

## ***A message from Dr. Richard Schulze***

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When I first started my own healing journey in the 1960's, one of my first great shocks was that most health products didn't work. This included all of the herbal formula I tried. I was constantly amazed at the weakness of these so-called intense herbal formula that were supposed to change my life. They didn't. I would take them diligently and nothing would happen. Out of frustration, and my own illness, I remember taking 20 to 100 times the dosages, the whole bottle, and still little or no effect. In order to get myself well from a terminal heart disease, I had to break all the rules and make it up as I went. Because I broke the rules, I got well.

In the 1970's I started helping others get well and opened up my clinic. From the early days of my clinical practice I was especially interested in helping people with serious illness and degenerative diseases. Almost all other graduates from the various institutes I attended worked mainly on young healthy people who wanted to be a bit healthier, but I was obsessed with emergency treatment and the sick and dying. The same useless herbal formulae that failed me years before were now failing to help any of my patients. They thought they were doing something wrong and this is why they were coming to see me. I was forced to improve upon the crude formulae I had developed to heal myself and also create new formula that worked. Why were all the herbal formulae useless? Why didn't they work? As far as I could see there were 3 main reasons for this.

**Reason #1** { Antique Formulae ) Many of the herbal formula available were designed in the middle to late 1800's, some even earlier. The 1800's were very different times. Today we have junk food restaurants on every corner, get less exercise and have more stress than probably ever before in history. What it took to stimulate and cleanse Wyatt Earp and Buffalo Bill 150 years ago doesn't work today. Even some of the more modern herbal formula available were still designed in the 1940's or 1950's. This is still over 40 years ago where herbs were looked at as a cute little hobby to alleviate headaches and tired feet; not cure life threatening disease. Many other modern formula are just remakes of these ancient formula; the herbs are just shuffled and a so called new formula is dealt. These formula just don't work.

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**Reason #2** ( Weak formulae, wimpy dosages, poor manufacturing and poor quality herbs ) Most modern American natural healers and herbalists have been educated and grew up in a hostile legal and political environment. Recent history reveals that the A.M.A. and other organizations have been on a witch hunt for practicing herbalists and have jailed many. Out of fear, most herbalists and manufacturers want to make sure that no one ever gets a strong action or has any reactions with their products, even a cleansing reaction. They feel it's far safer to make products that have little or no effect.

Like medical doctors today, treatment and therapy parameters are designed by the hospital legal departments, to minimize financial repercussions and malpractice lawsuits, not always what is best for the patient.

One way these herbal manufacturers assure their safety, not your health, is to design formula with very small amounts of the potent herbs, or none at all. Then to be really safe they suggest a dosage that is so low it's useless. They don't want to take any risks. To further weaken any potency many manufacturers have abandoned the tried and true methods of old herbalists for quick extraction processes, high tech (high heat) machinery, freeze dried herbs, ignoring the moons and seasons, mostly to make a quick buck. The result, most herbal products I see today are worthless junk. Many manufacturers are more concerned that their product tastes good or has a great looking label than with whether you will get well using it. I also see labels loaded with sophisticated laboratory testing results for potency, trying to convince you that the colorless, tasteless and odorless water inside will actually benefit you.

How stupid do they think we are ?

One of the worst aspects of many herbal formulae today is the poor quality of herbs used. The vast majority of herbal products are made from herbs grown outside the U.S. There is only one reason for this: they are cheap. Herbs brought in from India, China, Egypt, Mexico or Eastern Europe cost literally pennies a pound. I never used these poor quality herbs in my clinic. I always used American organically grown herbs that can cost over 20 times as much. I have visited these countries and found filthy, disgusting growing conditions, toxic pollution and out

of control use of pesticides and insecticides. When we travel to these countries we don't drink the water, don't even eat the food, then why would we want to use herbs grown there.

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In the last two years there have been numerous people getting sick after using famous herbal formula because the herbs were contaminated with human fecal waste. If this isn't bad enough most of these contaminated herbs, when brought into the United States, are gassed with Ethylene Oxide, an antibacterial gas that is known to cause cancer and also cause mutations in unborn children. In fact the vast majority of organic herbs are even sterilized with this gas because the manufacturers are scared to use unsterilized herbs. In the last two years I have done much to expose this corruption and I have been attacked by almost everyone in the herb industry, even my so-called friends. Even though they are well aware of the problems, I have affected their income and they are plenty mad. Even the ones who haven't attacked me went on record to expose the industry or speak the truth. Most of my colleagues, out of fear of prosecution, write books and magazine articles, gather at meetings of their guilds, run schools and teach, but rarely have ever worked with a patient. It is illegal for an American herbalist to run a clinic and cure patients from illness and disease using American Herbs. This leads to the 3<sup>rd</sup> reason why most herbal formula don't work.

**Reason #3** (Theory, not practical, clinical experience)

Why is it that most modern herbal formula, designed by many of my colleagues, don't work? As I walk down the aisles of modern day health food stores I see hundreds of herbal products and recognize many of the names on the bottles. Many are my students and many are friends, but few of these armchair herbalists ever ran a clinic and would know the difference between a heart attack and indigestion. What they don't tell you on the bottle is that they developed these formula after countless hours of research reading books and searching computer data bases, but they have had no clinical results or cures. You may be the first human to ever put these formula in your mouth. A few of their herbal hypothesis are good, and in years, probably decades, few might prove to be important discoveries. I also know most of these formula will be tossed in the garbage where they belong. Running my clinic I learned very quickly what it takes to get people well. Theories don't, hypothesis don't, but quality herbs, potent formulas and large dosages do. The following formulae, dosages and programs are the result of 10 years of healing myself and an additional 18 years of clinical experience. They work.

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### **Organic SuperFoods - a Nutritional Formulae**

Formulae Spirulina Blue-Green Algae, Chlorella Algae, Alfalfa grass, Barley grass, Wheat grass, Purple Dulse Seaweed, Beet root, Spinach leaf, Rose hips, Orange and Lemon peels and NON-Active *Saccharomyces cerevisiae* Nutritional Yeast.

Dosage: 2 rounded Tablespoons of the above ingredients will give you 2 to 7 times the vitamins you need for the entire day. Many of these sources are single celled plants which means they almost digest by themselves and easily assimilate into your bloodstream, in minutes !

### **Therapeutic Action**

"In running my clinic for almost two decades I saw one truth when it came to nutrition. Synthetic Vitamin and Mineral supplements never helped any of my patients get well, but the juicer did. Live Raw Food contains live nutrition, not only Vitamins and Minerals but Enzymes that are missing in cooked foods and Life Energy that science ignores. Life Energy is what an orange uses to grow back into a tree. Try growing a tree from your vitamin and mineral pills".

“My patients would be good, but only a few ever lived totally on raw foods. To supplement the rest of my patients and to get them off of their nutritional chemotherapy I created this formulae and saw miracles happen”.

“Nature has blessed us with certain foods and herbs that are so nutritionally potent, concentrated and complete, I call them the SuperFoods. They are nature's blood transfusion. Getting that extra boost from these SuperFoods is the missing link that many have been searching for in their health program”.

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## **Intestinal Corrective Formulae #1**

Formulae Curacao and Cape Aloe leaf, Senna leaves and pods, Cascara Sagrada aged bark, Barberry rootbark, Ginger rhizome, Garlic bulb and African Bird Pepper.

Dosage: Start with only one capsule of this formula during or just after dinner. This formula works best when mixed with food. The next morning you should notice an increase in your bowel action and in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference in your bowel behavior today or the difference wasn't dramatic, then tonight increase your dosage to two capsules. You can continue to increase your dosage every evening by one capsule until you notice a dramatic difference in the way your bowel works. There is no limit. Most people need only 2 to 3 capsules but a few have needed over 30 capsules. It has taken most of us years to create a sluggish bowel, so let's be patient for a few days and increase by one capsule each day only.

Therapeutic Action: This stimulating tonic is both cleansing, healing and strengthening to the entire gastro-intestinal system. It stimulates your peristaltic action (the muscular movement of the colon) and over time strengthens the muscles of the large intestine, halts putrefaction and disinfects, soothes and heals the mucous membrane lining of your entire digestive tract. This herbal tonic also improves digestion, relieves gas and cramps, increases the flow of bile which in turn cleans the gall bladder, bile ducts and liver, destroys *Candida albicans* overgrowth and promotes a healthy intestinal flora, destroys and expels intestinal parasites, increases gastro-intestinal circulation and is anti-bacterial, anti-viral and anti-fungal.

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## **Intestinal Corrective Formulae #2**

Formulae Flax seed, Apple Fruit Pectin, Pharmaceutical Grade Bentonite Clay, Psyllium seed and husk, Slippery Elm inner bark, Marshmallow root, Fennel seed and Activated Willow charcoal.

Dosage: Take this formula 5 times each day beginning in the morning for 5-6 days consuming a total of 8 ounces of the powdered formula during this period. One hour after your morning nutritional drink mix 1 heaping teaspoon of Intestinal Formula #2 powder with 8 ounces of diluted juice. It mixes best if you shake it in a small jar. Do the same ½ hour before lunch, between lunch and dinner, ½ hour before dinner and 1 hour before bed, so that you are consuming a total of 5 heaping teaspoons each day. During or after dinner, make sure you take your Intestinal Formula #1 as usual but increase your regular dosage by 1 additional pill, or more if necessary to have sufficient bowel movements. It is helpful to drink additional liquid after each dose of Intestinal Corrective Formula #2, at least 8 ounces. Therapeutic Action: This cleansing and soothing formula is to be used periodically in conjunction with Intestinal Formula #1. This formula is a strong purifier and intestinal vacuum. This formula draws old fecal matter off the walls of your colon and out of any bowel pockets. It will remove poisons, toxins, parasites, heavy metals such as mercury and lead and even remove radioactive material such as strontium 90. This formula will also remove over 3,000 known drug residues. Its mucilaginous properties will soften old hardened fecal matter for easy removal and make it an excellent remedy for inflammation in the intestines such as diverticulitis or irritable bowel. Many patients discovered that this formula also removed colon polyps. This formula is an antidote for food and other types of poisoning.

## **Echinacea Plus Tonic Formulae**

Formulae Fresh Echinacea angustifolia root JUICE,

Echinacea angustifolia root, Echinacea purpurea seed, Siberian Ginseng root, Pau d' Arco inner bark and Fresh Garlic bulb juice.

Dosage: Method #1, (general immune boost) use 2 dropperfuls (70 drops) 6 times a day for 6 days, consume one entire 2 ounce bottle. Do this for one or two weeks, or Method #2, (cold or flu) use 1 dropperful (35 drops) every hour you are awake consuming ½ fluid ounce a day for 4 days, or Method #3, (serious illness, infection, toxic bite) use 2 dropperfuls (70 drops) every hour you are awake consuming 1 fluid ounce a day for 2 days.

Therapeutic Action: Echinacea is one of the strongest immune stimulators and enhancers known. It will increase the amount of T-cells and Macrophages in your bloodstream, it can double and triple them in just a few days. It also increases the amount of Interferon, Interleukin, Immunoglobulin and other important natural immune chemicals present in your blood. This is how Echinacea works, by boosting the number of your immune cells and amounts of natural chemicals and then stimulating them into more activity and action. The benefit of immune stimulation is a shorter duration of existing colds and flu and/or prevention of future infections. It also initiates and speeds up recovery from

chronic and long term immune depression illnesses, diseases and degeneration. Siberian Ginseng is a strength builder made famous by the Russian cosmonauts and Olympic team for increasing strength, power and energy. Pau d' Arco inner bark is an overall immune tonic while Garlic is the best, most effective broad spectrum antibiotic, antiviral, antifungal herb known as well as a great immune tonic.

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## **Liver / Gall Bladder - Anti-Parasite Tonic Formulae**

Formulae Milk Thistle seed, Dandelion root and leaf, Oregon Grape root, Gentian root, Wormwood leaf and flower, Black Walnut hulls, Ginger rhizome, Garlic bulb and Sweet Fennel seed.

Dosage: 2 Dropperfuls (70 drops) 4-5 times daily for 1 week. Most effective is used in conjunction with the next formula, the Detoxification Herb Tea and also my 5 Day Cleansing and Detoxification Program including the Liver / Gall Bladder Flush drink (see page 23).

Therapeutic Action: The herbs in this formulae are famous for their ability to stimulate, cleanse and protect the liver and gall bladder and rid the body of parasites. Milk Thistle has certain chemicals that bind to and coat liver cells and not only heal previous damage and also protect the liver from future damage. Oregon Grape rootbark, Gentian root, Wormwood leaves and Dandelion root are all classic bitter tonic herbs. These herbs not only stimulate digestion but also stimulate the liver to excrete more bile which in turn cleans both the liver and gall bladder. If you have been exposed to any toxic substances, had constipation, eaten large amounts of animal food or drank alcohol or other harmful beverages this formula is for you. Also if you have had high cholesterol, blood fats or any family history of liver or gall bladder 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 gall bladder removed these herbs will still be effective to clean the liver and bile ducts. The Black Walnut hulls, Wormwood and Garlic are strong ANTI-PARASITICAL plants. Parasite infestation is a fact of life. One cubic inch of beef can have over 1,000 parasite larvae waiting to hatch in your body. Over 65% of fresh fish tested has toxic levels of bacteria and parasites. Chicken is even worse. I've had hundreds of patients expel bowls full of intestinal parasites and also kill cellular parasites with this formulae. It works best if used in conjunction with both Intestinal Formula #1 and #2. Use if parasites are suspected,

or if there has been a history of bowel problems, constipation, eating animal products, prolonged illness, serious disease or degeneration.

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## **Detoxification Herb Tea**

Formulae Roasted Dandelion root, Burdock root, Pau d' Arco inner bark, Cinnamon bark, Cardamon seed, Licorice root, Ferinel seed, Juniper berries, Ginger root, Clove buds, Black Peppercorns, Uva Ursi leaves, Horsetail herb, Orange peel and Parsley root.

Dosage: 2 cups of the tea consumed 15 minutes after doing your Liver / Gall Bladder flush drink. It can also be drunk at any other time as many cups as desired

Put one tablespoon (medium) or 2 tablespoons (strong) of this tea into 20 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. Strain out the herbs, do not discard them, let cool a bit but use hot. Put the used herbs back into the pot, add 1 tablespoon of fresh herbs and 20 ounces of pure water. Let sit overnight and repeat whole process again. Keep adding new herbs to old ones for 3 days, then discard all herbs and start over.

Therapeutic Action: This tea has numerous health benefits. First it is based on an ancient East Indian Digestive Tea formula. Over the years in my clinic I have seen my patients eat almost anything, and survive, if they drank a cup of this tea before or during and after the meal. It is a stimulant to the entire digestive process especially the stomach and first stages of digestion.

This tea also mildly cleanses the blood, skin, liver and gall bladder and is the perfect tea to use after the liver flush. It flushes out the bile and fats that the liver flush purged out of your liver and gall bladder. It is also a mild diuretic and disinfectant to the kidneys and bladder and will cause you to urinate a little 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 final brew. It also increases your circulation but has no caffeine. I used it in my clinic successfully for years to help people get off the coffee habit.

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## **Detoxification Tonic Formulae**

Formulae Red Clover blossoms, Mojave Chaparral herb and resin, Oregon Grape root, Burdock root and seed, Yellow Dock root, Goldenseal root, Garlic Juice, Lobelia seeds & Cayenne.

Dosage: 2 dropperfuls (70 drops) 4 to 6 times a day for a week or during the 5 day cleansing program or as described in the new incurables program. Mix with a few ounces of grapejuice to make it go down easier. Drink 64-128 ounces of liquid a day.

Therapeutic Action: This formula is a very powerful blood and lymph cleansing formulae and the one that I used for almost 20 years in my clinic. Every patient I treated and put on my 5 day cleansing and detoxification program consumed 1 bottle of this formulae during the week of this program.

This formula is based on the famous Hoxey Formula, Dr. Christopher's Red Clover Tonic formula and many similar formulae from around the world.

It works best if used along with my 5 day cleansing program on page 23 - 26. If you use it otherwise just make sure to consume a gallon of water, juice and herbal tea each day you use it.

After one of the late Dr. John Christopher's arrests he was instructed to never use the word cancer again. In a private conversation I had with him regarding Red Clover Blossoms he said "I just can't help myself, Red Clover is the antidote for Cancer".

The herbs in this formula are strong in taste, and very effective detoxifiers. Every patient I saw with chronic illness or degeneration used this formula with great success.

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## **The Kidney and Bladder Tonic Formulae**

Formulae Uva Ursi leaves, Juniper berries, Corn silk, Horsetail herb, Pipsissewa leaf, Burdock root and seed and Goldenrod flower tops.

Dosage: 1 to 2 dropperfuls (35 to 70 drops) 3 to 4 times daily. Best results are obtained if used for 3 to 5 days consecutively arid along with the Kidney and Bladder Tea.

Therapeutic Action: This Tonic is both Diuretic (increases the flow of urine) and disinfectant. According to medical reports herbs in this formula destroy the bacteria that causes kidney and bladder infections. More importantly whenever I used this formulae in my clinic, it cured every patient with a urinary tract infection, even after antibiotics had failed and it worked 100% of the time. This tonic formulae works best if used along with the Kidney I Bladder Tea and the Kidney I Bladder Flush as directed in the 5 Day Cleansing and Detoxification Program on page 24 in the back of this booklet.

## **The Kidney and Bladder Tea Formulae**

Formulae Juniper berries, Com silk, Uva Ursi leaves, Parsley root and leaf, Carrot tops, Dandelion leaf, Horsetail herb, Goldenrod flower tops, Hydrangea root, Gravel root and Marshmallow root, Orange peel and Peppermint leaf.

**Dosage: 2 cups 3 times daily**

Therapeutic Action: Same as Kidney and Bladder Tonic Formulae above. This tea is most effective if used along with the tonic as directed in my 5 day cleansing program on page 24. Also dissolves stubborn kidney stones and calculi.

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## **Heart Tonic Formulae**

Formulae Tinctures of fresh Hawthorne berry, leaf and flower, Red Clover Blossoms, Cactus Grandiflorus stem/flower, Motherwort flowers, Garlic bulb, Jamaican Ginger root and Cayenne pepper.

Dosage: 1-2 dropperfuls (35-70 drops) 3-4 times daily.

Therapeutic Action: This formulae is a general heart tonic and circulatory stimulant. It is also effective for cardiac arrhythmia (irregular heartbeat) and congestive heart disease. Hawthorne contains plant chemicals that protect your heart cells. In medical studies it has been established that when hawthorne is present the heart muscle can survive on less blood and oxygen. If a heart attack does occur the heart survives longer. It has also been established that if damage to the heart muscle does occur, it is much less in those who use hawthorne and more severe in those that don't use hawthorne.

This tonic also helps to thin the blood, reduce elevated blood pressure, reduce blood fat, cholesterol and triglyceride levels, and increase overall circulation. It tones the heart muscle, reduces blood fat levels (cholesterol, triglycerides) and increases circulation to the extremities. It is most effective when a vegan food program is followed and 3-6 cloves of raw garlic are eaten daily

This formula It is most effective if used in conjunction with the 5 day cleansing and detoxification program and the liver / gall bladder flush routine (page 23-26).

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## **Brain Tonic Formulae**

Formulae Ginkgo leaf, Rosemary flowers, Kola nut and Cayenne peppers.

Dosage: 1-2 dropperfuls (35-70 drops) 3-4 times daily

Therapeutic Action: Although used for thousands of years, Ginkgo biloba is now famous worldwide for its ability to increase brain circulation and help with the associated

diseases. Ginkgo has been proven effective for depression and other emotional problems. Recent medical discoveries have proven that many mental disorders are rooted in poor brain circulation. The cells of the brain are not nourished and their waste is not being removed, causing congestion, toxemia and poor brain function. Ginkgo has also been found helpful for hearing and eyesight problems.

All the herbs in this formulae promote more blood and oxygen circulation to the brain. This can be effective for anyone who has suffered a stroke or to prevent one in the first place.

## **Female Tonic Formulae**

Formulae Vitex agnus-castus / Chaste Tree berry, Discorea villosa / Wild Yam rhizome, Angelica polymorpha sinensis / Dong Quai root, Damiana leaf, Licorice root and Hops flowers.

Dosage for Menopause 1-2 dropperfuls (35-70 drops) 3-4 times daily. For P.M.S. For a regular 28 day cycle on day 18 (the 18th day after the start of your last period) take 1 dropperful (35 drops). On day 19 take 1 dropperful a.m. and p.m. On day 20 through the start of your period take 1 dropperful 3 times daily. Can be increased to 2 dropperfuls 3 times daily with an occasional dosage of 4 dropperfuls during extreme symptoms. Continued. .

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## **Female Tonic Formulae continued**

Therapeutic Action: Regulation and balancing of the female hormones. Relief from the symptoms of Menopause and P.M.S. such as anxiety, depression, anger, nervousness, water retention / bloating, hot flashes, hair loss and dry vaginal tissue. Regulation and normalization of the menstrual cycle. Increased fertility. Increased sexual desire.

An effective overall female tonic. It provides women with herbal phytochemicals that are needed to create hormones, helps to balance the hormones and calms the nerves.

During the years of running my clinic I saw many women who became incapable of normal functioning, both physically and emotionally, because of Menopause, P.M.S. and hormone imbalance This tonic was a lifesaver to them. Besides the obvious health benefits, many saved their marriages, their families, their careers and their sanity by using this formulae. Over 1 billion women on the planet use one or more of the herbs in this formulae. It gives women that sense of well being and control. It does so by increasing the communication between the endocrine organs in the brain and the ovaries. It allows a woman the ability to age slowly and naturally and make comfortable transitions from puberty through menopause.

Today most estrogen is derived from torturing pregnant horses. Their urine is drained from their bladder via a catheter 24 hours a day. Even the manufacturers of estrogen report in medical journals that post-menopausal women who use estrogen run a 4 to 14

times greater risk of developing uterine and breast cancers, not to mention liver disease and other illnesses.

I have worked with hundreds of women in my clinic over the years to get them off of hormones. They were able to make this transition. This weaning off is best done gradually over a period of 30 to 60 days.

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## **Male Tonic Formulae**

Formulae: Saw Palmetto berry, Wild American "Blue Ridge" Ginseng root (*Panax quinquefolium*), Chinese and Korean Ginseng roots (*Panax ginseng*), Siberian Ginseng root (*Eleutherococcus senticosus*) Sarsaparilla root, Yohimbe bark, Oat seed, Kola nut and Ginger rhizome.

**Dosage: 1-2 dropperfuls (35-70 drops) 3 times daily**

Therapeutic Action: This is male high octane superfuel. It can be used by all men who feel a need for a lift. It provides men with herbal phytochemicals that are needed to create hormones.

This formula is for men who feel they have lost their edge and their male drive. It stimulates male energy, sexual desire, will promote more frequent, harder erections and for longer durations. It will also increase sperm production.

THE PROSTATE The herbs in this formulae are acclaimed for their ability to reduce swelling and inflammation in the prostate and to promote the flow of urine. Over the years I have had many men in my clinic who were scheduled for prostate surgery and were thrilled when they could call their doctor and tell them to shove the drill up another person's penis. This formulae has even helped when the prostate biopsy said degeneration is present.

A word about Ginseng. Ginseng is one of the most praised and revered herbs on the planet. People have been killed and wars fought for it. Collecting Ginseng for a blend like this is an art, and very difficult. I spent years learning how to choose good roots. It contains rare essential trace elements and is a powerful tonic to increase energy, vitality and stimulate sexuality. It is famous for giving strength to the weak.

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## **Nerve Tonic Formulae**

Formulae Valerian root, Lobelia seed pods, Passionflower herb, Hops flowers, Black Cohosh root, Blue Cohosh root, Skullcap herb and Wild Yam rhizome.

Dosage: 1-2 dropperfuls (35-70 drops) 3-4 times daily or up to 4 dropperfuls as needed.

Therapeutic Action: This formulae is a powerful sedative and antispasmodic. It will relax, sedate and relieve nervous tension and muscle spasms. It is also very effective for insomnia and a wonderful sleep aid. Although it has no narcotic ingredients, these herbs have become famous for their ability to relax and induce rest and sleep. It is useful for all types of muscle and nervous system spasms and cramps including nervous trembling disorders, seizures and fits. I used it in my clinic for those wanting to stop using anti seizure medications regardless of whether the cause was a brain tumor or a nervous system abnormality.

## **Cayenne Tincture**

Formulae FRESH JUICE of Organic Habanero peppers,

California Jalapeno, African Bird Peppers, Chinese, Korean, Thai and Japanese peppers.

Dosage: 5 to 30 drops 3 times daily, CAUTION / HOT Therapeutic Action: Cayenne is the greatest herbal aid to circulation and can be used on a regular basis. The extract is VERY concentrated and gets in the bloodstream fast so it is a perfect 1 st aid remedy, For heart attacks, stroke, fainting, shock, dizziness, internal or external bleeding. Use a few drops to 10 dropperfuls. It has saved many lives.

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## **Lobelia seed pod Tincture**

Formulae Lobelia seeds in organic raw apple cider vinegar  
and pure grain alcohol

Dosage: 5 to 60 drops 3 to 4 times daily. In an emergency use 2 to 5 dropperfuls or more. An overdose is not dangerous, but causes slight sweating and nausea.

Therapeutic Action: Lobelia is one of the most powerful and versatile herbs I know. In my clinic I learned to rely on this herb more than any other. I learned in the first few years of my practice "When in doubt, try Lobelia"

In American herbal history, from Samuel Thompson—one of the great 18th century herbalists—to Dr. John Christopher, Lobelia was an important curing plant. This is the only herb that Dr. Christopher devoted an entire chapter to in his herbal book. Although currently in America the F.D.A. has cautioned us on using this plant, in Europe it is an important over the counter drug sold in many modern drug stores. To begin with alkaloids are one of the most powerful of all plant chemicals. Not all plants have them. Some have a few, but Lobelia ranks high, 14 different alkaloids. I am explaining this so you will understand that we know very little about this plant except that it is a powerful healer.

It has two main uses, first as an antispasmodic and second as a bronchial dilator and expectorant. As an antispasmodic it is second to none and will relax the entire body and organs. This is why it is the main ingredient in the Nervine Antispasmodic and also in the Nervine Sedative. It is the greatest herb for problems with the lungs. See the Lung

Tonic Formulae page 16, for a description of its power. I have seen it work with a hundred different disorders, When in doubt, try it !

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## **Deep Tissue Repair Oil Concentrate**

Formulae Wintergreen oil, Peppermint oil concentrate, Cayenne peppers, Ginger root, Arnica flowers, Saint Johnswort flowers, Marigold (Calendula) flowers, and Organic Virgin Olive oil.

Dosage: Use 1 or more dropperfuls on the body and rub in well.

Therapeutic Action: A POWERFUL deep penetrating heating oil that relieves the pain, inflammation and stiffness in joints, tendons, ligaments and muscles. For arthritis, bursitis, lumbago, or any muscle or bone pain.

I have 3 Black Belts in different Martial Arts and spent over 20 years working out. I have ripped almost every muscle in my body at one time or another and fractured and broken many bones. I know what injury and pain is. I used every commercial preparation and would always sit there after applying them thinking, is this it ? I decided to create my own and pull out all the stops and not wimp out when it came to adding enough ingredients. I guarantee you that you will be amazed at the results. My experience, and that of my patients, is that you rub in the oil, and in a day or two your problem is gone. A very powerful oil.

To intensify the treatment take a hot bath or shower before application and then rub the oil in for 15 minutes.

Also don't forget your hot and cold hydrotherapy. Everyday until you are well, alternate very hot water over the injury for 1 minute and then ice cold over the injury for 1 minute. Alternate this hot and cold 7 to 10 times. This alone will heal you, but with the Deep Tissue Repair Oil you will have a miracle.

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## **Anti - Infection Tincture Formulae**

Formulae Fresh Garlicjuice, Goldenseal root, Usnea lichen, Myrrh gum, Pine resin, Echinacea root juice, Tea Tree oil, Kelp, Black Walnut inner hulls, Oak galls and Cayenne pepper in 80% grain alcohol.

Dosage: Generally for external use but can be used in the oral cavity. Soak a cotton swab in the tincture and scrub into the infected area, let air dry. It has a burning sensation.

Therapeutic Action: In 20 years of use, I have never seen any infection occur when using this formulae. It's excellent for treating any cut or wound and is antibacterial, antiviral and antifungal. The tree resins in the formulae leave an invisible, protective, antibacterial

coating over the wound. Last year in England I used this formulae on a man who had the top of his knee torn off in an auto accident. In 24 hours it literally glued his knee back together. A nurse from Ireland on the scene said in all of her years in the hospital, she had never seen such a severe wound close right up and heal, and with no infection.!

## Organic Jojoba oil & 9% Tea Tree oil

### Formulae Organic Jojoba oil and 9% Tea Tree oil

Dosage: Apply 1 or more dropperfuls to the skin and rub in.

Therapeutic Action: This formula is soothing and emollient to the skin and kills bacteria and fungus on contact. Use this formulae when the anti-infection tincture would be too strong or intense. Especially on sensitive areas. This is the perfect solution for babies diaper rash, minor childrens cuts, or for dermatitis, exema, psoriasis or any general skin irritation

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## How to Calculate Children and Animal Dosages

Children vary dramatically in size and shape. One 5 year old can be very different from another. In my clinic, I found the most effective and safest way to dose children was by weight. After all we want to adjust their dosage by how much their metabolism can handle. The surest way to do so is by weight. Simply make a fraction and put the child's weight over 150 pounds. Look at the following examples and I am sure they will clarify what I am saying.

Child's weight 30 pounds	1	one fifth
_____	_____	of the
150 pounds	5	adult
		dose

If a child's weight was 50 pounds they would take 1/3 of the adult dosage. You can use this same formula to dose animals. A small dog or cat of 10 pounds would be 1/15 the adult dose and a horse of 1500 pounds would be 10 times the adult dose. Additional notes for Children I have seen thousands of kids over the years in my clinic. I have bruises on my shins from being kicked by some of the more stubborn ones. I am also a dad myself I have found that by mixing most herbal tonics 1/2 and 1/2 with pure maple syrup, you can get it down any kid. Call it candy if you need too. By diluting it 50% just take this into consideration and give the child twice as much of the childrens dosage you already figured out. I have also noticed how smart children are. You must convince the child that the herbal tonic taste good and if you have a scary look on your face they will know you are lying. Making herbal policies or having a tea party is far better than strapping them down with a funnel. Love, hugs and kisses can go a long way too.

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## **Mixing the different Herbal Formulae**

Many people are over-concerned about mixing the different herbal formulae. This is not necessary. Although you can hinder the effectiveness of the herbs, like using the Nervine Sedative and the Nervine Alive in the same mouthful, you can't hurt yourself. No explosions will occur.

I tried to get all of my patients to look at herbal formulae in the same way they look at food. You never worry about eating a squash with a carrot thinking it might kill you.

Herbs ARE foods and foods are herbs. It is true that herbs tend to have more concentrated amounts of plant chemicals in them, but they are still very safe to mix. Even industrial strength herbal formulae will tell you by their taste how much is enough. If you do overdose or mix badly the worst outcome is usually nausea.

If you are taking numerous different herbal formulae such as in the incurables routine, just try to space them out as far as possible, (1/2 hour is O.K.) and do not take too many in the same mouthful.

## ***Are there any problems consuming the alcohol in Tinctures***

Occasionally a few people have an emotional or spiritual aversion to consuming alcohol. On this I will make the following statements. The base of the majority of my tonics is mostly distilled water but it does have a pure grain alcohol content. Grain alcohol dissolves and extracts certain important phytochemicals, plant chemicals that are necessary for the different formulae to be effective. Therefore it is better than just water alone. For example, the diosgenin in *Dioscorea villosa* (Wild Yam) is only soluble in alcohol and not in water. The alcohol also helps the herbs assimilate quickly into your body and preserves the formula, which gives it an almost indefinite shelf life, (over 5 years).

The actual amount of alcohol per dosage is so small that there is more in some mouthwashes. This dosage has been tested on people who are alcohol sensitive with no adverse reactions. It is also a safe amount for anyone in a 12 step program or alcoholics anonymous.

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Dr. Richard Schulze's

## **Five Day Cleansing and Detoxification Program**

2 Days of a Purifying Raw Food Program and a 3 Day Juice Fast

**IMPORTANT NOTICE** You must complete the 2 week bowel detoxification and rebuilding program using Intestinal Corrective Formulae # 1 and #2 before you begin this program.



## **Day 1 Upon arising drink 8 ounces of distilled water**

Breakfast: This is a great way to start your day. The water rinses and flushes your digestive tract of any leftover food and digestive juices.

Within 1 hour prepare one of the following Morning Drinks:

Morning drink#1 (Liver & Gall Bladder Flush)

(Mix in a Blender)

(in Spring and Summer ) 8 ounces of fresh orange juice or a citrus juice

combination ( 1 lemon or 1 lime and enough orange, grapefruit or tangerine to make 8 ounces)

or

(in Fall and Winter ) 8 ounces of fresh apple and / or grape juice.

- 8 ounces of Distilled Water
- 1-5 clove(s) of garlic (start with one and increase daily)
- 1-5 tablespoon(s) of organic virgin cold-pressed olive oil (start with one and increase daily )
- 1 small piece of fresh Ginger Root ( about 1 inch long )

15 minutes after this drink consume 2 cups of Detoxification Tea

Consume 2 dropperfuls of Liver / Gall Bladder - Anti-Parasite tonic 4

times daily during this cleanse. Take in a few ounces of water. It should be quite bitter.

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Dr. Richard Schulze's Five Day Cleansing and  
Detoxification Program continued

(or)

Morning Drink #2 ( Kidney & Bladder Flush ))

- Juice of one Lemon and one Lime
- 16 to 32 ounces of Distilled Water
- A pinch of Cayenne Pepper
- Optional - Maple Syrup (a little) to Taste

15 minutes after this drink consume 2 cups of Kidney / Bladder-

Dissolve Tea with 2 dropperfuls of Kidney / Bladder Tonic added per

cup. Drink 2 more cups of this tea with the tonic 2 more times each day.

## **Day #1 Breakfast**

Live, 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. If you are hungry before lunch time you may have fruit, diluted fruit juices, and fruit smoothies.

Stop all fruit or fruit juices at least 1 hour before lunch. It is best while on this program not to mix fruit and vegetables together.

## **Day #1 Lunch**

For lunch you can have diluted fresh raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, and herb teas. You may make dressings for the salad 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 food must be stopped by 6 p.m.

## **Day #1 Dinner**

Diluted fruitjuices, fruits, fruit smoothies, fruit salads and herb teas.

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# **Dr. Richard Schulze's Five Day Cleansing and Detoxification Program continued**

## **Day #2, #3 and #\_4**

Now we begin the 3 day fast. Start with your water, morning flush drink and herbal tea. Diluted fruitjuices and herb tea until noon, diluted vegetable juices, Potassium Broth and herb tea mid-day and afternoon and diluted fruit juices and herb tea again in the evening. Consume at least 1 gallon (128 ounces) of liquid. That is 8 ounces every hour ! If you get hungry, DRINK MORE !!!

## **Potassium Broth Recipe**

This is a great tasting addition to your cleansing program. It will flush your system of toxins, poisons and unwanted salts and acids while giving you a concentrated amount of vitamins and minerals.

Fill1 a large pot with 25% potato peelings, 25% carrot peelings and whole chopped beets, 25% chopped onions including 50 cloves of garlic, 25% celery and dark greens. Add hot peppers to taste. Add enough distilled water to cover vegetables and simmer on very low temperature for 1-2 hours. Strain, or just dip your mug in, and drink

only the broth. Put the vegetables in your compost. Make enough for two days, refrigerating the leftover broth. It is important to use Organic vegetables. We do not want to consume any toxic insecticides, pesticides or inorganic chemical fertilizers while we are on a cleansing and detoxification program.

Day #5 Today is the day to break your fast. Make this day the same as day #1. Continuation of the fast with your morning drink and then you can have some fresh fruit. Chew it very slowly and mix each mouthful with plenty of saliva. Remember, breaking your fast is a very important part of this program. Chew your food well and eat until satisfied, not full. You can always eat more later if you are still hungry. After 1:00 pm you may have a small vegetable salad, and fruit again in the evening, chewing everything to a liquid pulp.

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## **Dr. Richard Schulze's Five Day Cleansing and Detoxification Program continued**

Remember, this program restricts the types of food you will be eating, not the amount. If you are hungry at any point during this detoxification program, drink and / or eat more. The more you eat and drink, the more you will flush the toxins out of your body. Also remember to have a fun time. Your positive, healing attitude is most important to achieve maximum benefits out of this program; be loving to yourself. Take it easy when returning to a new healthy food program. Choose lighter foods for a few days and be careful not to overeat. Chew your food well. Eating smaller meals more often is better than one or two large meals. Enjoy your new set of values on food choices and amounts. For the best health, become a vegetarian. Repeat this program until you are well but do it at least once every 3 months.

## **THE NEW INCURABLES PROGRAM**

( The First 30 Days by Dr. Richard Schulze )

### ***The Food Program***

All food consumed must be 100% total (Vegan) Vegetarian Raw Food. This includes all Vegetables, Fruits, Raw Nuts and Seeds, and soaked and sprouted Beans and Grains. Try to eat fresh organic produce that is grown locally and in season.

Liquids, only Distilled Water, Herbal Teas ( non-caffeine )

and Fruit and Vegetable juices

No Animal Flesh, Eggs, Milk or Milk Products ( cheese, yogurt, butter ) can be consumed. No Cooked Foods ( Bread, Baked Potatoes, Tofu, etc. ) No alcohol, Coffee, Black Tea or Sugar. If you are seriously ill, do a water and fresh juice fast for the entire first 30 days, drinking at least 1 gallon daily, and then use raw foods. In any case fast at least one day every week. Also drink at least 8 if not 16 ounces of fresh carrot, apple and parsley juice daily. If you don't have a juicer, buy one, it will save your life !

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## **The New Incurables Program continued**

### ***The Herbal Nutritional Program***

4 tablespoons per day, 2 tablespoons a.m. and 2 tablespoons p.m. ( a double dose ) of Dr. Schulze's SuperFood is suggested every day. Make the following Nutritional Drink ( mix in a blender ) 8 ounces of fresh squeezed fruit juice, 8 ounces of distilled or pure water, ½ to 1 cup of fresh seasonal fruit and 2 tablespoons of Dr. Schulze's SuperFood.

### ***The Cleansing Morning Drinks and Teas***

Every morning must begin with Morning Drink # 1 or #2 and the teas from the 5 day cleansing and detoxification program. You can alternate these flushes weekly, see page 38 - 39.

### ***Herbal Detoxification Programs***

Dr. Schulze's Intestinal Corrective Formula #1 (Cathartic formula) You must use a herbal formula every day to keep your bowels very active. Start with 1 capsule just after dinner and increase by one capsule daily until desired effect is reached. Dr. Schulze's Intestinal Corrective Formula #2 (Drawing and Detoxifying formula) You must use a bowel drawing and detoxification tonic every day (once you have your bowel working with formula # 1 ) to keep your bowel clean.

### ***The Bloodstream and the Immune System***

Alternate these formula weekly starting with the DeTOX Formula Tonic and the Echinacea Plus Tonic during week two. Dr. Schulze's DeTOX Formula Tonic (Blood and Lymphatic Cleanser) Use 2 dropperfuls ( 70 drops ) 4 times daily.

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## **The New Incurables Program continued**

Dr. Schulze's Echinacea Plus ((Immune System Stimulant)

Use 2 dropperfuls ( 70 drops ) 4 times daily.

Consume at least 3 cloves of FRESH RAW Garlic everyday.

If you do only one program or use only one herb, it should be Garlic. In the many years at the clinic I have seen it heal many, hurt no one, and create miracles.

Garlic is one of the most potent and reliable herbal healers known. It is a powerful broad spectrum antibiotic. It is also anti-viral, anti-fungal, anti-parasitical and has proven itself to rid the body internally and externally of any antigen or pathogen.

Garlic has been proven in hospitals and laboratories worldwide to destroy cancer and break up tumors, thin the blood and normalize blood pressure and cholesterol levels.

Hundreds of my female patients used vaginal garlic implants to do everything from heal infections to eliminate cancer.

Garlic externally is a herbal surgeon. Its 75 various sulphur compounds will destroy infection and if used full strength will burn off anything in its way.

Garlic nutritionally is a great strength builder and has been revered throughout history in numerous cultures as a food to increase health and energy.

It can be eaten raw, swallowed whole, chopped up and mixed with food and put through your juicer. Just get it in.

The best Garlic is the hottest, and of course Organic. If none is available, which is rare, use your hottest onions, which is Garlics next of kin.

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## ***The New Incurables Program continued***

### **Hydrotherapy Program**

High Enemas You must use a high enema 7 times a week with an implant afterwards. Use only distilled water for the high enema. The implant can be;

8 ounces of Aloe vera gel and 8 ounces of distilled water ( Soothing ) or 2 ounces wheatgrass juice with 16 ounces of water ( Detoxifying ) or 1- 2 cloves of garlic blended into 8 ounces of raw apple cider vinegar and 8 ounces of distilled water ( Antibacterial, Antiviral and Antifungal ).

Hot and Cold Showers ( the most effective way to move the blood and create circulation ) Once daily you must do a complete hot and cold shower. You will start with hot water for 1 minute, then cold for 1 minute. Repeat this 7 times so the shower should last about 15 minutes. Another time daily you can do a complete hot and cold shower routine again or a partial one just applying the water directly to the affected area. Make sure while you are doing both hot and cold showers that you pay special attention to the affected area and massage it vigorously. If the shower is impossible then use Hot packs and Ice packs.

Hot Castor Oil Packs ( breaks up congestion )

Use hot Castor Oil packs in the evening, over the affected area and leave on all night long. They can be kept warm with a hot water bottle.

## **The Cold Sheet Treatment**

Do the new Cold Sheet treatment once weekly.

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## **The New Incurables Program continued**

### ***Massage / Bodywork***

Massage the entire body every day with special emphasis on deep foot reflexology and all around the problem areas. Don't be afraid to touch your sore or sick parts. Put some life back there. Alternate castor bean oil and olive oil for your massage oils. SKIN BRUSH with a natural bristle skin brush and SCRUB yourself thoroughly every day.

### ***Exercise***

You must exercise everyday. Do whatever you can but push yourself. Increase the amount everyday. You should breathe hard and work up a sweat. 1 hour each day is to be your eventual goal. If you rest, YOU RUST !

### ***Attitude***

I highly suggest for anyone one who has been diagnosed as incurable or hopeless to throw out that diagnosis and start on a healing program IMMEDIATELY. The incurables program has no power unless you put all your time and energy you have into it. You must give 110%.

Attitude continued: Love, giving it and receiving it, is the most powerful cleansing and healing tool. Be responsible for yourself. You created this problem and you can get rid of it. No one ever got better by feeling sorry for themselves. The doctors were wrong; you can get well. Forgive everyone in your past, including all the doctors. The main function of your body is to repair and heal, so let's get started. There are NO incurable diseases. Get positive, right now, Believe, START NOW !

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## **The New Incurables Program continued**

### **Additional Routines**

Everyday strip naked and take a sun and air bath for 10 to 15 minutes. Every day take a walk outside in your bare feet and shuffle them in the grass or dirt, even lie down on the earth. Do deep breathing while you are outside, fresh air will help you heal faster. Use only natural soaps, shampoos and toothpastes. Never use any deodorants, perfumes, colognes, etc. You may use pure herbal essential oils if you smell. Wear only natural fiber clothing, cotton, wool and silk. No polyester, nylon or even blends. Drink as much of the Potassium Broth as you can stand, the recipe is in the 5 day cleanse and detox program. This is a great tasting addition to your cleansing program. It will flush your system of unwanted salts and acids while giving you a concentrated amount of vitamins and minerals.

### ***Final Thoughts, a Natural Death***

We all eventually experience a physical death. For all of us this beautiful time will come. By using Natural Healing, Herbs and my programs we are not trying to cheat death, we are increasing the quality and prolonging a quantity of life.

Medical Universities tell us the human body should last 125 years. We are lucky today if we make it to half that. There have been many people who have lived to 150 and even a few over 200. Looking at this miraculous being that we have been blessed with, I know that the ages in the Old Testament of the Bible are correct. I know that we should live 300, 400, 500 years, maybe more. I don't think that you or I will achieve this in our lifetime but what about in 20 or 30 generations of better living?

When we finally die after living a healthy natural lifestyle, what I have seen is we go with no pain, a big smile on our face and in a room with our loved ones. Considering the screaming hospital death drama, my patients preferred the natural death.

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## **Index of Ailments**

After each ailment listed is the page number where the remedy can be found. Some pages have two formula listed. Therefore, if a number has an (a) or a (b) after it that denotes if it is the first or second formula listed on that page.

All remedies are listed in Dr. Schulze's order of priority so start with the first formula listed. You may use all of the formula listed at once also. If you start with just one and after a reasonable period of time you do not get the desired results, try the second and third formula recommendations. Continue to use the first formula when adding the second and third formula suggestions.

Please note, I have much hesitation and resistance to writing an index of this type. My fear is that you will take it out of context and try to cure diseases with herbal remedies. Herbal Doctoring rarely works, and even when it does it is only a temporary fix. True healing comes from creating a lifestyle that is healthy. Stopping the things you did that made you sick and beginning new programs of health and wellness.

My 5 Day Cleansing and Detoxification Program should be done as a foundation to almost every formulae, and then repeated every three months for prevention purposes.

Don't ever forget the foundational programs.

SuperFood, Intestinal Formula #1 & #2, Echinacea Plus

SuperFood adds power to all of these herbal remedies

and makes them more effective. Cleansing the bowel allows the body to rid itself of toxins and poison. Stimulating the Immune system helps your body heal itself. And always do my 5 Day Cleansing and Detoxification Program once every season.

Using these foundational programs along with your specific treatment will give you the healing you desire.

Thank you.

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## **Dr. Richard Schulze Biography**

Dr. Richard Schulze is one of the foremost authorities on natural healing and herbal medicines in the world. He operated a nature cure clinic first in New York and later in Southern California for almost 20 years up until 1994. He still teaches throughout the United States, Canada, Europe and Asia and has for the past 17 years. He has designed natural therapy programs which

have assisted tens of thousands of people worldwide to create miracles and regain their health.

When he was 11, his dad died in his arms from a major heart attack, at 14 his mom died of a heart attack, they were both only 55 years old. At 16 years of age he was diagnosed with a genetic incurable heart deformity: After curing himself of this so-called incurable disease through changes in his lifestyle, and NO surgery, he set out on a mission to help others. He continues this healing mission today through his daily work to get the truth known and to reveal the unlimited healing power of our being. He is continues to teach on the use of herbs and the fundamentals of natural healing to help people to help themselves. He is also a leader in exposing fraud in medical, pharmaceutical and even herbal industries.

He is considered an innovator, a purist, even an extremist by many of his colleagues but to his patients he is considered “ The man who has the guts to say and do what the others were afraid to “. In the field of natural healing he 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 formulae and incurable program are used at clinics worldwide to help people heal themselves from degenerative diseases such as Heart Disease, Cancer, Arthritis and A.I.D.S. The positive results have caused reverberations in both the Natural and Medical communities.

He assisted and taught for Dr. John Christopher, and after his death continued to teach at his school for over 12 years. He has been 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 France.

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## **Dr. Richard Schulze Biography continued**

Dr Schulze's is the founder of his School of Natural Healing and 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 on numerous radio and television shows in the United States and Europe. As a teacher he is loved for his intensity, passion, dedication to students, sense of humor, creativity, and his exciting, enthusiastic and evangelistic teaching style. He is most recognized for his unequalled understanding of Natural Healing.

He is the creator of Professor Cayenne's Herbal Products and The American Botanical Pharmacies line of industrial strength pharmaceutical botanical extracts. He has manufactured these herbal products in the United States and Europe for over 15 years and also designs herbal formulae for natural clinics and natural product companies worldwide. His herbal formulas are famous for their strength and efficacy.

He served an internship with the famous natural healer Dr. Bernard Jensen and apprenticed with the late Dr. John Christopher graduating to teach side by side with him for many years. Besides having a Doctorate in Herbology from The School of Natural Healing and a Doctorate in Natural Medicine he also holds a degree in Herbal Pharmacy and three degrees in Iridology. He is certified in eight different styles of Bodytherapy and holds three Black Belts in the Martial Arts. He has written many clinical research papers on the topics of Botanical Pharmacognosy, Pharmacology and the making of Herbal Preparations. He has written for Sam Biser's famous newsletter, has done many video and audio tapes and has co-authored books in Europe.

For more for information on Dr. Schulze, natural healing and his herbal courses contact:

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Dr. Schulze's 16 Steps to a healthier life !

I used the following list of ideas, to change my health and save my life, and then save the lives of my patients. They are just useless ideas unless put into practice and made a part of your daily life. Those who did not get well always thought I was kidding and didn't pay attention to this list, they didn't make the changes and THEY DID NOT GET WELL ! It will make all the herbal formulae work more effectively.

START with colon cleansing., using the Intestinal Formula #1 and #2.

STOP eating all animals and their by-products. Eat nothing that had a face or came from something with a face.

Buy a JUICER and use it daily.

Have your SUPERFOOD every day.

Once a season, 4. times a year, do my 5 Day Cleansing an

Detoxification Program. Periodic cleansing is the key to a long, healthy life.

MOVE everyday for one hour, SWEAT

STOP watching television, especially the news.

WEAR cotton and other natural fibers.

Eat more RAW FRESH FOODS and cook only in stainless steel or glass.

DRINK only distilled, filtered or reverse osmosis water.

WALK barefoot and BREATHE DEEPLY

BEGIN and end each day by saying "It's great to be alive and I love myself and I love my life".

HELP someone everyday.

THROW OUT and give away 1/3 of everything you own, Bury your possessions before they bury you.

PRAY and MEDITATE

Learn 1,000 jokes and LAUGH

LOVE, LOVE, and LOVE more