

Dr. Schulze's

SPECIAL REPORT

MAY 2015



**THE POWER OF A
GREAT DETOX!**

See inside for how to start...

THE POWER OF A GREAT DETOX



“ One of the greatest ways to prevent and even heal disease is to keep ahead of the game by periodically assisting our body in eliminating built-up toxic waste. ”

– Dr. Schulze

Dear Friends,

People often ask me why would they need to do a detox or cleansing program, if our body naturally has organs whose job it is to eliminate waste. This is a good question and the answer is twofold.

First, we are accumulating more toxins and poisons in our bodies than ever before in history, and certainly at a faster rate than our body can deal with and eliminate them. This is primarily due to our food program that has more toxins and poisons and less fiber, than ever before in history. Junk food shacks are on almost every major street corner, and candy, cookies and chips are our snack foods.

French fries (another name for rancid trans-fat grease sticks) are the most eaten “vegetable” in America. And, even if you don’t eat out and only shop at grocery stores, you are still filling yourself with insecticides, preservatives, colorings, and flavor enhancers... the list is endless. Even if you buy only health food, the processing and packaging are often toxic.

Basically, our air, water, earth and food are polluted. And, we are constantly ingesting these poisons and toxins into our bodies, often at a much faster rate than our bodies can deal with and eliminate them.

Secondly, we are moving our bodies less now than ever before in history. Due to everything from modern transportation to computers, we are sitting on our asses more and not moving, for the most part.

Exercise alone stimulates the digestive system and elimination of waste. It creates better circulation, because it moves bodily fluids like blood and lymphatic fluid, causing better elimination of carbon dioxide from the lungs and flushing sweat from the skin. Moving our body helps to eliminate more waste and toxins from our body and does it more efficiently and effectively. But, we are moving less, not more.

The bottom line is by living, eating, drinking, and breathing in a more toxic and polluted world and moving less than ever before in history, we are naturally consuming more toxins and eliminating them less.

The outcome of this is that in spite of having the most advanced medical care in the world (along with spending more money per person on medical care and medicine than any other country in the world), America still doesn't even come into the top 15 countries of the world for longevity anymore. And, our cancer rate is higher than ever before in history – it's 25 times higher than just 100 years ago!

In this newsletter, I will show you how doing a seasonal detox will FLUSH any stuck, clogged or accumulated waste, toxins, and poisons out of your body. And, how it will stimulate, tone, strengthen and tune-up your body's elimination systems to do a better, more efficient job in the future.

This Creates Powerful Health!

Dr. Richard Schulze

A GREAT DETOX STARTS WITH HEALTHY ELIMINATION!

Spring is almost over and Summer is around the corner, and there's still time to get in shape.

Before you get your ab machine out and start doing crunches, or sign up for an aerobics class, let's clean out, tone and buff what's behind those abs... your bowel.

After five days on this program, I promise you will be clean inside, your intestinal muscles will be toned, your abs will be flatter and your skin will glow!

Ready to free the blockage?



Begin with Intestinal Formula #1 to get the waste and toxins OUT!

See pages 8-9 >>

Ready to flush and cleanse?



Begin the 5-Day BOWEL Detox and watch MIRACLES happen!

See pages 12-13 >>

DR. SCHULZE'S GUIDE TO DETOXING



“ One of the greatest ways to prevent and even heal disease is to keep ahead of the game by periodically assisting our body in eliminating this built-up toxic waste! ”

— Dr. Schulze

What exactly is a DETOX?

A Detox or Detoxification Program (sometimes called a Cleanse or a Cleansing program) is the process of extracting, neutralizing and then eliminating built-up waste, pharmaceutical drug residue, heavy metals, mucous, pus, fluids, toxic chemicals, poisons or any harmful residues from your body. This waste can be in your fat, muscles, organs, cells, and even in the various spaces between organs within in your body.

A Detox Program is the antidote for modern living, especially in modern society. One of the greatest ways to prevent, and even heal disease is to keep ahead of the game by periodically assisting our body in eliminating this built-up toxic waste. That's a Detox!

Where do toxins come from?

Simply being alive creates metabolic waste. As every organ and every cell in your body consumes FUEL to function and do its job (fuel like vitamins, minerals, amino acids, enzymes, carbohydrates, protein, sugar and fat), then by utilizing and burning this fuel, it produces some type of metabolic waste residue.

Normally, this waste material is eliminated from your body on a regular basis as fecal matter from your bowel, urine from your kidneys, bile and liquid toxins from your liver, sweat from your skin, carbon dioxide from your lungs and on a cellular level, waste from your blood that is picked up and removed by your lymphatic system. **Your body must constantly and continuously eliminate solid, liquid and gaseous waste. We absorb many toxins and poisons every day from the food we consume, air we breathe, water we drink and much more, i.e., drug residues and heavy metals.**

Why should you consider doing a detox?

Modern Life and Modern Living has overloaded, overworked, polluted, hindered, irritated, inflamed, clogged, scarred, constipated, degenerated, maimed and diseased all of your body's major elimination organs and systems.

This has caused a slowing down effect of your body's natural elimination of toxic waste, and caused this waste to be backed up, being deposited and even stored in your muscles, fat, organs, cells and the inner spaces of your body – polluting you! It overworks and eventually depresses your immune system, which lowers your resistance to disease.

For all of these reasons, this unavoidable toxic consequence of Modern Life and Modern Living underscores the serious importance of regular and routine Cleansing and Detoxification, and also the importance of toning and protecting these precious elimination organs and systems.

When is the best time to do a detox?

Group One

DETOXIFICATION FOR PREVENTION

These people are well and are doing a Detox Program for preventative health reasons. They are not sick, they feel fine, and they want to remain that way!

So, I suggest for anyone in this category, do a 5-Day Detoxification Program, once every season, four times a year.

Group Two

DETOXIFICATION FOR HEALING DISEASE AND ILLNESS

If a person is not feeling well or has any illness, then the best time to start their Detox is IMMEDIATELY! RIGHT NOW!

YOU have to be the person to judge the type of Detox, the length of the Detox and the intensity of the Detox, which should be based on the severity of your illness.

What will **HAPPEN** when you do a detox?

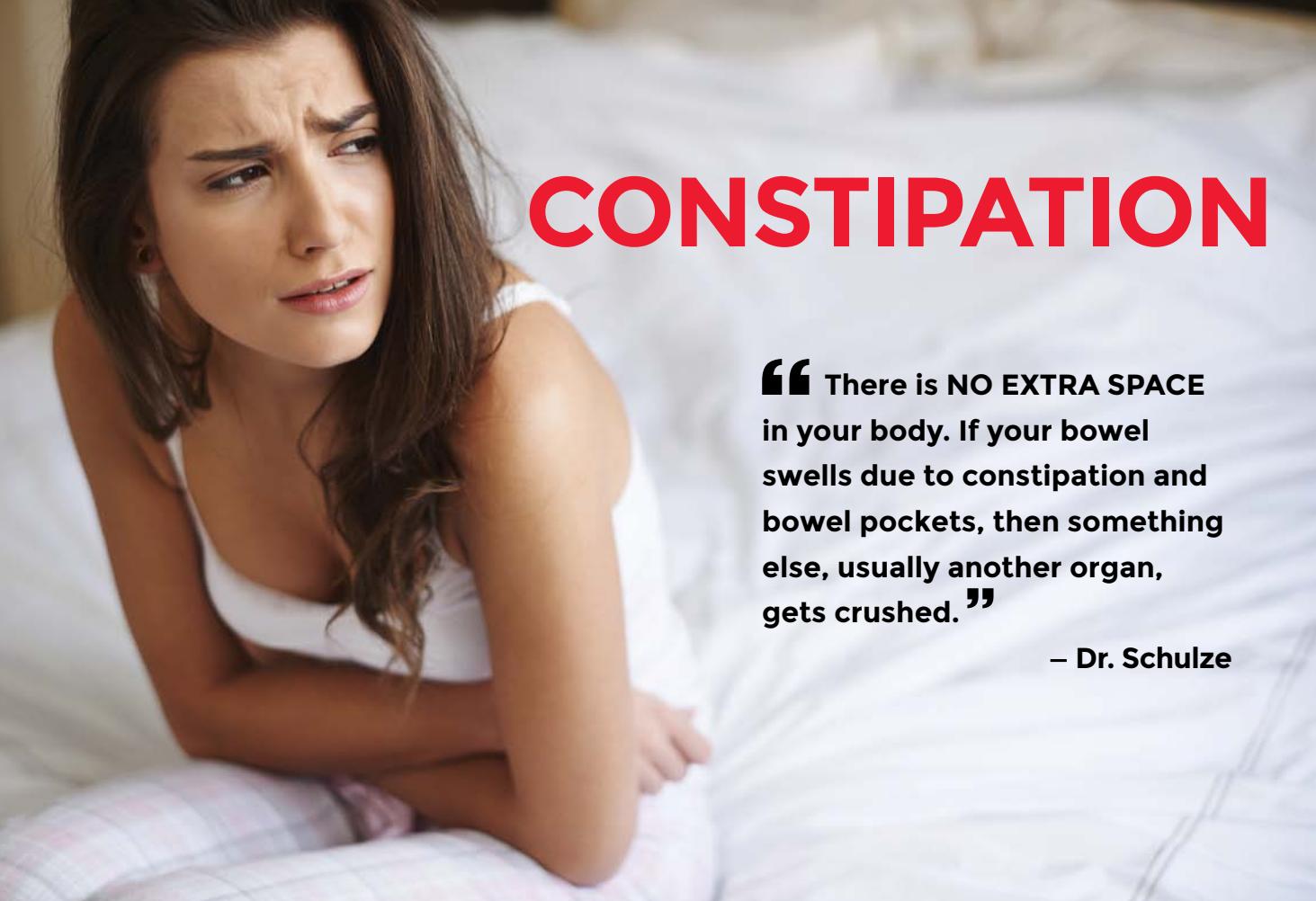
Doing a Detox not only removes backed-up, accumulated and stored waste, toxins and poisons from your body, but it also keeps you healthier and cleaner. When your body gets clean and your elimination systems are cleaned, flushed, toned, strengthened and tuned-up, three things happen...

- #1 Problems Go Away**
- #2 Again, Problems Go Away**
- #3 Energy! Energy! Energy!**

Eliminating constipation is the first place to start!

[Find out more >>](#)





CONSTIPATION

“ There is NO EXTRA SPACE in your body. If your bowel swells due to constipation and bowel pockets, then something else, usually another organ, gets crushed. ”

— Dr. Schulze

Every system, every organ, in fact, every cell of the human body, takes in fuel to run and eliminates waste material. The majority of this waste is deposited into your colon. If this waste isn't eliminated regularly from your colon, it will cause your body to back up with poisonous toxins. When this backed-up poison reaches critical levels, it can cause just about every disease known.

The human body is
a **METABOLIC** engine.

When I was a kid, I had a 1950 Ford. It was my first car. I used to be able to open up the hood, sit on a front fender with my feet dangling into the engine compartment and work on the engine, change the spark plugs or whatever. Nowadays, I open up the hood of my Ford Expedition and I just shut it right back up. It is too complex, with too many wires, hoses, pipes and pumps, and even if I understood it, there is NO ROOM to work on it. Engineers have used up every square inch of room.

I used to think our anatomy was like my 1950 Ford, you know a lung up here, a kidney way down there and a bowel in the middle, with lots of room. Then one day, I was invited to examine my first cadaver and WOW, what an enlightening experience! The human anatomy is not at all like my 1950 Ford—it is like my new Ford Expedition, because every square inch is packed with something and everything is touching something else.

The entire colon is so big that it touches or is in the vicinity of every major organ in the human body, except the brain. Everything has its place and there is no extra room.

If the old Natural Healers and now the medical doctors are right, and your colon is swollen with pounds of old, retained fecal matter, then something else has to be crushed, because there is no extra space.

Constipation causes the colon to swell. When this happens, it can compress the lungs, heart, liver, gallbladder, pancreas, kidneys, adrenals, uterus or prostate.

A constipated colon can cause an almost endless amount of seemingly unrelated diseases and problems (see diagram at right).

Because of most Americans' high levels of constipation and our unwillingness to talk about it, we have now been awarded with the **highest incidence of colon cancer and disease of any country in the world. That's why constipation is so dangerous!**

In fact, even if you don't think you are constipated, I have news for you... The average high school health books and medical texts all say that the normal frequency for a bowel movement is **three to five times per week**. However, when I studied the bowel movements of primitive people who ate very natural diets of high fiber, unprocessed foods, plus got plenty of exercise and had little or no stress, they had **multiple bowel movements each day!** At least one for every major meal they eat.

So, obviously, it is our fiberless American junk food diets, and lack of exercise, that causes the average American to be **70,000 bowel movements SHORT in their lifetime!**

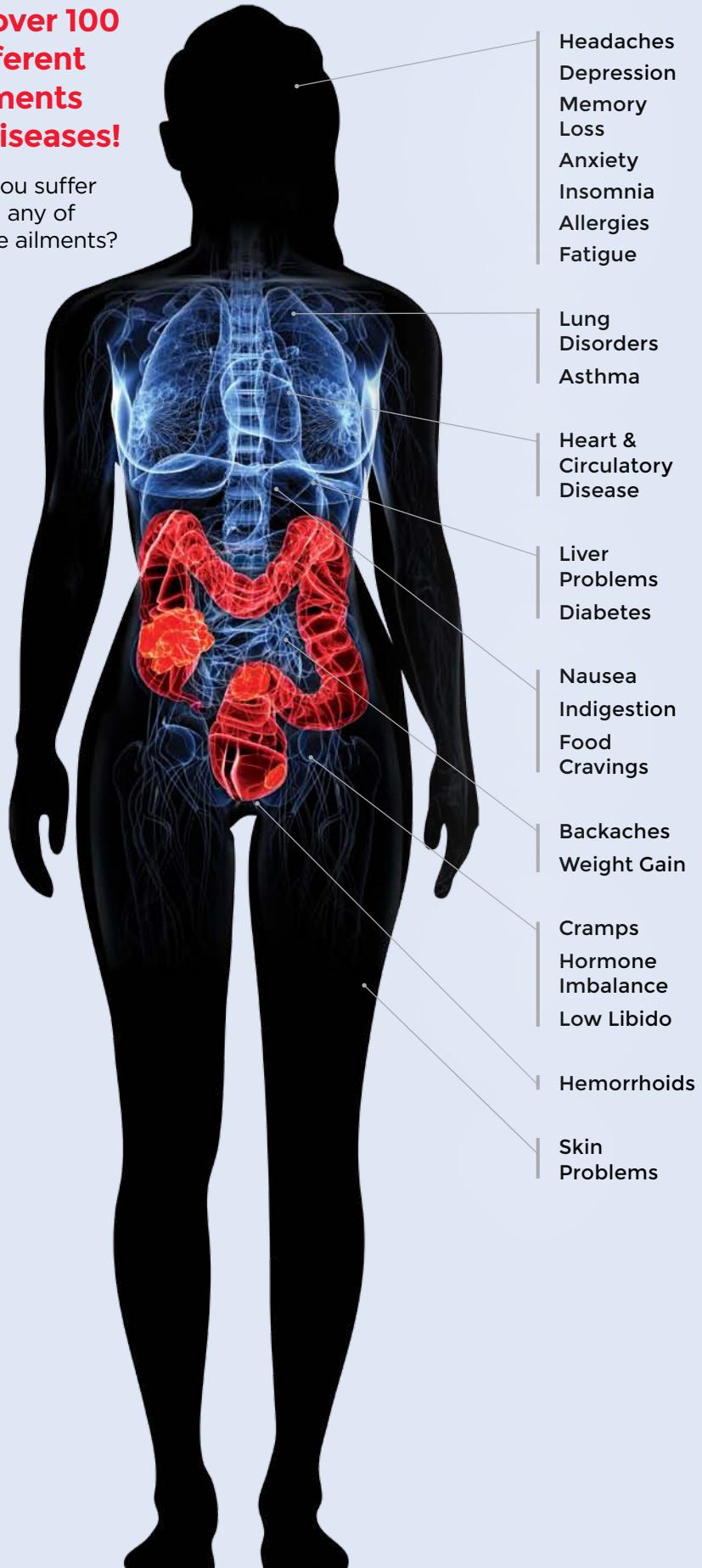
This is why all my patients benefited from a good bowel cleansing program.

Free the blockage & watch miracles happen!

[Find out more >>](#)

Constipation is the cause of over 100 different ailments & diseases!

Do you suffer from any of these ailments?



POWERFUL & NATURAL UN-BLOCKERS



“ In my clinic, the first step for all my patients after getting the nutrition in was to get the waste out using my famously effective un-blockers. These are formulas that I created and perfected in my clinic over 3 decades ago and continue to make better. They are the best natural un-blockers on the planet! ”

– Dr. Schulze

Start un-blocking today!

Choose any of Dr. Schulze's herbal formulas (see next page for more...)



REAL PEOPLE. REAL RESULTS.

Saved from a life of misery!

“I am 81 years old, and since young childhood, I have gone from bowel impaction to bowel impaction. The older I got, the worse it got, to where I would sit on the toilet and cry. My husband wanted to call 9-1-1 many times. I first used your Formula #1 in Sept 2011. After a week I no longer had a problem and have not had an impaction since! I can't thank you enough for relieving me of this lifelong misery.”

– Bobbie B. in Lawrence, KS

Pain free & constipation free!

“I suffered for years from severe constipation, bloating and terrible stomach pains. It affected every aspect of my life in very negative ways. Traditional doctors tried everything to solve my problem, including taking out my gallbladder, but I continued to suffer. Intestinal Formula #1 changed my life. Now, I'm pain free, bloat free, and constipation free. I've been using this product for over 8 years. It's my lifeline to a regular life.”

– M.R. in Las Vegas, NV

Regular for the first time!

“I have had Diverticulitis for the past several years. Last August, I asked my doctor, who had colon cancer surgery, what he took to regulate his bowels. He told me about Intestinal Formula #1. I started taking it and I feel just great! No more stomach pains and for the first time in my life, I am regular.”

– Johanna D. in Bishop, TX

THE FAMOUS ORIGINAL CLINICAL UN-BLOCKER!



Intestinal Formula #1

- ▶ **PROMOTES** regular, complete bowel movements
- ▶ **STIMULATES** and **STRENGTHENS** the muscular movement of the colon
- ▶ Feel **GREAT** and have a **FLATTER** stomach

This formula relieves constipation and assists you in having more regular and more complete bowel movements. It also stimulates your colon's natural muscle action and strengthens these muscles. It halts putrefaction, soothes and heals, improves digestion and relieves gas and discomfort from cramps.

THE MOST POWERFUL INGREDIENTS!

The herbs in Intestinal Formula #1, like Aloe, Senna and Cascara Sagrada, all contain the phytochemical anthraquinone, called Emodin, which increases peristaltic waves, the propulsive contractions of the colon muscle.

Oregon Grape Root stimulates and flushes the liver and the gallbladder, and increases the production of bile. Garlic is antibacterial, antiviral and antifungal. Habanero and Ginger are both powerful stimulants to the colon. Ginger also relieves gas, while Habanero is a powerful aid in the intestinal healing process.

MORE POWERFUL & NATURAL UN-BLOCKERS



“ When the body is free from blockage—the waste is getting OUT and the nutrition is getting IN—you will feel great both physically and emotionally. Free the blockage and watch the MIRACLES HAPPEN! ”

— Dr. Schulze

Start un-blocking today!

Choose more of Dr. Schulze's potent herbal formulas



REAL PEOPLE. REAL RESULTS.

Son's surgery avoided!

"My son, now a healthy and vibrant five year old, had difficulties moving his bowels right from birth. By the time he was two months of age, he would only have a bowel movement every few days, sometimes a week. We were told that if he did not start moving his bowels, surgery might be needed. We gave him Intestinal Formula #3. It took dedicated therapy over many months to become "regular". This would have been impossible without IF#3."

— Pia B. in Dayton, OH

Quality of life back!

"My nephew was diagnosed with Crohn's disease. The doctors wanted to operate because of frequent flare-ups. HerbalMucil Plus changed his life!! He is now able to participate in activities with his wife and young children. Thanks, Dr. Schulze, for giving my nephew his quality of life back."

— Marsha D. in Los Angeles, CA

No more pain and I feel great!

"I had severe pain in the lower-left region of my stomach. I was diagnosed with Diverticulitis and was given painkillers.

Now, after taking Formula #2, I have no more pain and I no longer need that poison in my body! I feel great!"

— Melissa V. in Palm Harbor, FL

EXTRA-STRENGTH for more un-blocking action!

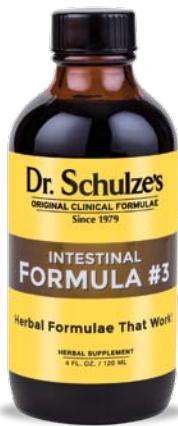


INTESTINAL FORMULA #1 MAX

- ▶ **PROMOTES** regular, healthy and complete bowel movements
- ▶ **STIMULATES** and **STRENGTHENS** the muscular movement of the colon

This maximum-strength version of Intestinal Formula #1 is for those who are taking more than four capsules a day of his original Intestinal Formula #1, and need something even stronger and more effective. This is a very potent formula for those who suffer from chronic constipation and need relief right away.

MILDER, good tasting liquid un-blocker!

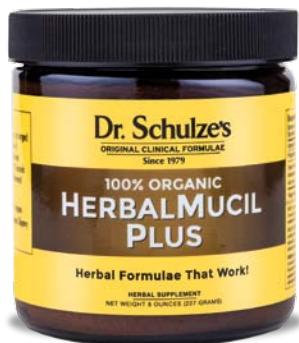


INTESTINAL FORMULA #3

- ▶ A **MILDER** liquid version of Intestinal Formula #1 for kids of all ages
- ▶ **PROMOTES** regular and healthy bowel movements
- ▶ **STRENGTHENS** colon muscles

This formula is a great tasting, liquid stool loosener for the whole family. Although Dr. Schulze originally designed this herbal colon cleanser primarily for children, it's strong enough for adults, too. In fact, many adults prefer it instead of Intestinal Formula #1, because it has a milder action.

PURE HERBAL FIBER un-blocker without sugar or chemicals!



HERBALMUCIL PLUS

- ▶ **PROMOTES** easy bowel movements
- ▶ **RELIEVES** constipation and maintains regularity
- ▶ **DETOXIFIES** and **CLEANSES** the entire gastro-intestinal tract

HerbalMucil Plus holds water in your stool, is mucilaginous and slippery, contains fiber and adds that extra push, and for all of these reasons, it ensures you an amazingly easy, comfortable and complete bowel movement! It makes a delicious drink when mixed with any fruit or vegetable juice.

GET FLUSHED and un-blocked by tomorrow morning!



BOWEL FLUSH "SHOT"

- ▶ **FLUSHES** and **CLEANSES** the entire gastro-intestinal system by the following morning
- ▶ **PROMOTES** regular, healthy and complete bowel movements
- ▶ One **"SHOT"** is all you need

This herbal "SHOT" is for those times when we overindulge, eat food we know we shouldn't or just eat too much. Look, it's bad enough what you ate and how much you ate, but let's not suffer anymore. STOP beating yourself up—let's just get it out of you and START over with a simple Bowel Flush "SHOT".

DR. SCHULZE'S POWERFUL 5-DAY BOWEL DETOX

“ The FIRST STEP in any health program is cleansing and detoxifying your bowel. A sluggish, swollen bowel can compress a nearby area, causing disease or emitting infection and toxins, which can affect any area of the body. ”

— Dr. Schulze



Today, hundreds of thousands of people worldwide have used this very simple and effective program to eliminate constipation, cleanse their colons, detoxify their bodies and heal and prevent disease.

So take a week and do my 5-Day BOWEL Detox. It's easy to do, only takes about two minutes a day, and you will be amazed at how much better you will feel and how much more energy you will have. Cleansing your bowel makes it a more efficient waste-removal machine.

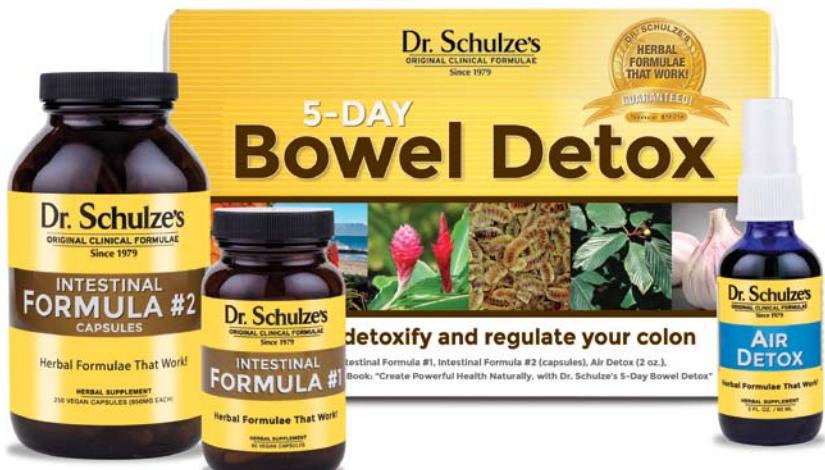
This not only keeps the rest of your body and organs clean, but also prevents diseases before they even get started.

So, do something preventative and proactive for yourself. Start with my 5-Day BOWEL Detox. It's only five days out of 365! Swallowing a few herbs will change your bowel and your life.

The absolute bottom line is this: hundreds of thousands of Americans are dying, because they are literally packed with old, festering fecal matter, due to constipation. Many are not even aware of how backed up they are. Cleanse your bowel today to feel great, live longer and create powerful health!

Cleanse your bowel and watch MIRACLES happen!

THE MOST EFFECTIVE BOWEL CLEANSING PROGRAM AVAILABLE ANYWHERE!



This kit includes: Intestinal Formula #1 (90-ct), Intestinal Formula #2 (capsules or packets), Air Detox (2-oz), Quick Start Directions, and Book: "Create Powerful Health Naturally, with Dr. Schulze's 5-Day Bowel Detox"

5-Day BOWEL Detox

- ▶ Powerfully **PROMOTES** regular, healthy and complete bowel movements
- ▶ A **POWERFUL** intestinal vacuum that cleans out old fecal matter, toxins, poisons, bacteria, drug residues and heavy metals
- ▶ Have a flatter stomach and feel **CLEANER** and **LIGHTER** than ever before

REAL PEOPLE. REAL RESULTS.

Chronic fatigue gone!

"As an infant, I had bowel problems. Into my teens and adulthood, I was never regular and suffered from chronic fatigue. Since being on your Bowel Detox Program, the fatigue is gone and regularity is something now familiar. I lived a different life 10 months ago. Thank you for the change, Dr. Schulze!"

– Daniel M. in Van Nuys, CA

Amazed at my energy level!

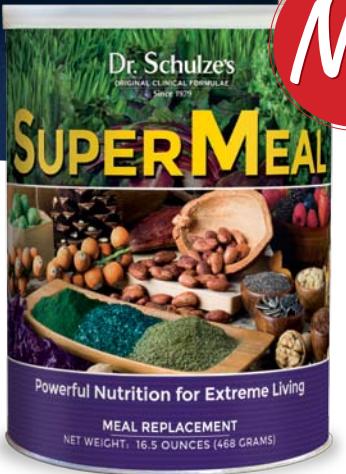
"I used to get colonics every week for a few months. I then found out about Dr. Schulze and did the 5-Day Bowel Detox. I am so amazed at the energy level that I've experienced! I went on to do the 5-Day Liver Detox and after finishing that cleanse I went from needing 8 hours of sleep to only needing 4 hours of sleep. I love this product and am a firm believer in natural healing now."

– John H. in Point Roberts, WA

Excruciating headaches have miraculously vanished!

"My wife suffered from excruciating headaches five to six days a week. Sometimes, she had to either skip school or leave class due to the pain. After doing the 5-Day Bowel Detox, her headaches have miraculously vanished. Thank you, Dr. Schulze!"

– S.K. in Los Angeles, CA



GET THE WORLD'S MOST AMAZING **SUPER- NUTRIENTS** ALL IN ONE DRINK!

Dr. Schulze's **SuperMeal** is a powerful blend of over 40 different miracle superfood ingredients. It contains three of his now famous formulas all in one jar—his nutrient-dense **SuperFood Plus** powder, his all natural Vitamin-C packed **Super-C Plus** and his fiber-rich **HerbalMucil Plus!** Additionally, Dr. Schulze included four more of his vitamin and mineral complexes in his **SuperMeal** to provide your cells with the essential nutrients they need for an entire day, leaving you full of energy and totally satisfied.

OVER 40 MIRACLE SUPERFOODS

Dr. Schulze's Cruciferous Protective / Nutrient-Dense Green Complex (Kale Leaf¹, Collard Greens¹, Brussels Sprouts¹, Napa Cabbage Leaf)

Dr. Schulze's Antioxidant Berry Complex (Blueberries¹, Blackberries¹, Raspberries¹)

Dr. Schulze's Omega-3 & Omega-6, High Protein, Seed & Nut Complex (Flax Seeds¹, Chia Seeds¹, Walnuts¹, Sunflower Seeds¹, Almonds¹, Pine Nuts¹, Pistachios¹)

Dr. Schulze's International Superfoods (Black Maca Root¹, Red Maca Root¹, Cacao Bean¹, Eleuthero¹)

Dr. Schulze's Super-C Plus (Camu-Camu Berries², Acerola Cherries¹, Raspberries¹, Strawberries¹, Rose Hips¹, Orange Pith and Peels¹, Lemon Pith and Peels¹, Coriander Leaf¹, Parsley Leaf¹, Kale Leaf¹, Habanero Peppers¹)

Dr. Schulze's SuperFood Plus (Spirulina Algae², Blue-Green Algae¹, Chlorella Broken-Cell Algae, Barley Grass¹, Alfalfa Grass¹, Wheat Grass¹, Purple Dulse Seaweed¹, Acerola Cherries¹, Rose Hips¹, Palm Fruit, Lemon Peel¹, Orange Peel¹, Beet Root¹, Spinach Leaf¹, Non-Fermentable Saccharomyces Cerevisiae Nutritional Yeast)

Dr. Schulze's HerbalMucil Plus Fiber Rich Formula (Psyllium Husk and Seeds¹, Marshmallow Root¹, Slippery Elm Bark¹, Aloe Vera Leaf¹)

¹Organic ingredients, ²Wild-Harvested ingredients

WHAT IT IS

- ✓ 3 Powerful Products in ONE!
- ✓ 4 Additional Nutrient-Dense Complexes!
- ✓ Raw, Organic and Vegan!
- ✓ Low Calorie & Low Fat!
- ✓ No Sugar & No Gluten!

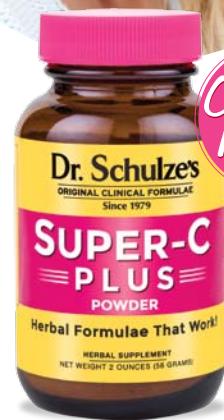
GET OVER 500% OF YOUR DAILY VITAMIN-C WITH NO CHEMICALS OR SUGAR!



Customer Favorite

Super-C Plus is a blend of the finest berries, herbs, fruits and vegetables known on the planet, the absolute highest sources of natural Vitamin-C and Vitamin-C Complex nutrients. ALL of the Vitamin-C and Vitamin-C Complex nutrients in this formula are natural and derived solely from the whole plants in the formula. Nothing is extracted, isolated, fortified or synthetic. This formula is 100% natural plants, and extremely rich in Vitamin-C and Vitamin-C Complex. NO chemicals, NO ascorbic acid, period!

These berries, herbs, fruits and vegetables are organically-grown or wild-harvested, cleaned, dried and blended. That's it! This formula is alive, nutrient dense, the highest and most complete Vitamin-C SuperFood Complex available anywhere. That is why I call it Super-C PLUS!



WHAT IT IS

- ✓ Over 500% Vitamin-C COMPLEX per serving!
- ✓ NO Ascorbic Acid, NONE!
- ✓ NO Extracted, Isolated or Synthetic Vitamins!
- ✓ NO Gluten, NO Sugar, NO Soy, NO Artificial ANYTHING!

1 REVERSES DISEASE AND AGING

One of the most powerful nutrient antioxidants known on the planet is Vitamin-C. Vitamin-C STOPS free radicals from hurting you and neutralizes them.

3 THE IMMUNE VITAMIN

Vitamin-C is found in extremely high concentrations INSIDE immune cells. It is quickly consumed when your immune system is fighting off infections, cancer and even radiation or toxic poisons.

2 IT IS NECESSARY TO MAKE COLLAGEN

One of the most powerful nutrients needed for your body to produce collagen is Vitamin-C Complex or Bioflavonoids. Collagen is the main component of what is called fibrous or connective tissue in your skin, muscles, tendons, ligaments, cartilage, arteries, veins and bones.

REAL PEOPLE. REAL RESULTS.

Blown away by how youthful I look!

"My skin looks fantastic as a result of taking the Super-C. I have less wrinkles, and my skin is shinier. I've been taking it for almost a year and am blown away by how many people have complimented me on how youthful I look. I will take Super-C forever!"

– L.L. in Mount Vernon, NY

Dr. Schulze's

ORIGINAL CLINICAL FORMULAE

Since 1979

POST OFFICE BOX 9699,
MARINA DEL REY, CA 90295

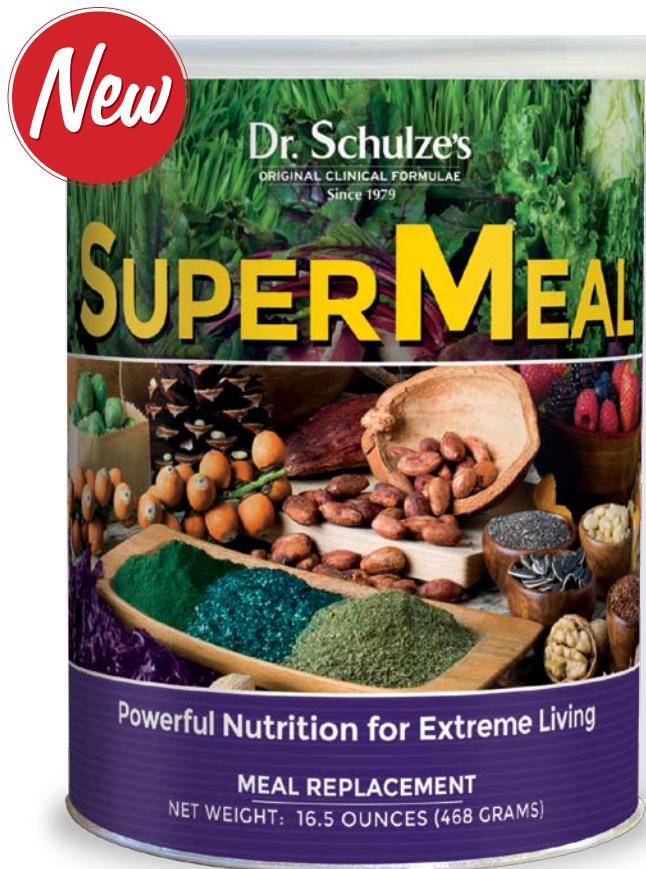
CALL CENTER:
1-800-HERB-DOC (437-2362)

WEB:
www.herbdoc.com

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

THE POWER OF A GREAT DETOX!

See inside for how to start >>



Delicious & Nutritious!

“ My NEW SuperMeal is for anyone who works hard, plays hard, lives a demanding fast-paced life and needs the BEST most powerful morning fuel. It's FAST, it's EASY and it's POWERFUL Nutrition! ”

– Dr. Schulze