

Dr. Schulze's

ORIGINAL CLINICAL FORMULAE

Since 1979

5 DAY DETOX LIVER

QUICK START DIRECTIONS



- ✓ Flushes and Detoxifies your Liver and Gallbladder
- ✓ Protects Liver Cells and Eliminates Parasites
- ✓ Helps to Remove Gall Stones
- ✓ Cleans and Detoxifies your Blood and Promotes Healing

My Liver/Gallbladder Flush Drink and 5-Day LIVER Detox Kit stimulates the liver to produce more bile and get the bile moving 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'S INSIDE THIS KIT

- L-GB Formula
- Detox Tea
- Detox Formula

GUARANTEED RESULTS

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

DAILY ROUTINE

DO THESE 8 STEPS EVERY DAY!

STEP 1: *Boil tea while doing flush + female*
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 on page 4).

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 page 5).
Put 2 droppersful of my **L-GB 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: One hour later drink your **SuperFood Plus** Morning Nutritional Drink (*juice + green*)

SuperFood Plus directions:

In a blender mix 8 ounces of organic fresh fruit juice, 8 ounces of pure water, 1/2 cup of fresh organic fruit and 2 tablespoons of SuperFood Plus.

1/2 water #2
STEP 6: Repeat the same dosage of the Detox Tea & L-GB Formula two more times during the day, consuming a total of 6 cups of Detox Tea and 12 droppersful of the L-GB Formula a day.

STEP 7: 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 8: Continue with the Food and Juice Program as outlined on the next page.

Soak tea for next day



THE FOOD & JUICE PROGRAM

This program is 2 days of a Purifying Raw Food Program and 3 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 (see directions on back page), 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 SNACK: 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 Plus 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 you are still hungry. Chew everything to a liquid pulp.

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

INGREDIENTS (for one flush drink)

- Put ¹⁶ 8 oz. of fresh squeezed juice in your blender.
NOTE: During Spring or Summer, mix the juice of one lemon, one lime and enough oranges to make 8oz. of a citrus combination juice. During Fall or Winter, mix 8 oz. of fresh apple or grape juice or an apple/grape combination juice.
- Add ² ¹⁰ 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 peel it and 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.
- *A pinch of Cayenne Powder or 5-20 drops tincture*
- Add one piece of fresh ginger root (about one inch long).
NOTE: Do not peel it. The blender will liquefy it.
- Add ³ ¹⁰ one to five tablespoons of olive oil (one tablespoon for Day #1, two for Day #2...until you reach five tablespoons by Day #5).
- Finally add ¹⁶ 8 oz. of distilled, reverse osmosis or filtered water.



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

TOTAL TIME: 2 minutes!

(see back page for a complete shopping list)

HOW TO MAKE DR. SCHULZE'S DETOX TEA

1 cup = 8 oz
Put six rounded 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.

SUGGESTED DOSAGE: 2 cups, 3 times daily.

Detox Tea is cleansing and detoxifying to the entire digestive tract. Brew some today!

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 LIVER Detox 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**.
- **24 oz. bottle of organic, extra-virgin cold-pressed olive oil**



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

-Dr. Schulze

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

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

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