

**Dr. Schulze's**  
ORIGINAL CLINICAL FORMULAE  
Since 1979

# WHY SEX CREATES POWERFUL HEALTH



JULY 2015  
SPECIAL REPORT

# The 10 Awesome Health Benefits of Sex

Powerful health gives you a thundering sex drive. And, a great sex drive helps to keep you powerfully healthy.

Sex should be an essential part of your health regimen. Studies show sex can lower your stress level and your blood pressure. Sex just once or twice a week can boost your immunity. Oxytocin released during orgasms promotes sleep. And of course, sex burns calories. Sex is GOOD for you, and it helps you in a number of ways...

## 1. Sex Relieves Stress

Sex has been shown to help lower your overall stress level. Studies have shown that those who have intercourse had healthier responses to stress than those who did not.

## 2. Sex Lowers Blood Pressure

In a recently published study, researchers found that frequent intercourse was associated with lower diastolic blood pressure (the lower number in a blood pressure reading).

## 3. Sex Burns Calories

During 30 minutes of sex your body burns an average of 85 calories. This might not seem like a lot, but it adds up

quickly. In fact, the number of calories burned during sex is the same as walking two miles per hour!

## 4. Sex Improves Cardiovascular Health

In a 20 year long study that was published recently, researchers found that having sex twice or more per week reduced the risk of a fatal heart attack for men by 50%!

## 5. Sex Boosts Self-Esteem

Studies show that one of the reasons people have sex is to “feel good about themselves”. In this way, sex improves emotional health and boosts self-esteem.



# The 10 Awesome Health Benefits of Sex (continued)

## 6. Sex Boosts Immunity

Having regular sex can cause your body to produce higher levels of Immunoglobulin, a powerful immune system antibody that protects you from getting colds, flu and other infections.

## 7. Sex Reduces Pain

The Oxytocin released during orgasm not only promotes intimacy and sleep, but can also cause a decline in pain. The rush of endorphins causes headaches, arthritis, and even the symptoms of PMS to be greatly reduced after sex!

## 8. Sex Reduces Prostate Cancer Risk

For MEN, one study found that frequent ejaculations (21+ per month) were linked to a lower prostate cancer risk in men over 50, compared with those having less frequent ejaculations (less than 7 per month).

## 9. Sex Strengthens Pelvic Floor Muscles

For WOMEN, the pelvic floor muscles can become weaker as a result of childbearing, being overweight and aging. The good news is that sex can help them stay strong! Using your pelvic floor muscles (Kegel exercises) during sex helps you enjoy more pleasure, and also minimizes the risk of incontinence later in life.

## 10. Sex Helps You Sleep Better

Post-sex, the body releases the hormone Oxytocin, which promotes restful sleep. Getting enough sleep helps you maintain a healthy weight, as well as helping to reduce your blood pressure and overall stress level.

## What's the Bottom Line?

Sex is GREAT—it's healthy, it's natural and it feels good! And, the benefits of sex have been shown to extend far beyond the bedroom. So come on, it's summer... GO HAVE MORE SEX!

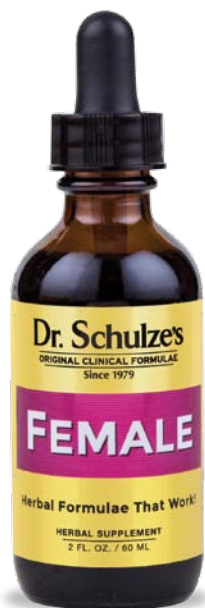


“When you’re healthy, you feel sexy and you want to have more sex. And for a **woman**, your health starts with eating right, detoxification and **balancing** your hormones naturally.”

– Dr. Schulze



# Unleash your libido



## BOTANICAL INGREDIENTS:

Dong Quai Root  
Chaste Tree Berry  
Wild Yam Root  
Damiana Leaf  
Licorice Root  
Hops Flower

## Female Formula

Because our level of health in America has degenerated to such a low level, the change of life that happens for every woman has turned into a curse, instead of being a natural, wholesome event. In the clinic, the first thing I reached for was my Female Formula.

Throughout history, the herbs in this formula have been used to treat biochemical imbalances in the body, and just about every other female health problem known.

Dong Quai, Chaste Tree Berry and Wild Yam Root are the three most popular herbs for female complaints in traditional Chinese, European and American herbal medicine, respectively. More than one billion women worldwide have used Dong Quai, and praise this plant as a lifesaver for biochemical imbalances.

All of the chemicals in these three powerful herbs are thought to positively affect and support the functioning of the healthy pituitary and hypothalamus in the brain, which both control the manufacture and release of hormones from the ovaries through the release of metabolic chemicals.

### Promotes normal and healthy monthly cycles!

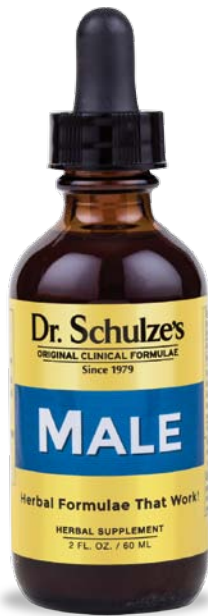
- Regulates and balances a woman's body chemistry during her monthly cycle
- Feel physically and emotionally balanced!
- Helps reduce the stress of the changing female body chemistry later in life





**“The #1 comment from  
our male customers:  
‘I feel like I’m in my  
20s again!’”**

**– Dr. Schulze**



For more  
explosive sexual  
performance

#### BOTANICAL INGREDIENTS:

Wild American Blue Ridge  
Ginseng Root  
Korean Red Ginseng Root  
Mongolian Panax Ginseng Root  
Chinese Ginseng Root  
Siberian Eleuthero Root  
Saw Palmetto Berry  
Yohimbe Bark  
Sarsaparilla Root  
Oat Seed  
Kola Nut  
Hawaiian Yellow Ginger Root

## Male Formula

Forget the American Dream, it is more like day-to-day survival. Stress, pressure, long work hours, the collapsing economy, all while trying to support a family...everyone is just plain exhausted! Most men use everything up just trying to survive and have little or nothing left for the bedroom.

Male Formula is high-octane male super-fuel and much more! It can be used by men of any age—from those who want more sexual satisfaction, all the way to men who have lost their sexual drive. It provides herbal phytochemicals documented to stimulate male energy, sexual desire and sexual energy, promote more frequent, harder erections for longer durations, and increase sperm production and quality in healthy men.

Wild American “Blue Ridge” Ginseng Root, Chinese and Korean Ginseng Roots and Siberian Ginseng Root are famous all over the world, and have been for thousands of years. Medical texts report that Ginseng strengthens the body and increases its resistance to fatigue, and also increases your capacity for work and concentration. Regardless, these herbs have been prized the world over. In fact, wars have been fought over them, because men have seen the way that Ginseng affects their sexual desire and function.

#### Boost sexual performance naturally!

- Stimulates sexual energy, desire and performance
- Have more frequent and harder erections
- Increases sperm production



#### Super Ginseng

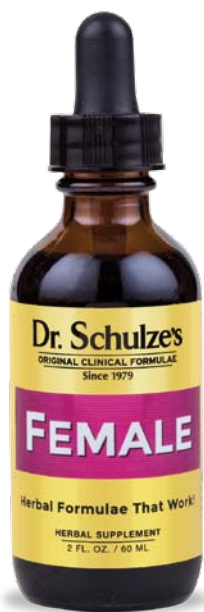
As a natural aphrodisiac, Super Ginseng stimulates sexual energy, strength and endurance



#### Male “SHOT”

Reclaim your power and discover what you've been missing with Dr. Schulze's Male “SHOT”





# Balances hormones solving **MENOPAUSE** and other female complaints

“Menopause is the time to contemplate love, the meaning of life, spirituality and to help educate and influence others with your wisdom and experience. This can be the best part of life, not the worst. The best is saved for last.”

– Dr. Schulze

## Female Formula

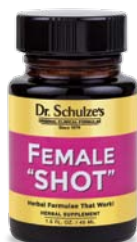
Menopause is a beautiful, natural change of life.

Unfortunately, every woman will experience menopause, along with hot flashes, anxiety, sleeplessness, and the feeling of losing your mind that comes with it.

Dr. Schulze's Female Formula will help you stop the unbearable suffering of menopause. Almost every woman has experienced problems with menstruation, menopause, fertility or some type of female hormone imbalance. And sometimes, these problems become extreme emergencies.

### Dr. Schulze's 3 Solutions for Menopause:

- **At the onset of symptoms.** If you are a woman who is beginning to experience any of the symptoms of early menopause, start this herbal support program immediately!
- **In the midst of menopause.** If you are experiencing anything from hot flashes, night sweats and nausea to increased anxiety, irritability, frequent urination, skipped periods or heavy bleeding, you don't have to suffer!
- **Peak menopause.** Begin the previous program immediately, along with these three added bonuses... First, anytime you are experiencing extreme menopausal conditions, take a Female “SHOT” immediately, day or night!



### Female “SHOT”

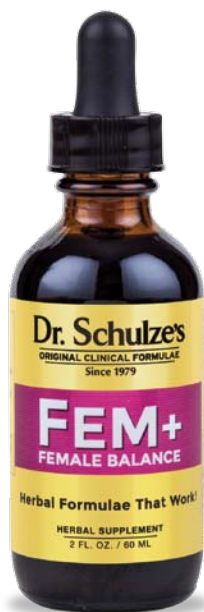
Be prepared for a sudden surge of hormonal symptoms and always keep a Female “SHOT” on-hand, in the car, in your purse and by the bed. So when you experience sudden hot flashes and your hormones are really out of whack, get back in balance fast. This powerful, extra-strength female formula was designed specifically for crisis situations related to PMS, menstruation, menopause and fertility.





**"FEM+ is simply the antidote for PMS. It picks up your crashing hormones and brings you back into balance. It relieves stress, calms nerves and eliminates bloating and water retention. It doesn't just cover up PMS, it eliminates it!"**

**– Dr. Schulze**



## Freedom from **PMS**, bloating & mood swings

### FEM+

In the 1970s, FEM+ was designed right in Dr. Schulze's clinic to fill a desperate cry from my female patients suffering with what is now known as Premenstrual Syndrome or PMS. Unbelievably, even into the 1980s and early 1990s many doctors were still telling patients "it's all in your head."

FEM+ has helped thousands of women balance their hormones, calm their nerves, eliminate bloating and water retention and literally totally eliminate PMS.

The hormone balancing herbs eliminate the crash, and help your body ease into your menstrual transition. FEM+ also contains nervine and sedative herbs to eliminate stress and calm your nerves. Lastly, I added diuretic herbs to relieve the bloating and water retention that also comes with PMS.

What causes discomfort during normal premenstrual cycles is simple to understand; prior to menstruation both of your major hormones, estrogen and progesterone, decline. And the solution is just as simple to understand...

On the 18th day after the start of your last period, take 1 dropperful of FEM+ in the morning and one in the evening. On the 19th day through the start of your next period, take 1 dropperful of FEM+ three times daily. This intake can be increased to 2 to 4 droppersful three times daily during extreme cases. Discontinue the formula once your period begins.

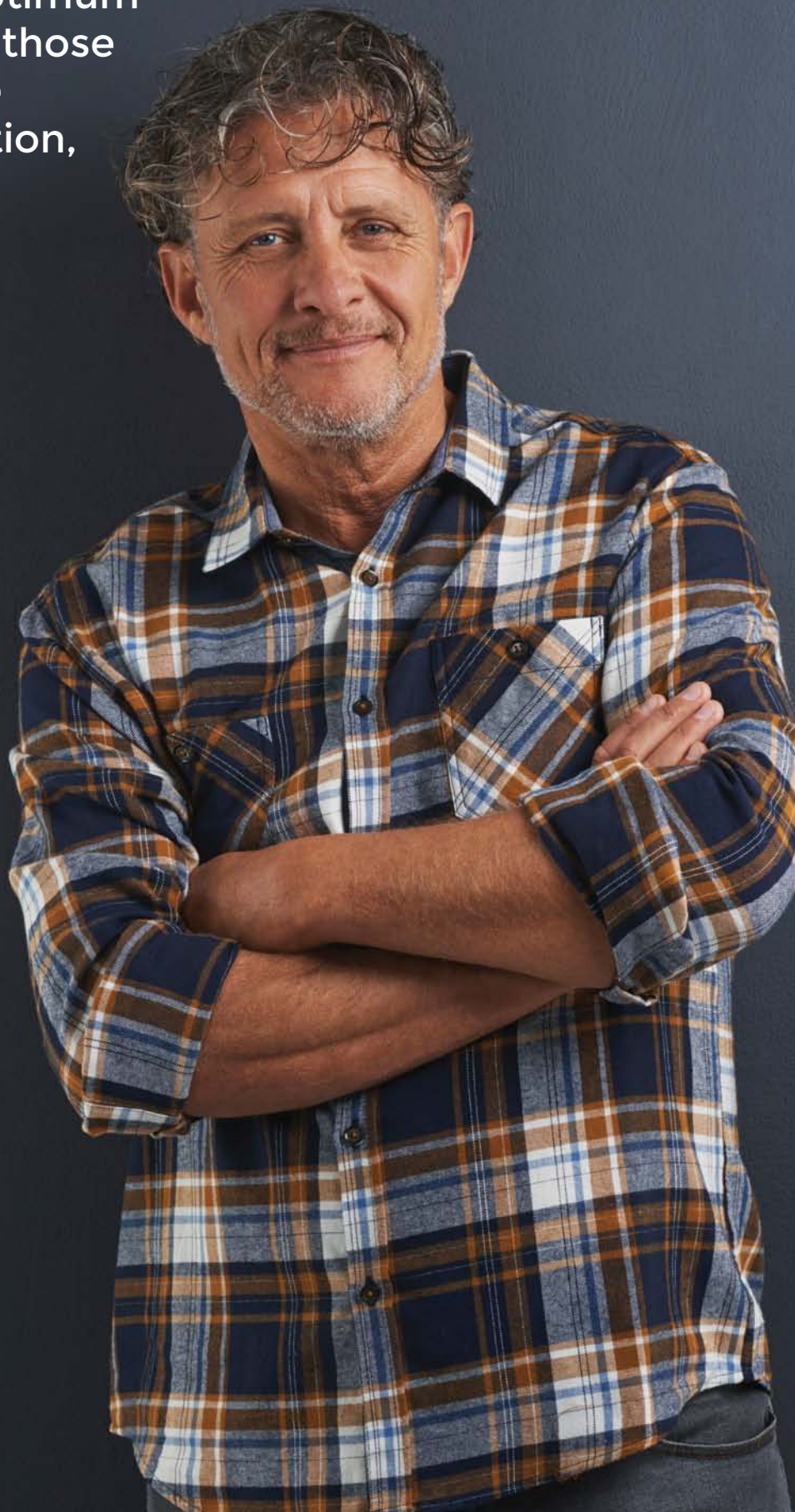
---

#### Promotes normal and healthy monthly cycles!

- Regulates and balances a woman's body chemistry
  - Helps women regain control and stop mood swings and irritability
  - Reduces bloating and maintains normal water retention
-

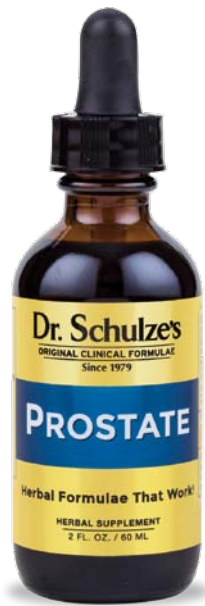
“In my clinic, I had many men who used **Prostate Formula** to achieve optimum prostate health—even those whose prostates were enlarged due to infection, swelling or worse.”

– Dr. Schulze





# Reduce swelling and sleep through the night



## Prostate

### BOTANICAL INGREDIENTS:

Saw Palmetto Berry  
Uva Ursi Leaf  
Juniper Berry  
Pygeum Bark  
Nettle Root  
Corn Silk

The herbs in this formula naturally promote the flow of urine and will also maintain healthy prostate size. When patients used Dr. Schulze's Prostate Formula, along with his Foundational Herbal Formulas and a vegetarian food program, all of them experienced significant improvement in urination as a result of their prostates functioning better.

### Three Basic Treatment Levels:

- To maintain a healthy prostate, take 1 dropperful three times a day until the bottle is gone. Do this at the beginning of the month, for three months, once a year. Make a conscious effort to eat less meat.
- Anyone having weak urine flow or frequent bathroom visits should take 1 to 2 droppersful three times a day continually for three months. Eat vegetarian food for three months.
- For noticeable swelling, take 2 droppersful three times a day, maybe even with an additional 2 or 3 droppersful before bed, every day for three months. Eat vegan for at least the three months, if not for life.

Dr. Schulze strongly recommends men adhere to a vegetarian diet to help treat prostate problems. Why? Farmers are constantly injecting animals with steroids and growth hormones, which stimulate growth of the prostate and are directly linked to causing prostate cancer.

### Promotes prostate health and reduces pressure!

- Relieves unwanted pressure on the urethra and increases the flow of urine
- Reduces the frequency of nighttime urination, which lets you sleep through the night again



## REDUCE MUSCLE PAIN & INFLAMMATION



### Deep Tissue Oil

- **SOOTHE** your muscles with this miraculous, deep-penetrating formula
- **PROMOTES** circulation to sore muscles, tendons, ligaments and bones
- **REDUCES** pain and inflammation



## SEAL & PROTECT CUTS & SCRAPES



### Anti-I Formula

- A **POWERFUL** cleanser that kills harmful micro-organisms on contact
- **COATS** wounds and won't wash off
- **PROMOTES** faster healing



## SOOTHE SUNBURN & DRY SKIN



### Jojoba & Tea Tree Oil

- A great moisturizer that **SOOTHEs** and softens your skin
- **CLEANSES** the skin on contact by eliminating harmful micro-organisms
- **POWERFULLY** effective, yet **SAFE** for sensitive areas



## PROTECTION DURING EMERGENCIES



### Cayenne Tincture

The world's most powerful blend to boost circulation!

- A **POWERFUL** blood circulation boost throughout your body
- **STRENGTHENS** your heart, arteries, capillaries and nerves
- Helps maintain **NORMAL** blood pressure in healthy individuals



# Be Prepared For Any Summertime **Emergency**

## BLOCK BUGS ON & AROUND YOU



### Bug Barrier Ointment

Creates an invisible barrier on your skin!

- **STOPS** insects from biting you
- **MAXIMUM** possible concentration of plant essential oils for potency and effectiveness
- **ORGANIC**, natural and safe for children, pets and plants\*



### Bug Block Spray

Spray around you to repel insects naturally!

- Allows you to enjoy the **OUTDOORS** without insect bites
- **MAXIMUM** possible concentration of plant essential oils for potency and effectiveness
- **ORGANIC**, natural and safe for children, pets and plants\*



## COMBAT HEAT STROKE & EXHAUSTION



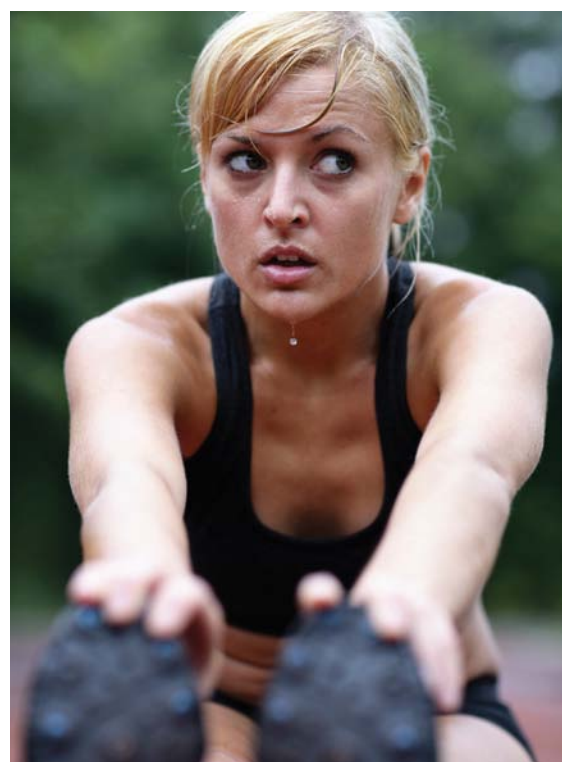
### Brain Formula

- **RESTORES** memory, sharpens concentration and improves alertness
- **SUPPORTS** healthy hearing and eyesight



### Heart Formula

- A life-saving formula that **STRENGTHENS** and **TONES** the heart
- Helps to **MAINTAIN** healthy blood pressure and cholesterol levels



\*Plant essential oils are considered extremely safe biopesticides by the Environmental Protection Agency.

# Take A Class.

Sign up for a strength training program, learn to kick box or simply dance your butt off in your living room. Or have great sex.

What I'd like you to experience is not just a great sweat, but the moment when the workout comes together and you feel powerfully energized. When your body, muscles, mind all become one in the moment.

This is how I feel about my Male and Female formulas. They are designed to put your body into the moment. To help you find balance and energy, to get your body firing on all cylinders, and to get powerful sex into your life.

---

## WHY Hormone Balancing?

Just the slightest decrease in hormone levels not only causes a lack of libido and sex drive, but also causes emotional weakness, insecurity, indecisiveness and depression.

Where on the other hand, just a very slight rise or bump in hormones often causes angry, hating, screaming, raging emotions with plenty to argue about.

In my clinic, balancing hormones, in both women with PMS or in Menopause, and in men, saved

careers, saved marriages and saved lives!

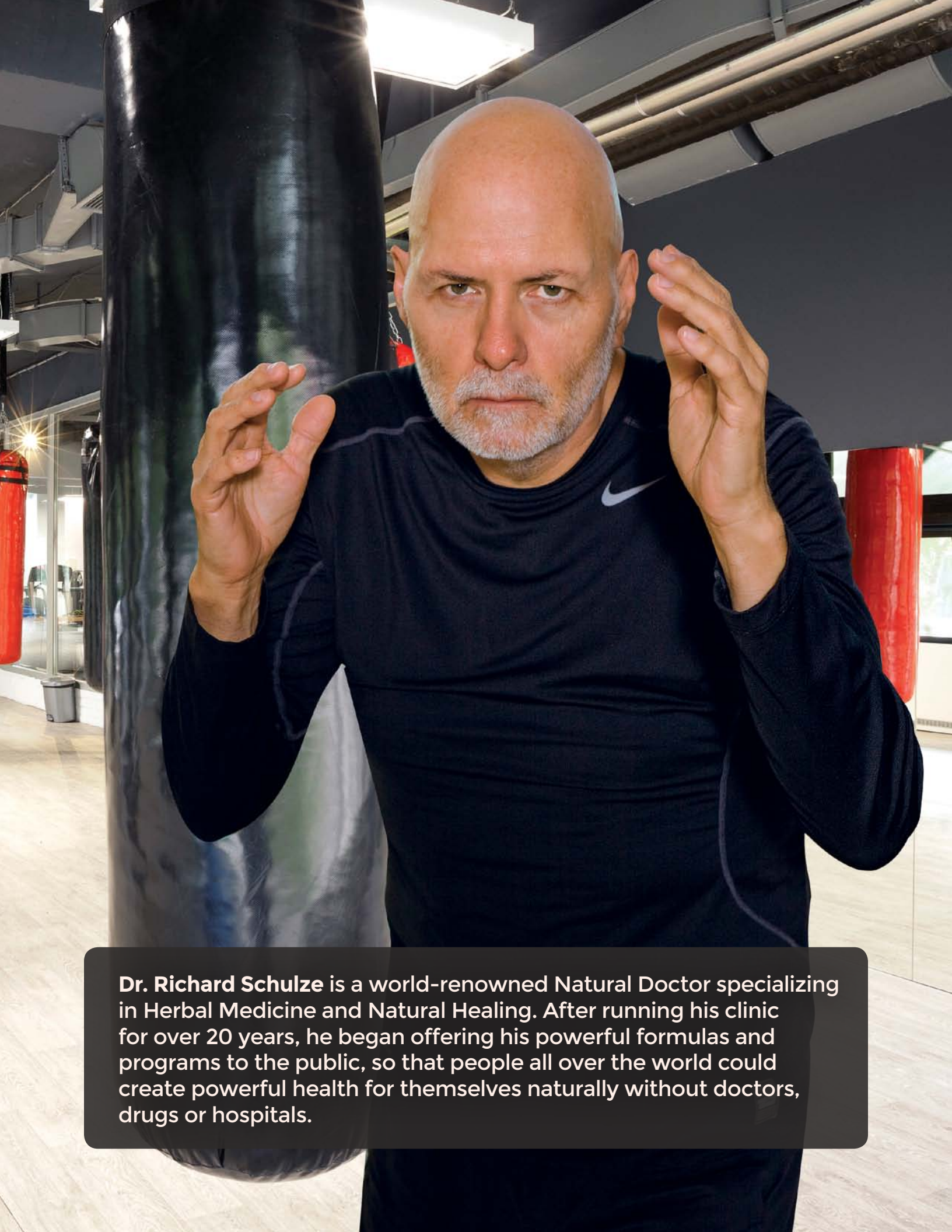
If you want to get the most out of life, and share this incredible life experience with the people you love, and be in love, then a Hormone Check-Up is **MANDATORY**.

The Beatles were right, All you need is LOVE. But to have LOVE, like most of my patients, at some point you will need some hormone balancing help.

– **Dr. Schulze**

---





**Dr. Richard Schulze** is a world-renowned Natural Doctor specializing in Herbal Medicine and Natural Healing. After running his clinic for over 20 years, he began offering his powerful formulas and programs to the public, so that people all over the world could create powerful health for themselves naturally without doctors, drugs or hospitals.

# Dr. Schulze's

ORIGINAL CLINICAL FORMULAE

Since 1979

POST OFFICE BOX 9699,  
MARINA DEL REY, CA 90295

---

**CALL CENTER:**

1-800-HERB-DOC (437-2362)

**WEB:**

[www.herbdoc.com](http://www.herbdoc.com)

---

**RETAIL STORE:**

4114 GLENCOE AVENUE,  
MARINA DEL REY, CA 90292  
310-577-9999

## IN THIS ISSUE:

How hormonal  
health keeps  
love, romance,  
passion and  
sex alive

