



DISEASE DOESN'T JUST HAPPEN OVERNIGHT.

Heart Disease, Cancer – *most ALL diseases* – develop months, even years after your Liver failed to keep your blood clean.

DR. RICHARD SCHULZE

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


What if you could add 10 years to your life... by just doing a simple cleanse a few days a year?

"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.

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, the guarantee will be void. 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.

Most medical universities today 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.

Inside this book I show you how cleansing and detoxifying your Liver and Gallbladder will make the biggest healing difference in your life, help you to heal disease and sickness, and create powerful, lasting health and vitality."

 Cover printed in the USA on 100% chlorine and bleach-free recycled paper using soy-based inks.

ISBN: 0-9671567-7-7 \$7.00



9 780967 156774

NATURAL HEALING PUBLICATIONS

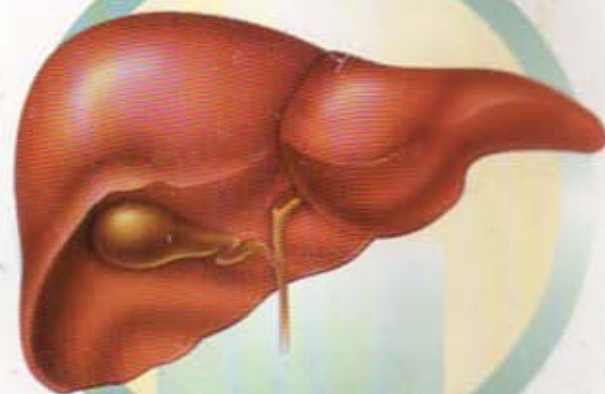
The **VOICE** of Dr. Richard Schulze

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

© Copyright 2003 Natural Healing Publications

HEALING LIVER AND GALLBLADDER DISEASE NATURALLY

by **DR. RICHARD SCHULZE**



Your Liver's Job is to Clean Your Blood.

**FEEL BETTER • TRIPLE YOUR ENERGY
PREVENT DISEASE • LIVE LONGER**
with Dr. Schulze's *easy, simple and fast*
LIVER AND GALLBLADDER CLEANSING PROGRAM

**NATURAL HEALING
PUBLICATIONS**

The **VOICE** of Dr. Richard Schulze

FOREWORD**WHY CLEANSING YOUR LIVER IS VITAL****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!

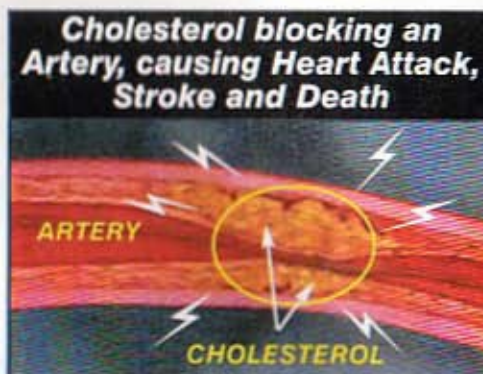
**The Modern life in
America is a Daily
PROBLEM Dose of Poison**

In Chapter One of this book I tell you why and how the Typical American Lifestyle attacks your liver with a constant toxic chemical barrage. This chemical exposure kills your liver cells and causes liver damage and disease. When your liver weakens, it can't do its job, and then chemicals and poisons pass

unchecked into your bloodstream, to your brain, heart, lungs, bones, reproductive organs, literally every organ and cell in your body. Then you get diseases and DIE!

CHOLESTEROL

When your liver is weak, cholesterol that comes from eating animals and animal by-products doesn't get removed from your blood. It backs up and clogs the liver and gallbladder and then builds up in arteries, organs and small blood vessels.



**THIS IS THE DIRECT CAUSE OF
99% of ALL HEART ATTACKS
and the majority of strokes and
other circulatory disease.**

**HEART DISEASE IS THE #1 CAUSE OF DEATH
IN AMERICA TODAY, KILLING WELL OVER
1 MILLION AMERICANS EVERY YEAR!**

POISONS and TOXIC Chemicals

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!**

I also quickly learned that when my patients failed to stay on my cleansing program (*they would say that they fell off but it looked more like leaping off to me*) their failure always took place on a weekend, not a weekday. Friends called for a last minute party, you forgot so and so was having a get together, whatever, but trying to follow a detox routine on a weekend is a set up for failure.

Therefore I discovered that a 5-Day Cleansing and Detoxification Program done Monday through Friday was not only long enough to be completely effective but also by being during the work week when my patients were busy at work, well, it gave my patients the best chance at succeeding and completing the program.

**My LIVER FLUSH and my
5-DAY LIVER/GALLBLADDER
CLEANSING and DETOXIFICATION
PROGRAM is:**

- **EFFECTIVE** enough to FLUSH out your Liver and REMOVE old toxic, poisonous waste.
- **POWERFUL** enough to FLUSH GALLSTONES, sludge and sediment from your Gallbladder.
- **PROTECTS** and COATS your Liver cells from future damage.
- And so **EASY** to do that you really won't notice the effort it takes, the 5 days will fly by.

And in 5 days, you'll FEEL BETTER and have MORE ENERGY than you've had in YEARS.

**“Getting Well is EASY, all
you have to do is**

**STOP doing what is
making you sick and
killing you, and**

**START doing what will
heal you and create
powerful health.”**

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

Dr. Richard Schulze

The PROBLEM

Air Pollution

Water Pollution

Junk Food

Toxic Poisons and Chemicals

Diseased LIVER

CHAPTER ONE

A Daily Dose of POISON Modern Life In America

**24 HOURS A DAY, 365 DAYS A YEAR,
YOU ARE BOMBARDED.**

There is NO ESCAPE . . .

Rural living doesn't stop you **from being contaminated by global pollution.**

Political borders won't stop you **from being infected with diseases from other parts of the world.**

What can you do ????

Your **only possible Defense** is a **strong Offense**, in other words a **CLEAN and STRONG LIVER.**

I don't care if you live in Tahiti, eat only organic fruit, drink only distilled water and meditate 8 hours a day. If you live anywhere on this planet and want to be healthy, and stay that way, you need to flush out your liver and gallbladder... and do it regularly!

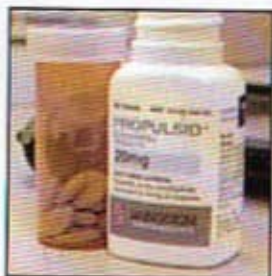
Medical doctors often say that before most diseases develop, the liver was malfunctioning and not doing its job. I have heard oncologists (cancer specialists) say that long before a person develops cancer, almost always the liver was weak and not protecting the patient. This is why the liver is referred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

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 American chemical industries, power companies, petrol-chemicals, plastics, manufacturing, mining, farming, OK, maybe they are getting a bit cleaner every year, BUT, even if we stop making and using ALL chemicals right now . . . many experts report that just our past chemical mistakes will still linger and continue to haunt us, create disease, cause cancer and EVEN KILL OUR GRANDCHILDREN'S GRANDCHILDREN.

POISON MEDICINE

Hypocrites, the so-called father of modern medicine (*he was actually an herbalist*) said, "physician, do no harm" when he stated his basic philosophy of treating patients. He would be spinning in his grave on this one. Just in March of 2001 the FDA banned numerous common pharmaceutical drugs *suspected* for hurting and KILLING people, killing thousands of people for that matter. Most people reading this book probably had a relative use one or more of these drugs, maybe you even used them yourself. One of the drugs was **Propulsid**, the nighttime heartburn drug that despite the 1993 warning that it caused heart rhythm disorders was kept on the market. It is *suspected* of killing hundreds of people. Also, despite that it was *suspected* to have killed 8 children in pre-clinical trials, no one told this to pediatricians who widely prescribed it to infants for common digestive disorders. "We never knew that" said Jeffrey A. Englebrick, a heavy equipment welder in Shawnee, Kansas, whose 3-month old baby boy, Scott, died after taking Propulsid. "To me they used my baby as a guinea pig to see if this drug would work." By the time this drug was pulled off the market it was *suspected* of killing many



children, but the manufacturer had already made 2.5 billion dollars on its sales. Other drugs that were recently banned, that you may still have in your medicine cabinet and which are *suspected* of maiming and killing are:

Redux, a diet pill, *suspected* in hundreds of deaths; **Raxar**, an antibiotic that is *suspected* of killing by disrupting heart rhythm; **Posicor**, a blood pressure medication, again *suspected* in hundreds of deaths due to heart rhythm disruption; **Lotronex**, a drug for treating irritable bowel, is *suspected* of killing many and requiring many users to have their colons removed.

Of course many banned drugs are *suspected* of killing the patient by destroying their liver, such as **Duract**, a painkiller, *suspected* of causing liver failure and other deaths but

The winner is . . . Rezulin. This drug was just taken off the market and is *suspected* of being one of the biggest drug scandals in years. This diabetes drug was just approved in 1997 and is *suspected* of numerous liver failures, and hundreds and hundreds of deaths. Scandal has rocked both the drug manufacturer and the FDA on this one. Apparently pressure, corruption and subsequent cover-up is *suspected* in the drug's approval and it is *alleged* that people's jobs were threatened at the FDA if they didn't cooperate. The drug made over 2 billion dollars in the few short years before it was recently banned. The medical doctor in charge of this drug company told the FDA that liver damage from this drug was the same as in the placebo group, but in fact it was almost 400% greater. Currently it is unknown how many people got liver damage or died from using this drug.

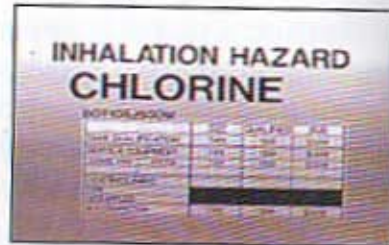


FACT The National Cancer Association concluded a 15 year study proving that women who work at home are over 50% more likely to get Cancer.

FACT Breast cancer rates have skyrocketed in the last 20 years; **IT IS THE #1 KILLER OF WOMEN.** Even common bleach has been linked to causing breast cancer along with laundry detergents, household cleaners and pesticides.

Bleach has also been linked to reproductive failure in men and behavioral problems in children.

Even when we try to do some good and protect people and even children by putting flame retardants in all foam furniture and television and computer chassis, well the most common one, EBDE, is now found in women's breast tissue and breast milk and the potential nightmare is so big that most countries in the world have now banned its use, but American homes and offices are swimming in it.



FACT Actor Michael J. Fox has Parkinson's Disease. It has now been discovered that numerous other people that worked on the same television and movie sets with him over 2 decades ago also have Parkinson's Disease, far too many people to be a coincidence. Medical authorities now call this type of incidence a "cluster" outbreak and even though this and many other diseases are NOT considered contagious, facts prove that they do "attack" in "clusters" and are now being linked to toxic chemical exposure. Many nervous system diseases are now being linked to insecticides and pesticides.

FACT Allergies, Fibromyalgia, Chronic Fatigue Syndrome, Arthritis, Diabetes, Asthma, Immune System suppression, Lupus, Multiple Sclerosis, Heart and Circulatory Disease, Alzheimer's, Parkinson's, Lou Gehrig's and almost all other degenerative nerve disorders, Depression, Schizophrenia, Liver Disease, Kidney Disease, Infertility, Impotency, Reproductive Disease, Hormonal Imbalance, can all be induced by toxic chemical exposure.

Are Over-the-Counter Drugs **SAFE?**

First, many of the common drugs now sold over the counter, without doctors' prescriptions, were prescription drugs only a few years ago. Over the counter drugs are very potent and are also suspected in killing their users. Just simple aspirin and aspirin substitutes like **Acetaminophen**, (the active ingredient in Tylenol, Excedrin, and an ingredient in Percocet, Vicodin, Sinutab, Sudafed and many more drugs) have been exposed as harmful to your liver, even killing you if you overdose. Medical doctors and government officials said they were basically shocked at this information, but I really don't know exactly why, since it has been published for years. Although the deaths are due to over dosage, pain killers are the most common drugs that people take more than the recommended dosage of, ignoring the paperwork on the box the bottle comes in and just literally sucking a bunch of pills right out of the bottle.

OK, so now I think it's safe to say that if you are a human, living anywhere on this planet, breathing, eating and drinking, that your liver has been attacked, damaged and is maybe even sick.

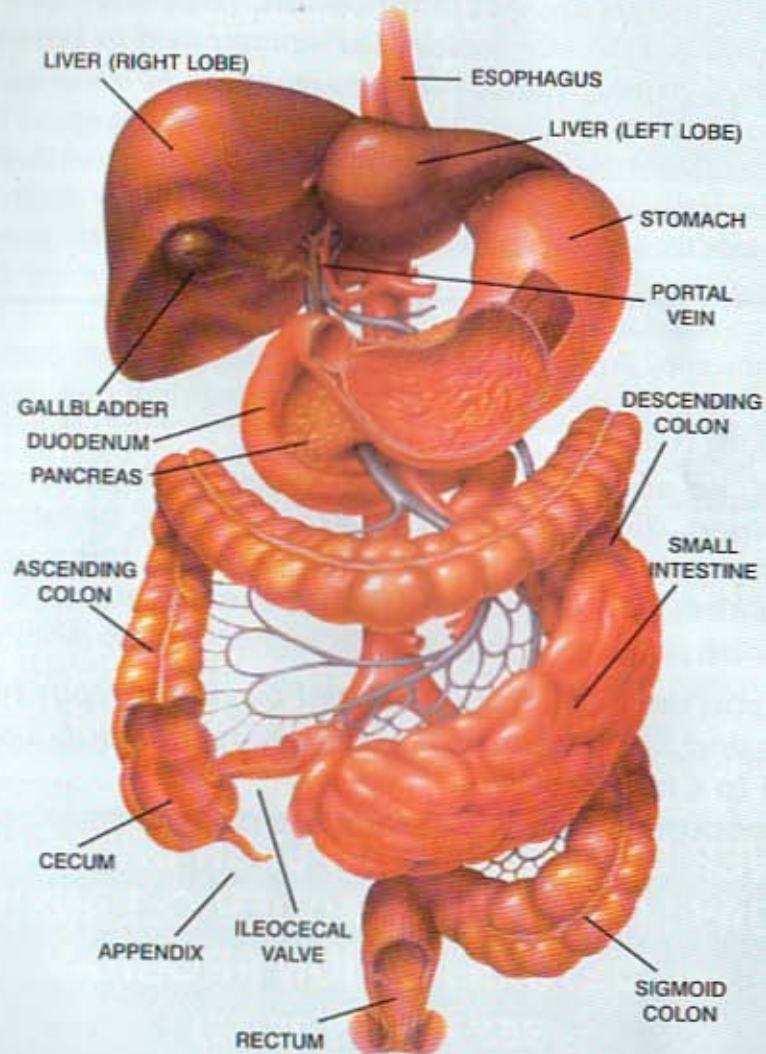
So what the heck do we do NOW?

If you've heard enough, want to repent your toxic sins and flush your liver and gallbladder out, just turn to Chapters 3 and 4 for my

**LIVER/GALLBLADDER FLUSH DRINK and
5-DAY LIVER/GALLBLADDER CLEANSING
and DETOXIFICATION PROGRAM.**

(SEE PAGES 39-52)

Your Liver and Gallbladder:
Knowing how to clean and protect them can
SAVE YOUR LIFE!



DIGESTIVE, ASSIMILATION & ELIMINATION TRACT

CHAPTER TWO

ANATOMY and PHYSIOLOGY of the
LIVER AND GALLBLADDER

This chapter is for anyone who wants to know more about their liver and gallbladder, where they are, what they do and how and why they get sick.

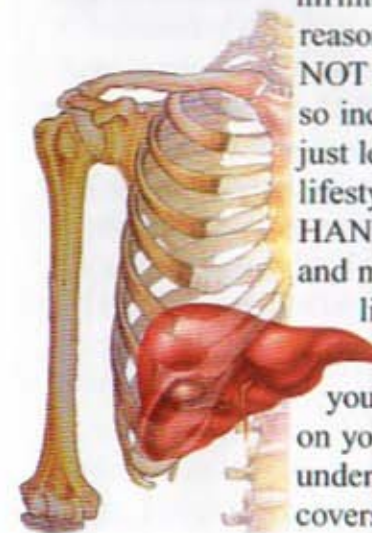
You do not need to know this information in order to flush out your liver and gallbladder.

If you are not one for anatomy and physiology, NO PROBLEM. Just skip to Chapter 3 and I'll tell you how to do the Liver and Gallbladder Flush.

THE LIVER

Although your medical doctor would like you to believe that they have figured your liver out and got it all down, the reality is that **your liver is the most metabolically complex organ in the entire human body**, more than even your brain. It has numerous different microscopic functional units and is as complex and

infinite as outer space. One of the main reasons I know God was a natural healer and NOT a medical doctor is the liver itself. It is so incredibly complex you know it's best to just leave it alone and create a healing lifestyle for it, and **DON'T TOUCH IT, HANDS OFF.** Now, let me try to boil it down and make understanding the functions of the liver as simple as possible.



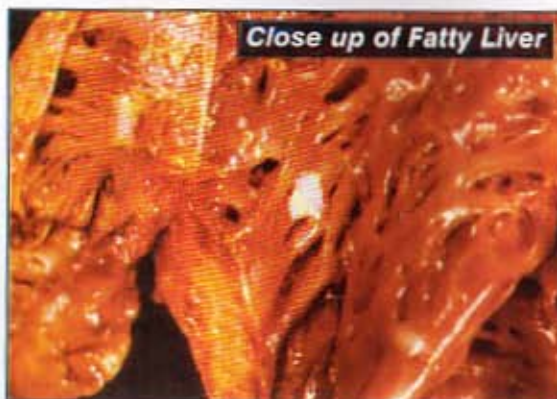
Your liver is the largest organ inside your body. It weighs around 3 pounds. It is on your right side under your lower ribs. The underneath of your liver is concave because it covers your stomach, duodenum, hepatic

flexure of the colon, right kidney and right adrenal. Blood passes through your liver, especially blood from your digestive organs, which contain end products of digestion and nutrition, before this blood enters your general circulation to the rest of your body. If I were to divide the two main tasks of your liver they would be **ENERGY & NUTRITION**, and **DETOXIFICATION**.

ENERGY and NUTRITION: Your Liver is your Life Force, the source for your ENERGY.

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 HDL's that transport fat around in your blood. *(Too much cholesterol in your blood, causing coronary arterial blockages, is from eating*



Close up of Fatty Liver

too much animal food and rarely from a liver gone haywire.) The liver stores other vitamins too like A, D, E and K.

DETOXIFICATION: 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.

Bile stimulates digestion, emulsifies fats, stimulates peristalsis (the muscular waves of the intestines), is a natural laxative and a natural digestive antiseptic.

Bile contains bilirubin, a yellow-orange pigment from the iron in the hemoglobin from the dead red blood cells that macrophages ate, phew... *if you didn't catch that one don't worry, remember getting well is easy.*

Now for you numbers freaks, each red blood cell has over 200 million hemoglobin molecules in it and you have over 35 trillion red blood cells, so that's over 7,000,000,000,000,000 (*how the heck do you say this number*) hemoglobin molecules that your liver has to recycle, or over 58,000,000,000,000 (*58 trillion*) hemoglobin molecules every day.

OK, let's get simple. 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 virus. So one of the liver's main jobs is to eliminate toxins, chemicals, poisons and drugs from your body. Then it only makes sense that the more intake you have of toxic substances, the harder it is on your liver, the more work it has to do. This makes a great case for organic food. It not only tastes better and is more nutritious, but it doesn't overwork or deplete your liver.

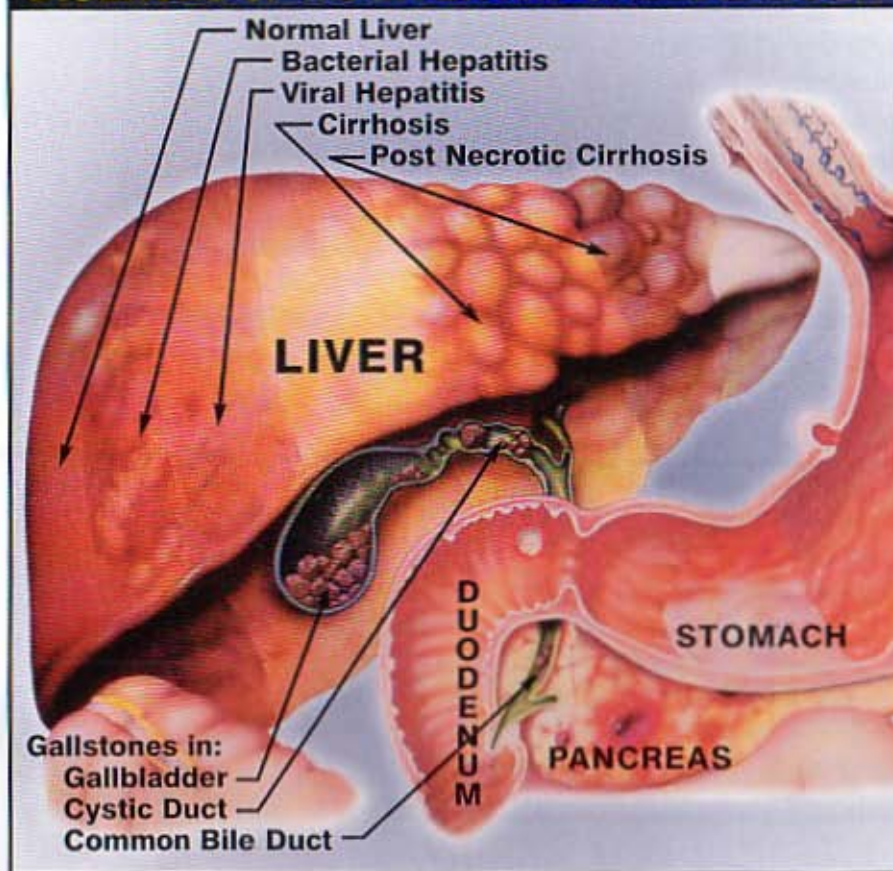
The liver also has to metabolize and render harmless anything that causes increased ammonia in the body. The main culprit here is animal food. When animal food is digested it forms ammonia, an alkaline gas, which is absorbed by your intestines into your blood to be hopefully converted into urea by your liver to be removed by your kidneys. Americans, being the highest consumers of animal food on the planet per person, have a constant overproduction of ammonia gas in the intestines which in turn weakens the liver and promotes hepatic coma or paralysis of the liver. Substances that contain ammonia, besides animal flesh, organs, eggs and milk, are mainly drugs such as sedatives, tranquilizers, anesthetics, analgesics (pain relievers) and diuretics.

AT HOME EXPERIMENT: Take two aspirin and place them in a spoon, hold the spoon over a candle or the stove until the aspirin melt.

WOW! AMMONIA CITY.

For years in my clinic I saw patient after patient with liver trauma and even acute failure that caused hepatic coma worse than alcohol, drugs and toxic poisons. **IT WAS CAUSED BY FAD HIGH PROTEIN DIETS.** These diets have come and gone and current ones are the Zone and the Atkins. These diets, like any diet, can cause weight loss, but they can also skyrocket your ammonia levels and paralyze your liver. This is a double whammy because your liver now cannot process all of this added cholesterol that you are eating more and more of, and this alone could give you a heart attack or stroke. Granted you will look fit and trim in the hospital bed or the casket, but better to have a healthy liver than to be sick or dead.

DISEASES OF THE LIVER AND GALLBLADDER



JAUNDICE: When your Liver gets sick.

As I have discussed, one of the liver's primary jobs is the production of bile, which is its waste product and also a great digestive system aid, among many other things. When the liver gets sick, it gets constipated and the bile, instead of getting released, **backs up in the body.** Remember the part before about the 58 trillion hemoglobin molecules that the liver has to process EVERY DAY from the dead red blood cells? Well, when the liver backs up with bile (which contains bilirubin an orange-red iron pigment from the old hemoglobin that the liver eats) and at the same time the liver can't continue to clean all the 58 trillion

a day recently dead orange-red hemoglobin molecules out of your blood. Well, in a very short time you have all this excess circulating orange-red bilirubin and hemoglobin. And what color do you think you are going to turn? You guessed it, **ORANGE-RED**. When your sclera, (the whites of your eyes), your skin and even your urine takes on a orange-red color, this is called jaundice and is a good sign that your liver is very constipated. It is that simple. This is why one of the major cleansing and detoxifying aids I used in my clinic was a liver/gallbladder flush, to unconstipate the liver and get the bile flowing again.

There are 2 main types of jaundice and they are referred to as Intra Hepatic (*inside your liver*) and Extra Hepatic (*outside of your liver*), referring to where it is thought the trouble is.

INTRA HEPATIC JAUNDICE

The most common causes of Hepatitis (*which just means liver inflammation*) and Intra Hepatic Jaundice are drugs, alcohol, liver damage, almost any virus, bacteria, fungus, fad heavy animal protein weight loss diets and viral hepatitis.

VIRAL HEPATITIS

There are currently 6 known types of viral hepatitis. The most commonly known are Hepatitis A, Hepatitis B and what used to be referred to as Hepatitis non-A, non-B which is now called Hepatitis C, and Hepatitis D, E and G. Soon we will discover so many more that we will run out of letters of the alphabet and have to start giving them names like tropical storms and hurricanes, like Hepatitis Harry. There is currently a medical mass panic to vaccinate for Hepatitis C. This dangerous vaccination is even given to children born in hospitals in NYC within hours after birth and most school kids in California, but the only real prevention is to STOP doing what hurts your liver,

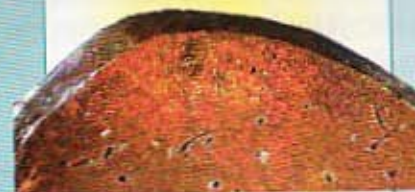


Patient with Jaundice

DISEASES of the LIVER



Normal Liver



Recent Hepatic Infarction



Fatty Liver



Metastatic Adenocarcinoma



Hepatocellular Carcinoma



Hemosiderosis

our cells, create tumors, cause cancer and kill us. IT'S THE LIVER'S JOB TO ELIMINATE THESE POISONS FROM OUR BLOOD.

No one ever just gets sick. Disease doesn't just happen. It is created. And often diseases are created by a sick, weak, overloaded Liver. As your Liver congests, it can't do its filtering job. As it begins to back up you get a SLOW TRICKLE OF POISONOUS, TOXIC WASTE entering your blood. This can go on for years causing all sorts of chronic aches, pains and illness. Eventually when it fails you get a TOXIC TIDAL WAVE OF POISON and now you're in deep trouble. Most experts agree, from Constipation and Cataracts to even Cancer, many diseases start first with a sick, constipated Liver.

Viral Hepatitis (liver-inflammation) has reached epidemic proportions. As if Viral Hepatitis A and B weren't bad enough, Hepatitis C has now infected MILLIONS of Americans, about 1 person out of every 50. There are now 6 different types of Viral Hepatitis and "C" is the #1 cause of liver transplants. **500,000 Americans this year will have their impacted gallbladders carved out of their bellies.** Some will die and the rest will have impaired liver function and digestion for the rest of their lives.

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' abilities to heal any illness and stay healthy.

WHAT CUSTOMERS SAY ABOUT L/GB-AP FORMULA:

Thank you so much for that wonderful Liver Cleanse. I started Memorial Day and just finished it today and I feel FABULOUS! You're the greatest and I look eagerly forward to all of your newsletters. Keep up the incredibly good work! I love you! And I tell all of my friends about you.

From one of your biggest fans, much love,

– J.L. San Luis Obispo, CA

METABOLIC ACTION AND BOTANICAL CHEMISTRY:

The herbs in this formula are famous for their ability to stimulate, cleanse and protect the liver and gallbladder and rid the body of parasites. **Milk Thistle** contains many phytochemicals, three chief ones being silibinin, silydianin and silychristin. These 3 plant chemicals are often collectively referred to as *silymarin*. There are many ways in which these plant chemicals protect and heal your liver, too many for this catalog. But two main ones are **protection** and **regeneration**. **The phytochemicals in Milk Thistle actually strengthen the structure of the hepatocytes (liver cells) skin or membrane which prevents the penetration of known liver toxins.**

These protective chemicals also stimulate the action of the nucleolar polymerase A, resulting in an increase in ribosomal protein synthesis and thus stimulating the regeneration of damaged liver cells and stimulating the formation of new liver cells. These chemicals are so powerful they can even protect you from some of the most lethal poisons on the planet, like death-cap mushrooms. Simply put, ingesting Milk thistle is like putting a protective coating around your current liver cells while it also speeds up repair of damaged cells and building new strong cells.

Oregon Grape rootbark, Gentian root, Wormwood leaves and Dandelion root are some of the most bitter plants on the planet and all classic bitter liver tonic herbs. They contain phytochemicals like berberine alkaloids and volatile oils which stimulate the liver to produce more bile which will flush out the bile ducts and gallbladder.

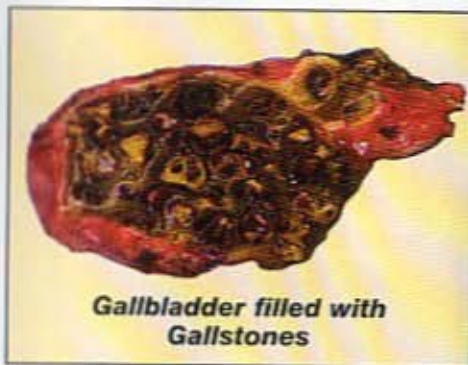
Black Walnut hulls, Wormwood and Garlic are strong ANTI-PARASITICAL plants. Parasite infestation is a fact of life. One cubic inch of choice beef can have over 1,000 living parasite larvae waiting to hatch in your body. Over 65% of fresh fish tested had toxic levels of bacteria and parasites. Chicken is

like drugs and toxins, and START living a healthy liver lifestyle. As I said earlier, the liver's job is to neutralize poisons and toxins and the more a person or child is bombarded with poisons, the weaker the liver becomes. What poisons you ask? Well when was the last time you were around a typical American kid, and watched him eat, or any adult for that matter? Weak livers have less resistance to infections. We will never get rid of germs and viruses. As I always say, the only defense is a strong offense building a strong healthy body. The massive amount of hepatitis infections all around America is just a reflection that we have beaten up our livers for too long.

EXTRA HEPATIC JAUNDICE

The most common cause of extra hepatic jaundice is some type of blockage. Sounds like my theory of all diseases being caused by blockage, doesn't it? And the major blockage is gallstones stuck in the gallbladder and bile ducts. Over a half million people this year in America will have their gallbladders carved out of them by medical doctors. Medical doctors are so absolutely stupid. **FLUSH IT OUT, don't CUT IT OUT.**

Minor jaundice or liver constipation can go on for years almost unnoticed, causing all sorts of health related problems. Neurological diseases, neuromuscular diseases, paralysis, chronic fatigue, immune system depression and disorders, cancers, heart disease, stroke, hypertension, high cholesterol, every digestive disorder from indigestion to constipation, diabetes, dementia, depression, painful and stiff joints, sexual dysfunction, eyesight problems... **the list is almost endlessssssssss.**



Gallbladder filled with Gallstones

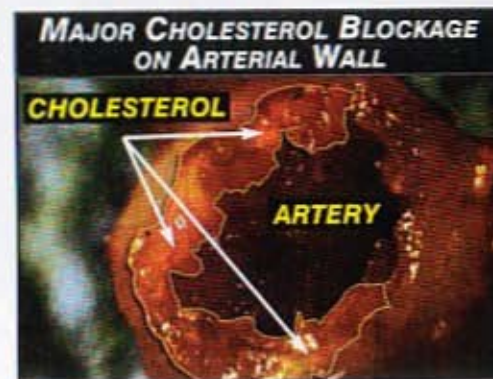
Many old sage doctors used to say when you have someone that has cancer, you have a patient who had a sick liver 3 to 5 years ago. I will go a step further: with any sick patient and with any disease we need to look at the liver and get it clean. This is why in my clinic, EVERYONE, EVERY SINGLE PATIENT, had to do my 5-Day Liver/Gallbladder Cleansing and Detoxification Program along with my Liver/Gallbladder Flush. The bottom line:

"Let the liver get run down and congested and you will become toxic and weak. Keep the liver healthy and you will be protected from chemical poisons, disease, feel great and have TONS of energy."

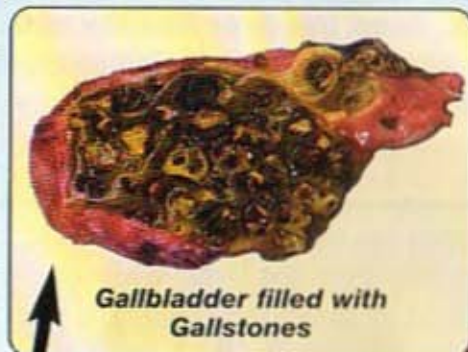
THE GALLBLADDER

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, as stated previously, 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.

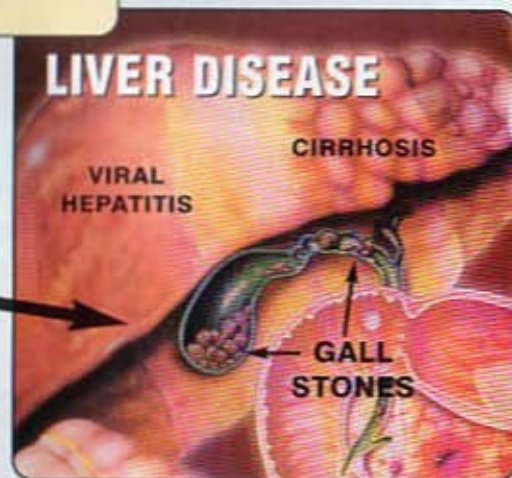


Use Dr. Schulze's 2-MINUTE
**LIVER/GALLBLADDER
FLUSH DRINK** to GET RID of
YOUR ROCK COLLECTION!



Gallbladder filled with
Gallstones

GALLSTONES



Over **1/2 million Americans** will have
their constipated gallbladders carved
out of their bellies **this year!**
Don't be one of them!

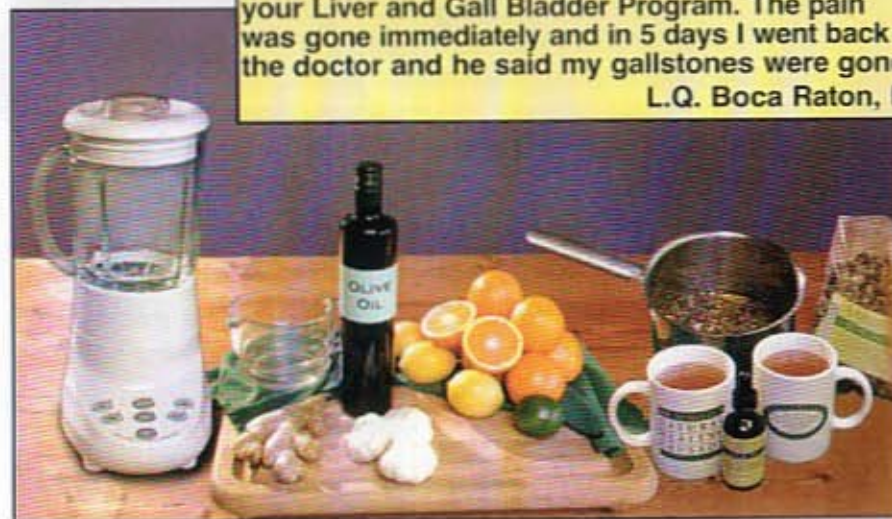
CHAPTER THREE

The SOLUTION Dr. Schulze's
LIVER/GALLBLADDER
FLUSH DRINK

**The LIVER/GALLBLADDER
FLUSH DRINK** and WHAT IT DOES

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, and these are the things that you need to STOP.**

... I was doubled over in pain, and the doctors wanted to get rid of my gall bladder. Instead I did your Liver and Gall Bladder Program. The pain was gone immediately and in 5 days I went back to the doctor and he said my gallstones were gone.
L.Q. Boca Raton, FL



The Liver/Gallbladder Flush Drink and Herbal Formulae stimulate 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 and what you need to START.**

The LIVER/GALLBLADDER FLUSH DRINK Shopping List

Take this shopping list to the store, get these ingredients and you will be set up to do my entire 5-Day Liver/Gallbladder Cleansing and Detoxification Program!

- **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, not poisoning it!)

- **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**

(Guys, come on, even if you have to spend two days going all over town to find organic, do your best so you are not putting poisons in your body.)

- **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**

- **1 bottle of my L/GB-AP Formula**

- **1 bag of my Detox Tea**

- **1 bottle of my D-TOX Formula**

See pages 42 and 43 for directions on how to make your Flush Drink!

A Letter from a more "enlightened" Doctor about Dr. Schulze's 5-Day Liver/Gallbladder Cleansing and Detoxification Program

Dear Dr. Schulze,

I have performed many cholecystectomies (surgical removal of the gallbladder) on my patients during my professional career as a surgeon. In the past I felt that your treatments, specifically your Liver and Gallbladder Flush, were quite harsh. But after reading about another doctor's positive experience with the Liver and Gallbladder Flush I decided to try it myself and on my wife. Subsequently I have had my patients do it also.

I am now convinced that the Flush is not only safe, but effective in cleansing the gallbladder, the liver, and even the entire body resulting in energy and stamina galore. Considering the degenerative change in people's present day lifestyle, I now find that I am in agreement with what you recommend, particularly your Bowel Detoxification Program and your 5-Day Liver/Gallbladder Cleansing and Detoxification Program.

Secondly, in the past I was often baffled by patients that would continue to have the same pain and complaints, after I removed their gallbladder. Particularly Post Cholecystectomy Biliary Dyskinesia (after surgical gallbladder removal the flow of bile is still interrupted). What we surgeons had never considered is that there may also be stones that could be lodged in the Liver. When surgeons do a cholecystectomy they render only a partial treatment, with nary a thought that they might be leaving stones behind in the Liver, thus sometimes causing a reoccurrence of the same problem after surgery.

Since today, surgical removal of Liver stones is impossible, why not recommend your non-invasive, painless liver flush to remove the stones both in the Liver and the Gallbladder? And give the patient a total cure! The Liver Flush is a simple procedure that any patient can do for themselves on the advice of the healthcare provider. **Your Liver Cleanse requires no hospitalization, the necessary ingredients are inexpensive and readily available, the instructions are simple and the procedure is not uncomfortable or distasteful.**

Yours truly,

-T.H. M.D., F.A.C.S. XXX Medical Center, CA

How to make Dr. Schulze's 2 MINUTE



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.)

LIVER/GALLBLADDER FLUSH Drink

STEP THREE

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

NOTE: Do not peel it. The blender will liquefy 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** (see page 57)

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



CHAPTER FOUR

The
SOLUTIONDr. Schulze's 5-DAY
LIVER/GALLBLADDER
CLEANSING AND
DETOXIFICATION PROGRAM

I created my 5-Day Cleansing and Detoxification Program as an entry level cleanse for all my patients.

As discussed on the previous page, after my patients started taking their SuperFood on a regular basis and then did my Bowel Detoxification Program, and their bowel was working normally, it was then time to do their first detoxification program. If you are ill, you can start my 5-Day Cleansing and Detoxification Program IMMEDIATELY! You don't have to do the Bowel Detoxification Program first, just add the Intestinal Formula #1 to the following program.

This program is an easy cleanse that anyone can do.

Come on friends, don't take this program (*or life for that matter*) too seriously. Just do it--jump right in! Next Monday sounds like a good time to start to me, and if it's already Tuesday, how about a 4 Day Cleanse? LOOK, any of you out there who think that this might be a little inconvenient or cramp your busy lifestyle, well all I can tell you is that once people end up in the hospital, under the knife, they wish they would have done it 20 times. But more importantly, everyone should experience a few days of a juice flush and a few days on raw foods. For my patients, this program turned their health and their life around.

I give you my guarantee that you will feel physically better, more alive and more energetic after 5 days on this program. Also, you will feel better about yourself and your life too!

My program is 2 days of a Purifying Raw Food Program and 3 days of a Juice Fast.

YES, I designed my 5-Day Cleansing and Detoxification Program to be done during the week, at work or during your regular weekly routine. Look, nobody wants to do a cleanse or detox on the weekend, and usually if you are silly enough to plan it that way, the phone rings, friends or relatives call, and the next thing you know, you've blown it. Weekend fun, friends, parties, eating is a big part of all of this. During the week you are all very busy at work. You can do this program at work and you will hardly even notice that you've done it, IT WILL FLY BY. You might even set an example for a few of your co-workers who would be nicer people with their livers cleaned out.

HOW TO DO MY 5-DAY LIVER/GALLBLADDER
CLEANSING and DETOXIFICATION PROGRAM

STEP 1: Upon arising drink 8 oz. of distilled or purified water.

STEP 2: Prepare and drink the **Liver/Gallbladder Flush** (see pages 42-43), and also prepare and drink the **Detox Tea** and **Liver/Gallbladder Anti-Parasite Formula** (see Chapter 5).

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

STEP 4: Repeat the same dosage of the **Detox Tea & Liver/Gallbladder Anti-Parasite Formula** 2 more times during the day.

STEP 5: Repeat the same dosage of my **D-TOX Formula** 4 more times during the day.

STEP 6: One hour later drink your **SuperFood Morning Nutritional Drink**.

STEP 7: Continue with the **Food and Juice Program** as outlined in the next section.

NOTE: Remember to drink the **Liver/Gallbladder Anti-Parasite Formula** and **Detox Tea** 2 more times during the day and take my **D-TOX Formula** 4 more times during the day.

The **FOOD & JUICE** 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

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:

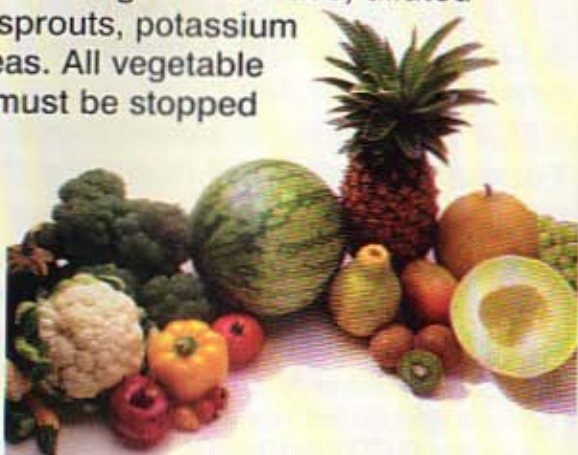
For lunch you can have fresh raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, and herb teas. You may use dressings for your salads and vegetables if you like, using olive oil, avocado, raw apple cider vinegar, lemon juice, garlic, onions, and any herbs and spices.

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

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

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 Dr. Schulze's Recipes for the 5-Day Liver/Gallbladder Cleansing and Detoxification Program on the following pages.

DR. SCHULZE'S DETOX TEA

Put 6 tablespoons of Detoxification 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 (Detoxification 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 6 cups for the day.

Put the used herbs back into the pot, add 3 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 3 days, then discard all herbs and start over.

DR. SCHULZE'S POTASSIUM BROTH RECIPE

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, put the leftover vegetables in your compost. 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!**

EMERGENCY GALLBLADDER ATTACK TREATMENT

- 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.
- ▶ 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 Cleansing and Detoxification Program** using the **Liver and Gallbladder Flush Drink** and my **Liver/Gallbladder & Anti-Parasite Formula** and **Detox Tea**. Remember, a gallbladder attack should be a wake up call to change a person's lifestyle to a liver-friendly one.

HELP! WHAT DO I DO FIRST???

The Liver/Gallbladder Flush Drink or the 5-Day Cleansing and Detoxification Program, or SuperFood, Intestinal Formula, Liver/Gallbladder Anti-Parasite Formula... HELPPPP?!

Hilda is the angel that has been running my American Botanical Pharmacy store in Southern California for years. She has healed herself naturally of serious disease using my programs, done my Incurables Program, juice fasted for 42 days and uses herbal medicine to take care of her husband and three children. Needless to say she is extremely passionate about natural healing. For years she has been in the front lines, dealing with everyone that walks through the door of my company to buy herbs. The other day she was kicking a customer's butt (go Hilda!) about needing to do my Bowel Detoxification Program prior to doing the Liver/Gallbladder Cleansing and Detoxification Program when a big discussion erupted about the proper order to do my programs. Since I know my programs can never be clear enough, let me address this issue right now.

The HEALTHY Should ALWAYS Follow the Rules

If you are in reasonable health and do not have any major health problems or diseases, then I would like you to follow my specific clinical order of doing the programs. The reason I call it my clinical order is because this is the order I made over ten thousand patients follow in my clinic, so I am sure of one thing: It WORKS! These patients were seeking more energy, vitality and health and wanted to prevent future disease but were currently fairly healthy.

For them the first step was ALWAYS SuperFood. Get the nutrition in. The second step was my **Bowel Detoxification Program**, using Intestinal Formulas #1 and #2 (yeah Hilda).

The reason for this is simple. If the colon is not working, then it is difficult for you to do any real cleansing and detoxifying. The Liver/Gallbladder Flush Drink and my 5-Day Liver/Gallbladder Cleansing and Detoxification Program help remove waste that must flow out your colon and if your colon is not working, well, you are not going to get rid of the waste. The cleansing can be a waste of time and worse, it can even make you feel horrible.

Once a patient took the SuperFood for a few months and did my Bowel Detoxification Program during their second month, I would then say that they had earned their right to do a cleanse and then we would start their first 5-Day Cleansing and Detoxification Program with the Liver and Gallbladder Flush Drink.

Are There ANY EXCEPTIONS?

Of course, even my rules are made to be broken. If you have a family history of liver and/or gallbladder problems or disease, you have gallstones or are having a gallbladder attack or pain, you have a dangerously high cholesterol level (above 250) you have hepatitis, jaundice, any acute or even chronic liver or gallbladder problem, YES, you can start the Liver/Gallbladder Flush Drink and the 5-Day Cleansing and Detoxification Program IMMEDIATELY, I mean get your butt into the kitchen and get the blender going and MAKE YOUR FLUSH DRINK NOW! If this is you I want you to also begin taking my Intestinal Formula #1. I need to make sure that your colon is very active so that everything that you flush out of your liver and gallbladder can get out of your body. As soon as you are out of danger, but in any case within a week, I want you to begin my complete Bowel Detoxification Program and begin taking my SuperFood.

Can I JUST Do the LIVER/GALLBLADDER FLUSH DRINK On Its OWN?

Sure, no problem here either. Occasionally I wake up in the morning and don't feel energetic. I feel sluggish, maybe I ate too

much party food but in any case my digestion is off. Sometimes this is a good time to make a Liver/Gallbladder Flush Drink followed by a few cups of my Detox Tea with the Liver/Gallbladder & Anti-Parasite Formula in it. If you do this you might even feel more sluggish but this will pass soon, usually after the first cup of Detox Tea. To make it a real "breakfast of champions," have your SuperFood an hour later. But remember, if you suspect any liver or gallbladder problems, do the Liver/Gallbladder Flush Drink and my 5-Day Liver/Gallbladder Cleansing and Detoxification Program.

Can I Take the LIVER/GALLBLADDER Formula On Its OWN?

Absolutely. Remember, the Liver/Gallbladder Anti-Parasite Formula is also a powerful Liver PROTECTIVE Formula. Even if you can't get Uncle Harry to do anything healthy, get him to take this formula to coat the liver cells so his continual eating, drinking and being merry won't kill him as fast.

The **BOTTOM LINE**

So Hilda was right. First things first. Getting the bowel cleansed and functioning well IS the first step in natural healing, but in an emergency, or with an at-risk patient, get the **Liver/Gallbladder Flush Drink, the Liver/Gallbladder Anti-Parasite Formula, the Detox Tea, the D-TOX Formula and my 5-Day Cleansing and Detoxification Program going IMMEDIATELY!**

CHAPTER FIVE

Dr. Schulze's L/GB-AP Formula, Detox Tea AND D-TOX Formula

LIVER/GALLBLADDER ANTI-PARASITE FORMULA



STIMULATE, CLEANSE AND PROTECT THE LIVER AND GALLBLADDER AND RID THE BODY OF PARASITES.

DR. SCHULZE DESCRIBES HIS L/GB-AP FORMULA:

Your Liver is your BLOOD CLEANING FILTER. It protects you by cleaning your blood of toxic chemicals and poisons that are in your food, water, air and environment. Modern living and our modern diet, the *Good Life*, overloads your Liver. It gets congested with thick, muddy, toxic sludge waste material that concentrates and ends up filling your gallbladder with hundreds of stones and rocks. Imagine if you drove your car for 50 or 60 years and never, ever changed the oil filter. Your Liver is so important because it keeps your body clean and alive!

Both the #1 and #2 causes of death are directly linked to the Liver. The #1 cause of death is Heart Attacks and Stroke caused by cholesterol blocking either coronary or cerebral arteries, killing the heart and the brain. IT'S THE LIVER'S JOB TO FILTER THIS CHOLESTEROL OUT OF YOUR BLOOD. The #2 cause of death is Cancer. Everyone now agrees that almost all cancers are caused by toxic carcinogenic chemicals in our food, water and air. These poisons get into our bloodstream, kill

even worse. I've had hundreds of patients expel toilet bowls full of intestinal parasites, tape worms over 30 FEET LONG and also kill cellular parasites with this formula. It works best if used in conjunction with both Intestinal Formulas #1 and #2. Use if parasites are suspected, or if there has been a history of bowel problems, constipation, eating of animal products, prolonged illness, disease and degeneration. If you have been exposed to any toxic substances, or drank alcohol or other harmful beverages, this formula is for you. It is also beneficial if you have had high cholesterol, blood fats or any family history of liver or gallbladder problems. Many believe that anyone who has cancer or any immune dysfunction had a weak congested liver to begin with. Even if a person has had their gallbladder removed, these herbs will still be effective to clean the liver and bile ducts.

BOTANICAL INGREDIENTS:

Milk Thistle seed, Silybum marianum, Dandelion root, Taraxacum officinale, Oregon Grape root, Berberis aquifolium, Gentian root, Gentiana lutea, Wormwood leaf and flower, Artemisia absinthium, Mojave Chaparral herb, Larrea californica, Black Walnut hulls, Juglans nigra, Ginger rhizome, Zingiber officinale, Garlic bulb, Allium sativum, and Fennel seed, Foeniculum vulgare.

DOSAGE:

2 droppersful (60 drops) 3 to 4 times daily for 1 week. Most effective if used in conjunction with the Detox Tea and also my 5-Day Liver/Gallbladder Cleansing and Detoxification Program with the Liver/Gallbladder Flush Drink.



DETOX TEA

**MY CLINICAL DIGESTIVE,
DETOXIFYING,
AND CLEANSING TEA.**

DR. SCHULZE DESCRIBES HIS DETOX TEA:

This tea has numerous health benefits, it is literally an all-purpose herbal tonic. First, it is based on a famous, ancient East Indian digestive tea formula. Over the years in my clinic, I have seen my patients leap off the food programs and eat almost anything. Detox Tea is so powerful, they could eat almost anything and survive, especially if they drank a cup before, during or after the meal. It is a powerful stimulant to the entire digestive process, especially the stomach, liver and digestive side of the pancreas.

This tea also cleanses the skin and detoxifies the blood, liver and gallbladder and is the perfect tea to use after the *Liver/Gallbladder Flush Drink* (See Pages 42-43.) It stimulates your liver to produce more bile and then flushes away the bile and fats that congest your liver and gallbladder. It is an immune system tonic and also a mild diuretic and disinfectant to the kidneys and bladder and will cause you to urinate more within an hour after ingestion.

This tea is also an excellent coffee replacement. It is a hot beverage, dark in color, and tastes good. It's even better when a little pure maple syrup is added to the brew. It also increases your circulation, but has no caffeine. I used it in my clinic successfully for years to help people kick the coffee habit.

METABOLIC ACTION AND BOTANICAL CHEMISTRY:

Ginger root, Cardamon seed, Fennel seed, Cinnamon bark, Black Peppercorns and Clove bud are famous classic digestive herbs. They are extremely effective and have been a

part of traditional Chinese, Indian, European and American herbal medicine for centuries. They are specifics for dyspepsia (basically gas), cramps, colic, bloating, indigestion, heartburn, and nausea. They contain essential oils which stimulate ALL aspects of digestion from saliva excretion and digestive juice stimulation to antispasmodic and even stimulate the villi of the small intestine for better assimilation.

Cardamon seeds, Roasted Dandelion root, Burdock root and Orange Peel all stimulate the liver to excrete more bile. While Cardamon has essential oils that cause this hepatic action the three later herbs all contain bitter hepatic stimulating phytochemicals. Dandelion and Burdock also stimulate the kidneys to excrete more urine along with the **Horsetail herb** and **Parsley root**. **Juniper berries** and **Uva Ursi leaf** are also diuretics and urinary tract disinfectants. They make you urinate more and destroy urinary infections. **Pau d'Arco** inner-bark is a classic South American Immune stimulant and **Licorice root** is soothing and healing to the lining of the entire digestive tract.

BOTANICAL INGREDIENTS:

Dandelion root, Taraxacum officinale, Burdock root, Arctium lappa, Cardamon seed, Elettaria cardamomum, Ginger root, Zingiber officinale, Pau d'Arco bark, Tabebuia impetiginosa, Clove bud, Syzygium aromaticum, Fennel seed, Foeniculum vulgare, Licorice root, Glycyrrhiza glabra, Juniper berries, Juniperus communis, Black Peppercorns, Piper nigrum, Uva Ursi leaf, Arctostaphylos uva ursi, Horsetail herb, Equisetum arvense, Parsley root, Petroselinum crispum, and Orange peel, Citrus species, and Cinnamon bark, Cinnamomum cassia.

DOSAGE:

General Cleansing and Detoxification: 2 cups of Detox Tea 3 times per day.

For Liver/Gallbladder Flush Drink Only: 2 cups of Detox Tea after drinking Liver/Gallbladder Flush Drink. When taken as

part of the 5-Day Liver/Gallbladder Cleansing and Detoxification Program see page 48 for directions on how to make this tea. However, for Detox Tea only, use 1 to 2 tablespoons of tea in 20 ounces of distilled water and then follow directions on page 48.

For a Coffee Replacement: Make as needed, using 1-2 tablespoons of tea in 20 ounces of distilled water. Bring to a boil, reduce heat and let simmer for 15 minutes, drink the tea hot.

D-TOX FORMULA

A VERY POWERFUL BLOOD AND LYMPH CLEANSING FORMULA THAT SCRUBS THE ACCUMULATED TOXINS AND POISONS OUT OF THE BODY.

DR. SCHULZE DESCRIBES HIS D-TOX FORMULA:



Some of the botanicals in this politically incorrect herbal formula have been vigorously attacked by our federal government and medical groups during the past century, some within the past 10 years. These gifts from God have created everything from Senate hearings, witch hunts and raids led by government agencies and vicious

AMA attacks to having American Herbalists and Naturopathic Physicians thrown in jail and even exiled from the country. What are they so afraid of? I'd say that speaks for itself. Some of these herbs have been illegal to use, like Chaparral, which was outlawed for almost 5 years. Suppliers stopped selling it and herbalists sucked-up politically. I instead harvested my own in the California deserts and continued to use it. After all, in my clinic, potent healing ability dictated which herbs I put in my formulations and used with my patients, NOT politics. How could I look a patient in the eye who was suffering and tell them that I know what helps, but legally I can't sell it to you? Because I

continued to use this herb during its prohibition, this became just one of the reasons my clinic was shut down. Other botanicals in the formula are highly discouraged by medical doctors like Lobelia seed, Poke root, even Red Clover Blossoms.

Consequently, many herbalists, myself included, have been arrested and incarcerated for even discussing the benefits of these types of herbs because of their association with treating cancer and chronic disease. Having said all of this I must tell you that the herbs in this formula are classic and traditional blood and lymph cleansing tonics and the ones that I used successfully for many years in my clinic. I would have EVERY patient in my clinic do my 5-Day Cleansing and Detoxification Program and consume 1 entire bottle of this formula within a week's time.

This formula is based on the famous Hoxey Formula, Dr. Christopher's Red Clover Combination (both herbalists were arrested on numerous occasions for these formulations) and many similar powerful Alternative (blood cleansing) formula from around the world. These herbs are used in herbal medical clinics worldwide for scrubbing the accumulated toxins and poisons out of the body's blood, fat and cells and also heralded for their efficacy.

WHAT CUSTOMERS SAY ABOUT D-TOX FORMULA:

(No Comment) By law we cannot print what our customers say about this formula.

METABOLIC ACTION AND BOTANICAL CHEMISTRY:

The following is common knowledge from highly respected and accepted medical text. According to pharmacology manuals, Chaparral contains Nordihydroguaiaretic acid. According to the Merck Index, one of the most respected medical chemical books in the world, this acid from chaparral is listed as an anti-oxidant with a Therapeutic Category as an Anti-neoplastic. According to

Taber's Cyclopedic Medical Dictionary, an Anti-neoplastic is "an agent that Prevents the development, growth and proliferation of malignant cells."

BOTANICAL INGREDIENTS:

Red Clover blossoms, Trifolium pratense, Mojave Chaparral herb & resin, Larrea californica, Oregon Grape root, Berberis aquifolium, Burdock root & seed, Arctium lappa, Yellow Dock root, Rumex crispus, Goldenseal root, Hydrastis canadensis, Garlic juice, Allium sativum, Cayenne peppers, Capsicum annuum, Poke root, Phytolacca Bloodroot, and Lobelia seeds, Lobelia inflata.

DOSAGE:

The herbs in this formula are extremely strong in taste. Dilute in a few ounces of fresh juice, grape works the best. **For general use:** 2 droppersful (60 drops) 3 to 4 times a day for a week. You must consume the entire bottle during the 5-Day Cleansing Program or as described in the Incurables Program. Drink 64-128 ounces of liquid a day while taking this formula.

You've READ about it... NOW is the time to DO IT!

**FEEL GREAT • TRIPLE YOUR ENERGY •
PREVENT DISEASE • LIVE LONGER**

**Dr. Schulze's Famous
5-DAY LIVER/GALLBLADDER Cleansing
and Detoxification Program**

CLEANSE YOUR LIVER

**Toxic Pollutants are
EVERYWHERE!**

At HOME. At WORK. At the MALL.
Everything you eat! Everything you touch!
Everywhere you breathe!

**24 hours a day, 365 days a year, you are
BOMBARDED!**

Your liver filters and cleans your blood - That's its job.
But for most people, it's a **TOXIC GARBAGE DUMP**
clogged and overflowing with waste and poison.

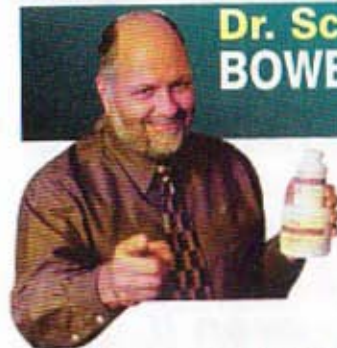
The SOLUTION: Flush, Cleanse and Protect
YOUR Liver with Dr. Schulze's **EASY, SIMPLE** and
FAST Liver/Gallbladder Flush Drink and 5-Day Liver/
Gallbladder Cleansing and Detoxification Program.

AMERICAN BOTANICAL PHARMACY
EXCLUSIVE MANUFACTURER OF DR. RICHARD SCHULZE'S
ORIGINAL CLINICAL HERBAL FORMULAE



Foundational Natural Healing Programs from Dr. Schulze

**Dr. Schulze's Famous
BOWEL DETOXIFICATION
Program**



**"Cleansing your
Colon is the
FIRST step to
better health."**



More than 100,000 people worldwide
have used this program to **ELIMINATE**
constipation, **CLEANSE** their colon, **DETOXIFY** their
body, and **HEAL** and **PREVENT** Colon Disease.

**After doing this Program, be prepared to call all your
friends and tell them you just had the BEST BOWEL
MOVEMENT OF YOUR LIFE!**

**Dr. Schulze's Famous
"WHERE DO I START?" Program**



**"This program is the place to START if
you don't know what to do! If you want
Better Health and More Energy, but you
want it CHEAP, only have 2 MINUTES
and it must be EASY! Then this program
is for you because all YOU have to do is
swallow, and I guarantee the Results!"**

Dr. Richard Schulze

**ASK for
YOUR
FREE
CATALOG!**

TO ORDER CALL

1-800-HERBDOC

IT'S THAT SIMPLE!