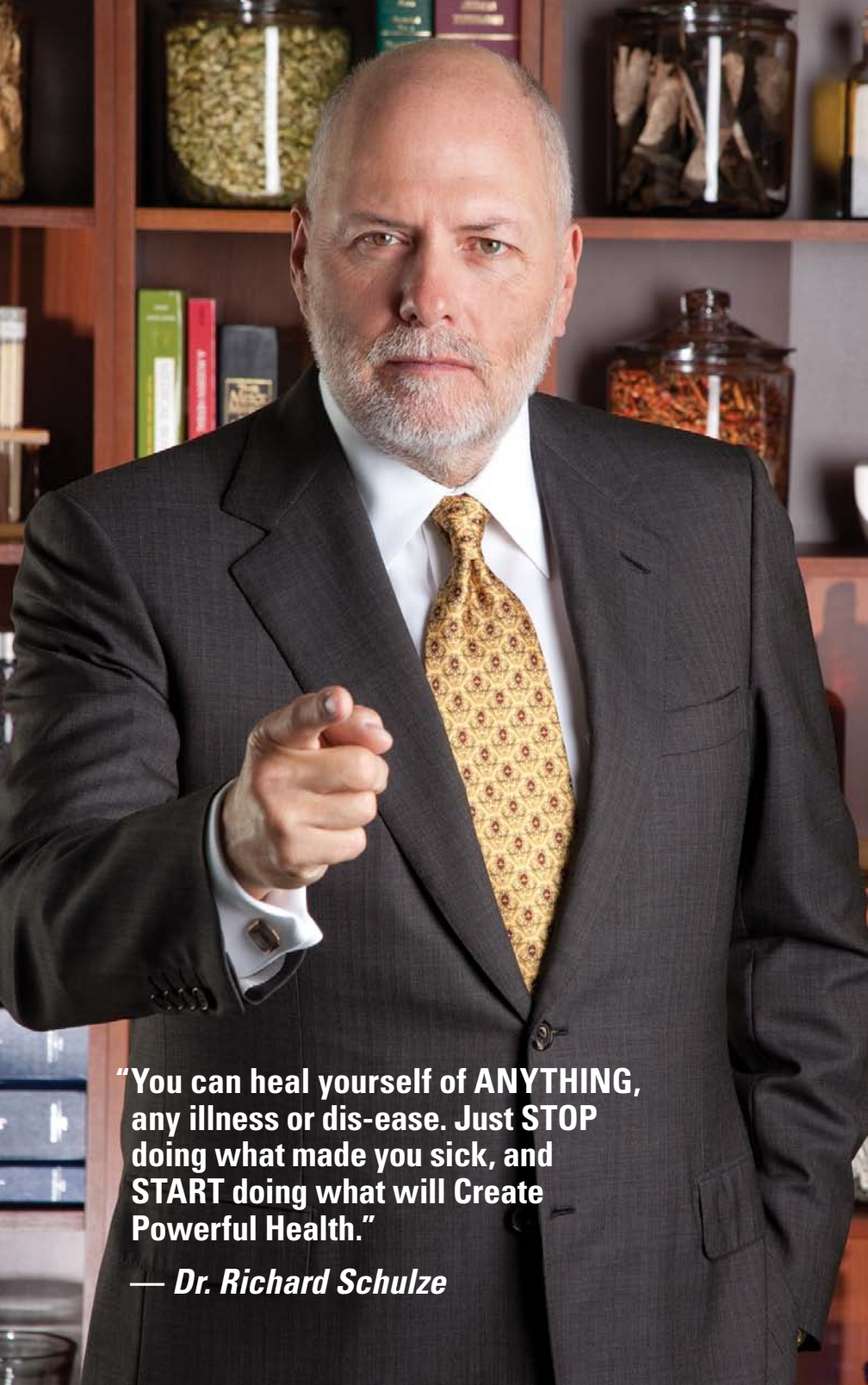
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Ask Dr. Schulze **2012 BLOG POSTS**

VOLUME ONE

by Dr. Richard Schulze



**“You can heal yourself of ANYTHING,
any illness or dis-ease. Just STOP
doing what made you sick, and
START doing what will Create
Powerful Health.”**

— *Dr. Richard Schulze*

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INTRODUCTION

ASK DR. SCHULZE

This book is the second in a series, and is a compilation of my weekly postings—questions, answers and commentaries—at my blog site, www.herbdocblog.com during the first half of 2012. The third installment in the series will be published in the coming months and will contain the second half of my blog postings for 2012.

My intention and focus for my blog site—and with this book series—is purely to educate you in the best Natural Healing methods, routines and programs, and the best and most effective ways to use herbal medicine.

Why do I care? This answer is simple—I want to train you to be one of my Natural Healing doctors. Why would I want to do that? Well, I have a few reasons... my parents, myself and my personal crusade.

As a very young boy, I watched my father die at the age of 55 at the hands of medical doctors. Only a few years later I watched my mother die at 55, and like my dad, she followed the medical doctors' advice all the way to her death, consuming handfuls of toxic chemical drugs every day. Most of these drugs were to hide and cover up the horrible side effects of the other drugs she was taking. I know in my heart that if they both had never gone to a medical doctor they would have lived many more years. In fact, how many people do you know of that went to their medical doctor or a hospital with a minor complaint, only to be dead in a

Introduction

few months from the medical treatment? And, you know damn well they would still be alive if they never went to the medical doctor or hospital in the first place! So, my first reason is that I do what I do for your parents, because it is too late to help mine.

My second reason is I do it for myself. If you don't know my personal story of why the medical doctors told me I'd be dead by 20 and why I'm still alive at 60, you can read my own personal healing miracle story on my blog site.

My third reason is I do not believe modern medicine is a sustainable business at all. What I mean by this is simply that, as a nation, we cannot afford this system of breakdown and repair. We cannot afford to live ignorantly, like ostriches with our heads buried in the sand, living an unhealthy lifestyle that promotes degeneration, illness and diseases, and then creating a network of emergency repair stations that drug us to maintain our diseases or perform space age organ transplants. We cannot afford to give every American a coronary bypass surgery because they won't stop eating grease, and we cannot afford to give every woman a hysterectomy or breast surgery or every man a prostate reaming surgery. We will be broke in less than an hour if we just treat the aftermath of the modern American lifestyle. Instead, we need to educate Americans in how to create health, this is much more affordable.

Let me ask you, with your hard earned dollars, do you want to pay higher and higher taxes to pay for every ignorant, obese slob in America who lives on cheeseburgers, fries, shakes, candy and ice cream to have a coronary bypass surgery, when all of this fat eventually clogs up their coronary arteries? I don't! I say let the beef and dairy industry pay for it!

Look friends, doctors, drugs and hospitals in America (and most of the modern world) are way out of control. Just in America alone, the cost of medicine has risen to two trillion dollars annually, which makes it the biggest business in the world, comprising over 20% of the entire gross national product of the

United States. This is totally out of control and totally insane and we cannot afford it! Don't be ignorant here, even if medical care is free from our government, we are still paying for it with higher and higher taxes. The medical doctors, hospitals and drug companies do not work for free.

In America, we have really lost our common sense. The modern American lifestyle is a lifestyle that totally ignores common sense and the foundations of health. We eat garbage that we call food. We subject ourselves to more information and more stress than ever before in history. We don't get enough exercise, fresh air, sleep and enough rest. We feverishly consume negativity from television, movies and the media. And in case this isn't enough, we throw in a little sugar, chocolate, caffeine, alcohol and over-the-counter drugs. And then we wonder why we feel like crap and develop disease? Personally, I think it's amazing that we survive as long as we do.

Then, when we eventually develop disease, instead of taking responsibility for our actions and correcting the flaws in our lifestyle that made us sick in the first place, we run to a medical doctor or a hospital and take powerful chemical drugs or subject ourselves to surgical procedures that are painful, debilitating, torturous, disfiguring and extremely expensive. Procedures that don't offer us true healing and health, but instead just help us "maintain" our diseases at a tolerable level until they eventually kill us. Again, this is absolutely INSANE!

Just look at your average television commercial for drugs. A man goes to his mother's house for dinner, but can't tell her that the food she cooks makes him sick to his stomach! So the narrator says just take a pill (a pill that actually stops your production of hydrochloric acid so you can't digest your food) and then forces this undigested food through your intestinal tract. Why wouldn't we just stop eating food that makes us sick? Another example is that no one ever gets better or heals themselves from Diabetes by taking insulin. In fact, insulin makes your pancreas even weaker, puts it to sleep and guarantees that you will have Diabetes for

the rest of your life. There are no medical cures for anything from arthritis and Alzheimer's disease to heart disease, cancer and even influenza. This is why I say that we have a medical system that promotes the maintenance of disease, not the healing of disease.

Look, I am not an idiot, and if I get run over by an 18-wheel tractor trailer truck on an interstate and the top of my body is in one lane and the bottom of my body is in the other lane, I want immediate emergency medical care! I want helicopter air lifts with EMTs and paramedics on board. I want the best team of medical doctors, I want blood transfusions, I want neurosurgeons, I want drugs and I want the whole medical show. This is trauma, and trauma medicine is what doctors and hospitals do best. This is their miracle and what they do here in this instance beats Natural Healing and herbal medicine hands down, and I will be the first to ask for this medical care in this type of emergency.

But, what I'm talking about is not trauma. I am talking about illness and disease, and the healing of disease. And when it comes to dealing with illness and disease, I don't want anything to do with modern medicine unless I am in absolute immediate danger of dying within an hour, and then I only want the most minimal medical care until I am out of danger. Again, this is simply because modern medical care does not heal disease! It ignores it, covers it up, it masks the symptoms and helps you maintain disease. And I don't want any part of this disease maintenance. This is not the true healing of disease and this is not creating powerful health.

How can you be helped by reading my answers to complete strangers with diseases you don't have? Well, there are many reasons why...

First off, the fundamentals of healing disease, the philosophy of healing disease and the fundamental programs of healing disease are the same. So what is good healing advice and philosophy for one person is almost always good healing advice and philosophy for another. **Good principles of healing disease and health are**

good principles and can be used across the board. Reading my advice will help you strengthen and solidify your Natural Healing understanding, and help you to think in a natural way the next time you, a loved one or a friend develops any illness or disease. We have been brainwashed our whole lives with thinking the way of medical doctors, and so my job is to wash your brain and to get you thinking like a common sense natural doctor.

Also, by reading about Natural Healing programs and herbal medicine to treat diseases that you don't have, or have never heard of, this will educate you to become your own Natural Healing and herbal medicine doctor. Who knows what the future has in store for you? I don't. God forbid you develop one of these diseases, or a family member or friend does. Then you will know exactly what to do and how to treat them. And if you don't, this is what this "Ask Dr. Schulze" book is all about! By keeping this book (and all my other books) in your library, and keeping your kitchen stocked with natural medicine, you too can be your own doctor 99% of the time. **And the more you can keep yourself, your family and your friends away from medical doctors, well, this simply lowers your risk of running head-on into a medical nightmare.**

Also, with this latest "Ask Dr. Schulze" book, I am including my fundamental principles from the top navigation bar of my blog site. This is a bonus I will include in the back of every book in this series, because these principles are the foundations of Natural Healing and well worth reading. Even if you've read them before—read them again. I do!

Never underestimate the brainwashing power of the multi-trillion dollar medical show. You might need to read these foundational principles every day for a while just to make sure your mind is thoroughly cleansed of the principles of modern medicine.

Over the past 45 years, since I first saved my own life, and then in my clinic as I watched tens of thousands of people heal

themselves from every disease known, I have witnessed the amazing healing power of good, common sense, creating a healthy lifestyle and the miracle healing power of God's gift of herbs.

My greatest desire is that my work helps you save yourself or a loved one from the physical, emotional, spiritual and financial torture of modern medicine, and empowers you to take charge of your own healthcare. Learn how to heal disease naturally—better yet, learn how to Create Powerful Health Naturally.

QUALITY and QUANTITY is the name of the game, my friends. I want you to feel great so you are able to do all the things you want to do in life, and I want you to be able to do them for as long as possible.

Peace,

— Dr. Schulze

DETOX DILEMMA

January 04, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

*My husband and I have decided to start doing your **5-Day Detox Programs** in January, for our New Years Resolution. Besides the general aches and pains of life, there is nothing particularly wrong with us. Mainly, we want to, as you say, increase the **QUALITY** and the **QUANTITY** of our lives.*

We have 3 main questions:

*One, we want to do your **30-Day Detox**, we want the whole makeover experience as you say, but we don't think we can do it four weeks in a row, and we wondered if we could do it instead, four months in a row? Doing one of your **5-Day Detox Programs** at the beginning of every month, for the first five days of January, February, March and April?*

Two, is the order important? Which Detox Program do we do first, and then second, and then third, and so on?

Finally, how important, or I should say, how strict, do we have to be on your food program? Since neither of us has any major diseases, do we have to do raw foods and juices like you suggest for the entire five days?

*Thanks so much for being there for all of us. By the way, a cousin of my husband healed herself of cervical cancer following your **Incurables Program**, which not only brought Dr. Schulze to the forefront of our entire families attention, but also inspired all of the rest of us to do some preventative cleaning up for 2012. BTW, she used your herbal vaginal bolus and Garlic suppository routines too.*

God Bless You for being there for all of us.

— Judith B. in Providence, RI, United States

ANSWER

Dear Judith,

Your question is perfect and very timely, as I currently have thousands of my customers beginning one of my Detox Programs, along with many of my other programs, as part of their New Year's Resolutions. So let's get right to it by reminding you of a few Detox Rules.

Rule #1: Fun is FUNdamental

If you have been reading my BLOG at all this past year you would know that this is one of my most important rules. Whether you are in good health like you say you are, or dying from cancer, again, this is one of my most important rules.

In my clinic, I used to have to stop ALL of my patients at one time or another from getting way too SERIOUS. It's easy to get too serious when doing a detox and forget to laugh and have fun with it, so I wanted to give you this warning beforehand to make sure that you and your husband don't get too serious, especially with any of the rules, as I will explain next. HAVE FUN with your detox!

Rule #2: Keep Your Eye on the DETOX

There are no hard and fast rules when it comes to doing any detox, including any of my Detox Programs, from my **5-Day Detox Programs**, to my **30-Day Detox** and my **Incurables Program**. In baseball they say to "Keep your eye on the ball". I used to tell all of my patients in my clinic to "Keep their eye on the detox". What I mean by this is to make sure that you consume ALL the herbal teas and the herbal medicines in the right order, and to consume ALL of the quantities of herbal medicine that I say to in the day.

This is the most important part of the detox—actually this IS THE DETOX. The herbs and the herbal medicines are what FLUSH your body out, STIMULATE your elimination organs and CLEAN you up.

Now, to answer your three questions...

Question #1: Four Weeks in a Row or Four Months in a Row?

Since as you say, neither you or your husband have any real problems or diseases, you are asking if you can alter my 30-Day Detox, and spread it out over four months, doing one 5-Day Detox every month instead of every week for four weeks in a row.

How dare you question me, or dare to adjust any of my clinical programs? How disrespectful!!! OK, just kidding.

Remember, if you are not ill, THERE ARE NO REAL RULES.

ALL of my rules are for people that have illnesses or diseases. Remember, MOST of my patients in my clinic were dying, and the rest were quite sick, so my programs are designed to SAVE LIVES! When someone is sick, with Bowel, Liver, Gallbladder or Kidney disease, or worse, with any major disease, the fuse has been lit. Now I am working against time and I must get the patient well before the disease kills them, or maybe even worse, puts them in the hospital. So as far as I am concerned it is "Full Steam Ahead". I am not going to waste any precious time. I need to get the patient well (like your cousin with cervical cancer) ASAP!

On the other hand, for anyone like you and your husband, who do NOT have a serious illness or disease, and are not in a life-threatening situation, and who ARE just cleaning up to add more QUALITY and QUANTITY to their lives, heck, I am not going to "look a gift horse in the mouth here". What I mean is that I really appreciate that you are doing some great preventative healing here, so I will let you bend, or even break, any of the rules, just to get you guys to do a little house cleaning.

So the short answer is that you can do my **30-Day Detox Program** as designed, for four weeks in a row, or as you suggested, that would be easier and more fun for the two of you, at a SLOWER pace, one **5-Day Detox** a month, for four months in

a row, doing one of my **5-Day Detox Programs** the first week of each month.

Remember, what I always suggest for healthy people as my healthy life maintenance program it to do one of my **5-Day Detox Programs** every season, four times a year. My patients that did one of my **5-Day Detox Programs** at the beginning of every season, four times a year, well, they never got sick, so this is always what I suggest to be the healthiest.

So take it at your own pace, and have fun with it; make it a learning and growing experience. If you make it FUN, you will want to do it over and over again.

Question #2: Which DETOX Do We Do FIRST?

I always suggest the **5-Day Detox Programs** in this order:

The 5-Day BOWEL Detox is ALWAYS FIRST! There is a simple reason for this. Whenever you do any detox, the whole idea is that you are drawing built-up toxins, waste, silt, muck, concentrated chemical residues and poisons out of your fat, muscles, cells and the organs of your body. When you draw out this built-up waste it almost always finds its way into your bowel and is deposited into your large intestine, bowel or colon (*they are all the same organ*). And, if your bowel is like most Americans, it is sluggish and not working frequently enough, and completely enough. So, when you start adding and dumping all this *additional* toxic waste into it, well, you will feel worse not better.

This is often the reason people feel so bad when they begin any detox program, simply because they did not make sure that their bowel was working **FIRST**. Then, when they began their detox and dumped all of this additional toxic waste into their bowel, well, it just sits there (*it can even be reabsorbed back into your body*) and this will guarantee you feel miserable, like crap, *actually, like the concentrated crap that you are reabsorbing.*

So your first detox should always be my **5-Day BOWEL Detox**. You must, I repeat **MUST**, make sure that your bowel is clean, toned and working efficiently, before you even think about doing any other type of detox program!

In my clinic, I had thousands of patients that came to me, who had begun someone else's detox or cleansing program, only to discover that within 24 or 48 hours, they felt extremely ill with headaches, nausea, body pain... they felt horrible. This is the way that many doctors and natural healers give detoxing a bad name. They just don't know what they're doing and start people cleansing, **BEFORE** they are ready, **BEFORE** their bowel is ready, and working efficiently.

Your next detox (*after the 5-Day BOWEL Detox*), well, this is totally up to you whether to start my **5-Day LIVER Detox** or my **5-Day KIDNEY Detox**. I would base this decision on either your health history or your parent's health history. If you or your parents have had any previous issues with digestive diseases—*any digestive disease*—or any liver, gallbladder or pancreas disease, then I would choose my **5-Day LIVER Detox** as your next detox program to do. On the other hand, if you or your parents have had any previous health issues with your kidneys, bladder or urinary tract, then I would choose my **5-Day KIDNEY Detox** as your next detox. If you or your parents haven't had any issues or illnesses with any of these organs, then consider yourself extremely lucky, and just flip a coin to see which detox that you would do after doing my **5-Day BOWEL Detox**.

Question #3: How Strict on the Food Program?

OK, on all of my 5-Day Detox Programs, I suggest the same five-day food program which is...

Day #1: Raw Food.

Start with fruit and fruit juices in the morning, then vegetables and vegetable juices in the afternoon, and then, around dinnertime, go back to fruit and fruit juices for the rest of the evening.

Days #2, 3 & 4: Fresh Juice Only.

Consume as much organic raw and freshly made fruit juice, vegetable juice, herbal tea and pure water as you would like, but consuming a minimum of 2-quarts, if not 1-gallon of liquid each day. Consuming lots of liquids helps all the herbal medicines to flush and cleanse your body. I have always found it best to have fruit juices in the morning, vegetable juices in the afternoon and fruit juices again in the evening, and not mix the two. Having said that, *I love apple, carrot and ginger juice so don't be afraid to experiment and break the rules.*

Day #5 will be the same as Day #1.

Now, having said this, “How strict do YOU have to be?” Well, this certainly will be totally determined by your current level of health, or disease.

Again, all of my programs are designed to heal disease, keep you out of the hospital and save lives. Therefore, all of the rules and guidelines for my programs are designed for people to overcome disease and Create Powerful Health.

If you are ill, follow all of my food guidelines, period!

If you are in generally good health and just doing my 5-Day Detox Program mainly for preventative reasons, then let's have some fun with it. This should be a time for health experimentation. Checking out new health food stores, and new foods, and new health food restaurants, juice bars and new healthy recipes. You don't have to do any juice flushing at this time, or at all. You could stay on raw foods the whole time. You can even eat cooked foods. **In fact, I would rather see you eat junk food and complete my 5-Day Detox Program than not do my 5-Day Detox Program at all.** (You know the old story... “SuperFood in lite beer is better than just lite beer all by itself!”)

The bottom line... Don't let the food program be the reason to NOT do my **5-Day Detox Programs**. If necessary, eat whatever you want but just get the damn herbs into your mouth. You will

be much better off than if you do nothing at all! And believe it or not, the 5-Day Detox Programs have proven themselves extremely effective in my clinic, even when my patients stayed on horrible all meat Atkins and Zone Diets, so again, the bottom line is, what...

Don't let the food program be the reason to NOT do my 5-Day Detox Programs!

Thank You,

— Dr. Schulze

PS: And for anyone wanting to know more the herbal Vaginal Bolus and Garlic Suppository routines that Judith mentioned in her letter, that helped her husband's cousin heal herself of cervical cancer, here they are...

Female Suppositories

For women who have problems with cervical cancer and other diseases of the ovaries, uterus, and vagina. I suggest alternating between two different kinds of natural suppositories. One is just a simple insertion of a garlic clove. The other is an herbal suppository you can make at home.

Usually what I had them do is garlic cloves for a week and then the herbal suppositories for about a week. Or they could do 6 days garlic cloves, a day off, and then 6 days of the herbal suppositories.

They could also do a garlic on Monday, a suppository on Tuesday, a garlic on Wednesday or however they feel they would like to do it. But, at least do 6 days of the garlic cloves and 6 days of the suppositories during the 30-Day Program.

The 6-Day Garlic Suppository Routine: The garlic is done in 3 stages. Stage 1, the 1st night, you simply insert the garlic. The 2nd night, you bruise it. The 3rd night and thereafter, you cut slices into the garlic. Each stage is more intense than the next.

Stage 1 (The 1st night): Take a large garlic clove, the size of your thumb, peel it and insert it into the vagina and pull it out in the morning. To remove it, you just stand up; it will drop down and you pull out the garlic clove. Make sure to use a large thumb size clove of Garlic—the tiny cloves are more difficult to get out.

Stage 2 (The 2nd night): Peel a large garlic clove, press on it, and bruise it. You bruise the garlic to activate a compound called allicin. The allicin in garlic does not exist unless you activate it. In other words, there isn't any allicin in garlic to begin with. There are only dry fiber cells and liquid acid cells. When you cut or crush garlic, the acid pours on the fiber and allicin is the result of that chemical reaction. What works in the garlic really isn't there until we chew it, or slice it, or bruise it. That is why fresh garlic cloves don't have much smell. But when you chop it up - boom, you're creating chemistry in your kitchen. So, press that garlic clove and bruise it and then insert it. After bruising it, 99% of women won't notice any feeling in their vagina from the garlic.

Stage 3 (The 3rd night): Bruise the garlic and make some actual lateral slices with a knife in the clove. Now you're creating more allicin. Some women when they insert this sliced garlic will feel a slight tingling for about 5 minutes, but nothing major. That's okay; it won't hurt you at all. If it's too extreme, you can pull it out and make less slices and less bruises. Put that in and leave it in all night. Take it out in the morning.

Follow Stage 3 for the next 3 nights.

Do this 6-Day Garlic Routine and no bacteria, no fungus, no virus will be alive in your vaginal area. It will reduce the inflammation, and for those with cancer, we know that garlic destroys tumors.

Formula for vaginal suppositories: Generally, we use this formula for vaginal infections, but it can be used all the way up to cancer of the cervix, endometrial cancer or whatever. You can customize it to your needs. In other words, if you have cancer, add poke root to the suppository. If not, you can skip it.

Here is what you will need:

- ▶ **16 ounce jar of Coconut oil**
- ▶ **2 ounce bottle of Tea tree oil**
- ▶ **2 ounces Goldenseal root finely powdered**
- ▶ **2 ounces Yellow dock root finely powdered**

Optional:

- ▶ **Poke root**
- ▶ **Cayenne pepper**
- ▶ **Garlic**

In a bowl mix 2 heaping tablespoons of finely powdered yellow dock and 2 heaping tablespoons of finely powdered goldenseal. Finely is a key word, because if you have rough herbs in there, it may be abrasive.

Add 4-6 droppersfuls of tea tree oil. Tea tree oil is a multi-spectrum antibiotic, and anti-fungal. It's an Australian shrub in oil form that is available commercially.

Put the jar of coconut oil in a pot of warm water. Coconut oil at room temperature is solid, but when you warm it up, it becomes liquid. Add enough coconut oil to the powdered herbs to create a dry pie-dough consistency. If it's too wet, when you go to make suppositories, they will lose their shape and turn into pancakes.

The key is to make the pie dough have a dry consistency and if you make it too wet, which everybody invariably does, just add more goldenseal and yellow dock. And if it's too dry, add more coconut oil. Just keep playing with it back and forth until you get a dry pie dough consistency.

Form the dry, herbal pie dough into 12 large or 24 medium suppositories. Place on a glass plate and put them in the freezer.

If you have cancer you can use equal parts poke root powder, yellow dock powder and goldenseal powder. If you are using fresh poke root you have to be really careful. You grate it through a kitchen grater. The poke root will be wet after being grated and will have a lot of acid in it and will burn you. Dry the grated poke root in a dry area or a dehydrator. Most people will sell it in a powder form and the powder is the least active, but also the least acid or burning.

Now, if you want to add something that's a little more dramatic, you can even put a slight pinch of cayenne in there. This is a powerful herb for really stimulating the blood flow. Remember, if we don't get the blood there, we are not going to get the healing we want. I'm talking about a very, very slight pinch here. And if we want to, we can add just a drop or two of garlic oil.

The 6-Day Vaginal Bolus Routine: When you take the suppositories out of the freezer, they will be frozen. You must insert the suppository within 30 seconds because when you hold on to them, they will start melting, just from your body heat. Grease up your vaginal area first with a little olive oil and then put the suppository in. You want to make sure you grease up first or it is a pretty rough ride.

The best way to do it is to put that suppository in at night; leave it in all night long. You will need to wear a sanitary napkin. Anyone who has vaginal problems should not use tampons.

In the morning, you'll notice a bit of that bolus is coming out. That's fine; leave it in all day long, then in the evening you want to do a douche. There are a couple of douches that are great to clean you all out. One of my favorites is a pint of water with a couple of tablespoons of fresh-squeezed lemon or lime juice. You can also use a couple of tablespoons of raw organic apple cider vinegar. Paul Bragg's is an excellent brand of vinegar.

In the evening, put another bolus in. Follow this routine for six consecutive days.

CANCER, GENETICS & LIFESTYLE

January 11, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

I have just been diagnosed w/ breast cancer. I just don't know how!!! I am 52 y/o. I am vegan, eat 75% raw, drink distilled water, never smoked. I use your products and have just finished a bowel cleanse last weekend. I am working on all the 20 lifestyle principles you suggest. I exercise, lost 50 lbs going from vegetarian to vegan in the last 3 years. (143 lbs, 5'8"). I have never taken meds. I have been healthy all my life. I did have my gall bladder removed. I have had counseling and got my head on straight. I have gotten rid of so much trash in my life (stuff and unhealthy people), my head and my bowels. I am a positive, happy person, help others and have a strong faith that I practice and not just talk about. I work in the medical field and have seen all the sickness you mention in your info. I have tried HARD to avoid being one of these patients. My family has thought I was nuts at times and I don't even have to tell you how my coworkers feel about my lifestyle choices.

I have seen the breast surgeon, plastic surgeon, radiation oncologist and naturopath. My lymph nodes are clear and my options are 1) lumpectomy w/ radiation 2) mastectomy w/ reconstruction and to take Tamoxifen for 5 years!!!! The naturopath even advised me to go through w/ option one. I have been encouraged to do something soon as to not have it spread to my lymph nodes and have a worse diagnosis. I don't know what to do. I did grow cancer even after all that I am doing! I'm afraid if I don't at least do the lumpectomy (the lump is quarter size) it will spread. I mean it is there after all SOME HOW!

Do I need to check myself into some holistic center so I can get all these alternative therapies? All this stuff takes a lot of time as you know and I am willing to do it, but I only have 2 hands and 24 hours!!!

I have drank so much juice, taken formula 1 & 2 until my plumbing is on fire! I will keep doing it but I need some direction here. Even my holistic veggie, raw, organic, hippy chick friends can't believe this.

I have gotten over the initial freaking out and crying and I need to get busy. I need more ammo, a plan. So please will you give me some specific guidance, heck why don't you come to Montana and help me!! You know, kick my cancer's butt! I watched your old video on the cold sheet treatment. Should I do that, how often? I don't care how you answer me, but will you just please answer me? Thank you soooooooooo much Dr Schulze.

Sincerely,

— Rhonda N. in Kalispell, MT, United States

ANSWER

Dear Rhonda,

I will answer your questions in two parts—first, **“Why You”** and second, **“What To Do”**...

Why You?

Your first question is how is this possible, that you developed breast cancer after living an extremely healthy lifestyle?

Well, you gave me a few possible clues in your letter. One was that you used to weigh about 200 pounds just a few years back. I must tell you that everyone from your average oncologist to the American Cancer Society agrees that there is a direct relationship between being obese and developing cancer, especially breast cancer. And if you were 5'8" and weighed about 200 pounds, *(lost 50 pounds and are now 143 pounds)* yikes, I wouldn't have dated you, **YOU WERE FAT OBESE, BABY!** Granted you have changed, **YES!!!** So this may just be a case of too little too late. This cancer may have been sub-clinical and not detectable but still growing for years. Also, you mentioned that you had your gallbladder removed showing me a past history of liver and gallbladder congestion. When anyone has cancer, I know they

had a sick liver and a depressed immune system long before they developed cancer.

But all of this ‘Why’ stuff is wasted energy and it isn’t going to help you dissolve your cancer and heal you. I just wanted to point out to you a few possible reasons, and to let you know that you are not perfect, only Dr. Schulze is perfect! Seriously, we are all just on the path of healthy living, and I need to nudge you onto an even healthier path.

I must tell you that you have done an amazing job at turning your life around, and getting really, really healthy. You might laugh and say, “But I have breast cancer and this is not healthy”. OK then, let’s say that 95% of you is really healthy and you just have a little congestion and sickness in one of your breasts, but let’s not blow this breast cancer thing way out of proportion here. You are not sick all over. In fact, the vast majority of you is healthy and working GREAT. I think all you need is to stimulate your immune system and to break up a little congestion in your breast. Let’s not panic and make this a bigger deal than it is, OK?

More Why You!

Genetics and Environment Your level of health, or disease, is a perfect reflection of your Genetics reacting to your Environment. In other words, what you get in life is the sum total of all of your inherited genetic coding and how this reacts with how you live every day, your lifestyle.

This is why you developed breast cancer, PERIOD!

Genetics, as I always say, is water under the bridge. It already happened, 53 years ago, when your mom and dad had sex and conceived you. There is nothing we can do about that. You inherited 50% of your genetic makeup from your mom and 50% from your dad. DONE! You inherited their strengths, and also their weaknesses.

This is the hand you were dealt, and it may have included a predisposition for cancer, whether they have had it or not, or even a predisposition for breast cancer, or not. We will never know.

You Are Unique

By the way, there is only one you. This is why looking at your healthy lifestyle, and your dis-ease, and then comparing yourself to any of your friends and co-workers is a BIG judgmental mistake. There is only one of you. You are unique; a snowflake, a fingerprint... there are no two people alike. So you cannot accurately compare yourself with anyone else.

The “What ifs”

Maybe if it wasn't for your healthy lifestyle you would have been dead by now? Maybe you would have developed breast *and liver cancer*, which would have metastasized and killed you 20 years ago, at 32, instead of just a little breast cancer at 52? No one will ever know. Even the conservative American Cancer Society says that almost everything you have done to be healthy—from your food choices to losing weight—REDUCES your risk of developing cancer, but somehow you still got it?

Don't torture yourself comparing to relatives and friends. There is always that “George Burns” relative, friend or co-worker—the person who eats garbage, drinks plenty of alcohol and coffee, smokes stogies, never exercises and hates life—and lives to be 100. These are the human “exceptions to the rule”. Again, Genetics and Environment. Just imagine how old George Burns may have lived to if he lived your lifestyle... 150? So don't frustrate yourself or make yourself sick looking at all the positive things that you have done in your life, and then comparing your health, *or your dis-ease*, to someone with totally different parents, different Genetics, and a totally different Lifestyle. This is BAD MATH and an improper, stupid equation and comparison.

People who live a very unhealthy lifestyle and brag about being disease-free, and even put down people who live a healthy lifestyle, well, they almost always live to eat their words. People

like this are like the man who jumps off the Empire State Building and as he is flying past the second story above the ground, at terminal velocity, only a few feet from smashing into the sidewalk, he says, “I feel great!”

Regardless, don't you really hate people who are really healthy and look great, at least on the outside, but live on doughnuts, candy bars, burgers and chocolate? OK, that was a test! You have to give this one up too. Hate doesn't get anyone well. As John Lennon said, “LOVE is the answer”.

Look on the Positive Side.

Imagine in my clinic, how hard it was to get a 52-year-old person (*who had never done anything healthy in their life*) to follow the lifestyle program you are already on and already used to? It took months and a lot of brain washing and a lot of education and a lot of drama and trauma—and plenty of failure. BUT YOU ARE ALREADY THERE! So any changes that I will suggest later will be easy, and even FUN!

Don't Doubt This Divine Plan

If I know anything at all, it is that “What Ifs”, judgment, and drawing any conclusions from it, is TOTAL BULLSHIT and will not get you well.

Nobody has any idea what God's plan is for you, or what the universe's plan or future is for you. Maybe this breast cancer is your greatest blessing. Maybe a higher power than us knows that you can handle this just fine, and you needed a small nudge to get you to your next higher level. Maybe all the work you have done so far *earned* you this *gift* of breast cancer. Maybe there is some divine plan that once you get through this, you will work with people who have cancer, and come up with a program yourself, maybe this cancer is just an added *credential* to your life. I don't know, nobody knows, so NO JUDGING!

Just imagine where I would be and what I would be doing if my parents had not died when I was just a kid, and if I had not

inherited heart disease and a deformed heart, and the medical doctors didn't tell me that I would be dead by 20, and all the other **gifts** that I have received in my life, *had not happened?* Where would I be now? A drug addict? Dead? Maybe worse, a medical doctor?!! (OK, only joking... kind of.) Did you watch the old Jimmy Stewart movie "It's a Wonderful Life" over the holidays? This is what I am talking about!

So for any one of a 1,000 reasons that you or anyone can come up with that you developing breast cancer is a bad thing, I can come up with A MILLION positive reasons that your breast cancer is an AWESOME thing, from a gift of an amazing learning experience, to a health nut ego removal equal to 40 years in a Zen Buddhist monastery, to finally getting your doctorate in Natural healing and Herbal Medicine. Nothing qualifies me as a great doctor better than creating a program that saved my life and survived my own medical death sentence, 40 years ago.

ALL of my patients that had life-threatening diseases, or were given death sentences, and then learned how to heal themselves—and DID HEAL THEMSELVES—all of them eventually saw their disease as a huge blessing... a gift from God. Their disease became a gift that nudged them onto a different path in life.

Look, I know this can be a bit scary, and can make you feel a bit insecure at times. I know what it feels like when a medical doctor tells you that you could die, and *now you do too*. **Welcome to the club.** Transform this fear energy into a powerful positive tool to motivate you into your next level of healing and living.

Celebrate Everything!

As you can see, I could go on for ten thousand pages on why your cancer is a gift, but I know that when one of my Guru's in India told me to Celebrate Everything, he did not mean celebrate everything except heart disease, or in your case Celebrate Everything except breast cancer, he meant CELEBRATE EVERYTHING. Celebrate Breast Cancer!

Having said this, I know what you are feeling, and I know it may take a few days to digest this, and to shine a positive light on this, but I know you will.

STAY POSITIVE!

OK, one final tidbit. I KNOW from my life and clinical experience, that NOTHING POSITIVE will ever come out of being negative, EVER. So there is NO UPSIDE to being negative, NONE! But, there are plenty of upsides to being positive, from just being happier, to your immune system working much better and being much stronger, so GET POSITIVE.

There will always be plenty of people out there who will want to back up their own bullshit and unhealthy lifestyle by looking at you and saying, see what happened to her. *She wasted all this time and money on being so healthy and she still got cancer.* The same way there are plenty of people out there who think that I am a total quack. Who cares? There are plenty of people out there who will be helped by your healing. They are the ones you will seek out—actually they will find you!

OK, What To Do Now?

Well, obviously you have been on a quest for years to create a healthy lifestyle. And as far as we know, all of these positive and healthy changes that you have already made are what has kept you cancer-free for all of these years. But, I do have a few suggestions...

#1: UPGRADE:

Since we now know that your lifestyle worked to keep you healthy for 52 years, we now have to upgrade it a bit to first, heal your cancer, and then keep you cancer-free and healthy for the next 52 years. You have done so much, and learned so much, I would just suggest a software upgrade.

What I mean is that it is time for you to look deeper at EVERY aspect of your life (like the 20 steps in my “20 Powerful Steps” book) and see how you can INCREASE your level of

participation, involvement and intensity in each of these 20 steps. I know you have done a lot, but we can always eat better, eliminate better, move more, be more positive, learn more jokes, laugh more, love more, have more sex—get the idea? It is time to turn up the volume in EVERY aspect of your life.

#2: My Incurables Program:

It is time for you to do my Incurables Program. You can get the book, “There Are NO Incurable Diseases”, FREE from my company by calling 1-800-HERBDOC (437-2362) or just read it online right here on my BLOG!

And remember a lot of Breast Stimulation. Years ago in my clinic, I had a woman who had developed breast cancer. It was more involved and much more aggressive than yours. Her name was Christine. All of the medical doctors and oncologists suggested a radical mastectomy plus radiation and lots of chemotherapy. Instead, she did not do any of these things and came to me. She was a great patient, and she did everything I asked, and more. Hot and cold showers on the breast and lymph nodes many times a day, skin brushing in the shower and also out of the shower, lymphatic massage, breast massage, herbal packs on the breast, lots of bouncing exercises, lots of inversions like yoga, plus all of the other programs from Juice Flushing to Bowel Cleansing to Attitude Cleansing. She was doing something every waking hour, it was a full-time healing job. In FIVE DAYS the tumor had decreased in size by 50%. After 10 DAYS it was not detectable by the medical doctors anymore. This just goes to show you what is possible.

#3: Alternative Cancer Treatment Centers:

I have suggested to many people over the years to get into a live-in situation, like the Hippocrates Health Institute, or the Max Gerson Clinic in Mexico, or the Optimum Health Institute in the San Diego area.

But personally, I do not think that you need to do this. I know that you have plenty of knowledge and brains to figure this out

on your own. So I would only suggest this as further training, but not necessary at all to heal yourself of breast cancer. On the other hand, for people who do not have a clue what a healthy lifestyle is, I always suggest the extra support of getting into a live-in program such as these, at least to start.

#4: Detox Formula, Fresh Wheatgrass Juice & Garlic:

These are all part of my Incurables Program, but I wanted to give them special mention here.

Detox Formula:

Just read what it says in my herbal products catalog. Since ALL of my great teachers went to prison at one time or another for their variations of this formula, I will not comment on it here. Again, read what it says in my catalog.

Wheatgrass Juice:

I have seen more people heal their cancer with wheatgrass juice, than maybe any other food. It is a foundational part of the Hippocrates Program, and the Optimum Health Institute, and almost all natural cancer treatment programs worldwide. I have personally met hundreds of people, maybe thousands, besides my patients, that healed their cancer by drinking wheatgrass juice. So, just start growing it, cutting it, juicing it and then drinking it every day.

EVERY SINGLE DAY for lunch I have an ounce of fresh, organic Wheatgrass Juice in a little fresh carrot and beet juice, and my 17-year-old son, Arthur, has a shot of it every morning when his Mom makes it.

Garlic:

It should be your friend. Garlic KILLS cancer cells, it is that simple. So start having raw garlic EVERY DAY—a minimum of 3 cloves! I had one patient who healed his supposedly terminal cancer by eating 50 cloves of raw garlic a day for three months,

amongst other things. You will also need to use my **Fresh Breath Plus** and also my **Daily Oral Therapy** when you start using this much garlic, so you don't lose your job and your friends.

#5: Toxins:

One thing we do know for sure is that cells mutate and turn cancerous, again, by Genetics reacting to Lifestyle. Even the prestigious medical oncologists from the huge cancer research center at the City of Hope say that first you have to have the genetic predisposition, and then these cells that are genetically predisposed to mutating and developing cancer have to run head-on into some *irritant* or *catalyst*, which stimulates these genetically predisposed cells to begin to mutate and then become cancer. The **ONLY** reason I mention this here is that it is important for you to look at any possible exposure to toxic chemicals.

Having said that, I almost laugh, because modern living in America, even in the middle of nowhere in Montana, is still a toxic nightmare. We are bombarded with poisons in our home, car, workplace... EVERYWHERE! Now I don't want you to get paranoid here, or become obsessed with this or to make toxins become your focus in life. I simply want you to take a look at your level of exposure, and simply see if you can reduce it. There are many tips in my "20 Powerful Steps" book about this too, which you can read right on this BLOG! Just check the right-hand side of this page and click on the book cover.

#6: Medical Intervention:

Because you have such a vast experience in a healthy lifestyle, and my work, and also because your cancer is at such a beginning stage with no lymph node involvement, I have every reason to believe that you should be able to heal your cancer in three months or less, if not 30 days, if you start on an extremely aggressive natural treatment program, like my Incurables Program.

In my clinic, I would NOT have suggested that you undergo ANY medical treatment, neither surgery, radiation or chemotherapy.

To be honest, I never suggested ANY medical intervention for anyone, no matter what their disease, no matter how far advanced it was, no matter how lethal their prognosis.

I'll repeat my first paragraph...

Because you have such a vast experience in a healthy lifestyle, and my work, and also because your cancer is at such a beginning stage with no lymph node involvement, I have every reason to believe that you should be able to heal your cancer in three months or less, if not 30 days, if you start on an extremely aggressive natural treatment program, like my Incurables Program.

Rhonda, I have no doubt that you will heal yourself of this cancer and live a very healthy and very long life. Have fun with this new project.

Remember, “Focus on the GOOD to eliminate the BAD”. Your focus needs to be on the NEW Lifestyle that will Create Powerful Health, not the cancer.

— Dr. Schulze

THE DR. SCHULZE PAIN RULE

January 18, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

*I have been doing your Bowel Detox for a week now. I am up to six pills a day on formula one. This has produced two bowel movements a day when I am used to having only one every other day. I will take these six pills through this weekend and then start on formula two on Monday. My question is this: about four days into this detox I started having lower back pain and yesterday started having pain in my abdomen. Is it possible that the **Intestinal Formula #1** is breaking loose toxins in my colon and causing this pain? Also I had gallbladder pain this week. I have your **5-Day Liver Detox** to do after I do the bowel. So last night I mixed up some of the Detox Tea and drank two cups. Woke up this morning with no pain. What can you tell me about the pain I am experiencing in my back and abdomen? FYI - I have been eating a pretty strict vegetarian diet for the last six months.*

Thanks,

— Tom K. in Vine Grove, KY, United States

ANSWER

Dear Tom,

The fact that you were having only three to four bowel movements a week tells me a lot about you.

First, it tells me that your bowel habits are those of the Average American.

Being Average at first doesn't sound too bad, until you take a look at the disease statistics of the Average American. So my job as

a doctor was to get all of my patients, and to get you, out of this average category and into the above average category. Then you can expect levels of health and levels of disease resistance and levels of longevity to be far above that of the Average American. This is what the Dr. Schulze program is all about: **Quality and Quantity**. Having a much better Quality of life (feeling great and having tons of energy, more than the Average American) and having a much greater Quantity of life (or lifespan) than the Average American.

70,000 Bowel Movements Short

Second, your past bowel habits tell me that you will be approximately 70,000 bowel movements short in your lifetime than a person whose bowel is working at a healthy and normal frequency, which is one bowel movement a day for every major meal that you eat every day.

OK, so after starting on my **Intestinal Formula #1**, your bowel movements increased from three or four a week, to two per day, or up to 14 each week. GREAT!

First, let me say that you have followed my directions well by NOT starting on the **Intestinal Formula #2** until you first got your bowel working more frequently, by increasing to at least two bowel movements a day. You get a gold star for paying attention to detail here.

I will also assume that because you have been doing my **5-Day BOWEL Detox** for a week already, and you are now taking 6 capsules a day of the **Intestinal Formula #1**, that you also started with one capsule a day, and increased this dosage *by only one capsule daily* until you reached your personal dosage of 6 capsules a day (to achieve two bowel movements a day), which is EXACTLY the correct way to begin my **5-Day BOWEL Detox**. Again, GREAT job for paying attention to these two details.

Is This Pain Normal?

So your question is that a few days into doing your bowel detox, you started having some pain in your lower abdomen and lower back, and even a little gallbladder pain, and you are wondering if this is normal.

Well, it is *not normal*, but it is also *not abnormal* and nothing to worry about. I will assume that by the time I am answering you, the pain is probably gone by now anyway. But I would like to explain what this pain probably is, for the rest of my readers.

One HUGE Organ

First, you must imagine that your bowel is a HUGE organ. It is actually the LARGEST organ in your body. It is basically a HUGE muscle. Your complete intestinal tract is as long as two cars parked end-to-end, and your colon is the largest organ of this system.

The **Intestinal Formula #1** is waking this muscle up and EXERCISING this very large bowel muscle, like taking it to the gym. It is stimulating this muscle to move more frequently and to move more forcefully to eliminate more fecal matter, more often and more completely. And since your bowel, *this huge muscle*, has been sleeping instead of moving, well, when you start to use any muscle more, it is not abnormal to feel it more. This is the same as if you started exercising more and going to the gym, you would notice that a few of the muscles you are using are sore for the first week.

Starting The Old Car

Imagine that you have an old car in your garage and you haven't started it in a few years. Then, one day you go out to the garage and hook a jumper cable up to the battery and start to crank it over. What can you expect to happen? Well, it will probably sputter, shake, backfire, smoke, rattle and run rough for a few minutes until it warms up. Then, after a few minutes, the engine will smooth out and it will run normally. This is not unlike when

we start getting an internal organ to work more—you *will notice it working more!* It might sputter, backfire, run rough for a bit, and you may perceive this as slight aching or pain. Again, this is not normal, especially since you started on the programs gradually, as I suggest, but it is not abnormal either.

What I hear more often is that chronic back pain and abdominal pain *goes away* after starting on my **Intestinal Formula #1**, but again, having some lower abdominal sensations is perfectly normal. You are waking up a sleeping giant. So keep going!

The Dr. Schulze Pain Rule

I used to use this rule in my clinic, to decide what is good pain and what is bad pain. **We can call this the Dr. Schulze Pain Rule.** The first thing you have to ask yourself is what have you been doing?

If you have been staying up late, drinking alcohol, partying, not getting enough sleep and eating a lot of junk food, and you have abdominal pain, this is not good pain. This is your body telling you to PLEASE STOP!

On the other hand, if you are doing my **5-Day BOWEL Detox**, eating more healthy foods, and using my **Intestinal Formula #1** to overcome constipation and create more frequent bowel movements, and then you experience some lower abdominal pain, PLEASE KEEP GOING! This is GOOD PAIN.

The pain may feel exactly the same in both instances, so in order to determine if it is good pain or bad pain you must ask yourself, “Have I been doing good things and making healthy changes in my life, or have I been burning the candle at both ends and partying hard?” The answer to this will easily determine whether this is good pain or bad pain, and whether to STOP or KEEP GOING. I used this rule in my clinic and it was right 99.9% of the time.

One Additional Note.

You say that you have also started a vegetarian food program, which is a high-fiber food program and this will also help your bowel to eliminate better. **Animal food—meat, eggs, dairy, chicken, fish, ALL animal food, by-products, milk and eggs—have ZERO fiber. NONE!** This makes it hard to digest, slower to digest and very hard to eliminate as fecal matter. The only source of food fiber is vegetarian food—fruit, vegetables, grains, seeds, nuts, etc—are all loaded with fiber, which naturally promotes better digestion and much better bowel elimination. Even some vegetarians who still eat dairy or inherited a sluggish bowel need more fiber, hence my **HerbalMucil Plus** formula.

Finally, the fact that you made up some **Detox Tea** (a digestive and liver stimulant) and drank two cups, and the next morning the gallbladder pain was gone, is also a great sign that you were just experiencing the *feeling* of getting your *engine* started after it has been sleeping in the garage for too long. By the way, you get another gold star for this good self-treatment decision. (That's three gold stars so far!)

I also noticed that you are planning on doing my **5-Day LIVER Detox** after you finish your **5-Day BOWEL Detox**, which sounds like a great idea as I believe your entire digestive tract has been abused, and also been sleeping for too long.

This is a great reminder to all of us that the way I designed all of my programs is for you to get maximum results with little or no discomfort or pain, but sometimes it still does happen. Often all it takes is a little sleep, maybe a hot bath **or my favorite, a good old-fashioned hot water bottle**, a little **Nerve Tonic** (a bowel antispasmodic) or some **Digestive Tonic, Detox Tea** or a **Digestive “SHOT”**, and you are back on your feet in no time.

Good job, Tom, and keep going! And three Gold Stars! I rarely give out three!

— Dr. Schulze

PANCREATIC CANCER, CHEMO & CARROT JUICE

January 25, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

My husband was recently diagnosed with stage 4 pancreatic cancer and it has also spread to his liver in the form of several smaller tumors. He had his first chemo treatment last week and is due for another in a few days. He is also beginning your Incurables Program today. I would rather he lay off of the chemo until he is finished with your detox program. He feels the chemo is giving him piece of mind along with your program and the other natural things he is doing in conjunction with his treatment, i.e., prayer, essential oils and Flor Essence tea. What is your opinion of whether or not he should stop the chemo for now while doing the Incurables Program? What kinds of experience have you had with this type of situation in the past? Thank you.

— Laura F. in Holly, MI, United States

ANSWER

Dear Laura,

Medical Treatment

The medical prognosis for your husband is extremely bad.

(Diagnosis is the guessing of what disease your husband has and Prognosis is the guessing of what will happen, telling the future, fortune telling.)

So the prognosis, what the medical profession says will happen with their treatment, is that your husband will most likely be dead in less than six months, if not three months. Even if he survives their treatment, his long-term prognosis, “chances of survival” for five years is less than 5%. The lowest of almost any cancer. **Of the**

30,000 people medical doctors treat with this disease every year, over 29,500 die. *And I didn't even include his liver cancer.* These are quite bad odds. If you have any doubts about these statistics, just ask your husband's oncologist.

If you do ask the oncologist, the medical doctor will look very uncomfortable when you ask, and may even totally avoid the question and never give you a real answer. They may also make statements like, "Well, you know we make breakthroughs in treatment all the time", or "we are getting better at targeting the cancer" or they may even lie. But, if you persist to get the truth—the real facts, the real statistics, their real life expectancy and odds—*they will be the exact same as I mentioned above.*

Worse, with the chemotherapy that his medical doctor is suggesting, you should know that the results are pathetic. The clinical trials for Gemcitabine and other chemotherapy chemicals for advanced pancreatic cancer, and all of their horrific side effects and financial costs have only been reported to have an average of a five-week increase in lifespan. Even if this is true, this is ridiculous. Personally, my experience is that chemotherapy shortens lifespan.

Natural Treatment

This is where I will mention my famous "Faulty Mathematics of Medicine", which is...

The medical odds for your husband are based on this equation:

Your Husband's Pancreatic & Liver Cancer

+ **Medical Treatment** (chemotherapy, radiation, surgery)

= **Prognosis or Results** (death very soon)

Your husband and his pancreatic and liver cancer, plus the **medical treatment** (chemotherapy, radiation and surgery) equals his prognosis, which is death very soon.

Why I call this the “Faulty Mathematics of Medicine” is because medical doctors are often so stubborn, egotistical and close-minded, that they assume that “their way, medical treatment, is the only way” and also that “their prognosis or results” is what always happens. What I mean is that they assume that your husband’s pancreatic cancer will kill him in a matter of months, *no matter what*.

In my clinic, what I did was to change this medical equation to an alternative equation:

Your Husband’s Pancreatic & Liver Cancer

+ **Creating Powerful Health** (Healthy Lifestyle Changes)

= **Prognosis or Results** (Living Happier, Healthier & Longer)

The patient, plus getting extremely healthy, equals very different results! In my clinic, many patients survived their cancer, in fact MOST of them did. My survival rates were far better than what the medical profession is getting. Why? **Well, first of all it is not my program or treatment or herbal formulas that are curing the cancer.** *And even if it were my treatment that cured them, the medical doctors would force the government to put me in prison if I said that.*

On the contrary, my focus was to get my patients Extremely Healthy. Then, when my patients Created Powerful Health, their immune systems would kick into high gear, along with all of their organs, and simply reverse the process of degeneration, reverse the disease process, heal the cancer and more important, Create Powerful Health.

Again, it was my patients’ own bodies, their immune systems and their increased health that CURED their cancer.

Although nothing is guaranteed, and no one knows exactly what will happen, and also that no two patients, or cancers, or diseases are exactly alike, my clinical results were consistently far better than the medical professions orthodox treatment of the cancer.

Heck, I had one patient, who after having malignant breast cancer in BOTH breasts involving her lymph nodes, and also uterine and ovarian cancer, was told by the chief oncologist at one of America's best hospitals that even with aggressive medical therapy she would be dead in two months. Well, she did not undergo the medical therapy and is still alive, and that was 25 YEARS AGO!

I will explain more...

Do People Die from the Cancer or the Cancer TREATMENT?

I have done a lot of cancer research at hospitals, and spoke to numerous oncologists and cancer specialists at cancer research centers. My conclusions are this:

My clinical experience is that in America, when people die from cancer, they are NOT actually dying from cancer, but instead, they are dying from the medical TREATMENT itself. They are dying from the chemotherapy, radiation and surgery. AGAIN: They are NOT dying from the cancer—they are being killed by the medical doctors and their medical treatment!

An AIDS Analogy

I first discovered this in the 1980s during the first outbreaks of AIDS. I noticed that when people in America died from AIDS, their symptoms and their actual “cause of death” were very different than those people that died from AIDS who lived outside the United States, and had different medical treatment *or no medical treatment at all.*

I soon realized that the symptoms of AIDS and the physical circumstances surrounding their death and their actual “cause of death”, were actually the symptoms of the side effects of the chemotherapy drugs *and NOT the actual symptoms of the disease.* So in the United States, patients with AIDS were actually dying from the treatment of AIDS, not from the disease itself.

Worse yet, I also did an extensive longevity study and discovered that the people who were dying from AIDS the fastest were Americans who were subjected to the medical treatment. And, the people who were living the longest were those that denied any medical treatment, or had none available to them, and just **DID NOTHING. They lived longer just wasting away from the disease, and actually had a better quality of life than those who underwent the chemotherapy onslaught.**

Then, there were my patients who had AIDS who simply *ignored the fact that they had AIDS*, focused on Creating Powerful Health, and they ended up living the longest—longer than the two other groups!

In fact, I had patients who completely recovered from the worst stages of the disease, who also had the AIDS-associated diseases of Kaposi's Sarcoma Cancer and Pneumocystis Lung Fibrotic disease and had scarred lungs, and they survived. Most of my AIDS patients are still alive today, over two decades later. Some don't even test positive for AIDS anymore!

Furthermore, the main reason that death from AIDS is actually in decline in America today is simply because the medical establishment realized they strongly overreacted with their treatment, and have now decreased their treatment protocols and are using much less aggressive chemotherapy.

Now, Back to Cancer

Since I had so many patients with cancer, I decided to do this same research and discovered the exact same scenario and statistics.

I discovered that the group that died the quickest, from various types of cancer, was the group who did the most aggressive medical treatments. In fact, the speed at which patients died from cancer was usually totally equal to the aggressiveness of their medical therapy.

I discovered that the group that lived longer was the group who did nothing at all for their cancer. They lived longer and also had a much better quality of life. They just totally ignored the cancer, rotted away and eventually died, but they lived happier, healthier, had less pain (if any), had a better quality of life and lived quite a bit longer. Some even recovered.

I had one patient with medically documented, very aggressive last-stage colon cancer. She was in her late 70's and she did absolutely nothing at all. Actually, she told me that she had a lot of peppermint growing in her backyard, and she believed this would help her, so every day she picked some of it and made fresh peppermint tea and drank many cups a day. Within three months her cancer was completely healed. Gone. So she almost fits in this category of "Do nothing and live longer".

The third group, who lived the longest, and many of them actually healed their cancers, were my patients. Instead of doing any medical treatment, instead of just ignoring that they had cancer, instead (are you ready, this is a very extreme and radical approach to cancer) instead... these patients got really, really healthy.

Think about this, it makes so much common sense! And it's so SIMPLE!

Instead of filling your body with very poisonous chemicals in an attempt to KILL the cancer, instead of using radiation to KILL the cancer, instead of doing torturous and disfiguring surgeries to KILL the cancer, and instead of doing nothing...

How about instead we get EXTREMELY HEALTHY and:

FLOOD the body with more nutrition than it can possibly use, so it has all the building blocks to build more immune cells and more immune chemicals to build and repair organs.

STOP consuming any food or liquids that we know are carcinogenic.

BUILD the body back up by creating a new food program that includes lots of food that we know is loaded with nutrition and life and that we know heals cancer.

FLUSH the body's own elimination organs and channels, to rid the body of any accumulated poisons, toxins and waste, and then **DETOXIFY**, **STIMULATE** and **TONE** these elimination organs to work more efficiently in the future, to eliminate poison faster so it does not build up in the cells and organs again.

FREE THE BLOCKAGE by stimulating the circulation, to get more blood, oxygen, nutrition, immune cells and immune chemicals throughout the body, especially to any blocked or cancerous areas.

CHANGE the focus of your therapy from **KILLING CANCER** to **Creating Powerful Health!**

This follows the old Chinese philosophy that I have always liked:

“Focus on the GOOD, to Eliminate the BAD.”

This is also the fundamental philosophy of Natural Healing. Which is the recognition that we are not smart enough to know what cancer really is, or where it all is in your body, nor how to heal it. So instead of trying to kill cancer, simply get extremely healthy and let our own bodies do the healing.

I had my patients **STOP** doing anything that we know makes us sick, and especially that we know causes cancer, and **START** doing **EVERYTHING** we can that we know will **Create Powerful Health**, and just hope and pray that when we get really healthy, that our own body will know how to heal the cancer. And it does. I saw this hundreds of times, probably thousands.

Why Do People Get Cancer?

Friends, this is why we have an immune system. Oncologists have told me that many of us have cancer, every day. But the difference is that our own immune system, which is designed to eat up any mutating cells before they get a chance to grow and multiply and turn into cancer, is working and doing its job. So a better question than, “Why do I have cancer?” would be, “Why is my immune system not working and taking care of me and eating up this cancer?”

There are many physical, emotional and spiritual reasons our immune system stops protecting us, the main one being that we are exposing ourselves to more toxins and poisons than our body has the ability to eliminate. So, it gets overloaded, our health declines and we create disease. These toxins and poisons are physical, emotional and spiritual.

So my research for many years, and my clinical results with all of my patients that healed their cancers, has shown me the following:

If you want to survive longer than with aggressive medical treatment, DO NOTHING AT ALL.

If you have been diagnosed with cancer, and you want to live the longest, run away from the medical doctors and hospitals and GET REALLY, REALLY HEALTHY!

And, if you want to die the quickest, undergo aggressive medical cancer therapy including Chemotherapy, Radiation and Radical Surgery. This will also guarantee you the worst pain, greatest disfigurement, largest amount of physical and emotional torture and the hugest financial stress and financial burden, if not bankruptcy.

FACT: Well over 50% of American bankruptcies are caused by hospital and medical bills! Yes, the hospital will take your home away from you if necessary to get their money, and even if you die,

you still need to pay, and they will take EVERYTHING from your spouse and children.

I had numerous patients whose spouse underwent major medical treatment for cancer, and many experimental treatments, like bone marrow transplants, that were not covered by their insurance. Regular treatment or experimental, these patients racked up huge medical bills, beyond what their insurance would cover, and once their nest egg and life savings was gone, the bills kept piling up. Eventually the patient could not take the torture anymore and died. But when the patient died, the hospital and medical bills remained. You would think that if you die, that you would get a refund, or at least a pardon from the remainder of the bill, but this is not how the medical system works. I had many patients, who not only lost their husband, but also ended up having the house taken away from them by the bill collectors and courts from their unpaid medical bills.

So, Regarding Your Husband and His Pancreatic Cancer

You now have my decision regarding whether or not I advise chemotherapy, radiation, surgery or any medical treatment for your husband. My decision is based on my research, clinical experience and my patients' results. My answer is **NO MEDICAL TREATMENT!**

I SUGGEST AN AGGRESSIVE AND HEALTHY LIFESTYLE CHANGE!

As far as doing both, or what I call the “Chemotherapy and Carrot Juice” program, I never saw positive results when my patients did this. This is not because I am a hard-headed Natural Healing Purist. It is simply because these two treatment methods **COUNTERACT** and **CONFLICT** with each other. The philosophy and the therapy are **OPPOSITES**.

With Medical Treatment the method is **POISON**, to induce powerful chemical poisons into the whole body, and hopefully this poison will kill the cancer cells before it kills you.

Additionally, the cancer may be burnt using radiation treatment or cut out using surgery, or both.

With Natural Treatment the method is to Create Powerful Health, and let the body's own defensive systems reverse the disease process and eliminate and heal the cancer.

These are two radically different approaches so obviously one does not work with the other. **You cannot inject powerful chemical poisons into the body while attempting to cleanse and detoxify the body of poisons.**

Having said that, in your letter you stated:

“He feels the chemo is giving him peace of mind along with your program and the other natural things he is doing in conjunction with his treatment, i.e., prayer, essential oils...”

The most important part of your husband's treatment will be his feelings, his attitude, his positive outlook, and his positive affirmations. Look, you now know I do not advise the medical treatment simply because it is deadly, IT DOES NOT WORK, and furthermore I believe it will kill him long before the cancer would.

But your husband's belief is the most important. So, I would simply send him my answer, by sending him this BLOG, and keep planting lots of seeds in his mind, and keep putting lots of fresh wheatgrass juice around the house, and lots of tools from great raw food to fresh juices and positive affirmation books. Make this FUN!

Over the years I have learned—in my personal healing, my clinical experience and my life experience—that the most powerful healing tool for cancer, and for any disease, far more powerful than wheatgrass juice, my Detox Tonic, my Detox Programs, or even my Incurables Program, far more powerful than anything... is **LOVE!**

So I would give him a HUGE dose of LOVE first, every minute of every day, and then help him to create a powerfully healthy lifestyle.

Life is a “limited time offer”. We are all going to die, but I found my sick patients were obsessed with the thought of dying. No medical doctor, no natural doctor, no psychic or priest, and not even the great Dr. Schulze knows whether we have a decade or two left to live, or only one day. So stop focusing on cancer, stop focusing on death, and start focusing on LIVING, living HEALTHY, LOVING your husband and LOVING LIFE!

Attitude is EVERYTHING!

Finally, I know this answer was more than you asked for, and long. But I get many letters and thousands of questions each week from people who have all types of cancer. And this year I will be answering many of them and explaining many details of my clinical programs for cancer. So, this answer was not just for you Laura, but for EVERYONE out there in cyberspace, all around the world, who has cancer or any degenerative or supposedly incurable disease, and is looking for answers, and is going to heal themselves, *naturally*. My thoughts, positive affirmations, prayers and love, are with all of you!

— Dr. Schulze

GLUTEN, SUPERFOOD & CELIAC DISEASE

February 01, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I can't tell you how impressed I am with every aspect of your approach to healing. You are clearly a huge success story and I am a big fan. I have a specific question and then a couple of comments.

I have been trying to heal myself for years (with the help of naturopaths, chiropractors, integrative medicine specialists, etc.) and have been working with your products for two years. I have been a loyal patron of your Marina del Rey, California Pharmacy.

*The recent emphasis with my health challenge is focusing on among other things a "diagnosis" of "celiac/gluten intolerance" and the chiropractor I am working with (who is a big fan of yours) is advising me to stay away from the **SuperFood Plus** powder I have been taking for some time because **"we are just not sure this product is gluten free"**. I called the pharmacy to ask them and while they said it is definitely gluten free, they were not sure as to why this has not been put on the label like on the SuperFood Bar.*

So my question to you is, "Is the SuperFood Plus powder gluten free and if so, why is it not labeled as such?"

With everything I have heard you say and the writings you have penned that I have seen, part of me is thinking that you do not buy into the "importance" of gluten free eating. I'm just speculating of course. I think I read somewhere that you said if one follows your recommendations their body will heal from everything and food allergies and all their attendant symptoms will go away. I have not seen you discuss autoimmune challenges much either. Is there a reason for this? What are your thoughts on reversing all these

“autoimmune manifestations”? Have you done a leaky gut syndrome blog?

*I understand you have to tell us you are not a doctor and get the disclaimer out. And I know you are not God and cannot be “certain” someone can reverse their challenge. To me, you are among the most intelligent healers in history and it is nice to see you help so many people and give credit to all those who assisted you. I would like to be able to get your **SuperFood Plus** powder 100% gluten free as I try to heal from leaky gut. Maybe it is a possible cross contamination issue with some of the ingredients that prevents the label from saying this? If this is the reason it does not say it on the label, we consumers would have to decide how to proceed. I’m working with a variety of physical symptoms that have been challenging to say the least, with gut, nervous system, and skin (alleged auto-immune manifestations, fungal infections), and I want to reverse all of them.*

I’m 51 so I realize it may take some time. I have been at this for 18 years and just have not found the solution yet. Emotional stress was the precipitating factor it seems. It’s really hard to know, you hear the gut has new cells every 7 days so it should be able to “heal” relatively quickly. What about healing the nervous system, neuropathies, dizziness, etc.? Maybe that takes longer? I have tried a ton of protocols/eating approaches and have always been very motivated to give my body what it needs.

Thank you for answering my questions.

— Dan B. in Corona Del Mar, CA, United States

ANSWER

Dear Dan,

First, I am glad that you asked this question, as I have had HUNDREDS of questions asking me if there is any Gluten in the **SuperFood** Products, especially over the last few months.

ALL of the SuperFood Plus Products Are TOTALLY Gluten-FREE!

This includes the original **SuperFood Plus** bulk powder, the tablets, the powder “On the Go” packets and the bars, again, ALL of them are Gluten-FREE. Also, the NEW **SuperFood Apple Cinnamon CRUNCH Bar** that I will release sometime this year, again, will be GLUTEN-FREE!

In fact, I don't have ANY herbal product or ANY herbal medicine in my entire line that includes ANY Gluten at all.

The simple reason I do not put GLUTEN FREE on any label of any of my products, is that I do not want to add any more energy to the Gluten Paranoia Epidemic that has currently infected America.

What The Heck is this Gluten Stuff? Gluten is found in grains, mainly in Wheat but also in Barley and Rye. But there is NO GLUTEN in Wheat and Barley GRASSES, which is the ONLY part of the plant that I use in the **SuperFood** Products.

Wheat and Barley Grasses are highly nutritious and detoxifying, and do not cause any negative reactions for anyone with Celiac Disease.

For those of you that don't know, Celiac disease is thought to be a genetically inherited auto-immune disease where the person has a negative reaction to the consumption of gluten containing grains in the small intestine. These negative reactions can range from all kinds of digestive problems to fatigue, to almost anything.

Poor Gluten

I have been totally involved in Natural Healing and Herbal Medicine since the late 1960s. Way back then, and well into the 1970s, the fashionable disease that most doctors (both medical and alternative) blamed for almost everything and every symptom was **Hypoglycemia** or **Low Blood Sugar**.

There is always what I call a fashionable disease. What I mean by this is the art of diagnosis is very, very difficult. It is estimated that the average medical doctor is less than 20% correct with their diagnosis. Most alternative doctors are even less correct. Where

does that put pediatricians and veterinarians whose patients cannot speak? The bottom line is that the diagnosis of disease is a very difficult art, almost impossible. So all types of doctors (both medical and alternative), when they don't know what is wrong with a patient, and when they have no idea why a patient is having a group of symptoms or is ill or dis-eased, **INSTEAD** of simply saying "I DON'T KNOW" or "I HAVE ABSOLUTELY NO IDEA WHAT IS WRONG WITH YOU", well, they instead simply **LIE!** That's right, whether it is their **FRAGILE EGO** or their **INSECURITY** or whatever, again, instead of simply telling you that Diagnosis of disease is a very difficult task and often is wrong anyway, they give you a **CATCH ALL DISEASE**, and diagnose you with it, which often has hundreds of various symptoms.

As patients and doctors alike got bored with hypoglycemia, in the 1980s, the new catch-all disease to be diagnosed was **Candida albicans**, a fungus that is naturally present in **EVERYONE, EVERY HUMAN**, in our digestive tract. When an unhealthy lifestyle, a poor food program, constipation and a weakened immune system are all present, this natural fungus of our body can overgrow and cause a thousand different symptoms from indigestion and constipation to a lack of energy, funky toenails and depression. So in the 1980s and even into the 1990s, if a doctor had no idea what was really wrong with you, well, you guessed it, you would be diagnosed with "Candida", or more correct, an overgrowth or *Candida albicans* fungus in your body.

So all during the 1960s, 1970s and 1980s and even into the 1990s, I had to convince tens of thousands of my patients that they **DID NOT** have Hypoglycemia nor *Candida albicans*, and that they were simply ill from living a lifestyle that was not healthy enough to keep them healthy, and that their particular group of symptoms (or their dis-ease) was simply caused by their genetics reacting with their lifestyle, and that the only sure way to heal themselves, was to improve their lifestyle. And furthermore, if they improved their lifestyle, their dis-ease would simply go away.

Remember my friends, what I am constantly trying to teach you, that in Natural Medicine, our **FOCUS is NOT your dis-ease, but instead our focus is Creating Powerful Health.** Instead of wasting time trying to discover what may be wrong with you, or trying to add up all of your different symptoms and then naming you with some disease, we focus on creating a healthy lifestyle. We focus on getting really, really healthy, and the very next thing you will notice, often long before most doctors come up with a name for your disease, you are well and the disease is gone. **This is the beauty and simplicity of Natural Healing. Focusing on the GOOD to eliminate the Bad. Focusing on Creating Powerful Health and the dis-ease simply disappears.**

Naming Diseases

So in the 1990s, both patients and doctors got bored with Hypoglycemia and Candida, so they flirted with Lyme Disease, Peanuts and Strawberries, Legionnaire's disease and a number of others until they could find something, anything, **that they could blame all the unknown symptoms and ill health on,** and they finally got one—GLUTEN! That's right, good old wheat! Something that we have been eating for hundreds, actually thousands of years, yeah, that's it, let's blame EVERYTHING on wheat.

Now, before the few of you out there who really have Celiac disease freak out and get pissed off at me and say they really have a wheat sensitivity—I KNOW YOU DO.

What I am saying is that MOST people, the VAST MAJORITY OF PEOPLE... DO NOT.

Is wheat a great healthy food, or a super nutritious grain? **Absolutely NOT.** Why? Well, mainly because it has been mutated, genetically altered, de-branned, bleached and turned into something so alien it is more like wallpaper paste (actually, this is exactly what wallpaper paste used to be). Then, after all of this, we cook it. Most products made from wheat today—bread, pasta, cakes, cookies, etc—are very low in nutrition, help your body build fat, are horribly constipating and are not healthy food at all. Many

people believe that baked and cooked wheat flour is carcinogenic. Furthermore, just Google this and you will find hundreds of articles claiming that heated wheat is carcinogenic.

But having said all of this, I do not believe that wheat or GLUTEN is the new curse of America causing millions of people to be sick. Again, it is many, many negative factors, all together. Let's just call this a disease-causing degenerative lifestyle.

That's right, this is not as sexy as blaming one disease for the ills of Americans, and doesn't make the patient feel as warm and fuzzy all over, but this is the reality of the millions of undiagnosable diseases in America. It is simply a degenerative lifestyle that is not able to sustain health.

This degenerative and disease-causing lifestyle is the sum total of many, many factors, from low quality and garbage food, to the malnutrition and the sluggish metabolism and constipation that consuming this type of food creates, along with a lack of good elimination, exercise and movement and a negative attitude and spirit, to a hundred more things, hence my book, "20 Powerful Steps to a Healthier Life".

OK, Back to Dan...

In the very last paragraph of your letter you stated that:

"I'm 51 so I realize it may take some time. I have been at this for 18 years and just have not found the solution yet. Emotional stress was the precipitating factor it seems."

This statement gives me a lot of clues.

TAKE SOME TIME? SICK for 18 YEARS? OH MY GOD, this is ridiculous!

You must be so sick and tired of feeling sick and tired! In my clinic, when any patient came to me that has been ill this long, I IMMEDIATELY put them on my Incurables Program or at least my 30-Day Detox.

Being sick for one single year is too long, even six months. In my clinic, almost all of my patients following my programs were well in about three or four months. It should NEVER take longer than this, but you must be willing to completely commit to a life-changing lifestyle.

If you have been sick for 18 YEARS, there are only two possibilities:

Either you have been pussyfooting around and really not making dramatic enough healthy and healing lifestyle changes.

Or...

You have never addressed the real cause of your dis-ease!

I suggest the truth lies in both.

Also, from your last sentence, I believe that you are not emotionally and spiritually well. I believe that you need a LOT OF WORK on being positive, from positive affirmations to possibly psychotherapy (if you can find a positive psychotherapist).

I also believe that there is a very strong possibility that you are a hypochondriac, or at least someone that is focused on the symptoms, and trying to discover what disease you actually have. You MUST STOP THIS!

You will NEVER figure out exactly what has been causing 18 years of ill health. SO STOP TRYING. INSTEAD, start LIVING! Start FOCUSING on creating an amazingly healthy lifestyle and having a lot of fun and laughs with this lifestyle.

Also, you really, really, really, really, really need to “Learn 1,000 Jokes” immediately—probably 2,000.

I can tell by your letter that you are way too SERIOUS, and way too FOCUSED on your DIS-EASE, and you must STOP this.

Finally, I don't know what happened 18 years ago that started your decline of health, AND I DON'T WANT TO KNOW! But your last sentence is a real key, when you say, "18 years ago this emotional stress was the precipitating factor". This is a real key to your ill health, because whatever it was, you BURIED IT my friend, you did not get rid of it, and it has been eating away at you ever since.

So along with creating an amazingly healthy lifestyle, FOCUSING on the GOOD, having lots of FUN doing this, and really being POSITIVE about all of these new lifestyle changes, and doing my **30-Day Detox** or my **Incurables Program**, you **also need to do some serious Physical and Emotional Trashing**. I would highly suggest to get rid of a lot of what you own—if not everything—and START OVER. I am sure that your home has a lot of old shit in it, probably reminders of a life past, so let's get rid of all of that.

Forget a Dan makeover, it's time for a Dan DO-OVER, because Dan has created 18 years of hell, not Gluten, BUT DAN!

It's time to create an entirely NEW LIFE.

If you have been sick for 18 years, I would CHANGE EVERY ASPECT OF YOUR LIFE, EVERYTHING, down to the littlest detail! I would even change your name. Like someone who is put into the witness protection program, you must CHANGE EVERYTHING!

You can do this, brother. How exciting! You get to be a completely new person for the next 50 years. WOW, I wonder where this Natural Healing adventure will lead you? All I know is when you start feeling better, you will know you are on the right path.

ENJOY the journey!

— Dr. Schulze

REVERSING EARLY ONSET DEMENTIA

February 08, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I'm an 81-year-old woman, former nurse, who has recently been diagnosed with early onset dementia. I still drive, cook, socialize and dress well. My concern is my diminishing short-term memory. I fail to recall friend's names and I forget some appointments. My G.P. prescribed Aricept but the side effects (vomiting and diarrhea) were terrible. He then put me on the Exelon Patch but the results were similar but not as bad. I have ceased using the patch.

My question to you is: What would you recommend for my memory loss and to prevent further memory loss?

— Dottie Y. in Silverdale, WA, United States

ANSWER

Dear Dottie,

YES, I have a number of suggestions for you to not just prevent further memory loss, but to also REVERSE the memory loss and GET YOUR MEMORY BACK. But before I tell you about this, I need to tell you a few things.

Wrong Diagnosis

First, your diagnosis is completely wrong! *Early Onset Dementia* simply means that a person younger than 60 (or at the latest 65 years old) is beginning to show signs of dementia, hence the name Early Onset Dementia. **YOU ARE 81 YEARS YOUNG!** That's about 20 years past the cutoff age for *early onset* ANYTHING! You might be showing the early signs of a disease, but you do NOT have Early Onset Dementia!

So my first suggestion, *and as a nurse I am sure you will agree*, is to STOP GOING TO MEDICAL DOCTORS TO BE DIAGNOSED WITH DISEASES. You are an 81-year-young lady, so this is a dangerous age to be going to medical doctors as they are comparing you to the perfect metabolic model in Grey's Anatomy and guess what—you are not perfect, baby.

I knew a man younger than you who went in for a checkup and was told he had Macular Degeneration and was going blind. I tried to convince him that life is a “limited time offer” and that we are all going blind as we age, but instead he decided to get depressed and a year later he bought a pistol and blew his brains out. My point being, we are all aging, we are all dying and if we start focusing on what is wrong with us, we will get ourselves in a lot of physical, emotional and spiritual trouble.

As I was just writing this, I couldn't remember the name Macular Degeneration, it took me about 1 minute to remember that name. Does this mean I have premature senility, or Early Onset Dementia (as I am only 59), or even the beginning stages of Alzheimer's Disease? Who knows and who cares! Personally, I love the aging process, as I don't care enough about disease names anymore to be worried about forgetting a few of them.

Hard Drive Almost Full

I heard recently that the amount of stimulus, mental input and information we get on a daily basis, from talking, radio, television, movies, newspapers, magazines, telephone, the internet, and so on, is more input in one day that the average American got in their ENTIRE LIFETIME 100 YEARS AGO!

THIS IS JUST TOO MUCH STUFF TO FIT INTO OUR BRAINS! OUR COMPUTER HARD DRIVE CAPACITY IS FULL. So my question is: Do you have Early Onset Dementia, or is your brain just saying enough is enough, and simply filled up with too much stuff?

STOP TAKING DRUGS

I am so happy that the drugs the medical doctor gave you made you puke and poop your brains out, so you stopped taking them. I hope you learned your lesson. If not, read this BLOG I wrote to a woman last year, who asked me about her 84-year-old father using pharmaceutical drugs. In my answer, I discuss in detail about seniors using drugs, covering many aspects, and even when I suggest using them.

So Dottie, let's just say that your computer hard drive is so full, and that you are bombarded with so much input, that you cannot hold all of this information anymore, or at least cannot immediately recall everything at a moment's notice. You know that the more data that you store on a computer hard drive, the longer it takes the computer to sort through it and find the particular file, so why would it be any different in your brain? You are older, you have a huge library up there, so it takes you a little more time to find the books, and then the particular page. This sounds perfectly normal to me.

OK, LET'S GET THIS BRAIN IN SHAPE...

The brain, like any other organ in our body, is made up of millions of cells, in this case brain cells. I remember when I first held a brain from a cadaver in my hand—it was a very enlightening experience. I knew from medical books what a brain looked like, but I had always imagined it to be a very special organ. I don't know, maybe I expected it to be slightly gaseous, or have some shiny stars spinning around it or something, but no gas, no stars, nothing special, it's just a hunk of meat.

And, like every other organ or group of cells, it must have nutrition going IN and it also must eliminate waste OUT. So, great circulation is a fundamental here if we want the brain, or any organ, to function at its best.

More Blood to the Brain

So how do we get more blood to the brain? Well, this is not very difficult. The first way is simply by reversing gravity.

GRAVITY is simply the downward pressure on your body caused by the sun, moon, earth and planets. This pressure has a dramatic influence on the fluids of your body. Therefore, the hardest place for your heart to pump blood to is your brain, and this is why you have one of the biggest sets of arteries (carotid) and biggest sets of veins (jugular) to accommodate a large volume of blood flow to and from your brain. But as we age, gravity takes more of a toll on us and the flow of our bodily liquids. It can simply make it harder for you to get good circulation to all of your extremities as you age, especially your brain. This is part of the reason that, as people age, they often have problems with vision, hearing, memory and many other brain functions. So the simplest answer is to get more blood flow and circulation to your brain.

SLANTING and INVERSION. A great way to start is simply to reduce the size of your pillow that you use in bed, and also to take a few books that you won't read again, *I suggest medical books*, and put them under the foot posts of your bed. Get your bedposts at the foot of your bed raised up about two inches on each side. This will slant your bed slightly so if you were to put a ball at the foot of your bed it would roll towards the head of the bed. By doing this, you will assist your body in getting more blood to your head ALL NIGHT LONG. YOGA inversion poses are awesome, like shoulder stands, SLANT BOARDS, and even BACK SWINGS and other similar devices that you strap yourself into and go into a slant or even an upside down position and even gravity boots for the most extreme inversion. Be careful, and always start slowly.

HERBALLY, you can also drive a lot more blood to your brain, and two of the greatest herbs to do this are Cayenne and Ginkgo biloba, two of the main ingredients in my **Brain Tonic**. My **Brain Tonic** will drive more blood, oxygen and whatever is in the blood like nutrition, into the brain. It DRAMATICALLY increases

blood circulation to the brain. I suggest 2 droppersful four times a day, indefinitely, mixed with an ounce or two of juice.

Better Blood to the Brain

Now that we are getting a lot more blood to your brain, with inversion, slanting and my **Brain Tonic**, let's make sure that your blood is rich with nutrition. After all, driving blood filled with sugar and chemicals is not going to help your brain function. We need to make sure that your blood is supercharged with nutrition and the best way to do that is to eat a food program that is loaded with organic fresh foods, and also to start taking my **SuperFood Plus**, either making breakfast blender drinks with the powder or taking 5 tablets three times a day. This will give your brain the nutrition it needs to function at peak performance. For maximum results, try a double dose of **SuperFood Plus** by taking it in the morning and afternoon.

More Waste Out of the Brain

During autopsies, I have seen the brains of people with dementia, senility, Alzheimer's disease and numerous other brain diseases. I have also read numerous autopsy pathology reports. In both instances, there is often mucous (thick off-white and yellow viscous waste fluids) or we can simply call it gunk, glue or toxic waste. Whatever you want to call it, it is an obvious sign that either the blood getting to the brain is contaminated with junk, or the metabolic waste of the brain cells is not getting out of the brain. Yes, the brain, as it functions, makes metabolic waste that must be removed frequently. And what moves all of this waste out is great blood circulation, so back to inversion, slanting, and my **Brain Tonic**.

Detoxification

We must also make sure that the waste we are removing from the brain has a place to go and your body is able to eliminate and get rid of it. I always suggest starting with my **5-Day BOWEL Detox** Program and then a month or two later, do my **5-Day LIVER Detox**. This will assure you that any brain waste that is being flushed out will get out of your body ASAP!

Exercise

Exercise is another awesome way to stimulate blood flow in and out of the brain, so let's start walking an hour a day, and looking at all the ways you can increase your exercise during the day. You know, if you rest you rust, but if your lifestyle is too sedentary, you will also build-up waste in your brain. So at 81, exercise is no longer a suggestion—it is a life-extending **MUST!**

Finally

Dottie, **PLEASE** don't pay any attention to this stupid diagnosis of Early Onset Dementia. **NOTHING POSITIVE** will ever come from being told you have this, nor you thinking about this. It is **NEGATIVE** garbage, so please **LET THIS GO**.

INSTEAD, let's focus on getting healthier, creating a really healthy lifestyle, and building up your body and brain for the next 81 years.

Think about all the things that you **DO** remember!

Now get slanting, start taking my **Brain Tonic** and **SuperFood Plus**, and get outside for some power walks, and wander into a yoga class now and then, and have **FUN** with all of this!

— Dr. Schulze

ACID REFLUX, BILE REFLUX & GASTRITIS

February 15, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

Hello there, I heard of you in a health board blog and someone recommended your detox program, so I looked you up, it does seem to have a lot of info, but I'm not sure what to do. I had an endoscopy and I have a combination of acid reflux and bile reflux and gastritis most likely from bile in my stomach, and the esophagus was irritated and sore. I was told to take Prilosec for a couple of months and if pain continues take it again, but I don't want to live on a meds every day if there is a natural cure for this problem. So I was wondering if you could recommend some herbs or program and I'm also afraid to detox and lose more weight since I'm only 126lbs. Any information you could give me would be greatly appreciated.

Thank you,

— Amanda K. in Rochester, NY, United States

ANSWER

Dear Amanda,

About Dr. Schulze

Since you are from the same town where I was born, I couldn't help but give you and all readers, a few details, and a little quick Dr. Schulze history, that will make more sense later.

I was born in Rochester, but grew up outside of Rochester in the rural farming community of Penfield. It was an area of German immigration during the 1800s. At that time the Penfield Road area where I lived was all farms and also full of dairy farms and farm markets. I had a paper route delivering newspapers by bicycle

all over that area, and I also worked as a kid at Mr. Welkley's dairy farm and store (now a residential subdivision).

I was born in Genesee Hospital, in Rochester, and was taken back there from time to time for stitches. This is also where I was diagnosed with heart disease, after I became ill in the 1960s. Since both my mother and father were cut and drugged under the doctors' care there, until they both died in the 1960s at age 55, I have NO DOUBT, if the medical doctors would have done their suggested treatment on me, I would have been dead before 20, as they had predicted. This hospital has been closed for years. I kid you not—a major contributor to research there was named Frankenstein.

About Amanda

I don't mean to oversimplify your problem, but SIMPLE is ALWAYS the best place to start.

Your Diseases

Acid Reflux: stomach digestive acid backing up into the esophagus

Bile Reflux: liver digestive fluids backing up into the esophagus

Gastritis: inflammation of the stomach lining

Irritated and Sore Esophagus: from all of the above

What Causes Your Diseases?

ALL of these dis-eases are always caused by one or all of the following:

- Eating too much food
- Eating food that is hard to digest
- Being overweight

Since you are only 126 pounds, I don't think overweight is the cause. So my first thought with any patient with ANY digestive problem is ALWAYS...

What the heck are you EATING!!!

It only makes common sense, that if after you eat, your stomach is overflowing and burning with acid, to the point where your stomach and esophageal lining is being irritated and burnt, and you have burning and pain in your stomach, **that you are eating food that you cannot digest!**

When you eat food that is difficult to digest, or a combination of food that is difficult to digest, your stomach keeps producing more and more digestive acid, trying to digest this food. In the same way your gallbladder keeps releasing more and more bile, again attempting to digest the food you ate. Then, you have all of this food you cannot digest, sitting and going nowhere in your stomach, and all this digestive acid, bile, and this undigested food mess starts digesting you, and burning your stomach lining—Gastritis. Then you lie down or exert yourself, and all of this mess splashes up your esophagus, and now you have Acid and Bile Reflux. Eventually this mess will burn holes in your stomach and esophagus lining. Let's take it a step further... Eventually this may also cause colitis or burning, inflammation and damage to your colon.

Undigestable Foods

The densest and hardest foods for you to digest are animal foods. Animal flesh is almost always the cause of the diseases you have and is the ultimate hard to digest food, along with animal byproducts like cheese (liquid meat) and any foods made from animal fat, milk and eggs.

If you eat smaller amounts of food, and also eat food that is much easier to digest, consequently, you will excrete a lot less digestive fluids from the stomach and gallbladder, and this food will digest easier, and much quicker, and leave your stomach quicker. Therefore, you should not have any stomach irritation, burning, reflux illness, or burning or irritation in your esophagus.

“I was told to take Prilosec for a couple of months and if pain continues take it again, but I don’t want to live on a meds every day if there is a natural cure for this problem.”

You are right to decline taking drugs to cure this problem. Drugs like these simply slow down and stop your body from producing digestive acids. This is not getting to the cause of the problem, which is what is on the end of your fork and spoon. I also had many patients who took drugs like this that slows down or stops their body’s ability to produce and release digestive fluids, and many of them ended up having problems digesting their food for a decade.

“So I was wondering if you could recommend some herbs or program.”

I will do both; but what do you eat?

Amanda, since you did not mention what you eat in your letter, I will have to go there first. Look, I was born and raised in Rochester, and at the age of 15, along with heart disease, I had gastritis and a bleeding ulcer. So I know all too well the typical Rochester Diet.

Rochester Diet

Again, you never stated what you eat, so I will assume you are a typical, average, Rochestarian. Even if you think you eat good, or anyone else reading this thinks they eat healthy, **WHATEVER** you are eating, if you have Acid Reflux—it is **NOT RIGHT FOR YOU!**

My German family ate blood for breakfast, lunch, dinner and dessert. We ate animal everything and had meat, meat byproducts, dairy and or eggs at **EVERY** meal. My dad would buy a whole cow, have it butchered and then freeze it. For lunch as a kid in school, I vividly remember all the other kids eating peanut butter and jelly as I brought liverwurst in my brown bag. I grew up thinking hot dogs were white, (Rochester white hot dogs

“porkers”) and as a young teenager I ate at cheap greasy spoons like Gitsis on Monroe Avenue. I am well aware of Rochester’s German, Italian, Irish, Eastern European, Jewish, Greek and even Soul Food cuisine that has kept local gastroenterologists in business for the last few centuries. Look, Rochester’s most famous restaurant, Nick Tahou’s, is famous for their “garbage plate”! There is even a Wikipedia site to it!

And, when a restaurant’s own website is www.garbageplate.com—I have to worry.

Look, I am not saying that you eat at these establishments, or even eat a lot of animal food, which is extremely hard and slow to digest. But what I do know is that...

- **You are probably eating TOO MUCH food at one sitting.** So start eating smaller meals during the day.

- **You eat food that YOU CANNOT DIGEST.** I highly suggest you start off with a simple vegetarian food program, like my Health Building Food Program. For more information on this program, see page 76 of my book “20 Powerful Steps to a Healthier Life”. (Just click on the book cover in the right column of this BLOG and read it for FREE!) Even on this program, eat slowly, chew thoroughly and eat small amounts at one sitting.

And if you are like most of my patients with reflux disease and Gastritis, you probably are stressed out (stress produces increased gastric juices) and maybe chew gum, drink carbonated beverages, drink coffee, tea, alcohol, sodas, and/or carbonated water, ALL of which adds to the problem. You need to take a good look at EVERYTHING that goes past your lips! And create a more relaxed lifestyle, especially before, during and after your meals.

Are there any exceptions? NO! ALL digestive diseases (including yours) are caused by consuming liquids and foods that your body cannot digest, assimilate or eliminate—ALL DIGESTIVE DISEASES. Again, I will say that even if you eat better than most

people you know, it is still not good enough for YOU, so let's clean up your food program.

I know that when your digestive system is irritated, burnt and splashing back acid that sometimes even drinking water can feel like it is burning your stomach, so let me start off with some herbal medicines that will make a HUGE difference.

Herbal Medicine

Digestive Tonic

I would start by taking 2 to 3 droppersful of my **Digestive Tonic**, in a few ounces of water, at least four times a day. You can take it right before a meal, or right after a meal, or both. You can double this dose as needed. You can also take a dose of 3 to 8 droppersful in a little water just before bed, to STOP the Acid or Bile Reflux.

Digestive "SHOT"

After a meal, if you want an even more powerful digestive aid, use my **Digestive "SHOT"**. This herbal formula contains my **Digestive Tonic** along with other digestive herbs, plus Papaya and Pineapple concentrates that break down and pre-digest food for you.

5-Day BOWEL Detox

As soon as you have your digestive system a little more under control, but no later than two weeks from now, I want you to begin my **5-Day BOWEL Detox**. This detox will flush, tone and clean out your entire gastrointestinal tract. After doing this Bowel Detox, I suggest that you take my **HerbalMucil Plus** indefinitely to ensure you are getting enough fiber in your food program.

5-Day LIVER Detox

No more than a month later, I want you to do my **5-Day LIVER Detox**. This will stimulate, flush out and tone your liver and gallbladder, and get these organs back in shape.

“I’m also afraid to detox and lose more weight since I’m only 126lbs. Any information you could give me would be greatly appreciated.”

Doing a detox, especially like my 5-Day Detox Programs, well, the only weight you will lose will be the waste and sludge in your digestive tract.

Amanda, I had hundreds and hundreds of patients with every digestive disease known, and many had reflux problems and gastritis just like you, and they were ALL able to free themselves from this illness and recover. Beyond this, I know personally from having it myself, that life can seem miserable when you have Acid and Bile Reflux, and Gastritis, but since I have not felt that pain in 45 years, I suggest you follow my advice.

— Dr. Schulze

11 AND CONSTIPATED

February 22, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

*My son has suffered with chronic constipation and partial rectal prolapse since he was four. He is now 11 and still having the same issues. I've been to many doctors/specialists and nothing seems to help. He has been allergy tested and it came up positive for several foods including all nuts, seeds, soy, and pretty much everything outside. He does not have a reaction that I can see when he eats these foods. He is also an extremely picky eater, which gets worse as he gets older. I've tried everything to try and get him to eat fruit and vegetables but he refuses and gags on everything. I did just order your **Intestinal Formula #1**. How much do you think I should give him daily? He is 11 and 60 pounds. Any other recommendations?*

— Mindy M. in Salt Lake City, Utah,

ANSWER

Dear Mindy,

Please forget the allergy testing, and keep your son away from these medical idiots! If they don't know that a few simple herbs and foods will dramatically help your son, and cure his disease, then they are worse than idiots, they are dangerous ignorant medical doctors that will fumble around with your son until one day he will be seriously diseased and then they cut his colon out!

Yes! I have herbs that will work a miracle with your son, and end his constipation, and probably save him from a gastrointestinal nightmare like a life of digestive diseases, cancer and even a colostomy bag, but I must get you to meet me halfway by changing his food program too, which is the cause of his constipation.

As I talk about all the time, our level of health is a PERFECT REFLECTION of our GENETICS mixed with our LIFESTYLE. So not to blame it all on your cooking or your son's eating, but for whatever reason he has also inherited a sluggish bowel. Well, as I always say, that's water under the bridge and there is nothing we can do about genetics that were created 12 years ago. But, just because your son may be genetically prone to constipation, this does NOT mean that he has to live with it.

What we can do is change his food program so that it contains enough fiber, mucilage, roughage and other material so he has normal bowel movements. Then, we can also give him some herbs that will guarantee he has normal bowel movements, even if he eats cement.

First Things FIRST!

The first thing I must do is to make sure that your son starts having daily bowel movements. Regardless of his genetically weak colon and regardless of his food program, the last thing we want is your son getting sick, going to the hospital, having appendicitis or having a life-changing surgery nightmare like a colostomy, so let's get him going immediately.

You ordered my **Intestinal Formula #1**. Great start. How much to give him? **Well, this answer is for EVERYONE reading this out there who is trying to figure out the dosage for kids, babies, or dogs or cats, or anyone or anything that is not an average adult about 150 pounds.**

The safest way to decide dosage for kids is ALWAYS by WEIGHT. You simply take the child's weight and make a fraction by putting it *over* 150 pounds, so in your case it would be 60/150 which reduces to about 1/3, which is close enough. So your son would take 1/3 of the adult dosage.

Also with kids, you have to start out a bit slow, because if you teach your son the laws of jet propulsion by giving him an

overdose right out the gate, well, he may not forgive you and never take the herbs again.

So I would start him on about a ½ capsule (since his history of constipation) and increase this dosage by a ½ capsule daily until you reach the desired dosage, that causes him to have daily bowel movements. If you need to, keep him out of school for a few weeks until you get him regulated. *(OK, for the constipated and/or mathematically challenged out there, just pull open the capsule and pour half of the contents into a container. Save these herbs. Buy some empty capsules at your local health food store and you can encapsulate and use this leftover herbal powder later.)*

Another great formula that I made especially for children is my **Intestinal Formula #3**, which is a good tasting liquid version of my **Intestinal Formula #1**. Follow the same dosage rule with this formula also. This might be a better way for your son, try them both.

Again, our bowel movement goal to start is a minimum of one bowel movement per day. EVERY DAY!

What Does Your Son Eat?

I can imagine. Probably the typical, *constipating*, fiberless, American, animal food-based diet. I must tell you that the main food ingredient that makes us eliminate fecal waste is FIBER. This is why when people are constipated they eat a bran muffin, which is almost total fiber. Anyway, most people don't know that there is NO FIBER in ANY ANIMAL FOOD!

That's right, there is absolutely ZERO FIBER in any beef, pork, chicken, turkey, fish, dairy, eggs or any animal flesh or byproduct. So consequently, the typical American diet (being animal food-based) is very low in fiber and therefore, very constipating. The only foods that contain fiber are fruit, vegetables, grains, legumes, nuts and seeds. This is why a Vegetarian-based food program promotes healthy elimination. You don't run into many constipated vegetarians.

Fiber To The Rescue

An easy way to introduce FIBER into your son's food program, and more importantly into his colon, is my **HerbalMucil Plus**. It has no taste, and you can mix it into a fruit smoothie and he won't even know it's there. Just add a little water to the smoothie and have your son drink it right away, because if it sits around it may become too thick and turn into "jell-o".

Required Reading

Mom, you **MUST** read Chapter 4, or my *Detoxification: Volume Two* book! It is only four pages long (pages 43–46) about constipated children and about a constipated 11-year-old boy. In fact, you **MUST** read my entire Bowel Detox section of this Detoxification book, from page 17–120. You can either call 1-800-HERBDOC (437-2362) and ask for a **FREE** copy (just tell them I said you could have one from this BLOG posting) or just go over to the right margin of my BLOG site (that has pictures of all of my books) and go down to what is currently the fourth book down, *Detoxification: Volume Two*, and just click on it. **ALL** of my books are **FREE** to read right on my BLOG! We paid a lot of money for this book reading software and it is really cool—so let's use it.

Finally, The Food Program

So Mindy, **PLEASE**, we need to get your son eating better. Eating is **NOT** just about eliminating waste; it is about **NUTRITION!** Your son is only 11 years old; he is in his most formative years, building his body, building his mind and building his spirit. You **MUST** get him to understand that what he eats **DIRECTLY** feeds and builds his body and his mind. You **MUST** get him to eat fresh fruits, vegetables, whole grains, nuts, seeds and all the other great nutritious foods. Take him to the health food store with you, let him browse around, let him take his time and let him buy what he might like. Take him to the local farmers' market with you, and let him taste some of the food and meet the farmers and vendors. My son grew up going to the local farmers' market.

And, start him on my **SuperFood-100** immediately, which I made especially to give super nutrition to finicky kids. Later hopefully, you can introduce my **SuperFood Plus** into his smoothies.

I would rather see you take your son completely out of public or private school, and home school him the rest of this year. Get his bowel working normally, and get his food program healthy and nutritious. It will be best education for his future that you can give him. He would never forget this gift. You will save his life!

— Dr. Schulze

11 AND CONSTIPATED: CONTINUED

March 07, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I just read YOUR BLOG about the 11-year-old boy.

*I used your **Intestinal Formula #1** for many years to treat my son's sluggish colon. My son is diagnosed with severe autism. I found your herbs from an acquaintance and began giving him a whole cap when he was probably 8 or 9 years old. If you know anything about autism, you will know that most kids suffer with bowel trouble.*

*Your **Intestinal Formula #1** kept his bowels moving. I gave him usually, 4 caps per day, for many years, say twelve years. We had eaten vegetarian all his life and I had given him good, nutritious, real food all his life, but because of the autism, none of that was enough.*

*Thank you, Dr. Schulze. I wanted to say to folks who have autistic kids (or just constipated kids), and are looking for help: Dr. Schulze's **Intestinal Formula #1** is MUCH better and MORE EFFECTIVE than Miralax or the other drugs that are recommended by big pharma to treat our kids' constipation.*

*Don't be afraid of high dosages (sometimes my son required 6-8 capsules a day) and don't be afraid of using it for long periods of time. When I would take my son in to see the medical doctors for the rare visit, most of them would comment on how well he was doing, given the severity of the autism. Keeping his bowel moving by using **Intestinal Formula #1** and using Dr. Schulze's other recommendations (natural foods, good water, etc.) was a big part of that.*

Thank you, thank you, thank you, Dr. Schulze.

— Susan C. in Atkins, AR, USA

ANSWER

Dear Susan,

Letters like yours make all of my hard work worth it. If I can save just one child the horror of bowel disease, or worse, the *horror of the medical and surgical treatment of bowel disease*, it's all worth it!

I often think how kids lives are changed for the worse—**ACTUALLY RUINED**—when parents go ahead with medical doctors' suggestions of bowel resections and colostomy bags for teenagers. And medical doctors suggest this all the time! They are sooo... out of touch with reality and destroy a child's entire life.

PLEASE, anyone reading this with a constipated child, just read the **BLOG** question I answered two weeks ago, 11 and Constipated, if you haven't read it yet. In this **BLOG** I lay out an entire program for constipated kids with all the natural solutions and natural herbal medicines. Childhood constipation, no matter how extreme it may be, **IS A VERY SIMPLE FIX!**

I have even treated babies in my clinic with Hirshsprung's disease, where the medical doctors say there is no hope because the babies are born without any nerve supply to the colon, and wanted to remove their bowels. Imagine that, a bowel removal on a baby—that's criminal!

I have never had a patient that I couldn't get to have normal bowel movements, whether 9 months old or 99 years old, no matter what their problem or disease, no matter how constipated—herbs make them have normal bowel movements!

I won't say anymore, Susan, because you said it all. I just want to thank you for being such a great Mom and keeping your boy as healthy as possible.

— Dr. Schulze

STILL ALIVE! COLITIS & PREGNANCY

March 14, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

First of all I want to thank you for what you do, your products have improved my life significantly. About 5 years ago I was admitted to the hospital for rectal bleeding. As it turned out I was diagnosed with ischemic colitis.

The doctors recommend removing my sigmoid colon and said if I didn't get the surgery I would be dead in 3 weeks to a year.

Being only 30 years old at that time I thought there had to be another way.

*After a year of seeking out and trying many different types of alternative medicines, I was introduced to your products. I **did your Vitality Program** and felt the best I had felt in years. From there I continued on with your **Bowel Detoxes** and I'm still alive!*

*Fast forward to now, **5 YEARS LATER!** I've been using your **Intestinal Formula #1** and your **HerbalMucil** ever since to stay regular. I eat well, I'm sure you would say I could do better ;-). However, I'm now pregnant with my first child and wondering if it's safe to keep taking your **Intestinal Formula #1**? I'm having some constipation. I've been using the **HerbalMucil** but it doesn't seem to be enough. I would love any advice you can offer. Much thanks and appreciation!*

— Jennifer S. in Westminster, CA,

ANSWER

Dear Jennifer,

First off, CONGRATULATIONS!

For being alive 4 years AFTER the medical doctor said you would be dead!

Welcome to the club, I am now 40 years past when the medical doctors said I would be dead. Actually this club has hundreds of thousands of members, all over the world. I like this club, as it is far better than the club of being cut, burnt and poisoned. It is far better than the club of having to glue a bag on your belly daily to store your feces in. Healing disease by Creating a Healthy Life and Lifestyle. It's a lot more fun than surgery, doctors, hospitals and chemical drugs, and a lot cheaper! And it just makes COMMON SENSE!

Colitis Simplified

Colitis, well, let's just start with "**itis**". **Itis** is a suffix (something that is added to the end of any word) that when added to any word simply adds inflammation to that word. Like Appendicitis meaning inflammation of the Appendix, Tonsillitis, inflammation of the Tonsils, Hepatitis meaning liver inflammation, and in your case Colitis, **inflammation of the Colon**.

Colitis = Colon Inflammation

Ischemia is a combination of two Greek words, **Isch** which means to restrict, and **Haema** meaning blood, so Ischemia added to any word means the restriction of blood, such as Ischemic Heart Disease which is heart disease caused by the restricted blood flow through the coronary arteries to the heart muscle itself. Ischemia can be caused by arterial restriction, blood clots, tumors, tight clothes, and it is usually a disease of the elderly.

So, Ischemic Colitis simply means that your colon, or a portion of your colon, is inflamed due to restricted blood flow. By the way, I must add that Ischemic Colitis is usually a disease of the elderly, NOT 25-year-olds, so this is something that you probably genetically inherited.

Don't Worry

The bottom line is I wouldn't worry at all anymore since it has been 5 years since your diagnosis and I will assume that you no longer have rectal bleeding, ischemic colitis or any symptoms at all except a lazy bowel.

Many Americans have sluggish bowels due to our American food program and lifestyle. And since you added a ;-)) on your letter after your comment on your food program, I know that you can do better too.

Just remember that my **HerbalMucil Plus** that you are taking is to make up for the fiber that you are not getting enough of in your food program, so I appreciate your patronage, but please try to remove any fiberless food from your diet, like any animal foods, and at the same time increase the fiber rich foods like fruits, veggies, grains, legumes, nuts, seeds etc. BTW, I take my HerbalMucil EVERY DAY even though I eat Vegan and Raw for breakfast, with my **SuperFood** of course, and a Vegan Raw Lunch everyday, so I get tons of fiber. But I grew up having only 1 BM a week, and inherited a sluggish bowel, so I LOVE the **HerbalMucil Plus** too, even if it's my own product.

Intestinal Formula #1 and Pregnancy

Again, no worries at all. During the first 2 trimesters, just use your usual dosage. But don't do any overdoses and any major catharsis or bowel stimulating or flushing. Just keep yourself regular.

During your third trimester, do the same, but just be aware, that during months eight and nine, when you are VERY pregnant, that a huge overdose of **Intestinal Formula #1** could bring on labor, actually I have used it to do this in a few instances. But using your normal dosage is safe and you won't have any problems AT ALL!

Also, you can use any and all of my Herbal Medicines ALL during your Pregnancy. I would even have many mom's in my clinic do my **5-Day BOWEL Detox**, or my **5-Day LIVER Detox** and **5-Day KIDNEY Detox**. A baby living in a clean mom

is better than living in a toxic mom. Again, there is no herbal medicine that you cannot use while you are Pregnant. **Just use your good common sense and don't throw your body into any extreme catharsis or flushing! Regular cleansing, detoxification and flushing is absolutely fine.**

Two Additional Pregnancy Tips!

Tip #1

The biggest problem ALL my patients had during pregnancy was gaining too much weight. A perfect weight gain during pregnancy is 25 pounds, but no more than 30 pounds.

In my clinic I would constantly have pregnant mom's come in with a weight increase of 20 pounds in their first trimester, and be bragging about their big baby. I would then explain to them that their baby was only the size of a pinto bean (at this time) and their weight was NOT their baby but instead 19 ½ pounds of FAT! Look, I don't care if someone is FAT, but PREGNANT and FAT is NOT a good combination. It can be challenging enough during months 8 & 9 to eat and breathe when you are in good physical shape and fully pregnant, but if you add on 20 or 30 extra pounds to this already challenging period, well you are setting yourself totally up for failure, being really uncomfortable at best. Many women who gain too much weight during pregnancy develop Preclampsia, and put themselves and the baby at risk, and also risk a premature or sick baby, **SO KEEP YOUR WEIGHT NORMAL!**

Tip #2

You are building another human being, **WHAT AN AMAZING MIRACLE!** So you need double the nutrition during pregnancy, and during lactation. So start taking your **SuperFood Plus** twice a day, morning and afternoon or early evening. And continue this while you are breast feeding also. You can start the morning with your **SuperFood Plus** nutritional blender drink. If you have any morning sickness during your first trimester, then use the **SuperFood Plus** tablets instead. In the afternoon have a

SuperFood Bar. Getting this boost of extra nutrition will not only ensure you have a healthy and strong baby, but will enrich your own milk to make incredibly nutritious baby food.

Finally...

Great job in healing yourself naturally, avoiding life-robbing surgery and proving the medical doctors and their DEATH SENTENCE, VERY WRONG! Great Job in discovering the alternative and natural healthy path, and healing yourself naturally.

You may always need a little natural herbal bowel medicine during your life to keep your elimination regular. But having said that, after 12 years on **Intestinal Formula #1** myself, and all the while improving my eating, moving and thinking, and making my lifestyle healthier, well I did not need to take **Intestinal Formula #1** anymore.

Way To Go, MOM!

— Dr. Schulze

ORANGE JUICE CAUSES CANCER?

March 21, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

*I am taking **Intestinal Formula #1**. However when I look up two of the things that are in the product - Senna & Cascara Sagrada, some very disturbing things are said. Senna is toxic to tissue and organs. Cascara Sagrada an herbal stimulant laxative is considered quite dangerous. Causes constipation, the very thing it supposed to relieve, along with digestive problems, liver damage, lesions in colon, rectal bleeding, Hepatitis. You are saying it helps... seems contrary to what I am hoping to accomplish. I hope you will respond to this please.*

— Pat S. in Independence, MO, USA

ANSWER

Pat,

WHOA! What garbage are you reading and where the heck are you looking?

The Libertarians have a great statement: **QUESTION AUTHORITY**, which simply means to Question the **AUTHOR**. **Personally, I question almost everything, and then I go into my heart and I make my best-informed decision.**

A small amount of the information regarding herbs on the Internet is written by people who have no education or training in herbal medicine or for whatever reason hate plants! Then, you have the articles about herbs (usually they are more like negative warnings) written by Medical Doctors, Medical Groups and Associations, the Pharmaceutical Industry and

Drug Manufacturers. Again, usually these articles are more like warnings, that seem to *always start out by promoting the herb*, but by the end of the article they always end up saying things like, *“this herb is not proven effective”*, or *“it may not be safe to use”* and then they always end with telling you to not use the herbs unless you consult your medical doctor (a person who knows absolutely nothing about herbs and usually will suggest chemical drugs instead). Generally, the medical industry DOES NOT want you to use herbs to treat yourself. It takes money right out of the pocket of that **\$2 trillion dollar** industry! So let’s take a big breath here and look at the stupidity of the ridiculous statements you are making, or that they are making and you are repeating.

Senna, the Real Jewel of the Nile!

Senna has been used by humans for health since the beginning of time. It is often called Alexandrian Senna as it grows and is a native plant of the Nile delta area of Egypt, **and has been used as bowel medicine there for 5,000 years**. It is still used today by people all over the world, *including medical doctors in America*. **It is a non-prescription herbal medicine that is safe and is sold in EVERY regular pharmacy under numerous brand names like Sannacot, etc., and in health food stores all across America, and has been sold like this for over 150 years. Medical doctors worldwide even regularly prescribe it.** I don’t know where you read that it is toxic to tissues and organs, but I could probably find many things in your own kitchen that are toxic—and it is not the Senna.

Cascara Sagrada, Sacred Bark!

Cascara Sagrada literally translated means “Sacred Bark”. It was given this name by Native Americans, and then the Spanish, for its amazing healing ability. Native Americans have used it for thousands of years. In the past 500 years it has been used by immigrants to the United States, and in the past few hundred years, internationally. Cascara Sagrada bark, Senna leaves and pods and Aloe all contain emodin. **Emodin is a cathartic anthraquinone that stimulates the muscular contractions**

(peristalsis) of the colon, which promotes more frequent and more complete bowel movements, relieving constipation. The FDA has recognized it as being effective for this purpose, but there have been some FDA disagreements over Cascara Sagrada in 2002 (in ridiculously high dosages, that would almost be impossible to ingest), but regardless, it is still very legal to use as an herbal supplement. All of my herbal products meet FDA guidelines to manufacture and sell, and my facility is also an FDA inspected and approved ORGANIC herbal manufacturing facility.

FIRST, repeat after me... "In Dr. Schulze I Trust!"

You can buy a lot of herbs and herbal products. There are many sold in stores and even in pharmacies. You can buy them online, you can even buy bags of herbs and even make your own formulas, but **when you buy herbal medicines from me... you are not just buying herbal medicines... you are buying DR. SCHULZE. And there is a BIG DIFFERENCE!**

Look, I am not asking you to blindly trust me, but I am asking for some level of trust here, otherwise you should just go to the store and buy any old herbal products, or go to a medical doctor and take drugs.

Why should you trust me? Mainly because I have been an Herbal Doctor all of my life. My two teachers alone practiced herbal medicine in their clinics for a combined 100 years, and when you add in my over 40 years of experience so far, well, you have got 140 years of experience and well over 200,000 patients. **I don't know everything, but I KNOW Natural Healing and I KNOW Herbal Medicine, and I know how to help people to heal themselves using herbal medicine. This I know!**

Pat, you have to trust in somebody, some of the time, so I suggest you STOP looking for the few negative reports written by ignorant people about wonderful healing herbs, and START focusing on Creating Powerful Health, and START trusting in me. Or, STOP using herbs altogether and go to medical doctors.

Orange Juice Causes Cancer?

Just pick one and stop panicking and STOP working yourself up into a frenzy—this is what’s going to make you sick!

Orange Juice Causes Cancer?

If you look hard enough, you can find articles written promoting or condemning anything and everything. God exists. God doesn’t exist. Apples heal. Apples cause cancer. Two glasses of orange juice fed to a male rat supposedly gave it cancer—yep, that’s on the Internet too! Look it up. Oh yeah, and there are lots of stories about computers causing cancer, too. Inoculations save lives? Inoculations KILL? It’s all out there.

Just look up Chemotherapy on Wikipedia and you will see a woman smiling in the picture, like she is having a ball, getting her chemotherapy. Then why did most of my patients say it was like getting HIT IN THE HEAD WITH A BASEBALL BAT, or like getting RUN OVER BY A TRUCK? Also, Wikipedia says it’s an effective cancer treatment, but to the contrary, the Federal Government’s own General Accounting Office report stated that: “There was no observable improvement” with using chemotherapy! It’s a confusing world out there.

Seek Your Own Truth!

Look Pat, you have to believe in something. So go inward into your heart, you will find what is right for you. Trust yourself. Seek your own truths!

The Bottom Line

It seems to me that you are looking for evidence to NOT get your bowel working, to NOT get healthy and to NOT use Natural Healing and Herbal Medicine. Because this is exactly what you found!

Most people when researching herbs they want to use, just read the articles about how using the herb will improve their life, and maybe even save it. **So the Big Question I have here is why are you doing this? Whom are you trying to convince—what is your point?**

My patients that were always looking for reasons to not use herbs and not get healthy, well, they usually found their reasons and achieved these goals. I strongly suggest that you get your head screwed on straight, focus on what you WANT, and want to achieve, and Just Do It! What you are doing now will cause illness and disease, and it's NOT FUN!

“Your Focus Determines Your Future!”

“Tomorrow is what you DO and BELIEVE Today!”

— Dr. Schulze

A.I.D.S. GONE!

March 28, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

My brother went into the hospital in January after falling and hitting his head in the kitchen. We knew something was wrong when he came to visit us for Christmas from Florida. He seemed sick but we weren't really sure. He was sweating through his clothes at night and his legs kept giving out on him. He started not being able to make it to the bathroom on time and also lost his bowels one night.

We took him to the ER in Santa Barbara and they ran lots of tests to find out that he was HIV positive with very advanced AIDS (10+ years).

They gave him 30 days to live!

The medical doctors put him on chemotherapy with some new, "exciting" trial drugs. My Mom and I agreed that we wanted him in the hospital for the 24-hour care he would receive (diaper changing, bed baths, and physical therapy for movement of his limbs) but did not want him to have any chemotherapy or crazy new drugs.

*We worked out a plan to take shifts at the hospital during medication dispersal so we could take home and throw away all the prescribed poison. The only thing we gave him was organic applesauce with your **SuperFood Plus** powder. We have continued the applesauce / **SuperFood Plus** plan and my brother has gone from his deathbed in the hospital to talking again, walking again, going to the bathroom on his own again, and new blood work shows his blood counts are ALL up in the healthy range and no more AIDS.*

It's only March and we have seen this much progress!

The doctors will document their medications as successful but we know it was all you, Dr. Schulze.

It's a Dr. Schulze Miracle! Thanks for saving my brother's life.

— Anna S. in Carpinteria, CA, USA

ANSWER

Dear Anna,

You are AWESOME! This is exactly what the relatives of many of my patients did, flushed the toxic wonder drugs down the toilet and gave the herbs instead. Who cares who gets the healing credit? All that matters is that your brother is ALIVE, and Getting STRONGER!

HIV and AIDS. So everyone gets up to speed here, once you are infected with the HIV (Human Immunodeficiency Virus), it can lay dormant in your body for months, years, a decade or even forever. This depends on your level of health, your lifestyle and the strength of your immune system. This is called *asymptomatic* HIV infections, which simply means you don't have any symptoms associated with the infection.

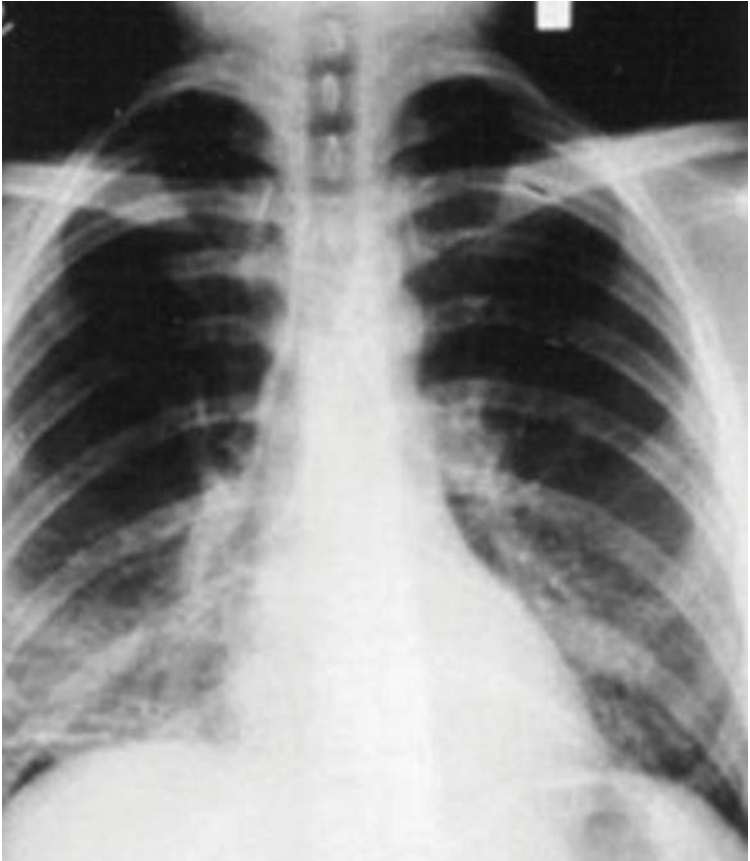
Asymptomatic HIV infection can progress to *symptomatic* HIV infection, which means that now you start to notice that you have symptoms of having the infection, and a weakened immune system because of it. Symptoms are like most viral infections, including fever, sweating, muscle aches and swollen lymph nodes.

HIV can eventually turn into AIDS (Acquired Immune Deficiency Syndrome). This is considered the final stages of HIV infection, where your immune system is greatly compromised and other aggressive diseases begin to appear, like other bacterial and viral attacks, and even cancer. AIDS is said to exist when you have 2 additional opportunistic infections and also a T-Immune cell count below 200.

My Patients with AIDS.

I had patients so ill with AIDS; one had a T-Cell count of 2, not 200, TWO! This patient also was covered with Kaposi's sarcoma cancer, and also had the majority of his lungs fibrosed with Pneumocystis carinii pneumonia.

A.I.D.S. GONE!



The medical doctors said he would be dead in a month, **three months before I saw him!**

Anyway, this gentleman made a complete recovery, to the point where his cancer and pneumonia were healed and he no longer tested positive for the HIV infection, which is considered medically impossible, (like your brother) and is still alive today!

I had numerous other patients with AIDS make similar recoveries; so the story of your brother is certainly a **MIRACLE**, and is **AWESOME** and **AMAZING**, and because of my clinical experience, I also know it is **POSSIBLE** and **TRUE!**

The Bottom Line

The real bottom line here is this: **NOBODY**, I mean **NOBODY** knows when your time is up. I had patients that were given their last rites **TWICE** by a priest that are still alive. And I had **THOUSANDS** that were told by their medical doctors they would be dead in a few months, and many are **STILL ALIVE TODAY!** In fact just last week my son Arthur ran into an old patient of mine at a Health Expo, who was (previously) riddled with cancer, **that was told by the head oncologist at a leading hospital in America she had only two months to live**, even with chemo, radiation and surgery, and she got healthy instead of trying to poison herself well with drugs, and is **STILL ALIVE 25 YEARS LATER!**

The point is, **NEVER GIVE UP!**

You can HEAL YOURSELF of ANYTHING, ANY DISEASE, ANY ILLNESS, all you have to do is to STOP doing what made you sick, and START doing what will Create Powerful Health.

Tomorrow is what you BELIEVE and DO Today!

Obviously, I never get bored of evangelizing Natural Healing!

A.I.D.S. GONE!

And Anna, I NEVER get bored of getting MIRACLE letters like yours.

Please give your brother a big hug and kiss from me, tell him to get stronger EVERY DAY, and tell him to write the next email himself!

YES!

— Dr. Schulze

BROUGHT BACK FROM DEATH'S DOOR!

April 04, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

My question is simple.

Why are you not featured on Good Morning America, or 20-20 or 60 minutes? I try to figure it out for myself, and the only conclusion I can reach is perhaps if the world at large, through mega-media learns about you, I won't be able to get my SuperFood or anything else you have, because of the flash mob result!

*My wife and I have been on your juicing program and SuperFood - **SuperFood Plus** for over 15 years. I'm 72, my wife is 69, and neither of us has ever been to a hospital. We never visit doctors, not once, have we had the flu or colds.*

I have personally helped three people through your "Incurables Program" with fabulous results. However, I must tell you about my brother-in-law, Steve K. in Auburn, Ca.

Over the last 25 years or so, Steve had heart problems, and three or four back surgeries, and two or three knee surgeries. Five years ago, his wife called me to tell me that the doctors sent him home with no hope for beating MRSA, that he'd contracted in the hospital after a recent knee surgery. They told him he had received so many anti-biotics over the years, they concluded he was immune to them. He was 150 lbs overweight, (at least) and stuck in a wheel chair at home with a surgical wound that would not heal on his knee. He had lost all will to live and was waiting to die.

I talked to his wife at least three more times for over an hour each time, and I finally got them to agree to try your "Incurables Program". I told them I would fly out to their home from Charleston, S.C., and

Brought Back From Death's Door!

spend a week with her teaching her how to complete the remaining three weeks administering the plan after I had to leave.

At the end of the first week, Steve started to have color in his face again and I managed to get him to do some upper-body exercising. I secretly, after Day 2 of my first week there, started exponentially increasing garlic and your Cayenne tincture to all the treatments. On Friday of that first week, two nurses from hospice came to dress his wound, and were flabbergasted to see actual blood flowing to the knee and the area around the wound was actually healing.

My sister-in-law continued the next three weeks with the program, and when he went in to see his doctor at the end of his 30-day incurables program, his blood count went from 54 down to 3! It was the doctor's turn to be flabbergasted. Steve had all his energy back, had lost 75 lbs, and was obviously on the mend, big time.

Today, 5 YEARS LATER, he has a straight rod in his leg, and walks around with Canadian Crutches, and drives his truck from California to Oregon, Kentucky, and wherever else he needs to go. The first day I walked in to see him when we started the program, he looked like death warmed over. He even had trouble talking, his energy level was so low.

I'd be happy to document any of this at your request, and give you the name of his doctors and you could talk to about 12 other couples who have since bought and use juicers, daily, after seeing for themselves what happened to Steve.

We started the SuperFood with you, because a friend of mine told me about your story, and how you helped people heal themselves by first cleaning the bowel. My wife, Sharon, had migraines every week, debilitating migraines, the type that made her go sit in a dark closet on the floor, take out her earrings, and wait till she had to vomit kind. For 50 years she had them and had tried everything, with no success. She started juicing and did Formula #1 followed by #1 & #2 and cleansed her bowels. It's been 14 years since she had a single migraine.

My biggest problem with you over the years has been trying to calm people down from being pushed back over your arrogance. I just had

to tell them, "I love his arrogance, he couldn't be that way if he didn't have the goods!!" Keep it up.

— Joe T. in Camden, ME, USA

ANSWER

Dear Joe,

I want you to know how much I appreciate your letter. For me, I never get tired of evangelizing the power of Natural Healing and Herbal Medicine, and I NEVER get tired of getting letters like yours with miracles testimonies. I have seen so many miracles in my life, helping people to bring themselves back from deaths door, but for all the people reading the BLOG every week, I can guarantee you Joe, **your letter will inspire relatives to act and it will save many lives.** So I thank you personally, and from my customers, for taking the time to write this letter.

Why I am not on Good Morning America, 20/20 or 60 Minutes?

That's a great question; I think I have a few answers for this.

My clinic was closed not because I ever had a patient complain to the authorities, not one. It was closed as best as I can see because...

My patients were an embarrassing living testimony to the great failure of Medical Doctors, Hospitals and Pharmaceutical Drugs.

This type of healing we call modern medicine can work occasionally. But it is just a temporary quick-fix because it is your lifestyle changes that will heal you permanently.

The ONLY true healing is the one that your body performs BY ITSELF, ON ITSELF, HEALING ITSELF, not what medical doctors do. And, since this modern medical show in America alone is a 2 TRILLION DOLLAR business—over 20%

of the Gross National Product of the entire United States—well, the medical mafia and the drug cartels not only sponsor these television networks with commercials, but also they don't take too kindly to cheap, inexpensive, common sense, natural and herbal healing. **When you make statements like I do, and you do, that you can heal killer diseases with a \$200 juicer, a few handfuls of weeds, some garlic and hot peppers, a little detoxification and flushing and a whole lot of good old common sense, well, that just plain pisses them off.**

But don't stress, the world is coming around, one by one. It's hard to find someone these days who isn't a bit disgusted with his or her medical doctor, and who hasn't heard of common sense Natural Healing, and who isn't making some kind of healthy lifestyle changes. Or, just turn on the television and you will see ads by lawyers who want to assist you in suing the drug companies (1-800-BAD DRUG) because you or a relative were injured or even killed by a pharmaceutical drug. And thanks to you, my friend, we just keep getting the word out more and more.

As far as being able to make enough **SuperFood**, or **Intestinal Formula #1** to go around, there is no doubt that the Oprah effect would put a strain on my business. We buy only the finest and most expensive herbs, we make everything by hand and we make herbal MEDICINE, not herbal products, so we can only grow so fast. Also, I have to let my organic farmers know a year ahead of time how much herbs I think I will need for the following year, so I can steadily grow bigger, but I am a "word of mouth" niche business. I like growing though, because the beauty of my company growing a lot bigger every year is that the bigger I get, the more I need from my organic farmers, wild harvesters and their families, the less chemicals being dumped on American soils, it's a win, win, win for everybody.

My Arrogance? Hmmmm...

What About THEIR Arrogance?

First off, I should say that the most arrogant people I ever meet on this planet are definitely medical doctors. My arrogance is mild compared to them.

They are so arrogant and myopic, they only see things their way. They think their form of healing is the only true or real healing, and warn people to stay away from any other form of healing besides modern medicine that they do not understand or have any knowledge of, especially natural and herbal healing. They are so arrogant, they never like being questioned, they just want you to do as they say. After all, you are too stupid to understand medicine. Beyond this, their worst arrogance is that they will tell you when you are going to die.

As far as my arrogance, well, there is no denying that here. I am pretty darn arrogant, I agree. But there is a reason behind this arrogance. *(BTW Joe, I know you don't think I am arrogant, but this is for anyone who thinks I am.)*

I watched my Dad die in my arms when I was 11. He was definitely murdered by medical doctors. My Mom dropped dead just a few years later. The medical doctors had her on a dozen drugs, and the last few years of her life she was a stoned drug addict. I watched as the medical doctors killed my parents and destroyed my family. Were my parents responsible? OF COURSE they should have questioned the doctors, and not lined up like sheep to the slaughter.

Then, at 16, I was told by the medical doctors that I would be dead by 20 without open heart surgery. I refused and discovered another way to heal my heart.

Later, working, apprenticing and interning in my great teachers' clinics, I witnessed thousands of healing miracles. Thousands!

Then in my clinic, I walked my patients through my programs and herbal medicines just like you taught your sister-in-law **and**

helped your brother-in-law save his life when he was sent home to die.

I have seen, now thousands of times, that your body can heal itself of ANYTHING, ANY DISEASE, if you are willing to simply STOP killing yourself and START a new Healthy Lifestyle!

Yep, you're right again, no denying it, I'm a pretty loud, pushy, passionate, and ARROGANT Natural Healer.

Think about it, though... Is it so arrogant to say that if you get really healthy, that disease will simply leave your body? Even diseases like Arthritis, Alzheimer's, Artery Blockage, Nerve Degeneration or Cancer? I think not. I think it's just plain common sense. If it is arrogant, then I'm arrogant for sure. Guilty as charged.

Today I get letters, emails and walk-in testimonies at my pharmacy every day, telling me more miracle stories.

My personal crusade is to make damn sure that I get this message to everyone out there like my parents, who didn't know there was an alternative to Doctors, Drugs and Hospitals.

Yeah, I'm Arrogant!

Joe, I think we probably have this in common, my friend.

I thank you so much for your email. It will help so many.

— Dr. Schulze

MEDICAL DOCTOR MELTDOWN

April 11, 2012, ANSWER by DR. RICHARD SCHULZE

WARNING! The following letter from a reader contains language that many would find offensive. Since I do not edit or tamper with the emails that are submitted to me via my BLOG site, and I do not alter the words in any way, if you are offended by strong language and 4-letter words—Do Not Read the following letter. Thank You.

QUESTION

Dear Dr. Schulze,

You're a scamming asshole who should be ashamed of taking advantage of those that need real medical help the most. Both myself and the rest of the medical community would LOVE to cure all diseases, however, we require evidence. Kindly provide some good quality evidence or just fuck off, you moron.

Kindly remove yourself from this earth,

You are a Moron,

— XXXXXX X. in South Carolina, USA,

ANSWER

Dear Anonymous Medical Doctor,

Let me answer a few of your questions and accusations.

I don't see myself as taking advantage of anyone. I am simply sharing my personal life experience and my clinical experience. I leave it up to the people themselves to make their own health decisions.

My clinical experience is definitely biased, as I am sure yours is.

Most of my patients were already told that there was nothing more that can be done by their medical doctors, and simply told to go home and die. In fact, most of my patients were told by their medical doctors that they would be dead in one or two months. **I can think of no greater form of malpractice than this, telling people they are going to DIE, and these words are spoken by medical doctors to their patients every single day in America.** How dare they be this arrogant and play God? But they do. Doctors know that a person's immune system reacts to their emotional dialog. Do they think telling a patient they are going to die helps them? Even worse, is that medical doctors are so egotistical that they tell patients there is NOTHING more that can be done. REALLY? What about spiritual healing, laying on of hands, prayer, and the thousand different forms of alternative medicine from herbal medicine to detoxification to juicing to enemas, to physical exercise and so on? What medical doctors should say instead to their patients is: **"There is nothing more that can be done, THAT I KNOW OF, so I suggest you seek out help elsewhere!"** But they NEVER, EVER say this!

I also witnessed firsthand with my parents, and then with my patients, the cold heartedness, cruelty, disfigurement and the physical, emotional and spiritual torture, and financial ruin of modern medicine. Sure, I see a few of the benefits, like with trauma care, but from my point of view, there are many more downsides. I honestly believe that most people would live as long, if not longer, and certainly be happier and healthier without the majority of the practice of modern medicine. This can be simply proven by the fact that in America we spend more money per person on medicine and medical care than any other country in the world, and we still don't even rank in the top 15 countries for longevity. **We are obviously not getting the most bang for our buck with modern medical care and medicine.**

Also, it is well documented that the increase in lifespan in Americans over the past 200 years is not at all from modern medicine but from better sanitation practices (sewage not being dumped in the streets) and from better, cleaner water quality.

Anyway, sure, some of my patients did die, but most lived. I do consider all that survived to be absolute healing miracles, including myself.

So biased? YOU BET!

Don't be too quick to judge what you do not understand. I once saw a tribal healer chew up herbs, and then spit them into his patient's faces. Lo and behold, most of them got well, even though my scientific mind could not comprehend how this could possibly work. On the other hand, your scientific mind should understand how herbal medicine works, as after the ingestion of any plant substance, the body assimilates the chemicals in the herbs, just like it would with any man-made drug, except many of the plant's chemicals are a God-given mystery. After all, the first major heart drug, Digitalis, is an herb, *Digitalis lanata* or Greek Foxglove plant, and is still used today worldwide.

Getting Evidence Kills!

You want evidence? As far as evidence, thousands of my patients healing themselves was enough evidence for me. Or the woman my son, Arthur, met that I wrote about a few weeks ago (see my BLOG post, "A.I.D.S. GONE!") who was told by her team of oncologists that she would be dead in two months—and that was 25 years ago—but instead she is very much alive!

In my clinic, I found that the evidence you mention usually involved more torture, biopsies, and was also expensive, dangerous and caused more diseases. Like mammograms now being linked to breast cancer, and like CT scans. Many medical doctors suggested my patients get CT scans to make sure that their disease, tumor, whatever, was gone. But today, the same medical experts are reporting that **CT scans themselves cause 29,000 cases of cancer yearly in America and 15,000 of those people will die from the CT scan.** (See my BLOG commentary, "The Danger of CT Scans".)

Is this the kind of evidence you are talking about?

I too like evidence, but not when it risks the health of my patients, or gives them cancer, or kills them. In my clinic, I had to accept my patients' visual proof, my patients' word for it, and the fact that my patients' pain was gone. They felt great, they looked great, their energy came back and they remained alive—this was proof enough for me that they were indeed healed. I had so many patients with cancer tumors who did go back to their medical doctors for evidence, and got it, but only to be told many negative things like the cancer is likely to return and kill them. Sure, anything is possible, but I could think of a lot more positive things to say to someone who just healed themselves of cancer.

I have also found that the medical community at large is also a very biased group, and when my patients would have a miracle healing, the medical doctors were no longer interested when the patient started telling them that the healing came from a juicer, an attitude change or fresh garlic. This was also my personal experience when I created my own miracles, after being told my heart would never be able to pump blood in an adult body, being told I would never grow skin back on my burnt hand without skin grafts, and being told I would never walk again with my destroyed knee. And when these medical doctors asked how I created these healing miracles, well, when I started telling them how, I was met with disbelief and attack, just like your letter, even though I was standing right in front of them with the absolute undisputable proof.

In Closing

I have to believe that if my work makes you so angry, that this might be a sign of your own insecurity in your own medical field and practice. Maybe your own guilt for what you have done in the past, that you **KNOW** is wrong. Look, I am also insecure. It is no light thing to assist people to make life or death decisions about themselves, their children, parents, family members or loved ones, as I did in my clinic and I am sure you have done many times. But, in the last two letters from customers, the medical doctors had given up anyway.

Almost every single day I get an email or letter from someone, who was told by their medical doctor that they were dying, and instead they turned their downward spiral around, got healthy, and their disease went away.

Here is another I got today:

Sent 4/10/12 at 3:14 AM

On this, my 47th birthday, I'd like to give thanks to the man who helped me save my life.

Dr. Richard Schulze and I have never met and he doesn't even know who I am - not yet anyways.

But I know a lot about him. And it was his knowledge, expertise and commitment to help educate others as to how we can heal ourselves of any dis-ease that allowed me to come back from the brink of death just over 8 years ago when I had been given only a few months to live.

Thanks to his Free Educational Material, sage advice and the BEST Organic Nutritional Supplements in the world, I have been able to heal myself from a terminal illness.

So thank you, Dr. Schulze. You are my Hero, my Mentor and my Touchstone. One day I hope to tell you that in person.

May God, Allah, Buddha, the Universe, Spirit and any or all Spiritual Entities - Bless You for being the most generous person I have ever known, but have yet to meet.

Sincerely,

— Carissa S. in Seattle, WA

(By the way Carissa, thank you, you are AWESOME...and HEALED!)

So Mr. Anonymous Medical Doctor, you tell me what should I do with this email? What should I say to Carissa? Should I contact her and tell her she should have obeyed her medical doctors, and not be an embarrassment to them, and died eight years ago when

her medical doctor gave her two months to live? How dare she live!

I think what you are telling me is that I should tell her to go back to the hospital, so someone like you can run a barrage of tests on her, most of them will probably cause her another disease, so we can prove she is healed or not healed. Who is going to pay for this? And, do you really think medical doctors, hospitals, drug companies and their \$2 trillion dollar a year business are looking for proof that they are wrong? Or that there are other, common sense, more inexpensive and more fun ways to heal disease? I don't think so, my friend.

Look, I never claimed to “cure all diseases”. I do claim that **YOUR BODY has the ability, power and knowledge to heal all diseases, and that if you set up the proper healthy lifestyle and healing environment for this to happen—by getting EXTREMELY HEALTHY—well then, YOUR BODY can and will heal you from any illness, or any disease.**

Just STOP doing what made you sick in the first place, and START doing what will help your body to heal itself. That is the cure for all disease.

Regardless, I am sorry that my customers' letters and miracle healing testimonials make you so angry, and please try to see it in your heart to forgive them, they are simply excited that they or a loved one is still alive and did not die as the medical doctors had predicted.

In last week's letter, “Brought Back from Death's Door”, Joe T. in Camden, Maine states:

“I'd be happy to document any of this at your request, and give you the name of his doctors...”

So email me again, if you want, and I could ask this man on your behalf if he would be willing to talk to you, but I would use nicer

language with him, than you did me. My mom used to always say you'll get more from people using honey, than vinegar.

— Dr. Schulze

“Tart Words make No Friends, as a spoonful of honey will catch more flies than a Gallon of Vinegar.”

— *Benjamin Franklin (from Poor Richard's Almanack, 1744)*

COLON CANCER “ALL CLEAR”

April 18, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

This is not a question, simply a comment.

*I am 23 years old. My mom, whom I consider to be a very healthy person, was recently diagnosed with colon cancer. **Of course, doctors from everywhere wanted to immediately start her on chemo and radiation. That is, after they removed about 5 inches of her colon, where she would then have to wear a colostomy bag for the rest of her life.***

Instead, she decided she would find another way to allow her body to heal the cancer.

*She immediately went on a raw, vegan diet, did daily enemas, wheatgrass juice, and very intense detox cleanses such as your **Intestinal Formulas 1 & 2.** (By the way, my whole family is now regularly taking your intestinal products.)*

Anyway, I am writing this letter with a smile on my face, because it has been 8 months now, and my mom’s cancer is gone. Her colon is still completely intact, she never had an ounce of chemo or radiation put into her body, (nor the surgery nor the colostomy bag).

She recently went to her 3-month blood work check up, in which the results came back “ALL CLEAR”.

Anyways, I want to let you know that I am saddened to read letters like the one (last week) that very “PROFESSIONAL” doctor sent you. You truly are saving lives.

Thanks for continuing to do what you do, even after you get letters like the one you shared on your blog. That takes great courage. I can speak from experience, that I have seen huge health changes in myself, and my whole family, after using your products. I recently went on your website and pretty much ordered one of everything,

because I trust you and your products so much. So, again... THANKS for doing what you do!

Sincerely,

— Kaitlin R. in Palm Beach, FL, USA

ANSWER

Dear Kaitlin,

In my clinic I had patients with EVERY type of bowel disease from polyps to colon cancer, and I watched as they avoided the medical doctors’ knives, radiation and drugs, and then healed themselves doing my Natural Healing programs and herbal detoxification programs.

So many people write me asking what to do for all types of cancer. (So if you have cancer and are reading this) I always suggest you do EVERYTHING Natural, a Natural and Herbal Blitz Program. Do EVERYTHING in my 20 Steps Book! Do EVERYTHING in my INCURABLES Book, and MORE! It sounds to me like this is exactly what your Mom did.

Also, thanks for your emotional support. I have been attacked by the medical community all of my life. My clinic was closed. But thank God we still have freedom of speech in America, so I can keep on evangelizing the amazing natural healing ability of your body, and freedom of choice, so your Mom had the healthy option of herbs, foods and Natural Healing, instead of cutting, burning, poisoning and gluing bags on herself.

Please give your Mom a BIG Hug and a Kiss from me, and tell her I am very proud of her. And give my love to your entire family.

— Dr. Schulze

BREAST CANCER GONE

April 18, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

Well, this isn't a question... I have told this story to over 200 people, all of which have followed your programs after hearing this.

I want to start with my mother (who) found out she had breast cancer. The Medical Doctors told her she had to have a disfiguring surgery and chemo.

She called me and told me to sit down; she said that she had cancer... I said "uhhh ok??"

She said to me "I am NOT following my medical doctor's advice, I have decided to follow Dr. Schulze's program". That was why she asked me to sit down.

I told her she was crazy and I did NOT agree with her, but she assured me this is what she was going to do...

That was 22 years ago and she has been cancer free now for 22 years!!

Now about me, about 13 years ago, my sixth child was born. The Doctors told me I had liver failure!! What?? How would that happen?? They also informed me that my numbers where in the 1000's when they should be in the 40-60 range. Ok, and that means what to me, right?? My doctor answered, "I lost a new mom to lower numbers than yours." HmMMMM, so I asked what does that mean?? Her answer was...

"You are going to die!!"

They informed me I had to go on this three-week long steroid program, my only option... I did it because I was a new mom and scared and just lost.

Well, the steroids fried my thyroid, caused other issues and the list goes on...

SO, I call my mother (oh ya, after I did what the doctors told me) and she just gave me your 1-800-HERBDOC phone number.

I went on the liver flush program for three months, I passed so many different colored stones—red, green, blue, it was crazy—I went back to my doctor just to say hey, I’m not dead!!

When I showed up the first thing that came out of her mouth was...

“OH, I thought you were dead”...

I allowed them to run test after test after test and they came up with NOTHING!! I tried to tell her how I healed myself naturally, she wasn’t having it, she said “Well I guess somehow, your body just got over it (as if it was a cold or something) and if you ever get pregnant again YOU WILL DIE!!”

Well, the medical doctors were wrong as I now have SEVEN children and my liver never even made a peep!!!

Keep up the great work, Dr. Schulze!!

Oh ya, and your Female tonic stuff has kept my thyroid working!! :)

— Linda B. in Edgewood, NM

ANSWER

Dear Linda,

Your Mom, refusing all of the medical treatment, then healing herself of breast cancer and then staying cancer-free and HEALTHY for the past 22 years—YES!!!!!!

Again, anyone out there reading this with cancer, get your butt (and your butts) out of the way and STOP doing what causes cancer and START doing what will Create Powerful Health!
And you too can create your own healing miracle.

Regarding you Linda, you are blessed—SEVEN children!

Thanks for NOT listening to the medical doctors and DYING 13 years ago, and thanks for NOT listening to the medical doctors and having your SEVENTH child.

ALL OF MY LIFE, I have heard medical doctors telling me, “you will be dead by 20”, “you will never grow skin on your hand” and “you will never walk again”. And, to my patients, “you will never have another child”, or the most popular, “you will be dead in a few months”.

Is it any wonder we all ignore their doom and gloom statements?

Considering this, and after receiving last week’s rude letter from a medical doctor, I think most medical doctors should be required to go to finishing and etiquette school. Or to go back to pre-school, as somewhere along the way they forgot to “play nice”.

Great Healing Linda and Mom!

— Dr. Schulze

IS DETOXIFICATION “HIP”?

April 24, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

After reading a few of your blogs I came to the realization that a detox is your answer to every ailment! So is detoxing the new hip way to be healthy or what? I mean I didn't hear about detoxing 15-20 years ago?! When did detoxing become so fashionable? And why is it so important according to you?!

— Julia B. in Playa Vista, CA, USA

ANSWER

Dear Julia,

You sound a bit sarcastic, even a bit angry—**all signs of needing a detoxification.** Sarcasm and anger will NOT get you what you want out of life, and worse, they promote disease. Love, Joy, Fun and Bliss, that's what you want!

I must also point out that just because you didn't hear about something, doesn't mean it doesn't exist. I wouldn't brag about your ignorance. I am not exactly sure what your problem is, I think there is way more to your story than you just having a bitch about me and detoxification, but I will answer your questions regarding Detoxification for all of my BLOG readers.

After reading a few of your blogs I came to the realization that detox is your answer to every ailment!

Hmmm... well... now that you mention it, YOU ARE RIGHT!

Julia, simply put, your body is just a hunk of meat and fluids. It's flesh, organs, fluids, muscles, bones, fat, etc, and all of these things are made up of cells. **In fact, this thing called “Julia” is about 10**

trillion cells (plus or minus a few hundred million or so). **And, every single cell needs nutrition to do its job, and then while doing its job, it creates metabolic waste, which must get out of your body.**

Because our modern lifestyle (especially in America) is the consumption of more junk and less clean, whole food than ever before in history, and because we now move our bodies less than ever before in history, and have more mental stimulus and stress than ever before in history, we tend to get backed up with more cellular metabolic waste than our body can easily remove... **more than ever before in history.**

When this metabolic waste is allowed to build up in our body, it eventually causes irritation, inflammation, blockage and finally illness and disease. From heart attacks and strokes caused by arteries clogged with fat, to neurological diseases caused by blocked nerve pathways, to liver and gallbladder disease caused by bile blockage, to cancer caused by blocked nutrition and waste removal, well, as I always say, **BLOCKAGE** is the root cause of **ALL** disease. So naturally, **DETOXIFICATION**, *which is simply the removal of this blockage* is the fundamental cure for **ALL** disease!

Detoxification is simply the process of flushing this accumulated metabolic waste out of the body. If this is done periodically, **a clean body prevents disease, resists disease and even reverses and heals disease.**

So YES, now that you mention it, your conclusion of my methods and teaching is absolutely correct. Detoxification IS the answer to every ailment!

So is detoxing the new hip way to be healthy or what?

You are actually **RIGHT AGAIN!** It is currently **VERY** hip and cool since everyone from Tom Cruise and Sting, to Penelope Cruz and even Steven Seagal, and most **ALL** of Hollywood's

A-list movie, music and entertainment community use my herbal medicine and do detoxification programs. The list is extensive.

I mean I didn't hear about detoxing 15-20 years ago?!

Where were you, in a vacuum or an isolation tank? I repeat: Just because **you** didn't hear about something, doesn't mean it did not exist.

Have you heard of Jesus Christ, Mohammed, Buddha, Gandhi? They all promoted fasting and detoxification for physical and spiritual health. Also, so did the modern day founders of most religious groups from John Wesley and his Methodist Church to Brigham Young and his vegetarianism and herbal medicines for his Mormon followers. Both of these great men used many detoxification treatments.

Detoxification is as old as history. In the history of every culture, every ethnicity, every religion and every nation, detoxification, purification, cleansing, fasting, flushing—whatever you want to call it—has been practiced since the beginning of time, for physical, emotional and spiritual health and healing.

I could tell you the names and styles of hundreds of leading doctors of the 17th, 18th, 19th and 20th centuries that wrote hundreds of books, actually thousands of books about detoxification.

Since the 1800s, many doctors were famous for their detoxification routines, from Father Sebastian Kniepp of Germany, Vincenz Priessnitz of Austria to Benedict Lust, Henry Lindlahr, to my great teachers, Dr. Bernard Jensen, Dr. John Ray Christopher and Paavo Airola, and on and on. So I understand you are new to the idea of detoxification, but trust me, just because you haven't heard about it, doesn't mean it did not exist. It is as old as the human race.

When did detoxing become so fashionable? And why is it so important according to you?!

Is Detoxification “Hip”?

As I said, it is as old as the human race. Why is it so important, well, in the grand scheme of things, maybe it isn't? I would put Family, Love, Friends, Fun, Laughter, Joy, Bliss, Sex and my dogs and motorcycle all on the list above Detoxification.

But, when it comes to health and healing, it is fundamental, FOUNDATIONAL! Routine cleansing, flushing and detoxification are the greatest tools to a very long and very healthy life.

FINALLY, MY PRESCRIPTION...

So, I welcome you to come on over from the dark side and into the light. The only thing you stand to lose is your sarcasm and anger.

My **5-Day BOWEL Detox** is going to rock your world. As I can tell from the energy in your letter, you have some waste to get rid of. And, I would follow that up with my **5-Day LIVER Detox** to flush out that anger. I also suggest a little hormone balancing, like with my **Female Formula**. These three suggestions will be life-changing for you.

So let's forget that detoxification is hip and fashionable, if that bugs you. Let's forget that you didn't know about detoxification until recently—don't be embarrassed, actually who cares? **But now you know why detoxification is so important, and so fundamental to healing disease and staying healthy, and more important, living a healthy and happy life.**

That's always the bottom line—Creating Powerful Health so you feel GREAT and have all the ENERGY you need to do ALL of the things you want to do in life, and then to live as LONG of a LIFE as possible.

That's the name of the game, Julia.

Smile!

— Dr. Schulze

HEALED MY CANCER, NOW WHAT?

May 02, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

Your BLOG is a great idea, as it will help people like us who find it difficult to find like-minded individuals, and to check we are keeping on the right path.

I have prostate cancer, diagnosed almost 3 years ago now - contained within the prostate - and confirmed by a second biopsy at the Royal Marsden just recently.

As soon as I was diagnosed, my wife in support, joined me in going vegan and we embarked on our journey, following your programmes, encouraged and supported by two friends who had followed your advice. Our motivation to do this route was very focused after just watching the gruesome death of our neighbour within 18 months following prostate cancer diagnosis too and receiving conventional treatment!

We have done all of your cleanses several times and generally followed your programme for good health, wheat grass, daily SuperFood and juices etc and much of our diet has been raw organic salads and vegetables as well as the items mentioned below.

We have both lost a great deal of weight (me around 60 pounds) and my cholesterol levels now normal.

I have been on "Active Surveillance" and during this 3-year period my PSA levels have fallen.

The medical response to diet and lifestyle changes to affect a cure have varied from mildly supportive, interested, to hostile and outright negative!

I have not had any medication, and will probably not subject myself to any more biopsies or MRI scans.

My questions relate to conflicting advice for diet given by the Hippocrates (Health) Institute:

Sugar - I understand sugar feeds cancer so have tried to avoid all food containing added sugar, Maple syrup, honey etc and have only used infrequently Stevia as a sweetener. Hippocrates agrees with this but includes all natural sugars as well INCLUDING ALL FRUIT.

Oils – We have been cooking with coconut oil and rapeseed oils only, and have eaten out at Asian restaurants from their Veggie/Vegan options (accepting we would not be eating organic), where they have cooked with vegetable oils.

Hippocrates advice is that Palm oil is the only safe cooking oil.

Bread – because of yeast and sugar added and produced in the baking is not recommended.

Potatoes – are again not recommended because of sugar and other bad health effects (cannot remember the specifics from the question I asked Brian Clement).

The Hippocrates route is virtually an all raw diet which coupled with the 4 items listed above is a major change to our current lifestyle, ruling out most eating out and becoming somewhat isolated from our remaining sympathetic friends.

Our dilemma is that we have now been on our change of lifestyle for nearly 3 years, feel better than we have for years, and I do want to rid myself of the small amount of cancer I have, so I can spread the word as someone whose body has healed itself.

The Hippocrates Institute seems to have a good record of achievement in healing all manner of diseases just as you do.

Is it a matter of just deciding which camp to follow or am I missing something here?

Thank you,

— Mike C. in Eastleigh, United Kingdom,

ANSWER

Dear Mike,

Well first off, CONGRATULATIONS!

You said that you watched your neighbor go through a GRUESOME death from Prostate Cancer, who decided to follow conventional medical treatment for his Prostate Cancer **and he was dead in just 18 months.**

On the contrary you have Prostate Cancer confirmed by two biopsies, **have had NO TREATMENT WHATSOEVER, and have followed my programs, and are healthier than you have been in decades, feel great and it has been THREE YEARS!** Again, congratulations!

You also said that your PSA numbers have gone steadily down over the past three years, and that you have also LOST 60 POUNDS, and your cholesterol levels are now NORMAL. Another big YES from me!

You also say that the medical doctors' response has been hostile and negative. Sounds typical. **You would think instead, that they would be asking you to teach at medical school, since you are getting better results than they are!**

And PLEASE, STOP subjecting yourself to biopsies and MRIs, both of which are not only counter productive to what you are doing, but can cause disease, so your decision is correct.

To sum up what you have done... It's like I always say, **you have focused on the good and eliminated the bad. You have focused on Creating a Healthy Lifestyle and Creating Powerful Health. In fact, you have Created Powerful Health, and your dis-ease has gone away!**

Think about it, Mike, this is NOT rocket science. If you make dramatic changes in your lifestyle (which you have) your body gets really super-healthy. And, when it does this, it reverses the process

of degeneration and disease, and instead it heals disease and builds HEALTH! In your case, your body healed your cancer in response to your lifestyle changes. This is why I also always say that...

You can Heal Yourself of ANYTHING, ANY DISEASE, by just STOPPING what you were doing that made you sick, and START doing what will Create Powerful Health, and you did just that.

The beauty is that you did not have to really know what was wrong with you, you don't have to have a medical degree, be an oncologist nor understand Anatomy, Physiology, Chemistry or Biology, and you don't have to know how to heal yourself at all. This is because YOUR BODY KNOWS EXACTLY HOW TO HEAL ITSELF! All you had to do was to set up the proper environment, the proper lifestyle, the proper circumstances, and your body will do the rest. **This is the essence of Natural Healing and also the difference in the philosophy and angle of approach between Medical Intervention and the Natural Healing of disease.**

I once graduated a student from a school I taught at in England, **who failed every final exam.** But she was a wonderful lady; she had a beautiful loving heart and spirit. She knew my programs well, and I knew she would help many people to heal themselves. So I passed her in spite of many protests from my colleagues and the university. She then went out and opened a small clinic out of her home in London, and since then, **she has helped thousands of people heal their diseases, even cancer.** How? It's simply because **you don't have to know anything about disease, to heal disease. You just have to know how to live well.** In fact, I think because her mind was purer and less cluttered than some of my other students, this made it much easier for her to see through, and even past, all the medical hysteria and chaos, and get on to the healing.

Now, to answer some of your questions...

First, you should know that Ann Wigmore, who was the founder of the Hippocrates Health Institute, was a huge proponent of

wheat grass juice and raw live food for detoxifying the body and healing disease. **She was a colleague of mine, and Ann sent people directly to my clinic, as I sent many people to her facility to study her methods and programs. And Brian Clement, the new director of the Hippocrates Health Institute, also referred people to my clinic before it was closed, and I referred many people to Hippocrates under his direction. We both have the utmost respect for each other's work, and we are both very successful in our approaches, and we both used almost exactly the same programs.**

Now, having said that, if someone were to ask me the difference between their program and mine, well I really don't even know. I think mine may be a more intensive and aggressive herbal therapy program, as I am not sure which herbal medicines they use outside of their nutritional herbal medicine. But lets STOP this; I wouldn't get too crazy on the few details we may disagree on. See, we are all Natural Healing pioneers and explorers. You know me; I would not hesitate for a second to blast anyone else's program if I thought it was bullshit, and especially if I thought it was based on some hypothesis or theory instead of clinical results. But Hippocrates Institute, and Ann Wigmore, Vik Kulvinskis and what HHI is doing, along with a very few others like Gerson and Hoxey, have all had great success with their programs healing degenerative diseases, the same as I have, so BRAVO. Again, ALL of these programs help Create Powerful Health where you body in turn, heals any and all disease.

So below I will give you a few comments on your specific questions.

SUGAR** - I understand sugar feeds cancer so I have tried to avoid all food containing added sugar, Maple syrup, honey etc and have only used infrequently Stevia as a sweetener. Hippocrates agrees with this but includes all natural sugars as well **INCLUDING ALL FRUIT.

On the contrary, in my days as a student and my decades in my clinic, I have seen people heal their cancer using fruit and fruit juice fasts, so I do not believe at all that fruit either feeds or causes cancer.

Fruit and fruit juice is very alkalizing to the body, especially citrus juices, and causes powerful detoxification and healing.

The Macrobiotics also hate fruit, but let's make this really simple.

The only fruit you should be eating, in fact, the only FOOD you should be eating, is local organic produce that is in season.

To tell someone not to eat the fruit that is falling off the trees in their own backyard is ludicrous. I watched Paavo Airola and Bernard Jensen heal cancer with fruit, so let's not get dogmatic on this one. Remember, you live in England, which is almost the North Pole to this Floridian. So you should not be eating a tropical fruit-based food program, like me, who has coconuts, mangos and papaya almost killing me by dropping out of the trees onto my head.

Anyway, remember to eat your apples and all the AWESOME fruit you have locally, and get it organic and in season, and you will be just fine. But kiwis from the other side of the planet, and the other HEMISPHERE? Forget about them!

Also, remember that fruit is not going to cause you any cancer, but worrying about it will definitely depress your immune system, so you can lighten up on this issue. It's the other 99% of the program that Hippocrates and I agree on that matters. Yes, I would avoid honey, maple syrup and all the rest as a part of your food program.

OILS – We have been cooking with coconut oil and rapeseed oils only, and have eaten out at Asian restaurants from their Veggie/Vegan options (accepting we would not be eating organic), where they have cooked with vegetable oils.

Hippocrates advice is that Palm oil is the only safe cooking oil.

I wouldn't cook with oil, period. If you cook at all, just use water. OK, once in a blue moon cooking, who cares, but generally, cooking sucks! If you eat out at a restaurant, and have been on your program three years, and your cancer is probably gone, don't freak out or get overly concerned. Just try to pick clean restaurants

where the food is not greasy and it is healthy and vegan. And, I do not promote eating non-organic, but don't stress on this point either. And I do promote eating LIVE and RAW so seek out places that offer this type of food if you are eating out, and make Live Raw food at home.

After three years on my very clean program, having a meal out once or twice a month, can do more to boost your positive mental state, which will dramatically boost your immune system and your immune cells and chemicals, much more than any damage a little oil might do. **Don't give a teaspoon of oil so much power!**

To be even more specific, I live in Italy part time, and also with my extensive clinical research over decades, if you use a little oil, Olive Oil is the best.

Stay away from any polyunsaturated oils; they are all rancid and therefore ALL carcinogenic. And the saturated oils like coconut and palm, will clog your arteries and give you a heart attack—they are artery blockers. ANY oil that solidifies at room temperature is an artery blocker, whether animal or vegetable, whether it is lard or coconut or palm. So I do not advise any rapeseed, coconut, palm, or anything except organic, pure, extra virgin, unfiltered, cold pressed olive oil.

Large consumption of any oil is not good, it will clog your body and make you have a fat ass and find the 60 pounds that you lost, so stay away from oil, limit oils, even olive. But having said all of that, when eating out, who cares? You will do it so rarely, and I am much more interested in you having fun, laughing, and keeping your spirits high, than the damage a teaspoon of oil will do. You are eating out to take a break and have a little fun, so... HAVE FUN. Again, *Don't give a teaspoon of oil so much power!*

***BREAD** – because of yeast and sugar added and produced in the baking is not recommended.*

Healed My Cancer, Now What?

Bread is also not a good food, and in the future, cooking and baking grains into bread will be seen as a big cause of the diseases in modern civilizations. Eat unleavened bread, or even better, make raw crackers in your food dehydrator (**see my recipe at this Commentary's end**). They always satisfy my occasional desire for a little bread. So investigate raw, dehydrated breads and crackers. You can find them on the Internet, too.

You should also be focusing on my **Purifying Raw Food Program** and my **Juice Flushing Program**, and NOT my **Health Building Food Program**. The first two are the ones that will get your body so healthy that the cancer will literally leap out of your body.

POTATOES – are again not recommended because of sugar and other bad health effects.

Potatoes are a high-calorie food, and create a steep rise in your blood sugar if you eat too many of them. They are not poison, but should not be a staple of your food program, and should be added to a dish sparingly and in small amounts, and not be the base of a dish.

The Hippocrates route is virtually an all-raw diet which coupled with the 4 items listed above is a major change to our current lifestyle, ruling out most eating out and becoming somewhat isolated from our remaining sympathetic friends.

Our dilemma is that we have now been on our change of lifestyle for nearly 3 years, feel better than we have for years, and I do want to rid myself of the small amount of cancer I have, so I can spread the word as someone whose body has healed itself.

The Hippocrates Institute seems to have a good record of achievement in healing all manner of diseases just as you do.

Is it a matter of just deciding which camp to follow or am I missing something here?

AGAIN, my food programs for cancer are also ALL raw, as I said, my **Raw Purifying Food Program** and my **Juice Flushing Program**, these are both RAW. My cooked food or my **vegan Health Building Food Program**, which allows you to eat cooked food, is for use ONLY after your body has eaten up and disposed of the cancer, which I am sure it has already done. Then, you can eat cooked foods, while returning to my raw food programs on occasion, or maybe even most of the time. You will have to be the judge of how good you are feeling. Then you will know what to do.

You are missing a little bit here...

In my life I have been blessed to study with the greatest Natural Healers, Master Herbalists and Natural Doctors. Paavo Airola was a great teacher, I interned with the incredible healer Dr. Bernard Jensen, at his Hidden Valley Health Ranch in Southern California. I apprenticed with Dr. John Ray Christopher in Utah and studied with many others including Ann Wigmore. Then, on top of all of this, I ran my own Natural Healing and Herbal Medicine clinic that spanned three decades and in the last decade I mostly dealt with degenerative diseases like cancer. I watched as some of my sickest patients, with the absolute worst cases of cancer I have ever seen or heard of, turn it around and heal themselves. Many are still alive and cancer-free to this day, 20 and 30 years later. But so did the doctors I mentioned above, help their patients heal themselves of cancer, and there are slight variables and even disagreements in ALL of our programs.

Dr. Jensen used to suggest a vegetarian program for anyone with cancer, with the exception of his veal joint broth, that he loved using and prescribing. One day in class, when he said this, I made a “ugh” noise in disgust, and he looked right at me, pointed his finger right at me, and said, “I want to see you after class!”

After class, he smiled and he said to me, “Look, I am tired and fed up with the noises you make, every time I mention something that isn’t vegan, like my veal joint broth or my yogurt.” He said, “I have been helping patients heal degenerative diseases like cancer

since before you were born, for 50 YEARS, and I am giving you my absolute best knowledge, the absolute best I know in Natural Healing, so give me some damn respect and shut the hell up in my classroom. AND STOP MAKING NOISES!” He also said, “You are an Aries, just like me, so I know well your kind,” he said, “You remind me of... of ME!”

From that day on I never made another noise.

It was a valuable lesson. It sounds like you know me well, and therefore you know that there are only a handful of doctors and institutions in the world that I have respect for, and the rest are hogwash. Hippocrates Institute is a great institution and is a great program, and I have the utmost respect for them, as they do for me. I don't focus on our differences; I focus on the 99% of our similarities.

Now, this is where your two lessons come in...

When Hippocrates Institute and the great Dr. Schulze are not in alignment, (although I am still not sure we are not), you have to discover your OWN truth, and stop looking to either of us for the answer, as the answer is inside YOU.

One of the things that I used to do with ALL of my patients was empower them to be their own doctor. You have done well grasshopper, VERY WELL, and I know that you have healed yourself of Cancer. It is GONE! But also never forget that your body knows how to make it again if you stray too far off the path of enlightened living, and enlightened eating. So be good, brother.

SERIOUSNESS & STRESS

There is a time to get INTENSE, eliminate all of the bad in your lifestyle, get extremely dedicated and pure, and heal your cancer and save your life, and I believe you have done this and done a great job.

I am not worried about your ability to heal your cancer anymore, but I am slightly concerned that you have become a Natural

Healing Gestapo like Dr. 'Adolph' Schulze. This is OK, in fact it is GREAT, and this is also why you are alive three years later and why your neighbor is dead. What you have done, using your FOCUS, YOUR INTENSITY, YOUR DEDICATION, AND YOUR POWER, IS AWESOME. You have healed your cancer. But don't forget a few of my other 20 Steps, like...

LAUGH

It may be the time to learn 1,000 new jokes, and work on smiling, laughing, and taking a break here and there **and having more sex** with your new 60 pound smaller body, you stud, and your new slimmer sexy wife.

There is a difference between the cancer curing, mucus and acid-purging, detoxification and cleansing food programs and the healthy lifestyle food programs that promotes health and life. In other words there is a time to get real serious, and get squeaky clean, and put the focus on detoxification and healing, and there is a time to relax a little bit, and not focus on what you do on Saturday night, and you have to be the judge of what the balance is here, and when you can allow yourself to play a little. I think you have earned a little playtime.

I had many patients, that got soooooo focused on saving their life, as I did myself, that they forgot about living their life, so remember its quantity AND QUALITY.

We are all going to die my friend—you, me, all of us. But your time is not now. In fact, if you keep on this program, it is going to be decades from now.

So in between the sprouts and the sunflower seeds, remember to have some good laughs, great fun times, smiles, sex, love, and all the great things that make life worth living.

Stay Calm, Carry On!

— Dr. Schulze

P.S. Here's My RAW Cracker Recipe!

DOC'S RAW CRACKER RECIPE

Equipment Needed:

- ▶ **Food Processor or Blender**
- ▶ **Food Dehydrator**

Start With:

- ▶ **1/2 cup of Organic Whole Rye Berries**
- ▶ **1/2 cup Organic Whole Millet**
- ▶ **1/2 cup Organic Whole Barley**

You can also use organic whole quinoa, amaranth, chickpeas, or any whole organic raw dried grain or bean.

Soak your grain combination overnight in the refrigerator (or you can make slightly sprouted grains, too.) Drain and rinse the soaking nuts and grains, then add blend them in the blender or food processor.

Next, add the following nut, vegetable and herbal mix to the blender:

- ▶ **1/4 cup whole organic, raw, unsalted walnuts**
- ▶ **1/4 cup whole organic raw, unsalted almonds**
- ▶ **1/4 cup whole organic raw, unsalted sunflower seeds**
- ▶ **2 cloves of organic garlic (or more)**
- ▶ **1/2 organic onion**
- ▶ **1/4 organic red pepper**
- ▶ **1/2 organic celery stick**
- ▶ **1 tablespoon of Herbalmucil Plus**
- ▶ **(Optional) 1 small organic tomato**

Optional seasonings you can add are chili flakes, dulce seaweed, cilantro, cumin, black pepper... what are YOUR favorites?

Now re-blend or mix all of these ingredients again in your food processor or blender very well. Spread this mixture on parchment paper, add another layer on top and gently press with a rolling pin. (Note: The thinner they are, the more they will dry and crumble. The thicker they are, the more they will be moist like bread.)

Using kitchen scissors, cut crackers into the size you want while still on the parchment paper. Then, transfer carefully to your dehydrator, and set it to the lowest temperature, or temperature for vegetables.

When the crackers are almost dry (after three or four hours) gently peel the parchment paper off the drying crackers and continue to dehydrate the crackers without the parchment paper to achieve the desired dryness.

Store in a sealed container in the refrigerator as this is still live food!

Enjoy!

And please remember that ALL recipes are just to “prime the pump” and to spark your imagination. Make this FUN!!!

EYEWASH DRAMA

May 09, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I have been plagued with bouts of Conjunctivitis and Eye Irritations and Infections most of my adult life. I manage a mill, which is a very dusty and dirty environment. My doctor says it's caused by a combination of this dirty environment plus a deformity in my tear ducts. Anyway, I seem to have an eye infection most of the time, and have been on medication and drops and creams for years, that don't seem to have done me any good.

Last year during the holidays my ex-wife gave me a bottle of your Eyebright formula and a few of your books, and they sat on my shelf for the last few months where they haven't done me any good. Finally, last week my eye infection was so bad, that itched so bad, I thought I was going to damage my eye as I was rubbing it so hard and so often, because it was itching and burning so bad. So I started taking your Eyebright and it didn't help me either. I emailed my ex-wife to complain, who told me that I had to put it into my eyes, not drink it.

*I have to say I felt a bit stupid, and also I was afraid to put this stuff into my eyes. Then, when I did all my fears were realized, it stung like hell, so bad I thought it would permanently blind me. I grabbed the emergency eye wash bottle off the wall of the shop screaming, and dumped this emergency medicine all over my face, and poured this stuff into my eyes. The other employees thought I went nuts. Once I recovered, I immediately emailed my ex and screamed at her, and that is when she told me **that I needed to dilute it with pure water and then wash my eyes with it.** I'm not too sure she didn't skip that part to get me back for some old pain I caused her. Anyway, she convinced me to dilute it and do it again, and she told me how to wash my eyes this time, the eye exercises, etc.*

This time I listened, and I followed her specific instructions to the T, did it three times the rest of the day, and it didn't sting this time, well, maybe it was just a little warming. The very next morning when I woke up my eye infection was completely gone! The painful itching, the burning, the infection, GONE! This has never happened to me before with any of the doctors' medicines.

I have a complaint and a few questions. First, my complaint is that your directions suck and are not clear at all on how to use this formula, especially if my ex-wife is correct. My questions are first, is she correct and second did I do any damage to my eyes or to myself by using it undiluted directly into my eyes, or by drinking it?

*I am so relieved that my eye infection is gone, **and hasn't come back in two weeks, which is a record**, but I am also worried that I may have damaged my eye not knowing how to use the medicine correctly.*

Please advise.

— Brian D. in Helena, MT, USA

ANSWER

Dear Brian,

I apologize for any drama and trauma that was caused by my lack of clarity. I can assure you, that you DID NOT do any damage to yourself by drinking my **Eyebright Formula**, nor putting it directly into your eyes. Well, maybe a little emotional damage, but certainly no physical damage. Again, I apologize for my directions not being clear.

Unfortunately, I cannot legally advise ANYONE to put my Eyebright herbal tonic into their eyes, and this is the reason my directions are not clear, nor specific, on this formula at all.

Your wife is right, and has finally instructed you correctly. I agree with you, she may have been unclear at first just as some kind of payback for past mistreatment, but now you know how to use this formula correctly.

Eyewash Drama

I am thrilled to hear that it worked so well, and that your eye infection or conjunctivitis has not returned in two weeks.

MOST IMPORTANT, to **PREVENT** any future eye infections, please continue to use this formula a few times a day for a few more weeks. Then, I would highly suggest a prevention program, where you wash your eyes at least once a day right when you get home from work, or better yet, in your office before you leave work.

This will not only keep your tear ducts open, clear and flowing, but will also clean your eyes of any debris and disinfect them, too.

Again, I apologize for our stupid government that has caved in to pressure from big medicine corporations to pass laws that gag me (and others) to help you heal yourself naturally using herbs, foods and common sense.

— Dr. Schulze

THE TRUTH ABOUT CHINESE “HERBAL” MEDICINE

May 16, 2012, COMMENTARY by DR. RICHARD SCHULZE

WARNING: I have been reporting on and disclosing the disgusting and toxic truth behind many of the dirty secrets of Chinese “Herbal” Medicine trade for over 40 years. Some of these truths are shocking, disgusting, and nauseating. This recent report is nothing short of **HORRIFYING!** Please do not read if you are weak of heart, or stomach.

Last week newspapers worldwide reported a horrifying discovery. **17,000 pills were smuggled into South Korea over the last year from China that contained powdered human baby skin and flesh. Not animal. HUMAN!**

This dead baby trade is being run from China where corrupt medical doctors and staff take the tiny corpses or babies that are aborted, or delivered stillborn, and then smuggle them out of the hospitals and take them home and store them in their household refrigerators, and eventually cook and dehydrate the dead babies in microwaves. Numerous police agencies are involved; some suspecting that babies may even have been sold and murdered for this business.



Once the baby’s flesh and skin is thoroughly dried, it is pummeled into powder and then put into capsules **along with herbs**, often to disguise the actual ingredients from health investigators and customs officers.

These discoveries have been since last August, and have even shocked some of the most hardened customs agents who are used to seeing some of the most disgusting Chinese “Herbal” Medicine from endangered species horns, organs, flesh, bones and sexual parts.

Customs agents claim the illegal Chinese medicine is smuggled through South Korea, and that there is a huge worldwide demand for alternative and herbal Chinese medicine. The Chinese claim that these types of medicine will make you younger, and restore sexual energy. The Chinese have historically consumed human placenta to improve blood supply and circulation, but the eating of dead baby corpses is a newer “natural” Chinese fad.

Customs agents have intercepted numerous dried baby corpse shipments that were **mixed with herbs** over the last year. The San Francisco Times reported that testing on the pills confirmed that they were made up of 99.7% human remains. The pills are marketed as “**Herbal**” **Stamina Boosters** (see my point later on this).

In light of this recent report, **I decided to reprint a handout that I used in my clinic from about 30 years ago**, that I wrote to enlighten, and warn my patients, many of whom had consumed Chinese “Herbal” Medicine to heal themselves, assuming that it was truly herbal, when in fact it was loaded with animal flesh, horns, sexual organs, dried insects and a lot of other bacteria rich, and really disgusting substances.

Not About Saving the Whales.

Finally, this is not some “Save the Whales”, Animal Rights article. Personally, I have chosen to not eat animals for most of my life. I have come to the conclusion that the vast majority of diseases in America and most of the civilized world are “**diseases of the fork**”, meaning that they are caused by what we eat, drink and the sedentary nature of our lifestyle. Interestingly, my conclusion is also shared by quite conservative organizations such as the American Cancer Society and the American Heart Association.

There is no doubt that the consumption of animals contributes to, if not directly causes, the two biggest killers of mankind, heart disease and cancer.

Regardless, this is not about saving animals, it is about saving lives. People often say to me, well, what if there was a nuclear war, or accident, and all the plants died, would you eat animals? Or they ask, what if you were on a plane and it crashed in some barren wasteland where there were no edible plants, only animals, would you eat animals? Usually I answer this question by telling this person **that I would kill THEM first**, and eat them to survive, mainly to shut them up and stop asking stupid questions, and for nutrition, second. Then next, yes, I would kill animals and eat them if I had to, to survive. I would survive. I am a survivor!

But the reality is that we have an ABUNDANCE of amazing food available to us in the modern world, that is healthy and nutritious, and does not require the killing and eating of animals, reptiles, insects and other living, crawling, swimming or slithering creatures. And if you are trying to heal disease and create powerful health, I highly advise a food program that does not contain these substances.

Below is my clinical handout from 30 or 40 years ago, edited, slightly updated and revised by me today.

Buyer Beware! Chinese “Herbal” Medicine May Not Be HERBAL! The Chinese may be trying to clean up their act, when it comes to Political Freedom and Human Rights, but when it comes to cleaning up their herbal medicine, they fail. Traditional Chinese Medicine, like many traditional medicines, may contain many wonderful herbs. But I want you to know that their traditional medicine **also contains** many disgusting, rotten, bacteria laden and toxic ingredients.

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.

One of the most popular Los Angeles area Chinese Herbal Stores, not a Chinese store in Chinatown, but a new age very hip Chinese Herbal Store on the Westside of LA... well here is what they consider 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 over 40 *HERBS*, three of which are *male animal sexual organs*”. Later on it states “supertonic *HERBS* such as deer antler” and it 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 in Chinatown sold musk extracted from deer testicles and snake cream from cobras that were skinned alive. I also found bear gall bladders, bear bile and bear paws and you should be aware that **many California bear have been found lying dead in the forest with their gall bladders cut out and their paws chopped off, and their body was just mutilated and dumped in the woods while their parts were being shipped to China. Other American bears have been found chained in cages, still alive, with drain tubes inserted into their livers to collect their bile.**

Animals are being butchered all over the world for so-called Chinese “Herbal” Medicine and because of the Chinese, 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 **tiger’s penis** will give them an erection instead of just getting healthy. The **tiger’s bones** are believed to help arthritis,

the **tiger’s nose** is used for epilepsy and seizures and even the **tiger’s whiskers** are used 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 Chinatown in San Francisco, 45 herbal shops were visited. Of the 45, 32 of them had illegal tiger parts; that’s over 50%. One shop had entire tiger skeletons and tiger skins.

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 and erection creating powers as the tiger penis. (Simply because the horn resembles an erect penis) **Because of this, rhinoceros have been slaughtered by the thousands all over Africa, some even shot by helicopter gun ships strafing the herds.** Then trucks coming by land 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.

Chinese Medicines: Heavy Karma and Heavy METAL too!

For years we have been hearing more and more about chemical contamination in modern prescription chemical Chinese medicine, (even recently toxic Chinese Drywall) and also chemical contamination in the Chinese “herbal” medicine. I have warned you about using Chinese herbs because they are dirty, often contaminated with human waste, animal waste and parts, DDT and other toxic insecticides and pesticides and now even heavy metals. I have also warned you about Chinese Patent “HERBAL” Medicines that are often sold as pure “herbal” medicine but have been found to contain pharmaceutical drugs. **The Chinese commonly mix both herbs and pharmaceutical drugs in their medicines, and also often include toxic substances, even heavy metals.**

The Truth About Chinese “Herbal” Medicine

American medical doctors love heavy metals too. Often American medical doctors inject gold into arthritis patients, and have used arsenic as an antibiotic. In fact highly toxic Platinum is used in chemotherapy with lots of side effects. Dentists’ still use mercury amalgam to fill tooth cavities even though it is linked to a thousand diseases and health problems while drug manufacturers still use mercury to preserve baby inoculations, which has led to many birth defects.

The Chinese are no different, they just don’t have the big division between medical / pharmaceutical and natural / herbal, they just mix it all together in one cocktail.

Chinese Herbal and Traditional Medicines are now sold outside of New York and San Francisco Chinatowns, and are available in many supermarkets, drug stores and health food stores across America. According to a recent examination, 10% of traditional Chinese medicines contained lead, 15% arsenic, 15% mercury and over 20% contained unlisted pharmaceutical drugs and 20% contained unlabeled, potentially harmful ingredients.

Many of these medicines have been banned for years in many European nations and in many meetings I have attended of European Herbal Medicine organizations, they want to boycott ALL Chinese herbs because so many Chinese herbal products are mixed with chemical pharmaceutical drugs, heavy metals, stinking rotten animal parts, reptile and insect parts and other toxic substances.

In America, people have died from ingesting Chinese medicines. Most people who get sick are poisoned slowly over a few years and then hospitals and doctors often don’t link it to the toxic preparation until it is too late.

The bottom line is that I have always promoted my patients to “live under their own Fig Tree”. Meaning to live locally and eat food that is locally grown and in season.

It would be ridiculous to think that all of the strong, effective and good herbs grow in China, India, or some far off exotic place. We eat American food, grown locally and in season, so it only makes sense to consume American herbs for our medicine.

All the herbs we need for our health grow right here in the United States, many right in your own backyard. These are the best ones for us, for people living in the same environment; these herbs are more geographically fit for us. We should also be supporting American organic farmers and their families

Traditional Chinese Medicine is thousands of years old, we may have a lot to learn from it, but I wouldn't let any of my patients put this dangerous, toxic, bacteria laden crap in their mouths or bodies and I suggest you don't either.

Let me take this a few steps further. **I propose a 100% boycott on any type of Chinese medicine, even Chinese Herbal Medicine products, until they stop butchering California Black Bears, STOP cutting the penis off tigers, STOP shooting and dehorning Rhinoceros by helicopter, STOP selling snakes, shark fins, testicle fluid, insects and rotten eggs and calling it herbs...**

...and STOP dehydrating and powdering up HUMAN BABIES!

— Dr. Schulze

CHINESE HERBS BACKLASH

May 23, 2012, COMMENTARY by DR. RICHARD SCHULZE

Last week I wrote a commentary, to warn all of my BLOG readers, mainly that Chinese “Herbal” Medicine, as it is almost always called, **often contains a lot more than just herbs!** I want to thank all those that wrote me thanking me for my report. My sole purpose was not to condemn any traditional medicine, nor the Chinese, but to simply expose the ugly truth, so that you are all aware what is being sold as “herbs”.

I only received one single negative hate/e-mail, only one, from a Chinese person. Normally I don't bother to respond to one unique e-mail, I respond to questions that all of us can learn from, so that is really what I am doing here.

I don't really care if this person wants “off my list” or not. **What I do care about is your health, and you being able to heal yourself naturally using herbal medicine,** my point being herbal, and my point really being your health education. **After all, the whole point of this BLOG is so you can make better and more informed health and healing choices and decisions.**

So the following response is not really a response to Ryu, but a continued lesson in **Herbal Clarity** for all of us. A huge part of my clinical work, and now my educational work, is **illuminating my patients and followers to what they are putting into their mouth; food, drink, pharmaceutical medicine and even herbal medicine.**

Even if someone does not care about consuming deer antlers, caterpillar fungus, insects, and dead animal organs, and much worse, **it just doesn't make good sense to use natural medicine and herbs from the other side of the planet.** When this planet was created, all the good herbs were not put on the other side far away from us. There are medicinal herbs over the entire planet,

and it is best for all of us to learn how to use what is growing right in our own backyards, especially in time of crisis or when the delivery truck gets a flat tire. Exotic is not better, it is just... exotic.

This week I will also deviate from my usual format and answer this reader's comments right in their letter, one paragraph at a time, so it is easier for you to understand what I am teaching.

***Dear Dr. Schulze,
I'm taking myself off of your list right now.***

Years ago I decided that my absolute focus, being a doctor, and especially being an outspoken natural doctor, was one thing. **To help people to heal themselves, and stay healthy, naturally.** It was not to win a popularity contest. I realized over 40 years ago, that if I were to speak the truth, that I would anger 10%, maybe even 20% of my readers, (*in this case it seems it was only 1 / 1,000,000%*). Anyway, to me, in order to give you my best of what I have learned in my lifelong journey into natural medicine, **what I tell you may not always be the most politically correct or socially correct, and it won't be watered down, designed to be polite or digestible to the masses.** So I will lose some readers and *customers* along the way. So be it! I've always said if people don't want to hear the truth, I can always go off the grid and retire. I'm happy to say that so far, I'm not retiring any time soon!

As a Taiwanese/Chinese-American who has lived in the U.S. for 30+ years of my life, I found your article on Chinese medicine offensive.

I will never get this hyphen-American thing. Sure, it is important to remember our roots, but give me a break. African-American, okay, because their ancestors were kidnapped, beaten, brought to America against their will and enslaved. So if they want to distinguish themselves from the rest of us who immigrated, or from our parents who emigrated on their own free will, or use the hyphen for their years of oppression and cruelty, or for whatever

reason, so be it. (So brothers and sisters, take your time and use the hyphen as long as you want.)

But immigrants, forget about it. If you have been living here for 30 plus years, and I am assuming you weren't kidnapped or enslaved, then you're an American. I am not saying love it or leave it here; I am saying get with the program. What makes America the greatest country in the world is our diversity, and the fact that 99% of us came from somewhere else, to make a better life for ourselves and our families. My family came from Germany, but I never refer to myself as a German-American. Hyphens are a separatist movement and I'm for all of us dropping the limited access bullshit and getting along.

So if you're a citizen, you can drop the Chinese part. If you're not, become one, and drop the Chinese part!

Chinese herbs come from a wide variety of sources and even within the Traditional Chinese Medicine community there are folks fighting to give up the use of endangered animals in medicine.

You still don't get it! You say Chinese herbs come from a wide variety of sources, proving my point. **If the source isn't a plant, then it is NOT an HERB!**

I am aware that some Chinese are fighting to clean up their act, and I applaud the Chinese who are trying to upgrade and modernize their traditional medicine. But, never the less, it still exists!

So let me try to set you straight here, once and for all. **My point is that the name Traditional Chinese "Herbal" Medicine, is a big fat lie.** It should just be referred to as Traditional Chinese Medicine. **And they need to STOP referring to non-plant material ingredients as herbal!**

I will repeat from last week's Blog, statement's taken from a Chinese Herbal Product catalog sitting right on my desk:

*“This formula contains over 40 HERBS, three of which are **male animal sexual organs**”. Later on it states “*supertonic HERBS such as deer antler” and it calls “*pearl, a very special HERBAL substance*”.**

Almost all Traditional medicines, even American Indian, were loaded with lots of animal guts, insects and god knows what else, basically using anything that grew, ran, flew, swam or crawled. Traditional Chinese medicine is a great example of this. Lets go to the dictionary here, the AMERICAN dictionary.

HERB, from Webster’s AMERICAN Dictionary!

1: a **plant** or **plant part** valued for it’s medicinal, savory, or aromatic qualities

HERB means a PLANT! PERIOD!

When you constantly say, “the Chinese this... the Chinese that...” you are attributing an entire group of people to the horrible practice of including human parts and other disgusting things in these pills.

I have NEVER walked into ANY Chinese Herbal Store, selling herbs or herbal tonics or herbal medicines, whether traditional or new age or modern, that didn’t sell **deer antlers**, cordyceps or **fungus off the heads of caterpillars**, **dried fish**, **insects** and all sorts of weird stuff that simply IS NOT HERBAL and didn’t smell like death. And, I want to make everyone aware that these substances are being called herbal, and sold as PLANT material! They are not PLANT materials!

I have also been warning people for decades about Homeopathy, a system of medicine that also lies and sells itself as being herbal medicine, when it is not. Yes, they also use herbs, but additionally they use hundreds of very disgusting and toxic substances like lead, arsenic, animal pus, ground bugs... the list is long. Their popular remedy Oscilloccinum, promoted for colds and flu, that most people think is herbal, is actually made from ground up duck livers and mashed duck hearts. By the way, Homeopathy was invented a few hundred years ago by a German *medical doctor*,

not an herbal doctor. Again, Homeopathy, like Chinese Medicine, does use herbs, but also uses hundreds of other very toxic and disgusting things. By the way, I will write about Homeopathy in a few weeks.

It is deeply offensive.

Sometimes the truth is offensive! What I find “*deeply offensive*” is anyone selling animal parts, insect parts, fish parts and deer antler, and calling it Herbal Medicine!

Just like there is a wide variety of sources for “American” herbs, so it is with any other broad category.

I am NOT aware of anyone selling American Herbs, American Herbal Tonics or American Herbal Medicines that is blending in deer antler, animal guts, bugs and non-herbal material. If you are, please let me know.

It really comes across as, shall we say, RACIST.

“It”, I think you mean me here, that “I” come across as racist. I would not be afraid to tell you if I was a racist, but I am NOT a racist, actually far from it. After my parents died, I grew up in a Japanese Dojo and have spent most of my life studying the martial arts. Most of my teachers and friends in this art are Japanese, Korean, Chinese and Filipino. In fact I am sure I know more about oriental medicine than you. I’m just a man who calls an herb, an herb and doesn’t believe we have to torture and kill any animals to make medicine.

Forget it. With all the nutritional healing guru’s out there the last thing I need is this slanderous propaganda. Have a good time catering to your “American” audience.

Ryu C. in San Francisco, CA

I am having a good time!

And I am having a good time catering to my American audience!

And catering to my audience all over the world for that matter, because I get e-mails from every country out there!

In closing, I invite you, you Chinese-Americans, all people from all the different cultures around the world, and all Native American people and all you Homeopaths too; to abandon the dark force and move into the light, and embrace a system of healing and medicine that does not rely on the torture and killing of any animals, or bugs. It's 2012 my friend, clean, healthy, potent VEGAN HERBAL MEDICINE is where its at!

— Dr. Schulze

DIAPERS TO DATING

May 30, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I need to tell you that I have had almost constant kidney infections over the last 20 years. All my medical doctors told me that this is just something I had to live with, because of a slight deformity on my urethra. I also have scarring from all the infections and I have also had many bladder infections too. I have been on and off of sulfur drugs and synthetic sulfur drugs, antibiotics and dozens of other prescription drugs during this 20-year period.

Eventually, I began to also have leakage, then occasional total loss of bladder control, so my medical doctor put me on adult diapers. I was so desperate I even asked him for a kidney transplant, but he refused because he said that my kidneys were fine, it was just an anatomy problem and any type of surgery would not correct it.

To say the least, my quality of life degenerated, and I got divorced, so dating was out of the question, when I was wearing diapers.

In spite of all the medical doctors' negativity and telling me this would be a lifelong problem, two years ago a dear friend introduced me to you and your products. I started with your 5-Day Kidney and Bladder Detox. I did it three times in a row for three weeks. Then, I used your KB Tincture and KB Tea on and off for the last two years, along with improving my food program, adding garlic and trying to stay away from harsh liquids, like you suggest.

Well, you have done what NO medical doctor, no hospital and no drug have ever been able to do! I HAVE NOT HAD ANY TYPE OF KIDNEY OR BLADDER INFECTION IN TWO SOLID YEARS! NOTHING! All the bladder leaking and involuntary urine release stopped, and I have not worn adult diapers in two years. Better yet, I began dating again, and this last February I got married to the most wonderful man. None of this would have happened without you.

In a few months I will be traveling to Hawaii with my new husband and I will send you a postcard from there. When I was first dating again, I told my new husband that you were the most important man in my life, and after hearing my story, he understood why. He has done many of your programs now, too.

Thanking you doesn't seem to be near enough, so every day I add you into my prayers. Thank you so much Dr. Schulze, you have saved my life. Everything I have is because of you and your herbs.

I am almost embarrassed to ask this one question... I have a friend who has reoccurring bladder infections whose teeth have turned yellow from taking all the antibiotics. I don't think she will commit to the 5 Day, but can she just use the tonic and/or tea just by themselves?

Thank you for EVERYTHING!

— Carrie J. in Los Angeles, CA, USA

ANSWER

Dear Carrie,

Thank you for sharing your amazing healing adventure. I am very proud of you for not buying into your negative medical diagnosis and prognosis, and changing your life and creating your personal healing miracle. YOU ARE AWESOME!

As far as your friend, the answer is YES! But as usual, I do have a few additional suggestions...

Urinate After Sex

This may sound too simple, but one of the most common causes of kidney and bladder infections in women is from bacteria—even e. coli bacteria—that gets all over the urethral opening during sex. Then, it migrates up the urethra into the bladder and even into the kidneys, causing kidney and bladder infections. A simple solution that will prevent 99% of these infections in the first place is simply going to the toilet and forcing yourself to pee, as soon as possible, after having sex.

One of your urinary tract's best defense mechanisms against bacterial infection is the physical act of urinating. This is because 1) urine has a very acid pH which alone will destroy many types of bacteria and 2) just the physical flow of urine, down and out from your kidneys to your bladder, and then out your urethra tube, will FLUSH any bacteria out of your body. These two things—the pH of your urine and also the flushing action of urinating—are two primary defense mechanisms of your urinary tract that again, will stop the vast majority of urinary tract infections.

Next, My 5-Day KIDNEY Detox, Kidney Flush Drink, K-B Formula and K-B Tea...

Seriously, a friend that is plagued with reoccurring kidney and bladder infections, and won't do my easiest and simplest 5-Day Detox? This is ridiculous. Tell her for me that she doesn't deserve to be well if she is this much of a wimp. As you know, my **5-Day KIDNEY Detox** is simple, easy and even tastes good. Anyone who won't make this minimal investment, I have no pity for.

In my clinic, I used to say that sympathy comes between shit and syphilis in the dictionary, so I don't have any time for it. I highly suggest you kick your friend's ass a bit and tell her to get with the program, or enjoy her antibiotic-stained yellow teeth.

I must state right here and now that, in my clinic, my **5-Day KIDNEY Detox** worked 100% of the time. I NEVER had a patient that wasn't able to get rid of even the most stubborn, most deep-seated, antibiotic-resistant urinary tract infection using this herbal detox. Again, it worked 100% of the time! Using just my **K-B Formula** and my **K-B Tea** (separate or together) worked too, but why not give yourself the best winning chance and add in both the tea and tonic, and also the Kidney Flush Drink and the **Detox Formula**.

Garlic, a Natural Sulfur Drug and Natural Antibiotic

Garlic is the best all around sulfur antibiotic for all kidney and bladder infections.

As you are well aware from your experience, sulfur drugs and eventually synthetic sulfur drugs, are the choice of medical doctors worldwide for all urinary tract infections, kidney infections and bladder infections. **Garlic, has over 80 different natural sulfur compounds and phytochemicals in it. A much bigger and much more broad-spectrum array of sulfur than any pharmaceutical drug.**

Also, as far as antibiotics, **Garlic is also one of the most powerful natural antibiotics, killing both gram-positive and gram-negative bacteria, making it the absolute best broad-spectrum antibiotic known.**

So, when you add up 80 different sulfur compounds with the most powerful herbal broad-spectrum antibiotic, well, you have the perfect kidney and bladder herb. I suggest chewing (or chopping up and swallowing with food) about three to six cloves a day for a week.

Carrie, kick her ass a little bit, but don't feel sorry for her. And congratulations for creating your own healing miracle! And, congratulations on your marriage!

— Dr. Schulze

HIS DREAM, OUR NIGHTMARE!

June 06, 2012, COMMENTARY by DR. RICHARD SCHULZE

Bigger is NOT Necessarily Better.

The growing trend over the last few decades seems to be the almost endless selling by owners of their small companies to huge international corporations. I wouldn't mind this trend, if I thought it was in the customers' best interest, and furthermore, if what I experienced was that the products got better. Instead, what I almost always see is that the products get worse. This trend is usually NOT in the consumers' best interest at all.

Usually, when small companies sell out, the founder's passion, vision and purity gets lost, as the new parent company focuses on cost, bottom lines, larger distribution and even larger profits. This results in their quest to make the products cheaper, and results in inferior products that don't work as well, don't last as long, and are more disposable.

Recycled has even become **Recyclable**, the new product buzzword, which doesn't mean anything. Actually, it means that the company didn't do a damn thing in sourcing out their raw materials, didn't use anything recycled, and they're just asking you to take on what is their *responsibility* and dispose of the product in a conscious way, if this is even possible.

I still have my father's tools, and some of these tools were his father's tools. Steel, iron and wood, *and with a little oil*, the oldest tools still work like the day they were made. You can't buy tools like this anymore. Half the screwdrivers I buy nowadays, strip just using them to screw in a screw, *if the plastic handle doesn't break first*. They just don't make things like they used to. OK, I could bitch about this forever, and I'm starting to scare myself because I'm sounding like my father, so I'll get to my point...

The Corporate Buyout of Our Health

No, I'm not talking about HMO's, but that's another thing that didn't improve medical care, but it did improve insurance companies' profits. **I am talking about the selling of health businesses and herbal medicine companies to big corporations.**

Coca Cola bought out Odwalla juice. That was a nightmare. Their bad processes made people sick and caused pasteurization laws to be passed so now we can only buy cooked apple juice.

Pepsi Cola bought out Naked Juice, so now most of our fresh juices are being produced by Coke, Pepsi and other soda pop companies.

Kraft Foods, the people who make Velveeta imitation cheese, bought out Boca Burger, the veggie burger company, and that quality went down. (By the way, Kraft Foods is owned by tobacco giant Phillip Morris.)

Lipton, the huge black tea company, bought out Celestial Seasonings Herbal Teas, and we got prettier packaging, not better product!

Mars Incorporated, the huge candy bar company (M&M's and Snickers), bought out what used to be an awesome Organic seed and food company, Seeds of Change.

Traditional Medicinal Teas – SOLD and is no longer owned by the great California herbalist Rosemary Gladstar anymore. In fact, I just searched for her name on their corporate website and nothing came back!

Janet Zand's herbal products – SOLD and is no longer owned by Janet anymore. (By the way, I couldn't find her name on the company website anymore, either.)

Burt's Bees – SOLD to Clorox.

Get my point here? The Soda Pop, Candy Bar and Junk Food industries are taking over our Health Food Industry!

Am I Paranoid?

During the days of my clinic, I used to feel like the government was closing in on me—actually it did! Today, corporate giants have surrounded and are circling the health wagon train, and are picking off my friends, students and the health food industry in general, one by one.

(OK, in fairness let's not blame corporate giants, they make health-destroying junk, but this is not their fault. It is actually the pure greed of my friends, students and the health food industry people, that are selling their companies, and their souls, for the almighty dollar! They are selling the natural foods and natural medicines we made to combat the damage caused by the health-destroying products of these big corporations, TO THE SAME CORPORATIONS!!!)

I would love to believe that this trend is the beginning of a new era, and awakening of American corporations, that Americans want health, and are willing to take more responsibility. My fear is that in this process, of all my students and other herbalists selling their businesses to drug companies and horrible corrupt earth and animal destroying companies, well, these once good products will become trendy names with good packaging, wider distribution, but the quality will degenerate to total garbage! Actually, it is more than a fear, it is happening!

Another One Bites the Dust!

In my life I have had the privilege to teach many great men and women who have gone on to become great herbal doctors and run great clinics. Other people I have trained have gone into the health food and herbal medicine industry. Many years ago, I was fortunate enough to teach two east coast friends, Paul Schulick and Rick Scalzo. Paul Schulick went on to create New Chapter, a natural vitamin supplement company, and Rick Scalzo founded Gaia Herbs, a very good herbal company.

In The News This Week:

Paul Schulick has just sold his natural vitamin supplement company to Proctor & Gamble!

Proctor & Gamble:

- ▶ **The makers of Crisco, the original crystallized cottonseed oil supplying Americans with a daily dose of health-destroying trans-fatty acids for 100 years now.**
- ▶ **The makers of Pepto Bismol, basically liquid aspirin.**
- ▶ **The makers of Tide, its heavy duty earth polluting synthetic detergent.**
- ▶ **The makers of Crest, and the original fluoride toothpaste.**

And let's not forget Pringles and Prilosec! Yes, Proctor & Gamble makes "over the counter" pharmaceuticals too!

There have been many websites that have made great comments on this sell out by New Chapter to Proctor & Gamble.

Excerpts from a few other recent Blogs, Regarding the Sell Out...

Spread the word: New Chapter is now owned by Proctor & Gamble.

Proctor & Gamble, the global corporate conglomerate that sells a vast array of consumer products containing cancer-causing chemicals and petroleum derivatives, is now the proud owner of New Chapter, one of the more promising nutritional supplement companies we've seen in a while.

New Chapter co-founder Paul Schulick announced, "For us, this has been a dream come true. This is what we have been wanting to do since we started doing this 30 years ago. The world and the United States need this."

His Dream, Our Nightmare!

Really? The world needs global corporate giants to buy up all the natural product brands? This is one of the many companies we helped publicize and promote, only to see them sell out to corporate giants who routinely take over these companies, cheapen their product formulations, and exploit name recognition to intentionally mislead consumers into buying watered-down, reformulated products.

So now the same company that brings you Tide laundry detergent, Pringles potato chips, Dawn dishwashing soap, and Bounce dryer sheets (can you even think of a more offensive chemical laundry product?) will be bringing you New Chapter supplements, too.

I'm disappointed in New Chapter and Paul Schulick. Here's yet another case of someone who has sold out to the global power elite, apparently oblivious to where this will likely lead.

Paul Schulick has made a deal with that devil, it seems.

Of course, I'm sure Paul has justified it all to himself. The huge financial backing of P&G will allow New Chapter to "expand into more retail outlets," he's probably told himself. The deal will show P&G that natural products can be profitable! It will make nutrition mainstream! Yeah, right.

These stories always have the same ending: The products get watered down, consumers shift their demand to a smaller, trusted company, and the financials of the once-great small company collapse. The big corporation ends up either shuttering it or whoring it out using the same brand name but replacing all the quality ingredients with crap filler and toxic chemicals. The only "winner" in these deals is usually the CEO who sold it, and possibly a few board members who also walk away with millions of dollars while their customers who made them great get left with nothing.

— **Natural News.com**

New Chapter, a vitamin and supplement company offering worthy products since 1982, has recently been bought out by mega-corporation Proctor & Gamble. Being the owner of chemical laden, toxic products such as Cascade dish-washing soap, Tide laundry detergent, Pringles

potato chips, and Bounce dryer sheets, it is evident that Proctor & Gamble is less than a trustworthy and caring company.

*Although Schulick's stated goal of offering the world quality health supplements free of health-damaging substances is commendable, **is seeking and accepting the involvement of a corrupt corporate giant really acceptable?** The quality of New Chapter's products will undoubtedly be compromised by such a corporate fuse, with P&G's poor record of health-devastating products enough to raise the alarm. **Truthfully, the teaming up of nutritional supplement companies and corporations like P&G is the last thing the world and United States needs.***

— Natural Society.com

New Chapter's co-founder has this to say regarding their sell out, "For us, this has been a dream come true. This is what we have been wanting to do since we started doing this 30 years ago. The world and the United States need this."

What exactly is Paul Schulick saying that we need? We fear that Proctor & Gamble may change the formulations and make them not so natural and organic anymore much like what happened recently with Kashi.

What is unnerving here is that New Chapter has handed off the reins to a global corporation steeped in chemical products and mass consumerism. Will P&G "adulterate" the products with harsh chemicals and preservatives?

We also noticed an excessive "push" from New Chapter before the end of the last calendar year to purchase more than normal in a "stock-up" fashion and now assume it was to boost their numbers before the end of the tax year.

— My Natural Market.com

Proctor & Gamble on Animal Torture

Proctor & Gamble, the corporate conglomerate which recently bought out organic supplement and vitamin company New Chapter, has a

His Dream, Our Nightmare!

long and extensive history of engaging in cruel animal testing... and has been lying for years about making efforts to switch to cruelty-free testing alternatives.

P&G continues to torture dogs, rabbits, hamsters, guinea pigs, and other creatures by conducting experiments on them that include poisoning them with toxins, burning their eyes with chemicals, and eventually killing them, and P&G does not even provide basic care for these animals while they are still alive.

P&G 'scientists' do not sedate the animals or give them painkillers when they place the animals in restraining devices so they cannot struggle while the workers apply the chemicals, which burn into the animals' eyes and skin, where the animals sometimes break their necks or backs attempting to escape the pain.

P&G's animal torture includes forcing dogs to eat large amounts of cleaning chemicals by pumping them directly into their stomachs.

— Natural News.com

Finally...

Street rumors say that the company was sold to pay off investors, and that was not what the owner wanted to do, but had no choice.

Officially, Paul Schulick is quoted as saying that he didn't make this decision for the money. If not, then why would he sell his company? He is also quoted as saying, "this is a dream come true" and has been his goal for 30 years. **His dream, our nightmare!**

— Dr. Schulze

PS: I don't play well with others. Therefore, I have no investors or stockholders in Dr. Schulze's, nor my American Botanical Pharmacy. I have no financial pressure. I make all the decisions. I have one goal: **YOU getting well and staying well, naturally.** This keeps life the way I like it—simple.

BLOG BONUS INFORMATION

Friends,

On my BLOG site, besides posting my weekly answers to customers' questions and my videos, there are numerous other very important pages. These pages are literally GEMS! They are my **FOUNDATIONAL PRINCIPLES of Natural Healing**.

These are **Foundational Principles** that I have discovered in my clinic and during my 45 years investigating Natural Healing and Herbal Medicine. **These are principles that EVERYONE NEEDS TO KNOW and that EVERYONE should read, over and over again.**

I have placed all of these **Foundational Principles** in the Navigation Bar at the top of my BLOG site, but many people don't even know they are there. Therefore, I have also decided to reprint them all at the end of this book for your Illumination and Education.

These are the Foundations of Natural Healing that apply to EVERYONE!

- ▶ My Blog MISSION
- ▶ How Herbal Medicine WORKS
- ▶ Natural Healing, The BOTTOM LINE
- ▶ WHAT IS Natural Healing
- ▶ Dr. Schulze's 10 COMMANDMENTS of Natural Healing
- ▶ Dr. Schulze's QUOTES
- ▶ Positive Healing AFFIRMATIONS
- ▶ My Biography

- ▶ And maybe MOST important, an INDEX to help you find the answer you need!

Enjoy!

— Dr. Schulze

BLOG MISSION: MY MISSION IS YOU!



Someone asked me the other day, if my company, or I, had a mission statement, and I said I don't need one. There are two reasons for this.

NO BULL!

First, I am so sick of bullshit, politically-correct mission statements all about the environment, helping others or promising change. I am not going to insult anyone's intelligence with some feel good crap that isn't worth the time to read.

For example, even though the oil companies' new television ads say that all they care about is helping the environment, who are they kidding? Why don't they just tell the truth and simply say that they are sucking the lubricant out of the planet and refining it, so we can drive cars? And this makes them trillions of dollars and causes wars, not to mention it is toxic and polluting.

Look, I own a car and I drive it. Sure we need better solutions, greener solutions, but can we cut the crap and just be honest?

So Here It Is: MY MISSION IS YOU!

My mission is YOU! Sure, I am in business to make money, but that is a side benefit to who I am and what I do.

Look, in the beginning, it was not about you, IT WAS ALL ABOUT ME. I started my investigation into Natural Healing and Herbal Medicine because I was dying. The medical doctors said I would be dead over 40 years ago, and I used what I learned

to save my ass. So, you can bet that I am VERY PASSIONATE about what I do.

Anyway, after I saved myself, I decided to study more and eventually teach what I learned, so I could help others to heal themselves. This is MY PASSION, and it is what I KNOW and WHAT I DO BEST, so I am VERY PASSIONATE about Natural Healing!

So, when I say “My Mission is You”, what I mean is that being a doctor, well, I have ONE GOAL, and that goal is: **You healing yourself of any dis-ease using natural methods; creating powerful health and then maintaining that health. That is my goal and that is my mission.**

You wouldn't think that this would be such a rare commodity these days, but in this world of modern medicine with medical doctors, drugs and hospitals, well to them, a patient cured is money lost.

This is why a better name for modern health care would actually be **disease maintenance**, which is really what the practice of medicine is. After all, no one ever healed their diabetes by taking insulin or healed their bad backs with painkillers.

I have spent over 40 years investigating Natural Healing and Herbal Medicine, I have spent over 30 years teaching it, and my clinic spanned three decades where I helped tens of thousands of patients heal themselves. I have never forgotten for even one minute why I am doing this—what my focus is and what my goal is—and it is YOU!

I also loved teaching, and every summer I taught seminars and semesters at universities all over the world. I taught a lot of post graduates (which I loved) and I loved getting them back on track after years of study in medical school. Because, after almost a decade of study into anatomy, physiology, chemistry, biochemistry or even botany (not to mention a hundred thousand dollars in

debt with student loans), they were so exhausted they could barely remember why they started on this path in the first place. So, I was always there to remind them that the entire reason behind **EVERYTHING** we do—**THE ONLY REASON**—is simply to **Help People Get Well.**

Being a doctor and spending almost my entire life teaching people how to **Heal Dis-ease and Create Powerful Health** (whether in my clinic or in the classroom), is who I am and what I do. So, this **BLOG** is all about sharing that healing knowledge, experience and wisdom with you. That's it.

My greatest desire is that you will find the healing information that you need somewhere on this site. And using my experience, you will be able to heal yourself, a loved one or a friend, and then pass on this wonderful blessing of Natural Healing and Herbal Medicine to others.

Welcome.

— Dr. Schulze

HOW HERBAL MEDICINE WORKS



An Ignorant Pharmacist

A number of years ago while I was out shopping, I ran into a woman who was a wonderful customer. She told me that she used and loved my herbal medicines. She then told me how much success she had, healing herself over the years from a few quite serious illnesses. She also was pleased to tell me that she had also helped some

family members, too. Mainly, she wanted to hug me and express to me that she felt so *empowered* to be able to heal herself and to help others, especially loved ones, to heal themselves. But most of all, she loved NOT having to run to the medical doctor or hospital emergency room anymore, every time someone had some illness.

But, then she told me that she gets a lot of ridicule from her husband, who is a pharmacist at a major drug store chain. He told her that herbs don't work at all, and they are just *hocus pocus* and a load of bull, and that any benefit that she thought she had was all in her head, and at best, just a placebo effect. She was very upset and with tears in her eyes, she asked me for my response.

I started off by telling her that the best-case scenario was that her husband is a total **IGNORANT IDIOT!** I also explained that the worst-case scenario was that he was being an absolute **TOTAL JERK** to her.

I will explain...

For a layperson to have an ignorant opinion and remark like this, well, I would have almost understood it, but for a pharmacist, it was inexcusable. Actually, his answer was soooo ignorant, that

I figured that this man either slept through pharmacy college and bought his tests, or more likely, must be very insecure, so he wanted to use his education and profession to invalidate and intimidate his wife or make her angry and start a fight with her. Either way, not a nice guy at all. Because there is no way that someone could complete pharmacy school, become a pharmacist, and then say something that is so stupid or so ignorant.

But it gives me a great platform to easily explain to all of you,
How Herbal Medicine Works.

First, herbal medicine has been THE medicine of every single group of people, of every single culture and in every single country on this entire planet since the beginning of time. Herbs grow wild on this planet, and have been THE medicines of the people on this planet, forever. Chemical medicines are the *new kid on the block*, the new fad, and have only been around for a few hundred years. And, most drugs were originally made from plants anyway.

Herbal Medicine has recorded roots dating back over 6,000 years in China, India and the Middle East, just to mention a few places. Still today, the vast majority of the people on this planet still use herbal medicine as their *first choice* medicine, and do not trust pharmaceutical drugs, at all.

In Pharmacy School, there is no way that this jerk could have missed this, nor could he have missed the fact that still today, 50% of all drugs are either made from botanicals or synthesized to duplicate a chemical that was originally found in a plant.



Digitalis, the most famous of all heart drugs, gets its name from the herb *Digitalis lanata*, the Foxglove plant that it is made from. This plant (like many plants) contains some very powerful chemicals, often referred to as phyto-chemicals meaning “plant-chemicals”. The most powerful chemicals in this particular plant are called

glycosides, specifically *cardiac* glycosides that affect the heart muscle in many ways. This is just one small example of one herb that has now become one of the most famous drugs used today. I could list over 1,000 additional drugs here that are plant-derived, but I just wanted to make a point.

But HOW Do Herbs Actually Work?

Well, it is actually very simple. All foods and plants (basically, anything that grows) contain chemicals. And when you ingest plants, your body breaks the plant material down, using everything from saliva to digestive juices, and then your body assimilates these various chemicals.

One of the reasons that we eat food is so that our body can assimilate the phyto-chemical nutrients from the plant. Nutrients that sustain life, like vitamins, minerals, enzymes, amino acids, protein, fat, carbohydrates, etc. Without plant nutritional chemicals, we couldn't survive.

Herbs are also foods, but usually people don't consume them for food, as they taste stronger. Sometimes we do, like raspberries, artichokes, dandelion, burdock, etc. But, when it comes to the stronger tasting ones (like coffee), most cultures have discovered that these plants have more *medicinal* uses, instead of *nutritional* uses. These stronger tasting plants taste stronger, because they have stronger chemicals in them. This is one way that nature protects us and tells us the difference between food and medicine—raspberries taste great, digitalis does not.

Anyway, when we ingest these medicinal herbs, the same way as food, we breakdown the plant and assimilate the chemistry in the plant. But, with many herbs it is these stronger *medicinal chemicals* that we assimilate, instead of nutrients.

So, when we consume medicinal herbs by just chewing them or using herbal teas, tablets, capsules or liquid extracts (like tinctures and tonics), instead of nutrition, we assimilate the medicinal plant

chemicals or phytochemical medicines. This way in which herbs work is not rocket science and is actually very basic chemistry.

Then Why Do Medical Doctors Often Ridicule Or Condemn Herbal Medicine?

Well first, you must understand that they have NO TRAINING in Herbal Medicine, nor even in Nutrition. So asking the average medical doctor about using herbs, or about your food program is like asking your plumber about the condition of your home's *electrical* system. They may have an opinion, but it is probably not a valid one.

The second reason is insecurity. Many people (including medical doctors) are very insecure about anything they don't know or understand. They either fear it and condemn it, or will tell you to stay away from it. A better, more enlightened answer would simply be, "I have no training in herbal medicine, so I suggest that you seek the advice of a qualified herbal doctor." But, you will NEVER hear that answer from someone whose ego is not in check.

Another reason why medical doctors generally condemn herbal medicine is that *modern* medicine is a TWO TRILLION DOLLAR a year business in America. Additionally, Medical Groups spend more money *influencing* government with lobbyists in Washington than any other private business organizations. Considering that medical doctors and hospitals don't want to lose your business and since pharmaceutical companies are making more money than any drug cartel ever thought of, well, you can expect that you are going to see and hear some occasional negative publicity warning you about any competition, and consequently not to use herbs. Either you will be warned that herbs are dangerous and unsafe or that they are ineffective. (Two answers that contradict each other.)

Usually, most of these warnings come from medical doctors who work for a system that makes a living off of helping people *managing* their diseases, but never quite actually healing them.

(An example is that no diabetic ever heals their pancreas using insulin. In fact, when the pancreas detects artificially-induced insulin, it gets weaker.) The medical cure of most diseases in America is not actually a cure at all, but more accurately, *management*. In fact, the use of the term “Health Care” would be more accurate—and more appropriate—if it were changed to “Disease Care”.

FIRST CHOICE Medicine

So back to the beginning, I was really not surprised to hear this lady’s husband’s remark, and his completely ignorant response, since he was a *pimp* for the biggest drug cartels in the world... I mean, a *pharmacist*.

Look, I am not saying that we don’t need medical doctors, drugs and hospitals—we all need them in emergencies, like serious trauma.

What I am saying is that herbal medicine should be the FIRST CHOICE medicine for everyone. This simply just makes good, common sense. Why?

#1: IT’S SAFE

Herbal Medicine is milder than harsh pharmaceutical drugs, so it has fewer side effects, usually none.

#2: USE IT WHOLE

Herbs used in their whole and natural state are generally naturally buffered *and more effective*. In other words, isolating chemicals from herbs and then concentrating them (like when making drugs) is not a safe thing to do. Herbs have many *additional* chemicals in them, beside the medicinal chemicals that act as buffering agents, making their actions smoother and safer.

An example is that many herbs in their natural whole state will make you vomit before you can overdose on them—a natural protective response that is lost when you turn them into drugs. It has also been proven that the most effective way to use plant

medicines is using the whole herb. (Numerous studies, even published by the AMA, have now proven that whole herbs are much more medicinally effective than their individual isolated chemicals.)

#3: IT'S INEXPENSIVE

Herbs are much less expensive than drugs, not to mention a lot less expensive than medical treatment and hospitals. Their low cost makes them the perfect financially sustainable health care choice, instead of creating a health care system that we cannot afford.

#4: IT'S EFFECTIVE

Herbal medicine has proven to be a powerfully effective treatment for illness and disease, especially when used in conjunction with living a healthy lifestyle.

ALL of these reasons underscore why it just makes good common sense that herbal medicine, not chemical and invasive medicine, should be the FIRST CHOICE MEDICINE.

Finally...

In my life, I have healed my own life-threatening illnesses and injuries and helped tens of thousands of patients heal themselves, too. I have seen these herbal gifts—these blessings from God— heal every disease known to man.

Maybe I could have saved my breath on this woman, since she told me that she and her husband were Christians, and simply sent her husband a Bible...

“...And the fruit thereof shall be for meat, and the leaf thereof for medicine.” — Ezekiel 47:12

— Dr. Schulze

NATURAL HEALING, THE BOTTOM LINE

QUESTION

Dear Dr. Schulze,

Can you please just give me the bottom line on what Natural Healing is so I can explain it simply to my sickly and degenerate friends? Just kidding! Thanks for all of your great work and herbal products.

— Vicky H. in New York, NY

ANSWER

Dear Vicky,

Natural Healing is a style of healing in which you assist your body increasing its powerful self-healing ability. This is done by creating a lifestyle where you eliminate those things that create disease, and increase those things that create powerful health. When your body is healthy and strong, it can and will heal any disease and repair and rebuild itself.

The sign in my clinic read:

You Can Heal Yourself of ANYTHING and ANY DISEASE.

Just STOP doing what makes you sick and

START doing what Creates Powerful Health!

An old Chinese proverb says, “Focus on the good to eliminate the bad.” In the same way, Natural Healing is about focusing on creating powerful health and letting your body do what it knows how to do better than any doctor and what it does best, which is repair and heal you of anything and everything.

Thanks for your support and remember, plant seeds in your friends, but don't torture them, and have fun, smile and laugh while you are doing it!

— Dr. Schulze

WHAT IS NATURAL HEALING?

QUESTION

Dear Dr. Schulze,

My friends have asked me to describe to them what Natural Healing is. I have my idea, but can you give me your answer?

— *Karen J. in Coconut Grove, FL*

ANSWER

Dear Karen,

This is easily seen with a cut. You cut your skin and you bleed. Your blood eventually clots and you form a scab. Then, your tissue and skin starts regrowing. Eventually, the scab falls off and you are miraculously healed! Even though we take this basic healing function for granted, no medical doctor and no hospital can ever do this for you.

On a microscopic level, your body may be invaded and infected by foreign pathogens such as bacteria, viruses, fungi or parasites. Your body has numerous organs, systems and blood cells to take care of any unwanted visitors. You have white blood cells (like macrophages) and certain T-cells that work to kill the invader immediately, along with immune chemicals (like interleukin and interferon) that help speed up these cells. Other cells create chemical poisons to kill off the invaders in the same way your B-cells use immunoglobulin to create specific antibodies that attack foreign pathogens.

Natural Healing

Without a doubt, our bodies are amazing repair machines ready to take on any illness or disease. But eventually, because of genetics, lifestyle and just plain aging, your body may not be up to the task of healing or repairing you. This is usually when a person seeks outside help, usually from a medical doctor.

A medical doctor's approach is to take on the healing themselves, fighting and killing the disease with a barrage of chemical drugs, and often getting the body functioning again by performing surgical procedures. This form of healing can work, but can be very dangerous. Medical intervention is so harsh and extreme that it often hurts other organs and causes other diseases. It can also leave you with irreversible surgical impairment, when it involves your organs being altered or removed. It is the best form of healing for those people who absolutely will not take any responsibility for their health and refuse to make any healthy lifestyle modifications.

On the other hand, Natural Healing is for people who are willing to make healthy and positive lifestyle changes. As a Natural Healing doctor, I help my patients to dramatically raise their overall level of health, which in turn, dramatically increases their body's ability to heal and repair itself. Doing this is simple! As the sign in my office says, "You can heal yourself of anything, just STOP doing what is making you sick and START doing what will Create Powerful Health."

Natural Healing is simply helping your body to become stronger and healthier, so it becomes a more powerful and effective healing and repairing machine.

In my clinic, I discovered that with most people, it doesn't take much to get their body to heal illness or disease. I usually just had to get them to STOP killing themselves. Most of my patients' diseases were caused by what they were doing to themselves. In other words, their body was trying to heal itself, but it was too weak, or running into too much resistance, or both. This could simply be a lack of nutrition caused by a bad food program, all the way to a buildup of sludge in the body, causing everything from constipation and

coronary artery blockage to dementia. Most of my patients just needed a good cleanup and a new, healthy lifestyle, and they were on their way to health. However, my patients who had spent years damaging their bodies, ignoring their ill health and disregarding their many disease warning signs were now in a serious disease crisis and they needed more aggressive health programs.

Regardless of the level of my patients' illnesses and diseases, even in the worst stages of degenerative diseases, I always saw Natural Healing work as powerful as medical intervention. My patients were always able to regain their health, and in fact, create powerful health by simply leading a very healthy lifestyle. Often the healing results are in balance with how many positive healthy changes a person is willing to make. Sure, for some, it took a lot of work, but when you compare it to the drama, trauma, pain, torture and expense of medical intervention, for most people with good common sense, it's a no-brainer. In fact, when you look at it this way, it is obviously the only real healing.

To sum all this up, Natural Healing is a style of healing where you assist your body in charging up its powerful self-healing ability by creating a lifestyle in which you eliminate things that create disease and increase those things that create powerful health. When your body is healthy and strong, it can heal, repair and rebuild anything.

An old Chinese proverb says: "Focus on the good to eliminate the bad." In the same way, Natural Healing is about focusing on Creating Powerful Health and letting your body do what it knows how to do better than any doctor, and what it does best, which is repair and heal you of anything.

I hope this information gives you a few more insights into your understanding of Natural Healing.

Thank you for spreading the Natural Healing gospel!

— Dr. Schulze



DR. SCHULZE'S 10 COMMANDMENTS

Based on Dr. Schulze's Book, "20 Powerful Steps to a Healthier Life"...

1. I DRINK Liquids that Hydrate, Flush and Nourish Me

I Drink Pure Water, Fresh Fruit & Vegetable Juices and Herbal Teas!

2. I EAT Food that Creates Powerful Health

Vegetarian, Whole, Nutritious and Organic—
Dr. Schulze's Health-Building Food Program!

3. I Use Natural Herbal and Food MEDICINE

To Prevent Dis-ease and Nourish, Clean, Detoxify,
Tone, Balance and Heal My Body!

4. I MOVE My Body Every Day

Walking, Dancing, Running, Jumping, Stretching,
Breathing, Sweating, Sex... Always Fun!

5. I Take a Week Off Every Season to CLEANSE Myself Internally

Juice-Flushing or Dr. Schulze's Purifying Food
Program and Herbal Detox Programs!

6. I Use Only Natural HEALING to Prevent and Treat Dis-ease

Massage, Bodywork, Hydrotherapy and All Therapies
that HEAL and Do No Harm!

7. I Create a Healthy HOME Environment for My Well-Being

Natural Soaps, Cleaners and Clothing, No Negative Television, Frequently Trashing!

8. I Have Positive THOUGHTS that Create Powerful Health

Positive Thoughts and Affirmations that Create Love, Laughter, Passion, Peace, Fun and Bliss!

9. I COMMUNICATE to Others as I Like to Be Treated

I Communicate Being Happy, Friendly, Positive, Clear, Honest, Sincere, Caring and Loving!

10. I LOVE Myself and My Life More and More Every Day

Practice Being Self-accepting, Self-ish, Self-centered, Self-involved, Loving YOU!

Appreciate All That You Have and Focus On All That You Want To Create.

Your FOCUS Determines Your FUTURE!
Tomorrow Is What You Believe And Do Today!

DR. SCHULZE QUOTES



“Tomorrow is what you **BELIEVE** and **DO** Today!”

“You can heal yourself of ANYTHING, any illness or dis-ease. Just **STOP** doing what made you sick, and **START** doing what will Create Powerful Health.”

“Your **FOCUS** determines your **FUTURE.**”

“There are NO incurable diseases, NONE. Take **RESPONSIBILITY** and be willing to **CHANGE**, and you can heal yourself of anything.

“**BLOCKAGE**—Physical, Emotional and Spiritual— is the cause of ALL DIS-EASE.”

“Your body has a **BLUEPRINT**, a **SCHEMATIC**, of what perfect health is and is constantly trying to achieve this goal for YOU.”

“Your body has the ability to completely **HEAL ITSELF** of ANY disease... All it needs is your assistance.”

“**Getting well is EASY**. It is getting sick that takes years of constant, dedicated hard work.”

“The main function of your body, is to constantly heal and repair itself; **REPAIR YOU!**”

“STOP focusing on your disease, and START focusing on Creating Powerful Health! Your disease is not a curse, it is a **GIFT**, a **BLESSING**. It is what brought you to this new beginning of the greatest adventure in your life, to discover and create a new life, a much better life, and to **Create a NEW YOU!**”

POSITIVE HEALING AFFIRMATIONS

INTRODUCTION

The dictionary description of Affirmation:

Concentrating your Attention and your Effort on achieving a particular Outcome!

Simple and to the point—I love it! So, let's get right to this point.

What I want is to be extremely healthy and live a very long life filled with Love, Joy, Happiness, Success, Relaxation, Fun, Laughter, Bliss, Great Moments, Great Sex and even more Love! Or as Mr. Spock said, I want to “Live Long and Prosper”.

I want maximum QUALITY and maximum QUANTITY. I want to feel great and to do all the things that I want to do, for as long as I can possibly do them. YES!

OK, you can see that I have had plenty of time—on my own and with my patients—to get good at this. I spend a good part of my day thinking up better ways to ask for what I want. And, when I hear others that need a little help with their focus, well, I have an invisible toolbox of 10,000 Positive Healing Affirmations that I carry around with me everywhere I go to spread like magical seeds on everyone and everything.

Many people think that life just *happens* to them, and that they have no control over their future. They believe that it is all in God's hands or that “Shit Happens”, or that they fluctuate between having Good Luck and Bad Luck or between being blessed and being cursed.

I don't!

Others might think that this is selfish thinking, and are too embarrassed to focus this much on their own self.

On the contrary, I've helped thousands of others, actually tens of thousands. I used to help them through my clinic, and now I do it through my work, my Natural Healing Crusade and my Foundation. I LOVE helping others and I have spent most of my life doing this, but FIRST, I needed to help myself, or I would have been dead over 40 years ago, and helping no one. So, I had to get real healthy, I had to get real strong and I had to get real selfish, really self-involved, really self-centered and self-controlled. It was all about me!

Then when YOU get strong and healthy, you can help others.

When I first opened my clinic doors back in the early 1970s, I absolutely saw that “you are what you eat”. It is simple physics, the nutritional quality of what you consume, directly affects your metabolism and your level of vitality and health. By the time my clinic closed decades later and after spending hours with thousands and thousands of patients, I also knew that “You are what you THINK”. In the first few minutes of any consultation with a new patient, I could see if they were “The Right Stuff”. I could tell the winners from the losers just by the way they spoke, their choice of words and their attitude. I could clearly see those that were going to get tough, get to work and get well, and those that were not.

First, they had to **BELIEVE** that they could be well and that they could create a healthy lifestyle that was so powerfully healthy, that their body would heal itself. And second, they had to be willing to **DO** the healing programs and take the herbal medicine, in order to get well. Taking us all the way back to the beginning...

Concentrating your ATTENTION and your EFFORT on achieving a particular Outcome!

After having thousands of patients healed all over the world from every type of disease, illness and affliction known to mankind, I have seen the power of natural healing programs and lifestyle and herbal medicine. But, I have also seen that the power of natural healing (or any healing) is also directly related to a person's attitude, focus and effort.

In order for *anything* to be effective for you, you must Believe and Do.

My reality is that I am in control and I have the power to create my future; to create my destiny. I am not saying that I don't believe in God or even Fate or Luck. **What I am saying is that I know that I have the power to make things happen**—that I have the power to manifest things to happen in my life and to me and that I have the power to alter my future!

I have had many people say to me, “Whatever happens is God's will and you have no control.” What a wimpy, pathetic, victim mentality—an excuse to sit back and do NOTHING. I would immediately tell them that, “God helps those that help themselves!” So, get started helping yourself, right now, and you might not even need God's help! I have always felt that God has plenty to do, and if I was made in God's image, well, let's see what I can do FIRST, on my own, and not call in the “big guns”, until I have no other choice.

In my clinic, I had to teach ALL of my patients what to ask for and how to ask for it. So instead of just bouncing around life like a pinball in a pinball game, or blowing like a leaf out of control in the wind, instead, they started focusing on what they wanted to achieve, how to achieve it and doing what was necessary to achieve their goals. And, you know what happened next... they got exactly what they asked for.

I also know that your level of health, RIGHT NOW, is a PERFECT REFLECTION of your Genetics, REACTING with your Lifestyle. A PERFECT REFLECTION. This is

basic physics—I am just adding this new way of saying it to your Newtonian or genetic textbook.

How could you possibly receive anything that you didn't ask for? No farmer ever planted strawberries and then had corn come up in the field where the strawberries had been planted. You reap whatever you sow.

EVERYTHING that happens, happens because the energy was set up for this to happen. And, this energy was set up by YOU!

So, if you are like most people and are not happy with what you have created, all you have to do is CHANGE. And the best way to do this is to start focusing on creating something different.

I have used ALL of the following Positive Healing Affirmations to heal myself of my life-threatening physical deformity that medical doctors said was not possible. Remember, they said I would be dead by age 20. I have used these same affirmations to grow skin back on a fourth-degree burn that my medical doctors said could not happen—impossible! And, I have used these affirmations as part of my healing program to help my body repair all the ligaments in my knee after the top medical specialists in the world said that I would never walk again without surgery.

I did NOT have surgery and I am not just walking, I am dancing!

There are plenty of people out there in the world to tell you what WON'T happen, what you CANNOT do and what is IMPOSSIBLE.

I am here to tell you what CAN HAPPEN!

I am here to tell you what you CAN DO!

I am here to tell you what IS POSSIBLE!

...And it is far MORE than anyone can IMAGINE.

The following Positive Healing Affirmations helped my thousands of patients create their own personal healing miracles and helped them to transform their life in a very powerful way.

We are ALL very powerful, very successful, and we get exactly what we ask for. This is basic physics.

I just helped my patients ask for something different and live in a different healthier way, and this caused very different results.

AFFIRMATIONS that will CHANGE Your FUTURE!

Your future is simply the time that is coming up next. I have discovered that you can change and shape this future by simply altering what you are doing in the moment—what you are doing right now.

Again, basic physics. If you want something different to happen tomorrow, then simply change what you are doing today.

Remember what I said earlier, that your level of health is a **PERFECT REFLECTION** of your lifestyle reacting with your genetic make-up. Your lifestyle is how you choose to live your life. The **Food** you eat, the way your **Elimination** organs work, the way and frequency that you **Move** your body and the **Thoughts** that you think—**EVERYTHING** that you do—is what adds up to what you can expect to happen tomorrow.

So, in order to get my patients to have different results, *different tomorrows*, they needed to **CHANGE** what they were doing today. Some of them just needed subtle shifts, while others (especially those that were dying) well, they needed to change **EVERYTHING**.

What I know is simple; that if you want to have different results, or a different tomorrow, then you have to be willing to change, and be willing to live differently, today. So, three of my favorite Positive Healing Affirmations to remind us that we have the power and ability to change our future are...

Tomorrow Is What You BELIEVE and DO Today!

This is my quote, that I think I came up with in my clinic, to help my patients realize that they could change the results of their tomorrow. All you need to do is first, **BELIEVE** that you can change the future, and then **DO** the necessary things to make that change manifest.

Your Focus Determines Your Future!

This one I heard in one of the later Star Wars movies, when the kid is afraid he can't win the spaceship race and the Jedi Knight (I think played by Liam Neeson) tells him to Focus, and says this amazing line, "Your focus determines your future!" Anyway, regardless of where it came from, and even if I paraphrased it, it is true! It is just another way of empowering yourself to see that, well I will say it again, that **Your Focus, Determines Your Future!**

If I would add anything to this, it would be that **"Your Actions Make It Happen!"**

So let's put it all together...

Your FOCUS Determines YOUR FUTURE, And Your ACTIONS Make It Happen!

Now, this is great food.

Here is another one...

EVERY Thought You Think And EVERY Word You Speak Creates Your FUTURE!

I think this one comes from Louise Hay... Thanks, Louise!

If I added anything (I always tweak everything, even my own work) I would add, "And EVERY Thing You DO." So let's put it all together...

EVERY Thought You Think And EVERY Word You Speak And EVERY Thing You Do Creates Your FUTURE!

My experience with myself (and with my thousands of patients) is that affirmations alone were not powerful enough to create healing miracles or manifest great goals in life. But, mixed with ACTION, well, that is when I saw MIRACLES HAPPEN—and happen FAST!

The bottom line my friends, is that YOU determine your reality and your future. So pick a great one and make it happen!

And finally...

Focus On The GOOD To Eliminate The BAD!

Or, I like it better the other way around, so I'll end on the positive note...

To Eliminate The BAD, Focus On The GOOD!

Either way, it works for me. I love this one. Some say the Chinese made this one up. Regardless, the point is it's a great Natural Healing concept. See, when they first came to see me, my patients were totally focused on their disease. They had actually become their disease, and so they were also totally focused on healing their disease. But, it was all about their DISEASE.

I have a very different approach. FORGET THE DISEASE, I DON'T CARE about the disease. Instead, let's focus on Creating Powerful Health!

I have stated this many times before, in many places. I am not the smartest person in the world. But, I am just smart enough to know and my ego is in check enough to admit that I have no idea what is wrong with most people when they are dis-eased. And furthermore, I have no possible idea how to tell, instruct, command or medically force their body to heal.

On the other hand, what I do know is how to create such an amazingly healthy lifestyle and environment that surrounds the body, so that the body will get stronger and HEAL ITSELF! This is the only real and lasting healing and health.

So, instead of bullshitting my patients that I was some see-all, know-all, medical genius god, I instead FOCUSED on the GOOD, creating this amazingly healthy lifestyle for the body, mind and spirit and ignored their disease. That is when the healing miracles happened!

I have at least 999 more Positive Healing Affirmations, so keep checking my BLOG site and I will add more in the future.

— Dr. Schulze

ABOUT THE DOC



Dr. Schulze grew up in a small farming town in rural upstate New York. On one “snowed-in” winter’s night, he was awakened by his mother frantically trying to summon a medical doctor to their home, but all the roads were closed. That night his father slowly and painfully died from a heart attack. It took him over an hour to die, and he eventually stopped breathing right in his young son’s arms. Dr. Schulze was only 11 years old. Three years later when he was only 14, his mother also died of a massive heart attack. Both his parents were only 55 years old when their lives were cut short.

At the age of 16, after a year of ill health, medical doctors diagnosed Dr. Schulze with a genetic heart deformity and heart disease. The doctors told him that unless he underwent open-heart surgery, his weak and deformed heart would not be able to pump sufficient blood to an adult body, and he would be dead by the age of 20.

He declined to have the surgery, walked out of the hospital and instead, made it his quest to discover alternative ways to heal his heart. Over the next three years he made radical changes to his teenage lifestyle. He became a vegan, began an intensive exercise program and literally changed everything that went in and out of his body, mind and spirit. He immersed himself in literally hundreds of intensive alternative-lifestyle and Natural Healing programs, herbal-formulae and detoxification routines, as well as cleansing, fasting, flushing and health-building programs. After three years, he returned to the same medical doctors who had told him he would die without surgery. This time they told him his heart had miraculously healed itself. Dr. Schulze had created his first healing miracle.

TRAINING WITH THE BEST TEACHERS

Dr. Schulze admits that he “stalked” many of the greatest Natural Healers of the last century, including the famous European naturopath, Paavo Airola. He trained directly under, and then served an internship with, the great Natural Healer, Dr. Bernard Jensen, at his Hidden Valley Health Ranch. He also studied and apprenticed with “America’s greatest herbalist,” the late, great, Dr. John Christopher, eventually graduating from his college. Dr. Christopher asked him to stay and teach alongside him for years. When the acclaimed teacher eventually passed away, Dr. Schulze continued teaching at his college for another decade.

In addition to acquiring a doctorate in Herbology, Dr. Schulze also received degrees as a Master Herbalist and Herbal Pharmacist, a doctorate in Natural Medicine, three degrees in Iridology and eight certifications in various styles of body therapy. Incredibly, he also possesses a yoga instructor’s degree and three black belts in the martial arts.

LEARNING FROM HIS PATIENTS

In the early 1970s, Dr. Schulze opened his first Natural Healing clinic in New York, and then a few years later, he moved his clinic to Southern California. He operated his Natural Healing clinic in America from the early 1970s to the mid 1990s. During this same period, he also managed and directed other Natural Healing clinics in Europe and Asia. In his two decades of clinical practice, he has treated literally thousands of patients. Dr. Schulze maintains that he learned 5% of what he knows from school and 95% in the clinic, and always credits his patients as his real teachers. Without a doubt, his real-life clinical experience is what sets him apart from other doctors in his field.

In his second decade of clinical practice he worked almost exclusively with patients suffering from cardiac, neurological, cancerous and other degenerative (so-called incurable) diseases. His clinic became famous for those patients whom western medicine had given up on and who were sent home to die. His

clinic was also recognized for Dr. Schulze's highly effective Natural Healing programs, his powerful herbal formulae and his many patients curing themselves, in spite of the death sentence handed to them by their medical doctors. Many of his patients are still alive today, 20, even 30 years after their medical doctors told them they would soon die!

The main reason his patients were able to create their own "miracle cures" was the fact that Dr. Schulze pioneered new techniques, therapies, programs and herbal medicines that went far beyond what anyone had done in the past, and he went to extremes, where most Natural Healing doctors and herbalists feared to go. Dr. Schulze always says, "I tried to kill my patients with extreme programs and herbal formulae; after all, they were supposed to be dead anyway, so we had nothing to lose." But his patients didn't die. Instead, they thrived and healed themselves. The outcome of his clinical work has been the achievement of miraculous and unprecedented results, far beyond what most people thought possible with alternative medicine.

Dr. Schulze's herbal formulae and Natural Healing programs are now used in clinics worldwide to help people heal themselves of numerous, supposedly incurable diseases. His clinical results have reverberated throughout both the Natural Healing and medical communities. His many patients are now the living testimony to the limitless possibilities of how you can literally heal yourself of anything, naturally.

SHARING HIS HEALING WISDOM

Dr. Schulze served as the Director of the College of Herbology and Natural Healing in the UK for 11 years. He held the title of Senior Professor at Dr. Christopher's School of Natural Healing for 10 years and also Co-director of The Osho School for Naturopathic Medicine in England, France and Spain. Additionally, Dr. Schulze is the co-founder of the Association of Master Herbalists in Great Britain.

He has taught and lectured at numerous universities, including Cambridge University and Oxford University 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 at numerous churches and also on numerous radio and television shows. Dr. Schulze is loved worldwide for his intensity, passion, dedication to students, sense of humor, creativity and his exciting, enthusiastic and evangelical style of teaching. He is mostly recognized for his unequaled understanding of Natural Healing.

TEACHING NATURAL HEALING IS HIS LIFE'S MISSION

In 1994, after 15 years of formulating herbal medicines for his patients, Dr. Schulze opened the American Botanical Pharmacy, which manufactures and sells his effective pharmaceutical-grade herbal formulae to the public.

Dr. Schulze also continues his healing mission today by developing new herbal medicines and creating books, publications, CDs and DVDs describing his clinical Natural Healing programs. He also communicates directly with the public daily through his Internet website, answering patients' and customers' questions and making video clips that explain his many natural detoxification, cleansing, flushing and health-building programs.

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DR. RICHARD SCHULZE

One of the foremost authorities on Natural Healing and Herbal Medicine in the world.

This book is the second in a series, and is a compilation of my weekly postings—questions, answers and commentaries—at my blog site www.herbdocblog.com during the previous year.

My greatest desire is that my work helps you save yourself or a loved one from the physical, emotional, spiritual and financial torture of modern medicine, and empowers you to take charge of your own healthcare. Learn how to heal disease naturally—better yet, learn how to Create Powerful Health Naturally.

QUALITY and QUANTITY is the name of the game, my friends. I want you to feel great so you are able to do all the things you want to do in life, and I want you to be able to do them for as long as possible.

— Dr. Schulze

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