

**“Flushing, Detoxifying
and Protecting your
Liver and Gallbladder
just makes good
common sense!”**

Dr. Richard Schulze

One of the foremost authorities on Natural
Healing and Herbal Medicines in the world.

Your body is really no different than your car. Like any machine, if you want it to last and give you the maximum lifespan that it was designed for, and give you years and years of trouble-free service, then it needs routine maintenance.

If you want to get the most miles out of your vehicle, then you have to follow a routine preventative maintenance program just like the one that comes inside the glove compartment of every new car. You know, change the oil and oil filter every 5,000 miles, rotate the tires, change the air filter every 10,000, a tune-up in 20 or 25,000 miles, radiator flush, check the battery and so on. Any mechanic will tell you that if you want your car to last for years and years, you need to take care of it.

Your body, like any machine, uses fuel to run, and as it runs it creates waste products. To have your machine run its best it is important to use the absolute best fuels and to periodically cleanse your internal parts. If you do not follow a routine preventative maintenance program, as sure as the wind your vehicle will prematurely break down and you will die. Start my new 5-Day Detox Cleansing Kit for the Liver/Gallbladder NOW... IT'S SIMPLE, EFFECTIVE AND EASY TO DO!

**NATURAL HEALING
PUBLICATIONS**

The VOICE of Dr. Richard Schulze

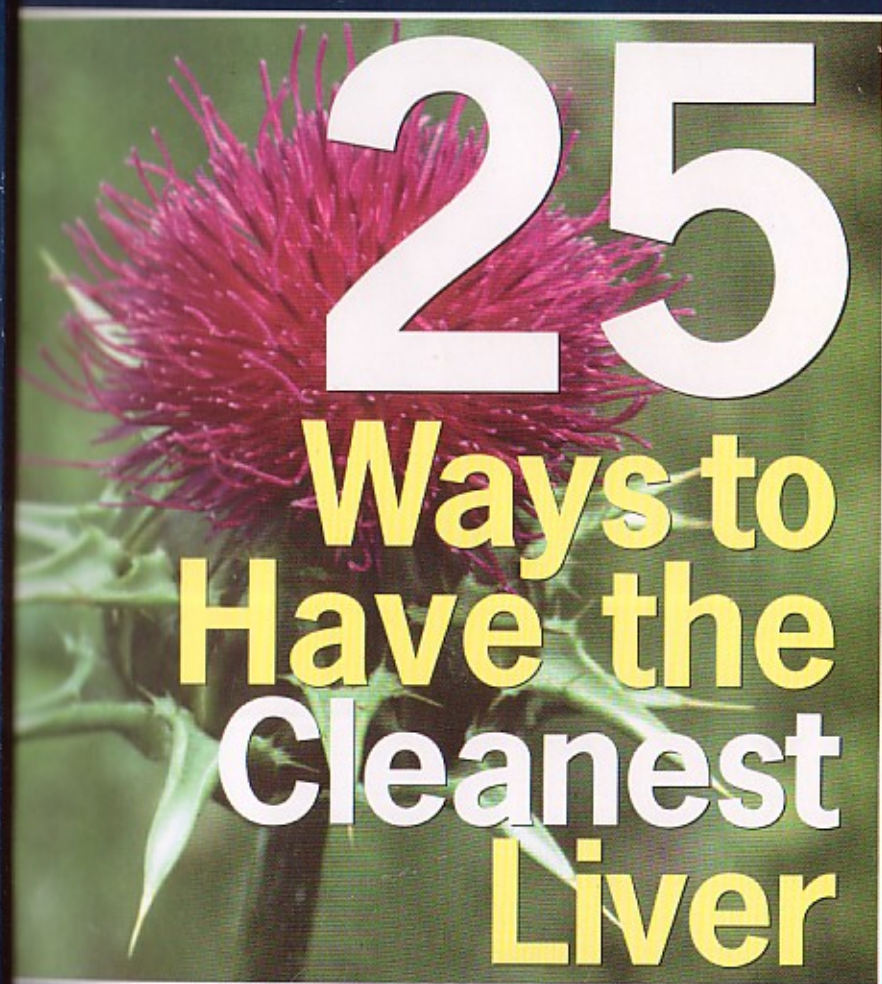
ISBN: 0-9671567-0-X \$5.00



9 780967 156705

For a free catalog call
NATURAL HEALING PUBLICATIONS
at 1-877-TEACH-ME (832-2463)

© Copyright 2004 Natural Healing Publications



Dr. Schulze
Answers your
Questions about
Liver Cleansing



NATURAL HEALING PUBLICATIONS

Published by Natural Healing Publications
P.O. Box 9459, Marina del Rey, California 90295
1-877-TEACH-ME (832-2463)

© Copyright 2004, Natural Healing Publications.
All rights reserved.

When people misrepresent, misquote and even dilute Dr. Schulze's message, programs and herbal formulae the programs do not work and people do not get well. Therefore, to protect the public, Natural Healing Publications is serious about prosecuting copyright violators.

At no time may any person or entity copy any portion of this work or incorporate any portion of this work into any other work to the public, without the written permission of Natural Healing Publications. These prohibitions apply equally to electronic and hard copies of this protected work. These prohibitions also apply to the Internet.

Library of Congress Catalog Card Number: PENDING
25 WAYS TO HAVE THE CLEANEST LIVER

ISBN: 0-9671567-0-X

WARNING

This book is published under the First Amendment of the United States Constitution, which grants the right to discuss openly and freely all matters of public concern and to express viewpoints no matter how controversial or unaccepted they may be. However, Medical groups and Pharmaceutical companies have finally infiltrated and violated our sacred constitution. **Therefore we are forced to give you the following WARNINGS:**

If you are ill or have been diagnosed with any disease, please consult a medical doctor before attempting any natural healing program.

Many foods, herbs or other natural substances can occasionally have dangerous allergic reactions or side effects in some people. People have even died from allergic reactions to peanuts and strawberries.

Any one of the programs in this book could be potentially dangerous, even lethal. Especially if you are seriously ill.

Therefore, any natural method you learn about in this book may cause harm, instead of the benefit you seek. **ASK YOUR DOCTOR FIRST**, but remember that the vast majority of doctors have no education in natural healing methods and herbal medicine. They will probably discourage you from trying any of the programs.

Table of Contents

Why cleansing your liver is vital	6
What does the liver do?	7
What does the gallbladder do?	9
Why do a Liver/Gallbladder Cleanse?	10
Which should I do first, the Liver/Gallbladder Cleanse or the Kidney/Bladder Flush?	11
How many times a year should I do the cleanse, and how long should I stay on the formulas when I'm cleansing?	12
Why do a seasonal cleanse?	12
Do I need to reserve special days for my cleanse?	13
What should I do to prepare for the program?	14
What is the food program while doing your Liver/Gallbladder Program?	14
Is juice-fasting mandatory?	16
Can you modify the Liver/Gallbladder Program?	17
What kind of supplies do I need to get for the cleanse?	18
Do you recommend any type of juicer?	18
Why do you recommend distilled water?	21

Table of Contents

What are the benefits of taking Intestinal Formula #1 and Intestinal Formula #2 while doing the Liver/Gallbladder Program?	22
Do you suggest doing the Detox Formula along with the 5-Day Liver/Gallbladder Cleansing and Detoxification Program?	23
How do I improve my digestion after I've done your Liver/Gallbladder Program?	23
Can I really flush the stones out of my gallbladder and avoid having it removed?	24
Will I get better results doing epsom salt purges?	25
What do I do in case of an emergency gallbladder attack?	25
Have you heard the studies linking Tylenol with liver cancer?	26
What do you think about chelation treatments?	27
I want to take your formulas, but I'm worried about the alcohol. What should I do?	27
Is it true that cleansing and detoxification strips your body of needed vitamins and minerals?	28
What if I'm diabetic, or if I don't have a gallbladder, or if I have Hepatitis B? Can I still do the cleanse?	28
Conclusion	29
Directions for Dr. Schulze's 5-Day Detox: Liver/Gallbladder Cleansing and Detoxification Program	30

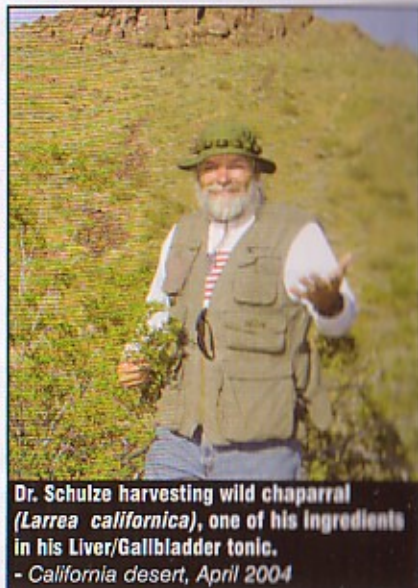
WHY CLEANSING YOUR LIVER IS VITAL

24 hours a day, 365 days a week, you are BOMBARDED by chemicals. There is no escape. The AIR you breathe, the WATER you drink, and the FOOD you eat are loaded with toxic poisons. Your entire living environment is a chemical swimming pool.

Over seventy-two thousand synthetic chemicals have been developed since WWII and less than 2% of them have been tested for toxicity. Many are known to cause birth defects and cancer and to damage the liver, kidneys, and brain. Most have NEVER been tested for long term effects.

Most people think that even though there are thousands of toxic chemicals found in our air, water, earth, and food, that these poisons aren't in our bodies. Most people are wrong. Analysis of human fat, blood, urine, breath, mother's milk and even semen demonstrate that EVERYONE (especially Americans) carries hundreds of toxic lethal chemicals in their tissues. Dioxins (Agent Orange), PCB's, DDT, Organophosphates, Orangochlorines, the list goes on and on. Most of these toxic chemicals present in our bodies have been linked to the skyrocketing cancer rate and alarmingly high rate of reproductive disease and failure.

Most people also believe that low dose exposure to these chemicals can't possibly harm us, that the government wouldn't possibly allow it. Once again, most people are wrong. Joe Thornton, a biologist at Columbia University's Center for Environmental Research, says that everyone on earth now eats, drinks, and breathes a soup of toxic chemicals that cause health damage at low doses, and that these toxic chemicals have already begun to cause large scale damage to the public health, including



Dr. Schulze harvesting wild chaparral (*Larrea californica*), one of his ingredients in his Liver/Gallbladder tonic.
- California desert, April 2004

increasing cancer rates and impaired child development.

If you think you'll get protection by locking yourself up in your house, think again. 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.

If all this isn't bad enough, toxic radiation from Chinese weapons tests and poisonous industrial chemicals from Japan and Russia arrive in America often within hours of their emissions. Not long ago deadly bacteria from Africa caused disease outbreaks in Florida. The contamination was found to be caused from the pathogens living in the cracks of African sand particles that were picked up in African desert dust storms and drawn up into the upper atmosphere and then dropped out of the sky with rain in Florida to maim and kill Americans.

The bottom line is, I don't care who you are, and I don't care how healthy you think you might be. I don't care if you live in Tahiti, eat only organic fruit, drink only distilled water, and exercise eight hours a day. **If you are a human being who eats, drinks, and breathes, and if you live anywhere on this planet, your liver has been attacked, damaged and is possibly even sick.**

Your only possible defense is a strong offense, in other words a strong and healthy liver. And the best way to maintain a strong and healthy liver is to cleanse it regularly.

1 WHAT DOES THE LIVER DO?

Your liver cleans your blood; that is its job. 24 hours a day, 7 days a week, 365 days a year, every second of every day, NONSTOP...your liver cleans and detoxifies your blood. Its job is to trap, filter, neutralize, render harmless, kill and eliminate ANYTHING you have inhaled, consumed or absorbed which may be damaging to your body.

Bacteria, fungus, virus, parasites, old pharmaceutical drug residues, alcoholic beverages, old worn out red blood cells,

carcinogenic vapors from plastics, toxic household chemicals or just the pesticides, insecticides, preservatives and chemical additives in the food on your dinner plate, natural or man-made toxins, whatever, your liver has to deal with it, and it does. There are literally millions of toxic trash bits circulating in your blood, hurting every cell in your body.

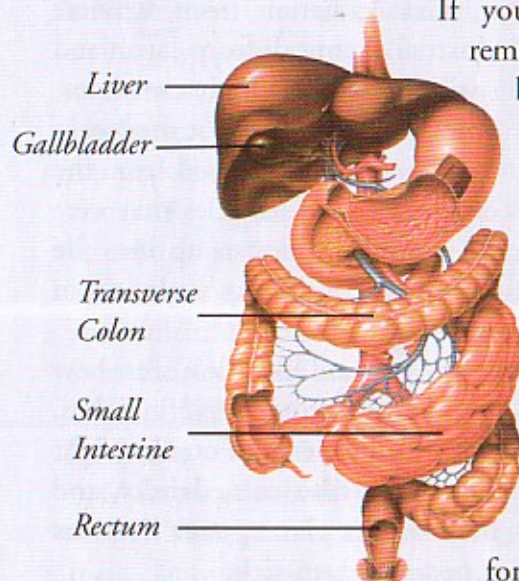
If your liver didn't continually remove this garbage, you would be dead in hours!

Your liver synthesizes the sugar glucose from carbohydrates or starches that you eat. Glucose is the most important carbohydrate in your body's metabolism. It could just be called PURE ENERGY because it is used by your brain and every other cell of the body for just that: ENERGY. Excess

glucose is stored in your liver as glycogen and is ready to be converted back to glucose if any energy is needed. Your liver also stores other SUPER ENERGY NUTRIENTS like Vitamin B-12 and Iron to be used any time you need a turbo-charge.

Your liver also makes vitamins, clotting factors and amino acids. It makes cholesterol that you need to produce steroid hormones (sex hormones) and other important metabolic chemicals. It also makes the lipoproteins like HDLs that transport fat around in your blood. The liver stores other vitamins, too, like A, D, E and K.

Essentially, your liver is THE blood detoxification organ on your body. The liver recycles and removes worn out blood cells. Each red blood cell has a life span of 120 days (4 months). Once it is old and its time is up, Macrophages, big eating white blood cells in your liver, eat the red blood cell. Every RBC (red blood cell) contains Hemoglobin. Hemoglobin is the iron-containing



pigment in your blood that makes it red, which carries the oxygen from your lungs to all the cells of your body. Your liver recycles this iron, stores it for later use or turns it into bile, which it excretes as a digestive juice.

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

A small list of the substances that your liver detoxifies and renders harmless are alcoholic drinks, street drugs, pharmaceutical drugs, insecticides, pesticides, food additives, environmental toxic chemicals, parasites, bacteria and viruses.

2 WHAT DOES THE GALLBLADDER DO?

The gallbladder is a pear-shaped sac on the underside of the right lobe of the liver that stores bile from the liver. While in the gallbladder the bile is concentrated by removing water. The bile is released through the cystic duct, which joins the hepatic duct from the liver to create the common bile duct which empties into the duodenum (the beginning of the small intestine). Bile is not only the waste product of the liver that carries away the neutralized poisons, but it also stimulates digestion, aids digestion by emulsifying fats, stimulates peristalsis (the muscular waves of the intestines), is a natural laxative and a natural digestive antiseptic.

When the bile contains too much cholesterol from eating too much animal food (or for some people ANY animal food), the cholesterol can't be kept in solution anymore and forms very hard stones and rocks. These can form in the gallbladder and also the bile ducts, causing extra hepatic jaundice.

3 WHY DO A LIVER/GALLBLADDER CLEANSE?

Modern life in America literally surrounds us with poisons and toxic chemicals. They come from our air, water, and food, and are absorbed directly through our skin. They are found everywhere from our household furniture, rugs and construction material off-gassing to the plastic wrap and containers we store our food and liquids in to the products we clean our house and body with. **THEY'VE GOT US SURROUNDED!**

When your liver is weak, these chemical poisons and toxins start to slowly but surely poison every cell in your body, cause numerous diseases and eventually **KILL YOU!**

Almost all scientists, medical researchers and top cancer specialists now agree that **CANCER** is caused by **TOXIC** and **POISONOUS** chemicals from our environment that get into our body and irritate, inflame, harm and eventually mutate our bodies' cells.

The reality is that in pursuit of the American Dream, we have poisoned our air, water and food. And almost all our modern conveniences are killing us in some way or another. Unless you are ready to drop out to the jungles of Ecuador, there is literally no escaping it. You can live depressed, paranoid or just plain freaked out, or better, learn to do something about it.

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

Your liver is your defensive barrier between the things you take into your body and your blood. It literally blocks harmful substances from getting into your blood.

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

4 WHICH 5 DAY DETOX SHOULD I DO FIRST, THE LIVER/GALLBLADDER OR THE KIDNEY/BLADDER?

There are a couple ways to make this decision. The first has to do with your history. Have you had any problems with your liver and gallbladder? Have you had any gallbladder congestion? Do you have high cholesterol? Any history of Hepatitis, or any family history of any liver or gallbladder problems? If you fall in that category, then yes, go ahead and start my 5-Day Detox Program for your Liver/Gallbladder. On the other hand, if you've had kidney stones, or kidney or bladder infections, or frequent urination, or any family or personal history of kidney or bladder problems, then you would choose with your first 5-Day Detox Program to do the Kidney/Bladder Detox Cleansing Kit. If you haven't had any problems at all and have no family history of problems with either the liver and gallbladder or the kidney and bladder, then there's a very simple way to decide. If your eyes are light brown or brown, then I would suggest that you do the Liver/Gallbladder Flush for the first cleanse. And if you have blue eyes, then you should start with the kidney flush during your first 5-Day Detox Program. And if you have green eyes, well, you can go either way. And then on your next seasonal cleanse, do the other program. Now, if you have problems with either one, you can do that flush for the first two or three seasonal cleanses, but at least once a year try the other flush and the other herbs. So if you do the Liver/Gallbladder Flush Drink and the Liver/Gallbladder herbs for Spring, Summer, and Fall cleanses, then in the winter do a Kidney/Bladder Flush and herbs. You should at least do the other cleanse one time a year.

5 HOW MANY TIMES A YEAR SHOULD I DO THE CLEANSE, AND HOW LONG SHOULD I STAY ON THE FORMULAS WHEN I'M CLEANSING?

For the average person who's healthy and does not have any disease or illness, the great prevention is to have a one-week cleanse four times a year. That's a week during the Spring, Summer, Fall, and Winter. And pick a week when you can, for five, six, or seven days, do yourself a cleanse, an oil change, a prevention. Clean yourself up. My patients who did that rarely ever had any health problems or ever got sick. And the length of it is a week long. That's usually good enough for the person who lives a good, healthy lifestyle to prevent any problems from happening. Now, if you're ill, certainly you can do it more often. And certainly if you're ill right now, you can extend it. Remember, my Incurables Program starts with a minimum of thirty days of juice-fasting and health programs. So you can cleanse for as long as you want. But the minimum is one week, four times a year.

6 WHY DO A SEASONAL CLEANSE?

Your body is really no different than your car. Like any machine, if you want it to last and give you its maximum lifespan that it was designed for, and give you years and years of trouble-free service, then it needs routine maintenance.

If you want to get the most miles out of your vehicle, then you have to follow a routine preventative maintenance program just like the one that comes inside the glove compartment of every new car. You know, change the oil and oil filter every 5,000 miles, rotate the tires, change the air filter every 10,000, a tune-up in 20 or 25,000 miles, radiator flush, check the battery and so on. Any mechanic will tell you that if you want your car to last for years and years, you need to take care of it.

In fact, you will also notice that the manufacturer's new car warranty is void if you do not follow the manufacturer's suggested

maintenance program. In fact, the warranty will also be voided if you don't use approved parts, lubricants, oils, filters and so on. In other words the automobile's manufacturer will not guarantee your vehicle if you don't take care of it.

Well, in my lifetime I have never heard of God personally coming down and telling anyone that if they don't follow the manufacturer's program that the guarantee will be void. But nevertheless "God's laws of Nature" dictate that if you do not follow a routine maintenance program using the proper fuels and fluids, if you do not follow a routine preventative maintenance program, as sure as the wind your vehicle will prematurely break down and you will die.

Your body, like any machine, uses fuel to run and as it runs it creates waste products. To have your machine run its best it is important to use the absolute best fuels and to periodically cleanse your internal parts. This is very important even when you live in the best of environments, but we live far from the best environment. This is the problem . . .

Regardless of the fact that the average American dies in 70 or 75 years, most medical universities today like Stanford and others agree that the human body, if properly nourished and maintained, should last about 125 years. They say that the only reason it doesn't, the reason it is shortened by 50 YEARS, is because of our lifestyle. The air we breathe, the fluids we drink, the food we eat, and the life we live, **KILLS YOU FIFTY YEARS EARLY!!**

7 DO I NEED TO RESERVE SPECIAL DAYS FOR DOING MY CLEANSE?

Everything in life works better when you prepare yourself for it. Mark out the days on your calendar at least a couple weeks in advance. It doesn't do you any good to wake up in the morning and say, hey, I'm going to do my cleansing routine, but you binged the weekend before and you open your refrigerator and there's nothing you need to start your cleansing routine. Just like

anything else you want to succeed in, a little preparation will really help you in being successful.

8 WHAT SHOULD I DO TO PREPARE FOR YOUR 5-DAY DETOX: LIVER/GALLBLADDER CLEANSE?

The best way to do it is to prepare for about two to four weeks before doing the cleanse. And the minimum you should be doing for those two to four weeks is my Intestinal Formula #1 and the Intestinal Formula #2 to get your bowel clean and working efficiently. And, of course, the second thing would be getting on a good food program. While you're preparing for your cleanse, start leaving out the foods that you know aren't helping you and start introducing more of the fresh fruits and vegetables and sprouts and legumes and grains that you know are going to heal you and build your body. Get on a good food program, start exercising, increase your exercise routine, try some new types of exercise, and remember to work on that emotional program a little bit. Start loving yourself more, and do some positive affirmations. If you do that for the first two to four weeks, then when you begin your cleanse you'll get ten times more out of your cleanse and your detoxification than if you don't get healthier first.

9 WHAT IS THE FOOD PROGRAM WHILE DOING YOUR LIVER/GALLBLADDER PROGRAM?

Fresh fruit or vegetable juice is the best way to get your vitamins, minerals and other essential nutrients. They are also very important for cleansing and detoxification.

DAY #1 AND #5 (raw food)

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

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

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

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

DAY #2, #3, AND #4 (juice flush)

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

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

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

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

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

DAY #5 (raw food)

Day #5 is the day you will be breaking your fast. Your food program will be the same as day #1. Breaking your fast is a very important part of this program. Chew your food slowly and mix each mouthful with plenty of saliva. Eat until you are satisfied, not full. You can always eat more later if you are still hungry. Chew everything to a liquid pulp. (see pages 30-37 for complete instructions for Dr. Schulze's 5-Day Detox: Liver/Gallbladder)

10 IS JUICE-FASTING MANDATORY?

Personally, if you want to get well, juice-fasting is mandatory. As you know, the my 5-Day Detox is 2 days of raw foods and 3 days of juice-fasting. If you do it Monday through Friday, Monday and Friday are raw foods and Tuesday, Wednesday, and Thursday are juice-fasting. When you go back into this century, you look at any of the great natural healers of the past century and you'll see that juice-fasting was a foundation of the programs they used to get well. I don't care who you study and who you look at. All my great teachers, like Paavo Airola and Dr. Bernard Jensen and Dr. John Christopher, used juice-fasting as one of their primary healing tools. We should really call it juice-flushing, because what you are doing is introducing a gallon a day or more of herb teas, distilled water, and fresh juices through your body that not only give you super nutrition but also flush out unwanted acids and salts and old minerals and toxic accumulations and chemicals. This is probably the greatest part of a natural healing and cleansing and detoxification routine. So do not skip your juice-fasting. I have seen it create miracle after miracle in the clinic. Juice-fasting is what you want to be doing.

However, having said that, you do not have to do the whole program. You know, some mornings I wake up, and you should never hesitate to do what I do...I wake up in the morning and I feel, gosh, I feel like I could use a Liver Flush, I feel a little sluggish. Or I might think, you know, I feel like I could use a Kidney/Bladder Flush. So I make a Liver Flush or a Kidney Flush and I have it in the morning. And then I just go about the rest of my day. Maybe have a SuperFood drink a few hours later, and then a few hours after that I might have some lunch and then some dinner. So the point is, never hesitate to just wake up in the morning and do a flush drink, whether it's the Liver/Gallbladder or the Kidney/Bladder. You don't have to do the whole program. I would rather see you modify the program all the way down to doing one flush drink than not doing anything at all. Now certainly it's optimum to add in the juice-fasting. Some people ask this question because they have Diabetes and they're afraid to do

juice-fasting. Let me tell you, I have had so many diabetics, both Type One and Type Two, do my juice-fasting and juice-flushing programs. You have nothing to worry about. Just use your good smarts and your common sense, and you can do it, too. Because the program is much more powerful, both the Liver/Gallbladder and the Kidney/Bladder, if you do it with the whole 5-Day Detox Cleansing which includes my 5-Day Food program.

11 CAN YOU MODIFY THE LIVER/GALLBLADDER PROGRAM?

Well, I never really expected anybody to follow exactly what I said anywhere. You would have to be a robot to follow it. All I want you to do is do your best. Of course the times can be modified. They can be modified to your lifestyle, and they can be modified to your workplace, because you're probably doing the cleanse at your workplace. What I would like you to think about is, at the end of the day, I would like you to have consumed all the foods, all the juices, and all the herbs and herbal formulas that I suggest at the end of the day. And space them out as much as possible. Do you have to follow my program down to the minute or the hour? No, you don't. And you'd probably have a very hard time doing that. In fact, any patient that follows any of those programs to a tee, I worry about them. They may be a little bit neurotic. Sure, modify it to where it works with your life. The bottom line is I want you to do it. You're never going to get well if you look at my 5-Day Detox Cleanse Program and study it but figure you can't ever do it perfectly so you won't do it at all. Do your best. That's all I'm asking of any of you is, do your best at doing the program.

12 WHAT KIND OF SUPPLIES DO I NEED TO GET FOR THE CLEANSE?

LIVER FLUSH DRINK INGREDIENTS:

- 15-20 organic juice Oranges (It is important to use organic when you're flushing because you don't want to put toxic, poisonous insecticides and pesticides into a drink that you are supposed to be cleaning your liver with.)
- 5 organic Lemons and 5 organic Limes
- 2 bulbs of organic Garlic (One bulb should do it, but why not have some extra garlic around?)
- 5 inches of fresh, organic Ginger root
- 3 gallons of Distilled, Reverse Osmosis or Filtered Water (This will make enough for your Liver/Gallbladder Flush Drink as well as the 2 1/2 gallons you'll need for your Detox Tea.)
- 1 24 oz. bottle of organic, extra-virgin cold-pressed Olive Oil

HERBAL FORMULAE:

- 1 bottle of my L/GB-AP Formula
- 1 bag of my Detox Tea
- 1 bottle of my Detox Formula

TOOLS:

- Blender (any)
- 1 measuring cup (at least 16 oz.)
- 1 water glass (at least 20 oz.)
- 1 manual citrus juicer
- 1 knife (wider is better)
- 1 tablespoon

13 DO YOU RECOMMEND ANY TYPE OF JUICER?

Well, let me tell you, I have a lot of opinions on juicers, the same as I have a lot of opinions on everything. I've tried them all,

I've broken many of them, so let me tell you what I think about juicers. But before I give you some brand names, let me tell you, the first step, get any juicer. Remember what I said: juicing is going to be one of the biggest things that you do in your new lifestyle of natural healing. It's going to make one of the most dramatic changes in how you feel, not only your cleansing and your detoxification but your energy level and your vitality. It's going to build you new blood. It's going to build you a new body, mind, and spirit. So the first step is to get the darn juicer, put it on the counter in your kitchen, and start running fruits and vegetables through it. Now, what do I think? OK, there's a lot of \$30, \$40, \$50 dollar juicers out there; they will do the job, they will do the trick. Hey, if you're incredibly poor, take your blender, throw a carrot in it—a sixteen dollar blender will work—fill it up with water and juice the whole carrot, right in there with water in your blender. That will certainly be better than nothing and you can transform your life doing that. Now, if you want a serious juicer, the one I suggested for most of my patients was the Champion juicer. It's a great juicer. You can abuse it. It takes a licking and keeps on ticking. I have used the Champion juicer to help thirty, forty, fifty people juice-fast at once. In this country and in Europe, we've used it all day long without a rest until it got so hot you could have welded on it, and it's never broken down. I have Champions that are twenty, twenty-five years old. It's a great juicer. It's a gigantic motor, and it works great. And it ejects the pulp. This is very important. You want to get a pulp ejector. This is a juicer that, as you're juicing, juice comes out one area and pulp ejects out another. There are good juicers called centrifugal juicers that are very good, that you juice, they spin around, and the juice extracts that way, but many of them don't eject the pulp, so you have to stop after about a quart of juice and clean the juicer. With a Champion or any other pulp ejector, you can juice all day. You can set it on the counter, you can juice-fast, you can walk in there every hour and run something through it, drink the juice, and you don't have to clean the juicer until the end of the day. Heck, sometimes during juice fasts, I don't clean the juicer for two or three days. You keep running vegetables

through it, and if you're like me you keep running some cloves of garlic through it, no self-respecting bacteria will grow on the darn thing. So just use your juicer. Now, the Champion is a great one, and believe me, you can't break it. You'll give it to your great, great grandchildren. And I don't own any stock in the company. It's just a great juicer. Now, a lot of my patients had a Juiceman or a Juiceman II. Another great juicer. It isn't going to last as long as the Champion, which has probably got a life of about fifty years, but the Juiceman is going to give you some great juice, and it's going to last a long time. So a lot of my patients liked it, and hey, if want a little more entertainment, it comes with a video, it comes with a book. If that's what you want, the Juiceman is a good juicer, too. Now, of course, one of the great juicers known is the Norwalk juicer. It can cost you about two thousand dollars. It's a grater and a hydraulic press. Now, if you look at the results with the Norwalk juicer, yes, it's going to get more vitamins, more minerals out of the vegetable or the fruit than the other types of juicers. It also costs you a couple thousand dollars. But hey, the way I look at it, if you want to buy a Norwalk, and if it keeps you out of the hospital one day, it's paid for itself, right? And then the rest of your life, if it keeps you out of the hospital two or three days, you've doubled or tripled your investment. So, the way I look at it, you can't spend enough on a juicer. Now, a lot of people ask me, what do I think of the VitaMix? The VitaMix is a great fun tool to have in your kitchen, and I've had one for years, and technically it isn't a juicer. It's really a high speed, incredibly strong, industrial strength blender, where you can put a whole orange in it—seeds, rind, and all—add some water, and make yourself some total orange juice. And the advantage of a VitaMix is yes, you will get all types of extra nutrients and plant chemicals out of the rind and the seed that you may be getting in your juicer. And of course you'll get the fiber, and you'll get all sorts of other things that you may not get through a juicer. Personally, I think anybody who really wants to get healthy should have both of these tools, a good pulp-ejecting juicer and a good industrial blender. You put both of those tools together in your kitchen and load yourself up with nice organic fruits and vegetables and you

can't stop from getting well. Believe me, your road to health will be ten times faster than it would be without those tools.

14 WHY DO YOU RECOMMEND DISTILLED WATER?

There's a couple reasons for that. First of all, a lot of disease and illness is caused by impure water. A lot of problems and bacteria-related problems and diseases come right through on the water. So the first thing you want to do is you want to get very pure water. The worst thing you could ever do is drink the water that comes out of your tap in the house. It may be loaded with chlorine, which destroys your intestinal flora and causes numerous other problems. It could be loaded with fluoride, which is toxic, and hey, let's face it, there's very few areas in the world today where the water is not contaminated with some type of chemical. So one of the main reasons for distilled water, it's as clean as you can get. It's the emptiest, cleanest, purest water that you can get. And certainly you can get your own water distiller. You can even buy distilled water. But there's another reason. Because distilled water is so empty, so void of anything—it's like a vacuum—when you drink it, it cleanses and purifies your body by taking out unneeded substances. It dissolves them. Water is the great dissolver of everything. Also, using distilled water in making any kind of herbal preparation will make that preparation more potent. Because distilled water, being empty, will dissolve more of the healing phytochemicals out of the herbs or out of the food or whatever than will mineral water, which is heavy, which is saturated, which is full. And the mineral water will dissolve a lot less out of the herb tea or whatever you're doing with it than distilled water. Distilled water will give you a much more potent herbal tea. So there's a lot of reasons for using distilled water, and over the years a lot of people have said, but I heard it takes minerals out of your bodies. Sure it does. And most of them you don't need, and the amount that it may deplete is only the

amount that you could replenish by eating one almond or three sunflower seeds. It's not a valid statement. So get distilled water or get a water distiller and use it. Now, if you don't have a water distiller, the next best thing is reverse osmosis. Reverse osmosis is a combination of membranes and charcoal pre-filters that cleans your water almost as well as distilled. I mean, it creates about the emptiest water that you can create. And if you can't afford a reverse osmosis system, then just use some sort of charcoal filtration device. Nowadays you can go to most hardware and building supplies and they'll sell water filters. And you can buy them for forty or fifty dollars, and all they are is something that maybe attaches to the faucet in your sink and runs the water, when you pull a little pin, through a charcoal filter, and then every six months or year you replace that charcoal filter. If that's the best you can get, fine, don't underestimate that device. It can take out up to ninety-nine percent of the chlorine and the fluoride and the PCB's and all types of other contaminants that are toxic and will make you ill. The bottom line: do not drink tap water. Always filter your water at least. Reverse osmosis if you can, and if you've got a distiller or can get distilled water or buy distilled water, even better, but don't drink it straight out of the tap.

15 WHAT ARE THE BENEFITS OF TAKING INTESTINAL FORMULAS #1 AND #2 WHILE DOING THE LIVER/GALLBLADDER PROGRAM?

Anatomically, waste from the liver and gallbladder is dumped into our intestine; therefore, cleansing your liver if you are constipated is a very bad idea.

First of all, when you're flushing out one elimination organ, like cleaning out that gallbladder, or the kidneys and bladder, it never hurts to have another elimination organ open and working. Remember, your bowel is your major elimination organ for your solids. Some of the herbs in the Intestinal Formula #1 also stimulate

your liver and gallbladder, so this helps with their cleansing. Also, by keeping your bowel clean, this takes the pressure off your kidneys and bladder and certainly will assist in their cleaning. So it is very important to use your Intestinal Formula #1 and your Intestinal Formula #2. In other words, do your Bowel Detoxification Program during my 5-Day Detox, whether you're doing the Liver/Gallbladder Flush or the Kidney/Bladder Flush.

16 DO YOU SUGGEST DOING THE DETOX FORMULA ALONG WITH THE 5-DAY LIVER/GALLBLADDER CLEANSING AND DETOXIFICATION PROGRAM?

In the clinic, whenever I had a patient do my five-day cleansing and detoxification program, they did one of two things on top of it. They either consumed one entire two-ounce bottle of my Detox Formula, or they consumed one entire two-ounce bottle of the Echinacea Plus. The idea is, when you're doing that cleanse and detoxification program, you either want to be scrubbing out your blood even more with the great herbal blood cleansers or boosting your immune system. So if you do the blood cleansers in the Spring, then boost your immune system in the Summer. But definitely do Detox Formula, or the Echinacea Plus, during your five day cleanse. And remember to consume one entire two-ounce bottle.

17 HOW DO I IMPROVE MY DIGESTION AFTER I'VE DONE YOUR LIVER/GALLBLADDER PROGRAM?

First of all, continue on Intestinal Formula #1. That speeds up your elimination, which will help take the pressure, especially any back pressure, off of your whole digestive tract. So don't forget to use your Intestinal Formula #1. Secondly, use my Digestive Tonic.

It is a godsend for people with all types of cramps and colic and indigestion and heartburn. Two droppersful in an ounce of water, knock it back, and your digestive problems are gone. It's one of my personal favorites. And, lastly, there's my Detox Tea, and it's a wonderful digestive tea. There are so many herbs in it to aid your digestion, so if you're a tea drinker this is a good formula for you, and it will help your digestion out, too.

18 CAN I REALLY FLUSH THE STONES OUT OF MY GALLBLADDER AND AVOID HAVING IT REMOVED?

Absolutely, you can. I've had thousands of patients whose gallbladders were ultra-sounded and X-rayed and packed full of rocks, and they got rid of their rock collection using this program. Gallbladder surgery is the most ridiculous surgery. It's so stupid to have an organ that is weak or sick and cut it out of your body. It would be like if you were constipated, cutting your bowel out. And I shouldn't laugh, because many colostomies were performed on my constipated patients before I got my hands on them. Surgery is only for people who won't change their lives. In fact, almost all of medicine is for people who won't change their lives and take responsibility for themselves. So I can assure you that the Liver/Gallbladder Flush will do exactly that. It will flush any stones, any pebbles, any rocks, out of your gallbladder, through your digestive tract, and you'll eliminate them. In fact, I'm holding in my hand right here a letter from a surgeon, a medical doctor, who performed many cholecystectomies, in other words surgical removals of the gallbladders, and he now with his patients does my Liver/Gallbladder Flush, finds it to work in every instance, and doesn't do the surgery anymore. Now there's a very new type of medical doctor, and we can give him some applause for seeing the light. But I can assure you that the Liver/Gallbladder Flush will do the job.

19 WILL I GET BETTER RESULTS DOING A LIVER PURGE, LIKE THE ONES THAT USE EPSOM SALTS AND OLIVE OIL?

There are many extreme programs out there, where you consume copious amounts of oil, copious amounts of citrus juice, Epsom salts, Coca-Cola...believe me, there are many of them out there. And only in maybe 1% of my patients' extreme cases would I find those necessary. But generally I would just repeat my 5-Day Detox Liver/Gallbladder Cleansing Kit & Liver Flush Drink, and that would do the job. So I just want to caution people: there are a lot of extreme gallbladder flushes, or what people might call liver flushes, but that's not what we're talking about here. We're talking about five days of a vegan raw food program, and within those five days two to three days of juice fasting, along with my Liver Flush Drink and Detox Tea and some liver/gallbladder herbs. People who do this program will be shocked at how simple, easy, and effective my Liver Flush and 5-Day Detox Liver/Gallbladder Cleansing Kit can be.

20 WHAT DO I DO IN CASE OF AN EMERGENCY GALLBLADDER ATTACK?

1. Stop eating all food immediately, which is a good idea with any acute illness. Take 4 droppersful of my Digestive Tonic and 4 droppersful of my Liver/Gallbladder & Anti-Parasite Formula in an ounce of warm water immediately.
2. Prepare and Drink a Liver/Gallbladder Flush Drink. In an emergency fresh apple-lemon juice is preferred, but any juice will work. Use at least 3 cloves of Garlic and 3 tablespoons of Olive Oil.
3. Lie on your right side with a hot pack over your liver. Castor Oil packs over the liver are very beneficial as is hot and cold hydrotherapy.
4. 15 minutes later drink 2 cups of hot, strong Detox Tea that

has 6 droppersful of my Liver/Gallbladder & Anti-Parasite Formula in each cup.

5. When the pain has subsided a bit, give yourself a high enema. Relax, take an hour to do it.
6. For any spasmodic pain and cramping in the liver take an additional 4 droppersful of my Digestive Tonic and 1/2 to 1 dropperful of Lobelia Tonic in an ounce of water.
7. If the pain persists in an hour, repeat all of these steps using 3 cloves of garlic and 5 tablespoons of olive oil.

I don't recall any patient ever having to do this entire routine more than twice before they got relief. The patient should then immediately start on my 5-Day Detox Liver/Gallbladder Program using the Liver and Gallbladder Flush Drink and my Liver/Gallbladder & Anti-Parasite Formula, Detox Tea and Detox Formula. Remember, a gallbladder attack should be a wake up call to change a person's lifestyle to a liver-friendly one.

21 HAVE YOU HEARD THE STUDIES LINKING TYLENOL WITH LIVER CANCER?

No, I haven't heard about the studies with Tylenol, but, let me tell you something. All drugs have to be cleaned out of your blood by your liver, and all drugs kill your liver cells, therefore all drugs kill your liver. The more drugs you've taken, the more your liver is dead. Immediately start on my Liver/Gallbladder & Anti-Parasite Formula that contains Milk Thistle, which is a liver cell protectant, so you protect whatever cells you have left, and then immediately think about doing my 5-Day Detox Liver/Gallbladder Program, along with the Liver/Gallbladder Flush. And friends, remember the catalogue... In the catalogue not only do I cover my Bowel Detoxification Program and the answers to just about every question you could have on it, but I also have the instructions for my complete 5-Day Cleansing and Detoxification

Programs, whether you're doing the Liver Flush or the Kidney Flush.

22 WHAT DO YOU THINK ABOUT CHELATION TREATMENTS?

I don't like them. Chelation is usually taking the blood out of your body and washing it, or adding something to the blood of your body to clean it up. Sometimes minerals, sometimes other things. Let me tell you something. This stuff called skin that covers our body should not be broken for any reason. I do not believe in any therapy that involves shots, needles, or puncturing the skin.

23 I WANT TO TAKE YOUR TINCTURES, BUT WHAT IF I'M WORRIED ABOUT THE ALCOHOL?

Go ahead and take the tinctures sold in stores that are made out of glycerine, but they won't do anything, they won't help you, and they don't work. Look, it's my job to get you well. Water alone will dissolve some of the chemicals and herbs. Alcohol will dissolve other chemicals and herbs, but water and alcohol together will dissolve all the phytochemicals and herbs that I need to get into your body. I had many patients that were on twelve step programs or in AA that used my tonics and never went back to being an alcoholic. So don't worry about it. I understand your concern, but don't worry about it. Taking a dropperful of one of my tinctures is the equivalent to consuming 1/54th of a can of beer or 1/75th of an eight ounce glass of wine. You'll get more alcohol eating a ripe banana. So it isn't something you have to worry about. If you are still worried about it, put the tincture in a cup, pour boiling water into the cup, and the alcohol will evaporate in seconds.

24 IS IT TRUE THAT CLEANSING AND DETOXIFICATION STRIPS YOUR BODY OF NEEDED VITAMINS AND MINERALS?

Do I really look that dumb? I mean, only people who don't want to cleanse and detoxify come up with questions like this, so they don't ever have to do anything good. What do they think, I had a lot of clean but anemic patients or that I detoxify them, but after my detoxification programs they needed to go to the hospital and get a blood transfusion? There are a thousand questions out there that can get in the way of you getting healthy and well. Do your cleansing, do your detoxification.

25 WHAT IF I'M DIABETIC, OR IF I DON'T HAVE A GALLBLADDER, OR IF I HAVE HEPATITIS B? CAN I STILL DO THE CLEANSE?

The answer is yes, yes, yes, across the board. Don't use any of these excuses for not getting well. Because, believe me, while you're futzing around with should I or shouldn't I cleanse, the doctors are grinding and sharpening their scalpels, they're fixing up their deadly chemotherapy, they're tuning in their laser and radiation beams. They're not going to fool around. You walk in a hospital, they're going to hit you hard and fast, you're not going to know what blasted you. So don't let all of your piddly little problems and questions get in the way of you creating a new, healthy lifestyle and a great healing program to make yourself well.

CONCLUSION

As I have been saying for over three decades now, I only care about one thing: YOU Getting Well and Staying Well. And what I learned from my patients is that takes Herbal Formulae and Natural Healing Routines that WORK. Early on in my clinic, I discovered the healing power of Flushing, Detoxifying and Protecting the Liver and Gallbladder and the incredible positive impact it had on my patients' ability to heal any illness and stay healthy. Remember your liver is your first line of defense. Keep it clean.

For more information on Dr. Schulze's 5-Day Detox: Liver/Gallbladder Cleansing Kit visit www.herbdoc.com, or read his book Healing Liver/Gallbladder Disease Naturally available from Natural Healing Publications at 1-877-TEACH ME (832-2463).

QUICK START DIRECTIONS

DR. SCHULZE'S 5-DAY DETOX Cleansing Kit

LIVER/GALLBLADDER

Your liver is your defensive barrier between the things you take into your body and your blood. It literally blocks harmful substances from getting into your blood. If these toxic substances do get into your blood, it's your liver's job to filter them out.

The main cause of liver and gallbladder disease is an overworked liver that is overloaded with toxins and poisons from our food, water and air and also from taking drugs, drinking alcohol and eating too much animal food. All of these cause the liver and gallbladder to be overloaded and subsequently result in congestion, constipation and illness. This is the cause of almost all liver and gallbladder disease and also the cause of many seemingly unrelated diseases, like heart disease, high blood pressure, strokes, even cancer.

My Liver/Gallbladder Flush Drink and 5-Day Liver/Gallbladder Detox Kit stimulates the liver to produce more bile and get the bile moving

WHAT YOU NEED

- ◆ **L/GB-AP Formula**
- ◆ **Detox Tea**
- ◆ **Detox Formula**



through the gallbladder and ducts. This action unblocks and unconstipates the liver and gallbladder and even dissolves and removes gallstones. This is what will clean, detoxify and heal your liver and gallbladder.

WHAT I GUARANTEE:

This 5-Day Detox will prevent disease, increase your energy and vitality, blast away depression, and make you feel great about yourself.

DAILY ROUTINE WHILE ON DR. SCHULZE'S 5-DAY DETOX: LIVER/GALLBLADDER

DO THESE 8 STEPS EVERY DAY!

- STEP 1:** Upon arising drink 8 oz. of distilled or purified water.
- STEP 2:** Prepare and drink the **Liver/Gallbladder Flush Drink**. (see How to Make Dr. Schulze's Liver/Gallbladder Flush Drink)
- STEP 3:** 15-20 minutes after drinking your **Liver/Gallbladder Flush Drink**, drink two cups of **Detox Tea** (see Dr. Schulze's **Detox Tea** directions on back panel)

Next, put 2 droppersful of my **L/GB-AP Formula** in each cup of tea (consume total of 4 droppersful) or have the tonic separately in one ounce of water.

STEP 4: Finally take 3 droppersful of my **Detox Formula**. This formula is my strongest tasting so you can put it in a little grape juice if you wish.

STEP 5: Repeat the same dosage of the **Detox Tea & Liver/Gallbladder & Anti-Parasite Formula** two more times during the day.

STEP 6: Repeat the same dosage of my **Detox Formula** four more times during the day consuming a total of 3 droppersful five times a day.

STEP 7: One hour later drink your **SuperFood Morning Nutritional Drink**.

STEP 8: Continue with the **Food and Juice Program** as outlined on the next page.

"Fresh fruit or vegetable juice is the best way to get your vitamins, minerals and other essential nutrients. They are also very important for cleansing and detoxification."



THE FOOD & JUICE PROGRAM

This program is two days of a Purifying, Raw Food Program and three days of a Juice Flush.

DAYS #1 AND #5 (raw food)

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

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

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

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

DAYS #2, #3 AND #4 (juice flush)

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

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

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

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

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

DAY #5 (raw food)

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

HOW TO MAKE DR. SCHULZE'S DETOX TEA

Put six tablespoons of **Detox Tea** into 60 ounces of distilled water. Be sure to use only stainless steel or glass cookware. Let the tea sit in the water overnight. In the morning heat up to a boil, reduce heat and let simmer for 15 minutes (**Detox Tea**). Strain the herbs, do not discard them, let the tea cool a bit, but use it hot. This will give you enough tea for your six cups for the day.

Put the used herbs back into the pot, add three tablespoons of fresh herbs and 60 ounces of distilled water. Let sit overnight and repeat whole process. Keep adding new herbs to old ones for three days, then discard all herbs and start over.



HOW TO MAKE DR. SCHULZE'S POTASSIUM BROTH (VEGAN CLEANSING SOUP)

This is a great tasting addition to your cleansing program. It will flush your system of toxins, acid and mucous while giving you concentrated amounts of minerals.

Fill a large pot with 25% potato peelings, 25% carrot peelings and whole chopped beets, 25% chopped whole onions and garlic, 25% whole chopped celery and dark greens. Add hot peppers to taste. Add enough distilled water to just cover vegetables and simmer on very low temperature for 1-4 hours. Strain and drink only the broth. Make enough for two days, refrigerate leftover broth. Use only organic vegetables! We do not want to consume any toxic, immune suppressive insecticides, pesticides or inorganic chemical fertilizers while we are on a detoxification program.

My broth will flush you out and build you up. Start it now!

SHOPPING LIST FOR DR. SCHULZE'S LIVER/GALLBLADDER FLUSH DRINK

Take this shopping list to the store, get these ingredients and you will be set up to do my entire **5-Day Detox: Liver and Gallbladder Cleansing Kit!**

- ◆ **15-20 organic juice oranges** It is important to use organic when you are flushing because you don't want to put toxic, poisonous insecticides and pesticides into a drink that you are supposed to be cleaning your liver with.
- ◆ **5 organic lemons and 5 organic limes**
- ◆ **2 bulbs of organic garlic** One bulb should do it, but why not have some extra garlic around?
- ◆ **5 inches of fresh, organic ginger root**
- ◆ **3 gallons of distilled or purified water** This will make enough for your **Liver/Gallbladder Flush Drink** as well as the 2 1/2 gallons you'll need for your **Detox Tea**.
- ◆ **1 24 oz. bottle of organic, extra-virgin cold-pressed olive oil**



***Tomorrow is what you
BELIEVE and DO Today!***

—Dr. Richard Schulze

CALL: 1•800•HERB DOC OR VISIT: www.HERBDOC.COM

GOVERNMENT WARNING: None of the above statements have been evaluated or approved by the Food and Drug Administration or the American Medical Association.

HOW TO MAKE DR. SCHULZE'S LIVER/GALLBLADDER FLUSH DRINK



TOOLS

- Blender
- 1 measuring cup (at least 16 oz.)
- 1 water glass (at least 20 oz.)
- 1 manual citrus juicer
- 1 knife (wider is better)
- 1 tablespoon

INGREDIENTS

For one Flush Drink:

- 3 to 4 juice oranges, 1 lemon and 1 lime (enough for 8 oz.)
- 1-5 cloves of garlic
- 1 inch piece of fresh ginger
- 1-5 tablespoons of olive oil (extra-virgin, cold-pressed organic)
- 8 oz. distilled or purified water

FIRST: Put 8 oz. of fresh juice in your blender.

NOTE: During Spring or Summer, mix the juice of one lemon, one lime and enough oranges to make 8 oz. of a citrus combination juice. During Fall or Winter, mix 8 oz. of fresh apple or grape juice or an apple/grape combination juice.

SECOND: Add one to five cloves of garlic – one clove for Day #1, two for Day #2... until you reach five cloves by Day #5.

NOTE: Do not chop the garlic, just throw it in whole, the blender will do the rest. The best way to peel garlic is to smash it under the flat side of a knife, the peel will just slip off. Use medium sized cloves. Use larger or smaller cloves depending on your garlic tolerance.

THIRD: Add one piece of fresh ginger root (about one inch long.)

NOTE: Do not peel it. The blender will liquify it.

FOURTH: Finally add 8 oz. of distilled, reverse osmosis or filtered water and one to five tablespoons of olive oil (one tablespoon for Day #1, two for Day #2... until you reach five tablespoons by Day #5.)



Blend all of these ingredients in the blender for about 60 seconds and DRINK!

TOTAL TIME: 2 minutes!

(see page 34 for a complete shopping list)

HOW TO MAKE DR. SCHULZE'S 2 MINUTE LIVER/GALLBLADDER FLUSH DRINK



THE TOOLS

- **Blender** (any)
- **1 measuring cup** (at least 16 oz.)
- **1 water glass** (at least 20 oz.)
- **1 manual citrus juicer**
- **1 knife** (wider is better)
- **1 tablespoon** (not shown)



THE INGREDIENTS

FOR 1 FLUSH DRINK:

- **3 to 4 juice oranges**, 1 lemon and 1 lime enough for 8 oz.
- **1 clove of Garlic**
- **1 inch piece of fresh Ginger**
- **1 tablespoon of Olive Oil** (extra-virgin, cold-pressed organic)
- **8 oz. distilled, reverse osmosis or filtered Water**



TIME: 30 seconds

STEP ONE

Put 8 oz. of fresh juice in your blender

NOTE: During Spring or Summer, mix the juice of 1 lemon, 1 lime and enough oranges to make 8 oz. of a citrus combination juice.

During Fall or Winter mix 8 ounces of fresh apple or grape juice or an apple/grape combination juice.



TIME: 5 seconds

STEP TWO

Add 1 to 5 cloves of Garlic (1 clove for DAY ONE, 2 for DAY TWO... until you reach 5 cloves by DAY FIVE) **NOTE:** Do not chop the Garlic, just throw it in whole, the blender will do the rest. The best way to peel garlic is to smash it under the flat side of a knife, the peel will just slip off. Use medium sized cloves. (Use larger or smaller cloves depending on your garlic tolerance.)

STEP THREE

Add 1 piece of fresh Ginger root (about 1 inch long)

NOTE: Do not peel it. The blender will liquify it.



TIME: 5 seconds

STEP FOUR

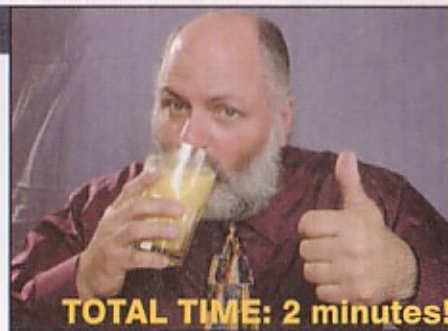
Finally add 8 oz. of distilled, reverse osmosis or filtered water and 1 to 5 tablespoons of Olive oil (1 tablespoon for DAY ONE, 2 for DAY TWO... until you reach 5 tablespoons by DAY FIVE)



TIME: 20 seconds

STEP FIVE

Blend all of these ingredients in the blender for about 60 seconds and **DRINK!**



TOTAL TIME: 2 minutes!

STEP SIX

DON'T FORGET!

15-20 minutes after drinking your Liver/Gallbladder Flush Drink, drink 2 cups of **DETOX TEA**

Next, put 2 droppersful of my **L/GB-AP FORMULA** in each cup of tea (consume total of 4 droppersful) or have the tonic separately in an ounce of water.





A BIOGRAPHY OF DR. RICHARD SCHULZE

When he was only 11 years old, his father died in his arms from a massive heart attack. At 14, his mother died of a heart attack. They were both only 55 years old.

At age 16 after a year of ill health, he was diagnosed by medical doctors with a genetic heart deformity and deformed heart valves. The doctors said that unless he underwent open heart surgery immediately, he would be dead by the age of 20. This is because his weak deformed heart couldn't supply sufficient blood to an adult body.

He declined to have the surgery and instead made it his mission to discover alternative ways to heal his heart. After three years of numerous intensive natural healing programs and herbal formulae, he was given a clean bill of health by the very surprised medical doctors. His heart was healed. After curing himself of this so-called "incurable" disease, through changes in his lifestyle and NO surgery, he then set out on a mission to help others. He enrolled himself into Naturopathic and Herbal College.

Dr. Schulze studied with the famous European Naturopath, Paavo Airola. He trained and then served an internship with the famous natural healer Dr. Bernard Jensen. He also studied and apprenticed with "America's greatest clinical herbalist", the late Dr. John Christopher, graduating to teach alongside him until his death. Besides having a Doctorate in Herbology and a Doctorate in Natural Medicine and three degrees in Iridology, he is certified in eight different styles of Body Therapy and holds three black belts in the Martial Arts.

In the early 1970's he opened his first Natural Healing Clinic in New York, and later in Southern California. He operated his natural healing clinic in America for almost 20 years, until his clinic was shut down. During this same time he also managed and directed other Natural Healing Clinics in Europe and Asia. In his two decades of practice he treated thousands of patients.

In his second decade of clinical practice, he became famous for his intensive natural healing programs and his powerful herbal formulae.

His natural therapy programs and herbal formulae are now used in clinics all over the world and have assisted an estimated hundred thousand people to create healing miracles and regain their health.

He is considered an innovator, a purist, even an extremist by many of his colleagues, but to his patients he was considered a life saver. Dr. Schulze always said, "While Alternative doctors are pussy-footing around trying to heal degenerative disease with aromatherapy and purple candles, the medical doctors are sharpening their knives, saws and drills, boiling down their chemotherapy and fine tuning their radiation beams. At least medical doctors

know how to treat killer diseases, aggressively and with intensity." In his clinic he was famous for his powerful and extreme natural healing programs and his potent clinical herbal formulae. He often said, "I tried to kill my patients with the juicer, I tried to poison them with overdoses of strong herbal tonics, I tried to drown them in hydrotherapy, but the only thing that happened is that they got well. All the people I see dying and not recovering who are being treated with alternative medicine, are dying because they aren't doing enough. They need a natural healing blitz, turn the volume all the way up, and create a 24 hour a day natural healing lifestyle."

Dr. Schulze dared to pioneer new techniques and therapies which went far beyond what most people thought possible with Alternative medicine. The outcome of his work has been the achievement of miraculous and unprecedented results. His herbal formulae and 30-Day Cleansing and Detoxification "Incurables" Program are used in clinics worldwide to help people heal themselves from degenerative diseases such as Heart Disease, Cancer, Arthritis and AIDS. The positive results have caused reverberations in both the natural and medical communities.

Dr. Schulze assisted and taught for the late Dr. John Christopher. After Dr. Christopher's death, Dr. Schulze continued to teach at his school for over 12 years. He has served as the Director of The College of Herbology and Natural Healing in the United Kingdom for 11 years and is also Co-Director of The Osho School for Naturopathic Medicine in England, France and Spain. Dr. Schulze has taught and lectured at numerous universities, including Cambridge and Oxford Universities in England, Trinity Medical College in Ireland, Omega Institute in New York, Cortijo Romero in Spain and other natural therapy and herbal institutes worldwide. He has been the guest speaker at numerous churches and also on numerous radio and television shows. He is loved for his intensity, passion, dedication to students, sense of humor, creativity, and his exciting, enthusiastic and evangelistic teaching style. He is mostly recognized for his unequalled understanding of natural healing. He continues to teach throughout the United States, Canada, Europe and Asia.

After 15 years of manufacturing his own herbal formulations in his clinic, Dr. Schulze opened the American Botanical Pharmacy in 1994 which manufactures and sells his industrial-strength, pharmaceutical grade botanical extracts.

Dr. Schulze continues his healing mission today through his daily work to reveal the truth about the unlimited healing power of our being. He is also a leader in exposing fraud in medical, pharmaceutical and even herbal industries. He records numerous audio and video tapes, writes many books and booklets and publishes his free Natural Healing Newsletter, all through Natural Healing Publications.

For more information about Dr. Schulze, his Natural Healing Programs and his powerfully effective Herbal Formulae please visit www.herbdoc.com or call 1-800-HERB DOC (437-2362).