

A portrait of Dr. Schulze, a middle-aged man with a grey beard and balding head, wearing a dark suit, white shirt, and dark tie. He is looking directly at the camera with a slight smile. The background is a wooden shelf filled with various items, including books, jars, and a mortar and pestle.

# ASK DR. SCHULZE 2012 Blog Posts

VOLUME TWO

A yearly collection of Natural Healing Questions, Answers,  
Commentaries & Wisdom taken directly from  
Dr. Schulze's Official BLOG Site

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

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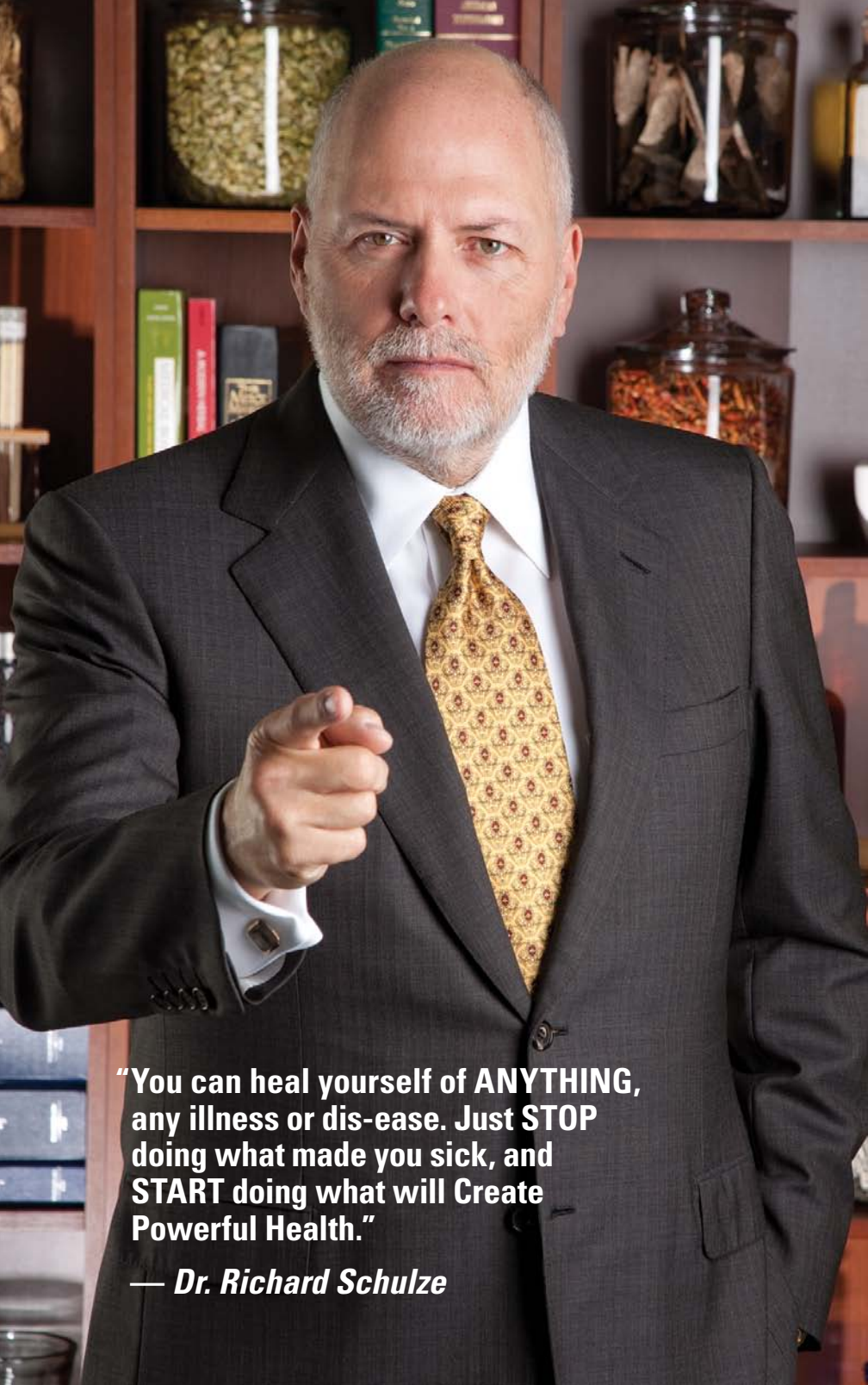
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# **Ask Dr. Schulze**

## **2012 BLOG POSTS**

VOLUME TWO

**by Dr. Richard Schulze**



**"You can heal yourself of ANYTHING,  
any illness or dis-ease. Just STOP  
doing what made you sick, and  
START doing what will Create  
Powerful Health."**

**— Dr. Richard Schulze**

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# INTRODUCTION

# ASK DR. SCHULZE

**This book is the third in a series, and is a compilation of my weekly postings—questions, answers and commentaries—at my blog site, [www.herbdocblog.com](http://www.herbdocblog.com) during the second half of 2012.**

**My intention and focus for my blog site—and with this book series—is purely to educate you in the best Natural Healing methods, routines and programs, and the best and most effective ways to use herbal medicine.**

**Why do I care?** This answer is simple—I want to train you to be one of my Natural Healing doctors. Why would I want to do that? Well, I have a few reasons... my parents, myself and my personal crusade.

**As a very young boy, I watched my father die at the age of 55** at the hands of medical doctors. Only a few years later I watched my mother die at 55, and like my dad, she followed the medical doctors' advice all the way to her death, consuming handfuls of toxic chemical drugs every day. Most of these drugs were to hide and cover up the horrible side effects of the other drugs she was taking. I know in my heart that if they both had never gone to a medical doctor they would have lived many more years. In fact, how many people do you know of that went to their medical doctor or a hospital with a minor complaint, only to be dead in a few months from the medical treatment? And, you know damn well they would still be alive if they never went to the medical

doctor or hospital in the first place! So, my first reason is that I do what I do for your parents, because it is too late to help mine.

**My second reason is I do it for myself.** If you don't know my personal story of why the medical doctors told me I'd be dead by 20 and why I'm still alive at 60, you can read my own personal healing miracle story on my blog site.

**My third reason is I do not believe modern medicine is a sustainable business at all.** What I mean by this is simply that, as a nation, we cannot afford this system of breakdown and repair. We cannot afford to live ignorantly, like ostriches with our heads buried in the sand, living an unhealthy lifestyle that promotes degeneration, illness and diseases, and then creating a network of emergency repair stations that drug us to maintain our diseases or perform space age organ transplants. We cannot afford to give every American a coronary bypass surgery because they won't stop eating grease, and we cannot afford to give every woman a hysterectomy or breast surgery or every man a prostate reaming surgery. We will be broke in less than an hour if we just treat the aftermath of the modern American lifestyle. Instead, we need to educate Americans in how to create health, this is much more affordable.

Let me ask you, with your hard earned dollars, do you want to pay higher and higher taxes to pay for every ignorant, obese slob in America who lives on cheeseburgers, fries, shakes, candy and ice cream to have a coronary bypass surgery, when all of this fat eventually clogs up their coronary arteries? I don't! I say let the beef and dairy industry pay for it!

Look friends, doctors, drugs and hospitals in America (and most of the modern world) are way out of control. Just in America alone, the cost of medicine has risen to two trillion dollars annually, which makes it the biggest business in the world, comprising over 20% of the entire gross national product of the United States. This is totally out of control and totally insane and we cannot afford it! Don't be ignorant here, even if medical



care is free from our government, we are still paying for it with higher and higher taxes. The medical doctors, hospitals and drug companies do not work for free.

**In America, we have really lost our common sense.** The modern American lifestyle is a lifestyle that totally ignores common sense and the foundations of health. We eat garbage that we call food. We subject ourselves to more information and more stress than ever before in history. We don't get enough exercise, fresh air, sleep and enough rest. We feverishly consume negativity from television, movies and the media. And in case this isn't enough, we throw in a little sugar, chocolate, caffeine, alcohol and over-the-counter drugs. And then we wonder why we feel like crap and develop disease? Personally, I think it's amazing that we survive as long as we do.

**Then, when we eventually develop disease,** instead of taking responsibility for our actions and correcting the flaws in our lifestyle that made us sick in the first place, we run to a medical doctor or a hospital and take powerful chemical drugs or subject ourselves to surgical procedures that are painful, debilitating, torturous, disfiguring and extremely expensive. Procedures that don't offer us true healing and health, but instead just help us "maintain" our diseases at a tolerable level until they eventually kill us. Again, this is absolutely INSANE!

**Just look at your average television commercial for drugs.** A man goes to his mother's house for dinner, but can't tell her that the food she cooks makes him sick to his stomach! So the narrator says just take a pill (a pill that actually stops your production of hydrochloric acid so you can't digest your food) and then forces this undigested food through your intestinal tract. Why wouldn't we just stop eating food that makes us sick? Another example is that no one ever gets better or heals themselves from Diabetes by taking insulin. In fact, insulin makes your pancreas even weaker, puts it to sleep and guarantees that you will have Diabetes for the rest of your life. There are no medical cures for anything from arthritis and Alzheimer's disease to heart disease, cancer and even

influenza. This is why I say that we have a medical system that promotes the maintenance of disease, not the healing of disease.

**Look, I am not an idiot, and if I get run over by an 18-wheel tractor trailer truck on an interstate and the top of my body is in one lane and the bottom of my body is in the other lane, I want immediate emergency medical care!** I want helicopter air lifts with EMTs and paramedics on board. I want the best team of medical doctors, I want blood transfusions, I want neurosurgeons, I want drugs and I want the whole medical show. This is trauma, and trauma medicine is what doctors and hospitals do best. This is their miracle and what they do here in this instance beats Natural Healing and herbal medicine hands down, and I will be the first to ask for this medical care in this type of emergency.

**But, what I'm talking about is not trauma. I am talking about illness and disease, and the healing of disease.** And when it comes to dealing with illness and disease, I don't want anything to do with modern medicine unless I am in absolute immediate danger of dying within an hour, and then I only want the most minimal medical care until I am out of danger. Again, this is simply because modern medical care does not heal disease! It ignores it, covers it up, it masks the symptoms and helps you maintain disease. And I don't want any part of this disease maintenance. This is not the true healing of disease and this is not creating powerful health.

**How can you be helped by reading my answers to complete strangers with diseases you don't have?** Well, there are many reasons why...

First off, the fundamentals of healing disease, the philosophy of healing disease and the fundamental programs of healing disease are the same. So what is good healing advice and philosophy for one person is almost always good healing advice and philosophy for another. **Good principles of healing disease and health are good principles and can be used across the board.** Reading my advice will help you strengthen and solidify your Natural Healing

understanding, and help you to think in a natural way the next time you, a loved one or a friend develops any illness or disease. We have been brainwashed our whole lives with thinking the way of medical doctors, and so my job is to wash your brain and to get you thinking like a common sense natural doctor.

**Also, by reading about Natural Healing programs and herbal medicine to treat diseases that you don't have, or have never heard of, this will educate you to become your own Natural Healing and herbal medicine doctor.** Who knows what the future has in store for you? I don't. God forbid you develop one of these diseases, or a family member or friend does. Then you will know exactly what to do and how to treat them. And if you don't, this is what this "Ask Dr. Schulze" book is all about! By keeping this book (and all my other books) in your library, and keeping your kitchen stocked with natural medicine, you too can be your own doctor 99% of the time. **And the more you can keep yourself, your family and your friends away from medical doctors, well, this simply lowers your risk of running head-on into a medical nightmare.**

**Also, with this latest "Ask Dr. Schulze" book, I am including my fundamental principles** from the top navigation bar of my blog site. This is a bonus I will include in the back of every book in this series, because these principles are the foundations of Natural Healing and well worth reading. Even if you've read them before—read them again. I do!

**Never underestimate the brainwashing power of the multi-trillion dollar medical show.** You might need to read these foundational principles every day for a while just to make sure your mind is thoroughly cleansed of the principles of modern medicine.

**Over the past 45 years, since I first saved my own life, and then in my clinic as I watched tens of thousands of people heal themselves from every disease known, I have witnessed the amazing healing power of good, common sense, creating a**

**healthy lifestyle and the miracle healing power of God's gift of herbs.**

**My greatest desire is that my work helps you save yourself or a loved one from the physical, emotional, spiritual and financial torture of modern medicine, and empowers you to take charge of your own healthcare. Learn how to heal disease naturally—better yet, learn how to Create Powerful Health Naturally.**

**QUALITY and QUANTITY is the name of the game, my friends. I want you to feel great so you are able to do all the things you want to do in life, and I want you to be able to do them for as long as possible.**

Peace,

— Dr. Schulze

# BLADDER TUMOR, GONE!

June 13, 2012, ANSWER by DR. RICHARD SCHULZE

## QUESTION

*Dear Dr. Schulze,*

*Hello, and thank you for the opportunity to write directly to you! I have a fairly urgent ELIMINATION question!*

*My family has been Dr. Schulze fans for around 10 years now. We have done various cleanses and encourage your products on to friends "who will listen."*

***My daughter is 9 now, one year ago she was told that she had a tumor in her bladder.*** *It was found in an ultrasound and the photo was there to prove it. She had had many UTI's (Urinary Tract Infections) and even a recent kidney infection. We were told to go to Seattle children's hospital and the appointment was 4 weeks away. The first thing we did was put her on your 5 Day Kidney cleanse. My husband and I had done cleanses before, but never our children. At 8 years old with this huge scare, we talked her into doing the cleanse. She was AMAZING! She zipped through your cleanse way better than my husband and I did! We could not believe it! She would take her shot of Detox formula with some white grape juice and say, "what's the big deal"!*

*(4 weeks later at the Seattle Children's Hospital) Well, guess what, after an extensive test, the polyp/growth/tumor... WAS GONE!*

***The doctor showed it to me on the ultrasound disc I brought to her, but it was no longer there!*** *I was told to go home and be thankful! I got into my rental car and cried with relief!*

*Now, to my urgent question. She is constipated! 4 days ago she said that her stomach hurt. She laid on the couch all afternoon with no appetite. She said she had pooped "hard balls" the day before. We gave her some #3 right away. The next morning we gave her half of #1. Then whole #1, today 2 #1's. Her abdominal pain is pretty much*

## Bladder Tumor, Gone!

*gone, she is tired, no appetite. Today has a fever. I am WAITING for this monster poop. I have not left her alone; I even have had her drink some castor oil, and gave her a suppository. There has been a little bit of diarrhea, but nothing major. Her spirits are good, but how long do I wait? I read to seek medical attention, but fear that we will just be sitting in the hospital waiting instead of here at home. I worry about the fever and loss of appetite. I have been forcing one Superfood drink every day, plus fruit smoothies and water, water, water. ADVICE??*

*Thanks so much,*

*— Tracie H. in Sitka, AK, USA*

## ANSWER

Dear Tracie,

GREAT JOB, dissolving your daughter's tumor and healing her infections. GREAT MOM, too!

And GREAT Daughter! She is an inspiration to all of us. The 5-Day Kidney & Bladder Detox is not a big deal at all, I think it's the best tasting and easiest of my Detox programs to do. So I agree with your daughter, "What's the Big Deal"!

It is just as adults, we don't look at something as simply as it is, we make things like a simple 5-Day Detox into a BIG DEAL, but it isn't. Children, on the other hand, see it for what it is—consuming a few liquids—and can't figure what all the fuss is about. Many of my children patients were far easier to deal with than my adult children.

On the other side of the coin, just because it's not such a big deal to do it, never underestimate its POWER and EFFECTIVENESS. I used this **5-Day Kidney Detox** in my clinic and it assisted my patients in healing the most stubborn and raging kidney and bladder infections, on patients whose immune systems were shot. As far as its success rate, 100%!



As far as dissolving a Bladder Tumor, all I can say is NEVER underestimate the power of herbs at cleansing and healing the body, and NEVER underestimate the healing power of the human body, when it's happy.

I may have said this before...

**Your body can heal itself of ANYTHING, ANY ILLNESS, ANY DISEASE. All you have to do is STOP doing what made you sick, and START doing what will Create Powerful Health!**

**OK, now on to her constipation...**

## **FIBER**

Make sure her food program is animal-free, as ALL animal food contains NO FIBER! Worse, it is sticky, glueish and constipating. To increase her FIBER intake, add a spoon of my HerbalMucil Plus to her morning blender fruit smoothie and SuperFood Plus drink.

## **LIQUID**

Drinking plenty of water and liquids, just like you did, wonderful! This will inhibit further kidney or bladder infections and also relieve any constipation, which is often caused by simple dehydration. The large intestine's job is to extract liquid from our fecal matter, and if you're not consuming enough liquid, and the fecal matter is not liquid enough to begin with, well, it will become too dehydrated and dry in our intestines, which makes it very difficult to eliminate.

## **HERBS**

YES, with children always start with my **Intestinal Formula #3**. This is the good tasting children's herbal bowel cleanser. If that does not work, **after increasing the dosage for about a week**, then move onto my **Intestinal Formula #1**, like you did, increasing the dosage every day until you get results, like you did. You will eventually get results!

FORGET castor oil, mineral oil or any oil, and FORGET suppositories!

**Enemas rule!**

## **ENEMA**

Enemas are almost taboo in our post 1950's society. But they are a simple, easy and quick solution to constipation. A simple rectal enema will flush out the contents of the rectum, and often stimulate the entire colon into action, emptying the entire colon. If not, a high enema is also simple to do, and EVERYONE should know how to do one, especially EVERY PARENT!

Again, Enemas rule!

**NOTE:** Some kids eat a lot less than we do, especially picky or finicky eaters, so their poop may not be substantial. Don't look for the toilet bowl to be filled with feces; it may just be a few small pieces. This does not mean she is constipated.

Once she is going, at least once per day, I would go back to the **Intestinal Formula #3**, unless she is taking two or more of the **Intestinal Formula #1**.

**As far as loss of appetite**, I wouldn't worry. When children, or anyone, are not feeling good, especially with constipation, it is a natural process for your body to suppress hunger.

**As far as fever**, I will assume that this is just a coincidence. But in extreme constipation, a fever and abdominal pain can be a sign of appendicitis or some intestinal infection. If her pain is mainly in the appendix area (draw a line between her navel and her hip, and the middle of this line is over where appendix pain often is), then it wouldn't hurt to start her on my appendicitis routine. Read this on page 97 through page 100 of my book, Detoxification Volume Two.

**You can read these pages, or the entire book, right on this BLOG. Just go over to the books on the right margin, and**

**scroll down to Detoxification Volume Two, (currently the 4th book down with the blue cover) and then click on this book. The book will load up and you can read it right here, RIGHT NOW, online, FREE!**

I am so happy that with a few herbs and your good common sense you were able to help your daughter heal herself naturally, dissolve her tumor and most important, avoid bladder surgery. GREAT HEALING!

— Dr. Schulze

# KIDNEY STONES, HORRIBLE PAIN AND MY NATURAL SOLUTION

June 20, 2012, ANSWER by DR. RICHARD SCHULZE

## QUESTION

*Dear Dr. Schulze,*

*I just had my second bout (battle is more like it) with passing a kidney stone (and this time around was MUCH more painful than the first). I am looking into using your kidney products as they (as well as all of your products) were recommended to me by a friend. My concern, however, is what will happen once I begin your regimen. I still have an approx. 3mm size stone lodged in my right kidney that has not moved for years. My stones are made up of calcium (unlike most stones in women, which are either struvite or uric acid), which I have been told cannot be dissolved like non-calcium types of stones. I have also been diagnosed with nephrocalcinosis (calcium built up in my kidneys). So my question is, will my one stone and/or other stones and calcium deposits begin to be passed once I start your regimen, causing the excruciating pain one experiences when passing kidney stones? Lord knows I do NOT want to go through THAT again. My fear of passing stones and the accompanied pain is what is making me hesitant about trying your kidney product(s). I thought I'd take a shot at posing my question to you in the off chance that you had time to answer. Thank you!*

*— Tony P. in Moorpark, CA, USA*

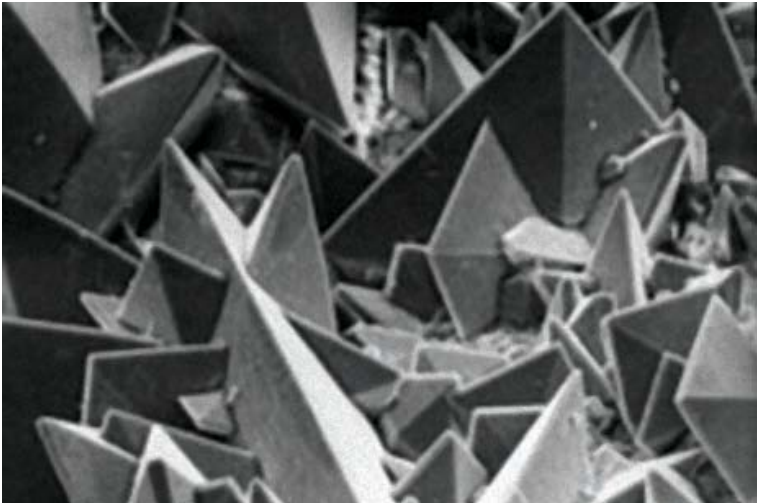
## ANSWER

Dear Tony,

I remember as a young kid, hearing my father screaming in agony in the bathroom. When I opened the door, he was semi-conscious

lying on the bathroom floor, covered in sweat, and tears. It scared me to death, I thought he was dying, he was white. He wasn't dying, even though it may have been more painful than most deaths. He had passed a kidney stone.

I started by telling you this story Tony, so you would know that I KNOW, what pain you went through. Years later I also heard the stories from my patients who passed stones, BEFORE they did my clinical treatments. So again, I KNOW the level of pain you have been in.



*A microscopic view of the sharp edges of a Kidney Stone. (OUCH!)*

On the other hand you are turning into a human fossil, if the medical doctors are right and you have nephrocalcinosis, or your kidneys are building up with calcium, well then you need to do two things immediately.

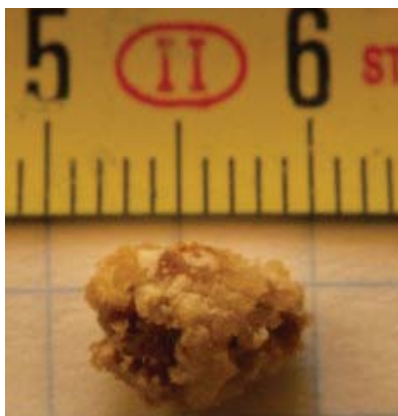
**If you have read my BLOG, you know, YOU can heal yourself of ANYTHING, ANY DISEASE, all you have to do is STOP doing what is causing it and START doing what will Create Health!**

**So First, you must STOP doing what has made you sick, and STOP your body from depositing sediment, calcium or anything, into your kidneys.**

The best way to do this is to get IMMEDIATELY onto a high quality, clean and nutritious food program. This depositing of waste into your kidneys is a sign of consuming garbage food and drink, causing an imbalance in your metabolism, *caused by the intake of garbage food and drink*, causing an imbalance in your Ph, *caused by an intake of garbage food and drink*. So you guessed it, a complete overhaul of your food and drink intake is in order.

I would STOP eating any and all animal food and become a complete vegan, and if this is too much of a stretch for you, at least become a vegan until your kidneys are clear, then you decide. Animal food throws off your body's Ph, and causes it to be very acidic, and the result of this acidic body is calcium, uric acid and other unwanted substances depositing into your joints, (gout / arthritis) or muscles (fibromyalgia / chronic fatigue) and kidneys and bladder (stones / calculi). **When you get on a good quality vegan food program, this will alkalinize your Ph and your body, which will totally inhibit any further depositing of calcium into your Kidneys, and furthermore, your body will start to naturally dissolve the calcium deposits that are now present in your kidneys, joints and elsewhere in your body.**

Also Tony, your calcium stones are not rare at all, the vast majority of kidney stones are made up of calcium. And whoever told you that they were rare, or worse, that you can't dissolve them, *probably a medical doctor*, was an idiot. Calcium stones are easy to dissolve,





you just have to know how. I have had people dissolve them eating fruit, drinking apple cider vinegar, I had one man who dissolved over 30 huge calcium stones, much bigger than yours, just by going on a lemonade fast. Regardless, I highly suggest doing my Kidney Stone Dissolving Routine that I had so much success with in my clinic, and I'll tell you about it later, it's safer, but for now, just know calcium stones are easy to dissolve.

So, Tony, It's time to get onto an awesome, healthy, detoxifying and cleansing food program, like my Juice Flushing Food Program, or my Purifying Food Program.

*You can find all my food programs in my book, Detoxification, Volume One, in Chapter 9, on pages 53 through page 73. You can buy this book from me, and I like the money, but you can also read it right on this BLOG site for FREE. Just go over to the pictures of the books on the right margin, and scroll down to what is currently the 3rd book down with the orange cover, Detoxification Volume One, and click on it.*

Personally, because of your illness, I suggest you read the entire book over a few times, and the Detoxification Volume Two book also.

**Next, you must START doing what will Create Powerful Health, which is START Cleansing your Kidneys!**

I want you to **START on my 5-Day Kidney Detox Program. Except I want you to do it for a month, and not just 5 Days.** All of my 5 Day Detox Programs are for the average person, who is not sick, ill or diseased, and is just looking to do a nice flush out, a preventative clean up, and a tune up and tone up of their Bowel, Liver & Gallbladder or their Kidneys & Bladder. You are very ill my friend, so you need to be much more aggressive and get yourself well.

I know you are scared, have had horrible pain passing stones, but you need to have a little faith here. Once you get on a great and clean food and clean drink program, and then start on my 5-Day

Kidney & Bladder Detox, and my Kidney Stone Dissolving Routine, you will start dissolving your stones and calculi, and stop ramming them through your body.

*Now go to my Detoxification Book, Volume Two, and read the entire section on my 5-Day Kidney Detox, paying special attention to page 244, reading my Kidney Stone Dissolving Routine.*

Use your FEAR as a great Motivational Tool to get you to STOP eating and drinking crap, and START on a new healthy food and drink program that will not fill your kidneys with rocks, and to begin my **5-Day Kidney Detox** Program to flush out your old rock collection.

— Dr. Schulze

# DON'T BE A WIMP

July 11, 2012, ANSWER by DR. RICHARD SCHULZE

## QUESTION

*Dear Dr. Schulze,*

*You make it all sound so easy. Be a vegetarian, exercise half the day, be positive all the time and laugh at everything no matter what, and then to top it all off I need to spend half my life in the bathroom. Get Real! How about a program for the rest of us who live in the real world and have to work for a living?*

*I think I am fairly healthy, but my wife is always quoting you like you are some god, and I have a family to support, a business to manage, and like I said, I live in the real world, not some healthy fairy land.*

*By the way, I am also not perfect like you so I have desires to eat junk food on occasion and even drink and go to parties, so according to you this means I am conflicted and I can't be healthy.*

*— Daniel G. in the real world, USA*

## ANSWER

Dear Daniel,

The only reason I make it sound easy is that I have been following this program for 44 years, so it does come like second nature to me.

But it's just a matter of getting used to it, and the more you follow the program, the easier it gets. For me, carrot and wheatgrass juice go down easier than Jack Daniels. I love walking, running, moving and beating up my heavy bag and rubber martial arts dummy. And, because I eat lots of fiber and take my **HerbalMucil Plus** every day in my morning **SuperFood** blender drink, well, my two bowel movements a day slide right out and only take about one minute each, if that.

**So what I am saying is that the healthy life, is not harder, doesn't take longer, and is completely do-able for anyone—even if you work 16 hour days. It's just a matter of making it your routine and getting used to it.**

By the way, ALL of my patients had important jobs, worked long hours, had careers and also had families to take care of, and they had no problem finding the time to eat right, get in some exercise and do a 5-Day Detox Program three or four times a year.

Daniel, I am sorry that your wife picks on you using me, that must be a little annoying, but I know it's just because she loves you and wants you around for many more years to come. I think your biggest problem is that you have developed a sour attitude about upgrading to a healthier lifestyle. I understand. No one wants to be nagged and pushed into anything, especially health. So that's probably why you sound a little pissed off.

**BUT... Don't start looking for excuses to wimp out by making it sound like my programs are too difficult and time consuming for the average person to do. You are really starting to sound like a BIG WHINING PUSSY!**

**Heck, my BLOG a few weeks ago was about a 9-YEAR-OLD GIRL who dissolved her bladder tumor doing my 5-Day KIDNEY Detox when she was only 8 years old.** (*see Bladder Tumor Gone Blog*) She would knock back her Detox Tonic and ask, "What's the big deal?"

And let me tell you about this "real world" that you keep referring to... In this real world that both you and I live in, right past the Dunkin Donuts and the Starbucks, right before the Wendy's Burgers and Dairy Queen, is a juice bar, a health food store, and a few restaurants that have many tasty vegan entrées, **but YOU can't see them because you are filled with so much of your own bullshit about what you can't do, that it's blinding you.**

As far as you being conflicted, I have news for you brother—we are all conflicted! You just have to decide what you want out of life, what reality you want to create and what level of participation and *health* you are up for, and then follow the program that will make that happen.

I have a very loud inner voice, a very sharp focus and a powerful drive. So most of the time I stay on a strict path—physically, emotionally and spiritually—to be the healthiest person I can. Sure, I party like a rock star, usually it is with healthy things, and rarely... *it's not!* **But my focus and drive always bring me back to my prime directive—to live long and prosper!** But yes, even the great Dr. Schulze has a few little voices inside that want to steer me onto a different path.

The **INNER CHILD** inside me wants SUGAR! It wants me to follow the Zone Diet. I want SUGAR, who doesn't? I want to eat Boston cream pie, Snickers bars and Häagen-Dazs ice cream for lunch. Why not? It tastes great! After all, all of this is in the Zone Diet book. *(No wonder it sold millions of copies). Sometimes my inner child throws a tantrum and wins.*

The **YOUNG HIPPIE** inside me wants to save the world, never harm an animal and be a total vegan. Heck, I don't even want to kill bugs, or even herbs, plants or microscopic life. I'm a Jain, a Breathairian, but if I follow this Breathairian program, I'm dead too. But sometimes the young hippie protests and wins.

The **PRIMAL MAN** inside me wants to kill everything that moves around me. Kill it, grill it and eat it! Heck, I'll even eat it raw! I'll eat YOU. Better watch your back if I get hungry! And then after I'd kill and eat my food, I'd want to have sex, lots of intense sex. Sometimes the primal man kicks my ass and wins (at least the sex part).

The **COUCH POTATO** in me will agree to anything, as long as I don't have to move, EVER. I just want to sit, lie, nap, doze off and sleep. Watching great movies is wonderful, so are La-Z-Boy

reclining chairs and sofas. I hate moving any part of my body. Sometimes the couch potato sedates and hypnotizes me, and wins.

**But 99% of the time, I WIN!**

**Because the DOCTOR in me KNOWS THIS...**

**I know that life is a limited time offer, and when it's up you can't BUY, BEG or STEAL another minute.**

**Maybe where we go next, after this life, is better, maybe it's not. Maybe it's nothing, forever. I have my own beliefs. But I do know that whether you are religious, spiritual or atheist, the best program is to recognize that this life is an awesome and magical gift, and it is our job to respect that, to live it well, and live it as best as we can for as long as we can. What could possibly be more reverent and spiritual than taking the best care we can of our body, mind and spirit.**

**This is the biggest "high five" to God!**

**I have been at death's door, and then held my patients' hands while they were at death's door, too.** I watched many of them stare death right in the face and spit in it, and grab a hold of another 20 or 30 years. I watched as others crossed over. If I saw one thing, it is that in your final hours, you would do anything for a few more hours, days, months or years. I also saw lots of regrets about not taking better care of this vehicle we call a body, and taking our health for granted.

**Life is a game and the rules are simple.** You can end it, cut it short, ignore it, **and even extend it.** If you want to win this game we call life, it's a balance between getting the most **Quantity** (or longevity) along with getting the most **Quality** that you possibly can.

**And most important, ALL of us usually end up in the same place.** A disease ends up slapping us right in the face, knocks us right on our ass and life as we knew it, **IS OVER!**



It is usually at this time that EVERYONE is willing to do ANYTHING, to buy a little more time, and this is where I come in.

### What I Have Found Is THIS...

If you follow my path, my suggested lifestyle and my Natural and Herbal programs, you will increase the **Quality** of your life. You will feel better most of the time, have more energy and have more fun! You will also increase the **Quantity** of your life and live longer.

**But maybe the best benefit is that you will know how to do everything,** you will be used to the food program, the movement program, the Detoxification programs, the Emotional and Spiritual programs. So when disease and breakdown does eventually come a knockin' at your door and kicks your ass, well, it's easy to turn it around and get healthy because you already know all the programs; you know the lifestyle. All you have to do is turn up the intensity and you will be able to buy more time.

There is nothing more difficult than a 50, 60 or 70 year old person, who has let their inferior, health-destroying inner voice rule their life, and then, in their senior years, try to change everything in their life to a new strange lifestyle. People like this who attempt to make last ditch "Hail Mary" passes in the final hours, well, this desperate attempt is usually torturous and rarely successful.

### The Bottom Line

You are not anything special, my friend. We all have inner voices that will lead us to sugar, laziness, junk food, alcohol, whatever. What is important is that at least Monday through Friday you stay on a super-healthy lifestyle. Unless you are diseased, that's good enough for me, and what you do on Saturday night, well, what happens on Saturday night stays on Saturday night. I don't want to know about it. Recover on Sunday and get back on to your healthy lifestyle by Monday morning. My patients that did this, and did a 5-Day Detox Program three or four times a year,

rarely got sick. There are no hard, fast rules, except one: **What you get will be a direct reflection of what you are willing to do.**

So quit your bullshit, your excuses, your whining and go find the health food store and the juice bar. Heck, even Wal-Mart sells fresh juice—it's just down the next isle past the Pepsi.

— Dr. Schulze

# ECZEMA HEALED & THE CURE FOR ALL DISEASE

July 18, 2012, ANSWER by DR. RICHARD SCHULZE

## QUESTION

*Dear Dr. Schulze,*

*My little boy, Lucas has had eczema for his whole life. I don't mean like a minor rash or something that comes and goes I mean like scratch your face off til you bleed. Every picture we have of him as a baby he had socks on his hands, and we have to dress him in onesies that completely cover him to make sure he doesn't scratch until he bleeds. He has flax oil, fish oil, and probiotics every morning and is gluten and dairy free. I have tried every oil, moisturizer, bath product, petroleum jelly, going to the pool to get chlorine on his skin, bleach in his bath water, making sure he gets enough sun, you name it! **We have been to the doctor several times so he could have steroids and ointment that only worked for a week or so then it came back with a vengeance.***

*He could only have the steroids and ointment in small amounts and only twice a year at the most and only when his eczema was oozing. This is not a post against the medical community just my experience. **Since we have started him on the SuperFood powder and Intestinal Formula #2 product for the last month, Lucas no longer scratches like he used to and his eczema is almost nonexistent.***

*I would just encourage anyone who has skin issues to try Dr. Schulze's products. We have run the gauntlet with this stuff and it has truly been a crazy turnaround.*

*My sister in law is a huge advocate of yours, and used your products to heal my niece's eczema when she was little but because I was scared and had so many family members telling me to wait, I did.*

***I would encourage anyone who has apprehension about using these products with their children, TO SET THAT ASIDE, and really give it a try.***

***I feel like this could have helped us SO MUCH SOONER.***

***Thank you***

***— Erin S. in Midland, Texas, USA***

## **ANSWER**

Dear Erin,

Thanks so much for your awesome letter about your little boy. You are a GREAT MOM! I am glad you got over your fear and tried the Natural approach. And more than that, I am really extremely happy that your little boy is not suffering anymore. As you are well aware, Eczema can be a living hell!

**NEVER underestimate the body's ability to heal itself! If it is given the opportunity (*even given half a chance*) IT WILL HEAL ITSELF.**

**And NEVER underestimate the body's ability to figure out what is wrong with you, what it needs to do, and then manufacture the right internal natural medicines right inside you, and HEAL YOU!**

This is why in my clinic, EVERY patient that left after their very FIRST VISIT, left with a jar of my **SuperFood Plus** in their hand. And they needed to take it.

### **A Long, Long Time Ago . . .**

One time in my clinic, my interns witnessed me throwing out the sweetest grey haired 75 year old grandmother, I threw her ass right out the front door of my clinic, yelling at her, "**YOU ARE FIRED**, and don't even think of calling my clinic and trying to come back until you do **EXACTLY** what I say!" My interns were shocked and horrified at my very intense behavior.

*I explained my actions to them in this manner...*

**I am a good doctor, but what makes me a GREAT doctor is that I am not ashamed to admit that most of the time I have ABSOLUTELY NO IDEA what is wrong with people, and more than that, I rarely know how to fix them or heal their diseases.**

**WHAT I DO KNOW is that if you set up the correct environment, by creating a very healthy lifestyle, I KNOW THAT YOUR BODY WILL HEAL ITSELF, of ANYTHING, of ANY DISEASE or ANY ILLNESS, and then Create Powerful Health.**

My **SuperFood Plus** comes first, flooding the body with natural nutrition, natural herbal recognizable highly assimilable vitamins and minerals.

The body requires, wait a minute, **IT DEMANDS**, a rich supply of nutrients in your blood at all times, to manufacture everything from blood cells, hormones, immune cells, bone cells, brain cells, **EVERYTHING! EVERYTHING** it possibly needs. Even body fluids and cells that we don't even know exist, or that are far beyond our knowledge and comprehension.

So this is why the **VERY FIRST THING** I did with my patients was correct their food program, by removing junk food and foods that *pollute, irritate, inflame, congest* and *make them sick*, and then add in foods that will *nourish, strengthen* and *heal*. This was my first visit with them. So obviously this is why **EVERY** patient left with a jar of my **SuperFood Plus** on their first visit. Mainly because I didn't know what was wrong with them yet, but I didn't want to waste time, because I knew their body, **with a flood of nutrition**, would start **BUILDING WHATEVER CELLS AND NATURAL CHEMICALS IT'S NEEDS TO**, and start repairing them and healing them **IMMEDIATELY!**

**This 75-year-old lady had a lot of health problems**, and after her third visit to me, she was still not taking her **SuperFood Plus** for whatever reason. I am not Jesus; I cannot wave my hand over people and heal their diseases. They must do the healing, and this lady was NOT following my most basic natural prescription, so I did not want her to think that she was doing my program, *and more than that*, I did not want her to think that she was going to get well.

**I fired many patients**, threw a lot of them out my clinic door. Most came back. **Firing and throwing out patients was just my way of waking them up, shocking them, and letting them know that they were not meeting my minimum standards, that I knew they needed to do, to heal themselves and get well.**

## **Your Boy, and Natural Healing**

**In your little boy's case, Eczema, or for that matter ANY and ALL diseases, can be caused by a number of different reasons, GENETICS, LIFESTYLE, ENVIRONMENT, usually it is a combination of all 3.** Even though a disease can look the same from person to person, diseases are very individual processes. 10 people with what looks like exactly the same disease, can need 10 different things to heal them. **In your little boy's case, obviously the nutrition he was getting from his food program, was lacking in certain nutrients that he needed, to build his own internal healing *prescription*.** So all it took was a few doses of my **SuperFood Plus** to feed his body the nutritional building blocks that he needed, to create his own personal *internal medicine*. To manufacture his own personal **natural steroids, natural anti-inflammatory chemicals or natural healing chemicals.** Whatever he needed, we may never know, but really who cares.

**“This is the absolute awesome blessing of Natural Healing, it is Nature Healing, Your Body Healing, God Healing, and way beyond our comprehension.”**

This is why I often tell people that in order to heal themselves, they DO NOT need any knowledge of Anatomy and Physiology.

They DO NOT need to take any college courses in Chemistry or Biology, and they DO NOT NEED MEDICAL DOCTORS, DRUGS and HOSPITALS.

Feed your body the best food, get the best nutrition IN, get the old waste OUT, move, have a great attitude and a great spirit,  
**AND YOU SHALL and WILL BE HEALED!**

In my clinic I had tens of thousands of people heal themselves of thousands of different chronic diseases. **I never healed ANYONE!**

**I just helped them to set up the perfect conditions for INTERNAL HEALING to take place.**

**THIS IS THE CURE FOR ALL DISEASE!**

Erin, I know this was a long answer and lesson in Natural Healing, but I am sure you will use it.

— Dr. Schulze

# LUNG CANCER GONE! THYROID QUESTION?

July 25, 2012, ANSWER by DR. RICHARD SCHULZE

## QUESTION

*Dear Dr. Schulze,*

*In 1999 my husband was diagnosed with lung cancer, he had a tumor the size of a grape in his upper right lobe. The doctors urged him to go the medical route with all their chemical medicines. We refused and **they said he would be dead in 9 months.** I already had an appreciation of what herbal medicine can do, so right away I started herbs, found your book, "There Are No Incurable Diseases" and followed it religiously. Vegetarian raw foods, carrot juice, enemas, cold sheet treatment... I worked all day to help him. The results... In 9 months his cancer was gone. After a cold sheet treatment one day he coughed the thing up. It was like a grape opened up with roots, and bloody where it turned loose. We continued the treatment for any cancer cells left, and he broke out in little sores on his chest and his back where the cancer had been located. We refused CAT scan, but did have an x-ray to show that it was gone.*

***He lived 13 years CANCER FREE, because we stayed on your diet, and did your cleanses.***

*Two weeks ago my husband had his second major heart attack and passed away May 23rd. We both credit the knowledge you shared for his cancer recovery. We thank you so very much for sharing.*

***Question:** Now I have a question for me. In 1980, because of a goiter, before I had any herbal knowledge, my thyroid was removed. Since then I have taken Armour thyroid medicine 120 mg. I refuse to take chemicals, and insist on the pig's glands. Is there something natural I can take that will help me balance my thyroid? I don't take any chemical medicine because I am allergic to it. I don't even take pain*



*medicine because of its adverse effect. I have been diagnosed with environmental disease.*

*Thank you in advance for any information you can share.*

*— Shirley C. in Andalusia, AL, USA*

## ANSWER

Dear Shirley,

I am sorry for your recent loss, **but I celebrate your husband's ADDITIONAL 13 YEARS!**

I know what it takes to hold someone's hand, and help them, and keep their spirits high, and guide them through my Incurables Program, especially after a medical doctor tells you that they will be dead in a few months. **But you believed, and you won, 13 MORE YEARS!**

Your husband was a lucky man. You were a GREAT wife, and you are a great woman.

I am ALWAYS preaching the fact that my Natural Healing Programs, Lifestyle Changes and Herbal Medicine, will not only greatly increase the Quality of your life, but also **INCREASE THE QUANTITY! You just proved that again!**

I also constantly preach that you can heal yourself of **ANYTHING**, ANY Disease, ANY Illness, if you are just willing to **STOP** doing what made you sick in the first place, and **START** Creating a Healthy Lifestyle. **You just proved that again too!**

**Your beautiful testimony about your husband and him healing his cancer, and living 12 YEARS AND 3 MONTHS PAST HIS MEDICAL DEATH SENTENCE, proves both of these messages. So I thank you for your wonderful testimony!**

Now, regarding your thyroid question, *"Is there something natural I can take that will help me balance my thyroid?"*

Shirley, I don't mean to state the obvious but you cannot balance an organ that YOU DON'T HAVE, and that the medical doctors removed.

### **But don't give up hope, YOU CAN BALANCE YOUR BODY!**

One thing that science has discovered is that your body has the amazing ability to adapt, especially if you create a super healthy lifestyle. Just like your husband's body when he got really healthy, it expelled his lung cancer, from the inside, eventually releasing and coughing out the tumor, and from the outside by it being expelled out through his skin on his chest and back. In this same way, your body can and will figure out exactly what you need and heal you too.

**Your husband built up his body, and immune system, until it reversed the degeneration, killed the cancer, and kicked it out of his body!** In the same way, your body, if given the opportunity (by creating powerful health), will figure out how to do EXACTLY what you need.

There have even been numerous cases where endocrine hormones, like your thyroid hormones, were manufactured by *other endocrine organs* when the needed endocrine organ was missing, like with your missing thyroid. There have even been cases reported where needed endocrine chemicals and *hormones were manufactured by non-endocrine organs, like the stomach and intestines*. **So the bottom line is that ANYTHING is possible when it comes to the human body!**

The program I would suggest is to start getting really healthy, and follow ALL of my lifestyle guidelines. Normally, I wean people off thyroid medication very fast, in a month, *when they have a thyroid*. For you on the other hand, since your thyroid was removed, **if you want to do this, I would take an entire year and do a very slow and very gradual wean off program of your thyroid medication.** This will give your body a chance to adapt, balance, wake up

and create whatever chemicals it may need to make up for your missing thyroid.

I would also take 2 droppersful of my **Female Formula**, three times a day, during this entire year. The herbs in this formula will hypersensitize your hypothalamus organ in your brain, which releases all of the chemicals that tell your individual endocrine organs what to do. This organ will know what you need, and by releasing chemicals, it will ask your body to do what it needs to do.

You will also need plenty of available nutrition, for your body to manufacture these hormones and natural metabolic chemicals. I suggest eating an awesome nutritious vegan food program and beyond this, getting additional supplemental nutrition by taking a double dosage of my **SuperFood Plus** two times a day, in the morning and late afternoon. This way you will have plenty of the nutritional building blocks that you need to create ANYTHING!

I would also make sure you are nice and clean, by doing all three of my **5-Day Detox Programs during the year**.

**Finally**, make sure you read my “20 Steps to a Healthier Life” Book (just click on the second book in the right column and read it here for FREE!) and add any steps that you may not be doing, and increase your participation in any steps that you already do. And don’t forget your movement and exercise. By the way, did you know that Hatha Yoga is scientifically known to compress, *massage* and stimulate all of your endocrine organs?

And remember, there is no limit to only one miracle per family! You have created a big one with your husband; one that our entire scientific and medical community still says is impossible.

So get ready for your next healing miracle!

— Dr. Schulze

# EYEBRIGHT, EYE INFECTIONS, EVEN CATARACTS

August 01, 2012, ANSWER by DR. RICHARD SCHULZE

## QUESTION

*Dear Dr. Schulze,*

*This isn't so much a question as it is a great testimony to a wonderful product you make available to us.*

*I am a model/actress and just got done shooting an infomercial this week. A few days before the shoot, I had been dealing with some sort of sinus infection. I was taking your tonics, superfood, etc. and also started using the eyebright in the morning to clear any "eye boogies".*

*Well, the day of my shoot the director asked if I wore contacts and when I said no, he commented on how clear and bright blue my eyes were. He said they just shined on camera. When I told him that I had been using a special herbal eye rinse, he wanted to know what it was and wanted to create an infomercial for it.*

*From a director's view, he was very interested in the way it brightened my eyes on camera. I don't know if that is something that would ever be possible but I just thought you should know. It's a wonderful testimony to eyebright! I've been a believer of all your products for 10 years now.*

*Thank you for all that you do! Peace & Love!*

*— Mary W. in New Jersey, USA*

## ANSWER

Dear Mary,

Thanks for your great testimony. Your eyes are stunning, and so are you!



My herbal **Eyebright Formula** that you used as an **eyewash**, is a formula that many people forget about, but nevertheless, it is a very effective and very powerful formula, for washing, cleansing and disinfecting the eyes.

So I would like to take this opportunity to tell you a little more about your eyes...

## **What Are Tears?**

Tears are a complex solution of chemicals that your body naturally produces, and they disinfect your eyes for many reasons. First, when your Tear ducts release tears, this constantly bathes and washes the eyes which in itself keeps the eyes clean of dust, dirt, debris and foreign matter. Tears also contain many natural antiseptic chemicals, just one of which is an enzyme, called Muramidase also known as Lysozyme. This natural enzyme, when it comes in contact with bacteria, literally wrinkles, stresses and then breaks down the cell walls of bacteria, destroying and killing the bacteria.

## What Is Your Conjunctiva?

The human body has skin, which amongst many things, protects your body from infection. Your eye's "skin" is called the conjunctiva, the covering of your eye, which is constantly bathed and covered with secreted tears, which contain this natural antibacterial enzyme, Muramidase.

So, if for any reason your tear ducts get blocked, *like during a sinus infection, or during any cold*, this almost always results in an eye infection, conjunctivitis (inflammation of the conjunctiva). You can just think of this as dermatitis or like a skin rash of the eye.

This is often referred to as pink eye, which can be contagious, again caused because the tears (the natural defense of the eyes) have become blocked by mucus blocking your tear ducts from excreting tears. (*Mary, what you referred to as "Eye Boogies".*)

## So How Do You Get Blocked Tear Ducts To Open?

When a tear duct is blocked, some easy ways to get them back open (besides needles) are...

### White Onions and Horseradish

I have had patients with blocked sinus and tear ducts so bad, that the medical doctors were inserting hypodermic needles up through their nostrils and injecting harsh chemicals directly into their sinus cavity! OUCH! And, they would come to me with black eyes from this horrific, very scary and painful treatment, **and STILL their sinuses were blocked.**

Then, after 15 minutes in my kitchen, chopping and eating white onions, I would have their sinuses and tear ducts open, WIDE OPEN! By the way, **just the odor of White Onions is antibacterial.**

### Air Detox

Just spray it on a cloth and hold it over the nose and breathe deeply. This not only opens the sinus, but it also disinfects them

too. I also spray it on the pillow so you breathe it all night long, and of course spray it liberally around the house.

## **Eyebright Tonic**

Washing your eyes four or five times a day during any sinus infection or cold will assist in keeping your tear ducts open, which will naturally prevent eye infections. The herbs in this tonic also help keep the tear ducts open, disinfect your eyes, and soothe inflamed and irritated conjunctiva.

## **Cold & Flu Herbal “SHOT”, Echinacea Plus and SuperTonic**

All three of these formulas fight sinus infections and colds by destroying bacteria and stimulating and boosting your immune system. **SuperTonic**, which is also in the **Cold & Flu Herbal “SHOT”**, contains both White Onion and Horseradish that I talked about the healing benefits of earlier.

## **Deep Tissue Oil and Ointment**

This is an amazing formula for many things, but it is also the perfect chest rub to use before bed, to break up and relieve sinus, bronchial and lung congestion. Just take a small amount and rub it in your chest at night, and then go to sleep. Remember, it is a very **STRONG** formula, so if you are sensitive, put a little olive oil on your chest before using it. Also, if your breasts are sensitive, keep it off your breasts and nipples.

**Speaking of breasts, what about mother’s milk? I know it seems like I am off the subject a little here, but bear with me for two paragraphs...**

**DID YOU KNOW** mother’s milk is naturally high in many things, including Muramidase and many other antibacterial enzymes? This is why, in my clinic, if I had any babies with eye infections, I would always ask the moms to put mother’s milk directly into the baby’s eyes. Even though I got a few strange looks, when I would tell them this natural remedy, it **ALWAYS** stopped **ALL** babies’ eye infections, *immediately*.

It should also be noted here that it has been discovered that babies who are not breast fed, but are fed synthesized baby formula instead, have a much higher incidence of not only eye infections, but also strep and other bacterial infections. Babies that are denied breast milk also have a three times higher rate of diarrheal infections and a much higher incidence of bronchopulmonary (bronchial and lung) infections and disease. Remember, when in doubt, the NATURAL WAY is ALWAYS better!

### Cataracts

Cataracts are when the lens of your eye, or the area around your lens, becomes cloudy. This can be caused by a number of different reasons and a number of different diseases, but the bottom line is the circulation in and around your eye is not good.

I am just adding this in here because I get hundreds of letters from people asking me if there is any natural treatment for cataracts. YES THERE IS!

In my clinic I had hundreds of patients who got rid of their cataracts using my **Eyebright Formula** and washing their eyes 3 times a day indefinitely. They would start with the lighter dose of 2 or 3 DROPS in an eyecup filled with distilled or purified water, but worked their way up to the 10 DROPS which is the highest dosage suggested.

Anytime the body has congestion, including in the lens of the eye, **there is NO BETTER HERB than Cayenne to supercharge and dramatically boost the blood and lymphatic flow, which simply cleans, flushes and heals the area.** And my Eyebright Formula has a healthy dose of Cayenne, and this is why you will feel the zing from using this formula at the higher dosages.

**“More BLOOD flow and increased LYMPHATIC circulation will help your body to heal ANYTHING!”**

I would also include any exercise that gets more circulation to your head, from slant boards and Hatha Yoga to Back Swings and



Gravity Boots, but you must be careful and work your way up in intensity, especially if you are not in good health.

Fasting, Flushing and Detoxification are in order for cataracts, so I would suggest my **30-Day Detox Program**, at a *minimum*, if not my entire **Incurables Program**.

**Remember, the results you get are ALWAYS A PERFECT REFLECTION of what time and energy you put into getting healthy!**

**I had a trash basket full of eyeglasses in my clinic, from patients who brought in their glasses and threw them away, because their cataracts were GONE, their eyesight was normal, and they didn't need their glasses anymore!**

## **Finally Mary, About You...**

By looking at your picture, and looking into your beautiful blue eyes, I can tell a few things about you. Iridology is the science of looking at a person's iris, which reflects a lot about a person. It is not used by medical doctors much in America, although they do recognize that certain signs in a person's iris show things like high cholesterol or lack of blood flow to the brain, etc.

Anyway, your particular iris reflects a *potential* genetic predisposition for your lymphatic system to be slightly sluggish. Your lymphatic system is where your immune system and a lot of your white blood cells live and travel, and it's also a system that removes waste and toxins from your body.

So because I know this about you now, first, it is perfect for you to love exercise, as moving your body will make up for any possible inherited weakness you might have, like a sluggish lymphatic system. Hatha Yoga is also perfect for you as it is a scientific system of body movement that is proven to stimulate the movement of your lymphatic fluid. By the way, unlike your blood, the lymphatic system has no pump or heart, to move the fluid around your body, so it relies on muscle contraction, gravity and

## Eyebright, Eye Infections, Even Cataracts

you moving. Also just deep breathing, which happens to be a big part of Hatha Yoga, powerfully moves lymphatic fluid.

Your genetics also make you potentially slightly more susceptible to sinus infections, blocked tear ducts, and also bronchial and even lung infections, so keep your **Cold & Flu SHOTS** handy, along with your **Eyebright Tonic**.

You are exactly the type of person that should do my **Cold & Flu Prevention Program** every month during the winter months. And don't be afraid of Garlic, it is a wonderful herb for you.

Mary, EVERYBODY has potential genetic weaknesses. Iridology simply shows POTENTIAL or POSSIBLE genetic weaknesses. It does not show that you have them, nor mean that you will manifest these potential weaknesses during your lifetime. It just means, if your health declines, or as you age, these potential weaknesses *may* manifest themselves. So don't take what I said too seriously, just keep your body moving, and your sinus clear. And keep those eyes looking beautiful.

— Dr. Schulze

PS: If you or the director wants to do an infomercial on my Eyebright or any of my formulas, please contact Mr. Adam Loef, the CEO of Dr. Schulze's American Botanical Pharmacy. Your eyes and my Eyebright Formula could be a winning combination!

# IS SUPERFOOD PLUS NATURAL? HERBAL NUTRITION 101

August 08, 2012, ANSWER by DR. RICHARD SCHULZE

## QUESTION

*Dear Dr. Schulze,*

*Thank you for what you do!!!! I love your products and believe in them!! Your life story is amazing. (And everyone's you have touched!) What I would give to sit down with you for an afternoon! ;-)*

*I was just looking around in my computer and happened to find a "Jonathan Bechtel" (don't know much about him other than he is a "health enthusiast and founder of Health Kismet, a nutritional supplement company that manufactures Incredible Greens, a green superfood powder.....") stating that the vitamins and minerals in your SuperFood Plus were "synthetically added, they don't come from the food themselves."*

*So I was just wondering if you could tell me exactly how SuperFood Plus is made, as well as Formula One. (Two of my favorite products!) ;-)*

*May God continue to bless you for all you do to help people get and stay healthy!*

*Thanks again!*

*A huge fan!*

*— Lisa M. in Bush, LA, USA*

## ANSWER

Dear Lisa,

**First**, thanks for your very positive and supportive first paragraph!

**Second**, be careful what you read on the Internet! Any idiot with a few hundred dollars can put up a website. What I am saying is, just like with newspapers, books, magazines, radio,

television and the movies, the Internet is NO DIFFERENT! Which means that about 99% of what I see written on it is absolute bullshit. The Internet is NOT FACT. It is mostly fiction, assumption, opinion, and you know me—I QUESTION AUTHORITY!

**Third, FAITH!!!!** I think it is very boring when any company vomits their insecurity, in defense of accusations. **So I am not going to do this.** On the other hand, many of my patients in my clinic had very similar questions regarding nutritional products and also my herbal formula, so as soon as I get done verbally beating you up a little bit, I will give you a entire lesson on nutritional medicine, but first... YOU.

I have a very hard time understanding how you can write me a first paragraph, like you did...

*“Thank you for what you do!”*

*“I love your products!”*

*“I believe in your products!”*

*“Your life story is amazing!”*

*“What I would give to sit down with you for an afternoon!”*

And you even end your letter with...

*“May God continue to bless you for all you do...”*

*“A huge fan”*

And then in the VERY NEXT PARAGRAPH, you do a complete 180 degree turn on me, and use the first unknown food product salesman you find on the Internet, that contradicts me, and doubts my integrity and my product, to lose your faith and worse, ask me to explain myself and defend my products.

## Where Is Your Faith Woman?

I can, *and I will*, give you a thorough explanation of these accusations and my products, but Lisa, it's all words, his *and mine*. In life you have to pick something and someone to believe in.

Belief is fairly blind; it comes from your heart and soul. Unless you own an analytical laboratory, you will never know which one of us is telling the truth, and still then you may not be able to discover the real truth. Which takes me back to your heart and soul... **YOU NEED TO TRUST YOUR HEART AND SOUL, LISTEN TO THEM AND FOLLOW THEM.** I often call this *Listening To The Voice of God Within You*. In this instance, you need to go inside your heart and you will know which one of us you trust and want to follow.

This is why I spend a lot of time telling people about me, my family dying from disease when I was a kid, my own medical death sentence, how I healed myself, my teachers, my clinic, my tens of thousands of patients, my teaching career, my over 40 years of my life's work, and anything and everything about my life's adventure and journey into Natural Healing and Herbal Medicine. I bare my soul to everyone so you know who I am and where I am coming from.

Then, the first joker that comes along to bad mouth my herbal medicine, you even bother to listen to it, then question me, and worse, you want me to explain myself?

## Again I Ask, Where Is Your Faith Woman?!

Lisa, the whole reason I am busting your ass like this is simple. **Look, I know you love me**, but at some time in your life, you will be called to stand strong on your belief, your faith... we all are. And, when this time comes, your belief and faith need to be rock solid, *or you may not survive*. This is the difference between someone who dabbles in health, and ends up on the surgeon's table, and someone who is a Natural Healing and Herbal

Medicine BELIEVER, and I want you, I need you, to be your own doctor!

**OK, now I will stop picking on you and rip this guy a new one... *only kidding!***

**As far as his critique of my SuperFood Plus that you found on the Internet, well let's take a look at it...**

Since Natural and Herbal Medicine and Health is a multi billion-dollar industry, well, unfortunately there are a lot of companies out there making and selling pure garbage. (*Just take a look back at the BLOG I posted a few weeks ago called "His Dream, Our Nightmare" if you have any doubts about all the crap companies involved in the health food and herbal medicine industry.*)

**So, unless any critique of me or my herbal medicines is made from an actual practicing alternative doctor**, that has a practice, a clinic, real live patients—actually thousands of patients healed from all types of diseases naturally—and lots of clinical success stories, *if not clinical miracle healings*, **I am not really interested in their reviews of my products.**

I have not heard of this individual that you speak of, nor do I believe he has a clinical practice nor thousands of patients. So as far as I am concerned, **this limits his opinion to simply his own personal assumption**, NOT Clinical Patient Case Histories. I often call formulas like his "Bottled Hypothesis".

**But having said that, I liked most all of what he says on his site.**

He seems to be an energetic young man with a sincere desire to help people. He looks like a small start up company. In fact, in numerous places he mentions he is not making much money at all, and he probably makes his products in a kitchen somewhere (like how I started many years ago), but not an FDA-approved certified organic facility. He actually doesn't mention organic anywhere that I saw. And, as you will hear from me later, comparing our

SuperFoods, we are talking about two VERY DIFFERENT PRODUCTS here.

**So I want to be very clear. I am NOT responding to you to defend my product nor attack his product.**

But many, many of my readers have lots of questions about vitamins and superfoods, so I thank you for asking this one, and I would be glad to elaborate on my answer.

## **Consider This Lesson #1 Of “Herbal Nutrition Superstars 101”!**

**After reading his review it seems he has three main complaints about my SuperFood Plus...**

### **His #1 Problem: ADDED Vitamins and Minerals?**

He does state that my **SuperFood** has *“Very High Quality Ingredients”*. And he also states that *“You should buy this powder if you’re ONLY in it for the NUTRITION”*, (which by the way, is the only reason I make the **SuperFood**). But because my Nutritional Content of my **SuperFood Plus** is SO HIGH, he seems to think I am sprinkling in “vitamin additives” to my product.

### **His #2 Problem: More Bran?**

But he obviously thinks that a good SuperFood Product is one that contains a wide variety of food items like he puts in his formula, like Bran and Fiber, so I will explain why I DO NOT water down my **SuperFood Plus** with laxative agents.

**His #3 Problem: Taste?** He thinks my **SuperFood Plus** tastes bad.

### **Answer #1: ADDING Vitamins To My SuperFood Plus**

**He just made a simple mistake, as many people do when they look at the incredibly high amount of vitamins listed on my Nutritional Facts panel.** He assumed that all of these vitamins and minerals listed on my panel were *added*. **NO... This is the**

## **ACTUAL analysis of the NATURAL Vitamin and Mineral CONTENT in the herbs themselves.**

*By the way, I just glanced at his blog, and he shows a picture of my **SuperFood Plus** label and my FDA Nutritional Supplement Facts panel and he does state that, “there is a long list of vitamin and mineral additives.”*

Again, this panel on my **SuperFood Plus** is NOT a list of ADDED Vitamins but a list of the **ANALYZED Vitamin and Mineral Content** that is naturally found in my **SuperFood Plus**. There is a HUGE difference.

Adding vitamins would be like sprinkling vitamins into my jar, and I DO NOT DO THAT. ALL the Vitamins in my **SuperFood Plus** are what are present in the herbs and foods themselves.

As far as the ingredients in my **SuperFood Plus**, by FDA law ALL INGREDIENTS MUST be listed at the bottom, under ingredients, in order of prominence in the formula, **where you can easily see that I am NOT sprinkling in vitamins, and there is ONLY HERBAL INGREDIENTS and NOTHING ADDED.**

### **My SuperFood Plus Is A 100% Herbal Blend!**

Here is what is EXACTLY in my **SuperFood Plus**, and what it states on the label...

Wild Harvested Spirulina Algae, Organic Blue-Green Algae, Chlorella Broken-Cell Algae, Organic Barley Grass, Organic Alfalfa Grass, Organic Wheat Grass, Organic Purple Dulse Seaweed, Organic Acerola Cherry, Organic Rose Hips, Palm Fruit, Organic Lemon Peel, Organic Orange Peel, Organic Beet Root, Organic Spinach Leaf, and Non-Fermentable Saccharomyces Cerevisiae Nutritional Yeast.



Again, this gentleman just made a simple mistake!

### *Answer #2: Should I ADD Bran and Fiber?*

**What he considers a SuperFood Product is one that contains a wide variety of items like bran, fiber, digestive enzymes, probiotics, bee products, etc, like his does.**

**His SuperFood is like a “meal replacer”.**

**My SuperFood Plus is a “Nutritional Supplement”.**

Bran and Fiber are NOT NUTRITIONAL SUPERSTARS and are NOT EXTREMELY HIGH IN PARTICULAR VITAMINS AND MINERALS.

I DO NOT add anything like this to my **SuperFood Plus**, which would reduce and water down its vitamin content. I will explain...

In my clinic, I had people actually dying from anemia, which can be caused by many other diseases like Cancer and AIDS. And the juicer alone was not keeping them alive, so I needed more. I needed to start using herbs that have super high nutritional values, and add them to their juice, to give them the super nutritional boost they needed to survive. **This is why I developed my SuperFood Plus, solely as a Vitamin and Mineral Blood Transfusion!**

As for Bran, Fiber and some of the other ingredients in his formula, these items are cheap, so I would just have any patients that wanted things like this, add them into their morning blender drink. I wasn't going to water down my Nutritional Formula with *fiber*.

I also created other herbal formulas to clean out their bowels, and to do all sorts of other things, but again, I DID NOT WATER DOWN MY HERBAL NUTRITIONAL FORMULA with BRAN and FIBER. This is how I kept my nutritional values in my **SuperFood Plus** the absolute highest.

## **“EVERYTHING In One Jar” SuperFood Formulas**

Obviously this gentleman is one of the many people out there who is trying to help people by making an ***all-in-one superfood formula*** that contains many ingredients besides nutritional herbs and his focus is not solely on Vitamins and Minerals. Again, most other nutritional products I see out there, they cannot help themselves from adding everything but the kitchen sink, *maybe even including the kitchen sink*. Products like these are ‘one product does it all’ formulas, which I personally did not find powerful and effective enough to treat disease and use in my clinic. **Formulas like these have much less nutrition.**

**Let me be specific—Items in this gentleman’s product that I do NOT consider vitamin or mineral superstar ingredients...**

Barley Malt: A sugar made from barley, used as a sweetener.

Alfalfa Juice: Devitalized processed and dehydrated juice.

Brown Rice Bran: some nutrition, but mostly Fiber.

Apple Fiber: Fiber, good for the bowel, NOT NUTRITIONAL.

Apple Pectin: Again, good for the bowel, NOT NUTRITIONAL

Digestive Enzymes: Pepsin, look that up, yuck, NOT NUTRITIONAL.

Probiotics: L. Acidophilus, L. Bulgaricus, B. Bifidum, B. Longum, Thermophilus... basically bacteria.

Lecithin: Found in food.

Royal Jelly, Bee Pollen: He says that his formula is vegan. I do not consider these vegan. They are literally insect vomit.

Green Tea, Eleuthro Root, Echinacea, Bilberry extract, Ginkgo biloba, Astragalus, Grape seed extract, Milk thistle, Licorice root, Suma... all good herbs, but NOT nutritional herbs!

Furthermore, with most herbs, he does not use their correct names, nor list the part of the herb he uses, and this is extremely important and no herbalist would ever make this mistake.

He does not talk about Organic at all, and to me this is vitally important!

## **Finally, this brings me to a matter of pure physics...**

**If you compare the two products, you will notice that my SuperFood Plus nutritional content of vitamins is VERY HIGH, and his product nutritional content is very low. There are two reasons for this.**

The first is that my jar has twice the amount of product than his. This is simply because my **DOSAGE of SuperFood Plus** is 2 tablespoons. His dosage is only 1 tablespoon, so with my **SuperFood Plus, you are taking TWICE as much product.**

Secondly, because he adds large amounts of bran, fiber (very inexpensive ingredients) and digestive enzymes, probiotics, bee products, and a total of 35 ingredients, well, this naturally dilutes the vitamin content by simply taking up room in the product for intestinal bulking agents. The reason I point this out is simply because his numerous *other ingredients*, like Bran and Fiber, are taking up the room in his formula that I devote solely to Herbal Vitamin SuperFoods. So naturally his vitamin content is very diluted and watered down by these other ingredients.

*This is why my little **SuperFood Bar** can have 200% of your daily value of Vitamin C solely from acerola cherries while a full dose of his product only has 30%—almost 7 times less.*

### **Answer #3: Does My SuperFood Plus Taste Bad?**

**What a pussy!** On his website he says that my **SuperFood** scores high on value and nutrients, *but it's ugly and tastes bad*. He even took a picture of himself making a stupid frowning face. Now he is being a real jerk, and a real pussy. He would have fainted in

my clinic. Actually, I would have thrown him out long before he fainted.

This right here shows the difference between a Natural Doctor who ran a clinic and some kid making faces cause he doesn't like the taste of something.

His formula contains Barley Malt, **which is basically SUGAR**, so it is definitely going to taste better. My **SuperFood Plus** contains **NO SUGAR. Sugar Feeds Disease!**

On the other hand, most of my customers think that my **SuperFood Plus** tastes great, or at least good, and so do I. So much so that most of my customers sprinkle it right on their food.

But let's forget taste. My focus has never been taste, my focus is solely nutritional and medicinal. Personally, I think that most of the food and drink that the average American consumes today tastes horrible, so this is just a matter of opinion.

Also, my focus is definitely you healing your diseases, getting well, staying well and creating powerful health. Taste comes second.

**Now, I'll say it again, this guy's a real pussy!**

## **How I Make My Herbal Medicine**

**Lisa, as far as your question, asking me if I can tell you exactly how my SuperFood Plus and my Intestinal Formula #1 are made, yes, I can answer that too.**

This one is easy. I can tell you **EXACTLY** how both of these formula are made, as almost 40 years ago, I invented, developed and made these two formulas myself for my patients, in my clinic, again making each batch by hand, shaking the herbs in 5-gallon tubs over my head, **EVERY DAY**. In fact, Anisha Jones, my great Master Herbalist from England and my clinical laboratory assistant, used to do a lot of this mixing while our baby son Arthur was in a wrap or sling, held around her body and breast.

Once or twice a day I would take a peek at him and his face would be green, covered with **SuperFood** powder. Anisha has now graduated to be the head Master Herbalist of my company in charge of Production and Quality Control. We call her the *soul* of the herbal product manufacturing. What I love about her most is that after working in my clinic for years, she knows EXACTLY how I do things, how I run things and EXACTLY what my priorities are. After all, she was in my clinic and knows exactly what it takes to make healing miracles happen. And she absolutely knows that the ONLY FOCUS is helping people get well.

OK, enough reminiscing.

So today, not much has changed. My **SuperFood Plus** has the same herbal and food ingredients. But instead of mixing it by hand, the dry herbs and foods are placed in a large blending machine that resembles a clothes dryer, but has NO HEAT, which SLOWLY tumbles the ingredients for ONLY TWO MINUTES! I don't want to beat the ingredients up; I just want to make sure they are mixed thoroughly. Then, all I do is put it into the jars. So there is NO HEAT used in my process and my **SuperFood Plus** is just super-nutritional herbs and foods, naturally dried, powdered, blended and delivered directly to you.

I must mention here that I am also very proud of my **SuperFood Plus** tablets. EVERY other tablet on the market contains binders to hold the herbs or powder together, usually 15% to 25% binders. I fought this bull for two years just to develop my tableting process. I was NOT going to dilute the nutrition in my **SuperFood Plus** by adding more binder than some of the superstar nutritional herbs. So I worked two years to discover how by adding only 3% organic Rice Malt to the **SuperFood Plus** powder, then increasing the pressure on the tableting machine, and then spray coating liquid vegan veggie capsule liquid on the outside of the tablets, I was able to do what no one else has, and not dilute the nutritional content of my **SuperFood Plus** tablets.

My **Intestinal Formula #1** is made exactly the same way. I powder the herbs and then put these herbs into capsules. That's it!

Finally, Lisa, I must end with a small repeat reminder.

Follow your Heart and Soul, Lisa, your inner voice, or the voice of God that comes from within. Your voice is ALWAYS RIGHT and will ALWAYS steer you in the right direction.

Listen!

— Dr. Schulze

# IMMEDIATE RESPONSE ON LAST WEEK'S BLOG! AND DON'T MISS THE CLOSING LETTERS!

August 15, 2012, COMMENTARY by DR. RICHARD SCHULZE

Friends,

Last week I responded to Lisa M's question about my **SuperFood Plus**, and some things she read about it on a website. I mainly responded to her about her faith, and how important it is for all of us to listen to our inner voice, and follow this voice. Whether you call it intuition or the voice of God within you, ALWAYS follow your inner voice. And this is especially important in Healing Yourself!

But I also responded to her to let her know that most of what was written on the website she saw was either incorrect or immature. And then seized the opportunity, *not to defend my product*, but to explain to my readers why and how I make it (as I get many questions like this) and what my priorities and focus are when making it.

Then, almost immediately, I received a response email from Jonathan Bechtel, the man who actually published the incorrect facts and immature comments regarding my **SuperFood Plus** on his website.

His letter was so sincere, I decided to print it this week, and I commend him for writing it. Since I don't respond to people directly, I will add some responses to him right in his letter.

— Dr. Schulze

This is the letter I received, **and my responses to this gentleman are in BOLD...**

*Hi Dr. Schulze!*

*This is Jonathan Bechtel from Health Kismet. I just read your blog post about the review I wrote on your Superfood product.*

*First off.....when I first wrote the review, I **made quite a few editorial errors which were stupid on my part.** Your fans did an excellent job of pointing these out to me.*

*They were:*

*1). The details about the nutritional information on your product. Whether or not they are synthetic/natural, etc.*

As I stated last week, all of the nutritional information on my SuperFood Plus label is derived from what is **NATURALLY** present in the foods and herbs, in the SuperFood Plus. No synthetic vitamins are added. Just Super Nutritional Foods and Super Nutritional Herbs. So thanks for recognizing this.

*2). Not respecting the brand you've built for yourself with your honest work. I should have been more careful to portray your **Superfood Plus** in a constructive light and highlight how it most benefits people.*

I agree, but you are younger than me, and I too made such mistakes when I was younger. Please do not beat yourself up about this at all. I did the same to a few of my teachers when I was much younger. But I meant what I said about you in my BLOG last week, when I said:

**"I liked most all of what he says on his website. He seems to be an energetic young man with a sincere desire to help people."**

And now after reading the letter you just sent to me, I believe even more in my assessment of you.

*3). In my entrepreneurial career thus far (about 1 year strong) I **think that picture I took of myself (making a face when taking my SuperFood Plus), is the single most embarrassing thing I've ever***



*done. I've had a lot of failures (and a few successes!) but few things that I believe were categorically stupid, and that was one of them.*

Again Jonathan, don't be too hard on yourself. Yeah, I think it was a stupid thing to do too. Just so you know where I am coming from...

I spent decades running my clinic dealing with very ill patients dying from all sorts of horrific diseases that were literally eating them alive. Often their flesh was rotting off, smelling horrible, bleeding and infected, they were suffocating, going blind, etc. They were dying from all sorts of horrible diseases when they crawled into my clinic. Furthermore, they had also been tortured by the medical profession, burnt with radiation, poisoned by chemical drugs and chemotherapy, maimed and disfigured by surgery. And, once all of their money was gone, they were then tossed away by the medical profession, and now they were crawling up the stairs of my clinic, almost dead. I want you to imagine this picture.

I was making herbal formulae (probably before you were born) to literally save their lives. I used my SuperFood Plus along with the juicer to build their blood up so they wouldn't die from anemia before my other herbal tonics had a chance to kick in. So taste was never even considered. Surviving was the only factor.

Now I still disagree with you about the taste of my SuperFood Plus. I love it and so do my customers. To me it is an excellent popcorn seasoning as well as a great sprinkle onto almost any dish, like rice and veggies. But taste is acquired, and to anyone who is used to junk food and sugar, and not vegetables and live food, well, my SuperFood Plus may take a little getting used to.

*So with regards to these three issues.....honestly, honestly, honestly.....I'm sorry my business learning curve had to come at the expense of your online reputation. You've obviously earned your success, and to be honest I aspire to follow in your footsteps (in one way or another), not to rake you through the mud.*

**Apology absolutely accepted! Although I forgave you before you even wrote this letter.**

**And don't worry at all, about my online reputation. I decided years ago that in order to get my message across, that I would offend a few people. I am NOT for everyone. I am a doctor, I come from the clinic, and as I said before, my patients were dying horrible painful deaths. My job was to keep them alive, and help them create their own Healing Miracles, NOT be politically correct. You will see this in a reader's comment I will post after my response to you.**

*For What Its Worth, the editorial mistakes I made were apparent sometime ago and I rewrote the review at my own discretion. I'm not sure if you've since seen it, but I believe it doesn't contain anything that you wouldn't agree with. If there IS something that's not factually accurate then please let me know. I'm not looking to pick a fight.*

**Well done. I then suggest you go back and remove your old work if you feel it is incorrect.**

**Just remember what both of our companies are ALL ABOUT—Helping People Get Well—and NEVER lose sight of that goal.**

**Jonathan, if you remain focused on Helping People to Heal Themselves, then everything you do will be good! This is the focus that absolutely drives me (and now my company), which is easier for me to see and remain focused on, because I can close my eyes and still see a few of the patients that didn't make it in my clinic, especially the kids. This will haunt me forever, and I transform this haunting into positive energy to ALWAYS do my absolute best!**

**This is why I will now urge you to start a clinic, and start seeing patients. You don't need any degree or any license, you have some experience and a flair and passion for natural healing and natural living, so start helping people, start guiding people. You have plenty of knowledge to start, and you will gain your**

real knowledge once you start dealing with patients. There is no shortage of sick people out there that need your help.

*You're characterization of me and my company is about right. New, bootstrapped, climbing the mountain but not yet on top of it. But I do believe it has the chance to be something unique and very useful.*

*I'm agreeable and polite by nature, but I don't think most people would describe me as a pussy. (Even though I make the occasional egregious mistake). You'd probably like me as a patient.*

OK, now you're sounding better to me, but talk is cheap. Again, I suggest that you start seeing patients, this is where you will do your real learning. I think now you can see it from my perspective, a young guy making faces and whining about the taste of what I think is the finest, natural, herbal, nutritional, vegan and organic nutritional supplement available. Regardless of how you think it tastes, in the clinic, I saw it save thousands of lives literally bringing people back from the dead.

*For What It's Worth, Incredible Greens is manufactured in an FDA approved facility and not in my bathtub. Would you mind correcting that?*

I never said bathtub, I said kitchen, which I do not think is a derogatory statement simply because that was where my clinical laboratory was, where I made all of my patients' herbal medicines, and also where my original "start up" manufacturing took place. In fact, still today, this is where most of my personal research and development takes place—in my home, in my kitchen, with my Champion juicer, my Vita Mix, my food dehydrator, etc.

*You're right that my product is not organic.*

This is where I am going to nudge you Jonathan, to get you with the program.

Organic foods contain 4 to 10 times more nutrition; that's more vitamins and minerals. Organic herbs contain 4 to 10 times

**higher concentrations of phyto-chemicals or herbal chemicals that create the healings. So for the sake of your customers, GO ORGANIC.**

**Furthermore, in the 1960's we had a saying, "You are either part of the Solution, or you are part of the Problem, there is NO MIDDLE PATH". If you are NOT using Organic, Jonathan, then YOU ARE PART OF THE PROBLEM.**

**The foods you are selling people are sprayed with insecticides, herbicides, have residues of synthetic chemical fertilizers, and then gassed with highly toxic, carcinogenic and mutagenic antibacterial agents. It just does not make sense to try and help people get well, *and then POISON them at the same time.***

**Furthermore again, even if the toxic residues in your products are not a concern to you or your customers, the growing of your non-organic ingredients is pouring billions of tons of poisons back onto the earth, where we live. So again, you are making your customers sick in both ways.**

**Jonathan, I will not let up on this one. EVERY piece of food that comes into my house is ORGANIC. It's 2012, not 1970, and there is absolutely no excuse for you not to be buying organic ingredients and using them, for your customers, the planet, everybody! So until you go organic, you are part of the problem. OK, I guess that was more than a nudge!**

**I want you—I need you—to not be a few steps below me, but to rise above me. Since I took all of my teachers work and seriously upgraded it, I expect you to do the same. Open a clinic, and take Natural Healing and Herbal Medicine to the highest level you possibly can!**

*My blog didn't receive very much attention when I wrote it but things have obviously changed since then. I'll make sure to be more careful.*

**Again Jonathan, Focus on Helping People to Heal Themselves, then you won't make these mistakes again.**

*All the best,*

*— Jonathan*

**Now a few more fun comments from my readers...**

## **A Reader That Doesn't Like That I Used the Word PUSSY**

*Dear Dr. Schulze,*

*I am writing this note today to respond to your latest blog post entitled, "Is **SuperFood Plus** Natural? Herbal Nutrition 101."*

*I object to you insulting others by calling the man in question "a pussy."*

*Furthermore, I demand that you explain to your readers why you chose to use the word "pussy" as it also contains a connotation that can be perceived quite degrading to women, despite the fact the expression actually refers to the nature of the feline species being afraid or cowardly. Nonetheless, why do you employ this word? What does using this word as a weapon do for you?*

*And in the future, please, I implore you - - consider finding words in your vocabulary that actually articulate what you mean to say. And then consider whether you really should say them, and then publish them on the Internet...*

*I will not support a company that insults others, or calls other people "a pussy" for any reason, under any circumstances, period.*

*I am disgusted by your actions and words and am requesting you edit your post and apologize to those who've attempted to diminish or harm.*

*A long-time customer and supporter of your business,*

*— Lisa J. in Los Angeles, CA*

Dear Lisa,

Wow, Lisa, you have a big button here and I would safely guess it is not with me. I suggest you get some psychotherapy, heal past issues or learn 1,000 jokes, actually why not do all three? And since your big deal is with the word pussy, maybe you even need to pay some additional attention to Chapter 18 of my 20 Steps Book, on More Sex!

My focus is and has always been, to help people heal themselves of any and all diseases, using Natural Healing and Herbal Medicine, period!

I learned in my clinic, that when people are dying, they can't hear very well, their mind is foggy (usually from all the fear, pain, and chemical drugs). Often they need a good kick in the ass. Over the years I have discovered that using a few choice words usually gets people's attention, like it did yours. After all, their life is at stake!

One day you may be real sick, and you will be lucky to find a doctor like me that will kick your ass if you need it kicked, and then you will know why I occasionally throw in a word like pussy, and you will appreciate me more.

Sorry if I lose you as a customer, but since my focus is to help people heal themselves of disease, I will not change who I am or how I express myself for anyone who is allergic to my vocabulary, because, like in your case, of some trauma with a man they experienced earlier in life. Also, I won't change my approach simply because it has helped thousands and thousands of people to heal themselves.

— Dr. Schulze

PS: When I use the word pussy, meaning someone is “being a pussy”, I am referring to them being a wimp, like pussy-footing around, like tip-toeing, whether they're male or female. I am not referring to the female genitalia, the vagina or vulva, a cat, the James Bond film *Octopussy*, nor referring to women being afraid,

cowardly or degrading women or anything else in your wounded imagination.

## **And Another From a Pastor...**

*Dr. Schulze,*

*I enjoy seeing someone with some conviction and zeal in a generation that has become mainly pleasers.*

*I am a pastor in NY and the same thing happens with spiritual teachings. People proclaim that they love God and believe in Him and then a little snake comes along and then people begin to question His integrity in a blink of an eye.*

*In my 11 years as pastor I have seen scores of healings take place in front of me, yet we could have seen more if their faith wasn't so wishy-washy.*

*Thank you much for your honest messages and great products.*

*— John F.*

## **81 Years Young!**

*Dear Dr. Schulze,*

*Good for you!!!! The first reason I started buying your wonderful products is because I DID NOT WANT FILLERS. If I use Flaxseed I want it freshly ground, not put up and mixed with the other things. I would much rather have the pure ingredients that you use then have them watered down with bulk fillers. I used your **SuperFood Plus** for only three days and I could tell IMMEDIATELY that it had super power, and keeps me going all day. I am 81 years old! Keep up your good work!*

*— Yvonne R.*

## **Thank You!**

*Dear Dr. Schulze...*

*You are Bleeeeeeping Awesome!!! Thank you for your latest Blog post!!! Write On! (double entendre intended) I really mean it: Thank You.*

*— J.D.*

# POISON IVY, OAK & SUMAC INFORMATION & TREATMENT

August 22, 2012, ANSWER by DR. RICHARD SCHULZE

## QUESTION

*Dear Dr. Schulze,*

*HHHHEEEEELLLLPPPP! I've got poison ivy all over my body. OK, I probably should not have been lying naked in the yard last week but it was soooo hot and amazing, I could not resist. PLEASE HELP ME. I've got it almost everywhere, even between my legs near my vagina, and that really SMARTS! Please help me stop my itching, burning, scratching and crying! Now my kids are scratching and itchy too, but they weren't home the day I was lying out, so I think they got it from my infection?*

*Please Help!*

*— Debbie C. in Catskill, New York, USA*

## ANSWER

Dear Debbie,

**First, Identify It, And Maybe Even Get Rid Of It!**

The first thing you want to do is to get acquainted with the type of plants in your area that cause contact dermatitis. You can look all of them up on the Internet, and then print pictures of them and post them on the refrigerator for everyone in the house to see what they look like. If you go looking where you were lying around, you will probably find them. **DON'T TOUCH THEM**, just see where they are. And **DON'T BURN THEM** as the smoke can make you really sick too.

In California where I have a lot of Poison Oak at my ranch, I spray a mixture of clove oil, lemon juice and vinegar on it in the spring, and it is dead in a few days. Clove Oil burns plants and



kills them, and this keeps the poison oak down to a minimum the rest of the year, and also keeps the number of people getting hurt by it to a minimum too. There are many recipes on the Internet.

**Here are a few pictures of poisonous plants...**



*Poison Ivy*



*Poison Oak*



*Poison Sumac*

### **Next, What To Do Once You Are Contaminated!**

**You are not alone! OVER 50 MILLION PEOPLE, or MORE, in the United States get some type of plant dermatitis every year.**

The thing about Poison Ivy, Poison Oak and other plant caused contact dermatitis, is that once you have got it, its usually too late! You have already been infected.

It is possible to minimize the contamination, by washing with soap and water, even scrubbing with a soapy brush, **IMMEDIATELY** after you have been in the woods and especially if you think you have been contaminated. Some experts suggest using **NO SOAP** and **cold water** alone which some people think helps to disperse the infectious oil from these plants better. I have done both cold water, cold water and soap, and hot water and soap, and even done alcohol like isopropyl alcohol or in a pinch, a bottle of whiskey. I prefer the cold water with mild soap. The key is using **LOTS** of water to make sure that you get the contaminated oils dispersed enough, diluted enough and removed enough.

**The contaminant from all of these plants is an oil called Urushiol.** It is quite sticky and gets on your skin when you come in contact with the plant, or come in contact with material like

blankets, sleeping bags, towels that have come in contact with the plant recently. I have even got it from petting my dogs after they run through it. By the way, this is the **ONLY TIME** you can transfer it to another person, when this oil is on your skin **BEFORE** you wash it off.

**As far as washing it off, TIME IS OF THE ESSENCE! 50% of the Urushiol Oil is absorbed by your skin within about 10 minutes, so this is why you have to act immediately after contamination.** Once it penetrates the skin, it is too late, as the soap and water will not remove it.

I use natural soaps like Dr. Bronners and a natural fiber vegetable bristle scrub brush. Make sure you wash all contaminated clothing or blankets too, with a natural detergent. Many people swear by making a scrub of Baking Soda and Vinegar or Lemon Juice, to scrub off the oil and lessen the burning. There are many home remedies. Others swear by Tecnu and other chemical soaps found in camping stores, and many swear by oatmeal packs to make the itch less. The bottom line, is that once you have been contaminated with the oil, it is usually too late. But a good scrubbing will dissolve and wash away any residual oil that has not penetrated your skin, and is still on the surface of your skin, and get rid of it, and keep you from spreading it all over your body, or worse, contaminating others.

Usually, you will first notice itching and even painful stinging within a few hours of contamination. Sometimes it only takes a few minutes while other times it takes a day to discover you have it. So the minute you suspect contamination, get in the shower and **SCRUB, SCRUB, SCRUB!**

After contamination, most people get a red rash and very itchy, if not burning, red bumps, that in a few days, form blisters, that often weep, ooze, drain or break, forming crusty scabs. **NOTE; The liquid from the blisters is NOT contaminated and WILL NOT spread the Urushiol nor cause further contamination nor contaminate others.** But breaking the blisters is not advised as

## Poison Ivy, Oak & Sumac Information & Treatment

it opens the skin and leaves you more susceptible to bacteria and skin infections. The skin eventually becomes raw, scaly and even gets thickened. For most people, the whole event will self resolve itself in a few weeks, whether you do nothing or not, and the skin is usually back to normal in three or four weeks. But many natural treatments can make you feel a lot better, and I will talk about them in a minute.

**Here are a few pictures of what the rash looks like...**

### **Natural Treatments For Poison Ivy, Oak & Sumac!**

At first, it is usually red skin, or itchy or burning streaks, or a red rash...



Then, a few days later, it will usually blister...



And then get crusty...



And not to gross you out, but it can be severe (although this is rare)...



Believe it or not, the best anti-itch medicine is my **Deep Tissue Oil** or **Ointment**. The natural Menthol from Peppermint in this formula is a powerful counterirritant and will STOP the itching and burning, which in turn will stop you from scratching the area causing complications. I like to mix 2 drops of my **Deep Tissue Oil** with 8 drops of my **Jojoba and Tea Tree Oil**. Then rub it in the area well. This relieves the itching and burning. The **Jojoba and Tea Tree Oil** is also amazing for your skin and really helps in the last stages of Urushiol Contamination when the skin is dry, cracked and scaly. Some people hesitate to put **Deep Tissue Oil** on itchy, burning red skin during poison ivy infections. DON'T! It offers great relief!

I also use this **Deep Tissue Oil** and **Jojoba and Tea Tree Oil** recipe for mosquito bites if I don't have any of my Bug Barrier Ointment around. By the way, Bug Barrier contains Menthol for this same reason, to stop the itch of mosquito or other insect bites.

Also, start taking my Echinacea Plus IMMEDIATELY. This will increase your natural immune system response, which will speed up your recovery time. I suggest taking  $\frac{1}{4}$  of a 2-ounce bottle, or about  $\frac{1}{2}$ -ounce every day for four days. Put the  $\frac{1}{2}$ -ounce in a

water / juice combination, then put it in a sports bottle and sip it throughout the day.

Finally, putting my **Anti-Infection Tincture** right on broken blisters, will keep them from getting infected, and speed up the drying stage.

## More Information Than You Probably Need

Here is a great website for endless information on Poison Ivy, Poison Oak and Poison Sumac.

## STOP Poison Ivy Hysteria

I often found with families that once one person in the family was contaminated, the whole family **STARTS ITCHING**. Unless your kids were lying with you in the grassy area, or you came in direct contact with them right after you were contaminated, or they came in contact with the contaminated blanket or towel, I sincerely doubt they have nothing more than what I call Poison Ivy Hysteria.

Often once one person gets it, **EVERYBODY** starts itching. I was once teaching at a retreat in New York not far from your town and I was asked to come to the nurse's office because there was an epidemic of poison ivy outbreaks. She said 100 people had poison ivy. When I examined these 100 people that afternoon, I only found a few actual cases of poison ivy. The rest had heat rash, mosquito bites, sunburn, hives, and numerous itchy patches, **but they did not have poison ivy**. They had what I call Poison Ivy Hysteria, which is all your kids have after seeing your red rashes, blisters and itchy, burning skin. So please tell them not to worry, but keep them out of that area of the yard.

Remember, Stay Clear of it, Cold Water Wash **IMMEDIATELY**, Wash **ALL** contaminated clothing, **Deep Tissue Oil** and **Jojoba and Tea Tree Oil** mixture and **Echinacea Plus**.

Stop Scratching!

— Dr. Schulze

# WHAT IS JUNK FOOD?

September 05, 2012, ANSWER by DR. RICHARD SCHULZE

## QUESTION

*Dear Dr. Schulze,*

*PLEASE HELP! I am constantly fighting with my husband about what foods are healthy and not healthy for our children. My parents even side with him cause they spoil the children. My kids love anything that is sweet, so they gravitate towards my husband's food choices. We are both vegetarian, but that is where the similarities stop. He eats anything and everything vegetarian, but lives mostly on what you often refer to as health food store "merchandise", not "food". He'll eat puffed cereals, breads, crackers, sweet drinks, and overcooked, way over-processed food like veggie burgers, canned soups and chili (actually canned everything) all the way to tons of "vegan" cookies, chocolate, pretzels, doughnuts and chocolate covered nuts, etc. If they sell it in a health food store, he says it is healthy, and nowadays you can find almost anything at our local health food store, they even sell steak and eggs now! I would appreciate any clarity you can give us on this subject. I know he and my parents will listen to you, especially since you saved my father-in-law's life from heart disease, after a heart attack, but that's another letter. God Bless You!*

*— Regina P. in Des Moines, IA, USA*

## ANSWER

Dear Regina,

I love health food stores; I grew up in them. I was a founding member of some of the first Health Food Co-Ops in New York and California. In my clinic, since I had to teach most of my patients a new way to eat, and what to eat, usually for one of their first five visits, I would have them meet me at the health food store and I would take them on a walk down every aisle. I would show them what health food was, and steer them in the right direction, and even give them some tips on how to prepare the



food, and even how to set up their new kitchen with a Champion juicer, a Vita-Mix blender, etc.

**I'll say it again, I LOVE HEALTH FOOD STORES, and just about EVERYTHING in them is healthier, cleaner, better, more nutritious and made with more consciousness than it's counterpart found in a regular grocery store.** Now having said that, you can make yourself plenty sick in a health food store, too.

## Then and Now

In the 1960s, when I first started seeing health food stores opening up, well, they were mostly vegetarian. You could divide them up into three groups: pills, food, or both. Some just sold bottles of pills (vitamins, minerals, enzymes etc.) Others were like small vegetarian grocery stores and sold mostly fruit and vegetable produce, and things like seeds, grains, beans and nuts in bulk bins. Some stores had both, but regardless, **there was little or no health merchandise like cookies, canned food, and no vegan, flourless, chocolate doughnuts for sure.** Any treats were usually made by the owner in their kitchen or by some local hippies.

Today, health food stores are a VERY different world because they are loaded with so much *health merchandise* (I won't call it food). In fact, most of them have 10 to 12 aisles of this merchandise for every one aisle of fresh produce and actual food. For the most part, this is AWESOME. Personally, I like having a choice between 25 different natural soaps and shampoos. This kind of competition keeps the pressure on manufacturers of healthy products to get better and better. (*Like a few weeks ago, when I pressed a younger manufacturer of a superfood product to go organic*). If you didn't read it, see my BLOG post "Immediate Response On Last Week's BLOG".

Health has become a multi-multi-billion-dollar business as Americans in general are finally realizing that you in fact are... exactly what you eat. The downside is that people keep pushing the envelope on what healthy actually is, so now we have healthy beef, pork, chicken, fish, eggs, milk, WINE, candy, even gluten-

## What Is JUNK Food?

free peanut butter filled pretzels and flourless vegan chocolate doughnuts. Oh My God!!!

### **The PROBLEM: What is Health Food?**

I will try to keep this VERY SIMPLE. The best food for us is food that supplies us with the maximum amount of nutrition, while doing the minimal amount of damage, if any. I often call food like this **Nutrient DENSE**.

**Nutrient Dense food is food that has the highest level of Nutrition, but is the lowest in Fat, Sugar, Calories, Carbohydrates and Protein.** You may say that we need Carbs and Protein, and you are RIGHT, we do, but in America today, ABSOLUTELY NO ONE IS GETTING SICK FROM NOT HAVING ENOUGH OF ANY OF THESE THINGS, and EVERYONE IS GETTING SICK FROM HAVING TOO MUCH OF MOST THINGS.

What I mean by this is that almost all diseases in America are caused by too much food in general—obesity or just being fat and overweight—which is usually brought on from too much food and too much Fat, Sugar, Calories, Carbohydrates and Protein. In fact, it is virtually impossible to find any American or anyone in any modern culture worldwide, that is lacking in ANY of these things. On the contrary, ALL modern diseases, especially the diseases that are killing us the most, and diseases that are on the rise, like Heart and Circulatory Disease and Cancer, are definitely “Diseases of the Fork”, or diseases directly caused by what we are eating and how much we are eating. And because we are overloaded on processed foods and junk foods, we are creating diseases by consuming too much Fat, Sugar, Calories, Carbohydrates and Protein, while at the same time we are Nutritionally Anemic and actually have low blood counts in nutrition.

**“ALL modern diseases in adults, especially the diseases that are killing us the most, and diseases that are on the rise, like Heart and Circulatory Disease and Cancer, are definitely ‘Diseases of the Fork’, or diseases directly caused by what we are eating and how much we are eating.”**

## The SOLUTION

The solution is simple. We all need to INCREASE our consumption of NUTRIENT DENSE foods and DECREASE our consumption of NUTRIENT DEFICIENT foods. We need to consume more foods that give us more nutrient bang for our buck, meaning more foods that have a DENSER CONCENTRATION of nutrients. Most Americans could eat half to two thirds less food, and get 4 to 10 times MORE NUTRITION! Doing this, takes a lot of stress off of the body, the digestive system, the liver, the heart and most other vital organs, while the extra nutrition builds up every organ and every system in your body.

The overeating of food in general, but especially NUTRIENT DEFICIENT food, wears our body down, causes pre-mature aging and breakdown and causes degeneration and disease.

On the contrary, increasing the amount of NUTRIENT DENSE food, assists our body to run much more fuel-efficient, run leaner, it slows the aging process, promotes longevity and PREVENTS breakdown and disease.

I will repeat this:

**“The overeating of food in general, but especially NUTRIENT DEFICIENT food, wears our body down, causes pre-mature aging and breakdown and causes degeneration and disease.**

**On the contrary, increasing the amount of NUTRIENT DENSE food, assists our body to run much more fuel-efficient, run leaner, and...**

- ▶ It SLOWS the AGING PROCESS
- ▶ It PROMOTES LONGEVITY
- ▶ It PREVENTS Breakdown and PREVENTS DISEASE
- ▶ It Creates POWERFUL HEALTH!

## What Is JUNK Food?

Again, to keep it simple, just look at the following chart:

### FOOD TYPE

#### SUPERFOODS

Fresh Organic **FRUIT** and **VEGETABLE** Juice

#### HERBS

**RAW** Food like Greens and Sea Vegetables, Most Vegetables, Fruits, Nuts, Seeds, Sprouted Whole Grains

Cooked **VEGETARIAN** Food

#### JUNK FOOD

Animal Food (Meat), Bread, **REFINED** food, Over-cooked Food, Fast Food, Desserts, Food so **PROCESSED** that you can no longer recognize what food it originally was

## NUTRITION DENSITY

**HIGH** Nutrient **DENSITY**  
Food

**EXTREMELY HIGH**  
Vitamin, Mineral and  
Nutrient Content

Low Fat, Low Sugar,  
Low Protein and Low  
Calorie Food

**MEDIUM** Nutrition

**MEDIUM** Nutrient  
Density

**LOW** Nutrition

**LOW** Nutrition Density

High **FAT**, High **SUGAR**,  
High **PROTEIN**, High  
**CALORIE** Food

## HEALTH IMPACT

**CREATES POWERFUL  
HEALTH**

**SLOWS** Aging

Promotes **LONGEVITY**

**PREVENTS** Disease

**HEALS** Disease

**Neutral Impact**

**WILL BUILD HEALTH** but  
usually not enough of a  
positive impact to heal  
disease

**BLOCKS & CONGESTS**

Circulatory pathways  
like Arteries & Lymphatic  
System and most major  
organs like Heart, Liver,  
Colon, Brain, Lungs etc.

**Causes INFLAMMATION**

**Causes Premature AGING**

**Causes DISEASE**

## Nutrition Density and SuperFoods!

SuperFoods are simply what I call any food that is extremely high in any particular nutrient, like vitamins and minerals, or high in a spectrum of nutrients, but very low in anything else. These are foods that are very concentrated, so you don't have to eat much of them to get a blast of nutrition. Many herbs are a great example of this.

Consuming these foods is how you can keep your consumption of Nutrition very high, but keep your consumption of Fat, Sugar, Calories, Carbohydrates and Protein very low, which **PROMOTES HEALTH AND LONGEVITY. It all comes down to high nutrient density clean burning fuel, versus dirty, low nutrient density fuel, which creates sludge and blocks your body, causing breakdown and disease.**

So the simple reason I advocate a much higher consumption of nutrient dense foods and a much lower consumption of nutrient depleted foods all comes down to **FEELING GREAT, LONGEVITY, SLOWING THE AGING PROCESS, PREVENTING DISEASE, and CREATING POWERFUL HEALTH.**

**For this simple reason, and this reason alone, I designed my own SuperFood supplement in my clinic, gave it to all my patients, and watched as NUTRIENT DENSITY created healing miracles.** The sheer awesome healing power of flooding your body with easy to assimilate, concentrated nutrition—which is the building blocks for EVERYTHING that your body needs to do—and then removing the sludge, well, it is amazing to witness and amazing to feel.

**It is not more complicated than this: Increase foods with NUTRITION DENSITY, add the highest nutrient density SUPERFOODS, reduce LOW Nutrition Density Foods, and remove the WASTE and SLUDGE in our body, and watch the Healing MIRACLES Happen!**

**Hence the foundation of Dr. Schulze's Program, which is to INCREASE nutrition with my SuperFood Plus and REMOVE sludge with my 5-Day Detox Programs. I am really quite a simple guy!**

## **Lunch Suggestion**

My breakfast is always the same—a blender drink. Currently I am still making and drinking my morning breakfast drink that I gave the recipe for over two years ago, **and I'll attach it again at the end of this BLOG post.**

For lunch, I also make a blender drink in my Vita-Mix, but you can use any blender. I toss in handfuls of organic greens, like kale or collard greens and a handful of spinach, some fresh organic apple juice, maybe half of a banana (more apple juice and banana for beginners), a little lemon or lime juice, 25% to 50% water (less water for beginners), and maybe a splash of wheatgrass or ginger juice (but leave that out at first so it doesn't taste too strong and intense). Of course, I also add two heaping tablespoons of my **SuperFood Plus**, and whizz it up! WOW! Now that is a **NUTRIENT DENSE LUNCH!** If I am hungry before dinner, I have one of my **SuperFood Plus bars** later in the afternoon.

**Nutrient Density, Baby, THAT IS WHERE IT'S AT!**

**— Dr. Schulze**

## **RECIPE: Dr. Schulze's Breakfast Drink!**

Try this recipe for an awesome 150-calorie breakfast:

- ▶ 2 ozs Fresh Organic Fruit Juice
- ▶ 1 Strawberry
- ▶ 2 Blackberries
- ▶ 4 Raspberries
- ▶ 4 Blueberries
- ▶ 1/3 Banana or 1 Apple, Pear or Peach
- ▶ 2 Raw Walnuts
- ▶ 4 Raw Almonds
- ▶ 2 tsp Raw Sunflower Seeds
- ▶ 1 tsp Flax seeds
- ▶ 1 tsp Chia seeds
- ▶ 2 tbsp SuperFood Plus
- ▶ 1 tsp HerbalMucil Plus
- ▶ 14 ozs Herbal Tea or Water

**Mix high-speed in the blender for 30 seconds—and use organic produce, of course.**



# I SAVED MY CAT'S LIFE!

September 12, 2012, ANSWER by DR. RICHARD SCHULZE

## QUESTION

*Dear Dr. Schulze,*

***I SAVED MY CATS LIFE WITH YOUR PROGRAM!!!*** I wrote to you to get help in January regarding my cat and a life threatening urinary tract infection. You didn't answer my question; maybe you didn't see it with all of the questions you get.

*When I came home from work one night I noticed my cat squatting in the litterbox. I left the room and came back about 10 minutes later, and he was still in the box straining to pee, right then I knew something was wrong.*

*I checked the box and he was only peeing a tiny bit of urine. I took him to the emergency vet, where they needled his bladder and took a urine sample, and said they found no blood, pus, or crystals in his urine. They recommended antibiotics, which I declined. They gave me some kind of drug that was supposed to relax his bladder so he could pee. I went home and tried one pill, all it did was make him angry and aggressive.*

*The next day he was no better. I went to the regular vet, where they expelled his bladder manually, tested the urine, and said that now there was blood, and infection. (I am convinced that the original vet and his needle are what caused him to have an elevated level of infection)*

*They wanted to put my cat on antibiotics, and said he would die if I didn't go that route. (Big surprise) I have been heavy into natural medicine for many years, and have experienced many miracles on myself in that time, so I did not want to inject my kitty with toxic chemicals that had no guarantee of working, and could make him, (as well as my wallet) a lot worse if they didn't.*

*(If the antibiotics didn't work I would have been looking at extended hospitalization, catheterization, progressively more and stronger antibiotics, and thousands of dollars)*

*This is when I had my breakdown, and I believe spirit spoke to me and said, "what is the point of being into natural medicine, if I cannot take care of me and my family when the shit really hits the fan?" I was still terrified, but I decided that even if my cat still died, I would have done what I felt was right. Anyway, on to the miracle!!!*

*I already had your **5-Day Kidney Detox** Program (thank god), so I busted out the Kidney & Bladder book, and scaled down all of the dosages per your instructions. My cat is 10 pounds, so I gave him one ounce of KB tea with 10 drops of KB tincture and 3 drops of detox formula added in, 3x a day, at first.*

*I found a great plastic dropper and shot glass at a drug store, that both have measurements on the side so I could keep track of exactly what I was giving him. I also made the vet show me how to find his bladder and palpate it so I could keep track of it's size, in case it was getting too big.*

*I added a mixture of 20% Braggs apple cider vinegar, and 80% water, a teaspoon or two 3x a day. I made a strong garlic oil and put it on his paws so he would have no choice but to lick it off. I also added 100% organic non-diluted Lakewood brand cranberry juice (I know it is still pasteurized, but I have found it to still be beneficial to the bladder and urinary tract when using it on myself). I diluted this 50/50 with distilled water.*

*I also knew my cat needed to have plenty of distilled water, so I did not wait for him to drink water, I just squirted a few teaspoons down his throat several times a day. I also added a few teaspoons of fresh parsley tea 3 to 4 times a day. Basically I just wanted to flood his body with as much of all this medicine as he could tolerate.*

*I began this program on a Thursday. By Thursday evening he had finally passed some urine. On Friday he was peeing more often, but not enough. I got some advice from a fellow natural healing warrior, and upped his dosage of your K/B herbal formula from 3 to 4 times a day. That was the turning point, he began to pee normal volume almost immediately. I kept him on the full program for 10 days.*

*After the 10 days, he was completely well, and feeling better than he had in years. He started fetching his toys and bringing them back to me, something he had not done in many years!!!*

*His body weight used to fluctuate between being too thin, and being normal. Now it has stabilized at normal, and not changed. Even now, 7 months later, as soon as I come in the door, he will not stop meowing at me until I play with him!!*

*What could have been thousands of dollars and still resulted in death, turned into about 20 dollars worth of herbs and natural remedies, a healing miracle, and a new cat!*

*Peace, Love, and Empowerment,*

*— Brent D. in Davidson, NC, USA*



## ANSWER

Dear Brent,

Thank you so much for sharing your Cat's Miracle Healing with all my readers!

## Many Questions

I saw that you wrote me months ago and didn't get an answer, so you were forced to use the Natural Healing and Herbal Medicine knowledge that you have gained from reading my work and your

other experiences in life. GREAT! I truly wish I could answer everyone, but I cannot. So EVERY week I pick a question to answer, like yours, that covers an issue that I get MANY similar inquiries about, and **then I answer it in such a BROAD and LONG WINDED way, on purpose, as to EDUCATE an additional 1,000 or 10,000 BLOG readers on the same subject that they have questions about.**

**This is why it is so important for everyone, interested in Natural Healing or Healing Diseases in a Natural Way, and Herbal Medicine to... READ EVERY BLOG POST!**

**It will only take you a few minutes a week and this will be your education, so if and when a health crisis hits you, your family or a loved one, YOU WILL KNOW EXACTLY WHAT TO DO! It won't be a big deal at all!**

So first off, GREAT job for using the Natural Healing WISDOM that you have gained, and putting it to use, and being a great doctor, and healing your cat!

## **Killer Diseases**

I know that some of you out there think that I should only be dealing with killer diseases on my BLOG every week, and I do at least every other week. But I also know how much love and healing all of your pets give you on a daily basis, and how important they are in keeping you happy and healthy. I know that most of you have pets and send me many questions about them and their health.

Almost everyone has pets, and in my clinic my patients would drag their pets in all the time. They brought in their dogs, cats, hamsters, guinea pigs, real pigs, miniature pigs... I have treated over 1,000 horses and even goats with the bloat.

The bottom line is we use the same herbal medicines we would use with ourselves, with a few adjustments.

## Two Important Things to Remember

### #1: Dosage

Like you did, you adjusted the dosage you gave your cat of the herbal medicine it desperately needed to survive based on my weight rule, the weight of the child or pet turned into a fraction by placing the patients weight over 150. So in your case, a 15-pound cat is 15 over 150 (15/150). Then you simply reduce that fraction down and you will end up with the fraction of 1/10th. So your cats correct dosage would be 1/10th the usual adult dosage. In the same way a 1500 pound horse would be 1500 over 150 (1500/150) or (10/1) or 10 times the adult dose.

(By the way, this is how I started giving horses an entire 90-capsule bottle of my **Intestinal Formula #1** for colic, taking it out of the capsules and then mixing the herbal powder ingredients with a gallon of warm water and tubing it into the horse.)

This is the safest way to discover the dose for any animal, human, alien, whatever. NEVER use age; weight bases the dosage on the individual metabolism, making the proper adult dose being for a 150-pound individual. So if you weigh 200 pounds, take a little more!

### #2: Common Sense

Brent, you did a great job using your common sense too, and modifying my programs to achieve your results. The bottom line is doing whatever you need to do to get the herbal medicine into the animal, or the child. Good work.

Look, I have squirted my **Echinacea Plus** directly into a cat's mouth with feline AIDS and then spent the next week nursing the bite marks and scratches on my hands and arms. Modifying taste, disguising taste, adding herbal medicine to food, all these are ways to get the herbal medicines into your "patient" are awesome. In my clinic, I would have parents make herbal medicine popsicles or have herbal "tea parties" to get their children to take the herbs, I would put the horses' herbal medicine into alfalfa and molasses, whatever it takes.

## Finally Food

I do have dogs and cats. Everyone who lives with me has a job to do, including the animals. So beyond love, my dogs are for security and my cats keep the house free of mice. Over the years I have adjusted their diets over to raw meat. It only makes sense; this is their diet in the wild. I have also found that my animals with more sensitive digestion do best on raw meat.

Dried cat food, with all the garbage chemicals added to it, is the leading cause of kidney and bladder infections, urinary tract inflammation, blockage and cystitis in cats, so get him off of any regular cat food. The health food store cat food that you mention is a much better choice, as almost everything that you can buy in a health food store is cleaner than a similar item bought in a regular grocery store. Regardless, I still advocate raw meat for carnivores like dogs and cats. If you make the shift, just make it over three months and it won't upset your cat's digestion.

**I am not the primary caretaker of my pets, so a word from Anisha Jones here, Master Herbalist, head of quality control for Dr. Schulze's Herbal Medicines, and keeper of the Schulze family animals...**

*Dear Brent,*

*Do not feed your cat any dry food or any food with grains or carbohydrates. Cats cannot metabolize the sugar well, and this causes blood sugar problems for them, and weakens them and causes all types of diseases. Also, I do not suggest free feeding any carnivore. Feed them only ONCE a day and do not leave the food out for them. This keeps them leaner, meaner and HEALTHIER. Just like with human animals, FAT CAUSES DISEASE and KILLS.*

*You can feed your cat (or dogs) simply raw meat, or make a food with chopped up raw meat and some binder like eggs or add some fish. Dogs can eat some roughage like some leftover grains.*

*Look, I am a vegan, so I find this a bit disgusting, but I have found that cats and dogs are not. Sure you can make any animal a vegan, but I*

*am telling you what I have seen - raw meat is the best and healthiest food program for them, in Dr. Schulze's Clinic, and in our lives.*

*I also fast the dogs one day every other week and give them a fresh bone. This day they get only a bone and no food.*

*Fasting is as good for carnivores as it is for humans. All bodies need a day of rest once in a while. Again, most pets are unhealthy and get sick, just like humans, because they are too fat.*

*Great Healing your cat!*

— Anisha

**Create Powerful Health!**

— Dr. Schulze

# CATS, DOGS AND HUMAN ANIMALS

September 19, 2012, ANSWER by DR. RICHARD SCHULZE

## QUESTION

*Dear Dr. Schulze,*

*Can you bear one more miraculous pet story? I just read your current blog about the man that saved his cat.*

*My dog got very, very, very sick last October. **I came home to find that he had vomited large amounts of blood and had a lot of bloody diarrhea.** He was very weak.*

***I took him to the vet and they diagnosed him with pancreatitis, heart, liver and kidney failure. The vet said that he had never seen a pet with that much wrong at one time.***

*His heart murmur was so bad that he could not hear any heart tones. He had no urine output at all. The vet put him on IV fluids, diuretics and heart meds, to no avail. He just got progressively worse. After 3 days in the animal hospital, **the vet said to me "take him home because he won't survive until morning". He thought my dog "Dancy" would be better dying at home around his family.***

*I carried him out of the vet. When I got him home, I made the decision that I would use the knowledge that I had about natural healing and try to help Dancy.*

*I have done the Incurables program on myself just to do it (including the cold sheet treatment), and have helped 3 others do it. So, I set out to do the Incurables program on Dancy. **I never gave him any more heart medication or diuretics, because I knew they would kill him.***

*I fed him a pureed raw food diet through a large syringe. I gave him parsley water also. I used **your Heart Tonic, Cayenne, Kidney & Bladder Tonic, Liver & Gallbladder Tonic and Detox Tonic** formulas. I did hot packs alternating with ice packs over the heart, kidney and*



pancreas areas 3-4 times per day. Immediately after the hot and cold applications, my dog would get up and start walking around! **After 2 weeks, he was completely well and running all over the yard!** I took him back to the vet and gave them back all of their heart and diuretic pills to prove that I had not used them, and told them in detail what I had done. **They were completely amazed.**

**That has been almost a YEAR AGO, and Dancy is healthier than he has ever been in his life (9 years old).**

I make my own raw dog food hamburgers and I keep them frozen. I made them out of raw deer, rabbit, squirrel, duck, blueberries, garlic, carrots, apples, parsley, olive oil, honey, apple cider vinegar and diatomaceous earth.

**I also cured my little boy of a third degree burn on his hand.**

**I am a RN who no longer practices, but I worked in ICU for 15 years and know what a third degree burn looks like.**

His burn was deep, pearl white, dry and painless. These are all very ominous signs. I took him to the ER and then turned and walked out because **I could not bear to subject him to medical care and very probably a skin graft and staph infection.** I used lavender oil, fresh aloe vera gel and manuka honey dressings. I did dressing changes twice a day. We took a family trip to Mexico 10 days after the burn occurred and I found gigantic aloe plants growing in the downtown area of Puerto Vallarta. I had used aloe from my plant at home, but the large leaves in Mexico performed a miracle. His burn stayed unchanged for 10 days, but when I used the Mexican aloe vera, you could literally watch the burn starting to heal immediately. It was completely healed in 3 weeks and never had the first sign of infection. This was a complete miracle because "modern medicine" believes that a third degree burn will never heal without a skin graft or if it does heal without a graft it will take many months and will be heavily scarred. My little boy has a very small scar left from this burn.

I have also successfully treated appendicitis at home. I help others with their health all the time. It gives me great satisfaction. This is a blessed and wonderful way to live.

***The LORD provided everything we need to be well and I am thankful to HIM for doing that and thankful to YOU for teaching me.***

***May Jesus bless you with health and abundant blessings!***

***I love you Dr. Schulze!***

***— Lisa M. in Olive Branch, MS, USA***



***EDITOR'S NOTE: We asked Lisa if she would send us a photo of her and Dancy and her reply was: "I feel so honored, Dr. Schulze is one of my heroes. This is better than getting a response from Brad Pitt, Mathew McConaughey, Mitt Romney, Barack Obama, Queen Elizabeth, etc... You get the point :)"***

## **ANSWER**

Dear Lisa,

I can always use another miracle healing story, whether it be cats, dogs, horses, hamsters, kids, adults, seniors or any animal, or human animal.

First, I want to give you a big hug for being such a great Natural Healing Student, Nurse and Doctor. You are AWESOME! Now I would like to comment on a few points you brought up...

## The Medical DEATH SENTENCE

First, I have had vets tell my patients thousands of times that their pet would be dead by morning. This is the medical DEATH SENTENCE that I so often talk about with people and pets. HOW DARE any doctor play God and tell us when any animal or any person will die. Thank God your dog didn't understand the vet's words, and Thank You for NOT listening and furthermore PROVING your vet WRONG and best of all, KEEPING YOUR DOGGY ALIVE!

You were actually very LUCKY! Usually, vets suggest to KILL the animal when they are this far gone, or suggest the politically correct words, put them to sleep. I prefer kill! So at least your vet didn't force you into that solution for your dog's diseases.

## The INCURABLES PROGRAM

Look, more today than ten years ago, there are some great vets out there, even a few ones using Natural Healing and Herbal Medicine. **But most doctors, whether vets, dentists or medical doctors—99% OF THEM—when the chips are down, and multiple diseases set in, they will almost ALL result to their training of drugs, surgery and medical intervention.** So at least you got to bring your dog home and try a Natural Healing “Hail Mary Pass”. Your results were exactly what I saw all of my life, both personally, interning in my great teachers' clinics, and at my clinic for decades. **When you pull out all the stops, do the full-blown Incurables Program and turn the intensity ALL THE WAY UP... EXPECT MIRACLES!**

By the way, GREAT job on the raw dog food, too.

## STUDY and PRACTICE when you are HEALTHY!

I LOVE that you had done the Incurables Program on yourself, just to do it, INCLUDING my Cold Sheet Treatment Routine.

**This is what I am ALWAYS nudging people to do, READ EVERY BLOG, not just look for the answer to YOUR question, and NOT just the ones where people have similar diseases, but READ ALL OF THEM.** Then work your way through my Natural Healing Programs and ALL of my Herbal Medicines. People write me EVERY day asking about what schools I suggest, on Natural Healing and/or Herbal Medicine. This BLOG IS MY SCHOOL, and the BEST SCHOOL! And IT'S FREE!

Most Naturopathic Schools have sucked up to the federal and state governments so badly, trying to get recognized, licensed or accredited, they look like junior medical schools to me, and not very natural anymore.

### **THIRD Degree Burn & Aloe QUALITY**

I thought you would like a few of my clinical experiences on using Aloe vera or Aloe for burns.

My clinical experience mirrored what you discovered. But it is not the size of the plant that matters, but the age of the plant.



As you can see by this picture of my own burnt hand, my burn was also very deep, pearl white, dry and painless.

This first photo was taken right after the burn, with some minimal cleaning on the burn, but the soot is still on my hand.

In this next picture you can see that I had my hand cleaned, and it is now really looking pearl white as you say.



In this picture, my skin is starting to come off, and the flesh below.





And in this final picture, well, this is about 30 or 40 days after the burn, with obviously no skin grafting, and the flesh is growing back naturally, all on its own. The body certainly knows how to heal itself, and IT WILL HEAL ITSELF.

You do NOT need skin grafts; you just need faith in God, Natural Healing, Herbal Medicine and your body's ability to know what to do to heal you. OK, and a little Aloe helps!

By the way, I was told by a burn specialist that my burns were actually FOURTH degree, because many of my muscles, tendons and ligaments, and some of my finger bones were actually burnt below the burnt skin. I had no pain, because the nerves were burnt also.

**The burn specialist told me that I would NEVER grow skin back on this hand.** That I needed a SKIN GRAFT, and that I would most likely get a serious infection that could very possibly kill me—**lots of positive medical affirmations.**

Anyway, I refused to let Dr. Frankenstein cut the skin off of my beautiful ass (to graft onto my hand), and I did my own version

of my Incurables Program, using lots of different things on my burn, including Aloe. In 30 to 40 days I had new skin covering my hand. I went back and showed the medical doctor and he said “I have never seen this before” and I told him, **“You have never seen this before because you are too busy sewing peoples asses to their hands, but this is what the body can do, if it is given the opportunity to HEAL ITSELF!”**

## **Any Aloe, and the Older the Better**

Many people get caught up in the plant having to be Aloe vera, that exact species. I never found that to be important. I have used many of the different species of Aloe that I have found growing all over the world, from America, to Mexico, to the Caribbean, to Spain, India and China. I used them in my students’ clinics all over the world for burns and MOST of them were NOT the official yellow flowered Aloe **vera**. Many that I have used clinically had orange or even red and purple flowers. Again, I did not find that the species was important.

What I DID find to be VERY IMPORTANT is the age of the plant, and what I found is simply that the older the plant, the more medicinally potent it was. In my clinic in Malibu, California, for years and years, I used the Aloe that was growing outside my clinic window, to heal my patients. I would say that the plant was at least 8-feet high, was not a single plant, but had maybe 60 or 70, two foot wide heads and the whole plant was spreading about 8 feet deep and maybe 25 feet wide. I find that mature Aloe plants become hedges that can get really big. In areas where this plant grows, it is not unusual to find spreads of it this size. I would guess that this Aloe plant that I used in my clinic was 25 to 40 years old. This is where the power comes from, AGE. Many people buy a small one-year-old Aloe plant at their local health food store or even grocery store. **This is better than nothing**, but has much lower healing power than the more mature plants, simply because its phytochemical or plant chemical concentration is a lot less. I have read supposed experts say that Aloe’s phytochemical concentration doesn’t peak until it is a 5-year-old plant, I don’t

know if this is true, but I can tell you that the older the better. I can also tell you that 10-year-old plants are stronger than 5-year-old plants, again, the older the better.

## Healing Appendicitis at Home

GREAT WORK, again. I know, it is shockingly simple, and it works every time. (Check out Chapter 11, page 97 of my book DETOXIFICATION: VOLUME TWO—just click on the book cover on the right hand side of this BLOG!)

## Finally

Lisa, you said at the end of your letter that the **Lord provided everything we need to be well**. Great minds think alike as this is the theme of my introduction letter on the inside cover of my new 2013 Herbal Products Catalog. I hope you have your copy by now.

You are AWESOME. Please become an official Natural Doctor. I don't mean getting any degree or anymore training, I mean just spreading the word and setting up a clinic. We NEED YOU. You are plenty qualified, probably over-qualified, and now all of your final training will come from your patients, whether human or canine.

— Dr. Schulze



# I HAVE AN ARTERIAL STENT IS IT SAFE TO DETOX?

September 26, 2012, ANSWER by DR. RICHARD SCHULZE

## QUESTION

*Dear Dr. Schulze,*

*My name is Odelya, I am 47 years old and had a heart attack in Feb 2012. Since then I am doing my best not taking any medications and use your products instead. One of the treatments I got for my heart attack was the one installment of a stent in my heart. The interesting point is that, two weeks ago I did your **5-Day Liver & Gallbladder Detox** and I realized that I will get more benefit out of it, if I will do the **5-Day Bowel Detox** as well. So I went ahead and bought the Bowel Detox. I didn't do it yet. Suddenly it occurred to me that since the Intestinal Formula #2 is flushing out metals from the body, would it flush out parts from the Stent? The stent is made from metal.*

*As I am writing this to you now, it brings to my awareness that you might never write me back. With this said, your answer (and hope you will) would not be considered as advice countering my medical doctor because I never abide by their rules anyway. At the same time, I need help and yours is the most appropriate, since I am refusing taking any medication. I am using your different products for the last seven years (at least **Intestinal Formula #1**) and just recently became vegan.*

*Thank you and best regards,*

*— Odelya M. in Los Angeles, CA, USA*

## ANSWER

Dear Odelya,

Thanks for your great question.

## What is a Stent?

For my readers that do not know, a **stent** can be any type of object used to open up a tube. When one is placed into the human body, the procedure is called stenting.

Medical stents are usually made of a metal or plastic mesh like material, but some graft stents are made from other fabrics. Stents can be placed in the body in a number of places for a number of uses. I have had patients who had them in the Esophagus to keep it open after esophageal cancer surgery, I have had patients with stents placed in their prostate after prostate surgery, I have had patients who had stents in various places, like their urethra to keep the flow of urine going, to stents in their bile ducts and of course like yours, Odelya, *the most common*, stents placed in blood vessels, like the coronary arteries, to keep them open.

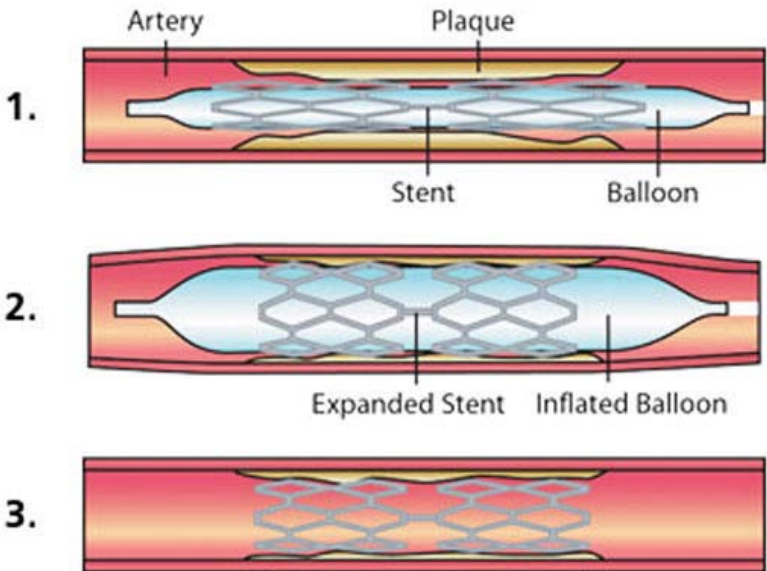


Most Stents are placed into blood vessels to *force them open*, and keep them open, and even placed in sites where there is an aneurism or weakness in a blood vessel wall.

In your case, since you had a heart attack, I am sure the Stent was placed in one of your Coronary Arteries to keep it open, and keep blood flowing to that part of your heart. This type of Stent is a very small, self-expanding, metal mesh tube that is placed into the narrow or blocked area of a coronary artery, expanded, and left in place.

Years ago, many medical doctors would just do a balloon angioplasty, compressing the fat, cholesterol, or arterial plaque, thus forcing open the blocked coronary artery, but this surgery usually failed very quickly. Stenting, the use of metal stents, forces the artery open, and **KEEPS** the artery open.

## Stent with Balloon Angioplasty



## Cardiac Medications

I really like that you said that you are doing your best to refuse taking any medications. I like this because this shows me that you are taking your situation seriously, and that instead of just taking chemical drugs to make your heart stronger and keep your arteries clean and clear, you are achieving these same results by lifestyle changes, which is what I did with all of my cardiac patients.

Many medical doctors, like the **AWESOME** cardiologist, Dr. Dean Ornish, have proven time and time again that you can **STOP** further arterial plaque build-up, and even **REVERSE** and **UNBLOCK** blocked coronary arteries, by making lifestyle changes like...

## I Have an Arterial Stent Is it SAFE to DETOX?

- ▶ Stop eating Cholesterol and Saturated Fat
- ▶ Becoming a Vegan
- ▶ Aerobic exercise 1 hour a day
- ▶ Reduce your weight to normal (for most people this is dropping 20 or more pounds)
- ▶ Flexibility movement like Hatha Yoga
- ▶ STRESS REDUCTION

Almost every single patient of mine that was on any Cardiac drugs was able to safely wean off of ALL of their cardiac, blood pressure, cholesterol lowering and diuretic medication by making healthy lifestyle changes. The few who stayed on their drugs were able to lower the dosage of them by 80% or more, so they didn't have any negative physical disabilities from the drugs. So good for you, Odelya, for reducing or not even taking any of your cardiac medication, but I do have this word of CAUTION for others reading this...

Let me be clear! **I approve of weaning off of and/or stopping ANY and ALL cardiac medication.** But let's not be stupid either, as many cardiac medications literally keep you alive, **so weaning off while making the MAJOR LIFESTYLE CHANGES I mentioned above is the safest way to do this.**

Also, many cardiac drugs, like beta-blocking agents, cannot be stopped cold turkey or all at once and are best weaned off under the guidance of your cardiologist. Now having said that, I recognize that MOST cardiologists will advise you to NOT stop taking your medications, and many are afraid to. **This is simply because MOST patients just want to stop taking the medication, and do not EARN the right to REDUCE or STOP taking their medication through Healthy Lifestyle Changes.** Also, most cardiologists have no idea of what is possible with Healthy Lifestyle Changes so if your cardiologist says no, fire them, and find a new cardiologist that will acknowledge

your drastic lifestyle changes, and your desire to wean off of your cardiovascular medication.

In my clinic I had a sign:

**“Everyone is looking for a good doctor, I am looking for GREAT PATIENTS!”**

Bottom line, you must EARN the right to wean off of ANY pharmaceutical drug, by making changes in your life, and creating a Healthy Lifestyle!

## **5-Day Detox Correct Order**

You are correct again, it is ALWAYS best to begin with my **5-Day BOWEL Detox!** This is simply because almost ALL detoxification ends up dumping the waste material that you are dissolving, scrubbing, cleansing and flushing out of your body, into your intestinal tract, which ends up in your bowel. So, getting your bowel tuned up, functioning frequently, efficiently emptying and getting out all the old, built-up waste material is the FIRST thing, and first Detox, that you want to do. After that, you can do the 5-Day Liver/Gallbladder or the 5-Day Kidney/Bladder Detox Programs.

## **Will the 5-Day BOWEL Detox Dissolve a Stent?**

Good question. **NO, it will NOT dissolve a stent!**

My **5-Day BOWEL Detox** WILL draw out and remove metals from the bowel or colon. It will remove any heavy metal deposits, like mercury, lead, and even radioactive material like strontium-90. This is why I ALWAYS suggest doing it after any heavy metal exposure, or suspected exposure, and even after any major dental work, especially after the removal of any amalgam or mercury containing fillings. Or after eating seafood, especially bottom dwellers like lobster, oysters, clams, etc.

**But, the herbal ingredients in my Intestinal Formula #2 WILL NOT dissolve a metal stent that is in your arteries.**

## You Said You Recently Became a VEGAN!

Did you know that most people re-block their coronary arteries within 5 or 7 years after coronary bypass surgery, or stenting or balloon angioplasty? This is because they DID NOT MAKE ANY HEALTHY LIFESTYLE CHANGES, and just kept living the same way that blocked their arteries in the first place. This is OK, fine, but if you don't make any changes, these people should get themselves prepared for another heart attack, or stroke, or at least more cardiovascular surgery.

This type of ignorant behavior keeps the medical doctors rich and the hospital beds full. Furthermore, (*a rare Dr. Schulze political statement*) I am not for raising my taxes to pay for any federal or state health care program, designed by ANYONE, Republican or Democrat, that doesn't factor in patient responsibility to PREVENT disease. Because, if we just keep cutting and pasting every American, over and over again, without them taking ANY responsibility for their future health, well, we as a nation will go broke in a few hours. *Wait a minute... WE ARE BROKE!* Health Education, NOT Medication!

## Finally, Odelya...

Please don't beat yourself up for having a blocked artery and getting a stent. That's water under the bridge, that's over, and let's look to the very bright future. At 47, you probably also had a genetic predisposition that combined with your lifestyle, aided in blocking your coronary artery. Regardless, there is no reason that you cannot live to be 150, or more. Just keep up with your good, healthy lifestyle program, keep your weight down, move your body every day, stay Vegan, stay POSITIVE, stop eating salt, fat and sugar, stay clean doing my 5-Day Detox Programs, use my **Heart Formula** and my **PROTECT Formula**, and be very loving, especially to YOURSELF!

— Dr. Schulze

# IS SUPERFOOD A SUFFICIENT PRE-NATAL VITAMIN?

October 03, 2012, ANSWER by DR. RICHARD SCHULZE

## QUESTION

*Dear Dr. Schulze,*

*First, I would like to thank you for providing an affordable and natural way for people to get the nutrients they need in this economy! Your products have worked wonders for both myself, husband and even our dog! Both my husband and I take your Superfood and are in fact both members of your Superfood of the Month Club!*

*Now to my question: My husband and I would like to have a baby. My doctor insisted I begin taking pre-natal vitamins prior to becoming pregnant to prevent birth defects and encourage a healthy baby. Can I take your Superfood instead of an over the counter pre-natal vitamin and if so, how much should I take? I am 33, have weighed my normal weight of 100 lbs since high school, healthy and have been eating mostly vegan for about 3 years now.*

*Sincerely,*

*— Krystal C. in Manassas, VA, USA*

## ANSWER

Dear Krystal,

I have literally thousands of letters from moms all over the world, who refer to their children as “SuperFood Babies” or “Miracle Babies”. This is because for one reason or another, either they could not get pregnant, or they were having miscarriages, or other problems with their pregnancy, and they ALL had healthy babies and ALL attributed it to the fact that they started taking plenty of **SuperFood Plus**.

## Is SuperFood a Sufficient Pre-Natal Vitamin?

I have thousands more letters from moms who had sickly or ill babies, and again took copious amounts of **SuperFood Plus** while breastfeeding, and healed their babies' illnesses by enriching, fortifying and making super-nutrient rich breast milk.

The bottom line, you name the possible pregnancy and/or baby problem, and I can show you a customer testimonial showing a **MIRACLE** pregnancy or **MIRACLE** baby healing using **SuperFood**.

Now, I know I am preaching to the choir here, and thanks for your support of my healing crusade.

## Pre-Natal Vitamins vs. SuperFood Plus

Well, the simple answer is that **SuperFood Plus** is the absolute best Pre-Natal Vitamin you could possibly take.

## Pre-Natal and Nursing Dosage

Normally, I suggest that expectant moms take a double-dose of **SuperFood Plus** every day, to take care of their nutritional needs, and the growing baby's nutritional needs.

The same goes for after the birth, when you are breastfeeding, as you *and your baby*, need the extra nutrition then, too. You can go back to your regular dose of **SuperFood Plus** when you stop breastfeeding.

I also suggested to *ALL* moms, *and dads*, to start taking **SuperFood Plus** when they were just thinking of getting pregnant, as the extra nutrition is needed for every reproductive chemical, hormone and cell, and just makes getting pregnant much easier, and healthier.

And Krystal, if you have *ANY* signs of hormonal imbalance, I would also suggest all women as an **aid to get pregnant**, to start taking my **Female Formula**, 2 droppersful three times daily, until they are pregnant. This worked wonders in my clinic helping women to become very fertile. But, from your letter, it sounds like



you are very healthy, so **I do not suggest that you personally take this formula.** Don't try to fix it, if it's not broken! I just added this for the many women that have a hard time getting pregnant.

## **You are NOT an Adult.**

No offense meant here, but an adult dose is based on 150 pounds of body weight, so since you weigh only 100 pounds, you are only two-thirds of that weight, so technically you are only "two-thirds of an adult", or two-thirds of an adult dosage.

So normally, as I said earlier, I suggest a double-dose for women wanting to get pregnant, or who are pregnant, and for women who are breastfeeding. For you, you can take two-thirds of an adult dose if you feel like you are taking too much. Now having said that, **you cannot overdose on SuperFood Plus**, so you can also take the full adult dose two times daily.

Also, don't forget all the ways you can take it, but start with a morning **SuperFood Plus** breakfast blender smoothie. Many women in my clinic, especially during their first trimester, this is the only thing they could get down, *and keep down.*

You can also take 5 or 10 of the tablets anytime you want, and you can have a **SuperFood Bar** as an afternoon or evening snack. Just try to make sure that you have your **SuperFood Plus** TWICE a day, every day.

## **Preventing Birth Defects**

*(NOTE: This is reprinted from my June 2012 Special Report on kidneys, page 14, "In the News", first article, 'A Woman's Best Friend'. You never know what you will find in the back of one of my newsletters!)*

## **A Woman's Best Friend**

We all know that dogs are a man's best friend, but Folic Acid is definitely a woman's best friend! Folic Acid is a B-Vitamin, and it helps our body to build all kinds of new cells to look good, hair cells, skin cells, it even makes fingernails healthier and stronger.

**Better yet, it is now proven that pregnant moms who get 400 micrograms of Folic Acid every day during pregnancy, prevent birth defects.**

According to the federal government's (CDC) Center for Disease Control website, if a woman has enough folic acid in her body **before and during pregnancy**, it can help prevent major birth defects of the baby's brain and spine. **Women need 400 micrograms (mcg) of Folic Acid every day.**

Using **SuperFood Plus**, in either drinks, tablets or bars, twice a day (which is what I always suggest for pregnant and lactating mothers) gives you 538 micrograms of naturally occurring Organic Folic Acid from herbs, fruits and vegetables, which is 134% of your daily recommended intake of Folic Acid required to prevent birth defects.

Krystal, again, thanks for your vote of confidence with your family's health. You will be a Mom soon!

— Dr. Schulze

# RESPONSE TO A VERY ANGRY MEDICAL DOCTOR

November 07, 2012, ANSWER by DR. RICHARD SCHULZE

## QUESTION

*Dear Dr. Schulze,*

*I first of all want to advise you that your an idiot! You disgust me, thinking that you can cure people with your little herbs and witchcraft crap! Stop giving people hope that cancer and other diseases are curable **Because there not!***

*I have been a medical doctor for 50 years and I have plenty of healthy patients that rely on me and the medical field. You need to stop saying this crap that medication we prescribe is toxic, because we extract them from plants! they help people with there problems and it is as simple as that!*

*IM SICK OF YOU RUINING MY BUSINESS! I advised all of my patients to stay away from you because of your supposed "100% natural" crap. So why don't you go make some rat-tail and pigs blood concoction and feed it to yourself. NOT MY PATIENTS!*

*You need to take some anger management classes!*

*— Merlin G. in Stockton, CA, USA*

## ANSWER

WOW, Merlin.

Calm down, you could blow a blood vessel here!

I will respond to your letter one topic at a time.

*I first of all want to advise you that your an idiot!*

Maybe so. But at age 14, because I was doing so poorly in school (I was really bored) the psychologist sent me for a number of tests, one of them was an IQ test. I scored genius level, a 145, and at 14 that is very rare. It is possible that I have lost some intelligence since then, but I don't think I've slipped below 20 to idiot level.

***You disgust me thinking that you can cure people with your little herbs and witchcraft crap!***

You must have slept during pharmacology class 55 years ago. Or maybe you just forgot that Herbal Medicine has been a proven and effective healing method for treating disease, WORLDWIDE, for thousands of years, long before medical doctors, hospitals and drugs ever existed.

In fact, your own PDR (Physicians Desk Reference) now publishes a Physicians Desk reference for Herbal Medicine. So next year when you order your standard PDR drug book, ask for the one on Herbal Medicine, too. It lists hundreds of herbs, their pharmacology, action, indications and usage. It is not a very good herb book, as it is printed by your profession, but it's not bad. I actually quote them in my Herbal Products Catalog. You also might check out the Merck Index, if you haven't read it in years, the classic medical book of chemistry printed by the Merck Drug Company. It also lists hundreds of herbs and their therapeutic action. In fact, the edition from the 1800's, is almost an herbal book.

Furthermore, you are the one with the name Merlin, not me, so who's the magician, wizard or witch here?

***Stop giving people hope that cancer and other diseases are curable because there not!***

STOP giving people HOPE? Hmmm, spoken like a true medical doctor. I think I will pass on that one.

You say cancer and other diseases are NOT CURABLE. If that is what you truly believe, I suggest you take up another profession.

With that negative belief, I wouldn't want to be one of your patients!

***I have been a medical doctor for 50 years and I have plenty of healthy patients that rely on me and the medical field. You need to stop saying this crap that medication we prescribe is toxic because we extract them from plants! they help people with there problems and it is as simple as that!***

I respect that you have been a medical doctor for 50 years, and I am sure you have helped thousands of people. But your type of medicine is just one type of medicine, and I am not a big fan of it. It didn't work for me, and it didn't work for my patients, so that is why I preach an alternate way, Natural Healing and Herbal Medicine. For me, it is healthier, safer and extremely effective.

You say your chemical medicine is extracted from plants, I am laughing now. Maybe when you graduated medical school, 50 years ago, some of it was. When you started your medical practice, many drugs were in fact made from plants. But today my friend, almost all drugs are synthesized from chemicals!

You say that your medicine is NOT TOXIC? Tell that to the million or more Americans who died in the last decade, POISONED and KILLED by medically prescribed pharmaceutical drugs. Again, this statistic was supplied by your AMA (American Medical Association). I guess you have not been watching the news either. There is news alerts almost every week about the dangers of chemical drugs.

***IM SICK OF YOU RUINING MY BUSINESS!***

Ahhh, I think I struck a nerve here, hence the ALL CAPS!

I wouldn't worry too much about this. Medicine, Doctors, Chemical Drugs and Hospitals are still costing Americans over 2 TRILLION dollars EVERY YEAR in America. That is equal to a Million Dollars a DAY, for SIX THOUSAND YEARS, but spent EVERY YEAR!

**Or 5 BILLION DOLLARS a DAY!**

**Or 4 MILLION DOLLARS a MINUTE!**

***I advised all of my patients to stay away from you because of your supposed “100% natural ” crap. So why don’t you go make some rat-tail and pigs blood concoction and feed it to yourself. NOT MY PATIENTS!***

So we are even, as I advised all of my patients, and now all of my customers, for the most part, to stay away from your profession, unless it’s a life threatening or traumatic emergency.

As far as your suggestion on what to feed myself, it would have to be Tofu Rat Tail and Beet Juice Pigs Blood, as I don’t consume those items.

***P.S ( you need to take some anger management classes! )***

Maybe so, how about I join you at one of them for a hug?

**Finally...**

Look Merlin, I am sure you think you have helped a lot of people in your 50 years of medicine, and you probably have helped many. But from my life experience, and my clinical experience, I see the vast majority of the practice of medicine, as a practice that helps people to manage their dis-ease, if not cover it up, **but not cure it.**

From giving insulin for Diabetes, to painkillers for pain, to antibiotics for infection, your body is left stupid and dependent on drugs, and no real healing has taken place.

On the other hand, your accusation is correct; because I do believe that ANY and ALL disease can be cured by your own body. Why? Because I have witnessed it with myself, and with my thousands of patients—most of whom were given up on by their medical doctors!

This is why I always say that...

***“YOU can heal YOURSELF of ANY DISEASE, just STOP doing what makes you sick, and START doing what Creates Powerful Health, and the MIRACLE of self-healing will happen!”***

**I think we simply need to just agree, to disagree!** This is what is so great about America. FREEDOM! We have FREEDOM of SPEECH, and FREEDOM of CHOICE. Believe me, there is room for both of us!

**I have a prescription for you...** The medical treatment for your problem would be to take some sedatives, and maybe some mood elevation drugs or some antidepressants and blood pressure medication.

The Natural Healing prescription is much simpler. I would simply STOP reading my BLOG, and your irritation and inflammation should be cured, INSTANTLY!

— Dr. Schulze

# HOLD THE PRESSES!

November 14, 2012, COMMENTARY by DR. RICHARD SCHULZE

Dear Friends,

Last week's BLOG was my response to *A Very Angry Medical Doctor*.

**I want you to be very clear about one thing.**

**My only focus of my BLOG is to teach you Natural Healing and Herbal Medicine, and my desired outcome is for you to be able to Heal Yourself Naturally and to Create Powerful Health!**

I want you to have a very healthy life, and to live that life as long as you possibly can. I've said it before, QUALITY and QUANTITY, that is what I want for me, *and for YOU!*

So to be very clear, when I answer a BLOG like I did last week, my sole purpose is NOT to defend myself, nor is it to attack the medical profession. I don't give a damn about this doctor, or what he thinks about me, or my healing methods. I have been attacked all of my adult life for my beliefs, my clinical experience and what I do, so much, I don't even notice it anymore.

My sole purpose for answering this BLOG is that I know how important this is for your Natural Healing Education, for me to respond to medical doctors like this. I know it is just a matter of time before you run into one, *if you haven't already*, and I want you to be prepared and to be able to defend yourself, *or at least be strong enough to walk away*. I want you to live your life your way, and take charge of your health, and the health of your family, the way you choose.

Sure, Healing Yourself Naturally and Creating Powerful Health is a lot about Routines, Programs, and how to use Natural and Herbal Medicine. But don't underestimate the importance



of understanding the Philosophy of Natural Healing and the Foundational Principles of Natural Healing. **Without this Philosophy and Principles, you would crumble at your first confrontation with an egotistical, myopic medical doctor with a strong personality and a medical bag filled with 10 dollar Latin and Greek words.** Worse, if you crumble, the next moment you will find yourself waking up, doped up, lying in a hospital bed, missing a few parts, and slapped with a huge financial burden (if not bankruptcy) for all of this medical torture.

So from time to time, between which herb to use for what ailment, I MUST teach you about the other important aspects of Natural Healing and one of them is **standing your ground and keeping your belief and integrity intact when face-to-face with a powerful medical doctor.** One who has probably had more education than some of you, (although not in grammar and spelling) and who probably makes more money than you, and probably is considered a more important or valued member of society than you. I want you to not only survive this confrontation, I want you to keep your cool and make great decisions. After all, the doctor may have more formal education, money and prestige, but you have much more common sense, and *your* bag is filled with Natural Healing Education, Philosophy, a few bottles of herbs and a lot more Love in your Heart!

So, this week's BLOG was going to be my answer to two people who wrote me about severe Menstrual problems and Endometriosis (don't worry ladies, I'll post it next week) but your responses to my Angry Doctor BLOG were more than any BLOG I have written to date. Not one negative response (I have not heard back from Merlin, so hopefully he took my advice and stopped reading my BLOG) but literally hundreds of positive and very supportive responses, so I thank all of you who took the time to write me.

Some of you even thought I made the BLOG up. I know, it's almost hard to believe, and written so badly. I assure you, I have

better things to do than to make up blogs, and I don't lie. So Merlin's letter to me was printed, EXACTLY as it was sent to me.

I want to honor some of you who took the time to tell me your story or just say hello. I also thought that the rest of you might enjoy hearing from some like-minded people. Sometimes knowing that you are not the only "health nut" in your neighborhood, can give you more fuel and strength to carry on.

**I also understand why some of you were so infuriated by this medical doctor's ignorant statements, as you felt like he was trying to invalidate your healing miracles, that you worked so hard to create.**

So this week I am posting some of the people who wrote me last week. I apologize that I am not printing all of them but there are just too many. I thank each and EVERY one of you for your responses. I love you too.

You are not alone!

—Dr. Schulze

*Dear Dr. Schulze,*

*Hello, I actually do not have a question, but I wanted to comment on an email I just received about the angry doctor. I just want you to know that my mother in law, about 11 years ago was diagnosed with high stages of breast and colon cancer. She refused the chemo and radiation. Her doctors said she would be dead if she didn't. Instead she used your Incurables program and is a cancer survivor, alive and well today. She just welcomed her 14th grandchild at the age of 53. That doctor has no idea what he is talking about. If it weren't for your program, I wouldn't have ever known my mother in law. So for that, I thank you. It's because of your program and God that she is here today.*

*Thank you for your time.*

*—Kristen S. in Mason, OH*

*Dr. Schulze,*

*You are amazing!!! Stand up to this angry medical doctor!! Great response!! My dad is 90 with Alzheimer's and we take your stuff and the MD told me four years ago that he would have to be put in a nursing home.*

*I immediately started herbs and he is off all meds and juicing and looking amazing and walking two miles a day! BULLSHIT to take my hope away!!! I love herbs!! Way to go!!!!!!*

*—Elizabeth B.*

*Dear Dr. Schulze,*

*Would you promise me never to go out of business? That is my question. The blog "Response To A Very Angry Medical Doctor" was very candid of you and very, very informative. I enjoyed reading it... why? Because laughter creates endorphins, which is good for one's health! I completely agree that all doctors should be taking natural health education courses as part of their training every few years to keep up with the latest, especially those who have practiced for many years. **Case in point, when my wife suffered from urinary tract infections, the pain was so bad, she had to go to ER and they gave her antibiotics that caused her to get sick due to be sensitive to penicillin and other drugs. This happened twice. When she took your KB formula when having the symptoms again of a urinary tract infection, it was gone within 24 hours! This she used on two different occasions and has never had an episode since! Woo Hoo!***

*Thanks again for creating such wonderful products.*

*—Brian A. in Reseda, CA*

*Dear Dr. Schulze,*

*Thank you so much for your blog, I really enjoy it, and that on a regular basis. It's not only educational on a very elevated basis, and correct in what you say, but it also makes me smile. I love the way you responded to the angry medical doctor, priceless! Keep it up, Dr. Schulze, the world is a better place for you being there for us!*

*—Angie S. in Arklow, Ireland*

*Dear Dr. Schulze,*

*I don't have a question I just wanted to write to say THANK YOU for all that you do! I recently read the article on your site where a medical doctor attacked you for "being you." If it were not for you and especially your Intestinal Formula #1 I would have been very sick and full of disease by now as I suffered from severe constipation for years. You have helped me and countless others renew our health, THANK YOU!!! Your passion to help relieve so many of us our agonies and tribulations is a testimony of how much you care and how big your heart is.*

*Keep fighting the good fight Dr. Schulze!!! —James G. in Corpus Christi, TX*

*Awesome response to the angry medical doctor. When I went on your 'There are no Incurable DISEASES' I was on Oxygen 24/7 and couldn't walk to the bathroom without my Oxygen. I was out of wind, couldn't breath, but after doing your program I was loading lumber, walking around doing all sorts of things that I haven't been able to do for about three years.*

*Thank you Dr. Schulze.*

*—Richard S.*

*Dear Dr. Schulze,*

*Thank you so very much for continuing to be a voice that inspires, impresses, afflicts the comfortable, and comforts the afflicted. You call me to be a better person and a better healing professional. God Bless You and Your Work.*

*—Tina L.*

*Dear Dr. Schulze,*

*I LOVED your answer to that DUMB medical doctor! Herbs over medicine has always been a better solution! You and you alone have been my Guru since the nineties, and I don't want any medical doctor messing with my body. Thank you for your herbs that really work!*

*—Raya H. in Venice, FL*

*Dear Dr. Schulze,*

*Why does that doctor say you are ruining his business?? Is he saying he's losing patients to you and that many patients leaving him to you is ruining his business? Hum, if that's what he's saying, oh well. Oh, and who's angry? I really did laugh. That doctor is livid and rude and says you need anger management classes. His anger worries me how he is toward his patients. I have known doctors like that and whew! I ran away from them. I personally know people cured of cancer and other illnesses by herbs, etc. Thank you for your products, I love the videos and blogs and just everything about you and your products. Oh, thank you again for publishing the latest blog. It made my day and honestly I did laugh out loud. That was the best medicine I could have ever taken today.*

*Best to you,*

*—Carol B. in Trinidad, CO*

*Dear Dr. Schulze,*

*OMG! I loved, loved, loved your answer to that so called medical doctor!*

*Right on!*

*I have been using your herbs and SuperFood for almost 10 years. I will continue to use them for the rest of my life, however long that may be. I hope you continue offering these things for a very long time!*

*God bless!*

*—Jacqueline P. in Sarasota, FL*

*Dear Dr. Schulze,*

*After reading so much negativity from the 'medical professionals' out there, I wanted you to have some positive feedback from the 'other side'.*

*I have been working with natural and herbal medicine before entering PA school, so I was not easily brainwashed. I now see both sides of the 'debate' pretty clearly and totally side with your version.*

## Hold the Presses!

*I now let patients know the choice they have in many instances, and use your Anti-I with great results instead of staples and stitches.*

*I love the line we are drilled with: "There is no cure for the common cold", since it has been years that I have kept clear from colds and flu while exposed to diseases in hospitals and clinics. My attending doctors in pediatrics say that they get sick with something dreadful at least once a year, and I have gone through many years without incident. Your Supertonic is magical- or natural...*

*I wish you continued success in helping show people how to improve their health and survive the 'system' we are in, and don't let some 'higher than thou' people bother you.*

*—Y.B., RPA-C in Brooklyn, NY*

*DEAR DR. SCHULZE,*

*YOUR LETTER FROM MERLIN TELLS ME HE CAN'T SPELL WORTH SH--!*

*WHAT KIND OF A DOCTOR IS HE ANYWAY????? SOUNDS MORE LIKE A VERY UNEDUCATED PERSON WROTE THIS!!! SORRY, NO QUESTION FROM ME AT THIS TIME!!!! JUST AN EXCLAMATION- ---IS THIS THE KIND OF DOCTORS WE'LL BE DEALING WITH FOR OBAMACARE.....! HEAVEN HELP US!!!!*

*—A.L. S. in CHISHOLM, MI*

*Dear Dr. Schulze,*

*I cannot adequately describe to you how much I enjoy reading what you have to say. You almost always make me laugh and I almost always learn something new from you. I am so grateful that you have a passion to share what you have learned with the rest of us, and in that way you improve the energy and life on this planet. This latest blog was funny too, but also sad for that poor doctor, who is obviously frustrated about the holistic view of health, which is way more than the western view of "medicine", which reduces human beings to a compendium of symptoms. I admire your patience, tolerance, wisdom and tenacity. I just want you to know that I think you are doing an*

*incredible job, and that you are truly an asset to life in this world.  
Thanks for who you are. And thanks for making me laugh!*

*Sincerely,*

*—Helen S., a customer for life and alive with joy because of people like you!*

*Dear Dr. Schulze,*

*Go Dr Schulze, Loved your response to Merlin, the Dr. in Stockton Ca. I respect you and love to read your blogs. I have done your detox programs and swear by them. I am grateful for real Doctors like you who actually care about people.*

*—Patricia B. in Rocklin, CA*

*THANKS! Love you Dr Schulze! Your herbs are incredible and I feel fantastic... I also share your info with friends and we love it! Love that letter, was that really serious? Well anyway, at least you have a great sense of humor. Thanks again and much appreciation for all your hard work and incredible herbal products.*

*—Karyn*

*Dr. Schulze,*

*I really appreciate all you do! These arrogant doctors are precisely why I started looking for alternatives to healing. I had been to around 10 doctors in a span of 7 years, who were surprisingly unempathetic when they couldn't diagnose me. One even said I needed a psychiatrist! Finally, my GYN figured out I had narcolepsy and a dead colon. So he referred me to a doctor who prescribed Provigil, and Xrem. I read the warnings and I was scared to take it and for good reason. DEATH is a side effect! The absolute beauty of your products is that it works for everyone! A few diet changes and using your other products as needed created a new me that could walk, talk, drive a car and enjoy life again without frequent "shut downs". I hardly notice many of my symptoms anymore and only hope to continue to improve. I am so very grateful and I cannot thank you enough!*

*—CJ*

*Dr. Schulze,*

*The blog reply to the angry doctor was amazing. I laughed more than I have laughed in a while. I am a registered nurse, and I have been relying on natural/herbal “medicines” all of my life!*

*I am a big fan of all of your products. My first experience was “flu shot”; then I found SuperFood, and the cleanses, and Air Detox, and so on. I just sipped my first batch of potassium broth, practicing up for the Liver Flush.*

*I am now a hospice nurse, because I do not have to push medications and interventions. At the meeting last week, I told the team that what matters is “Golden Rule Medicine”: Do unto patients as you would have a care provider do unto you.*

*Dr. Schulze is my idea of a “Golden Rule” doctor! Best wishes, and thank you ever so much for all that you do, all of the staff at ABP.*

*—Ann D.*

*Dr. Schulze,*

*Good for you!! I have been using herbal products since the 1980's and I wouldn't touch this garbage period. I have been using your tinctures for over 10 years and they work great!! Keep up the great work.*

*—Bill B.*

*Great comments to the angry doc. I believe he has good reason to worry about the medical profession. People are waking up and taking charge of their own healing and I wonder how all the people could ever have given over our power to an unnatural and chemical substance. Its day is almost over. Thank you for giving us the facts.*

*—Alysia M.*

*Dr. Schulze,*

*I love it! This is an awesome blog, as I almost lost my life to doctors and started studying herbal medicine which saved my life. Maybe if you get other nasty emails like that one, you can ask them, if*



*Dr. Schulze medicine is bogus, then why do doctors always warn you that you can't take the drugs with Dr. Schulze's medicine because it's strong? Now I think they even mention that on doctor's papers: Do not to take the "chemical drugs that they prescribe" If you are using any of Dr Schulze's formulas. How funny is that????*

—Mandy

*Dear Dr. Schulze,*

*In response to your angry doctor, I applaud you. I am one of those so called people that they didn't give hope to. I had a brain bleed and my left side was completely paralyzed. I lay in the hospital and they gave me drugs that caused a cancer that I didn't have before the bleed. Even when my left side was completely gone, being on so many drugs, to the point of being a vegetable, I still couldn't understand why I had this cancer. I asked questions and all the things they said that caused it, I didn't do. So, still being afraid, I put two and two together. They were giving me a drug to stop seizures that I didn't have when I had my stroke and the drug was so toxic that they had to take blood tests everyday. My liver started to go bad. With the other 9 drugs, this particular drug was making me sick. My family was too scared to take me out of the hospital, so during the night when they weren't looking, I taught myself to walk. They caught me standing one day and told me they would put a straight jacket on me if they caught me standing again. Yes, put a straight jacket on a paralyzed person. You see, I had really good insurance and they were going to keep me for as long as they could. I told my friend about what was happening and she said she would lie for me and tell them I would stay with her. It didn't work. So they gave me more drugs to shut me up. (Bad girl!!) They came into my room and told me they were moving me to a nursing home (insurance again). I got up and started to walk out of the room. My sister almost fell out of her chair. She said, "You don't walk" I replied, "They won't let me!" She got me out in two days. I got a new doctor that weaned me off the drugs, I detoxed, got retested and the cancer was gone. Yes, I lied for my life, but over 12 years later I am alive, walking and even got a college degree with brain damage. I wrote a book about the rest of the horror that happened to*

*me, I wanted people to know what really goes on. I fought for my life against more than 15 doctors. Yes, I am one of those patients.... that lived. I love you Dr. Schulze, keep up the good work. My dream is to meet you someday. I want to hug you. Maybe someday when I go to pick up my herbs, I will run into you.*

*Love, from someone who took control of her life.*

*—Nellie S. in North Hollywood, CA*

*Dear Dr. Schulze,*

*(edited because of length)*

*Just a note to say, I LOVE YOU, Dr. Schulze! =)*

*I just read your reply to the medical doctor, & it was perfect!*

*I've followed your approach since I was a teenager when you only had 10 steps for a healthy life instead of 20 on the back of your pamphlet! =) I used to hand those out to everybody back in the day, including all of the people around me who were heavily in the western medical fields*

*My own goal has always been to empower others, instead of enable them, since people usually give their own power away to medical doctors, or other groups they turn to under false hopes to actually help them.*

*I want you to know that there ARE medical doctors out there who also talk to their patients about your herbal remedies and alternative therapies, regardless of the risk. Many MD's have truly lost faith in their own professions simply seeing the pharmaceutical companies prosper, while their patients still stay sick or addicted to medical drugs. I've experienced this first-hand.*

*Thank you for what you do, from the bottom of my heart! You have truly been a monumental blessing to others with your aggressive, in your face approach that I know has always come from a place of love. You give tough love in the finest sense of the word! In fact, you remind me a lot of myself! LOL!*

*Warmest wishes and many wonderful blessings to you!*

*—E. A., Ph.d, D.Div in Los Angeles, CA*

*Dear Dr. Schulze,*

*This is not a question. I totally believe in you and recommend you to people all of the time. You cured yourself of major heart disease and more, and studied with Dr. Christopher for whom I have the utmost respect. I am just writing because that last letter from an angry medical doctor...was that for real? I wonder. He misspelled common words and while he used all the key phrases, I wonder if he really was a doctor at all. I think he was a flake.*

*But whatever, you gave a good answer even if he was a flake/fake.*

*Just wanting to tell you that I am a fan, and when and if I ever get seriously ill, it is to you and your methods I will turn. In the meantime I will just continue with my high raw diet and juicing and good health.... I was going to say knock on wood, but if a person lives right, they don't need to knock on wood.*

*I would love for you to have a conversation with my sister, who got a PhD in bio-organic chemistry and did a post doc with a Nobel scientist in France, and who then went to law school and became a patent attorney... and who now works for Glaxco-Smith-Klein (I know!) As she will argue with me that pharmaceutical medicines and herbal medicines aren't all that different, that they come from the same source and work the same (and as you can imagine from her high degrees, my sister is a very intelligent person) but I wish she understood that herbs, while they might have interactions and some undesirable side effects, wreak nothing of the havoc on the body that pharmaceutical drugs (poisons) do.*

*Anyways, this blog was entertaining as always if nothing else.*

*I think you are the best and I am so grateful you do the work that you do with the intelligence and humor that you do.*

*Keep on keep on!*

*Ciao bello!*

*—Alessandra D. in Boulder, CO*

*Dear Dr. Schulze,*

*With regards to your blog post: Response To A Very Angry Medical Doctor. Just a quick, stupid note. I found the irony of the first sentence of this angry letter to you to be hilarious: "I first of all want to advise you that your an idiot!"*

*I have to say, I wouldn't have taken a single syllable serious after that gem! I was a little shocked you didn't ream the highly educated doctor for horrible grammar and spelling throughout the entire letter but I understand, keep it relevant.*

*Keep up the good work!*

*—Tyson R. in Glendale, CA*

*Dear Dr. Schulze,*

*I read your blog 'Response to an Angry Doctor.' It is difficult for me to believe the authenticity of his complaints. Any individual who has completed four years of college and an additional four in medical school would not substitute 'they're' with 'there.' In addition, 'there' was substituted for 'their.' Either this individual is not an M.D., or an error was made in the transcription.*

*Thank you for all you do.*

*—Susan H. in Miami, FL*

*(Susan, it was printed EXACTLY as it came in, and sorry to say, he was confirmed to be an M.D. I think possibly his anger got the best of him. —Dr. Schulze)*

*Dear Dr. Schulze,*

*Just wanted to say I LOVE your response to the angry medical doctor in Stockton. Where does he get off saying YOU need anger management? Thanks for sharing all you have learned along the way and for realizing there was a lot more than what they taught you in medical school.*

*—Lauri K. in Castro Valley, CA*

*Dear Dr. Schulze,*

*Nice response to the “Angry Physician.” As usual you are spot on and with good humor, too.*

*BTW, you are styling in your coat and hat in London.*

*Best,*

*—Rick S. in Boulder, CO*

*Dear Dr. Schulze,*

*Just want to say good for you and amazing answer for the doctors that never see you or hear your real problem. Maybe if more doctors would listen to us and treat the roots of the problem more people would leave a healthy life and get the right treatment. Keep doing what you do best - help others -that's what you sign up for when you become a doctor.*

*—Keren N. in Los Angeles, CA*

*Dear Dr. Schulze,*

*I just wanted to congratulate you on your latest letter. Well done!*

*—Sabine L. in Sherman Oaks, CA*

*Dear Dr. Schulze,*

*I am in total agreement with you in the reply you gave to the “angry medical doctor”. My husband and I were just married a year when he died last year of glioblastoma stage 4 at the young age of 45. He had been on medical drugs since the age of 17 and they finally killed him. By the time I met him there was nothing I could do. I tried getting him off the drugs but it was too late. (A long sad story) So called, doctors and the drug companies have done a great job in killing billions of people. FYI, I'm angry at them. I won't touch their drugs. I am so thankful to people like you, Bernard Jensen, John Christopher and other “health food nuts” I've met along the way. Thank you so much. Keep up the good work.*

*—Elizabeth W. in Cincinnati, OH*

*Dear Dr. Schulze,*

*What an excellent and sweet response to the angry doctor! I am on your side! I have worked in hospitals and nursing homes for many years and have grown very tired of the band-aid treatments. The main problem as I see it, is that most people do not want to change their sick life style, they just want a pill to make it better or worse yet, a shot. Keep doing what you are doing! I regret you do not have your clinic any longer - to go there and learn hands on. So I keep learning on my own; thankfully I have a good foundation from my child hood and herbs just seem the right way for me.*

*So glad I found you!*

*—Gudrun B. in Mount Joy*

*Dear Dr. Schulze,*

*We love you Doc... love your answer here!*

*Love,*

*—Carol S. in San Francisco, CA*

*Dear Dr. Schulze,*

*WOW!! Great blog. I love when you take on this type of person (because we are up against this in our own lives).*

*I loved when he said, "you are ruining my business"! I am so glad that it is being "ruined" and the patients stop being patients!*

*Maybe people are getting smarter and why doesn't he retire anyway?*

*Also, you have seen it, done it and participate in it to this day---how could he even question you? His attitude is confusing.*

*Anyway, I had to send this to some friends! Thanks for being you!*

*Mary*

*—Mary C. in Tucson, AZ*

*Dear Dr. Schulze,*

*You absolutely are the man of the hour!!!!!!!!!! Way to sock it to that idiot Medical Dr. God bless you in a million ways and keep your business alive and well for many years to come. I'm a witness to the amazing power of plant botanicals and personally depend on your fine herbal products and wisdom!*

*Blessings!*

*—Melissa K. in Gaithersburg, MD*

*Dear Dr. Schulze,*

*I love you! Thanks so much for standing up to the idiot Doctor that tried to lamb bast you! You did a SUPERB job! Keep up the great work!*

*Sincerely,*

*A Faithful Believer and client*

*—Mara E. in Flowood, MS*

*Dr. Schulze,*

*I just wanted to e-mail you to let you know how proud I am of you and how much I appreciate you. I read your latest blog entry about "the very angry medical doctor." Let me tell you, this Merlin guy sounded like a complete schmuck. First of all, his e-mail was so poorly written that it did not look like it came from a professional at all. I counted more than a few words that were spelled incorrectly and the guy just sounded like an idiot. Second, he is full of crap about western medicine not being toxic and bashing herbs/natural medicine claiming they do not cure disease. Let's think about how many prescription medications killed and kill tons of people and are recalled. Vioxx comes to mind. Third, his claim about prescription drugs coming from plants is a total misconstruing of the facts. I will give it to him that medication may begin as some plant constituent or extract but the final results-the prescription drug itself-is far from it. They are chemically altered in labs. I am currently a law school student in Charleston, South Carolina. This past summer I took an*

## Hold the Presses!

*Intellectual Property law class and one of the first things we learned about patents is that you cannot patent a plant. Man must chemically alter in some way a plant in order to put a patent on it. Therefore, drug manufacturers have to chemically alter/create/produce their drugs in order to patent them. And guess what? You would never see Big Pharma promote a plant or herb because they cannot patent it and therefore cannot make money off of it!*

*So, since I have blabbed enough, I will finish with this. This Merlin is completely off base. After reading his message to you I wanted to both laugh and throw up at the same time. He is just completely off his rocker. I am so glad you put him in his place. I love all of you products and to be quite honest, I love you. You are a wonderful human being. I feel privileged just to have access to all your great healing products. Please keep fighting the good fight. Have a wonderful day!*

*Customer for life,*

*—Brian S.*

*Dr. Schulze,*

*Many thanks for this one. Have forwarded to many of natural healing, like-mindedness friends. Keep up the great work that you have been blessed with learning, and then impart to us.*

*Very sincerely,*

*—Lilian K.*

*Dr. Schulze,*

*The “Good Doctor” does not know the difference between “there, their, and they’re”. Scary! Nice of you to let that go!*

*—Candie*

*LOVE LOVE LOVE LOVE!!!!!!*

*—Lauren K.*



*Hi Dr. Schulze:*

*Good going. About Dr. Merlin, my mother always told me 'don't answer fools' so I don't go to or listen to medical doctors unless absolutely necessary. Any person with a thinking brain (unfortunately some are fixed on the medical doctor being God don't hear) the dangers of most drugs. All you have to do is listen to the commercial on TV. Take any drug they are pushing and hear the side effects (nausea, vomiting, stomach aches, sudden loss of vision, blurred vision, hypertension, stroke, and if you are taking anti-depressants the side effects are worsening of depression, suicidal thought, suicide, etc. Thanks, but no thanks. Keep up the good work.*

*—Roxanne P.*

*I agree, the good doctor needs ANGER MANAGEMENT lessons - but worse yet - where was he during the GRAMMAR lessons BEFORE medical school??? The guy cannot write one sentence free of grammatical errors! He could never be MY doctor!*

*—Roseli D.*

*Dr. Schulze,*

*Great reply to MERLIN. What an idiot!!!!*

*—Carol G.*

*WOW!!! I like your response!!!!*

*—Pamela B.*

*Way to go Dr. Schulze!!!!*

*—Samantha B.*

*Hurray! Great answer to that imbecilic pseudo - doc. Herbal and natural healing is the ONLY way to go!*

*—Bogdan B.*

# EXTREME MENSTRUAL CRAMPS, ENDOMETRIOSIS AND MORE!

November 21, 2012, COMMENTARY by DR. RICHARD SCHULZE

Friends,

Most women think monthly Menstrual Cramping is normal; IT IS NOT.

Sure, ALL women experience some mild, occasional menstrual cramping from time to time. But, when the pain is more than an occasional twinge, and it comes EVERY month, and especially if it is moderate to extreme pain, and includes irregular or heavy bleeding, well, this is a sign that you need to get in balance, and steps should be taken to create better health.

In my clinic, I dealt with thousands of models and actresses that had mild to extreme menstrual cramps, and EVERY single one of them were able to make lifestyle changes and use herbal medicines that made even the most extreme and totally debilitating cramping go away.

The following are two letters from BLOG readers about Menstrual Cramps. **If you are experiencing monthly menstrual pain, or abnormal bleeding, PLEASE read on, as I have some answers for you that will change your life.**

*Dear Dr. Schulze,*

*I am writing on behalf of my wife. We just started our journey to creating powerful health and are currently working through bowel and liver detoxes. My wife has what the doctors think is endometriosis, but are not certain. This is where the uterine lining*

*grows in places it shouldn't according to my Internet diagnosis. The problem comes during her monthly cycle. While that time of the month comes with cramps and discomfort and pain is a given most of the time, however, when she tries to have a bowel movement during this time she is reduced to sobbing from the pain. Even the contracting of those muscles is excruciating. And this is even with very loose stools, not just like forcing backed up constipated junk. Again, this only happens during her period, no other time. I can't bear to see her in this much pain and I know there has got to be something she can do. The doctors just keep saying, "i think, i think" and pass it off (shocking I know) and I figured you'd be the best to help solve this painful mystery.*

*Thanks so much for you time and efforts.*

*P.S. On a side note, even though you can come off as a jerk and crass to some, I for one appreciate blunt honesty. I am not a big fan of strong language but you know better than anyone that walking around kissing babies and hugging kittens ain't gonna cut it when a life is on the line. I see your brutal honesty as the passion it is and thank God for your ministry of Creating Powerful Health (and giving swift kicks to those who need it).*

*Keep soldiering on good sir!*

*— Zak R. in New Albany, IN*

Dear Zak,

It is almost always *women* writing me about helping their *husband* so congratulations for writing your letter on behalf of your wife. Good man and Great Husband!

And thanks for your kind words regarding my blunt honesty and passion. The bottom line is that **it all comes from the clinic**, and this is what sets me apart from most "armchair" herbalists and "wimpy" natural healers. In the clinic, after a few years, if not a few decades, you simply learn what works, and what doesn't. **It is ALL about helping people heal their diseases.** So my passion and bluntness are something that came out of my clinic, simply

because they were effective tools at nudging people to heal themselves naturally.

**Medical doctors are generally much more soft spoken and polite, they can be, because then later they sedate you, and when you are sleeping, well, that is when they beat you up, cutting, burning, drilling and carving your ass off, like a butcher. Since I don't have that option, I need to do a little more ass kicking face to face, while my patients are awake. I am glad you understand.**

And great that you are working your way through my 5-Day Detox Programs, this will help both you and your wife to Create Powerful Health and her problem may in fact have been solved already by now, before you read this answer, but in case it isn't and for all of the others, let's go!

Specifically, for your wife, she may or may not have endometriosis, but either way our plan will be the same.

## **For Menstrual Problems and Even Endometriosis**

First, she must start on my **Female Formula** IMMEDIATELY and get her hormones balanced. This is the real permanent cure. She should start with taking 2 droppersful three times daily, indefinitely. I would suggest, from what you tell me about her condition, that she should continue taking this formula for at least a year. This alone will balance her female hormones and 90% of the time this will be all that is needed for her complete healing of her menstrual problem and her endometriosis.

During menstruation, especially during her next menstruation, if it comes in a week or two, this may not be enough time elapsed for this formula to have solved her problem entirely. She can add the additional dosage of my **Female Formula** of 2 droppersful one or two more times during the day or night, which would increase her dosage to 2 droppersful four or five times a day. She can also take a larger dose of 4 droppersful anytime. She just needs

to discover what works best for her. **If she is still in pain during her next “period”, I suggest the following additions...**

## Female “SHOT”

This is what I designed this “SHOT” for. It is an emergency dose of my **Female Formula** along with additional herbs that will solve any hormonal imbalance. If she feels any pain coming on with her next menstruation, take a whole **Female “SHOT”** IMMEDIATELY.

## Nerve Tonic

This formula is mainly an antispasmodic formula, a pain-relieving formula and a sedative. For all three of these reasons, she should take this formula when experiencing any menstrual cramping. The *antispasmodic action* will relax her uterus and keep it from cramping, the *pain-relieving action* will do just that, and the *sedative action* will help her to relax as well.

I would suggest 2 to 4 droppersful as needed, but up to 8 or 10 droppersful can be used. This formula is strong tasting, so add her dose to an ounce of juice.

**NOTE:** With very sensitive people, overdosing on this formula can cause mild vomiting, but this is in no way dangerous. But, I always mention this as most people prefer to start with a lower dosage of 2 to 4 droppersful and then work their way up to the higher doses of 8 to 10 droppersful.

## Hot Water Bottle

This is grandma’s remedy, and a very powerful and effective one, but we have almost forgotten it. Fill a hot water bottle with **BOILING** water, and place a towel over her lower abdomen, then the bottle, and cover it with another towel. Place the bottle on top of and just above her pubic bone. ‘Ahhhhhhh’, that’s the sound you will hear, as the heat relieves the menstrual and uterine cramping, spasm and the pain.

## 5-Day BOWEL Detox

I am glad that you told me that you were both doing this detox. More often than not, Menstrual Cramping (and all types of uterine problems including endometriosis) are at least partially caused by constipation or some type of colon problem. Intellectually, this may sound odd, but physiologically and anatomically, it makes all the sense in the world.

In our mind's eye, the uterus is nowhere near the bowel, but anatomically, the uterus is entirely wrapped by the bowel, with only a very thin layer of skin separating the rectum from the vagina. These two organs actually touch each other, so any *swelling, spasm, inflammation* or *irritation* on the bowel will cause *compression, squeezing* or *irritation* of the uterus. This is pure Newtonian physics, of “*every action having an equal and opposite reaction*”. Consequently, when the uterus goes to shed its endometrial lining during menstruation, and it is compressed or *squeezed* from bowel constipation, you will experience pain.

**The bottom line, pun intended, is that ANY woman with ANY female complaint or ANY female reproductive disease should FIRST do a thorough bowel cleansing.** In my clinic, with thousands of women, more often than not, a good steady dose of my **Female Formula** and a few **5-Day BOWEL Detoxes** solved every type of female problem imaginable.

## Finally, MEAT!

In closing, I would be remiss if I didn't mention the direct relationship between meat and all animal food consumption and all male and female reproductive diseases and even menstrual problems. Since the production and farming of all meat, from beef to fish and everything in-between, and all animal by-products like eggs and milk (liquid meat) and dairy products involves the HUGE use of HORMONES, GROWTH HORMONES and STEROIDS, I would not be doing you a good service if I did not mention that the consumption of animal flesh and animal by-products has been directly linked to Endometriosis, Female

Hormone Imbalance, Uterine, Ovarian and Breast Cancer and almost ALL Female Reproductive Diseases, Disorders and even Cancer. Not to mention a foundational cause of Benign Prostate Hypertrophy (Hyperplasia) and Prostate Cancer, and all cancers for that matter.

Even if you buy your meat HORMONE-FREE, an animal's natural hormones are EXTREMELY ALIEN to your body and throw your body a curveball that really causes it to react in a 1,000 different alien ways, just one of them being reproductive imbalance and disease, **and abnormal growths in female and male reproductive organs**. Just imagine putting cow hormones that have the genetic messages for your body to grow from zero to 2,000 pounds in the first year of your life, into your body. This is a POWERFUL GROWTH HORMONE, and it will cause your body to grow abnormally.

There is NO animal on this planet that drinks the milk of another species, and we are really giving ourselves the wrong genetic messages by doing this. I didn't say that ice cream doesn't taste good; I am just saying that it is the perfect genetic roadmap for making a cow. And looking at half the people I see walking around, well, it looks like they are turning into cows.

Zak, you are a good man and a great husband, so keep up the good work and add my suggestions to your wife's health program and she will be over her menstrual problems in a few months, if not immediately.

— Dr. Schulze

## Horrible Menstrual Cramps #2

*Dear Dr. Schulze,*

*First off, I would like to say thank you so much for offering your products and knowledge to the world despite all of the scrutiny from the medical industries.*

*I turned to your products after being diagnosed with an under-active thyroid. Long story short, after being overdosed on medications from a doctor and being sent into a thyroid storm I decided to follow your cleanses for three months. I got re-tested and my thyroid had been healed! That made me a true believer. Now I take your **Superfood Plus** religiously (along with some of your other products). My husband, mom, and uncle all do as well. :)*

*And now for my question... I have one issue I just can't seem to overcome.*

*When I was 15 I started getting horrible menstrual cramps. Not your ordinary, a little bit uncomfortable, I feel like whining cramps. These were excruciating. They sent me to the ER twice in a year. I fainted, couldn't get up and had to be carried to the car and then to the emergency room. That was when it all started. They thought it was my appendix at first. Then, I was put on birth control once they realized it was related to my cycle. Fast-forward eight years and I was still on the pill. I was told by another doctor that birth control was not good to be on that long and that it could have caused my thyroid issues so I immediately got off of it.*

*After stopping the pill, it took 18 months for my cycle to come back. Now that it has I am back to square one. The pain I experience each month on the first night of my cycle is so excruciating that it wakes me from a dead sleep. It feels like someone is stabbing me over and over again with a huge knife. I can't move, keel over on the floor, and am on the verge of fainting (or do faint) every time from the pain. It does eventually go away... in about 2-3 hours! So, now I know the drill. But 2-3 hours of agony?! What could possibly be causing this?*

*This pain is so bad I can't imagine dealing with this once a month for the remainder of my life. I have had about six cycles since they started coming back and I literally scream and cry in agony each time. Obviously, I don't want to get back on the pill (learned that lesson and spent too much time cleansing it out of my body). And I don't want to take pain meds each time (I never take anything that isn't natural anyway) nor do pain meds even help.*



*It seems being on birth control for those eight years helped my cramps not exist, but now that I am off of it and don't want to take it, I just don't know what to do or where to start with finding a solution.*

*My questions to you are: A. Do you have any idea why I am experiencing this? B. Do you have any suggestions for me? and C. Have you ever come across this before?*

*I will be forever grateful if you have any ideas for me or can point me in the right direction. (Not to mention so will my husband.)*

*Thank you soooooo much in advance.*

*— Amber C. in Las Vegas, NV*

Dear Amber,

No worries, we can fix you up—no problem, too. And, I definitely want to keep you from becoming a statistic of the over 500,000 woman in America every year that get sterilized by medical doctors and are gutted of their female organs having a hysterectomy because medical doctors won't use a little common sense and a few dollars worth of herbs.

First, **just follow the exact same program I laid out above, for Zak's wife**, making sure you include using my **Intestinal Formula #1**, but hopefully doing my complete **5-Day BOWEL Detox** at least once, if not a few times. And stay on my **Female Formula** for at least three months, if not a year, or until your menstrual cramping problem is over.

OK, let's get specific and I will answer a few of your questions...

## **The Birth Control Pill**

Using the birth control pill all of these years basically just suppressed your body from being a woman, and suppressed your menstrual cycles. **And as you can now see, although suppression often seems to solve the problem, it actually just covers it up and hides it, and then when the suppressive therapy is halted, the dis-ease comes back, and more often than not, it comes back with a vengeance.**

Suppressing your ovaries, which are just one part of your endocrine system, could also definitely throw off your entire endocrine system and endocrine balance *because*, your endocrine organs are your ovaries, but also your Thyroid and many other organs like your Hypothalamus, Pituitary and Pineal glands in your brain, as well as your Pancreas, Adrenal glands and any organ in your body that manufactures and then secretes hormones directly into your bloodstream. So, it is very possible that the pill also affected your thyroid too, but for you, the **Female Formula** will get your entire endocrine system back in balance and should fix your thyroid problem, too.

You see, unlike drugs, herbs work with your body to bring it back into balance. Just one of the herbs in the Female Formula, Dong Quai, actually sensitizes your Hypothalamus in your brain to pick up and detect subtle changes in your hormones (like your estrogen and progesterone). It will tell your body to manufacture more when a slight blood level reduction is noticed, but also tell your ovaries to STOP producing it much sooner, when the required level is detected in your bloodstream. It is basically a tune-up for your hypothalamus or a tune-up for your hormone production, regulation and balance.

So getting off the birth control pill was a great idea and you will be healthier because of this, and your endocrine system will be in much better balance. The downside of stopping the pill, as you discovered, is that it turned your reproductive system back on, and now you are back to square one, and back to the menstrual cramps that you experienced years ago. But NO PROBLEM, you can heal this easy.

I actually belly laughed when you asked at the end of your letter if I'd ever come across a situation like yours before. Hmmm, let's see? YES!!! Probably 5,000 times! Although I am sure you are a very special person, your problem is not unique AT ALL, and is actually very common. More women today have menstrual problems than ever before in history, more women are put on birth control pills to suppress these menstrual problems, more women are sterilized than ever before in history because of their menstrual problems and female reproductive cancers are on the

rise. So, I am glad you wrote this letter long before you were at wit's end and thought about a surgical option.

Finally, please read the above answer that I wrote to Zak, and the end of it when I talk about meat consumption having a negative impact on female hormone balance, and female reproductive organs. It would be great for you to stop eating any and all animal foods, at least until you have healed yourself.

You will be Healthy and Healed soon,

— Dr. Schulze

# 12-12-12 WILL THE WORLD END TODAY?

December 12, 2012, COMMENTARY by DR. RICHARD SCHULZE

Dear Friends,

**Well, that is a YES, . . . *for some*, and a big NO for most of us.**

Is the world coming to an end? DEFINITELY! Yeah, yeah, yeah, we all learned that piece of *positive* galactic intel in science class as kids. I remember sitting in 7th-grade with a constant erection, hormones bursting, while some dried up old nerd kept waking me up, telling me that the sun is slowly swelling in size as it cools off and that this “red giant” thing will end in a big explosion. That is if we don’t get hit, *like in the movies*, by some rock the size of a city bus that could end our planet’s life prematurely and take us all out, like it supposedly did the dinosaurs.

## **But that is NOT happening today!**

I don’t mean to sound sarcastic, but I don’t base my life on the same calendar as the Mayans did (whether it’s end is 12/12/2012 or 12/21/2012). Also, I have now lived through about a hundred “end of the world” predictions, from California falling off to the big Millennium end, so I would say that I find them quite boring, **except I actually find them very exciting.** I will explain why in a few minutes.

**OK, so YES, the world will end today, for about 7,000 Americans.**

In about 15 days by years end, over 2,500,000 (2.5 million) Americans will have died this year, and here is how it breaks down.

About 1 MILLION Americans will be dead from the #1 cause of death, Heart and Circulatory disease, caused from the food that

they ate that blocked, clogged, inflamed and damaged their arteries. We know that our food and lifestyle does this, and that this is a “*disease of the fork*”, simply because this disease does NOT affect and kill people in other countries who eat differently.

About 600,000 will die from malignant neoplasms (cancer). This will happen in spite of the federal government’s official “war on cancer” that was started in 1971, over 40 years ago. In spite of the trillions and trillions of dollars spent on cancer research, and the millions of animals butchered for this research, and the trillions and trillions more spent by private medical research facilities, **more people are dying from cancer this year than EVER before in history.** Why? The answer is quite simple.

We are trying to find a pill to kill cancer, **when the CURE for CANCER is simply STOPPING what we do that causes our body’s cells to mutate and kill us.**

Every smart medical doctor and cancer researcher knows exactly what causes cancer—the **typical American lifestyle, and the harsh chemicals in it!** Their problem is that Americans WILL NOT CHANGE, so they are trying to find yet another chemical that will stop our cells from mutating, in spite of the toxic chemical barrage in what we eat, drink and live. They won’t find it! **The only cure for cancer, or any disease for that matter, is to STOP doing what causes the disease in the first place, and START doing what will Create Powerful Health!**

### **The rest of the TOP TEN...**

In case you are really bored today, the next top causes of American death, *in descending order*, are Chronic Lower Respiratory Diseases, Accidents, Alzheimer’s Disease, Diabetes, Influenza and Pneumonia (OVER 50,000 Dead Annually), Nephritis (Kidney Disease), Suicide (Yes, at 40,000 a year that means that over 100 people will end their calendar today) and Septicemia (40,000 a year will die from infections, mostly contacted in the hospital), and followed closely by Liver Disease, Hypertension and then Parkinson’s Disease.

**OK, why do I find end of the world predictions exciting?**

**It is simply that I use all of these “End of the World” predictions as wake up calls, to re-examine my life, and see where I have ignored it straying off course, where it has wobbled out of alignment, and where I need to sharpen my focus and get my life back on track.**

I like to imagine that my life will end today, but I get a six-month or one-year extension, and now that I have this extra time (*but I STILL KNOW I will be dead soon*) **WHAT WILL I DO DIFFERENTLY?**

**What would YOU do differently if you knew you only had a year to live?**

**I know what you would do! Less STUFF, More FUN!**

I know because in the last decade of my practice, almost ALL of my patients were given one to six months to live, so I learned this “end of the world” program really well.

Most people think, “I will work less and spend more time with my family and loved ones”. Most people when faced with the end, besides getting well, they think “work less, play more”, have more FUN, more TRAVEL and have more SEX! Spend more time having fun with family and friends.

When I would hear this on a daily basis in my clinic, I would think to myself, why doesn't everyone just DO THIS NOW? **What are we all waiting for?**

Look, I know that we all get very busy in life, really busy, working hard, so we can buy more stuff, and buy more stuff for our kids, so we can have lives filled with more stuff, and then even buy better stuff. And don't get me wrong, stuff is cool, stuff is fun and I LOVE STUFF! But most of us think “get more stuff now, and play more with the stuff later”, but then we wait so long, later never comes.

Many of us think that our kids need much more stuff, but in reality, they would rather have more quality time with us than more stuff.

So we need to find that balance, between getting more stuff, and better stuff, and taking the time to enjoy the stuff. Having more fun, more love, and spending more quality time with the people that we love.

### **So in Closing**

PLEASE, don't wait for the world to end, or your world to end, or some medical doctor to tell you that your world is coming to an end, to work a little less, and make yourself a little less busy.

Life is a "limited time offer", so take the time **RIGHT NOW**, to manage your time better, to spend more quality time with your family, your loved ones, **and spend more time doing the things that you love to do.**

Don't have all the regrets on your deathbed that my patients had.

It is not too late, **I don't think the world will end today, but for a moment, let's pretend it will.** And, when you come up with any regrets, listen to them, and make a plan of how to live your life, paying more attention to what is really important to you.

It is the holiday season my friends, the perfect time for more **CELEBRATION**—Celebration of Joy, Laughter, Happiness, Love, Bliss—Celebration of **LIFE!**

Today will be gone tomorrow, so let's live today like **YOU** might be gone tomorrow.

What are you waiting for? Let the **CELEBRATION** begin!

— Dr. Schulze

# WHEN DRUGS BACKFIRE, CAUSING GUNFIRE

December 18, 2012, COMMENTARY by DR. RICHARD SCHULZE

In EVERY case of mass shootings in the last few decades, the killers were later found out to be taking LEGAL, medical doctor prescribed, pharmaceutical, mind-altering, prescription drugs. **This recent horrifying tragedy in Newtown, Connecticut will be no different.**

**Medical doctors won't stop messing with our kids' minds, that is the problem here. *It is not really about gun control, the issue here is pharmaceutical drug control!***

You won't hear this talked about or debated on the pharmaceutically sponsored television networks or cable news shows. This is one issue too hot to handle and NONE of them will touch it. *That is why I do. I MUST!*

I am not making a political statement *for* or *against* gun control, even though I find it interesting that Connecticut has some of the strictest gun control laws in the entire United States. I am just pointing out here that as usual, after any horrifying senseless killing spree, to ease our pain, it is much easier to strike out and blame the weapon of choice, than get to the real cause of the problem. So we will continue to blame guns, bullets, knives, hammers, sharpened screwdrivers, bricks or whatever other tools these drug induced murderers use, or the people who sell the tools or manufacture them, instead of looking at the WHY!

**WHY did these kids kill other kids? That is the real question here, and answering that question will give us the real solution.**

**Drugs Cause Violence, but NOT the Drugs you Think!**



Take a look back at any of the school, movie theater or *wherever* shootings in the last few decades done by teenagers or young adults—from Columbine to Virginia Tech to the Aurora Movie Theater to Newtown.

YES, these kids were ALL on drugs, *but not Crack, PCP, Heroin, Methamphetamines, Ecstasy, LSD or even Pot*. So while principals, social workers, parents and teachers alike are worrying about street drugs and pushers infiltrating our schools and exposing our children, we should instead be worrying about what the school nurse is pushing in her white cart down the hallway.

**EVERY single one of these murdering kids in the last few decades was treated by medical doctors, with numerous mind-altering or mood-altering drugs, in many instances since childhood, for depression, hyperactivity, ADD, ADHD, Bipolar Syndrome or dozens of other new kid's diseases.**

First of all, besides a rare case of depression, none of these diseases even existed in our children 30 years ago. The late Dr. Robert Mendelssohn, one of the nation's former leading pediatricians, in his books, 'How To Raise a Healthy Child In Spite of Your Doctor' and 'Confessions of a Medical Heretic' stated that most of these new childhood "diseases" are nothing more than typical childhood behavior, that we all witnessed when we were kids. But today, because of classroom overcrowding, overworked teachers and stressed out parents, drugs are an easier choice to numb the minds of unruly kids. Turning these kids into well-behaved zombies, well that is "well behaved" *until they backfire* and become killers.

In public and private schools today, it is not an unusual sight to see the school nurse pushing a drug cart, just like in a hospital, going from classroom to classroom, dispensing mind-altering drugs to a surprising number of the students.

But beyond a few bad teachers and some lazy parents, we have to take a look at ALL the causes. Besides the huge surge in sugar and artificial everything, and serious lack of nutrition and exercise

in our kids' lives, we have to look at the pharmaceutical drugs the parents took before and during pregnancy.

We should also look at childhood vaccinations. In 1983, only seven vaccinations were suggested for kids. Thirty years later, in 2012, medical authorities now suggest **SIXTY childhood vaccinations**. This 2012, 60-vaccination schedule put out by the federal government's Center for Disease Control is approved and endorsed by the American Academy of Pediatric Physicians, The American Academy of Family Physicians and the Department of Health and Human Services. *Our kids don't have a fighting chance!*

Finally, we have to look at all the prescription drugs now being begged for by parents, prescribed by medical doctors and taken by children, and see what role these play in causing these slaughters of the innocent.

**So is this explosive, violent, murderous and eventually suicidal behavior directly caused by pharmaceutical drugs? ABSOLUTELY!**

### **Black Box Warnings**

The FDA has warned us for over a decade about how these drugs backfire and cause violent and suicidal behavior in children and adolescents, and later increased this warning to include young adults up to the age of 25.

There is a **Black Box Warning** on ALL of these types of drugs, the most serious and highest level of warning demanded by the FDA stating: **“These drugs may increase the risk of suicidal thinking and suicidal behavior in children and young adults.”**

**“MAY increase” IS NOT TRUE.** In every study done, these drugs **ABSOLUTELY DID INCREASE the suicidal thinking and suicidal behavior!**

In some studies the results were squashed quickly, up to 35% of the participants experienced suicidal thoughts and many others

attempted suicide. But the final percentage was the minimal, and lowered to a 4% increase. The final medical decision was the typical and usual, “The benefit of these drugs outweigh the 4% negative side effects”. This means that if we believe the drug manufacturers, out of 100 kids taking these drugs, a minimum of 4 will have suicidal thinking and suicidal behavior. The harsh reality is that your kids are locked in a school with other kids that are at least thinking about killing themselves, if not killing everyone else FIRST.

*From the FDA.gov website...*

### **Suicidality and Antidepressant Drugs**

*Antidepressants increased the risk compared to placebo of suicidal thinking AND BEHAVIOR (suicidality) in children, adolescents, and young adults in short-term studies of major depressive disorder (MDD) and other psychiatric disorders. Anyone considering the use of [Insert established name] or any other antidepressant in a child, adolescent, or young adult must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidality with antidepressants compared to placebo in adults beyond age 24; there was a reduction in risk with antidepressants compared to placebo in adults aged 65 and older. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior. Families and caregivers should be advised of the need for close observation and communication with the prescriber. [Insert Drug Name] is not approved for use in pediatric patients. [The previous sentence would be replaced with the sentence, below, for the following drugs: Prozac: Prozac is approved for use in pediatric patients with MDD and obsessive compulsive disorder (OCD). Zoloft: Zoloft is not approved for use in pediatric patients except for patients with obsessive-compulsive disorder (OCD). Fluvoxamine: Fluvoxamine is not approved for use in pediatric patients except for patients with obsessive-compulsive disorder (OCD).] (See Warnings: Clinical Worsening and Suicide*

*Risk, Precautions: Information for Patients, and Precautions: Pediatric Use)*

## The FDA Bottom Line

**All patients being treated with antidepressants for any indication should be monitored appropriately and OBSERVED CLOSELY for clinical worsening, SUICIDALITY, and unusual changes in behavior, especially during the initial few months of a course of drug therapy, or at times of dose changes, either increases or decreases.**

## In Closing

Let's not blame hairstyles, clothing, music, books, movies, video games, or even guns or ammunition, I have heard all of that before. *And even though I would like to*, we cannot even totally blame pharmaceutical drugs, as violence has existed on this planet long before any of these things.

Let's put the blame right where it belongs, on the adults surrounding this emotionally ill kid, who were supposedly supervising him. Sure, he may have made bad choices in life, but the adults around him made worse choices while watching him drown in his own depression. They used condemnation and drugs instead of love and hugs, and the first therapy has ruined more kids' lives than the Beatles haircuts, Elvis's hips, or the Beat Generation Poets.

In every case of these violent mass murders, the parents, the principals, the social workers, the teachers and the medical doctors prescribing the drugs, **ALL** knew well ahead of the incident that these kids were emotionally unwell, had problems, were displaying inappropriate or weird behavior, and worse, **they knew these children were taking medically prescribed drugs that are known to backfire, are known to cause suicidal thoughts and known to cause suicidal behavior and incidents, AND THEY DID NOTHING ABOUT IT!**

This is the problem, **and this is also the solution!**

My love goes out to the parents, and my prayers go to the children.

— Dr. Schulze

PS: Instead of putting schools on lockdown, maybe we should consider putting kids on dangerous behavior-modifying medications that are displaying anti-social tendencies in a room and LOCKING THE DOOR, and keep them away from the rest of the kids who just want to have a fun day. OK, I said it, and this will get me a thousand hate mail letters.

# BLOG BONUS INFORMATION

Friends,

On my BLOG site, besides posting my weekly answers to customers' questions and my videos, there are numerous other very important pages. These pages are literally GEMS! They are my **FOUNDATIONAL PRINCIPLES of Natural Healing**.

These are **Foundational Principles** that I have discovered in my clinic and during my 45 years investigating Natural Healing and Herbal Medicine. **These are principles that EVERYONE NEEDS TO KNOW and that EVERYONE should read, over and over again.**

I have placed all of these **Foundational Principles** in the Navigation Bar at the top of my BLOG site, but many people don't even know they are there. Therefore, I have also decided to reprint them all at the end of this book for your Illumination and Education.

**These are the Foundations of Natural Healing that apply to EVERYONE!**

- ▶ My Blog MISSION
- ▶ How Herbal Medicine WORKS
- ▶ Natural Healing, The BOTTOM LINE
- ▶ WHAT IS Natural Healing
- ▶ Dr. Schulze's 10 COMMANDMENTS of Natural Healing
- ▶ Dr. Schulze's QUOTES
- ▶ Positive Healing AFFIRMATIONS
- ▶ My Biography
  
- ▶ And maybe MOST important, an INDEX to help you find the answer you need!

Enjoy!

— Dr. Schulze

# BLOG MISSION: MY MISSION IS YOU!



Someone asked me the other day, if my company, or I, had a mission statement, and I said I don't need one. There are two reasons for this.

## NO BULL!

First, I am so sick of bullshit, politically-correct mission statements all about the environment, helping others or promising change. I am not going to insult anyone's intelligence with some feel good crap that isn't worth the time to read.

For example, even though the oil companies' new television ads say that all they care about is helping the environment, who are they kidding? Why don't they just tell the truth and simply say that they are sucking the lubricant out of the planet and refining it, so we can drive cars? And this makes them trillions of dollars and causes wars, not to mention it is toxic and polluting.

Look, I own a car and I drive it. Sure we need better solutions, greener solutions, but can we cut the crap and just be honest?

## So Here It Is: MY MISSION IS YOU!

My mission is YOU! Sure, I am in business to make money, but that is a side benefit to who I am and what I do.

Look, in the beginning, it was not about you, IT WAS ALL ABOUT ME. I started my investigation into Natural Healing and Herbal Medicine because I was dying. The medical doctors said I would be dead over 40 years ago, and I used what I learned

to save my ass. So, you can bet that I am VERY PASSIONATE about what I do.

Anyway, after I saved myself, I decided to study more and eventually teach what I learned, so I could help others to heal themselves. This is MY PASSION, and it is what I KNOW and WHAT I DO BEST, so I am VERY PASSIONATE about Natural Healing!

So, when I say “My Mission is You”, what I mean is that being a doctor, well, I have ONE GOAL, and that goal is: **You healing yourself of any dis-ease using natural methods; creating powerful health and then maintaining that health. That is my goal and that is my mission.**

You wouldn't think that this would be such a rare commodity these days, but in this world of modern medicine with medical doctors, drugs and hospitals, well to them, a patient cured is money lost.

This is why a better name for modern health care would actually be **disease maintenance**, which is really what the practice of medicine is. After all, no one ever healed their diabetes by taking insulin or healed their bad backs with painkillers.

I have spent over 40 years investigating Natural Healing and Herbal Medicine, I have spent over 30 years teaching it, and my clinic spanned three decades where I helped tens of thousands of patients heal themselves. I have never forgotten for even one minute why I am doing this—what my focus is and what my goal is—and it is YOU!

I also loved teaching, and every summer I taught seminars and semesters at universities all over the world. I taught a lot of post graduates (which I loved) and I loved getting them back on track after years of study in medical school. Because, after almost a decade of study into anatomy, physiology, chemistry, biochemistry or even botany (not to mention a hundred thousand dollars in



debt with student loans), they were so exhausted they could barely remember why they started on this path in the first place. So, I was always there to remind them that the entire reason behind **EVERYTHING** we do—**THE ONLY REASON**—is simply to **Help People Get Well.**

Being a doctor and spending almost my entire life teaching people how to **Heal Dis-ease and Create Powerful Health** (whether in my clinic or in the classroom), is who I am and what I do. So, this **BLOG** is all about sharing that healing knowledge, experience and wisdom with you. That's it.

**My greatest desire is that you will find the healing information that you need somewhere on this site. And using my experience, you will be able to heal yourself, a loved one or a friend, and then pass on this wonderful blessing of Natural Healing and Herbal Medicine to others.**

Welcome.

— Dr. Schulze

# HOW HERBAL MEDICINE WORKS



## An Ignorant Pharmacist

A number of years ago while I was out shopping, I ran into a woman who was a wonderful customer. She told me that she used and loved my herbal medicines. She then told me how much success she had, healing herself over the years from a few quite serious illnesses. She also was pleased to tell me that she had also helped some family members, too. Mainly, she wanted to hug me and express to me that she felt so *empowered* to be able to heal herself and to help others, especially loved ones, to heal themselves. But most of all, she loved NOT having to run to the medical doctor or hospital emergency room anymore, every time someone had some illness.

But, then she told me that she gets a lot of ridicule from her husband, who is a pharmacist at a major drug store chain. He told her that herbs don't work at all, and they are just *hocus pocus* and a load of bull, and that any benefit that she thought she had was all in her head, and at best, just a placebo effect. She was very upset and with tears in her eyes, she asked me for my response.

I started off by telling her that the best-case scenario was that her husband is a total IGNORANT IDIOT! I also explained that the worst-case scenario was that he was being an absolute TOTAL JERK to her.

I will explain...

For a layperson to have an ignorant opinion and remark like this, well, I would have almost understood it, but for a pharmacist, it was inexcusable. Actually, his answer was soooo ignorant, that

I figured that this man either slept through pharmacy college and bought his tests, or more likely, must be very insecure, so he wanted to use his education and profession to invalidate and intimidate his wife or make her angry and start a fight with her. Either way, not a nice guy at all. Because there is no way that someone could complete pharmacy school, become a pharmacist, and then say something that is so stupid or so ignorant.

But it gives me a great platform to easily explain to all of you, How Herbal Medicine Works.

First, herbal medicine has been THE medicine of every single group of people, of every single culture and in every single country on this entire planet since the beginning of time. Herbs grow wild on this planet, and have been THE medicines of the people on this planet, forever. Chemical medicines are the *new kid on the block*, the new fad, and have only been around for a few hundred years. And, most drugs were originally made from plants anyway.

Herbal Medicine has recorded roots dating back over 6,000 years in China, India and the Middle East, just to mention a few places. Still today, the vast majority of the people on this planet still use herbal medicine as their *first choice* medicine, and do not trust pharmaceutical drugs, at all.

In Pharmacy School, there is no way that this jerk could have missed this, nor could he have missed the fact that still today, 50% of all drugs are either made from botanicals or synthesized to duplicate a chemical that was originally found in a plant.



Digitalis, the most famous of all heart drugs, gets its name from the herb *Digitalis lanata*, the Foxglove plant that it is made from. This plant (like many plants) contains some very powerful chemicals, often referred to as phyto-chemicals meaning “plant-chemicals”. The most powerful chemicals in this particular plant are called

glycosides, specifically *cardiac* glycosides that affect the heart muscle in many ways. This is just one small example of one herb that has now become one of the most famous drugs used today. I could list over 1,000 additional drugs here that are plant-derived, but I just wanted to make a point.

### **But HOW Do Herbs Actually Work?**

Well, it is actually very simple. All foods and plants (basically, anything that grows) contain chemicals. And when you ingest plants, your body breaks the plant material down, using everything from saliva to digestive juices, and then your body assimilates these various chemicals.

One of the reasons that we eat food is so that our body can assimilate the phyto-chemical nutrients from the plant. Nutrients that sustain life, like vitamins, minerals, enzymes, amino acids, protein, fat, carbohydrates, etc. Without plant nutritional chemicals, we couldn't survive.

Herbs are also foods, but usually people don't consume them for food, as they taste stronger. Sometimes we do, like raspberries, artichokes, dandelion, burdock, etc. But, when it comes to the stronger tasting ones (like coffee), most cultures have discovered that these plants have more *medicinal* uses, instead of *nutritional* uses. These stronger tasting plants taste stronger, because they have stronger chemicals in them. This is one way that nature protects us and tells us the difference between food and medicine—raspberries taste great, digitalis does not.

Anyway, when we ingest these medicinal herbs, the same way as food, we breakdown the plant and assimilate the chemistry in the plant. But, with many herbs it is these stronger *medicinal chemicals* that we assimilate, instead of nutrients.

So, when we consume medicinal herbs by just chewing them or using herbal teas, tablets, capsules or liquid extracts (like tinctures and tonics), instead of nutrition, we assimilate the medicinal plant

chemicals or phytochemical medicines. This way in which herbs work is not rocket science and is actually very basic chemistry.

## **Then Why Do Medical Doctors Often Ridicule Or Condemn Herbal Medicine?**

Well first, you must understand that they have NO TRAINING in Herbal Medicine, nor even in Nutrition. So asking the average medical doctor about using herbs, or about your food program is like asking your plumber about the condition of your home's *electrical* system. They may have an opinion, but it is probably not a valid one.

The second reason is insecurity. Many people (including medical doctors) are very insecure about anything they don't know or understand. They either fear it and condemn it, or will tell you to stay away from it. A better, more enlightened answer would simply be, "I have no training in herbal medicine, so I suggest that you seek the advice of a qualified herbal doctor." But, you will NEVER hear that answer from someone whose ego is not in check.

Another reason why medical doctors generally condemn herbal medicine is that *modern* medicine is a TWO TRILLION DOLLAR a year business in America. Additionally, Medical Groups spend more money *influencing* government with lobbyists in Washington than any other private business organizations. Considering that medical doctors and hospitals don't want to lose your business and since pharmaceutical companies are making more money than any drug cartel ever thought of, well, you can expect that you are going to see and hear some occasional negative publicity warning you about any competition, and consequently not to use herbs. Either you will be warned that herbs are dangerous and unsafe or that they are ineffective. (Two answers that contradict each other.)

Usually, most of these warnings come from medical doctors who work for a system that makes a living off of helping people *managing* their diseases, but never quite actually healing them.

(An example is that no diabetic ever heals their pancreas using insulin. In fact, when the pancreas detects artificially-induced insulin, it gets weaker.) The medical cure of most diseases in America is not actually a cure at all, but more accurately, *management*. In fact, the use of the term “Health Care” would be more accurate—and more appropriate—if it were changed to “Disease Care”.

### **FIRST CHOICE Medicine**

So back to the beginning, I was really not surprised to hear this lady’s husband’s remark, and his completely ignorant response, since he was a *pimp* for the biggest drug cartels in the world... I mean, a *pharmacist*.

Look, I am not saying that we don’t need medical doctors, drugs and hospitals—we all need them in emergencies, like serious trauma.

**What I am saying is that herbal medicine should be the FIRST CHOICE medicine for everyone. This simply just makes good, common sense. Why?**

### **#1: IT’S SAFE**

Herbal Medicine is milder than harsh pharmaceutical drugs, so it has fewer side effects, usually none.

### **#2: USE IT WHOLE**

Herbs used in their whole and natural state are generally naturally buffered *and more effective*. In other words, isolating chemicals from herbs and then concentrating them (like when making drugs) is not a safe thing to do. Herbs have many *additional* chemicals in them, beside the medicinal chemicals that act as buffering agents, making their actions smoother and safer.

An example is that many herbs in their natural whole state will make you vomit before you can overdose on them—a natural protective response that is lost when you turn them into drugs. It has also been proven that the most effective way to use plant

medicines is using the whole herb. (Numerous studies, even published by the AMA, have now proven that whole herbs are much more medicinally effective than their individual isolated chemicals.)

### **#3: IT'S INEXPENSIVE**

Herbs are much less expensive than drugs, not to mention a lot less expensive than medical treatment and hospitals. Their low cost makes them the perfect financially sustainable health care choice, instead of creating a health care system that we cannot afford.

### **#4: IT'S EFFECTIVE**

Herbal medicine has proven to be a powerfully effective treatment for illness and disease, especially when used in conjunction with living a healthy lifestyle.

**ALL of these reasons underscore why it just makes good common sense that herbal medicine, not chemical and invasive medicine, should be the FIRST CHOICE MEDICINE.**

### **Finally...**

In my life, I have healed my own life-threatening illnesses and injuries and helped tens of thousands of patients heal themselves, too. I have seen these herbal gifts—these blessings from God—heal every disease known to man.

Maybe I could have saved my breath on this woman, since she told me that she and her husband were Christians, and simply sent her husband a Bible...

“...And the fruit thereof shall be for meat, and the leaf thereof for medicine.” — Ezekiel 47:12

— Dr. Schulze

# NATURAL HEALING, THE BOTTOM LINE

## QUESTION

*Dear Dr. Schulze,*

*Can you please just give me the bottom line on what Natural Healing is so I can explain it simply to my sickly and degenerate friends? Just kidding! Thanks for all of your great work and herbal products.*

*— Vicky H. in New York, NY*

## ANSWER

Dear Vicky,

Natural Healing is a style of healing in which you assist your body increasing its powerful self-healing ability. This is done by creating a lifestyle where you eliminate those things that create disease, and increase those things that create powerful health. When your body is healthy and strong, it can and will heal any disease and repair and rebuild itself.

The sign in my clinic read:

You Can Heal Yourself of ANYTHING and ANY DISEASE.

Just STOP doing what makes you sick and

START doing what Creates Powerful Health!

An old Chinese proverb says, “Focus on the good to eliminate the bad.” In the same way, Natural Healing is about focusing on creating powerful health and letting your body do what it knows how to do better than any doctor and what it does best, which is repair and heal you of anything and everything.



Thanks for your support and remember, plant seeds in your friends, but don't torture them, and have fun, smile and laugh while you are doing it!

— Dr. Schulze

# WHAT IS NATURAL HEALING?

## QUESTION

*Dear Dr. Schulze,*

*My friends have asked me to describe to them what Natural Healing is. I have my idea, but can you give me your answer?*

— Karen J. in Coconut Grove, FL

## ANSWER

Dear Karen,

This is easily seen with a cut. You cut your skin and you bleed. Your blood eventually clots and you form a scab. Then, your tissue and skin starts regrowing. Eventually, the scab falls off and you are miraculously healed! Even though we take this basic healing function for granted, no medical doctor and no hospital can ever do this for you.

On a microscopic level, your body may be invaded and infected by foreign pathogens such as bacteria, viruses, fungi or parasites. Your body has numerous organs, systems and blood cells to take care of any unwanted visitors. You have white blood cells (like macrophages) and certain T-cells that work to kill the invader immediately, along with immune chemicals (like interleukin and interferon) that help speed up these cells. Other cells create chemical poisons to kill off the invaders in the same way your B-cells use immunoglobulin to create specific antibodies that attack foreign pathogens.

Without a doubt, our bodies are amazing repair machines ready to take on any illness or disease. But eventually, because of genetics, lifestyle and just plain aging, your body may not be up to the task of healing or repairing you. This is usually when a person seeks outside help, usually from a medical doctor.

A medical doctor's approach is to take on the healing themselves, fighting and killing the disease with a barrage of chemical drugs, and often getting the body functioning again by performing surgical procedures. This form of healing can work, but can be very dangerous. Medical intervention is so harsh and extreme that it often hurts other organs and causes other diseases. It can also leave you with irreversible surgical impairment, when it involves your organs being altered or removed. It is the best form of healing for those people who absolutely will not take any responsibility for their health and refuse to make any healthy lifestyle modifications.

On the other hand, Natural Healing is for people who are willing to make healthy and positive lifestyle changes. As a Natural Healing doctor, I help my patients to dramatically raise their overall level of health, which in turn, dramatically increases their body's ability to heal and repair itself. Doing this is simple! As the sign in my office says, "You can heal yourself of anything, just STOP doing what is making you sick and START doing what will Create Powerful Health."

Natural Healing is simply helping your body to become stronger and healthier, so it becomes a more powerful and effective healing and repairing machine.

In my clinic, I discovered that with most people, it doesn't take much to get their body to heal illness or disease. I usually just had to get them to STOP killing themselves. Most of my patients' diseases were caused by what they were doing to themselves. In other words, their body was trying to heal itself, but it was too weak, or running into too much resistance, or both. This could simply be a lack of nutrition caused by a bad food program, all the way to a buildup of sludge in the body, causing everything from constipation and

coronary artery blockage to dementia. Most of my patients just needed a good cleanup and a new, healthy lifestyle, and they were on their way to health. However, my patients who had spent years damaging their bodies, ignoring their ill health and disregarding their many disease warning signs were now in a serious disease crisis and they needed more aggressive health programs.

Regardless of the level of my patients' illnesses and diseases, even in the worst stages of degenerative diseases, I always saw Natural Healing work as powerful as medical intervention. My patients were always able to regain their health, and in fact, create powerful health by simply leading a very healthy lifestyle. Often the healing results are in balance with how many positive healthy changes a person is willing to make. Sure, for some, it took a lot of work, but when you compare it to the drama, trauma, pain, torture and expense of medical intervention, for most people with good common sense, it's a no-brainer. In fact, when you look at it this way, it is obviously the only real healing.

To sum all this up, Natural Healing is a style of healing where you assist your body in charging up its powerful self-healing ability by creating a lifestyle in which you eliminate things that create disease and increase those things that create powerful health. When your body is healthy and strong, it can heal, repair and rebuild anything.

An old Chinese proverb says: "Focus on the good to eliminate the bad." In the same way, Natural Healing is about focusing on Creating Powerful Health and letting your body do what it knows how to do better than any doctor, and what it does best, which is repair and heal you of anything.

I hope this information gives you a few more insights into your understanding of Natural Healing.

Thank you for spreading the Natural Healing gospel!

— Dr. Schulze



# DR. SCHULZE'S 10 COMMANDMENTS

*Based on Dr. Schulze's Book, "20 Powerful Steps to a Healthier Life"...*

## **1. I DRINK Liquids that Hydrate, Flush and Nourish Me**

I Drink Pure Water, Fresh Fruit & Vegetable Juices and Herbal Teas!

## **2. I EAT Food that Creates Powerful Health**

Vegetarian, Whole, Nutritious and Organic—  
Dr. Schulze's Health-Building Food Program!

## **3. I Use Natural Herbal and Food MEDICINE**

To Prevent Dis-ease and Nourish, Clean, Detoxify,  
Tone, Balance and Heal My Body!

## **4. I MOVE My Body Every Day**

Walking, Dancing, Running, Jumping, Stretching,  
Breathing, Sweating, Sex... Always Fun!

## **5. I Take a Week Off Every Season to CLEANSE Myself Internally**

Juice-Flushing or Dr. Schulze's Purifying Food  
Program and Herbal Detox Programs!

## **6. I Use Only Natural HEALING to Prevent and Treat Dis-ease**

Massage, Bodywork, Hydrotherapy and All Therapies  
that HEAL and Do No Harm!

**7. I Create a Healthy HOME Environment for My Well-Being**

Natural Soaps, Cleaners and Clothing, No Negative Television, Frequently Trashing!

**8. I Have Positive THOUGHTS that Create Powerful Health**

Positive Thoughts and Affirmations that Create Love, Laughter, Passion, Peace, Fun and Bliss!

**9. I COMMUNICATE to Others as I Like to Be Treated**

I Communicate Being Happy, Friendly, Positive, Clear, Honest, Sincere, Caring and Loving!

**10. I LOVE Myself and My Life More and More Every Day**

Practice Being Self-accepting, Self-ish, Self-centered, Self-involved, Loving YOU!

Appreciate All That You Have and Focus On All That You Want To Create.

Your FOCUS Determines Your FUTURE!  
Tomorrow Is What You Believe And Do Today!

# DR. SCHULZE QUOTES



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

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“You can heal yourself of ANYTHING, any illness or dis-ease. Just **STOP** doing what made you sick, and **START** doing what will Create Powerful Health.”

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“Your **FOCUS** determines your **FUTURE**.”

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“There are NO incurable diseases, NONE. Take **RESPONSIBILITY** and be willing to **CHANGE**, and you can heal yourself of anything.”

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“**BLOCKAGE**—Physical, Emotional and Spiritual— is the cause of ALL DIS-EASE.”

“Your body has a **BLUEPRINT**, a **SCHEMATIC**, of what perfect health is and is constantly trying to achieve this goal for YOU.”

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“Your body has the ability to completely **HEAL ITSELF** of ANY disease... All it needs is your assistance.”

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“**Getting well is EASY**. It is getting sick that takes years of constant, dedicated hard work.”

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“The main function of your body, is to constantly heal and repair itself; **REPAIR YOU!**”

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“STOP focusing on your disease, and START focusing on Creating Powerful Health! Your disease is not a curse, it is a **GIFT**, a **BLESSING**. It is what brought you to this new beginning of the greatest adventure in your life, to discover and create a new life, a much better life, and to **Create a NEW YOU!**”



# POSITIVE HEALING AFFIRMATIONS

## INTRODUCTION

The dictionary description of Affirmation:

*Concentrating your Attention and your Effort on achieving a particular Outcome!*

Simple and to the point—I love it! So, let's get right to this point.

What I want is to be extremely healthy and live a very long life filled with Love, Joy, Happiness, Success, Relaxation, Fun, Laughter, Bliss, Great Moments, Great Sex and even more Love! Or as Mr. Spock said, I want to “Live Long and Prosper”.

I want maximum QUALITY and maximum QUANTITY. I want to feel great and to do all the things that I want to do, for as long as I can possibly do them. YES!

OK, you can see that I have had plenty of time—on my own and with my patients—to get good at this. I spend a good part of my day thinking up better ways to ask for what I want. And, when I hear others that need a little help with their focus, well, I have an invisible toolbox of 10,000 Positive Healing Affirmations that I carry around with me everywhere I go to spread like magical seeds on everyone and everything.

Many people think that life just *happens* to them, and that they have no control over their future. They believe that it is all in God's hands or that “Shit Happens”, or that they fluctuate between having Good Luck and Bad Luck or between being blessed and being cursed.

I don't!

Others might think that this is selfish thinking, and are too embarrassed to focus this much on their own self.

On the contrary, I've helped thousands of others, actually tens of thousands. I used to help them through my clinic, and now I do it through my work, my Natural Healing Crusade and my Foundation. I LOVE helping others and I have spent most of my life doing this, but FIRST, I needed to help myself, or I would have been dead over 40 years ago, and helping no one. So, I had to get real healthy, I had to get real strong and I had to get real selfish, really self-involved, really self-centered and self-controlled. It was all about me!

Then when YOU get strong and healthy, you can help others.

When I first opened my clinic doors back in the early 1970s, I absolutely saw that “you are what you eat”. It is simple physics, the nutritional quality of what you consume, directly affects your metabolism and your level of vitality and health. By the time my clinic closed decades later and after spending hours with thousands and thousands of patients, I also knew that “You are what you THINK”. In the first few minutes of any consultation with a new patient, I could see if they were “The Right Stuff”. I could tell the winners from the losers just by the way they spoke, their choice of words and their attitude. I could clearly see those that were going to get tough, get to work and get well, and those that were not.

First, they had to **BELIEVE** that they could be well and that they could create a healthy lifestyle that was so powerfully healthy, that their body would heal itself. And second, they had to be willing to **DO** the healing programs and take the herbal medicine, in order to get well. Taking us all the way back to the beginning...

*Concentrating your **ATTENTION** and your **EFFORT** on achieving a particular Outcome!*

After having thousands of patients healed all over the world from every type of disease, illness and affliction known to mankind, I have seen the power of natural healing programs and lifestyle and herbal medicine. But, I have also seen that the power of natural healing (or any healing) is also directly related to a person's attitude, focus and effort.

In order for *anything* to be effective for you, you must Believe and Do.

My reality is that I am in control and I have the power to create my future; to create my destiny. I am not saying that I don't believe in God or even Fate or Luck. **What I am saying is that I know that I have the power to make things happen**—that I have the power to manifest things to happen in my life and to me and that I have the power to alter my future!

I have had many people say to me, “Whatever happens is God's will and you have no control.” What a wimpy, pathetic, victim mentality—an excuse to sit back and do NOTHING. I would immediately tell them that, “God helps those that help themselves!” So, get started helping yourself, right now, and you might not even need God's help! I have always felt that God has plenty to do, and if I was made in God's image, well, let's see what I can do FIRST, on my own, and not call in the “big guns”, until I have no other choice.

In my clinic, I had to teach ALL of my patients what to ask for and how to ask for it. So instead of just bouncing around life like a pinball in a pinball game, or blowing like a leaf out of control in the wind, instead, they started focusing on what they wanted to achieve, how to achieve it and doing what was necessary to achieve their goals. And, you know what happened next... they got exactly what they asked for.

I also know that your level of health, RIGHT NOW, is a PERFECT REFLECTION of your Genetics, REACTING with your Lifestyle. A PERFECT REFLECTION. This is

basic physics—I am just adding this new way of saying it to your Newtonian or genetic textbook.

How could you possibly receive anything that you didn't ask for? No farmer ever planted strawberries and then had corn come up in the field where the strawberries had been planted. You reap whatever you sow.

EVERYTHING that happens, happens because the energy was set up for this to happen. And, this energy was set up by YOU!

So, if you are like most people and are not happy with what you have created, all you have to do is CHANGE. And the best way to do this is to start focusing on creating something different.

I have used ALL of the following Positive Healing Affirmations to heal myself of my life-threatening physical deformity that medical doctors said was not possible. Remember, they said I would be dead by age 20. I have used these same affirmations to grow skin back on a fourth-degree burn that my medical doctors said could not happen—impossible! And, I have used these affirmations as part of my healing program to help my body repair all the ligaments in my knee after the top medical specialists in the world said that I would never walk again without surgery.

I did NOT have surgery and I am not just walking, I am dancing!

There are plenty of people out there in the world to tell you what WON'T happen, what you CANNOT do and what is IMPOSSIBLE.

**I am here to tell you what CAN HAPPEN!**

**I am here to tell you what you CAN DO!**

**I am here to tell you what IS POSSIBLE!**

**...And it is far MORE than anyone can IMAGINE.**

The following Positive Healing Affirmations helped my thousands of patients create their own personal healing miracles and helped them to transform their life in a very powerful way.

We are ALL very powerful, very successful, and we get exactly what we ask for. This is basic physics.

I just helped my patients ask for something different and live in a different healthier way, and this caused very different results.

## **AFFIRMATIONS that will CHANGE Your FUTURE!**

Your future is simply the time that is coming up next. I have discovered that you can change and shape this future by simply altering what you are doing in the moment—what you are doing right now.

*Again, basic physics. If you want something different to happen tomorrow, then simply change what you are doing today.*

Remember what I said earlier, that your level of health is a **PERFECT REFLECTION** of your lifestyle reacting with your genetic make-up. Your lifestyle is how you choose to live your life. The **Food** you eat, the way your **Elimination** organs work, the way and frequency that you **Move** your body and the **Thoughts** that you think—**EVERYTHING** that you do—is what adds up to what you can expect to happen tomorrow.

So, in order to get my patients to have different results, *different tomorrows*, they needed to **CHANGE** what they were doing today. Some of them just needed subtle shifts, while others (especially those that were dying) well, they needed to change **EVERYTHING**.

What I know is simple; that if you want to have different results, or a different tomorrow, then you have to be willing to change, and be willing to live differently, today. So, three of my favorite Positive Healing Affirmations to remind us that we have the power and ability to change our future are...

## **Tomorrow Is What You BELIEVE and DO Today!**

This is my quote, that I think I came up with in my clinic, to help my patients realize that they could change the results of their tomorrow. All you need to do is first, **BELIEVE** that you can change the future, and then **DO** the necessary things to make that change manifest.

## **Your Focus Determines Your Future!**

This one I heard in one of the later Star Wars movies, when the kid is afraid he can't win the spaceship race and the Jedi Knight (I think played by Liam Neeson) tells him to Focus, and says this amazing line, "Your focus determines your future!" Anyway, regardless of where it came from, and even if I paraphrased it, it is true! It is just another way of empowering yourself to see that, well I will say it again, that **Your Focus, Determines Your Future!**

If I would add anything to this, it would be that **"Your Actions Make It Happen!"**

So let's put it all together...

## **Your FOCUS Determines YOUR FUTURE, And Your ACTIONS Make It Happen!**

Now, this is great food.

Here is another one...

## **EVERY Thought You Think And EVERY Word You Speak Creates Your FUTURE!**

I think this one comes from Louise Hay... Thanks, Louise!

If I added anything (I always tweak everything, even my own work) I would add, "And EVERY Thing You DO." So let's put it all together...

## **EVERY Thought You Think And EVERY Word You Speak And EVERY Thing You Do Creates Your FUTURE!**

My experience with myself (and with my thousands of patients) is that affirmations alone were not powerful enough to create healing miracles or manifest great goals in life. But, mixed with ACTION, well, that is when I saw MIRACLES HAPPEN—and happen FAST!

The bottom line my friends, is that YOU determine your reality and your future. So pick a great one and make it happen!

And finally...

### **Focus On The GOOD To Eliminate The BAD!**

Or, I like it better the other way around, so I'll end on the positive note...

### **To Eliminate The BAD, Focus On The GOOD!**

Either way, it works for me. I love this one. Some say the Chinese made this one up. Regardless, the point is it's a great Natural Healing concept. See, when they first came to see me, my patients were totally focused on their disease. They had actually become their disease, and so they were also totally focused on healing their disease. But, it was all about their DISEASE.

I have a very different approach. FORGET THE DISEASE, I DON'T CARE about the disease. Instead, let's focus on Creating Powerful Health!

**I have stated this many times before, in many places. I am not the smartest person in the world. But, I am just smart enough to know and my ego is in check enough to admit that I have no idea what is wrong with most people when they are dis-eased. And furthermore, I have no possible idea how to tell, instruct, command or medically force their body to heal.**

**On the other hand, what I do know is how to create such an amazingly healthy lifestyle and environment that surrounds the body, so that the body will get stronger and HEAL ITSELF! This is the only real and lasting healing and health.**

**So, instead of bullshitting my patients that I was some see-all, know-all, medical genius god, I instead FOCUSED on the GOOD, creating this amazingly healthy lifestyle for the body, mind and spirit and ignored their disease. That is when the healing miracles happened!**

*I have at least 999 more Positive Healing Affirmations, so keep checking my BLOG site and I will add more in the future.*

— Dr. Schulze



# ABOUT THE DOC



Dr. Schulze grew up in a small farming town in rural upstate New York. On one “snowed-in” winter’s night, he was awakened by his mother frantically trying to summon a medical doctor to their home, but all the roads were closed. That night his father slowly and painfully died from a heart attack. It took him over an hour to die, and he eventually stopped breathing right in his young son’s arms. Dr. Schulze was only 11 years old. Three years later when he was only 14, his mother also died of a massive heart attack. Both his parents were only 55 years old when their lives were cut short.

At the age of 16, after a year of ill health, medical doctors diagnosed Dr. Schulze with a genetic heart deformity and heart disease. The doctors told him that unless he underwent open-heart surgery, his weak and deformed heart would not be able to pump sufficient blood to an adult body, and he would be dead by the age of 20.

He declined to have the surgery, walked out of the hospital and instead, made it his quest to discover alternative ways to heal his heart. Over the next three years he made radical changes to his teenage lifestyle. He became a vegan, began an intensive exercise program and literally changed everything that went in and out of his body, mind and spirit. He immersed himself in literally hundreds of intensive alternative-lifestyle and Natural Healing programs, herbal-formulae and detoxification routines, as well as cleansing, fasting, flushing and health-building programs. After three years, he returned to the same medical doctors who had told him he would die without surgery. This time they told him his heart had miraculously healed itself. Dr. Schulze had created his first healing miracle.

## **TRAINING WITH THE BEST TEACHERS**

Dr. Schulze admits that he “stalked” many of the greatest Natural Healers of the last century, including the famous European naturopath, Paavo Airola. He trained directly under, and then served an internship with, the great Natural Healer, Dr. Bernard Jensen, at his Hidden Valley Health Ranch. He also studied and apprenticed with “America’s greatest herbalist,” the late, great, Dr. John Christopher, eventually graduating from his college. Dr. Christopher asked him to stay and teach alongside him for years. When the acclaimed teacher eventually passed away, Dr. Schulze continued teaching at his college for another decade.

In addition to acquiring a doctorate in Herbology, Dr. Schulze also received degrees as a Master Herbalist and Herbal Pharmacist, a doctorate in Natural Medicine, three degrees in Iridology and eight certifications in various styles of body therapy. Incredibly, he also possesses a yoga instructor’s degree and three black belts in the martial arts.

## **LEARNING FROM HIS PATIENTS**

In the early 1970s, Dr. Schulze opened his first Natural Healing clinic in New York, and then a few years later, he moved his clinic to Southern California. He operated his Natural Healing clinic in America from the early 1970s to the mid 1990s. During this same period, he also managed and directed other Natural Healing clinics in Europe and Asia. In his two decades of clinical practice, he has treated literally thousands of patients. Dr. Schulze maintains that he learned 5% of what he knows from school and 95% in the clinic, and always credits his patients as his real teachers. Without a doubt, his real-life clinical experience is what sets him apart from other doctors in his field.

In his second decade of clinical practice he worked almost exclusively with patients suffering from cardiac, neurological, cancerous and other degenerative (so-called incurable) diseases. His clinic became famous for those patients whom western medicine had given up on and who were sent home to die. His

clinic was also recognized for Dr. Schulze's highly effective Natural Healing programs, his powerful herbal formulae and his many patients curing themselves, in spite of the death sentence handed to them by their medical doctors. Many of his patients are still alive today, 20, even 30 years after their medical doctors told them they would soon die!

The main reason his patients were able to create their own "miracle cures" was the fact that Dr. Schulze pioneered new techniques, therapies, programs and herbal medicines that went far beyond what anyone had done in the past, and he went to extremes, where most Natural Healing doctors and herbalists feared to go. Dr. Schulze always says, "I tried to kill my patients with extreme programs and herbal formulae; after all, they were supposed to be dead anyway, so we had nothing to lose." But his patients didn't die. Instead, they thrived and healed themselves. The outcome of his clinical work has been the achievement of miraculous and unprecedented results, far beyond what most people thought possible with alternative medicine.

Dr. Schulze's herbal formulae and Natural Healing programs are now used in clinics worldwide to help people heal themselves of numerous, supposedly incurable diseases. His clinical results have reverberated throughout both the Natural Healing and medical communities. His many patients are now the living testimony to the limitless possibilities of how you can literally heal yourself of anything, naturally.

## **SHARING HIS HEALING WISDOM**

Dr. Schulze served as the Director of the College of Herbology and Natural Healing in the UK for 11 years. He held the title of Senior Professor at Dr. Christopher's School of Natural Healing for 10 years and also Co-director of The Osho School for Naturopathic Medicine in England, France and Spain. Additionally, Dr. Schulze is the co-founder of the Association of Master Herbalists in Great Britain.

He has taught and lectured at numerous universities, including Cambridge University and Oxford University 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 at numerous churches and also on numerous radio and television shows. Dr. Schulze is loved worldwide for his intensity, passion, dedication to students, sense of humor, creativity and his exciting, enthusiastic and evangelical style of teaching. He is mostly recognized for his unequalled understanding of Natural Healing.

## **TEACHING NATURAL HEALING IS HIS LIFE'S MISSION**

In 1994, after 15 years of formulating herbal medicines for his patients, Dr. Schulze opened the American Botanical Pharmacy, which manufactures and sells his effective pharmaceutical-grade herbal formulae to the public.

Dr. Schulze also continues his healing mission today by developing new herbal medicines and creating books, publications, CDs and DVDs describing his clinical Natural Healing programs. He also communicates directly with the public daily through his Internet website, answering patients' and customers' questions and making video clips that explain his many natural detoxification, cleansing, flushing and health-building programs.

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## **DR. RICHARD SCHULZE**

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

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This book is the third in a series, and is a compilation of my weekly postings—questions, answers and commentaries—at my blog site, [www.herbdocblog.com](http://www.herbdocblog.com) during the second half of 2012.

My greatest desire is that my work helps you save yourself or a loved one from the physical, emotional, spiritual and financial torture of modern medicine, and empowers you to take charge of your own healthcare. Learn how to heal disease naturally—better yet, learn how to Create Powerful Health Naturally.

QUALITY and QUANTITY is the name of the game, my friends. I want you to feel great so you are able to do all the things you want to do in life, and I want you to be able to do them for as long as possible.

— Dr. Schulze

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