

A close-up photograph of a person's midsection. They are wearing a white tank top and white pants with a purple waistband. A yellow measuring tape is wrapped around their waist, held in place by two hands. The background is a clear blue sky.

Dr. Schulze's
ORIGINAL CLINICAL FORMULAE
Since 1979

MARCH 2016
BOWEL DETOX REPORT

**The Powerful Impact
of Great Elimination**



Elimination Essentials

CLEANSE & TONE YOUR LARGE INTESTINE

Every single patient in my clinic had retained waste somewhere in their body, and most often it was in their bowel.

First, ALL animal food—meat, eggs and dairy—has absolutely NO fiber. So, when we eat it, it's really hard to get that grease and fat out of our bowel. Add in wheat and flour products, and now you have heavy paste. Second, we don't move our bodies much, and a sedentary

lifestyle promotes constipation. Third, we have plenty of stress, major stress, and stress also causes constipation.

Add this all up, and you can clearly see why Americans not only have the highest incidence of constipation, but they also have the highest incidence of colon and rectal disease on the planet.

Even worse, retained fecal waste causes everything from bad skin, bad breath and backaches, to

headaches and low energy and contributes to the worsening of every known major disease. In my clinic, besides increased nutrition, a thorough BOWEL CLEANSING had the biggest impact to solve chronic health problems and greatly increase my patients' overall health.

My patients were always so amazed at how much better they felt after having regular and complete bowel movements.

WHY IT IS SO IMPORTANT...

ACCUMULATED WASTE

The human body is a metabolic engine. Every system, every organ, and every cell of the human body takes in fuel to run and eliminate waste material. The majority of this waste is deposited into your colon. In fact, the average American stores from 10 to 12 pounds of fecal matter in his or her colon. If this toxic waste isn't regularly eliminated, it will cause your body to be backed up with poisons, making it sluggish and unhealthy.

CONSTIPATION

This body of ours must have had some incredible engineer. Everything has its place and there is no extra room. If one organ swells, then another organ gets compressed or crushed. Organs

don't work well when they are crushed, and circulation gets interrupted. Every organ needs good circulation to bring nutrition in and get waste out, in order to be healthy. Your colon is so big that it is connected to, touches, or is in the vicinity of, every major organ in your body, except your brain. It also touches most of your blood vessels and nerves. Constipation causes the colon to swell and when this happens, it can compress the lungs, heart, liver, gallbladder, pancreas, kidneys, adrenals, uterus or prostate. A constipated colon can cause an almost endless amount of seemingly unrelated diseases and problems.

CLEAN YOUR COLON

A sluggish, swollen bowel can compress a nearby area, causing

disease and infection in any area of the body. This explains why 80% of my patients who used my Intestinal Formula #1 and did a 5-Day BOWEL Detox started to develop healthy hearts, normal blood pressure, normal blood sugar levels, balanced hormones, no fertility problems, functioning livers, normal cholesterol levels, healthy immune systems, normal urinary function, powerful adrenals, increased energy, healthy prostates, clean digestive tracts, stronger lower backs and normal leg circulation. No matter how far removed from the colon the problem seems, cleanse the bowel first and see what happens. If you're like my patients, you will be thrilled with the results!

Dr. Scholte

YOUR BOWEL IS THE LARGEST ELIMINATION ORGAN IN YOUR BODY.

It is the major way that waste gets out of your body. When your bowel is not working efficiently, your fecal waste is stored, and sooner or later, it becomes dehydrated and compacted in your colon. Eventually, this waste turns to sludge and will poison you by being absorbed back into your body.

The first step in any health program is cleansing and detoxifying your bowel. A sluggish, constipated, swollen bowel can compress a nearby area, putting pressure on it, causing pain, blockage, inflammation, disease, or emit infection and toxins, which can affect any area of the body.

A blocked colon can cause an almost endless list of symptoms and ailments like abdominal discomfort, allergies, anxiety, asthma, backaches, constipation, cramps, depression, fatigue, food cravings, headaches, hemorrhoids, indigestion, insomnia, irritability, lack of sexual response, loss of concentration, memory loss, menstrual problems, nausea, poor appetite, prostate trouble, skin problems, and weight gain.



A close-up photograph of several tall, upright spikes of bright orange-red Aloe vera flowers. The spikes are composed of many small, tubular blossoms arranged in a dense, elongated cluster. The background is a clear, bright blue sky with a few wispy white clouds. The lighting is bright, highlighting the vibrant color of the flowers.

Nature's Powerful, Potent, and Proven Essentials for Elimination

The Powerful Herbs in Dr. Schulze's Elimination Formulas

CURAÇAO & CAPE ALOE LEAF

"The most potent and effective bowel cleansing herb in the world!"

These equatorial Aloes contain a powerful phytochemical in the Anthraquinone family called Emodin.



Emodin has a very strong stimulating effect on smooth muscles like the bowel. When this chemical comes in contact with the surface of the bowel, it causes immediate and powerful muscular contractions, even though you rarely feel them. Emodin is such a powerful plant chemical that it will cause bowel contractions regardless of how constipated someone is, regardless of what they ate, regardless of their bowel disease.

CASCARA SAGRADA AGED BARK

"Little else in nature provides such swift relief and reliable results!"



Cascara Sagrada stimulates the natural rhythmic contractions of the bowel that are more commonly known as peristalsis. It also tones the muscle wall as it works, exercising and toning the bowel muscle.

Cascara Sagrada produces a regular bowel movement of the kind that few people in our day and age achieve on a daily basis.

OREGON GRAPE ROOT

"This bitter medicinal herb cleanses the liver and the bowel."

Oregon Grape Root helps get rid of bacteria and fungi like giardia, candida, viral diarrhea, and even cholera and E. coli naturally, without harmful side effects. The digestive system is always encountering these unfriendly viruses, bacteria and fungi.



HAWAIIAN YELLOW GINGER ROOT

"One of the world's greatest carminatives and digestive aids!"

Ginger's medicinal phytochemicals are one of the world's greatest carminatives and digestive aids. Carminative action is the action of moving, relieving and expelling gas. A potent carminative neutralizes gas and moves it down your intestinal tract for elimination.

We use Organic Hawaiian Yellow Ginger Root, known for its depth of flavor, superior pungency and concentrated potency of phytochemicals, from the rain-drenched volcanic slopes of Mauna Kea, on the Big Island of Hawaii.

GARLIC BULB

"Garlic has been a wonder of nature for over 4,000 years!"

Garlic keeps your entire digestive and elimination system free from harmful and toxic microbes. Whenever you are doing any bowel detoxification and cleansing, you are removing old fecal material. Garlic also kills these intestinal invaders.

The Allicin found in Garlic is what makes it very difficult for all these invaders to thrive, which can happen especially when the diet is high in sugar and carbohydrates.



HABANERO PEPPER

"The hotter the pepper, the more medicinal it is!"

These fiery Habanero Peppers stimulate the circulation so the bowel's tissue and mucous membrane can begin to recover.

They also increase peristalsis, the muscular contractions relieving constipation and promoting regular bowel movements.

A normal, healthy bowel emits a few teaspoons of blood every day. But, when your bowel is constipated and very dirty, it can bleed a bit more. One of the medicinal actions of this pepper in the formula is to help stop that from happening in the bowel.



SENNA LEAF & POD

"A very reliable stool softener and bowel cleanser!"

Senna stimulates the bowel to pulse more quickly, allowing more water to remain in the stool, rather than be absorbed back into the body; this makes for an easier, softer, faster bowel movement.

Poor quality Senna often comes from polluted countries like India and China, who gas the herbs with toxic and carcinogenic bactericides before import. And they only use the leaf, whereas we use both the leaf and pod (which are very potent medicinally), and they work much better in combination.



Powerful Detox Starts With Healthy Elimination

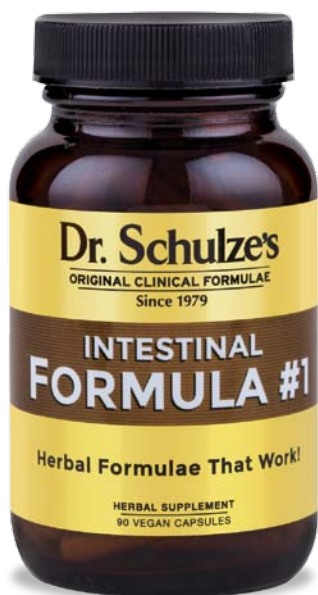
Like preventative maintenance on your car, routine seasonal detoxification is preventative maintenance for your body. It protects you from illness and keeps you strong and healthy.

Begin Now →

Order online at www.herbdoc.com | 5



Intestinal Formula #1



Intestinal Formula #1 relieves constipation and assists you to have more regular and more complete bowel movements.

It also stimulates your colon's natural muscle action and strengthens these muscles. It halts putrefaction, soothes and heals, improves digestion and relieves gas and discomfort from cramps. It also increases the flow of bile, which in turn cleans the gallbladder, bile ducts and liver and promotes healthy intestinal flora. Additionally, it makes it impossible for many intestinal invaders to survive.

- ✓ **The BEST BOWEL CLEANSER on the planet**
- ✓ **STIMULATES and STRENGTHENS the muscular movement of the colon**
- ✓ **CLEANSE and DETOXYFY your body of accumulated waste**

BOTANICAL INGREDIENTS:

Curaçao Leaf, Cape Aloe Leaf, Senna Leaf & Pod, Cascara Sagrada Aged Bark, Oregon Grape Root, Hawaiian Yellow Ginger Root, Garlic Bulb, Habanero Pepper

Intestinal Formula #1 MAX



A maximum-strength version for those already taking more than four capsules a day of the original Intestinal Formula #1, and who need something even stronger and more effective.

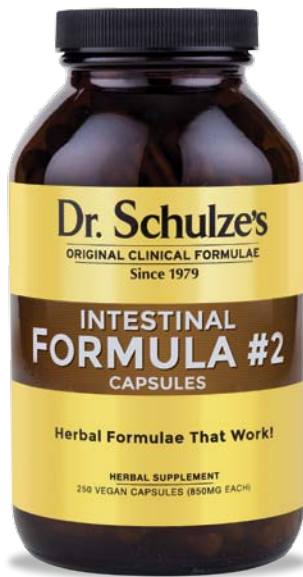
A very potent formula for those who suffer from chronic constipation and need relief right away. These herbs stimulate and tone the muscles of the large intestine to be stronger and promote more complete and more frequent bowel elimination.

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

BOTANICAL INGREDIENTS:

Curaçao & Cape Aloe Leaf, Senna Leaf & Pod, Cascara Sagrada Aged Bark, Hawaiian Yellow Ginger Root, Habanero Pepper

Intestinal Formula #2



Assuming you are using Intestinal Formula #1 and you are having regular bowel movements, it is now time to “dig in” and get out the accumulation of old, toxic debris you have been collecting and storing. Intestinal Formula #2 is a strong purifier and intestinal vacuum that will draw out the old, hardened fecal matter and mucous from the walls of your colon and out of any diverticula.

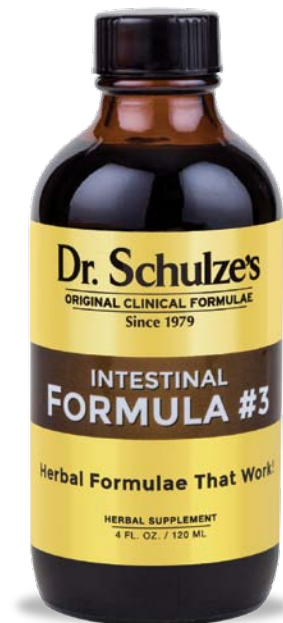
This formula is also a wonderful, soothing agent for the mucous membrane lining of the entire intestinal tract, but especially in the colon. This makes it an important formula for anyone who has irritable bowel, spastic colon, Colitis, Crohn's disease, Diverticulitis or any illness that causes hot, burning, irritated or bleeding bowels and diarrhea.

- ✓ **DRAWS toxic waste and build-up out of the bowel!**
- ✓ **A POWERFUL intestinal vacuum that draws out old fecal matter, toxins, poisons, bacteria, drug residues, mercury and lead**
- ✓ **STRONG anti-inflammatory and SOOTHING agent**

BOTANICAL INGREDIENTS:

Flax Seed, Psyllium Seed, Apple Pectin, Activated Willow Charcoal, Marshmallow Root, Pharmaceutical-Grade Bentonite Clay, Slippery Elm Bark, Peppermint Leaf, Cayenne Pepper Blend

Intestinal Formula #3



This formula is a great tasting, liquid stool loosener for the whole family. Although Dr. Schulze originally designed this herbal colon cleanser primarily for children, it's strong enough for adults, too.

In fact, many adults prefer it because it has a milder action. This formula promotes soft, easy bowel movements, and it will help strengthen the colon for better future elimination.

Figs and prunes have been used as a treatment for constipation since the beginning of medical history. The base of this tonic, California Fig Concentrate, acts as a mild natural laxative and also makes it sweet and delicious for kids. Anise Seed and Clove Bud are strong carminatives and antispasmodics, and therefore are used to relieve gas, cramps, colic, indigestion, nausea and stomach aches. Tangerine Oil is antibacterial and is also used to make the formula taste great.

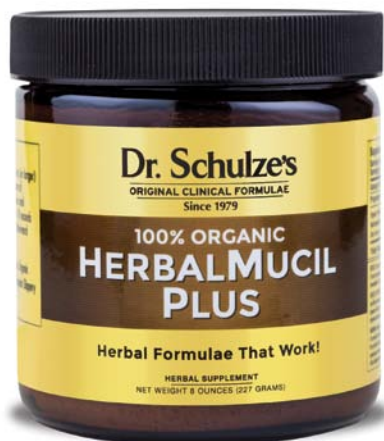
- ✓ **MILDER liquid version for kids of all ages**
- ✓ **PROMOTES regular and healthy bowel movements**
- ✓ **STRENGTHENS colon muscles**
- ✓ **GREAT TASTING to kids**

BOTANICAL INGREDIENTS:

Senna Leaf and Pod, Cascara Sagrada Aged Bark, Anise Seed, Clove Bud, Tangerine Oil, California Fig Concentrate



HERBALMUCIL PLUS



HerbalMucil Plus holds water in your stool, is mucilaginous and slippery, contains fiber and adds that extra push, and for all of these reasons, it ensures you an amazingly easy, comfortable and complete bowel movement!

HerbalMucil Plus has a neutral taste, making it delicious when mixed with any fruit or vegetable juice. But when it gets into your colon, it forms this fibrous, mucilaginous gel that gives you “magical” bowel movements! Here are four ways it works inside of your body...

1. Holds More Water. HerbalMucil Plus holds more water in suspension in your food waste, so it doesn't get dried out or become too hard in your colon. This added liquid makes it very easy to have effortless, normal bowel movements.

2. Mucilaginous and Slippery. HerbalMucil Plus is very mucilaginous or “SLIPPERY,” which also aids in elimination.

3. Loaded with Fiber. HerbalMucil Plus is loaded with pure plant “FIBER,” which again, makes for having a very comfortable and easy bowel movement.

4. Extra Push. HerbalMucil Plus contains Whole “Leaf” Aloe Vera Cactus, which adds that “MILD EXTRA PUSH” to help you evacuate easily and completely.

✓ **RELIEVES constipation and maintains regularity**

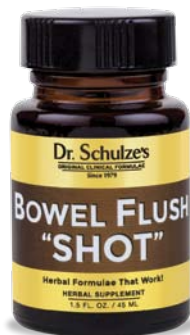
✓ **100% organic, herbal, sugar-free and chemical-free**

BOTANICAL INGREDIENTS:

Organic Psyllium Husk, Organic, Psyllium Seed, Organic Marshmallow Root, Organic Slippery Elm Bark, Organic Aloe Vera Leaf



BOWEL FLUSH “SHOT”



All you ate today was grease, fat, sugar, calories, cholesterol, free radicals, heavy metals, toxic chemicals and toxic food. Now you're exhausted, bloated, sick and literally full of crap. Dr. Schulze's Bowel Flush “SHOT” can help you eliminate this digestive nightmare, relax and get a good night's sleep. First thing in the morning, all of this garbage will be out of you.

The Senna and Cascara Sagrada make this a very strong formula designed to empty the contents of your bowel out the very next morning. It is also loaded with Hawaiian Yellow Ginger Rhizome, which helps drive everything in a downward direction from your mouth to your anus. It also contains Peppermint Spirits to increase the muscular contractions and empty all the fecal matter in your bowel (without causing spasms). It also contains Anise Seed, which will help relax the bowel and expel gas. Lastly, it contains my Herbal Anti-Parasite Complex, consisting of Agrimony, Black Walnut, Cinchona (a famous herb from South America that contains quinine and kills even the malaria parasite), Clove, Goldenseal and Thyme. These herbs, working together, are famous for destroying parasites (the larvae, eggs, and adult parasites) and getting all of this out of your body.

- ✓ **FLUSH** the digestive nightmare out of your bowel by morning
- ✓ **PROMOTES** regular, healthy and complete bowel movements
- ✓ **ONE “SHOT”** is all you need

BOTANICAL INGREDIENTS:

Dr. Schulze's Proprietary Cathartic Formulae: Senna Leaf and Pod, Cascara Sagrada Aged Bark. **Dr. Schulze's Proprietary Carminative Formulae:** Hawaiian Yellow Ginger Root, Peppermint Leaf and Oil, Anise Seed. **Dr. Schulze's Proprietary WormEx Formulae:** Agrimony Herb, Black Walnut Hulls, Cinchona Bark, Clove Bud, Goldenseal Root, Thyme Leaf



What Is A Detox?

DE-TOXIFICATION.

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

One of the greatest ways to prevent, and even heal disease, is to keep ahead of the game by periodically assisting our body in eliminating this built-up toxic waste. That's a detox.

WHERE DO THE TOXINS COME FROM?

First, simply being alive creates metabolic waste. Your body must continuously eliminate solid, liquid, and gaseous waste or you will get sick and die. Second, we adsorb many toxins and poisons every day from our food, air, and water as well as from drugs and toxic heavy metals found in our environment.

WHY SHOULD YOU CONSIDER A DETOX?

The bottom line is that modern life and modern living have overloaded, overworked, polluted, irritated, inflamed, clogged,

scarred, constipated, degenerated, and diseased all of your body's elimination organs and systems.

This has caused a slowing down effect of your body's elimination of toxic waste, and caused it to be backed up and deposited — (and even stored) in your body — overworking and depressing your immune system and lowering your disease resistance.

This unavoidable toxicity underscores the serious importance of regular and routine cleansing, detoxification, and toning of these precious elimination organs and systems.



WHEN IS IT BEST TO DO A DETOX?

#1 - For Prevention. For those who are well, not sick, feeling fine, and want to stay that way, I recommend doing a detox program once per season. Doing a detox four times a year will periodically flush out and prevent the build-up of toxins in your body, and stimulate and tone your body's elimination organs to stay in healthy working order.

#2 - For Healing. If you are not feeling well, or have any illness or disease, then the best time to start a Detox is IMMEDIATELY! RIGHT NOW! The length and intensity of your detox should be judged

by YOU, based on the severity of your illness or disease, but what is most essential is to get STARTED.

WHAT WILL HAPPEN WHEN YOU DETOX?

When your elimination systems are cleansed, flushed, toned, strengthened and tuned-up, two things happen...

First, problems go away! There isn't any condition of the human body that isn't helped by getting healthier and getting cleaner. In my clinic, I personally witnessed every ailment and disease known to mankind reverse and heal itself by cleansing the body and creating a healthy lifestyle.

Next, you will have an abundance of ENERGY! Once your body removes the built-up toxins, poisons, waste, acids and mucous, you will feel great, and most noticeably, have a lot more ENERGY. After a detox, your body is clean, clear, and operates more efficiently. It uses its fuel better and eliminates its waste faster. Your immune system gets stronger and every internal organ benefits. All of this contributes to feeling great and having an abundance of ENERGY!

A Simple 5-Day Detox for Everyone.

DR. SCHULZE'S 5-DAY BOWEL DETOX

Quick Start Guide

Pick the level that works best for you based on your health level and your desired level of participation.

BEGINNER

RESULTS WITHOUT COMPROMISE

This is for you if you are busy, don't want to change your lifestyle or diet, and don't have any serious illnesses.

These herbs stimulate your entire gastrointestinal system to work more efficiently. If you want to get the most out of this detox it just makes good sense to stay away from junk food, fast food, greasy and fatty food, and to consume more fresh fruit, vegetables and whole grains. No pressure, just do your best to eat healthy.

INTERMEDIATE

CLEAN LIVING BOOSTS RESULTS

If you feel a bit run down, out of energy, toxic, and want more powerful results, eat only vegan-vegetarian food for the duration of this program.

During the detox do not consume any animal flesh, organs, by-products, eggs or milk products. Also, consume as much organic food as possible. Drink plenty of liquids.

Exercise daily for one hour.

ADVANCED

FOR MAXIMUM IMPACT

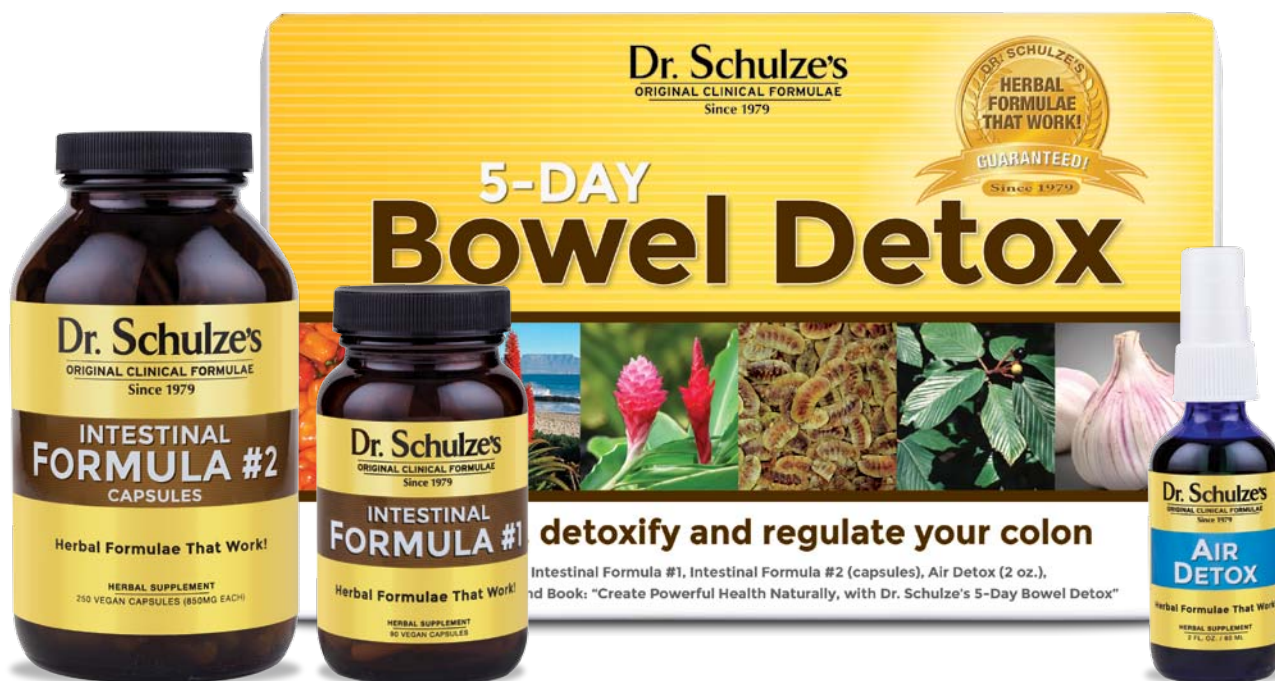
If you are sick and tired of feeling sick and tired, want to turn around any dysfunction in your gastrointestinal tract, or you have a serious illness, this level is for you.

You are going to eat only raw foods and follow my clinical instructions on the back of this quick start guide.

Some people who take it to this level also do back-to-back (to-back) 5-Day Bowel Detoxes.

See back for **ADVANCED LEVEL »**

Call 1-800-HERBDOC (437-2362) or visit us online at www.herbdoc.com to order.



5-DAY BOWEL DETOX

Our modern lifestyle has taken its toll on our digestive and elimination organs. Processed foods high in fat and low in fiber, animal fats high in cholesterol, a lack of exercise, increased levels of toxic pollution and increased stress all contribute to our current gastrointestinal health crisis.

Today, hundreds of thousands of people worldwide have used this very simple and effective program to eliminate constipation, cleanse their colons, detoxify their bodies and live healthier lives. Cleaning your bowel makes it a more efficient waste-removal machine. This not only keeps the

rest of your body and organs clean, but also prevents problems before they even begin.

No matter how far removed your current health problem seems from your colon, cleanse the bowel **FIRST** and see what happens. If you're like Dr. Schulze's patients, you will be thrilled with the results. Do something preventative and proactive for yourself, and start Dr. Schulze's 5-Day BOWEL Detox. It's only five days out of 365! Swallowing a few herbs will change your bowel and your life. Dr. Schulze guarantees it!

PROGRAM INCLUDES:

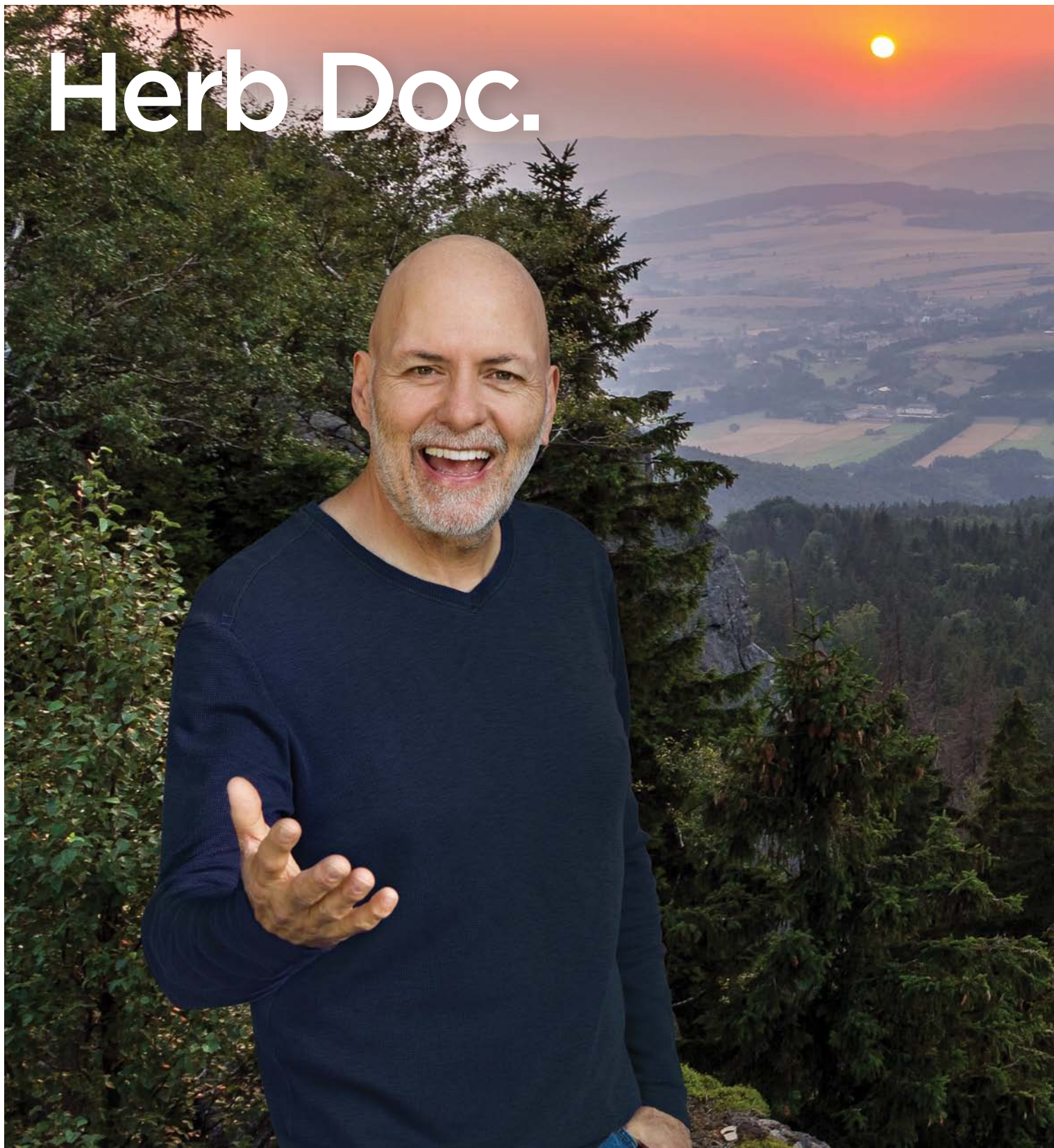
Intestinal Formula #1 (90-ct.) Intestinal Formula #2 (Capsules or Packets), Air Detox (2-oz), plus QuickStart Directions.

Visit www.herbdoc.com/blog/book to read Dr. Schulze's FREE book, "Create Powerful Health Naturally with Dr. Schulze's 5-Day BOWEL Detox"

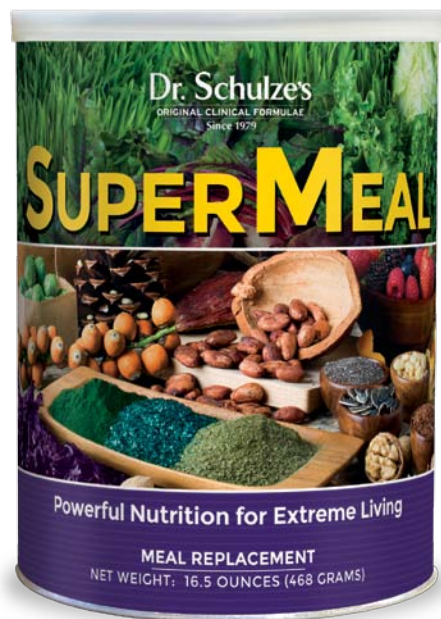
CLEANSE YOUR BOWEL AND WATCH MIRACLES HAPPEN!

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

Herb Doc.



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



SUPERMEAL

Powerful Nutrition for Extreme Living

Dr. Schulze's SuperMeal is a powerful blend of over 40 different miracle superfood ingredients. It contains three of his now famous formulas all in one jar—his nutrient-dense **SuperFood Plus** powder, his all natural Vitamin-C packed **Super-C Plus** and his fiber-rich **HerbalMucil Plus**! It is also Raw, Organic and Vegan, Low Calorie & Low Fat, with No Sugar & No Gluten!

Additionally, Dr. Schulze included four more of his vitamin and mineral complexes in his SuperMeal to provide your cells with the essential nutrients they need for an entire day, leaving you full of energy and totally satisfied.

OVER 40 MIRACLE SUPERFOODS

- **Cruciferous Protective/Nutrient-Dense Green Complex**
- **Antioxidant Berry Complex**
- **Omega-3 & Omega-6, High Protein, Seed & Nut Complex**
- **International Superfoods**
- **Super-C Plus**
- **SuperFood Plus**
- **HerbalMucil Plus Fiber Rich Formula**

Dr. Schulze's

ORIGINAL CLINICAL FORMULAE

Since 1979

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See special
offers inside!

This Month:

Eliminate & Bowel Detox

5 POWERFUL STEPS TO CHANGE YOUR *LIFE*

#1 NUTRITION

Get powerful nutrition into your body.

#2 ELIMINATE

Clear your bowels and get them working efficiently.

#3 IMMUNE

Boost the system that protects you from...everything.

#4 DETOX

Remove toxins from your body to get peak performance.

#5 SPECIFICS

Focus on your body's specific needs.