

Dr. Schulze's

DETOX SPECIAL REPORT

APRIL 2013

VOLUME 1: BOWEL DETOXIFICATION

What You Eat,
Drink & Breathe
Is Killing You!



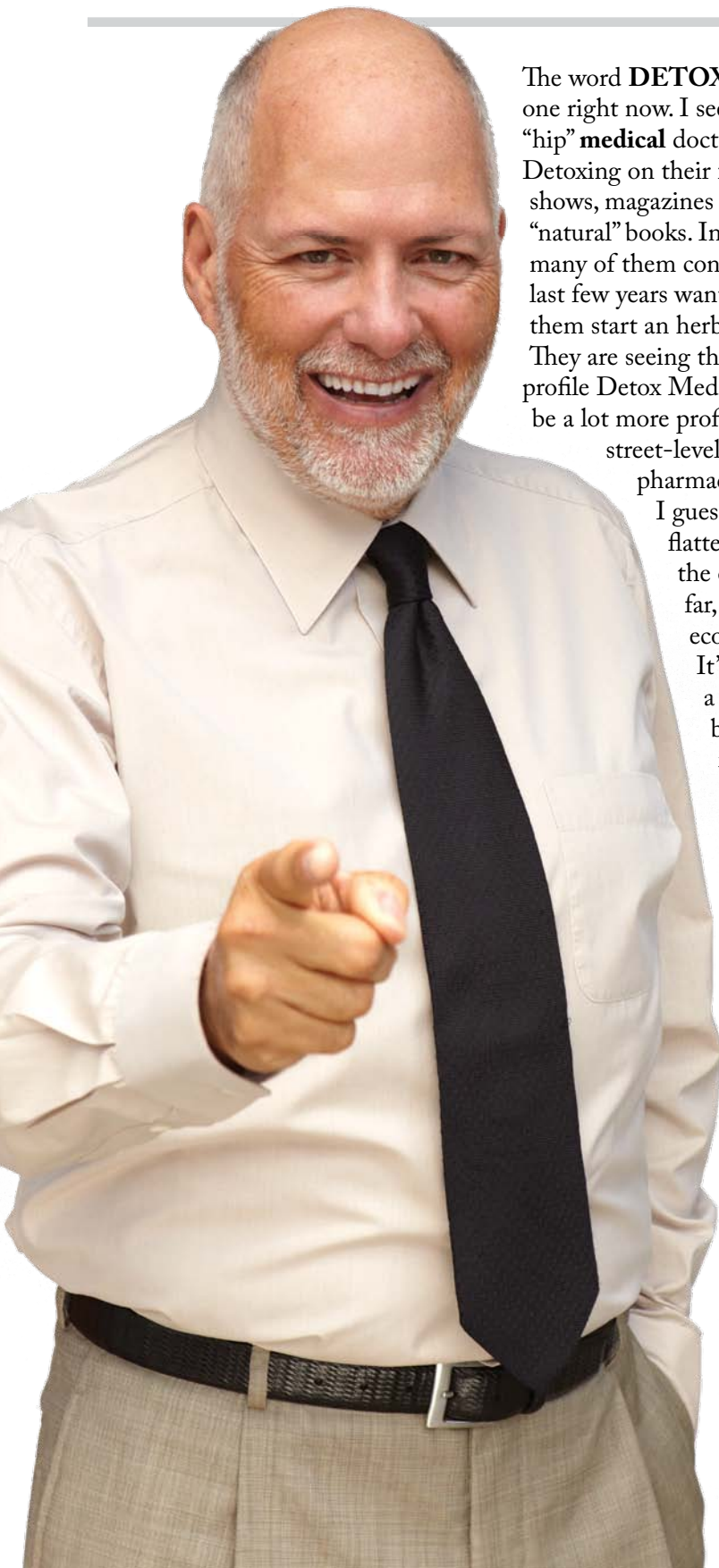
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Will The Real **DETOX** Please Stand Up?



The word **DETOX** is a popular one right now. I see all the new “hip” **medical** doctors talking about Detoxing on their fancy television shows, magazines or in their “natural” books. In fact, I’ve had many of them contact me in the last few years wanting me to help them start an herbal detox business. They are seeing that being a high-profile Detox Medical Doctor can be a lot more profitable than just a street-level pusher for the pharmaceutical industry.

I guess I should be flattered, but for all the ones I’ve met so far, it was a simple economical decision.

It’s not like all of a sudden they became a believer in Nature Cure, Natural Healing and Herbal Medicine. Like Cuba Gooding Jr. in the movie Jerry McGuire, they are just screaming, “Show me the money!”

The bottom line is that none of them would know what a DETOX was if it ran them over on the highway! On their hip doctor television

shows, it appears that they think a Detox is all about losing weight. At least this is how they are selling the idea to gullible Americans. **Although weight loss can be a side effect of a DETOX, it is NOT the focus, nor is it the goal.**

A Detox, as the name implies, is about one thing only— **REMOVING accumulated TOXINS from your body.**

I am the very proud descendant of a long lineage of Nature Cure Doctors before me, doctors who taught and preached Detoxification, and healed millions of patients using their Detoxification programs. In their clinics, they refined the powerful healing programs of clean, nutritious food, potent Herbal Medicine to cleanse the body and elimination organs (Detoxification), movement, bodywork, hydrotherapy and emotional and spiritual healing. Some of my methods have their roots in ancient Egypt and Mesopotamia, but most were refined or developed in Europe during the last 400 years. Then eventually the best routines were brought to America over the last three centuries, where they were refined even further (see my teachers on the next page.)

So what is a **DETOX**?

It’s the process of stimulating the body to eliminate accumulated toxins. Usually this stimulation is done naturally using herbal medicine.

Will The Real **DETOX** Please Stand Up?

Why do a **DETOX**?

The body, like any machine, as it works, it gets dirty. Although it does have the ability to clean itself, with most people, modern living exposes us to more potent toxins, and at a much faster rate, than our body can

possibly eliminate them. So as we age, these toxins accumulate, build up and eventually cause disease.

A periodic flushing out of these toxins (before they can build up and harm us) prevents disease, halts premature aging, makes you look and feel a lot

better, gives you more energy, and yes, you will probably lose a few pounds.

So, if you are interested in what a real DETOX is, not the television doctors' weight loss bull, read on...

— Dr. Schulze

300 Years of Detoxification

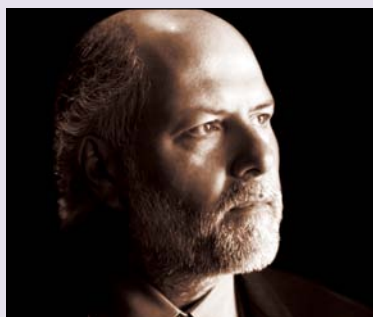
As I mentioned, Detoxification is as old as history, from Christ fasting, and long before. But, a great renaissance in Nature Cure started in Europe in the 1600s and 1700s, long before modern medicine. Then, European doctors started immigrating to America, bringing with them their classical detoxification routines and herbal medicines. My three primary teachers were the end result of this Traditional European Medicine and its immigration.

Dr. John Christopher (first photo), whom I apprenticed and then taught with, was a student of Dr. Knowles, a British herbalist teaching at the Dominion Herbal College in Canada.

Dr. Bernard Jensen (second photo), whom I trained and interned with at his Hidden Valley Health Ranch sanitarium, was a student of the famous John Harvey Kellogg amongst others.

Dr. Paavo Airola (third photo), whom I studied with was a European

naturopath immigrant himself. These three men alone had over 100,000 patients' worth of experience using life-saving detoxification programs and herbal formulas that they taught me.



Ann Wigmore (fourth photo) emigrated from Lithuania and brought with her the knowledge she learned from her grandmother on herbs and natural remedies. She was an American pioneer in wheatgrass juice for detoxification and founded the Hippocrates Health Institute.

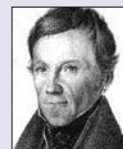
Dr. Randolph Stone (fifth photo), founder of the Polarity Therapy

system, was a master at detoxification and liver flushing amongst other treatments.

Benedict Lust (sixth photo), from Germany, brought his amazing herbal medicine knowledge and hydrotherapy routines with him to America and started the Naturopathic movement in the beginning of the 1900s. He was a patient of Father Sebastian Kneipp (seventh photo), a Bavarian priest from Germany, who carried on the work of Vincent Priessnitz (eighth photo) and worked mainly with Herbs, Foods and Hydrotherapy, working on Popes and Royalty.

I have not mentioned over 100 other great healers whose work I have studied from Henry Lindlahr and Arnold Ehret to Mrs. Grieve and Edward Shook, but I just wanted to give you a brief glimpse of the hundreds of people behind my methods of Detoxification and Herbal Medicine.

— Dr. Schulze



The **ULTIMATE** Guide to Detoxing!



At the age of 16, medical doctors told me that I had only a few years to live, and by 20, I would be dead, unless I underwent open-heart surgery.

I am happy to announce that I am still alive well over 40 years later! But, this didn't happen because their diagnosis was incorrect. In fact, it was very correct! It was just that their prognosis was wrong.

See, they didn't consider one very important part of the equation... ME! I had my powerful spirit, my willingness and my determination to do literally ANYTHING and EVERYTHING in order to help my body heal itself.

When I heard their answer to my life-threatening problem, which was to crack my chest open, stab a

knife into my heart and fill my body with toxic chemicals for the rest of my life, well, I believe that God, the angels or someone or something set off a powerful alarm in my spirit and told me, "Get the hell out of here or you will be DEAD!" The voice said there was another way, a better way, for me.

So, I set out on an adventure to discover natural ways to stimulate my own body to heal itself and to be able to create my own healing miracles.

My disease led me to search out and investigate Healthy and Natural Food Programs, Powerful Elimination Programs, Movement and Exercise Programs, Life-Changing Emotional Programs, and I needed them ALL, and I did them ALL! If I was going to survive, I needed a complete body, mind and spirit makeover!

In my three-year quest to heal myself and heal my heart, without doctors, drugs and hospitals, I also learned a lot about Detoxification.

In my over 40 years of experience, I have personally done well over 100 intensive Detoxification and Cleansing Programs, from deep Bowel, Liver, Kidney, Lung and Skin Cleansing, to numerous fasts and flushes, some 30-day fasts and one 60-day fast.

After I healed myself, I traveled worldwide to instruct students in my Detoxification Programs and personally led numerous 3-day, 5-day and also 30-day courses in Cleansing and Detoxification to thousands of

people. In my clinic, I guided and assisted tens of thousands of my patients to do their own detoxification programs, and when I took my programs to the masses, I learned even more about detoxification!

What Exactly Is A **DETOX**?

A Detox or Detoxification Program, sometimes also called a Cleanse or a Cleansing program, is the process of extracting, neutralizing and then eliminating built-up waste, dirt, mucous, sludge, pus, fluids, toxic chemicals, poisons or any harmful residues from your body. This waste can be in your fat, muscles, organs, cells, and even in the various spaces between organs within in your body.

A Detox Program is the antidote for modern living, especially in modern society. A Detox Program is the ultimate program for Prevention, Preventative Healing and even the Treating and Healing of Disease. A Detox is designed to draw out and extract, and even neutralize, the accumulated toxic waste and poisons that are in your body and it also assists your body in the removal, flushing out and elimination of this waste.

The bottom line is that just by living life, we naturally manufacture internal waste, and additionally we are exposed to and assimilate harmful toxic chemicals in our environment. One of the greatest

The **ULTIMATE** Guide to Detoxing!

ways to prevent, and even heal disease, is to keep ahead of the game by periodically assisting our body in eliminating this built-up toxic waste. That's a Detox!

Where Do These **TOXINS** Come From?

#1: Simply Being ALIVE Creates Metabolic Waste

As every organ *and every cell in your body* consumes FUEL to function and do its job (*fuel like vitamins, minerals, amino acids, enzymes, carbohydrates, protein, sugar and fat*), then, by utilizing and burning this fuel, it produces some type of metabolic waste residue.

Normally, this waste material is eliminated from your body on a regular basis as fecal matter from your bowel, urine from your kidneys, bile and liquid toxins from your liver, sweat from your skin, carbon dioxide from your lungs and on a cellular level, waste from your blood that is picked up and removed by your lymphatic system. **Your body must constantly and continuously eliminate solid, liquid and gaseous waste.**

#2: We Absorb MANY Toxins And Poisons From Our Environment Every Day



Food

According to the Food and Drug Administration, the average American grocery cart has well over 100 different highly toxic chemicals in it.

Fast Food, Junk Food, Microwavable Food, Canned Food, Frozen Food, Flash Frozen Food, Dehydrated Food, Reconstituted Food, Convenience Food... this food was once only thought about for disaster survival or space travel, and now it has become the mainstay of the American diet. Fresh food has almost disappeared.

Air

A recent EPA study concluded that air inside American homes is up to **70 TIMES** more polluted than outdoor air, and that toxic fumes from common household cleaners cause cancer.

In fact, the air we breathe has less oxygen content today than ever

before in history, while it also has the highest concentration of pollution and chemical emissions.

Water

In the average ten-minute shower, the human body absorbs the same amount of CHLORINE as if you drank 20 GALLONS of tap water.

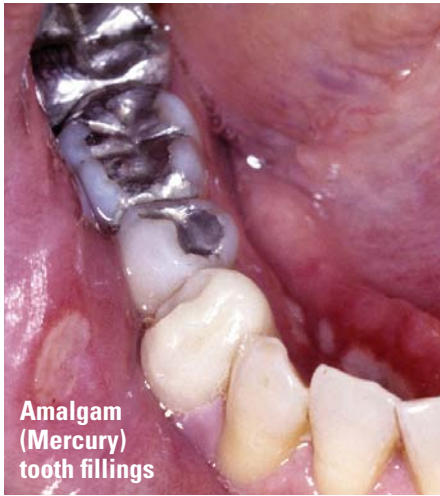
It has also been declared that there is no water to be found ANYWHERE on the planet that doesn't contain industrial wastes and highly toxic, carcinogenic, mutagenic and disease-causing chemicals, from industrial transformer PCB's to the residues from 10,000 different pharmaceutical drugs.

Drug Residues

Drug Residues accumulate in our bodies from the drugs we have taken. The residual remainders of drugs, even the ones we have taken years ago, can still remain in the tissues and cells of our body for years, even decades. And as I mentioned above, our water has residues of 10,000 prescription drugs that other people have taken and either flushed down the toilet or dumped into landfills.

Heavy Metals

Heavy Metals can be from many sources. Many people have mercury contamination from seafood consumption to old tooth fillings, and everything from childhood immunizations to flu shots that are preserved with mercury. We have all been exposed to lead from



Amalgam
(Mercury)
tooth fillings

everything from lead paints to Christmas tree tinsel and to the many toxic, carcinogenic and lethal radioactive materials from X-rays, and now worse, CT scans and MRI's not to mention microwave ovens. The average CT Scan has the same radiation exposure of 442 chest X-rays and leads to over **15,000 deaths EVERYYEAR** from cancer in the USA alone, and causes over 30,000 new cases of cancer annually, making CT scans one of the highest causes of cancer in America today.

The Bottom Line

Exposure and contamination to toxic and poisonous chemicals is simply a fact of modern American life.

Look, I am NOT trying to depress you. I believe there is hope, and we can and will turn this around, but



right now we are poisoning ourselves with toxic chemicals on a daily basis by eating, drinking, breathing *and living* on this planet.

Why Should YOU Consider Doing A Detox?

Some skeptics say we should not need to do detoxification, and that our body has built in elimination systems and self-cleansing mechanisms. Well, my answer to this is yes, it does, and under "normal conditions", we should NOT need to do any flushing, cleansing or detoxification. But—and here is the big BUT—modern life in America is far from "normal conditions".

Modern Living Causes the OVERLOADING of Your Waste Elimination Organs.

With modern living, we are simply exposed to more toxic chemicals than ever before in history, and worse, at a much higher concentration and at a faster rate than our body can process, neutralize or eliminate them. As I stated earlier, this is primarily due to our food supply having more toxins than ever before in history.

Secondly, modern living means that we are now moving our bodies less than ever before in history. Exercise stimulates the digestive and elimination systems, including the bowel and the liver, promoting the elimination of waste. It also creates better circulation, because it helps move your blood and lymphatic fluid, it causes better elimination of carbon dioxide from the lungs and flushes sweat from the skin.

The Bottom Line

Modern life and modern living has overloaded, overworked, polluted, hindered, irritated, inflamed, clogged, scarred, constipated, degenerated, maimed and diseased all of your bodies major elimination organs and systems.

This has caused a slowing down effect of your body's natural elimination of toxic waste, and caused this waste to be backed up, being deposited and even stored in your muscles, fat, organs, cells and the inner spaces of your body – polluting you! It overworks and eventually depresses your immune system, which lowers your resistance to disease.

For all of these reasons, this unavoidable toxic consequence of Modern Life and Modern Living underscores the serious importance of regular and routine Cleansing and Detoxification, and also the importance of toning and protecting these precious elimination organs and systems.

When Is The BEST TIME To Do A Detox?

I've divided you up into two groups, based on WHY you are doing a Detox: Prevention or Healing?

Group One: Detoxification for PREVENTION

These people are well and are doing a Detox Program for preventative health reasons. They are not sick, they feel fine, and they want to remain that way!

I instructed all of my patients in this group to do Seasonal Detoxification Programs, for about a week in length, four times a year, to periodically flush out and prevent the build-up of toxins in their body, and stimulate and tone their body's elimination organs and keep them in healthy working order.

So, I suggest for anyone in this category, to do a 5-Day Detoxification Program, once every season, four times a year.

Group Two: Detoxification for HEALING Disease and Illness

If a person is not feeling well, or has any illness or disease, then the best time to start their Detox is IMMEDIATELY! RIGHT NOW!

YOU have to be the person to judge the type of Detox, the length of the Detox and the intensity of the Detox, which should be based on the severity of your illness or disease.

WHAT WILL HAPPEN When You Do A Detox?

Doing a Detox not only removes backed-up, accumulated and stored waste, toxins and poisons from



your body, but it also keeps you healthier and cleaner. When your body gets clean, and your elimination systems are cleaned, flushed, toned, strengthened and tuned-up, three things happen...

#1: Problems Go Away

There isn't any condition of the human body that isn't helped by getting healthier *and getting cleaner*. In my clinic, I personally witnessed every ailment and disease known to mankind reverse and heal itself by cleansing the body and creating a healthy lifestyle.

Detoxification is one of the first steps in any healing program and process, that gets all of the accumulated and stored waste and toxins out of the body, tones up all of our elimination organs and systems, and triggers your natural self-healing response.

#2: Again, Problems Go Away

What made my approach unique is that I never tried to heal my patients or their dis-eases. Instead, I put them on all of my Detox Programs to flush the waste out of their bodies, and then helped them to create a very healthy life and lifestyle, physically, emotionally and even spiritually.

And, when the power of these Detox Programs and this new healthy lifestyle "kicked in", well, their diseases just simply disappeared.

No matter how far removed a disease may seem, no matter how unrelated or distant it may seem from simple Detoxification, when you get clean and get healthy, your body will find that problem, and get rid of it and repair itself and heal itself, period.

#3: ENERGY! ENERGY! ENERGY! ENERGY!

When toxins, poisons, waste, acids and mucous are flushed and removed from your body, and from your organs, tissues and cells, you will feel great, and most noticeably, have a lot more ENERGY.

Why? After a Detox your body is clean, clear, and operates more efficiently. It uses its fuel better, it eliminates its waste faster and the blockages have been removed. Your immune system gets stronger and every internal organ benefits. All of this contributes to feeling great and having an abundance of energy.

— Dr. Schulze

CONSTIPATION: The Cause Of Over One-Hundred Different AILMENTS & DISEASES!

Accumulated Waste Can KILL YOU!

The human body is a metabolic engine. Every system, every organ, in fact, every cell of the human body, takes in fuel to run and eliminates waste material. The majority of this waste is deposited into your colon. If this waste isn't eliminated regularly from your colon, it will cause your body to back up with poisonous toxins. When this backed-up poison reaches critical levels, it can cause just about every disease known.

When I was a kid, I had a 1950 Ford. It was my first car. I used to be able to open up the hood, sit on a front fender with my feet dangling into the engine compartment and work on the engine, change the spark plugs or whatever. Nowadays, I open up the hood of my Ford Expedition and I just shut it right back up. It is too complex, with too many wires, hoses, pipes and pumps, and even if I understood it, there is NO ROOM to work on it. Engineers have used up every square inch of room.

I used to think our anatomy was like my 1950 Ford, you know a lung up here, a kidney way down there and a bowel in the middle, with lots of room. Then one day, I was invited to examine my first cadaver and WOW, what an enlightening experience! The



Healthy Colon

human anatomy is not at all like my 1950 Ford—it is like my new Ford Expedition, because every square inch is packed with something and everything is touching something else.

The point is that there is NO EXTRA SPACE in your body. If your bowel swells due to constipation and bowel pockets, then something else, usually another organ, gets crushed.

If the old Natural Healers and now the medical doctors are right, and your colon is swollen with pounds of old, retained fecal matter, then something else has to be crushed, because again, there is NO EXTRA SPACE.

This is why all my patients benefited from a good bowel cleansing program. This is why I saw improvements with kidney disease, breathing and lung problems, infertility, female problems, prostate



Unhealthy Colon

problems, heart problems, sciatica, arthritis, basically EVERYTHING. I even had many clinically mentally ill patients have miraculous healings from cleansing the bowel, which goes to prove you can't have sweet thoughts on a sour stomach.

...That's Why Constipation Is So Dangerous!

EVERY American will develop some type of colon disease, polyp, tumor or colon cancer in their lifetime!

The entire colon is so big that it is connected to, touches, or is in the

CONSTIPATION: The Cause Of Over One-Hundred Different AILMENTS & DISEASES!

vicinity of every major organ in the human body, except the brain. Everything has its place and there is no extra room.

Constipation causes the colon to swell. When this happens, it can compress the lungs, heart, liver, gallbladder, pancreas, kidneys, adrenals, uterus or prostate. **A constipated colon can cause an almost endless amount of seemingly unrelated diseases and problems.**

Because of most Americans' high levels of constipation and our unwillingness to talk about it, we have now been awarded with the **highest incidence of colon cancer and disease of any country in the world.**

The Merck Manual, the medical industry's standard text for the diagnosis and treatment of disease, tells us that colon degeneration is on the rise. The incidence of diverticulosis (sacular herniations inside the large intestine) has increased dramatically over the past 40 years. It states that in 1950, only 10% of adults over the age of 45 had this disease, in 1955 it was 15%, in 1972 it was 30% and in 1987 almost 50%. The latest edition states that the incidence of diverticulosis increases rapidly over age 40 and that **EVERY person, 100%, will have diverticulosis if they live long enough.** Every American adult will have herniation of the large intestine!

What causes 100% of Americans to end up with colon disease?

It is simply the Average American's bad food program, lack of exercise and high-stress lifestyle. Just imagine all of that dead decaying meat, junk food and drugs going into your mouth, all of it passing through your digestive tract into your bloodstream, your brain, your heart and then (hopefully) out through your liver, bowel and kidneys.

Your average high school health books and medical texts all say that the normal frequency for a bowel movement is three to five times per week. However, when I studied the bowel movements of primitive people, who eat very natural diets of high fiber, unprocessed foods, plus get plenty of exercise and have little or no stress, they have multiple bowel movements each day. At least one for every major meal they eat.

So, obviously, it is our fiberless American junk food feast that causes the average American to be 70,000 bowel movements short in their lifetime!

It's high time that we started talking about the "Real Cause", how to heal it and more importantly, how to prevent it.

DO YOU SUFFER FROM ANY OF THESE AILMENTS?

Weight Gain

Hemorrhoids

Nausea

Indigestion

Headaches

Memory Loss

Depression

Irritability

Fatigue

Insomnia

Food Cravings

Allergies

Anxiety

Asthma

Backaches

Cramps

Skin Problems

Abdominal Discomfort

CLEANSE Your Bowel And Watch The MIRACLES Happen!

Your First Detox: My 5-Day BOWEL Detox

This detox is stimulating, cleansing, and detoxifying. It will draw out old waste from your bowel—emptying, toning and strengthening your bowel—your major elimination organ. This will then *encourage* your body to eliminate even more waste, even more deep rooted waste, from all of your other elimination channels.

Now, with any further Detoxification Programs that you do, any toxins that are dumped into your bowel will be eliminated rapidly and efficiently.

What is so amazing, even to me after all of these years, is that when I would start ALL of my patients on STOPPING what was making them sick, and STARTING them on their healthy food and lifestyle programs, and do their very first of my clinical Detox programs, their 5-Day Bowel Detox, THEY GOT WELL!

That's right! Over 80% of my patients HEALED THEMSELVES before I gave them any herbal medicine to address their specific complaints, just by doing a thorough cleaning and detox of their bowel.

This is why Bowel Detoxification is the FIRST most important step in any healing program, and the FIRST Detoxification that EVERYONE needs to do.

No matter how far removed your current health problem seems from your colon, cleanse the bowel FIRST and see what happens.

If you're like my patients, you will be thrilled with the results.

Do something preventative and proactive for yourself. Start with my 5-Day BOWEL Detox. It's only five days out of 365! **Swallowing a few herbs will change your bowel and your life.**

The absolute bottom line is this: Hundreds of thousands of Americans are dying, because they are literally packed with old, festering fecal matter, due to constipation. Many are not even aware of how backed up they are. Cleanse your bowel today to feel great, live longer and create powerful health!

"A thorough cleansing and detoxification of your bowel should be the FIRST STEP and is the MOST IMPORTANT STEP for anyone, whether trying to PREVENT disease or CURE it."

— Dr. Schulze

The Simplest Bowel Detox Program Yet!

The FIRST STEP in any health program is cleansing and detoxifying your bowel. A sluggish, swollen bowel can compress a nearby area, causing disease or emitting infection and toxins, which can affect any area of the body. Again, this explains why 80% of my patients healed their own heart, blood pressure, breathing, blood sugar, hormone imbalance, menstrual and uterine issues, infertility, liver, cholesterol, immune, urinary problems, adrenal problems, lack of energy, prostate, digestive, lower back, leg circulation and nerve problems by cleansing their colons, before I ever did any specialized treatment for their problem.

Today, hundreds of thousands of people worldwide have used this very simple and effective program to eliminate constipation, cleanse their colons, detoxify their bodies and heal and prevent disease.

So take a week and do my 5-Day BOWEL Detox. It's easy to do, only takes about two minutes a day and you will be amazed at how much better you will feel and how much more energy you will have. Cleansing your bowel makes it a more efficient waste-removal machine. This not only keeps the rest of your body and organs clean, but also prevents diseases before they even get started.

CLEANSE Your Bowel And Watch The MIRACLES Happen!

Dr. Schulze's 5-Day BOWEL Detox!

Easy, Effective, Proven Results!

The most effective clinical bowel cleansing program available anywhere...

- ▶ **Have more energy, feel lighter and have a flatter stomach**
- ▶ **Easily clean out years of accumulated toxins, poisons and waste**
- ▶ **Start having regular, healthy and complete bowel movements**

...look great and feel great!



What Our Customers Are Saying...



"I lost 17 pounds in six weeks without any pain, after a long fight with my friend to get me to believe this stuff actually does anything. OK, Barbara, you win. The stuff works."

— Adam V.

"I now have wonderful bowel movements and a huge increase in energy. I lost about 10 pounds easily, without much exercise and now when I wake up, I'm ready for the day. I'm no longer dragging myself out of bed."

— P.M. in Los Angeles, CA

"I feel like my life has been saved. I feel brand new. I had taken a colon cleanser before, obviously with no results. It cost much more, too."

— E.K. in Los Angeles, CA

"I've had chronic bloating and constipation for years. Your products have helped me where others only paid lip service. I felt wonderful after using both Intestinal Formulas #1 and #2, and have more energy than before. Many thanks and keep up the excellent work!"

— Jeanine O.

It's **EASIER** Than You Think! New Quickstart Directions

THE 5-DAY BOWEL DETOX **HERBAL** PROGRAM



STEP 1: Start by taking ONE capsule of Intestinal Formula #1 with or just after dinner.



It is best to take **Intestinal Formula #1** with food. It is a powerful herbal formula so it is best to have some food in your stomach to buffer these effective herbs. If the next morning you do not have a good, complete bowel movement, or none at all, then this evening take **TWO** capsules, with or just after dinner. Continue to increase the dosage of **Intestinal Formula #1** by one capsule each evening until you reach your "perfect dosage". You will know you've reached your "perfect dosage" when you sit on the toilet the next morning and have a complete bowel movement.

Once you are having one or more bowel movements a day for an entire week, without skipping, you may now begin taking the **Intestinal Formula #2...**

STEP 2: Take Intestinal Formula #2 five times per day.

If you are using **Intestinal Formula #2 CAPSULES**: Simply take 10 capsules, five times a day, for the next five days. You will be consuming 50 capsules per day for the next five days, until the bottle is finished, taking a total of 250 capsules. You **MUST** drink 16 ounces of liquid (pure water, herbal tea or fresh juice) with or



immediately after each dose of 10 capsules.

If you are using **Intestinal Formula #2 Powder (JAR or PACKETS)**:

Simply take 1 rounded teaspoon or 1 packet, five times a day for the next five days. Follow the directions on the back of the **JAR** or **PACKET** for making your **Intestinal Formula #2** drink. You will be consuming 5 teaspoons or 5 packets per day for the next five days until the jar or box is finished.

It's **EASIER** Than You Think! New Quickstart Directions

THE 5-DAY BOWEL DETOX **FOOD** PROGRAM

First, pick your **LEVEL** of participation—**Beginner, Intermediate or Advanced**. Pick the level that works best for YOU based on your health level and your desired level of participation, and the results you want to achieve, and let's get **STARTED!**

You are a **BEGINNER** if:

- You're too busy to make lifestyle changes or commit to a more involved program
- You do not have any serious illness, and just want a great clean out

If you want to get the most out of this DETOX, it just makes good common sense not to consume constipating and **TOXIC FOOD** while you are trying to flush **TOXIC WASTE** out of your body. So stay away from junk food and try to consume more fresh fruit, vegetables and whole grains.



BEGINNER:
No Junk Food or Sugar

You are **INTERMEDIATE** if:

- You are willing to eat a clean food program during this DETOX
- You feel a bit run down, out of energy and toxic and want more powerful results

During this DETOX **DO NOT** consume **ANY** animal flesh, organs, by-products, eggs or milk products. Also, consume as much organic food as possible. Exercise daily for one hour. Drink plenty of liquids.



INTERMEDIATE:
Only Vegan/ Vegetarian Food

You are **ADVANCED** if:

- You are willing to eat only raw foods and do some juice flushing
- You are sick and tired of feeling sick and tired, or you have a serious illness and need **MAXIMUM RESULTS**

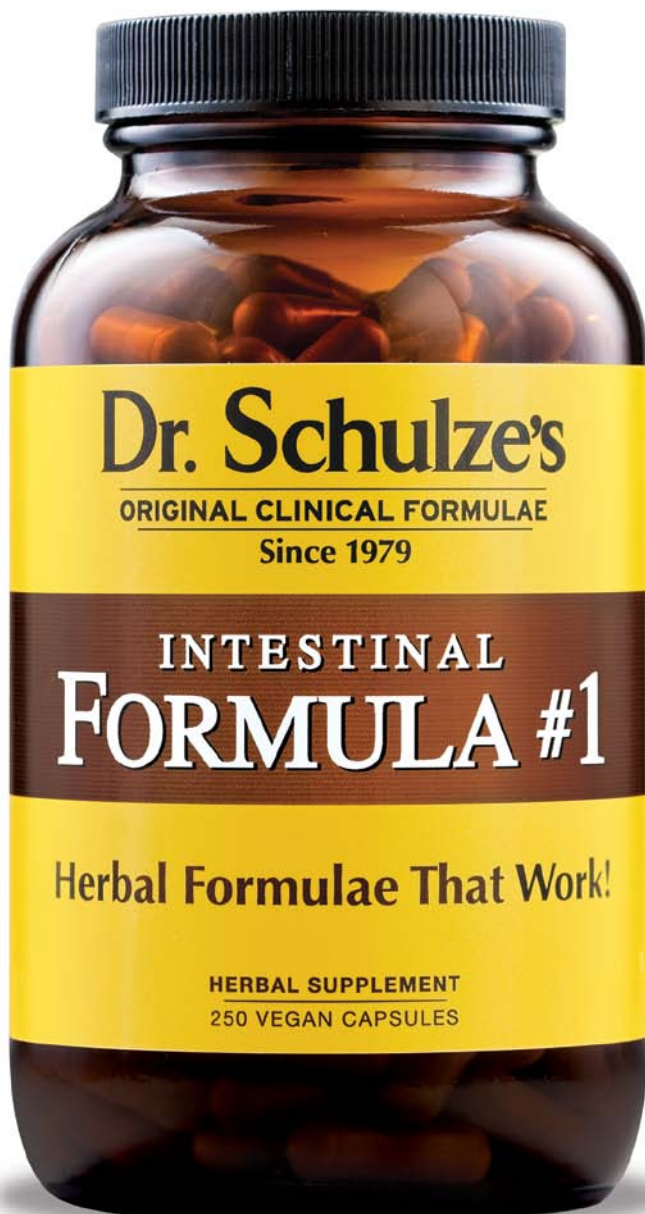
During this DETOX eat **ONLY** raw, fresh, organic fruit and vegetables for Days 1 and 5, and nothing but fresh fruit and vegetable **JUICE** (a minimum 1-gallon per day) for days 2, 3 and 4. Exercise daily for one hour.



ADVANCED:
Only Raw Food & Juice Flushing

My Powerful Natural **UN-BLOCKERS**

After 45 years in Natural Healing, I KNOW that BLOCKAGE is the root cause of all disease. When the body is free of blockage, and the waste is getting out, the nutrition is getting in, the blood, lymph and fluids are circulating, and the nerves are sparking, you will feel great—both physically and emotionally—and dis-ease disappears. **FREE the BLOCKAGE and watch the MIRACLES HAPPEN!** —Dr. Schulze



The Famous Original Clinical **UN-BLOCKER!**

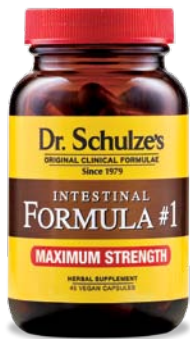
- ✓ **PROMOTES** regular, complete bowel movements
- ✓ **STIMULATES** and **STRENGTHENS** the muscular movement of the colon
- ✓ Feel **GREAT** and have a **FLATTER** stomach

Intestinal Formula #1

Botanical Ingredients: Curaçao and Cape Aloe Leaf, Senna Leaf and Pod, Cascara Sagrada Aged Bark, Oregon Grape Root, Hawaiian Yellow Ginger Root, Garlic Bulb, Habanero Pepper

My Powerful Natural **UN-BLOCKERS**

Extra-Strength for **MORE UN-BLOCKING** Action!



- ✓ **PROMOTES** regular, healthy and complete bowel movements
- ✓ **STIMULATES** and **STRENGTHENS** the muscular movement of the colon

Intestinal Formula #1 MAX

Botanical Ingredients: Curaçao and Cape Aloe Leaf, Senna Leaf and Pod, Cascara Sagrada Aged Bark, Hawaiian Yellow Ginger Root, Habanero Pepper

Milder, Good Tasting Liquid **UN-BLOCKER!**

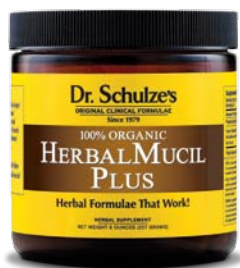


- ✓ A **MILDER** liquid version of Intestinal Formula #1 for kids of all ages
- ✓ **PROMOTES** regular and healthy bowel movements

Intestinal Formula #3

Botanical Ingredients: Senna Leaf and Pod, Cascara Sagrada Aged Bark, Anise Seed, Clove Bud, Tangerine Oil, California Fig Concentrate

Pure Herbal **FIBER UN-BLOCKER** Without Sugar Or Chemicals!



- ✓ **PROMOTES** easy bowel movements
- ✓ **RELIEVES** constipation and maintains regularity
- ✓ **DETOXIFIES** and **CLEANSSES** the entire gastro-intestinal tract

HerbalMucil Plus

Botanical Ingredients: Organic Psyllium Husk, Organic Psyllium Seed, Organic Marshmallow Root, Organic Slippery Elm Bark, Organic Aloe Vera Leaf

Get Flushed & **UN-BLOCKED** By Tomorrow Morning!



- ✓ **FLUSHES** and **CLEANSSES** the entire gastro-intestinal system by the following morning

Bowel Flush "SHOT"

Botanical Ingredients: Dr. Schulze's Proprietary Cathartic Formulae: Senna Leaf and Pod, Cascara Sagrada Aged Bark, Dr. Schulze's Proprietary Carminative Formulae: Hawaiian Yellow Ginger Root, Peppermint Leaf and Oil, Anise Seed, Dr. Schulze's Proprietary WormEx Formulae: Agrimony Herb, Black Walnut Hulls, Cinchona Bark, Clove Bud, Goldenseal Root, Thyme Leaf

Dr. Schulze's

ORIGINAL CLINICAL FORMULAE

Since 1979

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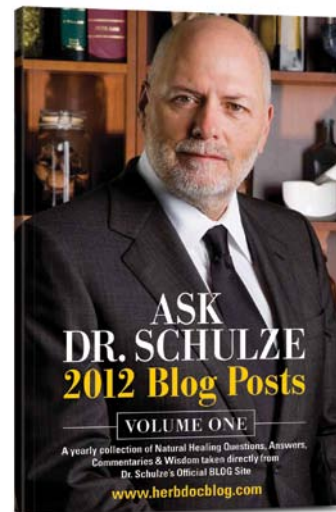
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