

Dear Friends,

Last year, I knew something was up, I could feel it. I was unhappy with my life, but I could feel the deep rumblings of a big change coming on.

I was done with the way I was living my life, and I decided I needed to reboot the system. I wanted more than a makeover; I needed more than just a surface cleaning, or a spring cleaning. It was time to blow up my life and change everything, again.

Don't be scared. I say this because fear is the common first response most people have with change, even **positive and healthy change**. Most of us know that how we are living is making us sick and diseased, if not killing us, but it's familiar. Instead, we should be really scared to do nothing, to stay the same, but we are not scared. So, we just "keep on keepin' on" and ignore all the disease warning signs.

### I TOOK A LOOK IN THE MIRROR

Instead, I took a good look in the mirror and I didn't like what I saw, or where I was heading. I had made some nice lifestyle adjustments over the last few years, but adjustments were not enough this time. I needed to derail my train.

So, I took a look at EVERYTHING I was doing, just to see if I was really doing what I wanted to be doing, and doing it EXACTLY the way I wanted to.

### THE DR. SCHULZE REBOOT

So, I started changing EVERYTHING from the FOOD I was eating to the way my body was ELIMINATING to how often I did a DETOX or IMMUNE program to the way I MOVED my body to even the CLOTHES I was wearing. That's right, Dr. Schulze did a **reboot**, and most of you saw it as it was happening. I shaved my head, went back to raw foods only, dropped 20 more pounds (down 55 pounds total from my peak weight), and I started changing everything.

**“ I wanted to see if I was actually living my life the way I wanted to. I WASN'T! I wasn't even close! ”**

**– Dr. Schulze**

We are in charge of our own destiny, our own lives, so how do we get so far out of whack? It's actually easy to get lost, because as life goes by, we get numb, we get lazy, and we stop paying attention to the details and fall into ruts. Some of us literally fall asleep while driving the car, or put our plane on autopilot.

This is why all of my patients at one time or another walked into my clinic and said, **"I don't know how this happened to me?"**

It was like they woke up from a deep coma to find themselves 50 pounds overweight, just old and

tired, or spending most of their time taking care of their disease, **because they stopped taking care of their health a long time ago.**

**At one time or another, ALL of us should reevaluate EVERYTHING in our lives, just to make sure we are on track, that we are actually living our lives the way we want to, and doing the things that we want to do.**

### STARTING OVER

Sometimes to get back on track, we just need little tweaks or some fine tuning. But at one time or another, ALL of us need to slam on the brakes, get out of the car, and walk away, just like Jesus did when he walked into the Judean Desert for 40 days. We need to STOP everything, REEVALUATE everything, and START OVER.

Look, I don't know where you are at with your health and your life. If you are really healthy, then it may be just some mild adjusting or some better time management, so you can start feeling GREAT again, instead of just feeling good. For others (who have been ignoring all the warning signs for years, and have now been told by medical doctors that they have a major disease),



Dr. Schulze always starts his day with a nutrient-dense SuperFood smoothie!



Dr. Schulze injects some fun into his daily workout routine!

well, it's time to either derail the train or increase your insurance policy and get ready for some life-changing medical dramas and traumas.

I expect most of you are somewhere in the middle, which can be a dangerous place to live. You are nodding and starting to doze off and fall asleep at the wheel. You see your weight and fat increasing, and your energy and vitality slipping away. You are spending more and more time on the couch in front of the television and less time doing the fun things in life that you really want to do. You've given up, settled for less, and feel that your best years are behind you. Hogwash!

**This year, I am pushing ALL of you to join me in digging a little deeper. Let's see where you can make some significant positive, healthy and FUN changes in your life. And, if you need to blow it up, I'll be there with you to push the plunger.**

#### **MY CATALOG IS CHANGING TOO**

And, besides me changing my life totally around in 2014, I decided to change my upcoming 2015

Herbal Products Catalog, also. So for the first time ever, I am making this the easiest and simplest to understand bottom-line program to help you get your health back on track.

**Starting with NUTRITION, then ELIMINATION, DETOXIFICATION, IMMUNE and then on to SPECIFICS, I will take you by the hand and walk you through each category and each of my programs.**

I'll explain why you need to do it and how to do it. Getting healthy—REALLY HEALTHY—should also be REALLY EASY, and that is my goal for you for this new wonderful year of 2015.

So look for it in my 2015 Herbal Products Catalog arriving on your doorstep this MARCH!

Let's Do It!

*Dr. Richard Schulze*

Dr. Schulze, The HerbDoc





# TIME FOR CHANGE

Anyone can create a miracle,  
I just did!