Dr Schulze’s Blog 2008-2012

Index by diseases

https://herbdocblog.com/

DISCLAIMER: This BLOG's purpose is to promote the sharing of information about healthy living and dietary supplements. The views and opinions of Dr.Schulze and those of his companies and BLOG administrators are offered for your information and are not intended to constitute medical advice. If you are sick, injured or pregnant, consult a licensed medical professional.
Cancer, Genetics & Lifestyle

Two Readers Respond, One A Medical Doctor!
Response From A Medical Doctor
Response from Dr. Schulze
My Mom Was Worse And Is Healing Herself!
Response from Dr. Schulze

Ten Drugs—No Herbs!
I Had A Friend

More On Prostate Cancer – Fighting It Naturally!
Prostate Cancer, Radiation & Viagra
Hormones, Cancer and the Female Tonic
Can I Use Drugs?

My Clinic, My Patients & Natural Healing Including the Birth of SuperFood
Avoiding Your Genetic Cancer Risk
ALERT: Radiation Exposure

Candida
Can a person with Candida take Superfood Plus
Don’t worry, be regular
Also check: Gluten, Superfood and Celiac Disease (in: Allergies)

Cardiovascular diseases

Lower your Cholesterol Naturally
Lower Your Cholesterol Naturally to 150 or Below, with NO DRUGS
What is Cholesterol?
How is Cholesterol measured?
What is a healthy Cholesterol level?
Can your Liver produce too much Cholesterol?
What are Triglycerides, HDLs, LDLs and VLDLs?
What is the HDL / LDL Cholesterol ratio?
How can I raise my levels of HDLs and lower my LDLs and VLDLs?
What is the most effective program to reduce Cholesterol levels?
How do you know for sure these programs work?
Should I use the Heart Tonic?
If my Arteries are Already Blocked with Cholesterol and Fat, can I Remove this Blockage Naturally?

My Medical Doctor says my arteries are blocked with calcium plaque, not cholesterol
Do you ever advise Cholesterol Lowering Medications?
My Medical Doctor says my Cholesterol level is too low and that I should eat more meat. What do you think?
The Bottom Line!

Cavities

Dr Schulze’s Blog 2008-2012 by diseases – 30/10/12
Keeping your teeth and gums healthy and strong.......................................................... 102

**Cold and Influenza** ............................................................................................................. 103

- Sinusitis Blitz = New Herbal Formula ............................................................................. 103
- 10 natural & common sense ways to prevent any cold & flu ........................................... 106
- 8 herbal medicines to prevent any cold & flu ................................................................. 106
- 7 powerful steps to prevent any cold & flu ....................................................................... 106
- Take a ride on a ski lift with Dr. Schulze! ........................................................................ 107

**Colitis** .............................................................................................................................. 108

- Still Alive! Colitis and Pregnancy .................................................................................... 108
- Crohn’s Disease, IBS and Intestinal Formula #2 .............................................................. 111
- INTESTINAL FORMULA #1 ............................................................................................ 112
- Also check: A Hospital Nightmare: Why do you vomit? (in: Acid Reflux) ..................... 112
- Also check: Don’t Worry, Be regular! (in Candida) .......................................................... 112

**Celiac Disease** .................................................................................................................. 114

**Colon Disease** ................................................................................................................ 114

- The WINNER! FINALLY #1 Video Award ......................................................................... 114
- I’m Still Constipated! .......................................................................................................... 115
- The Danger of CT Scans ................................................................................................... 117

**Eating Meat Is Hazardous To Your Health** ................................................................. 119

**Constipation** .................................................................................................................... 121

- Bladder Tumor, Gone! ........................................................................................................ 122
- Orange Juice Causes Cancer? ........................................................................................... 125
  - Senna, the Real Jewel of the Nile! .................................................................................... 125
  - Cascara Sagrada, Sacred Bark! ....................................................................................... 125
  - FIRST, repeat after me… “In Dr. Schulze I Trust!” ....................................................... 126
- Orange Juice Causes Cancer? ........................................................................................... 126
- Seek Your Own Truth! ........................................................................................................ 126
- The Bottom Line ................................................................................................................ 126

**11 and Constipated** ........................................................................................................... 128

- First Things FIRST! .......................................................................................................... 128
- What Does Your Son Eat? .................................................................................................. 129
- Fiber To The Rescue ........................................................................................................... 129
- Required Reading ............................................................................................................. 129
- Finally, The Food Program ............................................................................................... 129

**11 and Constipated: Continued** ........................................................................................ 130

- I’m Still Constipated! .......................................................................................................... 132
- Fasting, Flushing, but no “Pooping”! ................................................................................ 134
- To Poop or Not To Poop… that is the Question ................................................................ 136
- Dr. Schulze’s CLASSIC VIDEOS - 1 ................................................................................ 138
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney Disease</td>
<td>205</td>
</tr>
<tr>
<td>Many Questions</td>
<td>206</td>
</tr>
<tr>
<td>Killer Diseases</td>
<td>206</td>
</tr>
<tr>
<td>Two Important Things to Remember</td>
<td>206</td>
</tr>
<tr>
<td>Finally Food</td>
<td>207</td>
</tr>
<tr>
<td>Kidney Stones, Horrible Pain and My Natural Solution</td>
<td>209</td>
</tr>
<tr>
<td>Bladder Tumor, Gone!</td>
<td>212</td>
</tr>
<tr>
<td>Diapers to Dating</td>
<td>215</td>
</tr>
<tr>
<td>Urinate After Sex</td>
<td>215</td>
</tr>
<tr>
<td>Next, My 5-Day KIDNEY Detox, Kidney Flush Drink, K-B Formula and K-B Tea</td>
<td>216</td>
</tr>
<tr>
<td>Garlic, a <em>Natural</em> Sulfur Drug and <em>Natural</em> Antibiotic</td>
<td>216</td>
</tr>
<tr>
<td>Can A Damaged Kidney Be Repaired?</td>
<td>217</td>
</tr>
<tr>
<td>Kidney Stone Dissolving Routine</td>
<td>219</td>
</tr>
<tr>
<td>Pain</td>
<td>220</td>
</tr>
<tr>
<td>The Dr. Schulze Pain Rule</td>
<td>220</td>
</tr>
<tr>
<td>Healing Headaches, Naturally</td>
<td>223</td>
</tr>
<tr>
<td>Menopause</td>
<td>225</td>
</tr>
<tr>
<td>Weight Gain Mystery... SOLVED!</td>
<td>225</td>
</tr>
<tr>
<td>Hormones, Cancer and the Female Tonic</td>
<td>227</td>
</tr>
<tr>
<td>For Women Only!</td>
<td>230</td>
</tr>
<tr>
<td>Skin</td>
<td>231</td>
</tr>
<tr>
<td>Poison Ivy, Oak &amp; Sumac Information &amp; Treatment</td>
<td>231</td>
</tr>
<tr>
<td>First, Identify It, And Maybe Even Get Rid Of It!</td>
<td>231</td>
</tr>
<tr>
<td>Here are a few pictures of poisonous plants</td>
<td>231</td>
</tr>
<tr>
<td>Next, What To Do Once You Are Contaminated!</td>
<td>232</td>
</tr>
<tr>
<td>Here are a few pictures of what the rash looks like</td>
<td>233</td>
</tr>
<tr>
<td>Natural Treatments For Poison Ivy, Oak &amp; Sumac!</td>
<td>235</td>
</tr>
<tr>
<td>More Information Than You Probably Need</td>
<td>235</td>
</tr>
<tr>
<td>STOP Poison Ivy Hysteria</td>
<td>235</td>
</tr>
<tr>
<td>Eczema Healed &amp; The Cure For All Disease</td>
<td>237</td>
</tr>
<tr>
<td>A Long, Long Time Ago</td>
<td>237</td>
</tr>
<tr>
<td>Your Boy, and Natural Healing</td>
<td>238</td>
</tr>
<tr>
<td>Sore throat</td>
<td>240</td>
</tr>
<tr>
<td>Take a ride on a ski lift with Dr. Schulze!</td>
<td>240</td>
</tr>
</tbody>
</table>
Introduction
Can you give me a second opinion?
July 22, 2008, ANSWER by DR. RICHARD SCHULZE

QUESTION
Dear Dr. Schulze,

I recently visited my Naturopath MD for consultation on two issues for which I was sent to a radiologist and had x-rays done. My ND is currently on vacation and I’m waiting for his return to discuss the x-rays with me. I have a one-page report from the radiologist, which is hard to understand, and what I find on the Internet is scary. If I send you the report can you give me a second opinion regarding (1) my left knee pain and (2) my right hand calcification lump on my palm? I use several of your products and find them to be the best! I share your website with anyone who will listen! Thanks!

— M. H.

ANSWER
Dear M.,

If you know any of my history regarding legalities, I definitely cannot give you a personal consultation, nor read any reports, but here is what I can tell you.

Never read or listen to scary reports, or any doctor for that matter that says what you have is hard to, or virtually impossible to heal, or any doctor that says you need aggressive surgical or any type of dangerous therapy, as long as you are willing to do lots of work and Create Powerful Health.

I have had thousands of patients that were told lots of scary things by their medical doctors. REMEMBER, a medical doctor is just telling you what usually happens with your problem, to the average person. As long as you are not the average person, and also begin some aggressive Natural Therapy to replace the aggressive medical therapy suggested, you can and will heal yourself of anything, regardless if they say it is not possible. Trust me, I know, not only from my thousands of patients, but from my own health and disease history, and my own healing. If I had listened to medical doctors, I would have no skin on my hand, I wouldn’t be able to walk, and oh yeah, and I should have been dead about 40 years ago.

So drop the fear, tell me some specifics and Heal Yourself. YES, and THANKS for sharing about my products and me with friends.

— Dr. Schulze
Abscess

Gum Abscess Treatment

March 29, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

My dad is fairly healthy, and BTW he thanks you for his SuperFood Tablets and Protect Formula. He does have problems with his gums though, and occasionally gets a gum infection. The dentist is suggesting to pull all of his teeth out and to do implants, but he would love to keep his teeth, and save the $20,000. Is there anything that I can do for him? Thanks in advance.

— Dorothy G. in Yorba Linda, CA.

ANSWER

Dear Dorothy,

YES! I have treated hundreds of patients with tooth problems and gum abscesses, and my treatment has always worked, so here it is…

DIRECTIONS

In a small bowl, put about 1 rounded tablespoon of my Intestinal Formula #2 powder. If you use the capsules, then just open up and empty the capsules until you have this same amount of powder.

Next, add to this powder, 2 droppersful of Tooth & Gum Tonic, 2 droppersful of Echinacea Plus and 1 dropperful of my Anti-I Formula.

You do not want to make this into a wet paste, it should still be dry and crumbly, like dry cookie dough, and it should seem like you have not used enough liquid to the amount of powder.

Then using a fork, mix this crumbly powder well and then, using a small spoon, just shovel this moist powder right into your mouth, all over and around the abscess.

(Caution: Hold your breath, and make sure NOT to breathe in when shoveling this dry powder into your mouth. Since it is very dry, you do not want to breathe this powder into your lungs.)

Then, using your finger, pack this powder all around the teeth and gums, and leave it there. As more saliva mixes with this powder, it will pack better over the abscess. Use a lot to cover the entire abscess and the surrounding area.

Your saliva will naturally add whatever additional moisture to make this dry powder into a poultice, but we want it dry because we want it to draw.

Let it remain there for at least two hours. I like to put it there during the evening, and then go to sleep and leave it there all night long. Don’t worry, it will stay there, and it won’t hurt to swallow some of it.

You will probably find that one treatment is all that is needed to eliminate the infection, but I always suggest doing this two nights in a row, just to be sure.

WHY and HOW this WORKS

It is quite simple.
Intestinal Formula #2 is primarily designed to be a powerful drawing agent, to draw out and remove old fecal matter, pus and poisons from your intestines, but it will do this anywhere. I had a student who used it on his arm to draw out the poisonous venom of a copperhead snakebite, and it worked! It is a powerful drawing poultice. So on the gum, it sucks the infection right out of the abscess. It also reduces inflammation and absorbs any toxic material, the same as it does inside your colon.

The Tooth & Gum Tonic, the Echinacea Plus and the Anti-I Formula do exactly what you think they would, destroy the bacteria and the infection on contact.

So this combination in the poultice, well, the abscess does not stand a chance. Remember, you can repeat this routine for a few days if you need to.

ADDITIONAL REMEDIES

A Gum Abscess is an infection in your mouth, so start using more garlic right away. Chew at least three cloves of raw garlic every day for a week, if not 12 cloves a day for 10 days, YES! This will kill the bacteria.

Additionally, start taking 3 droppersful of my Echinacea Plus five times a day, until you use the entire bottle, this will really boost up your immune system. Swish each dose right over the abscess, or where it was, and this will not only numb the pain, but it will also kill that bacteria. And then, when you swallow it, this will start boosting your immune system right away. If necessary, you can even soak a cotton swab with the Echinacea Plus and then scrub it into the abscess or infected area.

Also, remember that an abscess is usually a sign of tooth decay and gum disease, so get working on those teeth and gums with a water pick and my Tooth & Gum Tonic, and get them healthy. Floss, then brush your teeth and then use a water pick with about 8 droppersful of my Tooth & Gum Tonic in the water. Do this daily for a few weeks to heal the teeth and gums.

Let’s get your Dad’s mouth healed, and save his teeth!

— Dr. Schulze
Acid Reflux

Acid Reflux, Bile Reflux & Gastritis

February 15, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

Hello there, I heard of you in a health board blog and someone recommended your detox program, so I looked you up, it does seem to have a lot of info, but I'm not sure what to do. I had an endoscopy and I have a combination of acid reflux and bile reflux and gastritis most likely from bile in my stomach, and the esophagus was irritated and sore. I was told to take Prilosec for a couple of months and if pain continues take it again, but I don't want to live on a meds every day if there is a natural cure for this problem. So I was wondering if you could recommend some herbs or program and I'm also afraid to detox and lose more weight since I'm only 126lbs. Any information you could give me would be greatly appreciated.

Thank you,
— Amanda K. in Rochester, NY, United States

ANSWER

Dear Amanda,

About Dr. Schulze

Since you are from the same town where I was born, I couldn’t help but give you and all readers, a few details, and a little quick Dr. Schulze history, that will make more sense later.

I was born in Rochester, but grew up outside of Rochester in the rural farming community of Penfield. It was an area of German immigration during the 1800s. At that time the Penfield Road area where I lived was all farms and also full of dairy farms and farm markets. I had a paper route delivering newspapers by bicycle all over that area, and I also worked as a kid at Mr. Welkley’s dairy farm and store (now a residential subdivision).

I was born in Genesee Hospital, in Rochester, and was taken back there from time to time for stitches. This is also where I was diagnosed with heart disease, after I became ill in the 1960s. Since both my mother and father were cut and drugged under the doctors’ care there, until they both died in the 1960s at age 55, I have NO DOUBT, if the medical doctors would have done their suggested treatment on me, I would have been dead before 20, as they had predicted. This hospital has been closed for years. I kid you not—a major contributor to research there was named Frankenstein.

About Amanda

I don’t mean to oversimplify your problem, but SIMPLE is ALWAYS the best place to start.

Your Diseases

- **Acid Reflux**: stomach digestive acid backing up into the esophagus
- **Bile Reflux**: liver digestive fluids backing up into the esophagus
- **Gastritis**: inflammation of the stomach lining
- **Irritated and Sore Esophagus**: from all of the above

What Causes Your Diseases?

ALL of these dis-eases are always caused by one or all of the following:
• Eating too much food
• Eating food that is hard to digest
• Being overweight

Since you are only 126 pounds, I don’t think overweight is the cause. So my first thought with any patient with ANY digestive problem is ALWAYS…

What the heck are you EATING!!!

It only makes common sense, that if after you eat, your stomach is overflowing and burning with acid, to the point where your stomach and esophageal lining is being irritated and burnt, and you have burning and pain in your stomach, that you are eating food that you cannot digest!

When you eat food that is difficult to digest, or a combination of food that is difficult to digest, your stomach keeps producing more and more digestive acid, trying to digest this food. In the same way your gallbladder keeps releasing more and more bile, again attempting to digest the food you ate. Then, you have all of this food you cannot digest, sitting and going nowhere in your stomach, and all this digestive acid, bile, and this undigested food mess starts digesting you, and burning your stomach lining—Gastritis. Then you lie down or exert yourself, and all of this mess splashes up your esophagus, and now you have Acid and Bile Reflux. Eventually this mess will burn holes in your stomach and esophagus lining. Let’s take it a step further… Eventually this may also cause colitis or burning, inflammation and damage to your colon.

Undigestable Foods

The densest and hardest foods for you to digest are animal foods. Animal flesh is almost always the cause of the diseases you have and is the ultimate hard to digest food, along with animal byproducts like cheese (liquid meat) and any foods made from animal fat, milk and eggs.

If you eat smaller amounts of food, and also eat food that is much easier to digest, consequently, you will excrete a lot less digestive fluids from the stomach and gallbladder, and this food will digest easier, and much quicker, and leave your stomach quicker. Therefore, you should not have any stomach irritation, burning, reflux illness, or burning or irritation in your esophagus.

“I was told to take Prilosec for a couple of months and if pain continues take it again, but I don't want to live on a meds every day if there is a natural cure for this problem.”

You are right to decline taking drugs to cure this problem. Drugs like these simply slow down and stop your body from producing digestive acids. This is not getting to the cause of the problem, which is what is on the end of your fork and spoon. I also had many patients who took drugs like this that slows down or stops their body’s ability to produce and release digestive fluids, and many of them ended up having problems digesting their food for a decade.

“So I was wondering if you could recommend some herbs or program.”

I will do both; but what do you eat?

Amanda, since you did not mention what you eat in your letter, I will have to go there first. Look, I was born and raised in Rochester, and at the age of 15, along with heart disease, I had gastritis and a bleeding ulcer. So I know all too well the typical Rochester Diet.

Rochester Diet
Again, you never stated what you eat, so I will assume you are a typical, average, Rochestarian. Even if you think you eat good, or anyone else reading this thinks they eat healthy, WHATEVER you are eating, if you have Acid Reflux—it is NOT RIGHT FOR YOU!

My German family ate blood for breakfast, lunch, dinner and dessert. We ate animal everything and had meat, meat byproducts, dairy and or eggs at EVERY meal. My dad would buy a whole cow, have it butchered and then freeze it. For lunch as a kid in school, I vividly remember all the other kids eating peanut butter and jelly as I brought liverwurst in my brown bag. I grew up thinking hot dogs were white, (Rochester white hot dogs “porkers”) and as a young teenager I ate at cheap greasy spoons like Gitsis on Monroe Avenue. I am well aware of Rochester’s German, Italian, Irish, Eastern European, Jewish, Greek and even Soul Food cuisine that has kept local gastroenterologists in business for the last few centuries. Look, Rochester’s most famous restaurant, Nick Tahou’s, is famous for their “garbage plate”! There is even a Wikipedia site to it!

And, when a restaurant’s own website is www.garbageplate.com—I have to worry.

Look, I am not saying that you eat at these establishments, or even eat a lot of animal food, which is extremely hard and slow to digest. But what I do know is that…

• You are probably eating TOO MUCH food at one sitting

So start eating smaller meals during the day.

• You eat food that YOU CANNOT DIGEST

I highly suggest you start off with a simple vegetarian food program, like my Health Building Food Program. For more information on this program, see page 76 of my book "20 Powerful Steps to a Healthier Life". (Just click on the book cover in the right column of this BLOG and read it for FREE!) Even on this program, eat slowly, chew thoroughly and eat small amounts at one sitting.

And if you are like most of my patients with reflux disease and Gastritis, you probably are stressed out (stress produces increased gastric juices) and maybe chew gum, drink carbonated beverages, drink coffee, tea, alcohol, sodas, and/or carbonated water, ALL of which adds to the problem. You need to take a good look at EVERYTHING that goes past your lips! And create a more relaxed lifestyle, especially before, during and after your meals.

Are there any exceptions? NO! ALL digestive diseases (including yours) are caused by consuming liquids and foods that your body cannot digest, assimilate or eliminate—ALL DIGESTIVE DISEASES. Again, I will say that even if you eat better than most people you know, it is still not good enough for YOU, so let’s clean up your food program.

I know that when your digestive system is irritated, burnt and splashing back acid that sometimes even drinking water can feel like it is burning your stomach, so let me start off with some herbal medicines that will make a HUGE difference.

**Herbal Medicine**

**Digestive Tonic**

I would start by taking 2 to 3 droppersful of my **Digestive Tonic**, in a few ounces of water, at least four times a day. You can take it right before a meal, or right after a meal, or both. You can double this dose as needed. You can also take a dose of 3 to 8 droppersful in a little water just before bed, to STOP the Acid or Bile Reflux.
Digestive “SHOT”

After a meal, if you want an even more powerful digestive aid, use my Digestive “SHOT”. This herbal formula contains my Digestive Tonic along with other digestive herbs, plus Papaya and Pineapple concentrates that break down and pre-digest food for you.

5-Day BOWEL Detox

As soon as you have your digestive system a little more under control, but no later than two weeks from now, I want you to begin my 5-Day BOWEL Detox. This detox will flush, tone and clean out your entire gastrointestinal tract. After doing this Bowel Detox, I suggest that you take my HerbalMucil Plus indefinitely to ensure you are getting enough fiber in your food program.

5-Day LIVER Detox

No more than a month later, I want you to do my 5-Day LIVER Detox. This will stimulate, flush out and tone your liver and gallbladder, and get these organs back in shape.

“I'm also afraid to detox and lose more weight since I'm only 126lbs. Any information you could give me would be greatly appreciated.”

Doing a detox, especially like my 5-Day Detox Programs, well, the only weight you will lose will be the waste and sludge in your digestive tract.

Amanda, I had hundreds and hundreds of patients with every digestive disease known, and many had reflux problems and gastritis just like you, and they were ALL able to free themselves from this illness and recover. Beyond this, I know personally from having it myself, that life can seem miserable when you have Acid and Bile Reflux, and Gastritis, but since I have not felt that pain in 45 years, I suggest you follow my advice.

— Dr. Schulze

DISCLAIMER: This BLOG's purpose is to promote the sharing of information about healthy living and dietary supplements. The views and opinions of Dr. Schulze and those of his companies and BLOG administrators are offered for your information and are not intended to constitute medical advice. If you are sick, injured or pregnant, consult a licensed medical professional.
A Hospital Nightmare: Why Do You Vomit?

December 13, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION
Dear Dr. Schulze,

My friend’s son Scott is 27 years old. Around mid-June of this year he went to a barbecue and ate barbecued chicken. When he came home that evening he didn't feel well. Since that time he has been in and out of the hospital many times. None of the treatments done to him have provided any relief. Here are the highlights from that time till now.

Scott started vomiting every day, and it was about two weeks before he went to the emergency room. He was then diagnosed with a hernia and sent home. His vomiting continued. He went back to a different hospital where they diagnosed him with diverticulitis and sent him home where he was to wait for more testing, while he continued throwing up. His cat scan was negative.

He went back again to the hospital because of vomiting and was told he needed to have surgery to remove a portion of his colon that was affected by the diverticulitis. He had the surgery and had some of his colon removed, and he was sent home with a drain from his lower abdomen. He continued vomiting, throwing up a lot and was not able to eat. He was taken to surgery again and was told his vomiting was the result of a leak in his colon where they had done the surgery. They said his leak was not their fault and caused by a minor car accident that he had been in after the surgery, even though he was not injured in the car accident at all. Also, it is important to know that he had already started vomiting again, before the accident occurred.

After the second surgery he was sent home again. He continued to vomit and was unable to hold food down. He went back to the hospital and they now suggested an illeostomy. (Doc’s note; An Illeostomy is an operation where they surgically bypass the entire colon) One week before Thanksgiving, he was taken to surgery again and this time they did the illeostomy. He was told that he would have to have it for 3 months so his bowel could heal, and then they would reverse or remove it. He was discharged and returned home.

Five months later, Scott had been in and out of the hospital numerous times, had three major surgeries, and he continued to vomit and was not able to hold down any food.

He went back to the hospital again where he was admitted and remains currently as I write this. This time they are treating him for pancreatitis, which at the very beginning of all this, they had mentioned, but did not treat him for.

His wife inquired as to why they didn’t treat him for that in the beginning, and I will have to get the answer from her about that. They are going to put him on a special diet for pancreatitis. He still can’t hold anything down and now has developed a pain on his left side that goes around to his back. He has not had this pain before.

So since June, for six months now, Scott has been vomiting and very sick without any relief. He didn’t have a hernia, he didn’t need all these surgeries, an illeostomy, he has been diagnosed improperly and continues to suffer… and I know that this is one of thousands of cases where the traditional Western medicine method of “practicing” medicine can only guess at the diagnosis, where procedures may be done that aren’t needed, don’t help and the patient continues to have his problem and suffer. This has been a great strain on him and his family.

As a registered nurse for 30 years working in Intensive Care Units, Emergency Rooms, day surgery, home health, school nursing, IV therapy, ICU ambulance and teaching some healthy cooking classes, I saw many things. But, what affected me most is how the Western medicine LIES to patients. They do this by not telling them the whole truth. There is no money in teaching patients they are responsible for their health and teaching them how to take care of themselves. And, that the big three—heart disease, cancer and diabetes are preventable and curable. To me this is unconscionable.

I look forward to your answer.

Sincerely and with much appreciation
— G T. in , New Mexico, United States

ANSWER
Dear G.T.,

I LOVE your summary, I couldn’t have said it better myself. If I ever need a ghostwriter I will call you. Scott is very lucky to have you as a family friend. I will give you many explanations and Natural Healing and Herbal Medicine solutions below.

**First, just a Recap...**

**Problem:**

Vomiting

**Treatment:**

- *Hospital Treatment*
- Hospital Diagnosed with Hernia
- CT Scan
- *Return to Hospital*
- Hospital diagnosed with Diverticulitis
- Surgery, partial colon removal, drain installed
- *Return to Hospital*
- Surgery "leaked", causing infection, and second surgery performed
- *Return to Hospital*
- Third Surgery Illeostomy (complete bypass of the entire colon)
- *Return to Hospital*
- Diagnosed with Pancreatitis instead / whoops?
- More pain, six months later
- Vomiting continues
- *Now Living in Hospital*

Unfortunately, I get stories just like this emailed to me EVERY DAY! And people wonder why I have such a dim view of medical doctors, drugs and hospitals, and the vast majority of modern medicine.

Let’s look at this very, very simply, with a big dose of COMMON SENSE...

**Natural Healing Rule #1: Don’t eat Barbequed Chicken!**

Although in this case, I am sure it was just "the straw that broke the camel’s back".

Backyard barbeques are famous for food poisoning. This is usually due to the improper handling of animal flesh, and contaminating the cutlery, plates and eating surfaces with raw meat that contains billions of bacteria, and then this bacteria is consumed and causes severe food poisoning. Another reason is simply that the meat is seared on the outside because the barbeque is too hot, but is undercooked on the inside, again, leaving the poisonous bacteria.

**Although I would love to blame the chicken for Scott’s problems, this food poisoning was just the "final straw" in this young man’s health decline and just brought his degeneration and disease to the surface, from a chronic state, festering beneath the surface, to an acute disease state.**

What I mean is that this gentleman was already 99% there and for some reason didn’t know it. The barbequed chicken just brought his chronic disease to his attention. In my clinical experience I would say...
that he had ignored for months, actually years, all sorts of digestive warnings. Illness like this, and this severe, rarely happens overnight.

An example of this would be that, contrary to popular belief, appendixes just don’t all of a sudden burst. Acute appendicitis is the "end result" of a chronic impaction of fecal matter into the entrance of the appendix, "blockage", causing infection, inflammation and then acute appendicitis. This idea of bursting is a scare story generated by hospitals to sell immediate surgery.

My point is, it takes years of dedication to an unhealthy lifestyle and years of ignoring warning signs to make yourself as sick as Scott was at this young of an age. But having said that, eating barbequed road kill is about as bad of a food choice as it gets.

**Natural Healing Rule #2: Why do you Vomit?**

Your body causes you to vomit simply as a protective measure when something is wrong in your digestive tract. Your body is NOT working against you, and it is ALWAYS doing its best to heal you, to Save Your Life! So when it does ANYTHING, it is doing the best it can do to repair and heal you. Vomiting is a sign that something is wrong in your digestive tract, and your body doesn’t need the food that is in your stomach, so it gets rid of it.

**Reason A**

First and most often, vomiting is caused by some type of food overload disturbance. Usually you simply ate too much food, a horrible combination of food or just some horrible junk food, and your body (which is smarter than you) says, "THAT’S IT! I am not going to take this anymore!" and simply rejects it, reverses it, and forces the food back out of your mouth.

**Reason B**

You will also vomit when your body detects that the food you ate has some type of toxin in it, like bacteria. This might be what caused Scott to start vomiting in the first place, but I can assure you this was NOT Scott’s real problem. Bacteria, virus, fungus, or some other toxic poison that is allowed to enter your digestive tract, well, it will cause you serious harm, maybe even kill you. So again, your body detects this poisoning, the food is reversed, regurgitated, and your body causes you to vomit, or have diarrhea, thank God.

This is why I always say that whatever is happening, no matter what it looks like, your body is doing the best it can to save you and heal you. This is why medications to make you STOP vomiting or to STOP diarrhea go totally against what your body is trying to do to save you. In fact, MOST chemical medicines in an attempt to make you feel more comfortable—like cough suppressants, fever reducers, diarrhea medicine, etc.—go totally AGAINST what your body is trying to do!

**Reason C**

This reason is much more rare, but true in Scott’s case, which is when any of your internal digestive organs are infected, irritated, inflamed, congested or blocked, your body knows that it cannot take in any more food, or digest and assimilate any more food, so it naturally causes you to vomit. This can happen with...

- Hepatitis (hepa = liver + itis = inflammation)
- Colitis (col = colon + itis = inflammation)
- Gastritis (gastric = stomach + itis = inflammation)
Or with Scott...

- Pancreatitis (pancreas = pancreas + itis = inflammation)
- Diverticulitis (diverticula = small herniations of the colon + itis = inflammation)

As you can see, all of these ten-dollar words simply mean inflammation of the particular digestive organ. When your stomach, duodenum, intestines, colon, liver or pancreas are infected, irritated, inflamed, swollen or worse, blocked, you will vomit for sure.

By the way, remember I said that Scott had already ignored years of illness? If Scott did actually already have diverticulitis, which means he had inflammation of the herniations in his colon, my question is why did he have herniations in his colon? And my answer is that these sacular herniations are caused by years of a sluggish bowel, fecal matter impaction, constipation and the resulting stretching and herniation of the walls of the large intestine. This is why earlier I said that Scott had years of disease before this vomiting incident that he had ignored.

Please, let’s DO blame the medical doctors for most of this insanity and trauma, but Scott is not innocent here either. And, no one forced him to submit to all of this medical torture either. He volunteered for ALL of this pain, torture and surgery, and paid for it too. He could have read my BLOG six months ago!

By the way #2... Drugs like Aspirin and Acetaminophen along with alcohol, soda and coffee are the #1 causes of stomach lining erosion and digestive tract inflammation. Aspirin causes your stomach to bleed and Ibuprofen, along with most other non-steroidal anti-inflammatory drugs (NSAIDs) cause your liver to bleed.

**Natural Healing Rule #3:**

Don’t go to Hospitals and Medical Doctors, unless you are almost dead... and even then, you might want to wait!

First, try EVERY possible natural and alternative treatment. Second, with ALL disease you need to STOP EATING and START JUICING. Third, don’t let medical doctors cut out your organs. God put them ALL there for a good reason!

**Natural Healing Treatments for Vomiting**

Remember, when you are vomiting, don’t fight it and never try to stop it. Again, your body is just trying to help you get better, heal you, fix the problem and possibly save your ass from severe poisoning. So instead of fighting it, ASSIST your body.

**Treatment #1**

A great way to ASSIST your body is when you feel like you need to vomit, or you are vomiting, drink a quart or more of warm water, with a lemon squeezed into it. No one wants to vomit thick lasagna or spaghetti (it’s a nasty experience) so DILUTE any food in your stomach with lots of water. The warm water will relax your stomach muscles and simply dilute the food so it all slides out easy. The lemon will make it taste a little better and also cut any mucous, and again, make it all slide out almost effortlessly. Keep drinking huge amounts of water until you vomit.

**Treatment #2**
After you are done vomiting, take 8 to 12 droppersful of my Digestive Tonic in a few ounces of water, or take an entire Digestive "SHOT".

**Treatment #3**

Since I always say that BLOCKAGE is the root cause of ALL disease, a great natural treatment after vomiting—especially if any blockage is suspected—is to flush out the suspected organ. For the stomach, intestines or colon, use my Bowel Flush "SHOT", or with the liver, gallbladder or pancreas, use my Bowel Flush "SHOT" and then do my entire 5-Day LIVER Detox program immediately afterwards.

**If you suspect that you have had food poisoning, and are having pain in your lower abdomen, or already having diarrhea, use a large dose of my Intestinal Formula #2.** This will absorb and neutralize the intestinal poisons. The Bentonite clay will absorb up to 40 times its weight in poison and the Activated Willow Charcoal will absorb over 3,000 known poisons.

**Finally**

Please remember, although it is easy to blame medical doctors, hospitals and drugs, Scott is RESPONSIBLE for all of this. Look, no one thinks that most medical doctors are a bunch of greedy, and/or ignorant butchers more than me. And no one loves bitching about the practice of modern medicine, and all of the physical, emotional, spiritual and financial pain, suffering and torture they do, more than me. But having said all of that...

Scott should not have volunteered for all of this torture, so he is responsible, even if it is for his ignorance and for trusting the doctors and hospitals.

I suggest you send him this answer, or print it out for him, plant the seeds in his mind. Who knows how far he will have to torture himself before he gets it. Most Americans let the medical doctors carve them up until there is not enough left to fight back or even walk out of the hospital. I hope Scott gets out of there while he can still walk, and that he takes RESPONSIBILITY and begins a new life and new lifestyle where he Creates Powerful Health.

In a few years from now, he might thank God for the blessing of the barbequed chicken that led him to create his new life.

— Dr. Schulze

PS: Please don’t let Scott show this BLOG to the medical doctors or ask them what they think of my answer. I am sure he is just the type, as most people are, to ask his medical doctors what they think of Dr. Schulze’s ideas. I DO NOT need any more heat or attention on me and my work. Additionally, they DO serve barbequed chicken in prison, and they do not have vegetarian entrees and fresh juice, so PLEASE tell Scott to leave me out of his decision. Thanks.
Dr. Schulze's Blog 2008-2012 by diseases – 30/10/12

Allergies

Gluten, Superfood and Celiac Disease

February 01, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I can't tell you how impressed I am with every aspect of your approach to healing. You are clearly a huge success story and I am a big fan. I have a specific question and then a couple of comments.

I have been trying to heal myself for years (with the help of naturopaths, chiropractors, integrative medicine specialists, etc.) and have been working with your products for two years. I have been a loyal patron of your Marina del Rey, California Pharmacy.

The recent emphasis with my health challenge is focusing on among other things a "diagnosis" of "celiac/gluten intolerance" and the chiropractor I am working with (who is a big fan of yours) is advising me to stay away from the SuperFood Plus powder I have been taking for some time because "we are just not sure this product is gluten free". I called the pharmacy to ask them and while they said it is definitely gluten free, they were not sure as to why this has not been put on the label like on the SuperFood Bar.

So my question to you is, "Is the SuperFood Plus powder gluten free and if so, why is it not labeled as such?"

With everything I have heard you say and the writings you have penned that I have seen, part of me is thinking that you do not buy into the "importance" of gluten free eating. I'm just speculating of course. I think I read somewhere that you said if one follows your recommendations their body will heal from everything and food allergies and all their attendant symptoms will go away. I have not seen you discuss autoimmune challenges much either. Is there a reason for this? What are your thoughts on reversing all these "autoimmune manifestations"? Have you done a leaky gut syndrome blog?

I understand you have to tell us you are not a doctor and get the disclaimer out. And I know you are not God and cannot be "certain" someone can reverse their challenge. To me, you are among the most intelligent healers in history and it is nice to see you help so many people and give credit to all those who assisted you. I would like to be able to get your SuperFood Plus powder 100% gluten free as I try to heal from leaky gut. Maybe it is a possible cross contamination issue with some of the ingredients that prevents the label from saying this? If this is the reason it does not say it on the label, we consumers would have to decide how to proceed. I'm working with a variety of physical symptoms that have been challenging to say the least, with gut, nervous system, and skin (alleged auto-immune manifestations, fungal infections), and I want to reverse all of them.

I'm 51 so I realize it may take some time. I have been at this for 18 years and just have not found the solution yet. Emotional stress was the precipitating factor it seems. It's really hard to know, you hear the gut has new cells every 7 days so it should be able to "heal" relatively quickly. What about healing the nervous system, neuropathies, dizziness, etc.? Maybe that takes longer? I have tried a ton of protocols/eating approaches and have always been very motivated to give my body what it needs.

Thank you for answering my questions.

— Dan B., in Corona Del Mar, CA, United States

ANSWER

Dear Dan,

First, I am glad that you asked this question, as I have had HUNDREDS of questions asking me if there is any Gluten in the SuperFood Products, especially over the last few months.
ALL of the SuperFood Plus Products

Are TOTALLY Gluten-FREE!

This includes the original SuperFood Plus bulk powder, the tablets, the powder “On the Go” packets and the bars, again, ALL of them are Gluten-FREE. Also, the NEW SuperFood Apple Cinnamon CRUNCH Bar that I will release sometime this year, again, will be GLUTEN-FREE!

In fact, I don’t have ANY herbal product or ANY herbal medicine in my entire line that includes ANY Gluten at all.

The simple reason I do not put GLUTEN FREE on any label of any of my products, is that I do not want to add any more energy to the Gluten Paranoia Epidemic that has currently infected America.

What The Heck is this Gluten Stuff?

Gluten is found in grains, mainly in Wheat but also in Barley and Rye. But there is NO GLUTEN in Wheat and Barley GRASSES, which is the ONLY part of the plant that I use in the SuperFood Products.

Wheat and Barley Grasses are highly nutritious and detoxifying, and do not cause any negative reactions for anyone with Celiac Disease.

For those of you that don’t know, Celiac disease is thought to be a genetically inherited auto-immune disease where the person has a negative reaction to the consumption of gluten containing grains in the small intestine. These negative reactions can range from all kinds of digestive problems to fatigue, to almost anything.

Poor Gluten

I have been totally involved in Natural Healing and Herbal Medicine since the late 1960s. Way back then, and well into the 1970s, the fashionable disease that most doctors (both medical and alternative) blamed for almost everything and every symptom was Hypoglycemia or Low Blood Sugar.

There is always what I call a fashionable disease. What I mean by this is the art of diagnosis is very, very difficult. It is estimated that the average medical doctor is less than 20% correct with their diagnosis. Most alternative doctors are even less correct. Where does that put pediatricians and veterinarians whose patients cannot speak? The bottom line is that the diagnosis of disease is a very difficult art, almost impossible. So all types of doctors (both medical and alternative), when they don’t know what is wrong with a patient, and when they have no idea why a patient is having a group of symptoms or is ill or dis-eased, INSTEAD of simply saying “I DON’T KNOW” or “I HAVE ABSOLUTELY NO IDEA WHAT IS WRONG WITH YOU”, well, they instead simply LIE! That’s right, whether it is their FRAGILE EGO or their INSECURITY or whatever, again, instead of simply telling you that Diagnosis of disease is a very difficult task and often is wrong anyway, they give you a CATCH ALL DISEASE, and diagnose you with it, which often has hundreds of various symptoms.

As patients and doctors alike got bored with hypoglycemia, in the 1980s, the new catch-all disease to be diagnosed was Candida albicans, a fungus that is naturally present in EVERYONE, EVERY HUMAN, in our digestive tract. When an unhealthy lifestyle, a poor food program, constipation and a weakened immune system are all present, this natural fungus of our body can overgrow and cause a thousand different symptoms from indigestion and constipation to a lack of energy, funky toenails and depression. So in the 1980s and even into the 1990s, if a doctor had no idea what was really wrong with you, well, you
guessed it, you would be diagnosed with “Candida”, or more correct, an overgrowth or Candida albicans fungus in your body.

So all during the 1960s, 1970s and 1980s and even into the 1990s, I had to convince tens of thousands of my patients that they DID NOT have Hypoglycemia nor Candida albicans, and that they were simply ill from living a lifestyle that was not healthy enough to keep them healthy, and that their particular group of symptoms (or their dis-ease) was simply caused by their genetics reacting with their lifestyle, and that the only sure way to heal themselves, was to improve their lifestyle. And furthermore, if they improved their lifestyle, their dis-ease would simply go away.

Remember my friends, what I am constantly trying to teach you, that in Natural Medicine, our FOCUS is NOT your dis-ease, but instead our focus is Creating Powerful Health. Instead of wasting time trying to discover what may be wrong with you, or trying to add up all of your different symptoms and then naming you with some disease, we focus on creating a healthy lifestyle. We focus on getting really, really healthy, and the very next thing you will notice, often long before most doctors come up with a name for your disease, you are well and the disease is gone. This is the beauty and simplicity of Natural Healing. Focusing on the GOOD to eliminate the Bad. Focusing on Creating Powerful Health and the dis-ease simply disappears.

Naming Diseases

So in the 1990s, both patients and doctors got bored with Hypoglycemia and Candida, so they flirted with Lyme Disease, Peanuts and Strawberries, Legionnaire’s disease and a number of others until they could find something, anything, that they could blame all the unknown symptoms and ill health on, and they finally got one—GLUTEN! That’s right, good old wheat! Something that we have been eating for hundreds, actually thousands of years, yeah, that’s it, let’s blame EVERYTHING on wheat.

Now, before the few of you out there who really have Celiac disease freak out and get pissed off at me and say they really have a wheat sensitivity—I KNOW YOU DO.

What I am saying is that MOST people, the VAST MAJORITY OF PEOPLE… DO NOT.

Is wheat a great healthy food, or a super nutritious grain? Absolutely NOT. Why? Well, mainly because it has been mutated, genetically altered, de-branned, bleached and turned into something so alien it is more like wallpaper paste (actually, this is exactly what wallpaper paste used to be). Then, after all of this, we cook it. Most products made from wheat today—bread, pasta, cakes, cookies, etc—are very low in nutrition, help your body build fat, are horribly constipating and are not healthy food at all. Many people believe that baked and cooked wheat flour is carcinogenic. Furthermore, just Google this and you will find hundreds of articles claiming that heated wheat is carcinogenic.

But having said all of this, I do not believe that wheat or GLUTEN is the new curse of America causing millions of people to be sick. Again, it is many, many negative factors, all together. Let’s just call this a disease-causing degenerative lifestyle.

That’s right, this is not as sexy as blaming one disease for the ills of Americans, and doesn’t make the patient feel as warm and fuzzy all over, but this is the reality of the millions of un-diagnosable diseases in America. It is simply a degenerative lifestyle that is not able to sustain health.

This degenerative and disease-causing lifestyle is the sum total of many, many factors, from low quality and garbage food, to the malnutrition and the sluggish metabolism and constipation that consuming this type of food creates, along with a lack of good elimination, exercise and movement and a negative attitude and spirit, to a hundred more things, hence my book, “20 Powerful Steps to a Healthier Life”.

Dr Schulze’s Blog 2008-2012 by diseases – 30/10/12 21.
OK, Back to Dan…

In the very last paragraph of your letter you stated that:

“I’m 51 so I realize it may take some time. I have been at this for 18 years and just have not found the solution yet. Emotional stress was the precipitating factor it seems.”

This statement gives me a lot of clues.

TAKE SOME TIME? SICK for 18 YEARS? OH MY GOD, this is ridiculous!

You must be so sick and tired of feeling sick and tired! In my clinic, when any patient came to me that has been ill this long, I IMMEDIATELY put them on my Incurables Program or at least my 30-Day Detox.

Being sick for one single year is too long, even six months. In my clinic, almost all of my patients following my programs were well in about three or four months. It should NEVER take longer than this, but you must be willing to completely commit to a life-changing lifestyle.

If you have been sick for 18 YEARS, there are only two possibilities:

Either you have been pussyfooting around and really not making dramatic enough healthy and healing lifestyle changes.

Or…

You have never addressed the real cause of your dis-ease!

I suggest the truth lies in both.

Also, from your last sentence, I believe that you are not emotionally and spiritually well. I believe that you need a LOT OF WORK on being positive, from positive affirmations to possibly psychotherapy (if you can find a positive psychotherapist).

I also believe that there is a very strong possibility that you are a hypochondriac, or at least someone that is focused on the symptoms, and trying to discover what disease you actually have. You MUST STOP THIS!

You will NEVER figure out exactly what has been causing 18 years of ill health. SO STOP TRYING. INSTEAD, start LIVING! Start FOCUSING on creating an amazingly healthy lifestyle and having a lot of fun and laughs with this lifestyle.

Also, you really, really, really, really, really need to “Learn 1,000 Jokes” immediately—probably 2,000.

I can tell by your letter that you are way too SERIOUS, and way too FOCUSED on your DIS-EASE, and you must STOP this.

Finally, I don’t know what happened 18 years ago that started your decline of health, AND I DON’T WANT TO KNOW! But your last sentence is a real key, when you say, “18 years ago this emotional stress was the precipitating factor”. This is a real key to your ill health, because whatever it was, you BURIED IT my friend, you did not get rid of it, and it has been eating away at you ever since.

So along with creating an amazingly healthy lifestyle, FOCUSING on the GOOD, having lots of FUN doing this, and really being POSITIVE about all of these new lifestyle changes, and doing my 30-Day
Detox or my Incurables Program, you also need to do some serious Physical and Emotional Trashing. I would highly suggest to get rid of a lot of what you own—if not everything—and START OVER. I am sure that your home has a lot of old shit in it, probably reminders of a life past, so let’s get rid of all of that.

Forget a Dan makeover, it’s time for a Dan DO-OVER, because Dan has created 18 years of hell, not Gluten, BUT DAN!

It’s time to create an entirely NEW LIFE.

If you have been sick for 18 years, I would CHANGE EVERY ASPECT OF YOUR LIFE, EVERYTHING, down to the littlest detail! I would even change your name. Like someone who is put into the witness protection program, you must CHANGE EVERYTHING!

You can do this, brother. How exciting! You get to be a completely new person for the next 50 years. WOW, I wonder where this Natural Healing adventure will lead you? All I know is when you start feeling better, you will know you are on the right path.

ENJOY the journey!

— Dr. Schulze
Hostility Amplified, But Allergies Simplified!

December 21, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

your dead wrong the first step in getting well is getting rid of your allergic actions aka allergies getting rid of side effects aka sensitivities.

many healthy foods and herbs made me rally sick and almost killed me. until i studied and started taking nettle leaf reshi mushroom and eating raw honey in the honey comb with the wax bee pollen bee propolis royal jelly in it in is natural form.

please tell people and sell an anti allergic reaction detox kit its thee first step in getting well these herbs can get rid of peanut strawberry blueberry allergies. get rid of your allergies before they get rid of you or your customers.

you should also carry tinctured pre diluted wild oregano oil its thee most powerful antibacterial in nature through your anti infection tincture in the trash!

(Editor's Note: We believe this person is in AZ, but he is so angry, he cannot abbreviate the name of his state correctly)

— George L. in Phoenix, AR, United States

ANSWER

Dear George,

Wow! I’m dead wrong, my customers will die, and I should throw my formula in the trash. OK tough guy, let’s take a look at all of your issues…

But before I begin, you seem very angry, threatening, slightly hysterical, definitely dislike using the shift key on your keyboard (no capital letters) and maybe you are even allergic to me! You may be physically well now but emotionally… I think you are far from well. You have missed a few of the basics of health, like smiling, having fun, laughing, and being nice and being reasonably polite, although I am not known for using much social lubrication myself. You definitely need to read chapter 17, “Laugh More” from my 20 Powerful Steps Book (click to open) and learn 1,000 jokes, before your seriousness and anger gives you a stroke!

I usually find that people like you have constipated livers, which seems to make them hostile and angry, and maybe a constipated bowel, too. Maybe even some “constipation between the ears” caused by a lack of circulation to the brain (Brain Tonic suggested). Regardless, constipation usually makes people sound… like you sound!

OK, let’s get started with your letter…

your dead wrong the first step in getting well is getting rid of your allergic actions aka allergies getting rid of side effects aka sensitivities.

My three main teachers—Paavo Airola, Dr. Bernard Jensen, and Dr. John Ray Christopher—had between them 100,000 patients. I worked in their clinics and studied their methods and results. Then in my clinic, which spanned three decades, I refined and upgraded their work. I had well over 20,000 patient visits,
probably 30,000. Not to mention the numerous patients I dealt with in my students’ clinics. So adding it all up, I have a Natural Healing and Herbal Medicine Program based on the experience of about 150,000 patients vs. your single personal experience.

George, that’s about 150,000 to ONE, and I like my odds better than yours.

I am DEAD wrong you say? Strong words, but let’s look at this. You say I should focus on allergies. I have a very simple and common sense approach to allergies. I don’t pay much attention to them, AT ALL. Allergists make millions and millions of dollars every year, subjecting you to small doses of toxic substances to attempt to discover what you are allergic to, and then mixing up voodoo cocktails to save you. It is a total scam.

The reason I don’t pay any attention to allergies is quite simple. Most allergies are just a symptom telling us that your body is not healthy, and when you get healthy, I have always found that the allergies, like most all disease, just disappears. Natural Healing is all about creating a healthy lifestyle, one so healthy that after a period of time, your body heals itself. This has led me to create the following statements…

“You can heal yourself of ANYTHING, ANY Disease (YES, including allergies George). Just STOP doing what has made you sick, and START doing what will Create Powerful Health!”

In other words, “Focus on the GOOD to eliminate the BAD.”

This is why I always say that you do not need any training in anatomy, physiology, chemistry, biochemistry, immunology or anything to be well, you just need to know the basics of how to create a healthy lifestyle, which will in turn, Create Powerful Health.

many healthy foods and herbs made me rally sick and almost killed me until i studied and started taking nettle leaf reshi mushroom and eating raw honey in the honey comb with the wax bee pollen bee propolis royal jelly in it in is natural form.

I wonder what these so-called healthy foods were that you ate that made you sick and almost killed you? What most people call healthy food is often what I call food merchandise that they bought in a health food store. And, I wonder what herbs made you sick and almost killed you? Whose herbs, whose formula, from where, what dosages? Maybe it wasn’t the herbs that made you sick; maybe it was what was sprayed on them, or what they were contaminated with when they were shipped in from Pakistan or East Jerk-a-stan.

Nettle is a great herb and all mushrooms are stimulating to your immune system, just like Echinacea. Raw honey, propolis, royal jelly, well, I prefer to have patients stay vegan and not consume animal or insect food while on my programs, and also on low sugar food programs when they are healing themselves so I stay away from bee vomit.

please tell people and sell an anti allergic reaction detox kit its thee first step in getting well these herbs can get rid of peanut strawberry blueberry allergies.

George, I don’t think I will do this. I found that ALL of my patients would no longer be allergic to peanuts, strawberries, blueberries or ANY food that was natural, after they followed my programs for three or four months.

get rid of your allergies before they get rid of you or your customers.

It sounds like you are preaching the allergy apocalypse now. George, you are sounding a bit paranoid and crazy.
You have been reading some great advertising literature published by the people who sell Oregano oil. Don’t get me wrong, it’s a good herb, and has uses, but it is NOT the most powerful antibacterial in nature, and far from it. It does contain some essential phytochemicals that are antibacterial, but these exact same chemicals are found in many common herbs, like Thyme, which I use in my Daily Oral Therapy.

Also, the reason you make an herbal formula (instead of using just one single herb) is to get the benefit of multiple herbs.

Let me tell you a little bit about the 11 different herbs in my Anti-I Formula and you will quickly see why Oregano oil can’t even compare to the effectiveness of my formula, and maybe I can steer you away from using one single mediocre herb:

**Garlic Bulb**

Nature’s most powerful broad-spectrum antibiotic (*killing both gram positive and gram negative bacteria*), anti-viral and antifungal.

For more information about Garlic, I suggest you read page 117 of my [Cold & Flu Manual (click to open)](click to open)

**Echinacea Angustifolia Root & Echinacea Purpurea Seed**

An extremely potent and powerful immune system stimulant

**Goldenseal Root & Usnea Herb**

Two more of nature’s powerful antibacterial, anti-viral and anti-fungal herbs

**Myrrh Resin & Pine Resin**

Antibacterial and wound closing

**Tea Tree Oil**

A powerful antifungal, anti-viral and anti-bacterial herb

**Kelp Leaf, Dulse Leaf & Black Walnut Hull**

All contain natural organic iodine

**Bayberry Root Bark**

An astringent to help close wounds

**Habanero Pepper**

Stops the bleeding

The bottom line is that the Anti-I Formula contains numerous herbs that destroy all harmful bacteria, virus and fungus. It is rich in natural organic iodine, its powerful astringency and resins close wounds and it stops bleeding.
So, at the risk of making you even angrier, your oil of Oregano cannot even come close to the power of my Anti-I Formula, so unless you are advocating Oregano because you sell it or promote some multi-level sales of it, I would make the switch to my Anti-I Formula.

George, my brother, you need to calm down before you blow a fuse. Smile, laugh, learn 1,000 jokes, have more sex, do my 5-Day LIVER Detox, and maybe a few more bowel herbs. It’s the holidays, lighten up a bit and celebrate that you have found some things that have helped you, and that you are feeling better.

Your healing is NOT something finite that you’ve finally figured out or finished. It’s a path, a journey—an adventure! And, I am on the path too, like you, so enjoy the ride, and get some laughs in.

— Dr. Schulze

P.S. I WANT TO SEE YOUR NEXT LETTER IN ALL CAPITAL LETTERS!
I am Allergic to Garlic

July 22, 2008, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I am allergic to garlic and have not taken any of the Echinacea Plus because of that. Do you think if I just take a little and build it up I will eventually be able to tolerate it?

— Tammy B.

Dear Dr. Schulze,

I have a garlic allergy. I am wondering if the garlic in your products is roasted, since roasted garlic does not seem to have as much of an effect on my gut. If I eat garlic, I get very bloated to the point of having chest pain, and I have pain in my gut that is very severe... it can take 5 to 7 days to calm down completely. I am told that it is similar to when a cow eats the wrong grass and gets bloat. Looking forward to your answer.

— Jan C.

ANSWER

Dear Tammy,

Garlic is a potent detoxifier and healer to the body. Because it is such a potent detoxifier, it can sometimes make you feel a little ill, queasy, nauseas, and many other symptoms. This is NOT an allergy; this is a side effect of detoxification. So your idea is correct, start with a small amount and work your way up to my suggested dosages, this will only take you 2 to 4 weeks at the most.

Dear Jan,

The above answer I gave Tammy is for you too, plus… the garlic in my products is not roasted, it is very raw, very organic and very potent. The reason you can tolerate the aged or roasted garlic is simply because it has very little potency, or none at all.

One of the most potent phytochemicals in garlic is allicin. Allicin is made when garlic is cut or crushed, by the chemical action of the fibrous cells mixing with the oil cell, an enzyme reaction. You could almost say that garlic doesn’t contain allicin, but it is made chemically when garlic is crushed.

Anyway, this potent phytochemical is also bound with garlic’s odor, so when anyone claims to have potent and active or medicinal odorless garlic, this is bullshit, not possible. Good, potent garlic is smelly garlic.

As far as your allergy, it is actually a sensitivity and a blessing. Garlic is a very special plant for you for your cleansing and detoxification.

So Jan, here is what I suggest. First, since your reaction sounds mainly digestive in nature, I suggest you start by taking my Intestinal Formula #1, which will really clean up and clean out your entire digestive tract. This formula also contains a mild amount of garlic, which you should tolerate just fine. A few weeks after starting this formula, I would then do my 5-Day BOWEL Detox. The next month, I would do my 5-Day LIVER Detox which also contains garlic, with the Liver and Gall Bladder Flush drink which also...
contains garlic. You may just have to slightly lower the amount of garlic that you put into your Liver Flush
Drink, but maybe not. You may be fine by this time, let’s see what happens.

Remember, we are ALL allergic to toxic manmade substances like petrol chemicals and insecticides, but
when a natural herb or food causes you some type of reaction, it is a cleanse, and your body, for whatever
reason is more sensitive to this cleansing herb, and you have now just found something that is of particular
use to you in your detoxification.

Start with a little, and take your time to work up to normal dosages, there is no hurry. Keep me informed.

– Dr. Schulze
Alzheimer

Reversing early onset of dementia

February 08, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I’m an 81-year-old woman, former nurse, who has recently been diagnosed with early onset dementia. I still drive, cook, socialize and dress well. My concern is my diminishing short-term memory. I fail to recall friend’s names and I forget some appointments. My G.P. prescribed Aricept but the side effects (vomiting and diarrhea) were terrible. He then put me on the Exelon Patch but the results were similar but not as bad. I have ceased using the patch.

My question to you is: What would you recommend for my memory loss and to prevent further memory loss?

— Dottie Y. in Silverdale, WA, United States

ANSWER

Dear Dottie,

YES, I have a number of suggestions for you to not just prevent further memory loss, but to also REVERSE the memory loss and GET YOUR MEMORY BACK. But before I tell you about this, I need to tell you a few things.

WRONG DIAGNOSIS

First, your diagnosis is completely wrong! Early Onset Dementia simply means that a person younger than 60 (or at the latest 65 years old) is beginning to show signs of dementia, hence the name Early Onset Dementia. You are 81 YEARS YOUNG! That’s about 20 years past the cutoff age for early onset ANYTHING! You might be showing the early signs of a disease, but you do NOT have Early Onset Dementia!

So my first suggestion, and as a nurse I am sure you will agree, is to STOP GOING TO MEDICAL DOCTORS TO BE DIAGNOSED WITH DISEASES. You are an 81-year-young lady, so this is a dangerous age to be going to medical doctors as they are comparing you to the perfect metabolic model in Grey’s Anatomy and guess what—you are not perfect, baby.

I knew a man younger than you who went in for a checkup and was told he had Macular Degeneration and was going blind. I tried to convince him that life is a “limited time offer” and that we are all going blind as we age, but instead he decided to get depressed and a year later he bought a pistol and blew his brains out. My point being, we are all aging, we are all dying and if we start focusing on what is wrong with us, we will get ourselves in a lot of physical, emotional and spiritual trouble.

As I was just writing this, I couldn’t remember the name Macular Degeneration, it took me about 1 minute to remember that name. Does this mean I have premature senility, or Early Onset Dementia (as I am only 59), or even the beginning stages of Alzheimer’s Disease? Who knows and who cares! Personally, I love the aging process, as I don’t care enough about disease names anymore to be worried about forgetting a few of them.

Hard Drive Almost Full
I heard recently that the amount of stimulus, mental input and information we get on a daily basis, from talking, radio, television, movies, newspapers, magazines, telephone, the internet, and so on, is more input in one day that the average American got in their ENTIRE LIFETIME 100 YEARS AGO!

THIS IS JUST TOO MUCH STUFF TO FIT INTO OUR BRAINS! OUR COMPUTER HARD DRIVE CAPACITY IS FULL. So my question is: Do you have Early Onset Dementia, or is your brain just saying enough is enough, and simply filled up with too much stuff?

STOP TAKING DRUGS

I am so happy that the drugs the medical doctor gave you made you puke and poop your brains out, so you stopped taking them. I hope you learned your lesson. If not, read this BLOG I wrote to a woman last year, who asked me about her 84-year-old father using pharmaceutical drugs. In my answer, I discuss in detail about seniors using drugs, covering many aspects, and even when I suggest using them.

So Dottie, let’s just say that your computer hard drive is so full, and that you are bombarded with so much input, that you cannot hold all of this information anymore, or at least cannot immediately recall everything at a moment’s notice. You know that the more data that you store on a computer hard drive, the longer it takes the computer to sort through it and find the particular file, so why would it be any different in your brain? You are older, you have a huge library up there, so it takes you a little more time to find the books, and then the particular page. This sounds perfectly normal to me.

OK, LET’S GET THIS BRAIN IN SHAPE…

The Brain

The brain, like any other organ in our body, is made up of millions of cells, in this case brain cells. I remember when I first held a brain from a cadaver in my hand—it was a very enlightening experience. I knew from medical books what a brain looked like, but I had always imagined it to be a very special organ. I don’t know, maybe I expected it to be slightly gaseous, or have some shiny stars spinning around it or something, but no gas, no stars, nothing special, it’s just a hunk of meat.

And, like every other organ or group of cells, it must have nutrition going IN and it also must eliminate waste OUT. So, great circulation is a fundamental here if we want the brain, or any organ, to function at its best.

More Blood to the Brain

So how do we get more blood to the brain? Well, this is not very difficult. The first way is simply by reversing gravity.

GRAVITY is simply the downward pressure on your body caused by the sun, moon, earth and planets. This pressure has a dramatic influence on the fluids of your body. Therefore, the hardest place for your heart to pump blood to is your brain, and this is why you have one of the biggest sets of arteries (carotid) and biggest sets of veins (jugular) to accommodate a large volume of blood flow to and from your brain. But as we age, gravity takes more of a toll on us and the flow of our bodily liquids. It can simply make it harder for you to get good circulation to all of your extremities as you age, especially your brain. This is part of the reason that, as people age, they often have problems with vision, hearing, memory and many other brain functions. So the simplest answer is to get more blood flow and circulation to your brain.

SLANTING and INVERSION. A great way to start is simply to reduce the size of your pillow that you use in bed, and also to take a few books that you won’t read again, I suggest medical books, and put them under the foot posts of your bed. Get your bedposts at the foot of your bed raised up about two inches on
each side. This will slant your bed slightly so if you were to put a ball at the foot of your bed it would roll towards the head of the bed. By doing this, you will assist your body in getting more blood to your head ALL NIGHT LONG. YOGA inversion poses are awesome, like shoulder stands, SLANT BOARDS, and even BACK SWINGS and other similar devices that you strap yourself into and go into a slant or even an upside down position and even gravity boots for the most extreme inversion. Be careful, and always start slowly.

HERBALLY, you can also drive a lot more blood to your brain, and two of the greatest herbs to do this are Cayenne and Ginkgo biloba, two of the main ingredients in my Brain Tonic. My Brain Tonic will drive more blood, oxygen and whatever is in the blood like nutrition, into the brain. It DRAMATICALLY increases blood circulation to the brain. I suggest 2 droppersful four times a day, indefinitely, mixed with an ounce or two of juice.

Better Blood to the Brain

Now that we are getting a lot more blood to your brain, with inversion, slanting and my Brain Tonic, let’s make sure that your blood is rich with nutrition. After all, driving blood filled with sugar and chemicals is not going to help your brain function. We need to make sure that your blood is supercharged with nutrition and the best way to do that is to eat a food program that is loaded with organic fresh foods, and also to start taking my SuperFood Plus, either making breakfast blender drinks with the powder or taking 5 tablets three times a day. This will give your brain the nutrition it needs to function at peak performance. For maximum results, try a double dose of SuperFood Plus by taking it in the morning and afternoon.

More Waste Out of the Brain

During autopsies, I have seen the brains of people with dementia, senility, Alzheimer’s disease and numerous other brain diseases. I have also read numerous autopsy pathology reports. In both instances, there is often mucous (thick off-white and yellow viscous waste fluids) or we can simply call it gunk, glue or toxic waste. Whatever you want to call it, it is an obvious sign that either the blood getting to the brain is contaminated with junk, or the metabolic waste of the brain cells is not getting out of the brain. Yes, the brain, as it functions, makes metabolic waste that must be removed frequently. And what moves all of this waste out is great blood circulation, so back to inversion, slanting, and my Brain Tonic.

Detoxification

We must also make sure that the waste we are removing from the brain has a place to go and your body is able to eliminate and get rid of it. I always suggest starting with my 5-Day BOWEL Detox Program and then a month or two later, do my 5-Day LIVER Detox. This will assure you that any brain waste that is being flushed out will get out of your body ASAP!

Exercise

Exercise is another awesome way to stimulate blood flow in and out of the brain, so let’s start walking an hour a day, and looking at all the ways you can increase your exercise during the day. You know, if you rest you rust, but if your lifestyle is too sedentary, you will also build-up waste in your brain. So at 81, exercise is no longer a suggestion—it is a life-extending MUST!

Finally

Dottie, PLEASE don’t pay any attention to this stupid diagnosis of Early Onset Dementia. NOTHING POSITIVE will ever come from being told you have this, nor you thinking about this. It is NEGATIVE garbage, so please LET THIS GO.
INSTEAD, let’s focus on getting healthier, creating a really healthy lifestyle, and building up your body and brain for the next 81 years.

Think about all the things that you DO remember!

Now get slanting, start taking my Brain Tonic and SuperFood Plus, and get outside for some power walks, and wander into a yoga class now and then, and have FUN with all of this!

**Anemia**

**How to Stop Anemia and Build Iron Rich Blood**

July 22, 2008, ANSWER by DR. RICHARD SCHULZE

**QUESTION**

Dear Dr. Schulze,

Our daughter had melanoma about 5 years ago. She would not do the chemo, she had the melanoma removed and I think only one or two lymph glands. Her problem now is that she cannot keep her iron up, (iron deficiency anemia). Therefore, she has to have iron infusions every so often. If you were in her shoes what would you do?

— Carolyn C.

**ANSWER**

Dear Carolyn C.,

This is easy. You need to get her to use some nontoxic and easy to assimilate iron supplementation and the two best ways are SuperFood Plus and fresh Vegetable and Fruit Juice.

She needs to take my SuperFood Plus two times a day, either the powder or the tablets, or both, that is what I do.

She should also drink 16-ounces a day of the following juice combination. She should make it fresh and it needs to be organic produce.

- 12 ounces of Carrot juice
- 2 ounces of Beet Root juice
- 2 ounces of Beet Greens juice

(Just buy your beets with the greens attached, but don’t throw the greens away, because beet greens often have 3 to 4 times the iron content of the beets themselves.)

Another great juice blend would be any red or purple berries or fruit, like Grapes, Cherries, Blueberries, Pomegranates, Plums; she can juice these or just eat them everyday.

If she takes my SuperFood Plus as suggested, and drinks my vegetable juice blood-building drink, and also consumes the suggested fruits, her iron-poor blood will be gone in 2 to 3 days, her Anemia will be over and she will not need any more iron infusions.
For the long run, to build lasting health and iron-rich blood, she needs to stop consuming any junk food and get on a great healthy food program. And get on a great exercise program at the same time. Then I suggest all of my 5-Day Detox Programs, if not my 30-Day Detox. Let’s get her real healthy. Look, we know she is a cancer type, so let’s make sure it never comes back.

– Dr. Schulze
Bleeding Gums

Keeping your teeth healthy and strong

October 17, 2008, ANSWER by DR. RICHARD SCHULZE

QUESTION
Dear Dr. Schulze,

How do I use your Tooth & Gum Formula? Also, any other suggestions to keep my teeth?

— Tom B.

ANSWER

Tom,

Well, let me tell you, because I just did it this morning. The best way to use the Tooth & Gum is to get a water pick. Get yourself a water pick and fill it with distilled water, put in about 8 dropperfuls of the Tooth & Gum, and then turn it on and work it deeply in between your teeth and deep under your gums. Turn on that water pick as strong as you can handle it. If it makes your teeth bleed, stop there and use this formula and it will stop the gum infection, it'll stop your gums from bleeding, and eventually tighten up your gums and stop them from any receding. So put the formula in a water pick. That's the best way to use it.

Or, if you don't have a water pick, after brushing and flossing just swish and gargle with 1 dropperful of Tooth & Gum Formula, 1 dropperful of my Digestive Tonic and 1/2 ounce of distilled water. Put these ingredients into a shot glass, swish, strain it through your teeth, gargle and spit it out. Using these two formulae will destroy the bacteria that cause cavities, bad breath and many diseases.

— Dr. Schulze
Burns
See video 20 min
September 19, 2008, VIDEO by DR. RICHARD SCHULZE

Friends,

OK, here is a blast from the past, I think you will really enjoy this video clip, and the next one I am going to post in a few weeks. They are both the very beginning of a seminar I taught here in America many, many years ago. This is classic Dr. Schulze footage. I say this because this clip is my story. And for many of my new friends who have found me on the internet, and new customers, and anyone who hasn't seen me live, well this is basically the story of how I got into this line of work, from my personal "death sentence", to my healing journeys and adventures, to "Creating My Own Healing Miracles"!

This is an awesome video clip for anyone to watch who doesn't know the main reason I always say that I am not a "virgin sex counselor". This is the story of the health challenges that I faced personally, and how I refused medical treatment and put my own ass on the line in a life or death situation when I was only 16 years old (including some rare pictures of my injuries). Most important, this is what I discovered to heal my diseases and injuries, and keep me off of the operating table on three different occasions.

If you can just get past some of my bad jokes, and my very loud gold vest, you will see the essence of my message today, the classic fundamental and basic principles of Natural Healing, and some of the most important keys, tools and affirmations to healing yourself of anything, and any disease, NATURALLY!

So sit back and enjoy this antique footage where I will truly explain how I discovered Natural Healing 40 YEARS AGO. This is where it all started, when I proved way before my clinic, and way before my thousands and thousands of patients, why, if you are willing to STOP doing what has created your disease, and START doing what will Create Powerful Health, you can truly Heal Yourself of any Disease or Injury, NATURALLY!

– Dr. Schulze

Video Length: 20:48

Click to View
Cancer

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

**Healed My Cancer, Now What?**

May 02, 2012, ANSWER by DR. RICHARD SCHULZE

**QUESTION**

Dear Dr. Schulze,

Your BLOG is a great idea, as it will help people like us who find it difficult to find like-minded individuals, and to check we are keeping on the right path.

**I have prostate cancer, diagnosed almost 3 years ago now** - contained within the prostate - and confirmed by a second biopsy at the Royal Marsden just recently.

As soon as I was diagnosed, my wife in support, joined me in going vegan and we embarked on our journey, following your programmes, encouraged and supported by two friends who had followed your advice. Our motivation to do this route was very focused after just watching the gruesome death of our neighbour within 18 months following prostate cancer diagnosis too and receiving conventional treatment!

We have done all of your cleanses several times and generally followed your programme for good health, wheat grass, daily SuperFood and juices etc and much of our diet has been raw organic salads and vegetables as well as the items mentioned below.

**We have both lost a great deal of weight (me around 60 pounds) and my cholesterol levels now normal.**

I have been on “Active Surveillance” and during this 3-year period my PSA levels have fallen.

The medical response to diet and lifestyle changes to affect a cure have varied from mildly supportive, interested, to hostile and outright negative!

**I have not had any medication, and will probably not subject myself to any more biopsies or MRI scans.**

My questions relate to conflicting advice for diet given by the Hippocrates (Health) Institute:

Sugar - I understand sugar feeds cancer so have tried to avoid all food containing added sugar, Maple syrup, honey etc and have only used infrequently Stevia as a sweetener. Hippocrates agrees with this but includes all natural sugars as well INCLUDING ALL FRUIT.

Oils – We have been cooking with coconut oil and rapeseed oils only, and have eaten out at Asian restaurants from their Veggie/Vegan options (accepting we would not be eating organic), where they have cooked with vegetable oils.

Hippocrates advice is that Palm oil is the only safe cooking oil.

Bread – because of yeast and sugar added and produced in the baking is not recommended.

Potatoes – are again not recommended because of sugar and other bad health effects (cannot remember the specifics from the question I asked Brian Clement).

The Hippocrates route is virtually an all raw diet which coupled with the 4 items listed above is a major change to our current lifestyle, ruling out most eating out and becoming somewhat isolated from our remaining sympathetic friends.

Our dilemma is that we have now been on our change of lifestyle for nearly 3 years, feel better than we have for years, and I do want to rid myself of the small amount of cancer I have, so I can spread the word as someone whose body has healed itself.
The Hippocrates Institute seems to have a good record of achievement in healing all manner of diseases just as you do.

Is it a matter of just deciding which camp to follow or am I missing something here?

Thank you,
— Mike C. in Eastleigh, United Kingdom,
ANSWER

Dear Mike,

Well first off, CONGRATULATIONS!

You said that you watched your neighbor go through a GRUESOME death from Prostate Cancer, who decided to follow conventional medical treatment for his Prostate Cancer and he was dead in just 18 months.

On the contrary you have Prostate Cancer confirmed by two biopsies, have had NO TREATMENT WHATSOEVER, and have followed my programs, and are healthier than you have been in decades, feel great and it has been THREE YEARS! Again, congratulations!

You also said that your PSA numbers have gone steadily down over the past three years, and that you have also LOST 60 POUNDS, and your cholesterol levels are now NORMAL. Another big YES from me!

You also say that the medical doctors’ response has been hostile and negative. Sounds typical. You would think instead, that they would be asking you to teach at medical school, since you are getting better results than they are!

And PLEASE, STOP subjecting yourself to biopsies and MRIs, both of which are not only counter productive to what you are doing, but can cause disease, so your decision is correct.

To sum up what you have done… It’s like I always say, you have focused on the good and eliminated the bad. You have focused on Creating a Healthy Lifestyle and Creating Powerful Health. In fact, you have Created Powerful Health, and your dis-ease has gone away!

Think about it, Mike, this is NOT rocket science. If you make dramatic changes in your lifestyle (which you have) your body gets really super-healthy. And, when it does this, it reverses the process of degeneration and disease, and instead it heals disease and builds HEALTH! In your case, your body healed your cancer in response to your lifestyle changes. This is why I also always say that…

You can Heal Yourself of ANYTHING, ANY DISEASE, by just STOPPING what you were doing that made you sick, and START doing what will Create Powerful Health, and you did just that.

The beauty is that you did not have to really know what was wrong with you, you don’t have to have a medical degree, be an oncologist nor understand Anatomy, Physiology, Chemistry or Biology, and you don’t have to know how to heal yourself at all. This is because YOUR BODY KNOWS EXACTLY HOW TO HEAL ITSELF! All you had to do was to set up the proper environment, the proper lifestyle, the proper circumstances, and your body will do the rest. This is the essence of Natural Healing and also the difference in the philosophy and angle of approach between Medical Intervention and the Natural Healing of disease.

I once graduated a student from a school I taught at in England, who failed every final exam. But she was a wonderful lady; she had a beautiful loving heart and spirit. She knew my programs well, and I knew she
would help many people to heal themselves. So I passed her in spite of many protests from my colleagues and the university. She then went out and opened a small clinic out of her home in London, and since then, she has helped thousands of people heal their diseases, even cancer. How? It’s simply because you don’t have to know anything about disease, to heal disease. You just have to know how to live well. In fact, I think because her mind was purer and less cluttered than some of my other students, this made it much easier for her to see through, and even past, all the medical hysteria and chaos, and get on to the healing.

Now, to answer some of your questions…

First, you should know that Ann Wigmore, who was the founder of the Hippocrates Health Institute, was a huge proponent of wheat grass juice and raw live food for detoxifying the body and healing disease. She was a colleague of mine, and Ann sent people directly to my clinic, as I sent many people to her facility to study her methods and programs. And Brian Clement, the new director of the Hippocrates Health Institute, also referred people to my clinic before it was closed, and I referred many people to Hippocrates under his direction. We both have the utmost respect for each other’s work, and we are both very successful in our approaches, and we both used almost exactly the same programs.

Now, having said that, if someone were to ask me the difference between their program and mine, well I really don’t even know. I think mine may be a more intensive and aggressive herbal therapy program, as I am not sure which herbal medicines they use outside of their nutritional herbal medicine. But let’s STOP this; I wouldn’t get too crazy on the few details we may disagree on. See, we are all Natural Healing pioneers and explorers. You know me; I would not hesitate for a second to blast anyone else’s program if I thought it was bullshit, and especially if I thought it was based on some hypothesis or theory instead of clinical results. But Hippocrates Institute, and Ann Wigmore, Vik Kulvinskas and what HHI is doing, along with a very few others like Gerson and Hoxey, have all had great success with their programs healing degenerative diseases, the same as I have, so BRAVO. Again, ALL of these programs help Create Powerful Health where you body in turn, heals any and all disease.

So below I will give you a few comments on your specific questions.

**SUGAR - I understand sugar feeds cancer so I have tried to avoid all food containing added sugar, Maple syrup, honey etc and have only used infrequently Stevia as a sweetener. Hippocrates agrees with this but includes all natural sugars as well INCLUDING ALL FRUIT.**

On the contrary, in my days as a student and my decades in my clinic, I have seen people heal their cancer using fruit and fruit juice fasts, so I do not believe at all that fruit either feeds or causes cancer. Fruit and fruit juice is very alkalinizing to the body, especially citrus juices, and causes powerful detoxification and healing.

The Macrobiotics also hate fruit, but let’s make this really simple. **The only fruit you should be eating, in fact, the only FOOD you should be eating, is local organic produce that is in season.** To tell someone not to eat the fruit that is falling off the trees in their own backyard is ludicrous. I watched Paavo Airola and Bernard Jensen heal cancer with fruit, so let’s not get dogmatic on this one. Remember, you live in England, which is almost the North Pole to this Floridian. So you should not be eating a tropical fruit-based food program, like me, who has coconuts, mangoes and papaya almost killing me by dropping out of the trees onto my head.

Anyway, remember to eat your apples and all the AWESOME fruit you have locally, and get it organic and in season, and you will be just fine. But kiwis from the other side of the planet, and the other HEMISPHERE? Forget about them!
Also, remember that fruit is not going to cause you any cancer, but worrying about it will definitely depress your immune system, so you can lighten up on this issue. It’s the other 99% of the program that Hippocrates and I agree on that matters. Yes, I would avoid honey, maple syrup and all the rest as a part of your food program.

**OILS** – *We have been cooking with coconut oil and rapeseed oils only, and have eaten out at Asian restaurants from their Veggie/Vegan options (accepting we would not be eating organic), where they have cooked with vegetable oils.*

*Hippocrates advice is that Palm oil is the only safe cooking oil.*

I wouldn’t cook with oil, period. If you cook at all, just use water. OK, once in a blue moon cooking, who cares, but generally, cooking sucks! If you eat out at a restaurant, and have been on your program three years, and your cancer is probably gone, don’t freak out or get overly concerned. Just try to pick clean restaurants where the food is not greasy and it is healthy and vegan. And, I do not promote eating non-organic, but don’t stress on this point either. And I do promote eating LIVE and RAW so seek out places that offer this type of food if you are eating out, and make Live Raw food at home.

After three years on my very clean program, having a meal out once or twice a month, can do more to boost your positive mental state, which will dramatically boost your immune system and your immune cells and chemicals, much more than any damage a little oil might do. **Don’t give a teaspoon of oil so much power!**

To be even more specific, I live in Italy part time, and also with my extensive clinical research over decades, if you use a little oil, Olive Oil is the best.

Stay away from any polyunsaturated oils; they are all rancid and therefore ALL carcinogenic. And the saturated oils like coconut and palm, will clog your arteries and give you a heart attack—they are artery blockers. ANY oil that solidifies at room temperature is an artery blocker, whether animal or vegetable, whether it is lard or coconut or palm. So I do not advise any rapeseed, coconut, palm, or anything except organic, pure, extra virgin, unfiltered, cold pressed olive oil.

**Large consumption of any oil is not good**, it will clog your body and make you have a fat ass and find the 60 pounds that you lost, so stay away from oil, limit oils, even olive. But having said all of that, when eating out, who cares? You will do it so rarely, and I am much more interested in you having fun, laughing, and keeping your spirits high, than the damage a teaspoon of oil will do. You are eating out to take a break and have a little fun, so… **HAVE FUN. Again, Don’t give a teaspoon of oil so much power!**

**BREAD** – *because of yeast and sugar added and produced in the baking is not recommended.*

Bread is also not a good food, and in the future, cooking and baking grains into bread will be seen as a big cause of the diseases in modern civilizations. Eat unleavened bread, or even better, make raw crackers in your food dehydrator (*see my recipe at this Commentary’s end*). They always satisfy my occasional desire for a little bread. So investigate raw, dehydrated breads and crackers. You can find them on the Internet, too.

You should also be focusing on my **Purifying Raw Food Program** and my **Juice Flushing Program**, and NOT my **Health Building Food Program**. The first two are the ones that will get your body so healthy that the cancer will literally leap out of your body.

**POTATOES** – *are again not recommended because of sugar and other bad health effects.*
Potatoes are a high-calorie food, and create a steep rise in your blood sugar if you eat too many of them. They are not poison, but should not be a staple of your food program, and should be added to a dish sparingly and in small amounts, and not be the base of a dish.

The Hippocrates route is virtually an all-raw diet which coupled with the 4 items listed above is a major change to our current lifestyle, ruling out most eating out and becoming somewhat isolated from our remaining sympathetic friends.

Our dilemma is that we have now been on our change of lifestyle for nearly 3 years, feel better than we have for years, and I do want to rid myself of the small amount of cancer I have, so I can spread the word as someone whose body has healed itself.

The Hippocrates Institute seems to have a good record of achievement in healing all manner of diseases just as you do.

Is it a matter of just deciding which camp to follow or am I missing something here?

AGAIN, my food programs for cancer are also ALL raw, as I said, my Raw Purifying Food Program and my Juice Flushing Program, these are both RAW. My cooked food or my vegan Health Building Food Program, which allows you to eat cooked food, is for use ONLY after your body has eaten up and disposed of the cancer, which I am sure it has already done. Then, you can eat cooked foods, while returning to my raw food programs on occasion, or maybe even most of the time. You will have to be the judge of how good you are feeling. Then you will know what to do.

You are missing a little bit here…

In my life I have been blessed to study with the greatest Natural Healers, Master Herbalists and Natural Doctors. Paavo Airola was a great teacher, I interned with the incredible healer Dr. Bernard Jensen, at his Hidden Valley Health Ranch in Southern California. I apprenticed with Dr. John Ray Christopher in Utah and studied with many others including Ann Wigmore. Then, on top of all of this, I ran my own Natural Healing and Herbal Medicine clinic that spanned three decades and in the last decade I mostly dealt with degenerative diseases like cancer. I watched as some of my sickest patients, with the absolute worst cases of cancer I have ever seen or heard of, turn it around and heal themselves. Many are still alive and cancer-free to this day, 20 and 30 years later. But so did the doctors I mentioned above, help their patients heal themselves of cancer, and there are slight variables and even disagreements in ALL of our programs.

Dr. Jensen used to suggest a vegetarian program for anyone with cancer, with the exception of his veal joint broth, that he loved using and prescribing. One day in class, when he said this, I made a “ugh” noise in disgust, and he looked right at me, pointed his finger right at me, and said, “I want to see you after class!”

After class, he smiled and he said to me, “Look, I am tired and fed up with the noises you make, every time I mention something that isn’t vegan, like my veal joint broth or my yogurt.” He said, “I have been helping patients heal degenerative diseases like cancer since before you were born, for 50 YEARS, and I am giving you my absolute best knowledge, the absolute best I know in Natural Healing, so give me some damn respect and shut the hell up in my classroom. AND STOP MAKING NOISES!” He also said, “You are an Aries, just like me, so I know well your kind,” he said, “You remind me of… of ME!”

From that day on I never made another noise. It was a valuable lesson.

It sounds like you know me well, and therefore you know that there are only a handful of doctors and institutions in the world that I have respect for, and the rest are hogwash. Hippocrates Institute is a great
institution and is a great program, and I have the utmost respect for them, as they do for me. I don’t focus on our differences; I focus on the 99% of our similarities.

**Now, this is where your two lessons come in…**

When Hippocrates Institute and the great Dr. Schulze are not in alignment, (although I am still not sure we are not), you have to discover your OWN truth, and stop looking to either of us for the answer, as the answer is inside YOU.

One of the things that I used to do with ALL of my patients was empower them to be their own doctor. You have done well grasshopper, VERY WELL, and I know that you have healed yourself of Cancer. It is GONE! But also never forget that your body knows how to make it again if you stray too far off the path of enlightened living, and enlightened eating. So be good, brother.

**SERIOUSNESS & STRESS**

There is a time to get INTENSE, eliminate all of the bad in your lifestyle, get extremely dedicated and pure, and heal your cancer and save your life, and I believe you have done this and done a great job.

I am not worried about your ability to heal your cancer anymore, but I am slightly concerned that you have become a Natural Healing Gestapo like Dr. ‘Adolph’ Schulze. This is OK, in fact it is GREAT, and this is also why you are alive three years later and why your neighbor is dead. What you have done, using your FOCUS, YOUR INTENSITY, YOUR DEDICATION, AND YOUR POWER, IS AWESOME. You have healed your cancer. But don’t forget a few of my other 20 Steps, like…

**LAUGH**

It may be the time to learn 1,000 new jokes, and work on smiling, laughing, and taking a break here and there and having more sex with your new 60 pound smaller body, you stud, and your new slimmer sexy wife.

There is a difference between the cancer curing, mucus and acid-purging, detoxification and cleansing food programs and the healthy lifestyle food programs that promotes health and life. In other words there is a time to get real serious, and get squeaky clean, and put the focus on detoxification and healing, and there is a time to relax a little bit, and not focus on what you do on Saturday night, and you have to be the judge of what the balance is here, and when you can allow yourself to play a little. I think you have earned a little playtime.

I had many patients, that got sooooo focused on saving their life, as I did myself, that they forgot about living their life, so remember its quantity AND QUALITY.

We are all going to die my friend—you, me, all of us. But your time is not now. In fact, if you keep on this program, it is going to be decades from now.

**So in between the sprouts and the sunflower seeds, remember to have some good laughs, great fun times, smiles, sex, love, and all the great things that make life worth living.**

Stay Calm, Carry On!

— Dr. Schulze

P.S. Here’s My RAW Cracker Recipe!
DOC'S RAW CRACKER RECIPE

Equipment Needed:

- Food Processor or Blender
- Food Dehydrator

Start With:

- 1/2 cup of Organic Whole Rye Berries
- 1/2 cup Organic Whole Millet
- 1/2 cup Organic Whole Barley

You can also use organic whole quinoa, amaranth, chickpeas, or any whole organic raw dried grain or bean.

Soak your grain combination overnight in the refrigerator (or you can make slightly sprouted grains, too.) Drain and rinse the soaking nuts and grains, then add blend them in the blender or food processor.

Next, add the following nut, vegetable and herbal mix to the blender:

- 1/4 cup whole organic, raw, unsalted walnuts
- 1/4 cup whole organic raw, unsalted almonds
- 1/4 cup whole organic raw, unsalted sunflower seeds
- 2 cloves of organic garlic (or more)
- 1/2 organic onion
- 1/4 organic red pepper
- 1/2 organic celery stick
- 1 tablespoon of Herbalmucil Plus

(Optional) 1 small organic tomato

Optional seasonings you can add are chili flakes, dulce seaweed, cilantro, cumin, black pepper… what are YOUR favorites?

Now re-blend or mix all of these ingredients again in your food processor or blender very well. Spread this mixture on parchment paper, add another layer on top and gently press with a rolling pin. (Note: The thinner they are, the more they will dry and crumble. The thicker they are, the more they will be moist like bread.)

Using kitchen scissors, cut crackers into the size you want while still on the parchment paper. Then, transfer carefully to your dehydrator, and set it to the lowest temperature, or temperature for vegetables.
When the crackers are almost dry (after three or four hours) gently peel the parchment paper off the drying crackers and continue to dehydrate the crackers without the parchment paper to achieve the desired dryness.

Store in a sealed container in the refrigerator as this is still live food!

Enjoy!

And please remember that ALL recipes are just to “prime the pump” and to spark your imagination. Make this FUN!!

Colon Cancer “ALL CLEAR”  Breast Cancer GONE

April 18, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

This is not a question, simply a comment.

I am 23 years old. My mom, whom I consider to be a very healthy person, was recently diagnosed with colon cancer. Of course, doctors from everywhere wanted to immediately start her on chemo and radiation. That is, after they removed about 5 inches of her colon, where she would then have to wear a colostomy bag for the rest of her life.

Instead, she decided she would find another way to allow her body to heal the cancer.

She immediately went on a raw, vegan diet, did daily enemas, wheatgrass juice, and very intense detox cleanses such as your Intestinal Formulas 1 & 2. (By the way, my whole family is now regularly taking your intestinal products.)

Anyway, I am writing this letter with a smile on my face, because it has been 8 months now, and my mom's cancer is gone. Her colon is still completely intact, she never had an ounce of chemo or radiation put into her body, (nor the surgery nor the colostomy bag).

She recently went to her 3-month blood work check up, in which the results came back "ALL CLEAR".

Anyways, I want to let you know that I am saddened to read letters like the one (last week) that very "PROFESSIONAL" doctor sent you. You truly are saving lives.

Thanks for continuing to do what you do, even after you get letters like the one you shared on your blog. That takes great courage. I can speak from experience, that I have seen huge health changes in myself, and my whole family, after using your products. I recently went on your website and pretty much ordered one of everything, because I trust you and your products so much. So, again… THANKS for doing what you do!

Sincerely,

— Kaitlin R. in Palm Beach, FL, USA

ANSWER

Dear Kaitlin,

In my clinic I had patients with EVERY type of bowel disease from polyps to colon cancer, and I watched as they avoided the medical doctors’ knives, radiation and drugs, and then healed themselves doing my Natural Healing programs and herbal detoxification programs.

So many people write me asking what to do for all types of cancer. (So if you have cancer and are reading this) I always suggest you do EVERYTHING Natural, a Natural and Herbal Blitz Program. Do
EVERYTHING in my 20 Steps Book! Do EVERYTHING in my INCURABLES Book, and MORE! It sounds to me like this is exactly what your Mom did.

Also, thanks for your emotional support. I have been attacked by the medical community all of my life. My clinic was closed. But thank God we still have freedom of speech in America, so I can keep on evangelizing the amazing natural healing ability of your body, and freedom of choice, so your Mom had the healthy option of herbs, foods and Natural Healing, instead of cutting, burning, poisoning and gluing bags on herself.

Please give your Mom a BIG Hug and a Kiss from me, and tell her I am very proud of her. And give my love to your entire family.

— Dr. Schulze

QUESTION

Dear Dr. Schulze,

Well, this isn't a question... I have told this story to over 200 people, all of which have followed your programs after hearing this.

I want to start with my mother (who) found out she had breast cancer. The Medical Doctors told her she had to have a disfiguring surgery and chemo.

She called me and told me to sit down; she said that she had cancer... I said "uhhh ok??"

She said to me "I am NOT following my medical doctor's advice, I have decided to follow Dr. Schulze's program". That was why she asked me to sit down.

I told her she was crazy and I did NOT agree with her, but she assured me this is what she was going to do...

That was 22 years ago and she has been cancer free now for 22 years!!

Now about me, about 13 years ago, my sixth child was born. The Doctors told me I had liver failure!! What?? How would that happen?? They also informed me that my numbers where in the 1000’s when they should be in the 40-60 range. Ok, and that means what to me, right?? My doctor answered, “I lost a new mom to lower numbers than yours.” Hmmm, so I asked what does that mean?? Her answer was…

“You are going to die!!”

They informed me I had to go on this three-week long steroid program, my only option... I did it because I was a new mom and scared and just lost.

Well, the steroids fried my thyroid, caused other issues and the list goes on...

SO, I call my mother (oh ya, after I did what the doctors told me) and she just gave me your 1-800-HERBDOC phone number.

I went on the liver flush program for three months, I passed so many different colored stones—red, green, blue, it was crazy—I went back to my doctor just to say hey, I'm not dead!!

When I showed up the first thing that came out of her mouth was…

"OH, I thought you were dead"...

I allowed them to run test after test after test and they came up with NOTHING!! I tried to tell her how I healed myself naturally, she wasn't having it, she said “Well I guess somehow, your body just got over it (as if it was a cold or something) and if you ever get pregnant again YOU WILL DIE!!”

Well, the medical doctors were wrong as I now have SEVEN children and my liver never even made a peep!!!
Keep up the great work, Dr. Schulze!!
Oh ya, and your Female tonic stuff has kept my thyroid working!! :)
— Linda B. in Edgewood, NM

ANSWER

Dear Linda,

Your Mom, refusing all of the medical treatment, then healing herself of breast cancer and then staying cancer-free and HEALTHY for the past 22 years—YES!!!!!

Again, anyone out there reading this with cancer, get your butt (and your buts) out of the way and STOP doing what causes cancer and START doing what will Create Powerful Health! And you too can create your own healing miracle.

Regarding you Linda, you are blessed—SEVEN children!

Thanks for NOT listening to the medical doctors and DYING 13 years ago, and thanks for NOT listening to the medical doctors and having your SEVENTH child.

ALL OF MY LIFE, I have heard medical doctors telling me, “you will be dead by 20”, “you will never grow skin on your hand” and “you will never walk again”. And, to my patients, “you will never have another child”, or the most popular, “you will be dead in a few months”.

Is it any wonder we all ignore their doom and gloom statements?

Considering this, and after receiving last week’s rude letter from a medical doctor, I think most medical doctors should be required to go to finishing and etiquette school. Or to go back to pre-school, as somewhere along the way they forgot to “play nice”.

Great Healing Linda and Mom!

— Dr. Schulze
Pancreatic Cancer, Chemo & Carrot Juice

January 25, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

My husband was recently diagnosed with stage 4 pancreatic cancer and it has also spread to his liver in the form of several smaller tumors. He had his first chemo treatment last week and is due for another in a few days. He is also beginning your Incurables Program today. I would rather he lay off of the chemo until he is finished with your detox program. He feels the chemo is giving him piece of mind along with your program and the other natural things he is doing in conjunction with his treatment, i.e., prayer, essential oils and Flor Essence tea. What is your opinion of whether or not he should stop the chemo for now while doing the Incurables Program? What kinds of experience have you had with this type of situation in the past? Thank you.

— Laura F. in Holly, MI, United States

ANSWER

Dear Laura,

MEDICAL TREATMENT

The medical prognosis for your husband is extremely bad.

(Diagnosis is the guessing of what disease your husband has and Prognosis is the guessing of what will happen, telling the future, fortune telling.)

So the prognosis, what the medical profession says will happen with their treatment, is that your husband will most likely be dead in less than six months, if not three months. Even if he survives their treatment, his long-term prognosis, “chances of survival” for five years is less than 5%. The lowest of almost any cancer. Of the 30,000 people medical doctors treat with this disease every year, over 29,500 die. And I didn’t even include his liver cancer. These are quite bad odds. If you have any doubts about these statistics, just ask your husband’s oncologist.

If you do ask the oncologist, the medical doctor will look very uncomfortable when you ask, and may even totally avoid the question and never give you a real answer. They may also make statements like, “Well, you know we make breakthroughs in treatment all the time”, or “we are getting better at targeting the cancer” or they may even lie. But, if you persist to get the truth—the real facts, the real statistics, their real life expectancy and odds—they will be the exact same as I mentioned above.

Worse, with the chemotherapy that his medical doctor is suggesting, you should know that the results are pathetic. The clinical trials for Gemcitabine and other chemotherapy chemicals for advanced pancreatic cancer, and all of their horrific side effects and financial costs have only been reported to have an average of a five-week increase in lifespan. Even if this is true, this is ridiculous. Personally, my experience is that chemotherapy shortens lifespan.

NATURAL TREATMENT

This is where I will mention my famous “Faulty Mathematics of Medicine”, which is…

The medical odds for your husband are based on this equation:

Your Husband’s Pancreatic & Liver Cancer
+ **Medical Treatment** (chemotherapy, radiation, surgery)

= **Prognosis or Results** (death very soon)

Your husband and his pancreatic and liver cancer, plus the **medical treatment** (chemotherapy, radiation and surgery) equals his prognosis, which is death very soon.

Why I call this the “Faulty Mathematics of Medicine” is because medical doctors are often so stubborn, egotistical and close-minded, that they assume that “their way, medical treatment, is the only way” and also that “their prognosis or results” is what always happens. What I mean is that they assume that your husband’s pancreatic cancer will kill him in a matter of months, **no matter what**.

In my clinic, what I did was to change this medical equation to an alternative equation:

**Your Husband’s Pancreatic & Liver Cancer**

+ **Creating Powerful Health** (Healthy Lifestyle Changes)

= **Prognosis or Results** (Living Happier, Healthier & Longer)

The patient, plus getting extremely healthy, equals very different results! In my clinic, many patients survived their cancer, in fact MOST of them did. My survival rates were far better than what the medical profession is getting. Why? **Well, first of all it is not my program or treatment or herbal formulas that are curing the cancer. And even if it were my treatment that cured them, the medical doctors would force the government to put me in prison if I said that. On the contrary, my focus was to get my patients Extremely Healthy.** Then, when my patients Created Powerful Health, their immune systems would kick into high gear, along with all of their organs, and simply reverse the process of degeneration, reverse the disease process, heal the cancer and more important, Create Powerful Health.

**Again, it was my patients’ own bodies, their immune systems and their increased health that CURED their cancer.**

Although nothing is guaranteed, and no one knows exactly what will happen, and also that no two patients, or cancers, or diseases are exactly alike, my clinical results were consistently far better than the medical professions orthodox treatment of the cancer.

Heck, I had one patient, who after having malignant breast cancer in BOTH breasts involving her lymph nodes, and also uterine and ovarian cancer, was told by the chief oncologist at one of America’s best hospitals that even with aggressive medical therapy she would be dead in two months. Well, she did not undergo the medical therapy and is still alive, and that was **25 YEARS AGO**!

I will explain more…

**Do People Die from the Cancer**

or the Cancer TREATMENT?

I have done a lot of cancer research at hospitals, and spoke to numerous oncologists and cancer specialists at cancer research centers. My conclusions are this:

**My clinical experience is that in America, when people die from cancer, they are NOT actually dying from cancer, but instead, they are dying from the medical TREATMENT itself. They are dying from**
the chemotherapy, radiation and surgery. AGAIN: They are NOT dying from the cancer—they are being killed by the medical doctors and their medical treatment!

An AIDS Analogy

I first discovered this in the 1980s during the first outbreaks of AIDS. I noticed that when people in America died from AIDS, their symptoms and their actual “cause of death” were very different than those people that died from AIDS who lived outside the United States, and had different medical treatment or no medical treatment at all.

I soon realized that the symptoms of AIDS and the physical circumstances surrounding their death and their actual “cause of death”, were actually the symptoms of the side effects of the chemotherapy drugs and NOT the actual symptoms of the disease. So in the United States, patients with AIDS were actually dying from the treatment of AIDS, not from the disease itself.

Worse yet, I also did an extensive longevity study and discovered that the people who were dying from AIDS the fastest were Americans who were subjected to the medical treatment. And, the people who were living the longest were those that denied any medical treatment, or had none available to them, and just DID NOTHING. They lived longer just wasting away from the disease, and actually had a better quality of life than those who underwent the chemotherapy onslaught.

Then, there were my patients who had AIDS who simply ignored the fact that they had AIDS, focused on Creating Powerful Health, and they ended up living the longest—longer than the two other groups!

In fact, I had patients who completely recovered from the worst stages of the disease, who also had the AIDS-associated diseases of Kaposi’s Sarcoma Cancer and Pneumocystis Lung Fibrotic disease and had scarred lungs, and they survived. Most of my AIDS patients are still alive today, over two decades later. Some don’t even test positive for AIDS anymore!

Furthermore, the main reason that death from AIDS is actually in decline in America today is simply because the medical establishment realized they strongly overreacted with their treatment, and have now decreased their treatment protocols and are using much less aggressive chemotherapy.

Now, Back to Cancer

Since I had so many patients with cancer, I decided to do this same research and discovered the exact same scenario and statistics.

I discovered that the group that died the quickest, from various types of cancer, was the group who did the most aggressive medical treatments. In fact, the speed at which patients died from cancer was usually totally equal to the aggressiveness of their medical therapy.

I discovered that the group that lived longer was the group who did nothing at all for their cancer. They lived longer and also had a much better quality of life. They just totally ignored the cancer, rotted away and eventually died, but they lived happier, healthier, had less pain (if any), had a better quality of life and lived quite a bit longer. Some even recovered.

I had one patient with medically documented, very aggressive last-stage colon cancer. She was in her late 70’s and she did absolutely nothing at all. Actually, she told me that she had a lot of peppermint growing in her backyard, and she believed this would help her, so every day she picked some of it and made fresh peppermint tea and drank many cups a day. Within three months her cancer was completely healed. Gone. So she almost fits in this category of “Do nothing and live longer”.

Dr Schulze’s Blog 2008-2012 by diseases – 30/10/12
The third group, who lived the longest, and many of them actually healed their cancers, were my patients. Instead of doing any medical treatment, instead of just ignoring that they had cancer, instead (are you ready, this is a very extreme and radical approach to cancer) instead… these patients got really, really healthy.

Think about this, it makes so much common sense! And it’s so SIMPLE!

Instead of filling your body with very poisonous chemicals in an attempt to KILL the cancer, instead of using radiation to KILL the cancer, instead of doing torturous and disfiguring surgeries to KILL the cancer, and instead of doing nothing…

How about instead we get EXTREMELY HEALTHY and:

FLOOD the body with more nutrition than it can possibly use, so it has all the building blocks to build more immune cells and more immune chemicals to build and repair organs.

STOP consuming any food or liquids that we know are carcinogenic.

BUILD the body back up by creating a new food program that includes lots of food that we know is loaded with nutrition and life and that we know heals cancer.

FLUSH the body’s own elimination organs and channels, to rid the body of any accumulated poisons, toxins and waste, and then DETOXIFY, STIMULATE and TONE these elimination organs to work more efficiently in the future, to eliminate poison faster so it does not build up in the cells and organs again.

FREE THE BLOCKAGE by stimulating the circulation, to get more blood, oxygen, nutrition, immune cells and immune chemicals throughout the body, especially to any blocked or cancerous areas.

CHANGE the focus of your therapy from KILLING CANCER to Creating Powerful Health!

This follows the old Chinese philosophy that I have always liked:

“Focus on the GOOD, to Eliminate the BAD.”

This is also the fundamental philosophy of Natural Healing. Which is the recognition that we are not smart enough to know what cancer really is, or where it all is in your body, nor how to heal it. So instead of trying to kill cancer, simply get extremely healthy and let our own bodies do the healing.

I had my patients STOP doing anything that we know makes us sick, and especially that we know causes cancer, and START doing EVERYTHING we can that we know will Create Powerful Health, and just hope and pray that when we get really healthy, that our own body will know how to heal the cancer. And it does. I saw this hundreds of times, probably thousands.

Why Do People Get Cancer?

Friends, this is why we have an immune system. Oncologists have told me that many of us have cancer, every day. But the difference is that our own immune system, which is designed to eat up any mutating cells before they get a chance to grow and multiply and turn into cancer, is working and doing its job. So a better question than, “Why do I have cancer?” would be, “Why is my immune system not working and taking care of me and eating up this cancer?”

There are many physical, emotional and spiritual reasons our immune system stops protecting us, the main one being that we are exposing ourselves to more toxins and poisons than our body has the ability to
eliminate. So, it gets overloaded, our health declines and we create disease. These toxins and poisons are physical, emotional and spiritual.

So my research for many years, and my clinical results with all of my patients that healed their cancers, has shown me the following:

If you want to survive longer than with aggressive medical treatment, DO NOTHING AT ALL.

**If you have been diagnosed with cancer, and you want to live the longest, run away from the medical doctors and hospitals and GET REALLY, REALLY HEALTHY!**

And, if you want to die the quickest, undergo aggressive medical cancer therapy including Chemotherapy, Radiation and Radical Surgery. This will also guarantee you the worst pain, greatest disfigurement, largest amount of physical and emotional torture and the hugest financial stress and financial burden, if not bankruptcy.

**FACT:** Well over 50% of American bankruptcies are caused by hospital and medical bills! Yes, the hospital will take your home away from you if necessary to get their money, and even if you die, you still need to pay, and they will take EVERYTHING from your spouse and children.

_I had numerous patients whose spouse underwent major medical treatment for cancer, and many experimental treatments, like bone marrow transplants, that were not covered by their insurance. Regular treatment or experimental, these patients racked up huge medical bills, beyond what their insurance would cover, and once their nest egg and life savings was gone, the bills kept piling up. Eventually the patient could not take the torture anymore and died. But when the patient died, the hospital and medical bills remained. You would think that if you die, that you would get a refund, or at least a pardon from the remainder of the bill, but this is not how the medical system works. I had many patients, who not only lost their husband, but also ended up having the house taken away from them by the bill collectors and courts from their unpaid medical bills._

**So, Regarding Your Husband and His Pancreatic Cancer**

You now have my decision regarding whether or not I advise chemotherapy, radiation, surgery or any medical treatment for your husband. My decision is based on my research, clinical experience and my patients’ results. My answer is NO MEDICAL TREATMENT!

I SUGGEST AN AGGRESSIVE AND HEALTHY LIFESTYLE CHANGE!

As far as doing both, or what I call the “Chemotherapy and Carrot Juice” program, I never saw positive results when my patients did this. This is not because I am a hard-headed Natural Healing Purist. It is simply because these two treatment methods COUNTERACT and CONFLICT with each other. The philosophy and the therapy are OPPOSITES.

**With Medical Treatment** the method is POISON, to induce powerful chemical poisons into the whole body, and hopefully this poison will kill the cancer cells before it kills you.

Additionally, the cancer may be burnt using radiation treatment or cut out using surgery, or both.

**With Natural Treatment** the method is to Create Powerful Health, and let the body’s own defensive systems reverse the disease process and eliminate and heal the cancer.
These are two radically different approaches so obviously one does not work with the other. **You cannot inject powerful chemical poisons into the body while attempting to cleanse and detoxify the body of poisons.**

**Having said that, in your letter you stated:**

“He feels the chemo is giving him peace of mind along with your program and the other natural things he is doing in conjunction with his treatment, i.e., prayer, essential oils...”

The most important part of your husband’s treatment will be his feelings, his attitude, his positive outlook, and his positive affirmations. Look, you now know I do not advise the medical treatment simply because it is deadly, IT DOES NOT WORK, and furthermore I believe it will kill him long before the cancer would.

**But your husband’s belief is the most important.** So, I would simply send him my answer, by sending him this BLOG, and keep planting lots of seeds in his mind, and keep putting lots of fresh wheatgrass juice around the house, and lots of tools from great raw food to fresh juices and positive affirmation books. Make this FUN!

Over the years I have learned—in my personal healing, my clinical experience and my life experience—that the most powerful healing tool for cancer, and for any disease, far more powerful than wheatgrass juice, my Detox Tonic, my Detox Programs, or even my Incurables Program, far more powerful than anything... is **LOVE!**

So I would give him a HUGE dose of LOVE first, every minute of every day, and then help him to create a powerfully healthy lifestyle.

Life is a “limited time offer”. We are all going to die, but I found my sick patients were obsessed with the thought of dying. No medical doctor, no natural doctor, no psychic or priest, and not even the great Dr. Schulze knows whether we have a decade or two left to live, or only one day. So stop focusing on cancer, stop focusing on death, and start focusing on LIVING, living HEALTHY, LOVING your husband and LOVING LIFE!

Attitude is EVERYTHING!

Finally, I know this answer was more than you asked for, and long. But I get many letters and thousands of questions each week from people who have all types of cancer. And this year I will be answering many of them and explaining many details of my clinical programs for cancer. So, this answer was not just for you Laura, but for EVERYONE out there in cyberspace, all around the world, who has cancer or any degenerative or supposedly **incurable** disease, and is looking for answers, and is going to heal themselves, **naturally**. My thoughts, positive affirmations, prayers and love, are with all of you!

— Dr. Schulze

**Cancer, Genetics & Lifestyle**

January 11, 2012, ANSWER by DR. RICHARD SCHULZE

**QUESTION**

I have just been diagnosed w/ breast cancer. I just don't know how!!! I am 52 y/o. I am vegan, eat 75% raw, drink distilled water, never smoked. I use your products and have just finished a bowel cleanse last weekend. I am working on all the 20 lifestyle principles you suggest. I exercise, lost 50 lbs going from vegetarian to vegan in the last 3 years. (143 lbs, 5'8”). I have never taken meds. I have been healthy all my life. I did have my gall bladder removed. I have had counseling and got my head on straight. I have gotten
rid of so much trash in my life (stuff and unhealthy people), my head and my bowels. I am a positive, happy person, help others and have a strong faith that I practice and not just talk about. I work in the medical field and have seen all the sickness you mention in your info. I have tried HARD to avoid being one of these patients. My family has thought I was nuts at times and I don't even have to tell you how my coworkers feel about my lifestyle choices.

I have seen the breast surgeon, plastic surgeon, radiation oncologist and naturopath. My lymph nodes are clear and my options are 1) lumpectomy w/ radiation 2) mastectomy w/ reconstruction and to take Tamoxifen for 5 years!!!! The naturopath even advised me to go through w/ option one. I have been encouraged to do something soon as to not have it spread to my lymph nodes and have a worse diagnosis. I don't know what to do. I did grow cancer even after all that I am doing! I'm afraid if I don't at least do the lumpectomy (the lump is quarter size) it will spread. I mean it is there after all SOME HOW!

Do I need to check myself into some holistic center so I can get all these alternative therapies? All this stuff takes a lot of time as you know and I am willing to do it, but I only have 2 hands and 24 hours!!! I have drank so much juice, taken formula 1& 2 until my plumbing is on fire! I will keep doing it but I need some direction here. Even my holistic veggie, raw, organic, hippy chick friends can't believe this.

I have gotten over the initial freaking out and crying and I need to get busy. I need more ammo, a plan. So please will you give me some specific guidance, heck why don't you come to Montana and help me!! You know, kick my cancer's butt! I watched your old video on the cold sheet treatment. Should I do that, how often? I don't care how you answer me, but will you just please answer me? Thank you sooooooooo much Dr Schulze.

Sincerely,
— Rhonda N. in Kalispell, MT, United States
ANSWER

Dear Rhonda,

I will answer your questions in two parts—first, “Why You” and second, “What To Do”…

Why You?

Your first question is how is this possible, that you developed breast cancer after living an extremely healthy lifestyle?

Well, you gave me a few possible clues in your letter. One was that you used to weigh about 200 pounds just a few years back. I must tell you that everyone from your average oncologist to the American Cancer Society agrees that there is a direct relationship between being obese and developing cancer, especially breast cancer. And if you were 5’8” and weighed about 200 pounds, (lost 50 pounds and are now 143 pounds) yikes, I wouldn’t have dated you, YOU WERE FAT OBESE, BABY! Granted you have changed, YES!!! So this may just be a case of too little too late. This cancer may have been sub-clinical and not detectable but still growing for years. Also, you mentioned that you had your gallbladder removed showing me a past history of liver and gallbladder congestion. When anyone has cancer, I know they had a sick liver and a depressed immune system long before they developed cancer.

But all of this ‘Why’ stuff is wasted energy and it isn’t going to help you dissolve your cancer and heal you. I just wanted to point out to you a few possible reasons, and to let you know that you are not perfect, only Dr. Schulze is perfect! Seriously, we are all just on the path of healthy living, and I need to nudge you onto an even healthier path.

I must tell you that you have done an amazing job at turning your life around, and getting really, really healthy. You might laugh and say, “But I have breast cancer and this is not healthy”. OK then, let’s
say that 95% of you is really healthy and you just have a little congestion and sickness in one of your breasts, but let’s not blow this breast cancer thing way out of proportion here. You are not sick all over. In fact, the vast majority of you is healthy and working GREAT. I think all you need is to stimulate your immune system and to break up a little congestion in your breast. Let’s not panic and make this a bigger deal that it is, OK?

More Why You!

Genetics and Environment

**Your level of health, or disease, is a perfect reflection of your Genetics reacting to your Environment.** In other words, what you get in life is the sum total of all of your inherited genetic coding and how this reacts with how you live every day, your lifestyle.

This is why you developed breast cancer, PERIOD!

Genetics, as I always say, is water under the bridge. It already happened, 53 years ago, when your mom and dad had sex and conceived you. There is nothing we can do about that. You inherited 50% of your genetic makeup from your mom and 50% from your dad. DONE! You inherited their strengths, and also their weaknesses.

This is the hand you were dealt, and it may have included a predisposition for cancer, whether they have had it or not, or even a predisposition for breast cancer, or not. We will never know.

You Are Unique

By the way, there is only one you. This is why looking at your healthy lifestyle, and your dis-ease, and then comparing yourself to any of your friends and co-workers is a BIG judgmental mistake. There is only one of you. You are unique; a snowflake, a fingerprint… there are no two people alike. So you cannot accurately compare yourself with anyone else.

The “What Ifs”

Maybe if it wasn’t for your healthy lifestyle you would have been dead by now? Maybe you would have developed breast and liver cancer, which would have metastasized and killed you 20 years ago, at 32, instead of just a little breast cancer at 52? No one will ever know. Even the conservative American Cancer Society says that almost everything you have done to be healthy—from your food choices to losing weight—REduces your risk of developing cancer, but somehow you still got it?

Don’t torture yourself comparing to relatives and friends. There is always that “George Burns” relative, friend or co-worker—the person who eats garbage, drinks plenty of alcohol and coffee, smokes stogies, never exercises and hates life—and lives to be 100. These are the human “exceptions to the rule”. Again, Genetics and Environment. Just imagine how old George Burns may have lived to if he lived your lifestyle… 150? So don’t frustrate yourself or make yourself sick looking at all the positive things that you have done in your life, and then comparing your health, or your dis-ease, to someone with totally different parents, different Genetics, and a totally different Lifestyle. This is BAD MATH and an improper, stupid equation and comparison.

People who live a very unhealthy lifestyle and brag about being disease-free, and even put down people who live a healthy lifestyle, well, they almost always live to eat their words. People like this are like the man who jumps off the Empire State Building and as he is flying past the second story above the ground, at terminal velocity, only a few feet from smashing into the sidewalk, he says, “I feel great!”
Regardless, don’t you really hate people who are really healthy and look great, at least on the outside, but live on doughnuts, candy bars, burgers and chocolate? OK, that was a test! You have to give this one up too. Hate doesn’t get anyone well. As John Lennon said, “LOVE is the answer”.

Look on the Positive Side

Imagine in my clinic, how hard it was to get a 52-year-old person (who had never done anything healthy in their life) to follow the lifestyle program you are already on and already used to? It took months and a lot of brain washing and a lot of education and a lot of drama and trauma—and plenty of failure. BUT YOU ARE ALREADY THERE! So any changes that I will suggest later will be easy, and even FUN!

DON’T DOUBT THIS DIVINE PLAN

If I know anything at all, it is that “What Ifs”, judgment, and drawing any conclusions from it, is TOTAL BULLSHIT and will not get you well.

Nobody has any idea what God’s plan is for you, or what the universe’s plan or future is for you. Maybe this breast cancer is your greatest blessing. Maybe a higher power than us knows that you can handle this just fine, and you needed a small nudge to get you to your next higher level. Maybe all the work you have done so far earned you this gift of breast cancer. Maybe there is some divine plan that once you get through this, you will work with people who have cancer, and come up with a program yourself, maybe this cancer is just an added credential to your life. I don’t know, nobody knows, so NO JUDGING!

Just imagine where I would be and what I would be doing if my parents had not died when I was just a kid, and if I had not inherited heart disease and a deformed heart, and the medical doctors didn’t tell me that I would be dead by 20, and all the other gifts that I have received in my life, had not happened? Where would I be now? A drug addict? Dead? Maybe worse, a medical doctor?!! (OK, only joking… kind of.) Did you watch the old Jimmy Stewart movie “It’s a Wonderful Life” over the holidays? This is what I am talking about!

So for any one of a 1,000 reasons that you or anyone can come up with that you developing breast cancer is a bad thing, I can come up with A MILLION positive reasons that your breast cancer is an AWESOME thing, from a gift of an amazing learning experience, to a health nut ego removal equal to 40 years in a Zen Buddhist monastery, to finally getting your doctorate in Natural healing and Herbal Medicine. Nothing qualifies me as a great doctor better than creating a program that saved my life and survived my own medical death sentence, 40 years ago.

ALL of my patients that had life-threatening diseases, or were given death sentences, and then learned how to heal themselves—and DID HEAL THEMSELVES—all of them eventually saw their disease as a huge blessing… a gift from God. Their disease became a gift that nudged them onto a different path in life.

Look, I know this can be a bit scary, and can make you feel a bit insecure at times. I know what it feels like when a medical doctor tells you that you could die, and now you do too. Welcome to the club. Transform this fear energy into a powerful positive tool to motivate you into your next level of healing and living.

CELEBRATE EVERYTHING!

As you can see, I could go on for ten thousand pages on why your cancer is a gift, but I know that when one of my Guru’s in India told me to Celebrate Everything, he did not mean celebrate everything except heart disease, or in your case Celebrate Everything except breast cancer, he meant CELEBRATE EVERYTHING. Celebrate Breast Cancer!
Having said this, I know what you are feeling, and I know it may take a few days to digest this, and to shine a positive light on this, but I know you will.

**STAY POSITIVE!**

OK, one final tidbit. I KNOW from my life and clinical experience, that NOTHING POSITIVE will ever come out of being negative, EVER. So there is NO UPSIDE to being negative, NONE! But, there are plenty of upsides to being positive, from just being happier, to your immune system working much better and being much stronger, so GET POSITIVE.

There will always be plenty of people out there who will want to back up their own bullshit and unhealthy lifestyle by looking at you and saying, see what happened to her. *She wasted all this time and money on being so healthy and she still got cancer.* The same way there are plenty of people out there who think that I am a total quack. Who cares? There are plenty of people out there who will be helped by your healing. They are the ones you will seek out—actually they will find you!

**OK, What To Do Now?**

Well, obviously you have been on a quest for years to create a healthy lifestyle. And as far as we know, all of these positive and healthy changes that you have already made are what has kept you cancer-free for all of these years. But, I do have a few suggestions…

**#1: UPGRADE**

Since we now know that your lifestyle worked to keep you healthy for 52 years, we now have to upgrade it a bit to first, heal your cancer, and then keep you cancer-free and healthy for the next 52 years. You have done so much, and learned so much, I would just suggest a software upgrade.

What I mean is that it is time for you to look deeper at EVERY aspect of your life (like the 20 steps in my “20 Powerful Steps” book) and see how you can INCREASE your level of participation, involvement and intensity in each of these 20 steps. I know you have done a lot, but we can always eat better, eliminate better, move more, be more positive, learn more jokes, laugh more, love more, have more sex—get the idea? It is time to turn up the volume in EVERY aspect of your life.

**#2: My Incurables Program**

It is time for you to do my Incurables Program. You can get the book, "There Are NO Incurable Diseases", FREE from my company by calling 1-800-HERBDOC (437-2362) or just read it online right here on my BLOG!

And remember a lot of Breast Stimulation. Years ago in my clinic, I had a woman who had developed breast cancer. It was more involved and much more aggressive than yours. Her name was Christine. All of the medical doctors and oncologists suggested a radical mastectomy plus radiation and lots of chemotherapy. Instead, she did not do any of these things and came to me. She was a great patient, and she did everything I asked, and more. Hot and cold showers on the breast and lymph nodes many times a day, skin brushing in the shower and also out of the shower, lymphatic massage, breast massage, herbal packs on the breast, lots of bouncing exercises, lots of inversions like yoga, plus all of the other programs from Juice Flushing to Bowel Cleansing to Attitude Cleansing. She was doing something every waking hour, it was a full-time healing job. In FIVE DAYS the tumor had decreased in size by 50%. After 10 DAYS it was not detectable by the medical doctors anymore. This just goes to show you what is possible.

**#3: Alternative Cancer Treatment Centers**
I have suggested to many people over the years to get into a live-in situation, like the Hippocrates Health Institute, or the Max Gerson Clinic in Mexico, or the Optimum Health Institute in the San Diego area.

But personally, I do not think that you need to do this. I know that you have plenty of knowledge and brains to figure this out on your own. So I would only suggest this as further training, but not necessary at all to heal yourself of breast cancer. On the other hand, for people who do not have a clue what a healthy lifestyle is, I always suggest the extra support of getting into a live-in program such as these, at least to start.

#4: Detox Formula, Fresh Wheatgrass Juice & Garlic

These are all part of my Incurables Program, but I wanted to give them special mention here.

**Detox Formula.** Just read what it says in my herbal products catalog. Since ALL of my great teachers went to prison at one time or another for their variations of this formula, I will not comment on it here. Again, read what it says in my catalog.

**Wheatgrass Juice.** I have seen more people heal their cancer with wheatgrass juice, than maybe any other food. It is a foundational part of the Hippocrates Program, and the Optimum Health Institute, and almost all natural cancer treatment programs worldwide. I have personally met hundreds of people, maybe thousands, besides my patients, that healed their cancer by drinking wheatgrass juice. So, just start growing it, cutting it, juicing it and then drinking it every day.

EVERY SINGLE DAY for lunch I have an ounce of fresh, organic Wheatgrass Juice in a little fresh carrot and beet juice, and my 17-year-old son, Arthur, has a shot of it every morning when his Mom makes it.

**Garlic.** It should be your friend. Garlic KILLS cancer cells, it is that simple. So start having raw garlic EVERY DAY—a minimum of 3 cloves! I had one patient who healed his supposedly terminal cancer by eating 50 cloves of raw garlic a day for three months, amongst other things. You will also need to use my Fresh Breath Plus and also my Daily Oral Therapy when you start using this much garlic, so you don’t lose your job and your friends.

#5: Toxins

One thing we do know for sure is that cells mutate and turn cancerous, again, by Genetics reacting to Lifestyle. Even the prestigious medical oncologists from the huge cancer research center at the City of Hope say that first you have to have the genetic predisposition, and then these cells that are genetically predisposed to mutating and developing cancer have to run head-on into some irritant or catalyst, which stimulates these genetically predisposed cells to begin to mutate and then become cancer. The ONLY reason I mention this here is that it is important for you to look at any possible exposure to toxic chemicals.

Having said that, I almost laugh, because modern living in America, even in the middle of nowhere in Montana, is still a toxic nightmare. We are bombarded with poisons in our home, car, workplace…EVERYWHERE! Now I don’t want you to get paranoid here, or become obsessed with this or to make toxins become your focus in life. I simply want you to take a look at your level of exposure, and simply see if you can reduce it. There are many tips in my “20 Powerful Steps” book about this too, which you can read right on this BLOG! Just check the right-hand side of this page and click on the book cover.

#6: Medical Intervention

Because you have such a vast experience in a healthy lifestyle, and my work, and also because your cancer is at such a beginning stage with no lymph node involvement, I have every reason to believe that you
should be able to heal your cancer in three months or less, if not 30 days, if you start on an extremely aggressive natural treatment program, like my Incurables Program.

In my clinic, I would NOT have suggested that you undergo ANY medical treatment, neither surgery, radiation or chemotherapy.

To be honest, I never suggested ANY medical intervention for anyone, no matter what their disease, no matter how far advanced it was, no matter how lethal their prognosis.

I’ll repeat my first paragraph…

Because you have such a vast experience in a healthy lifestyle, and my work, and also because your cancer is at such a beginning stage with no lymph node involvement, I have every reason to believe that you should be able to heal your cancer in three months or less, if not 30 days, if you start on an extremely aggressive natural treatment program, like my Incurables Program.

Rhonda, I have no doubt that you will heal yourself of this cancer and live a very healthy and very long life. Have fun with this new project.

Remember, “Focus on the GOOD to eliminate the BAD”. Your focus needs to be on the NEW Lifestyle that will Create Powerful Health, not the cancer.

— Dr. Schulze

Two Readers Respond, One A Medical Doctor!

November 29, 2011, COMMENTARY by DR. RICHARD SCHULZE

I always get response letters to my BLOG postings. Most of them are “Thank You's”, a few are “Burn in Hell, Dr. Schulze”, and some are great “Healing Testimonials” of customers who were usually sicker and worse than the customer who wrote the letter, and then healed their diseases using my programs. As usual, I got a lot of responses to last week’s BLOG—my answer to Regina M. from Lakeside, CA—whose kidneys were failing, functioning at only 9%, and on 10 Pharmaceutical Drugs. Here are two AWESOME responses!

Response From A Medical Doctor

Dr. Schulze,

You were incorrect. Regina, the lady that you answered in your BLOG, is on 11 medications! The pain medication she is on Hydrocodone-Acetaminophen (Norco) 10-325 mg. is a horrible kidney toxin and a combination of two different drugs (Acetaminophen plus Hydrocodone). This counts as two meds. So the story is even worse than you stated, and it gets worse...

She’s also on Lasix (Furosemide). A friend of mine was talking with the president of (Sanofi Aventis) the company that manufactures Lasix. My friend was suggesting to the president that he had some tools to assist the kidneys. The president of this company got really angry and said he’d fight my friend if necessary. He said his company made, get this... $20,000,000.00 net profit PER DAY from the sales of Furosemide alone!!!

I am an MD who supports the kind of advice you gave this poor soul! Please, keep it up!
Response from Dr. Schulze

Doc, thank you so much for your support and your information. I often find out from medical doctors like you, that the reality is even worse than I stated, or even imagined. And I knew that the diuretic and adult diaper business was huge, but as usual, I underestimated the enemy.

I really appreciate your support of my common sense natural medicine. We need a lot more medical doctors like you, my friend.

— Dr. Schulze

Lasix, has 41 additional names…

Like sugar, Lasix is sold under at least 41 different names besides its brand name (Lasix) and its generic name (Furosemide). Here they are: Aisemide, Apo-Furosemide, Beronald, Desdemin, Discoid, Diural, Diurapid, Dryptal, Durafurid, Edemid, Errolon, Eutensin, Flusapex, Frudix, Frusetic, Frusid, Fulsix, Fuluvamide, Furesis, Furix, Furo-Puren, Furosedon, Fusid.frusone, Hydro-rapid, Impugan, Katlex, Lasilix, Lodix, Lowpston, Macasirool, Mirfat, Nicorol, Odemase, Oedemex, Profemin, Rosemide, Rusyde, Salix, Trofurit, Uremide and Urex.

Also, click to watch this VIDEO if you want to see this same multi-national trillion dollar pharmaceutical company and their $$$ focus!

My Mom Was Worse And Is Healing Herself!

Dear Dr. Schulze,

Please pass my response on to Regina M. of Lakeside, CA, the person whose question you answered in last week’s BLOG re: kidneys functioning at 9%.

In August of this year (three months ago) my Mom, who is 71 years old, had a GFR of 6. (This equals a kidney function of only 6% to 7%, worse than Regina.) She was in Stage 5 (the worst and final stage) of kidney disease. She was referred to a specialist who advised her she must be placed on dialysis immediately. She asked to have two weeks reprieve before starting. The specialist agreed. (We later discovered that the specialist didn't hold out any hope for her anyways.)

We inquired to the medical doctor about using herbs. We were advised they could kill her and then we were told to go to a drugstore and get an OTC vitamin B supplement and folic acid. GAME ON!

I asked her if she wanted to be doctored, or if she wanted to be healed (she chose healed). She ceased consuming all fast food and frozen dinners (her main dietary staples). At the time she was not able to keep much food down, so she started with the SuperFood-100 for basic nutrition. I made her drink as much K/B Tea as she could handle and got her on the K/B and Detox Formulae. We estimate she did about 2/3 of the 5-Day Kidney Detox.

Two weeks later her GBR was 9 (her kidney function INCREASED to from 6% to 10%) The medical doctor specialist was dumbfounded (as this never happens). He wanted to biopsy her kidneys to determine what

— R.M., MD

(name and city/town withheld at medical doctor’s request)
was causing the fluctuation. As my mom comes from the generation of, "Doctor knows best," this was very difficult for her, but in her heart she knew the operation was wrong and might lead to her demise. She declined the operation.

I'm happy to report that my mom's GBR is now 25 (a kidney function INCREASED to over 27%, from 6%) which puts her in only stage 4 kidney disease and not stage 5 anymore. (A reversal of kidney disease medical doctors know absolutely nothing about!) She has not eaten any fast food or frozen dinners since her diagnosis. She now eats raw organic food and adjusts some foods tailored to a kidney disease diet.

I thank God she chose healing over doctoring, and, most of all, I thank God you made that possible. There is always hope!

If you would pass the above info on to Regina in Lakeside, I'd be appreciative.

— Elizabeth C. in Santa Maria, CA

Response from Dr. Schulze

Elizabeth, I thank God for daughters like you. Twenty or 30 years ago I would have asked you to come work for me in my clinic. Your mom is very lucky to have a daughter like you, so GREAT JOB! And keep it up, you are adding years, even decades to your mom’s life by refusing the biopsies, the dialysis and kidney transplants. You are saving your mom lots of sickness and torture, and saving yourself a lot of money. By the way, I guess the herbs didn’t kill her like the medical doctor predicted.

God Bless You!

— Dr. Schulze

Apples to Apples…

Just to be correct, in the first BLOG answer from last week, Regina M. said her kidneys were only working at 9%. In the second response this week, Elizabeth C. said her mother’s GFR was at 6, which equates to the kidney function being at about 6% or 7%. For you health geeks I offer the following GFR tech intel…

GFR for Health Geeks…

GFR or (glomerular filtration rate) is the total filtration rate of both of your kidneys working together. It is NOT an exact test, but rather a close estimate that your medical doctor can calculate from a blood test by counting the amount of filtration markers, like creatinine, that are present in your blood sample. This is the accepted standard estimate for overall kidney function and measured like 100mL/min/1.73 m2 or higher.

Basically a GFR of healthy people with kidneys that are healthy is between 90 and 116, above 90 usually for people under 60 with the highest ranges being in your twenties. From 60 to 69 years of age it is considered that 85 is normal and above 70 years of age it is considered that 75 is normal.

Fast Food & Frozen Food = SALT Overdose = Kidney DISEASE!

Elizabeth C’s mother was on almost a pure diet of junk food and frozen food. These two foods are the highest in salt. Salt is used specifically to enhance the flavor of poor quality food, and food that is overcooked and old. Salt is also a preservative.

Salt is also the worst food in the world for anyone with kidney disease or kidney impairment.
Salt is necessary to help your body retain its fluid balance. But, all the salt that you need is already naturally present in food; you do not need additional salt except in extreme circumstances and extremely hot climates.

Now, if someone already has kidney disease, and their body is already retaining fluids because their kidneys are not healthy and not functioning well, they are retaining fluid anyway. Then you add in salt, which causes them to retain even more fluid. This causes the blood pressure to skyrocket, which in turn damages the sensitive filtering cells of the kidneys even further. This is a deadly killer cycle for your kidneys and one that millions and millions of Americans have fallen into, taking diuretics and anti-hypertensive drugs, and eating salt-laden junk food. When you cut out the salt and junk food, you don’t need the diuretic and blood pressure drugs anymore and your kidneys will heal themselves as Elizabeth experienced with her mother.

BEWARE!

**Junk food, prepared frozen foods, and even restaurant food usually has between 20 and 50 times more salt added to it than is naturally present in the food, or that you would add at home!**

— Dr. Schulze
**Ten Drugs—No Herbs!**

November 22, 2011, ANSWER by DR. RICHARD SCHULZE

**QUESTION**

Dear Dr. Schulze,

My kidneys are now working at 9% and I am scheduled for the shunt procedure IN 2 WEEKS. I have spent the last four days reading and taking notes on the information that you have wrote regarding this matter. I am on a lot of medicine and don’t know what will counteract each other. When asking my Doctors about natural healing methods, they had a fit and advised me to not take any herbal medicine as it might harm me. Please, Please help me to know what to do with this issue. I am currently taking:

**Glipizide** 5mg. 2 times a day

**Furosemide** (Lasix) 20 mg. 2 tablets daily

**Losartan** (Cozaar) 50mg. 1 per day

**Hydrocodone-Acetaminophen** (Norco) 10-325 mg. no more than 6 per day

**Gabapentin** (Neurontin) 300 mg. 2 per day

**Fluoxetine** (Prozac) 10 mg 3 per day

**Atenolol** (Tenormin) 50 mg. 1 1/2 tablets 2 times a day

**Nortriptyline** (Aventyl/Pamelor) 10 mg. 4 per day

**Simvastatin** (Zocor) 20mg. 1 per day

**Beclomethasone Dipropionate** (Qvar) 80 mcg. 1 puff 2 times a day

Should I keep taking the medicines and start the detox, or am I in danger of overdosing? Herbs are natural, but the doctors told me I would put myself in danger. I really just need some real guidance.

Thank You,

— Regina M. in Lakeside, CA, United States

**ANSWER**

Dear Regina,

Sometimes when I get a letter like yours, and the story is so outrageous (like yours), I wonder if it’s a joke, and if someone is “pulling my leg”. Sadly, I know yours is a true story.

You are so far gone, and taking so many chemical drugs, that I don’t know of any natural doctor in the world that would touch you, let alone consider helping you. They wouldn’t even answer your email.

Luckily, people like you are my specialty. As you know, I spent the last decade of my clinical life dealing with people just like you. Patients would wait to come and see me until they had exhausted all other options, their organs were failing and they were at “death’s door”. Often I would see them after all their medical doctors would tell them they would be dead in a few months and that there was nothing more that they could do, and go home and die. And all of their natural doctors, psychics and religious healers had given up too and the priests had given them their last rites. So you are pretty healthy compared to them.

Finally, I have to laugh that your doctors warned you about the dangers of using herbal medicine, and that it may harm you, even though the doctors themselves have put you on 10 EXTREMELY POTENT,
POWERFUL AND VERY DANGEROUS PHARMACEUTICAL DRUGS! What a joke! The doctors, hospitals and pharmaceutical companies must love you. You are paying for their yachts.

OK, let’s begin.

The program for you to start IMMEDIATELY is my Incurables Program. But besides this, I will tell you and the other readers some of the absolute most important steps that anyone must follow to literally save their life when their kidneys are failing.

FOOD

You must stop eating all solid food.

At this point you need to begin a liquid diet, but because your kidneys are failing, we need to keep the liquids to a minimum. We must also make sure that all liquids you consume are cleansing, detoxifying and flushing to your kidneys meaning that they are diuretic.

I would start with…

• 1 quart of Distilled Water daily

The water must be distilled, as this is the most cleansing water you can drink for your kidneys. It will dissolve any sludge or sediment in your urinary tract. Squeeze the juice of one lemon and one lime into this water.

• 1 quart of Organic Raw Juice daily

The reason I stress RAW is because I don’t want you drinking any cooked or pasteurized juices. So I want you to get a juicer and start making your own fresh, organic juice every day. In fact, I want you to not only get a juicer, but I want you to get a wheatgrass juicer, too. If you have a Champion juicer, you can simply get the attachment that allows you to also make your own fresh wheatgrass juice. If you must buy your juice in a store, buy it from a health food store where they will make it fresh for you while you wait. Below I will give you a few juice recipes.

Vegetable Juice Combination

All produce must be organic, of course.

8 ounces of Fresh Apple juice
8 ounces of Fresh Carrot juice
8 ounces of Fresh Beet root juice
4 ounces of Fresh Celery juice
2 ounces of Wheatgrass juice
adding through the juicer…
3 cloves of raw Garlic
6 pieces of Asparagus
1 piece of Ginger root
1 bunch of Parsley Leaf

**Fruit Juice**

I would start with my vegetable juice combination above, but a great diuretic fruit juice is watermelon. You can simply just eat an entire watermelon everyday. I know they are not in season right now, but I would find one anyway.

**HERBAL MEDICINE**

I would NOT start my 5-Day KIDNEY Detox just yet. This is simply because you cannot tolerate all the additional liquid.

But you must start on my K-B Formula and my K-B Tea.

Take 4 droppersful of my K-B Formula five times a day. You can just add it to the juices, water, or the tea that you will be drinking.

Drink as much of my K-B Tea as you can consume with a minimum of 16 ounces a day. Also, you must make it double-strength, so double my standard recipe using twice as much herbs in the water.

As far as your concerns or worries about any negative interaction between the drugs you are taking and any natural herbal medicine, forget about it. This is something you should’ve worried about a long time ago—long before you started taking so many dangerous pharmaceutical drugs. The medical doctors, hospitals, and even the drug companies have absolutely no idea what this lethal chemical cocktail will do to you that you are taking. It’s any wonder you are even alive!

I would also make absolutely sure that your bowel is empty and working efficiently. So I would start taking one of my nine different bowel tonic formulas immediately, if not all nine of them. A great one to start with would be my Bowel Flush “SHOT”, and then work to your daily personal dosage of my Intestinal Formula #1.

Additionally, I would take a double dose of SuperFood Plus every day. Don’t even bother to ask why.

**ADDITIONAL ROUTINES**

**Movement:** You must move vigorously one hour in the morning and an additional hour in the afternoon. I want you sweating and breathing hard.

**Circulation:** I want you to do my hot and cold shower hydrotherapy routine, multiple times a day, blasting the hot and cold water over your entire body, and then do it again, blasting the water onto the area of your kidneys.

**Attitude:** I don’t know what to tell you to get you to run away from the medical doctors, the hospitals and the drugs, but all I can say is that if I were you, I’d run like hell and not look back, and take my chances with my own natural self-healing lifestyle. You are at the kidney transplant door, so it’s long overdue for you to immerse yourself in a total Natural Healing lifestyle. Get your butt into all the health food stores you can find, and surround yourself with positive people who are behind you leaving the doctors and beginning this journey to heal yourself.
**Spirit:** Get as many self-help positive attitude and healing affirmation books that you can find. You can start with going right up to the top navigation bar on this BLOG site and click on my **Quotes and Healing Affirmations**, and read and re-read everything I say in both of these files every day. Remember, “Tomorrow is what you Believe and Do TODAY!”

**A few closing thoughts…**

As far as weaning off of all the chemical poison drugs that you are taking, this is something that you will have to figure out on your own. But generally speaking, I would wean your body off of them over the next couple of months, as you get stronger and healthier, and your kidneys start working better.

The big question that you have to ask yourself, is how did you get here? How did you get yourself into this mess, this desperate life-threatening situation? **This will be the true healing for you.** You need to discover why you have done this to yourself, and STOP doing this. Remember I always say that you can heal yourself of anything, any disease, and all you have to do is STOP doing what you did that made you sick in the first place and START doing what will Create Powerful Health.

In America, I often see people waddling around that weigh 250, 300, 400 pounds or more. I mean really obese half-human/half-cow looking things, that haven’t seen their own genitals in years. And I often wonder to myself at what point do these people not realize that they were negatively spinning out of control, self-destructing, killing themselves and ruining their lives? Like when they couldn’t tie their own shoes anymore, or wipe their own butt, or breathe or walk normally?

It takes a huge amount of unconscious living to get yourself into the position that you, and many, many Americans are in—as the average American senior over 65 is also taking a combination of 10 pharmaceutical drugs, just like you.

According to the American Medical Association themselves, properly prescribed medications like you are taking kill over 150,000 Americans every year. Personally, I think the real number is 1,000,000 dead!

So it is high time for you to WAKE UP! To realize that you are only steps away from death’s door, and that you must pull out all the stops, remove all your excuses, and put 110% into SAVING YOUR LIFE.

Remember, I had thousands of patients that were in much worse shape than you, and they were able to turn it all around, Create Powerful Health, and live a long, healthy, and happy life.

**Do It Now!**

— Dr. Schulze

**DISCLAIMER:** This BLOG's purpose is to promote the sharing of information about healthy living and dietary supplements. The views and opinions of Dr. Schulze and those of his companies and BLOG administrators are offered for your information and are not intended to constitute medical advice. If you are sick, injured or pregnant, consult a licensed medical professional.
**I Had A Friend**

October 12, 2011, COMMENTARY by DR. RICHARD SCHULZE

I had a friend who just died. So I wanted to share a few truths with you, about life, dis-ease, healing, and death. **For those of you that only have two minutes, I Put The Most Important Points In Bold.**

This friend was diagnosed many years ago with the deadliest of diseases, a rare form of cancer. The medical doctors said he only had a few months to live.

He was a man of some faith, so I reminded him that only God knows when a person will live or die, not medical doctors. And from my experience, the medical doctors are dead wrong, pun intended, far more often than not.

In fact, if I had a hundred dollars for every patient of mine that was told they would be dead in a few months, only to live decades after their “medical death sentence”, well, I would be a far richer man than I am today.

Anyway, this man decided to give my Incurables Program a try. He wasn’t a great patient; he didn’t even meet my minimum requirements. Sure, he drank some of the drinks, took some of the herbal medicines, and went through some of the motions of some of the programs, but generally, he had that medical mindset that some of my patients had been brainwashed into: in the back of his mind somewhere, he believed the medical doctors, he believed their diagnosis, their prognosis, and I think he felt that they were very smart people, and therefore they must be at least partly correct. To me this is kind of like believing that the President, or the Queen, or the Pope is the smartest person in the world, or is psychic. I think he felt that somehow surgery, at some point, was going to help him. This can be a deadly mistake, much more deadly than any disease.

I think he expected me, or my herbal formulas, to almost magically heal his cancer. He said if it did, he would tell the masses, at which point I told him I didn’t need “this kind of attention”. He never saw the healing process as “him healing himself” and creating powerful health. I know if he would have just believed, he could have healed himself of anything.

His worst failure, was that he absolutely refused to take what I consider enough time off, to heal himself—at least three or four months, if not six—but again to be fair he did some of the program. So I fired him as a patient, after three days, and then again after five days, but we kept in touch.

By the way, in case anyone is wondering, I am not Jesus, nor a prophet of God. I have never healed anyone. I cannot heal anyone. All I can do is Illuminate the Healing Path, for a person to walk on, guide them on their Healing Adventure with my wisdom, and supply them with some of the Healing Tools that they will need along their Journey.

OK, so he got very lucky and had his healing miracle, his minimum involvement was enough, he created his own healing miracle, and his disease went into remission, and as my patients often experienced in my clinic, the disease was eaten up by his own immune system. Often when this happens, when the cancer is literally destroyed by your own immune cells, then just the fiber or “skeleton” of the cancer remains. He even had the medical doctors perform a biopsy, and they said, “we don’t even know what this is anymore… it is NOT cancer, it is just some dead cells.” I said, “Wonderful, we have had another healing miracle.” But the medical doctors, nor him, were satisfied with this. They could not leave miracles alone, so they all decided to go in and “clean things up,” which I always feel is a drastic mistake, for a few reasons…
First, surgery in itself causes a drastic reduction in our life energy, our chi, ki, prana, pilot light, or energy level, whatever you want to call it. I always say unless a surgery is absolutely necessary, and you will be dead in hours unless you have it, then DO NOT have it!

His cancer had been devoured by his immune system, it was gone as far as I was concerned, and to go in with invasive surgery, just to clean out already dead cancer, is simply a waste of time, money and a HUGE waste of your internal energy. Your body will do this eventually anyway. This was NOT a good idea, especially when you have just healed yourself from a supposedly very lethal disease. I have faith in our body’s ability to completely heal itself of any disease—he did not. So he just couldn’t help himself, he did it, he had the “clean up surgery” and it was a huge energetic blow to him, like getting hit by a car… no, a TRUCK!

Another reason to avoid surgery whenever possible, but especially when you are healing yourself of cancer, is that I believe the surgical procedure itself can cause the cancer to spread. Actually, it is more than just a belief… I have seen this happen time and time again.

Some of you might wonder why he got sick in the first place. Well, many reasons that I could see.

To give you the best of my decades of clinical practice, ALL diseases are caused by a combination of things, and cancer is no different.

ALL disease is caused by:

Inherited genetic predispositions

(or)

Diseases that are activated or created by physical, emotional and spiritual poisons

Most often, it is a combination of both.

Physically

Physically, he could have been poisoned by a number of carcinogenic chemicals that are present in almost all of our lives. He worked at a very large manufacturing company, and this company uses chemicals in manufacturing that are known carcinogens. So he could have been exposed to many manufacturing toxins, or just environmental toxins that are commonly present on most work environments.

Emotional Trauma

Emotionally, there were many obvious poisons. He had a huge emotional trauma during his career, and when he explained it to me, he said it was like getting struck right in the guts, at which time he unknowingly pointed to exactly where the cancer lied underneath. He also said that he had physical pain there for a few years after, and even a “twinge” now and then ever since.

Many diseases (especially cancer) are often caused, at least in part, by powerful emotional upsets that we never resolve, or forgive and forget. And this man had a huge one. He wasn’t big on forgiveness—he was big on getting even.

Spiritual Trauma

This man had also made some business decisions that he was not proud of making, to put it mildly. A few of them were very big decisions that made the company a lot of money, but they were decisions that he did
not feel good about making at all. He had severe guilt and severe shame about this one decision that he was just in the process of making.

I suggested a solution, which was to simply… NOT DO IT. But my simple and very healing solution, well, it was just overwhelming to him. He couldn’t even imagine admitting his mistake, let alone stopping this project that was just about to launch. It would have cost the company millions of dollars and blah, blah, blah. I believe this guilt, shame and “spiritual trauma” was a big part of why his immune system was shutting down, and why he developed cancer.

A great Guru once told me, “You can’t get what you want out of life, by doing what you don’t want to do”. WOW, how simple is that? This man was simply doing what he did not want to do, and “it” was killing him. What is this “IT”? This “IT” was him, so a better more accurate statement would have been “I am killing myself” if I do this thing. Well, he did it, and he did! We are all extremely successful, powerfully successful, and get exactly what we want. If we are not getting the results we want, then we simply need to change our program.

You cannot be healthy and disease-free carrying a huge amount of guilt, shame and remorse around. We are human—we ALL screw up! Fix any mistakes you have made the best way you can, the best way you know how, and then MOVE ON!

I have a very smart CPA and many, many years ago I was considering an investment that was so complex, neither of us even understood it. He simply said to me, no matter how much money you make on this deal, if you lose sleep over it, it’s not worth it. He then went on to explain to me that he judges all deals based on their “sleep factor”. He said that if any investment or any business deal keeps you awake at night, worrying, it is not worth doing it. So I did NOT do this deal, and I have slept like a baby following this important advice, ever since.

The bottom line is that carrying around guilt and shame will make you sick and kill you, as effectively as any disease. Actually, it is part of the disease!

OK, so now my friend is dead. So what is my point here? Well, I have a few…

First, I only share this story with you so we can ALL avoid these same mistakes and pitfalls in our own lives. He would have liked this.

If you are seriously ill, with any one of the thousands of life-threatening diseases, and you want to heal your dis-ease naturally, well, you simply need to take enough time off to heal yourself. In my clinical experience, the minimum is three months on the programs, but with getting started and recuperation, plan on six months. If you will not take the time off, well, this is what medical doctors, drugs and surgery are for.

Medical doctors are NOT Natural Healers. If you are going to embark on a Natural Healing Adventure, STOP listening to them. In fact, STOP asking them questions. In fact, STOP going to them. By the way, they DO NOT know when you are going to die!

Dr. Schulze is NOT Jesus, Buddha, Moses, Mohammed, Lao Tzu, Confucius or any other prophet of God or spiritual leader. He has never healed anyone, except himself. ALL of his patients healed themselves!

ALL diseases have physical, emotional and spiritual components. It is very important when healing yourself to identify as many of these disease-causing factors as possible, and eliminate them. They can be toxic food, toxic emotions and toxic spiritual poisons. Guilt and shame can kill just as fast as French fries and trans-fatty acids—actually faster.
Surgery in itself causes a drastic reduction in our life energy—our chi, ki, prana, pilot light, energy level—whatever you want to call it. Only consider it if you will be dead in hours without it. Otherwise, postpone it as long as possible.

With ALL of your decisions in life, remember… consider the “sleep factor”.

OK, I’ll see you next week!

— Dr. Schulze

**More On Prostate Cancer – Fighting It Naturally!**

September 27, 2011, ANSWER by DR. RICHARD SCHULZE

**QUESTION**

Dear Dr. Schulze,

My husband has prostate cancer, and has changed his lifestyle to be vegan for the past 18 months. We have done 90% of your products and advice. We have heard that soy products and some fruits such as apples, prunes, raisins and pears feed the cancer? Is this true? Thank you for helping me keep my husband out of the hospital and living a healthy life. He has trouble with a swollen prostate, which makes urinating difficult at times. He keeps himself emptied by self-cathing, a few times a day, when he feels his kidneys starting to ache. Done the detoxes from time to time, and juices every day. Haven't been able to get him to do the 30-Day Detox or Incurable program. He has an extremely busy life, but I feel he can do whatever he puts his mind to; maybe you could persuade him? Waiting for your reply ASAP, thankful for what we've learned from your books and blogs. God bless your efforts, you're an answer to prayer.

— Brenda G. in Lansing, MI, United States

**ANSWER**

Dear Brenda,

Hmmmmmm… “My Husband has Prostate Cancer”

Hmmmmmm… “We” have done 90% of your products and advice”

Hmmmmmm… “Thank You for helping to keep my husband out of the hospital”

Hmmmmmm… “Haven't been able to get him to do the 30-Day Detox or Incurables”

Brenda, I have a question…

Whose prostate is it anyway?

Whose prostate is swollen?

Whose prostate is cancerous?

Who has to stick a tube up his penis twice a day?

And who is writing me this letter?

The most difficult thing about Natural Healing is that we cannot heal anyone of disease, no matter how much we love them; they have to heal themselves!
You sound like an amazing woman to me, a great wife and if I were looking for a woman, or a nurse, I would give you a call immediately. And, I totally applaud your husband for making all of the changes that you have told me he has done, although I am sure you are the one who has made this all happen.

Look Brenda, I really appreciate your faith in me, my Natural Healing Programs, my Herbal Medicine and all of the work that you, and your husband, have done. I am not being hard on your husband, and I do congratulate him for all the good work he has done, but I take Cancer VERY SERIOUSLY and I want more than anything for him to HEAL HIMSELF and I KNOW, in order to do this and give him his best shot he has to get MORE INVOLVED!

And, you writing to me is very typical of my clinic. There is no accident that 90% of my patients were female. I would like to think that it is simply because I am a handsome hunk, but the reality is probably closer to the fact that women are more open and flexible when it comes to new things than most men. Maybe this is one of the wonderful differences between estrogen and testosterone. We know that testosterone makes things harder, stiffer, and less flexible, ALL puns intended. This is one of the reasons you love him, but also these same reasons make men less open and receptive.

Anyway, just make sure that you are not dragging your husband through this Natural Healing adventure. And, make sure that he has more energy with healing his prostate than you do. I know Brenda, if you could, you would have his prostate transplanted into your body and you would heal it yourself, and then give it back to him, but you cannot do this.

Again, I applaud you for all you have done, and him for what he has done so far, but his healing will take an immediate and amazing change if he leads the charge, gets into his programs and gives me 110%, and gets his prostate healed and gets his body to heal itself of cancer.

Let me tell you, if he doesn’t take this more seriously, the cancer will!

NOTE: Psychologists now say there is a third personality type, the type “C” personality (verses the type “A” and type “B”). They say that the type “C” personality is common with people who have Cancer and they describe it as people who don’t speak for themselves when they have the diseases, which is what is happening here. So, we need to get your husband to be the one who is Creating “his own” Powerful Health!

And, I understand that he has an extremely busy life, but if he loves life and wants decades more, he has to give me a season here, and take a break from work, give me 110% and we will get this cancer out of his body and he will heal himself.

The best thing you can do right now for me is two things…

#1: Love your husband for who he is, not for his level of healing participation.

We are all going to die someday, and ALL of us could have lived a little longer if we would have taken better care of ourselves and lived healthier. But, at the same time, we have to balance quality with quantity. So don’t be too hard on him if he also doesn’t want to do any of my programs as intensely as you do, or if he isn't as disciplined as you in creating a Natural Healing lifestyle. You fell in love with him for a reason and it was not his ability to drink carrot juice.

#2: Send this BLOG to him!

Mr. Brenda, I have had people with prostate cancer in far worse shape than you, totally heal themselves. You can do this. And, you are lucky to have your wife on your team. I have NO DOUBT that with your
determination, kick ass intensity, my programs and with your secret weapon of your wife, the prostate cancer doesn’t stand a chance.

Finally, answering your initial question, the foods you mention do not feed cancer. What feeds cancer is toxins and poisons that we get exposed to in our food, water and air. And, what feeds prostate cancer are all animal foods and they are probably what caused your husband’s prostate cancer in the first place. So I congratulate him for making the change to his vegan lifestyle. Dried fruit, like some prunes and raisins are very concentrated and high in sugar, so I suggest eating only fresh fruits.

Finally, finally... make sure your husband is using my PROSTATE Formula, 3 droppersful, four or five times a day, every day, until he can urinate with no problems at all. I’ve had a thousand men who could barely pee because of their swollen prostate, be able to urinate with a strong stream again just by using this formula, so make sure he takes it every day.

God Bless You Both and Your Efforts,

— Dr. Schulze

**Prostate Cancer, Radiation & Viagra**

September 20, 2011, ANSWER by DR. RICHARD SCHULZE

**QUESTION**

Dear Dr. Schulze,

My 61-year-old husband went through radiation two years ago for prostrate cancer. Now we depend on Viagra for sex. Can your prostate formula or shot help someone like him that had gone through radiation?

Thank You,

— Abigail A. in Brooklyn, NY, United States

**ANSWER**

Dear Abigail,

The Answer is YES!

But it is NOT quite that simple.

Don't get me wrong, I LOVE Sex! It feels great and it is great for you, physically, emotionally and spiritually, but first thing’s first.

As we all know, if we do not correct the underlying reasons why your husband created cancer in his body, well, in just a few years, he will create cancer again. Statistically, cancer will return in 5 years or less. So I am much more interested in discovering, and more important, CORRECTING, the lifestyle flaws that caused your husband to create cancer in his prostate in the first place, and getting him healthy, than getting his penis hard (which I know is important) but we can deal with that second.

Running a Natural Healing clinic dealing with thousands of patients is very similar to running emergency triage after a disaster. I have to deal with your husband’s life-threatening issue first.

One of the main contributing factors causing cancer of the reproductive organs in both men and women (so I am talking about prostate and testicular cancer in men and breast, uterine and ovarian cancer in women) is excess hormones, especially growth hormones and steroids. One of the main and only ways as adults we get bombarded with growth hormones and steroids is by the consumption of animal flesh and animal
byproducts. *Look, I am not preaching some moral vegetarian standpoint here or some 'save the whales' philosophy.* I am solely interested in stopping the flow of growth hormones and steroids into your husband’s body, which caused the prostate cancer in the first place.

When we begin our teenage years, we all have a spike in our own growth hormones and steroids. The reason for this is simple—to make us grow! This is what causes everything from teenage growth spurts to our maturing as male and female sexual beings, along with the growth and maturing of our sexual and reproductive organs. During our late twenties and early thirties it is natural for our body to start producing less growth hormones and steroids. This is simply because, WE DON'T NEED TO GROW ANYMORE! So our bodies slowly and naturally begin to reduce the manufacturer of growth hormones and steroids to where sometime in our late forties, fifties or sixties, both men and women experience female and male menopause, which is a time when our growth hormones and steroids reduce to a very minimal level. This is all part of the natural growth and sexual reproductive cycles of humans.

The problem of creating sexual and reproductive cancers begins when we interfere with our body’s own natural reduction of growth hormones and steroids, by introducing additional powerful growth hormones and steroids into our body, bloodstream and reproductive organs, through our diet.

There is now an overwhelming amount of scientific evidence that shows that all animal flesh, milk, eggs and byproducts contain high levels of growth hormones and steroids.

First, they contain the growth hormones and steroids that are naturally present in the animal. What I mean by this is that a cow or a pig naturally contains growth hormones that tell their body to grow hundreds—if not thousands—of pounds very quickly. These powerful growth hormones (along with our animal-based American diet) are one of the main reasons behind the huge problem with obesity in America. These powerful growth hormones also send grossly improper messages to our sexual and reproductive organs, to grow and often this growth is tumors.

Just imagine, the milk of a cow is genetically engineered to tell the baby cow to grow fast, and to rapidly grow thousands of pounds, and we are consuming this alien milk into our bodies. Just imagine what message this alien milk is telling our prostate, testicles, breasts, uterus and ovaries to do? I can tell you. TO GROW! Now, I have not even begun to talk about the millions of gallons of growth hormones and steroids that are pumped into all animals to produce more meat, more milk, more eggs, more animal byproducts, more animal food. Naturally, when you put animal growth hormones plus additional man-made growth hormones into your body, well, you now have a very serious hormone double-whammy! When you combine these two facts, with the gross increase in the consumption of animal food in the American diet, it is no wonder that sexual and reproductive cancers have skyrocketed to an all-time high.

So the first thing we need to do for your husband is to get him to read what I wrote above!

Now, beyond his food program, let’s get him healthy. If he is up to reading a book, I highly suggest my 20 Steps Book. If he is not up to reading it, I suggest you read it, and start including ALL of these 20 Steps into your family lifestyle. You can even read it right now for FREE by clicking on the “20 Powerful Steps” book cover at the top of this BLOG.

I also suggest that you get him to take my SuperFood Plus, and if he won’t drink green drink or swallow 15 tablets, well, I just really wonder how much he desires his penis to get hard.

Additionally, after he gets on his new food program that won't create cancer and his body, and gets a nutritional blast from my SuperFood, and beyond the detox programs that I always suggest, yes he would greatly benefit from my Male Formula, my Super Ginseng Formula and my Male “SHOT”.
I would suggest that he starts on the Male Formula at 2 droppersful three times a day, on the Super Ginseng Formula at 1 droppersful three times a day, and to take a Male “SHOT” a few hours before he plans on having a sexual experience.

In closing, I would rather have him alive than sexually active, although I do prefer both. So let’s get him on a food program and lifestyle program that won’t cause his cancer to return and cause him to be just another American cancer statistic.

You’re a good wife!

— Dr. Schulze

**Hormones, Cancer and the Female Tonic**

September 06, 2011, COMMENTARY by DR. RICHARD SCHULZE

Below is a question from Debbie M. in Boyertown, PA. Sometimes it is best if I answer a customer’s letter within the letter itself so it makes more sense, and this is what I am doing below...

**Dear Dr. Schulze,**

*I’m so glad you finally got your blog up and running. Thank you for your persistence. I have been a fan since I bought the book “Curing with Cayenne” and have been making the women’s formula ever since.*

*In my forties this formula helped with severe cramping. I just turned 55 and am now perimenopausal. My parents both have reproductive cancer. My mother has since passed away from breast cancer. The doctors say it was estrogen driven. Someone in the health field told me I shouldn’t take the women’s formulas because some of the herbs may have an estrogenic effect and since my mother had estrogen driven breast cancer, I should stop. Well, that scared me and I stopped about a year ago…*

**OK, let’s begin…**

First, you say that this formula helped you with severe cramping and that you started taking it at age 40 and that you are now 55 and I am assuming that you have been taking the formula for 15 years, either straight or on and off. This all sounds good.

You also state that BOTH of your parents have reproductive cancer and that your Mom has passed away from it, and that the medical doctors said it was estrogen driven.

The first thing I did in my clinic with every patient was take a health history, which would include all of their relatives and going back to grandparents. If both of your parents have reproductive cancer, and you mother has actually died from it, this does in fact put you in a higher risk group for developing reproductive cancer, BUT, it is not a guarantee at all that you will develop reproductive cancer at all, and I am sure that you will NOT. So take a breath here, please.

If you live a very different life than your parents, physically, emotionally and spiritually, and have a very different lifestyle, then you can expect to have a very different health outcome. Basically, you can expect to be healthy and cancer free.

Remember, your level of health is determined by your GENETICS REACTING to your LIFESTYLE, meaning, that you may be genetically predisposed to reproductive cancer, (and there is nothing that you can do about that, that's water under the bridge) but if you create a powerfully healthy lifestyle, again, not just physically, but also emotionally and spiritually, well, you simply WILL NOT develop reproductive cancer.
cancer. On the other hand, if you live in a similar way as your parents did, or even a lower quality or lower health lifestyle, well you can expect a similar outcome, possibly creating Reproductive Cancer.

For all of us, the best way to PREVENT genetic weaknesses (family diseases) from developing in our bodies, and the best way to pass on stronger genetic coding to our children, is to live a healthy life. I don’t want to sound like a German geneticist or Dr. “Adolph” Schulze here, but this is a very basic law of Nature. The weak become diseased and die out and the strong survive, and I want to make sure that you are strong, healthy, live long, and that we will all create stronger and healthier future generations.

OK, so good so far.

Then you say:

“Someone” in the “health field” told me I shouldn’t take the women’s formulas because some of the herbs may have an estrogenic effect and since my mother had estrogen driven cancer, I should stop. Well, that scared me and I stopped about a year ago...

They were wrong!

This is where I have a problem—‘Someone in the health field’. Just like medical doctors, there are so many people in the health field that mean well, but don’t really know what they are talking about and pass on a lot of misinformation, even real stupid suggestions and even more ridiculous treatment ideas. This is the vast MAJORITY of both medical doctors and natural health professionals.

To make things worse, the vast MAJORITY of “health practitioners” and even “natural” doctors, still THINK like medical doctors, using standard medical algorithms or thought patterns with treatments, meaning they think and treat just like medical doctors, and this is where the problem lies. Let me explain…

Herbs are just one of the many tools of Natural Healing. They are to be used along with healthy food programs, flexibility, movement and exercise programs, cleansing and detoxification routines, emotional and spiritual programs and hundreds of other positive lifestyle changes.

Herbal Medicines, when used correctly, are never used like a drug. Herbs do not act like drugs, and should not be prescribed like drugs. Many herbalists around the world, if you have a headache, would prescribe herbs for reducing pain—I definitely would not. Unfortunately most people, who practice natural medicine, do so with an allopathic or standard medical doctor’s mindset.

If you have a headache, I want to know WHY, not, I repeat NOT, just kill the pain. You can have a headache for 1,000 different reasons from tight neck muscles and stress, to constipation, toxicity, eyestrain or even a brain tumor. Pain is the way the body communicates and lets us know that something is out of balance. To tell it to shut up, and use drugs or even herbs, to make it go away without knowing why it exists is a very ignorant form of medicine that is practiced by most doctors, both Orthodox and Alternative.

The herbs in any of my Female Formulas do not contain estrogen, nor would these herbs promote any cancer in your body, nor would they promote your body to develop any cancer, in fact they will do just the opposite.

The herbs do contain nutrients that your body can use to build hormones, but only if you need them. Mostly what these herbs do, is sensitize or assist your body to be more sensitive in detecting the amount of hormones that you have created that are present in your bloodstream and then suppressing or stimulating the manufacture of them, as needed.
For instance, many of the female herbs in my Female Formulas have been found to work by increasing the sensitivity of the hypothalamus organ in your brain. It’s the hypothalamus that constantly checks your blood for hormone levels every minute of every day. If it detects that you are low in any endocrine chemical (like a hormone such as estrogen) it will release chemicals that tell your ovaries to produce more estrogen. If the hypothalamus detects that you have enough estrogen, it will release other chemicals that slow down or even stop your ovaries from producing estrogen. So you can see that these herbs do not contain estrogen, but instead sensitize your own endocrine system to produce exactly the amount of hormones, or estrogen, that your body decides that you need, not what I (or any doctor) thinks you need.

Since I don’t use herbs that actually contain estrogen, you have nothing to worry about.

Now, having said that, all animal foods, because of the huge amount of growth hormones and steroids that are used in all meat, milk and egg production, are loaded with residual growth hormones and steroids. So, when you consume animals and their byproducts, you consume large amounts of these growth hormones and steroids. The residual hormones and steroids in animal food and animal byproducts have been directly linked to the increase in reproductive cancers, including breast, uterine and ovarian in women, and prostate and testicular in men. So if you read my books and follow my work, then you already know that—especially for you with a family history of cancer—that I highly recommend a vegan food program. Even the American Cancer Society says that this will reduce your risk of cancer. So this is the FIRST place this “health practitioner” should have gone, stopping you from consuming any animal food, and left the herbal medicine advice to the herbal doctors.

Now my symptoms are crampiness and spotting almost every day. I tried going back on the formula, but I started to get slight hot flashes, so I stopped again. When I started taking it, was I just not taking enough? Now, I don’t know what to do. I’m thinking I should be taking it to balance my hormones, but don’t want hot flashes. I would love to hear your thoughts.

— Debbie M. in Boyertown, PA

OK, let me give you a few of my thoughts here…

First, relax; this is not such a big deal. I know this is very important to you, and your health, but I do not feel that you are in any serious danger, just a little bit out of balance. So it is important that you keep this in perspective.

#1: At the beginning of your letter you state that you have been ‘making’ my formulas for years—I hope this is a typo and you meant ‘taking’ my formula for years. If it is not, and you are actually ‘making’ my herbal formula, this may be the beginning of your problem. As you know, I do promote people to make their own herbal medicine if they want to. But, my concern here is that any herbal medicine that you make, can only be as powerful as the herbs you begin with. I am a fanatic; in fact, fanatic is not even close to a powerful enough word to describe how insane I am about herbal quality and my manufacturing techniques for my herbal medicine. Please, read the beginning of my catalog under why my herbal formulas are the very best. I am not tooting my own horn here, or pumping up my ego, but it is one thing to make your own herbal medicine for general use, and another thing to make it to save your life. I suggest you start using my Female Formula, at least for a while, as I know exactly how I make it. This is the exact formula that created the extremely positive results with my patients in my clinic.

#2: I definitely suggest getting some of my Female Formula and start using 2 droppersful three times a day. With an additional dose of 2 droppersful anytime you need it. And, if you are having a powerful negative symptom of menopause—like extreme hot flashes, night sweats or any other symptom—I suggest using my Female “SHOT” immediately. Then, after a period of time when you feel that your hormones are back in balance and that you are healthy again, you can feel free to start making your own herbal
medicine if that is what you want to do. But at least for now, please, use my herbal medicine, until we get you healthy, strong and out of any danger.

#3: You are not your mother and you are not your father. Sure, you have inherited many of their genetic strengths and weaknesses. But remember, you do not have to live out any of their genetic weaknesses, and the best way to make absolutely sure that you do not manifest any of their, or your, genetic weaknesses is to live a much healthier lifestyle—physically, emotionally and spiritually—then your parents did. I am sure that your parents did a lot of great things; all I’m asking of you is an UPGRADE. I want you to take a good look at what your parents taught you. And then I want you to eliminate the bad, keep the good, and create a new, more healthier lifestyle for yourself then your parents did for themselves.

So stop worrying, get healthier, have fun and let’s get going on Creating Powerful Health.

— Dr. Schulze

Can I Use Drugs?

June 28, 2011, COMMENTARY by DR. RICHARD SCHULZE

Friends, the following is an answer to a question from a customer, but it is such an important issue—and a question that I get asked by many of you EVERY WEEK—that I took a little more time on it and turned it into a valuable lesson for all of you. I hope this helps many of you make this very important decision.

— Dr. Schulze

QUESTION

Dear Dr. Schulze,

I am a huge fan of yours and I now have my entire family on all of your products, and I am blessed to tell you that everyone in my family is healthy now. The many complaints that used to cause us to go to the doctor are now gone. No one in my family has been to the doctor in over three years. We haven’t even had any colds thanks to your Cold & Flu SHOT. It feels so great, and so empowering, to be both Mom and also my family’s doctor. The kids even say our new hospital emergency room is the house kitchen (thanks to your First Aid DVD). God Bless you.

I am writing you, as I know that you are totally against using any chemical and pharmaceutical drugs and medicines. My question is - is there ever an exception to this rule? I am asking this because my father has lived a healthy life (he is 84 years young) and recently his medical doctors say he needs some heart medicine to stay alive. They say it will give him more years and I just wanted to get your opinion on this, although I already think I know what you will say. But obviously I want to see my Dad live as long as possible.

So I am awaiting your response. Thanks again for your wonderful, herbal and NATURAL medicine.

— Patty E. in Hollywood, FL

ANSWER

Dear Patty,

FIRST, and VERY IMPORTANT
All of my knowledge, all of my knowing, all of my understanding, comes from my clinical experience. It is important that you know this, and that the following is NOT just my opinion, or that I am trying to just prove some Natural Healing or herbal medicine point. Instead, this is my ACTUAL EXPERIENCE, time and time again, with tens of thousands of patients. Additionally, it is also the ACTUAL EXPERIENCE of my great teachers, from their clinics, with tens of thousands of their patients. The reason I emphasize this is very important. **You are putting your trust and your LIFE in my hands, and I take this VERY SERIOUSLY.**

So, I am not going to do any guessing here, or any preaching about Natural Healing and herbal medicine, or give you any of my opinions, theories and hypotheses, and I have many of these. I am simply going to tell you the absolute truth, what I witnessed firsthand in my clinic for decades using Natural Healing routines and my herbal medicine to treat disease, PERIOD!

### My Clinical Observation and Experience

**Most people are lazy.** Maybe this is human nature. Maybe this is why the biggest health epidemic in America today is obesity. But whatever the reason, most people I meet are lazy. I would safely say this is about 90% of the people I meet. They are lazy. This is a big reason why medical doctors, drugs and hospitals have become such big, profitable businesses in America today, because rarely are we asked to (or even want to) take any responsibility in our own healing.

A simple example of this is, how many times have we seen a man get a coronary bypass surgery, and have his clogged or blocked arteries replaced, only to be out eating cheeseburgers, French fries and milk shakes a week after his surgery at some fast food restaurant (if not right in the hospital) clogging up the new blood vessels?

**NO Responsibility.**

Modern medicine—almost all of it—is designed for lazy people who are too damn lazy to create a healthy lifestyle, too lazy to eat healthy, nutritious food, too lazy to do routine cleansing and detoxification, too lazy to move their ass every day and too damn lazy to be positive and loving to themselves and others.

From the drive-through at fast food garbage houses, to microwaving manufactured fast food at home, to the lazy boy chair, to the mind-rotting television, sitting down and taking as many breaks as possible, just to get back to the fast food and do it all over again.

**Patty, getting well is pretty darn easy. For most of my patients, it was simply a matter of STOPPING what was making them sick.**

But most people, instead of stopping eating food that they cannot digest, they would rather take a pill or drink some chalky drink to sooth their indigestion. Most people would rather be fat and buy bigger and bigger clothes—and even buy an electric cart to move their fat ass around in—because they are so fat now it hurts to walk, then to lose fat.

Consequently, most people would rather take more and more chemical drugs, have more surgeries, get dialysis, wear diapers and buy an electric scooter to ride in than to do a 5-Day KIDNEY Detox and get healthy.

### Getting Off Of Drugs…

In my clinic, I found that 100% of my patients—**that’s right, 100% OF THEM**—were all able to be healthy, stop taking ALL medication and **STOP ALL DRUGS** by making very easy and simple changes
in their lifestyle. But, there is the dirty word—CHANGE—and back to the beginning, most people are lazy and do not want to change.

**There is HOPE!**

Thankfully nowadays, more and more people are losing faith in modern medicine. Television is loaded with ads and between the ads for drugs are other ads from lawyers asking you if you want to sue your doctor or the drug company for giving you drugs that harmed you or killed your relatives. Almost every supposed wonder drug, in only a few short years, is discovered to have serious, harmful side effects and has maimed or killed people. Additionally, almost ALL medical treatments, especially for degenerative diseases, have been proven to NOT be effective. Worse, they have proven to be detrimental, even lethal. Today, many authorities say that you will live just as long—if not longer—if you do NOTHING AT ALL, instead of undergoing aggressive medical treatment.

**FACT: In America, we spend more money per person on medical care than any other country in the world, but we don’t even make it into the top 15 countries when it comes to longevity.**

So in this new millennium, modern medicine, doctors, drugs and hospitals are no longer looked at as they were in the 1950s. Trying to poison people into health just doesn’t work very well. They have grossly over-promised and under-delivered when it comes to healing disease and are now viewed with more skepticism than ever. Modern medicine has done a terrific job at shooting itself in the foot so I won’t say anymore.

The bottom line is that very few people today think doctors, drugs and hospitals are safe, and are looking for alternative ways to cure disease and regain their health.

**But back to my main point…** In my clinic, 100% of my patients were able to get off of ALL of their drugs, if they were willing to make the necessary positive changes in their lifestyle, and simply STOP making themselves sick.

**What were these LIFESTYLE changes?**

I will break the changes down into a few simple categories that I made EVERY patient do, so they could successfully STOP taking ALL of their drugs…

**INTAKE: Food & Liquid**

START consuming plenty of fruits, vegetables, whole grains, legumes, nuts and seeds, and STOP eating ALL animal food and ALL junk food.

For exact details of this food program, see my book “Detoxification: Volume One”. You can read it right on my BLOG, just click on the book and go to “My Three Clinical Food Programs” on page 53, or call and ask for a FREE copy of this book by calling 1-800-HERB-DOC (437-2362).

And, to make sure you are flooding your blood, cells and body with nutrition, I had all my patients use my **SuperFood Plus!**

**ELIMINATION: Routine Detoxification & Cleansing**

Immediately start on my 5-Day Detox Programs. You need to do to get ALL of your elimination organs clean, toned and functioning normally. Then, continue to do a 5-Day Detox every season for life. I have
nine Bowel Digestive and Elimination Herbal Medicines, and three 5-Day Detox Programs. If you are serious about getting off of drugs, try them all.

**MOVEMENT: Daily Exercise**

Begin a daily movement program for an hour EVERY day. Start out slow and increase the duration and intensity, as you get healthier and stronger.

**EMOTIONAL: Positive, Healthy Living**

We have all been polluted, all of our lives, with health destroying, negative affirmations. We need to STOP them and replace them with positive healing and life and health-affirming, positive affirmations. At the top of this BLOG is a horizontal navigation bar, go to the right and put your cursor on “Quotes and Healing Affirmations”, click on “Healing Affirmations” for a great place to start.

**REPLACEMENT MEDICINE: Herbal Medicine**

Use herbal medicine, which when assisted by you creating a healthy lifestyle can be just as effective at healing disease than any pharmaceutical drug. Better yet, herbal medicine acts more like food for the body, helping it to HEAL ITSELF, instead of forcing some metabolic action and does not have the negative side effects as drugs. So, I would get my patients to replace their chemical medicine with natural herbal medicine.

For information on all of these categories—AND MUCH MORE—see my book, “20 Powerful Steps To A Healthier Life”. Just go to the right side of this blog site, look for this book cover, click it and read it for FREE.

**What if the DRUGS I am taking are keeping me ALIVE?**

Let’s not be stupid here and die to prove a point. If the drugs you are taking are literally keeping you alive, DO NOT STOP TAKING THEM.

BUT, having said that, 99% of my patients who thought that they would never be able to wean themselves off of their drugs, and whose medical doctors thought they would never be able to live without their drugs, were able to eventually stop taking them. They simply had to improve their lifestyle to be even healthier, and then they were able to wean off the drugs.

In most circumstances it is important to do this slowly. You will know when the time is right. For instance, if you are Diabetic, you will see when you start creating a healthy lifestyle, you will need less and less insulin. Depending on the severity of your Diabetes, and the length you have had this disease, this will also determine the intensity that you will need to do my programs, and also the time it may take to get off of all of your insulin. And, you must master a low glycemic food program, and really understand about eating whole, natural foods that are hard to digest, (which will naturally have a low GI). You’ll also need to learn to love exercise and get rid of any and ALL FAT. Get the point? When you do all of this and much much more, you will see your blood sugar drop. Then, you can reduce your insulin and eventually get off of it. For everyone the program will be different. The same is true for any and all drugs.

Sometimes, it is at this point that my patients who said that they were willing to do ANYTHING to be well, do ANYTHING to heal their disease and do ANYTHING to stop taking their drugs REALIZED THAT THEY WERE NOT WILLING TO DO ANYTHING after all!
There is nothing wrong with this. I always said, everyone thinks they would like to drive an expensive car, but when they see what the payments and cost will be, well, the rusty old junker isn’t so bad after all. I do not judge. I am simply here to tell you what is possible and offer you a new chance at life free of disease and free of drugs.

**Almost ALL of my Patients…**

Most of my patients had some type of disease and also had high cholesterol, high blood sugar or high blood pressure, if not all three! They had a number of aches, pains and diseases. They had all of these issues simply because they…

- Ate a lot of crap, and drank crap!
- Did not get enough nutrition!
- Had poor digestion and elimination!
- Had congested bowels, livers, gallbladders and kidneys!
- Were overweight!
- Didn’t move their ass enough!
- Were negative!

Then, when I had them CHANGE their lifestyle and REPLACE these DISEASE CAUSING BAD HABITS with POSITIVE, HEALTHY HABITS… Their DISEASES WENT AWAY and they could STOP TAKING ALL OF THEIR DRUGS!

Your medical doctor is ASSuming that you will not make these positive changes. In fact, they have NO EXPERIENCE in the curing power of these positive changes, and don’t even believe that they will work.

**They DO and they WILL!**

The hospitals and pharmaceutical companies hope you don’t make these changes. Their income depends on you NOT making these changes. A patient cured, IS MONEY LOST! It is that simple.

**Is there EVER a time to take drugs?**

**ABSOLUTELY!** Some of you may be shocked by this answer, the great Dr. Schulze saying to take chemical drugs, but please let me explain. I believe there are TWO times to take chemical drugs.

**#1: TRAUMA**

In cases of extreme trauma, like bad car wrecks or any circumstance where your life is immediately threatened due to great bodily harm, injury or the rapid onset of a life-threatening disease, this is when modern medicine excels, often far beyond the scope of Natural Healing.

In situations such as this, I highly suggest using as much surgery and taking as many drugs as necessary to save your life and stabilize you. Then, once you are stable, as soon as possible, get the hell out of the hospital before they kill you because you can do the remainder of the healing naturally at home.
Don’t be stupid and don’t die trying to prove that Natural Healing and herbal medicine works. I already know it does, so save your ass first, we can always do a liver flush later.

#2: YOU ARE OLD

We are ALL going to eventually die. No matter how clean you live, no matter how powerful of health that you create, no matter how perfect your lifestyle is and no matter how positive you are, eventually you will die.

Eventually your body will start to fail, your genetic weaknesses will surface and your body will start to breakdown, fall apart and become diseased. With most Americans this will be cardiovascular or heart disease, or cancer.

When this happens, modern medicine, hospitals and pharmaceutical drugs may be able to give you a few more years, and if this is what you want, WHY NOT!

What is IMPORTANT is to also maintain your quality of life while you are going for the most quantity and longevity. Most of my patients did not want to be lying almost paralyzed, in pain, vomiting, in a diaper, doped up on morphine, and paying $5,000 a day just to squeeze out a few more months of life. You get the picture. At this point, it is time to move on to the next adventure and celebrate a life well lived.

Don’t give away your family nest egg and throw away what little money you have saved after bills and taxes, and give it all to the hospitals just to have anyone lie in a hospital bed feeling like hell, living in hell, this is silly too. Use your common sense!

BUT, if a few drugs can keep you maintaining a great quality of life, and hold off disease and death a few more years, why the heck not? I have never seen anything wrong with this.

BUT, HERE IS THE BIG BUT… Just make sure THAT YOU HAVE DONE ALL OF MY PROGRAMS FIRST, done ALL of my Natural Healing programs, using ALL of your herbal medicine, and made ALL of my suggested lifestyle changes, done ALL of my 20 Steps, and have done 110% at creating the best, healthiest and most positive life possible. 99% of the time when my patients, or their relatives, thought that they had done this, I was able to see 100 more healthy changes that the person could make, and I had them do this for a few months, and their disease completely went away and their health came back, WITHOUT DRUGS. So it is important to stay off of any drugs as long as possible.

And, if you have done it ALL and you are still dying..., and you can get a few more years with drugs, bring on the drugs.

FINALLY, Patty…

If your father is like most of my patients that were in their eighties, he has not done what I just stated above. So, if he wants to and he is willing to step-up his health programs, his herbal medicine and his healthy lifestyle a few notches, he will probably be able to stay off the drugs for a few more years. Who knows, maybe even for the next decade? Now you can reserve the use of drugs, if you need them at all, until you cannot keep him stable with lifestyle and herbal medicine alone.

Doctor Patty, you are a GREAT mom and a GREAT daughter. Just keep learning and growing and celebrate it ALL!

— Dr. Schulze
My Clinic, My Patients & Natural Healing Including the Birth of SuperFood

June 21, 2011, VIDEO by DR. RICHARD SCHULZE

This is a very special video. If you are into Dr. Schulze, and hearing some great stories about his early clinic, and some of his patients’ healing miracles, and also hearing some unknown stories about the birth of his nutritional blender drinks and his SuperFood formula in the clinic, then you will love 30-minute up-close and personal moment with him. Great Natural Healing Principles and Evangelism!

Click to View

Avoiding Your Genetic Cancer Risk

April 12, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I recently had a 5cm thyroid nodule removed that turned out to be cancerous. I am also BRCA1 positive. Doctors want to take the other half of my thyroid out, give me radioactive iodine, perform a hysterectomy, and remove my breasts. I do not plan on doing any of these. I have ordered a juicer and am starting to follow your Incurables Program. I have 2 questions: 1) Can the Incurables Program help with the genetic mutation cancer risk of BRCA1? 2) Do any of your products address the balancing of my thyroid hormones?

Thanks,
— Roberta F. in Providence, RI,

ANSWER

Dear Roberta,

Your first question, can the incurables program help when you have a genetic cancer risk? This is a great question that many people have. And you are under the gun of the medical doctors wanting to prophylactically remove your female reproductive organs and your breasts? OK, let me see if I can clear some things up for you by telling you a story.

Not long ago, I attended a holiday party in a person’s home, who was asking for donations for a large cancer research and treatment charity in America. I can’t tell you the name, but they may be the largest. Anyway, during this party, one of the chief oncologist medical doctors (who was also in charge of research) gave a speech, and this is what he said…

He said that first, ALL Cancer is caused when certain genes in our body give a message to our body’s cells to mutate and become cancerous. He went on to say that their research plan was to develop chemicals that (when introduced into the human body) would inhibit and block these genes from giving this “message to mutate” to the cells of your body.
At the end of his lecture, I asked him two questions:

First, I asked how much money they needed to develop this program of chemical “genetic altering”, and he said it was unknown, but it could be **trillions of dollars**.

I then asked him how long this research was going to take, before they know if it works, and he said that it might take up to **100 years** to perfect this genetic “altering approach” to stopping cancer.

Being that I was a few dollars short of a trillion, I put my checkbook back into my pocket. But also, there were people in this audience that had parents with cancer, in fact, some of them had cancer themselves, and this doctor was talking about a cure that would cost an amount almost the size of the national debt, and also a cure that probably wouldn't be available—even if it worked—until everybody at this lecture, and their children, and probably even their children, were ALL DEAD!

Needless to say, this guy had spent too many years in medical school and in the research lab with rats and not the clinic with human beings, and he obviously doesn’t live in the real world. They should have sent a better salesman with a better bedside manner, as this man’s highly expensive, extremely tentative and futuristic cancer treatment didn’t get too many donations.

**But, it gets better… and this is where YOUR answer is.**

Finally, because you know me, I have a lot of questions too, so I asked him WHY?

WHY do these genes, that some of us have, tell our cells to mutate and become cancer in the first place?

He said, “Well, everyone knows that!” And, he started naming junk food and fast food hamburgers, French fries, alcohol, soft drinks, candy and sugar, etc. He went on to say that chemicals, harmful chemicals, toxic chemicals, poisonous chemicals, mutagenic chemicals and carcinogenic chemicals, **this is what turns these genes on to create cancer in us.**

**When we consume these chemicals, and our genes are exposed to these chemicals, this creates a mutagenic response to our genes and then our body’s cells, and we develop cancer.**

So, I had one more question. I said, “Well, then if we know what causes cancer, what if we make changes, create a healthier lifestyle and stop exposing ourselves to these chemicals? Wouldn’t that stop our genes from going haywire and stop our cells from mutating and **STOP CANCER**?” He looked me right in the eye and said, “Well, who would do that?”

So there is your answer Roberta. If you stop exposing yourself to toxic chemicals, then your genes should stop telling your cells to mutate, and you will stop making cancer.

Now, obviously you have a genetic predisposition to developing cancer, **but that does NOT mean that you have to have it.** It just means that you have the predisposition, the **POSSIBILITY!**

Our level of health (or level of disease) is a perfect reflection of our genetics, reacting to our environment and our lifestyle, nothing more and nothing less. And, since I have never seen a farmer plant corn and get strawberries (you reap what you sow) well, then if you or anyone is not happy with what you have created, then all we have to do is change and create something else.

Now, before you complain and say that you take care of yourself better than most people, forget about most people. We all have different genetics and we all have to live in such a way as to not create disease, but instead, to create powerful health.
So, what I would do is what I often refer to as a complete lifestyle “makeover”. You have to change EVERYTHING! Again, everything is genetic, we are basically 50% our Mom and 50% our Dad, and whatever they had, we are prone to get. YOUR level of health (or level of disease) is a simple combination of your genetics REACTING to your lifestyle and environment. It is a REFLECTION of this collision between your family genetics, and how you live your life.

YOU may be predisposed to develop cancer—genetically predisposed—but that DOES NOT mean that you will have it. That does not mean that there is nothing that you can do about it. Obviously, your relatives lived a life that caused this genetic disposition to mutate their cells. The way for you to stay cancer-free is to live a DIFFERENT life than your parents, a different lifestyle than your parents.

And I know this was a long-winded answer, my evangelism on genetics and Natural Healing, but to finally answer you…

YES, YES, YES and YES!

A Juicer and the Incurables Programs… AWESOME! That is a great start!

I have seen thousands of patients that have had all types of cancers—you name it. And, I have seen them heal themselves by making radical changes in their lifestyle. So again, great, get started, do a complete lifestyle makeover and enjoy the journey, enjoy the adventure. Get my 20 Steps Book and look at each of these 20 steps and try to do them all at once. I have been working on this myself, to master these 20 steps for over 40 years now.

And, for balancing your thyroid hormones I suggest the Female Formula and SuperFood Plus. The Female Formula works to balance ALL of your endocrine organs, so not just the ovaries, but the thyroid also. And, the SuperFood Plus gives your body the nutrition it needs to build these thyroid chemicals.

Roberta, remember fun is FUNdamental on all of my programs, and please enjoy your new lifestyle, and your new life!

— Dr. Schulze
ALERT: Radiation Exposure

March 19, 2011, COMMENTARY by DR. RICHARD SCHULZE

In the last 48 hours I have received hundreds of questions from customers all across America, about the potential radiation exposure from the Japanese Nuclear Power Plant disaster.

The questions are ranging from taking prophylactic potassium iodide (KI) to general and natural radiation protection.

First I would like to say that I had many students in the vicinity of Chernobyl during their nuclear facility meltdown, and worked with them to protect and treat their patients. So I do have a lot of helpful information and experience - lets get started!

How much Radiation is coming?

I think that one thing we know for sure, is that we cannot trust the power companies, nor the Japanese or the American governments, when it comes to getting us accurate information and possibly even telling the truth. The media and the Internet may be our best and more accurate source of current information.

As far as the Japanese nuclear energy suppliers, we know they are total liars. Their nuclear power plant executives have been arrested in the past for falsifying nuclear facility safety and incident reports, to the point where the Japanese government has closed every Japanese nuclear power plant at one time or another. And the American government has made many mistakes in the past monitoring facilities, and reporting incidents such as this, and even downplaying disasters to avoid panic, and has even been found to have “outright lied” on other occasions. So while private businesses and government agencies alike are known to falsify, cover up information and even lie, I would say that I do NOT trust anyone giving this current information.

Again, I would seek out the Internet, and try to find your own truth, which probably lies somewhere between the hysterical panic of the doomsayers and the lies of the Japanese corporate executives.

What is Radioactive Fallout?

Radioactive fallout is like radioactive dust. After the radioactive explosions, radioactive particles attach to dirt and dust, and circulate into the air, and in this instance, have been carried by the jet stream winds from Japan to America. The simple reason it is called fallout is because this type of dust literally falls out of the sky onto us. Within a few weeks, winds will carry this fallout to almost all areas of the planet. If you suspect that radioactive fallout has reached harmful levels, you should consider ALL of the following.

There are two major ways that this Fallout contaminates us, External and Internal.

#1 To protect from EXTERNAL Contamination, Stay Inside, Breath Clean Air and Cover Up.

One of the best ways to protect yourself from radioactive fallout dust or contamination is simply to stay indoors. Keep the windows and doors closed and avoid direct contamination of this “dust” to your body. In extreme circumstances, you can even temporarily seal the house with plastic sheeting and duct tape, especially if a concentrated radioactive cloud was passing through.

If you are outdoors, cover your head and hair, wear a scarf or dust mask over your mouth, and cover up with clothing as much as possible. Then as soon as possible, remove all of these clothes, and scrub your skin with soap, water and a skin brush. If exposure is extreme, cutting your hair off is also advised.
#2 To protect from INTERNAL Contamination, Watch what you Breathe, Eat and Drink.

Internal contamination comes from breathing air, and ingesting food and drink that has been contaminated with this radioactive dust.

As far as breathing in radioactive dust, you must protect yourself by breathing through a dust mask or dust filtration mask, or at least a scarf.

As far as food, one thing we have learned from past nuclear incidents, is that the number one food that has always been accountable for 98% of radiation dust consumption, is milk and dairy products. So DO NOT consume any milk or dairy products. Only about 2% of radioactive dust ingestion has come from all other sources of food. This is because milk and dairy products have proven to have the highest concentrations of radioactive contamination after fallout has occurred.

Having said that, it is extremely important to wash all of your fruits and vegetables, even organically grown, because any food can be exposed to this radioactive dust. So washing all food with soap, water and a scrub brush is extremely important. This will remove the radioactive dust.

Finally, make sure that any water that you consume is bottled, (before the fallout occurred) or purified. Having a great water filter around is perfect for this type of emergency.

Should I take Potassium Iodide (KI)?

Unless high-level exposure is imminent, assumed or confirmed, I would NOT flood my body with this.

Since your thyroid assimilates iodine as food in order to function, and manufacture your thyroid hormones, and since this radioactive fallout is partially iodine131, your thyroid will gobble up this radioactive iodine. This is a very bad thing to happen.

The idea is that if you flood your body with non-radioactive iodine, and your thyroid is full, it won’t take in any more iodine, including the radioactive iodine from the fallout, and it will hopefully pass through your body harmlessly and be eliminated. And one of the ways to flood your body with iodine is by using Potassium Iodide (KI), as taking high levels of iodine is NOT advised and can be poisonous, even lethal.

All your questions about this can be answered at http://emergency.cdc.gov/radiation/ki.asp which is the Center for Disease Control website, which includes dosages and just about everything you would want to know about this treatment.

Again, I would NOT consume this unless high-level exposure is imminent, assumed or confirmed.

Are there Natural ways to do this instead of Potassium Iodide?

Yes!

Many herbs are rich sources of iodine, especially seaweeds. Although most people think that Kelp is the highest food and plant source of iodine, actually Dulse has twice as much iodine as Kelp, along with every mineral known, as it grows in the ocean. This is why I use Purple Dulse as one of my ingredients in SuperFood Plus. And although a normal serving of these foods contains extremely high amounts of iodine, it is still about 300 times less than the massive dose of potassium iodide that is used to flood and saturate your thyroid with iodine.
So while some researchers think that using the natural source seaweeds, because of the much lower amount of iodine, would not be effective, other researchers feel that the iodine in the sea vegetables is much more bio-available and will assimilate easier, therefore it will be more effective, so a lower dose may be effective to block the absorption of radioactive iodine.

Also I must state that there has been no substantial testing that I have ever seen using lower doses of herbal and organic natural food source iodine such as Dulse, instead of taking the potassium iodide, for the prevention of the toxic absorption of radioactive iodine131.

Now while some non-herbal people might be scoffing at the idea of loading your body up with SuperFood Plus, or running to the health food store and loading up on Dulse and Kelp, and thinking that this lower dose may not be effective, listen up.

During the Chernobyl nuclear power plant meltdown, I had students that didn’t have any potassium iodide available in their clinics, so instead they painted parts of their patients body’s with iodine tincture, some even with my black walnut and dulse tinctures that are high in iodine. And low and behold, their bodies assimilated the iodine through the skin, and their thyroid was protected. In fact these people ended up having the exact same low levels of radioactive uptake into their thyroid as the group that took potassium iodide. In fact after this incident, I have seen other studies that prove that painting iodine tincture onto a small areas of your body, like the hand or kneecap, (some even as small as a silver dollar) was equal to taking potassium iodide, in blocking radioactive dust uptake by your thyroid.

So now people are not laughing at the SuperFood, Dulse and Kelp idea anymore, and certainly all of these are better than doing nothing.

**What other Natural Preventative Measures should you Consider?**

After the bombing of Hiroshima and Nagasaki in World War II, it was determined that there was a direct correlation between A) the amount of radioactive fallout poisoning exposure, and B) the frequency that the person had a bowel movement, and C) the degree of radiation sickness that a person developed. The reason for this is simple. When you consume food that has radioactive fallout contamination, and this food sits in your body and bowel for days, or a week, well this gives you much greater exposure time to the radioactive fallout, and therefore the radiation does significantly more damage. On the contrary, if your bowel is eliminating 2 or 3 times a day, this gives you much less exposure time to the radioactive fallout. So this is simply why keeping your bowels active, keeps flushing out the radioactive dust and does not let it build up inside your body.

Secondly, after the Chernobyl power plant nuclear meltdown, apple pectin was used extensively to extract radiation from people’s bodies and their bowels, as it is proven to remove heavy metals including radioactive fallout and particles, even Strontium 90. This action proved to significantly prevent damage and disease that would have been caused by the radiation exposure and contamination.

So on the first assumption that you may have eaten contaminated food, and have consumed radioactive fallout, I would immediately use my **Bowel Flush “SHOT”**, and then consider doing my complete **5-Day Bowel Detox Program**, that has **Intestinal Formula #1**, which would continue to stimulate the bowels to make sure that no radioactive dust had time to stay inside your bowel to cause any poisoning or damage. This Detox program also contains the **Intestinal Formula #2** which contains **apple pectin**, that draws out the radioactive dust, and also the **bentonite clay** that will physically pull out the radioactive dust.

**For all of these reasons, a good bowel Detox is the antidote for internal consumption of contaminated radioactive food.**

**My 10 Step Prevention / Protection Program**
Stay Inside, Keep Doors and Windows Shut

Wear a Dust Mask

Remove Contaminated Clothing Immediately

Wash with Soap, Water and a Skin Brush

DO NOT consume any Milk or Dairy Products

Wash all Fruits, Vegetables or any Contaminated Food with Soap, Water and a Scrub Brush

Drink only Purified water.

Unless high-level exposure is imminent, assumed or confirmed, DO NOT take Potassium Iodide

Do flood your body with Dulse, Kelp and SuperFood Plus, and consider painting parts of your body with Iodine solutions or tinctures.

If you suspect any Internal Contamination, flush your bowel immediately with my Bowel Flush “SHOT” and then follow up by doing my complete 5-Day Bowel Detox Program

Finally, in this first week of my BLOG, I have interrupted my planned normal schedule of answering your questions with this ALERT, but the volume of your concerns and questions demanded it. After all, this is what this BLOG is all about, current answers and information, and YOU!

On a positive note, this incident in Japan, and the previous ones in Russia and the United States, are simply costly lessons, that nuclear energy, is not the safe long term option that many people would have us believe. I hope that this incident will put us all on a faster track to develop alternate, safe, natural and healthy power for our children.

Peace

— Dr. Schulze
Candida

Can a person with Candida take Superfood Plus

October 10, 2008, ANSWER by DR. RICHARD SCHULZE

QUESTION
Dear Dr. Schulze,

Can a person with Candida still take the SuperFood? I know I need the vitamins, but I am concerned because I saw there was yeast in it? Also, what else can I do to get rid of this? Thanks for all you do.

– Marti P.

ANSWER

Dear Marti,

First, for anyone not familiar, Candida Albicans is a fungus that occurs naturally inside the human body, especially in your intestines, but when your immune system isn't working well it can overgrow and cause you a lot of physical problems, even emotional ones. But let me tell you a little bit about Candida to start with.

In the 1970's, every patient that came to me said they had parasites. A few of them did, but at that time all the doctors were telling people they had parasites. In the 1980's, the fad disease was hypoglycemia. And although I saw a few patients with hypoglycemia, or low blood sugar, it certainly wasn't every patient who walked in my door. But doctors told everybody, with all the problems and symptoms that they had; it was because they were hypoglycemic. And they really weren't.

Well, if there was a fad disease of the '90's, it certainly was Candida Albicans overgrowth within the body. I can tell you that I saw thousands of patients that were wrongly diagnosed by their doctors, whether it was a medical doctor or a natural doctor, and told that all their problems were because they had Candida. And let me tell you, I found very few actual patients that really had a Candida overgrowth. So I just wanted to say that up front.

But the question is, if you have Candida can you take SuperFood Plus, and the answer is ABSOLUTELY YES! The yeast that is in SuperFood Plus is not alive or active. The yeast is in there because yeast (especially the Saccharomyces cervisiae that I use) is the highest natural source of B vitamins that you can find. It's the highest natural source of B vitamins that you can digest and get into your bloodstream without even digesting them in your intestines. Right from your mouth you will get a B vitamin blast, and everybody needs more energy, and therefore, needs more B vitamins. But the yeast is heated up high enough after it grows the B vitamins, to kill off any activity, but not high enough to destroy any of the B vitamin content.

So the answer is YES, for anybody that happens to actually have a Candida overgrowth in their body, it is absolutely safe for them to take the SuperFood Plus, because the yeast in SuperFood Plus, the Saccharomyces Cervisiae B vitamin blast in SuperFood Plus, has been heated just enough to make it totally, 100% inactive.

– Dr. Schulze

Don’t worry, be regular

April 26, 2011, ANSWER by DR. RICHARD SCHULZE

Dr Schulze’s Blog 2008-2012 by diseases – 30/10/12
QUESTION
Dear Dr. Schulze,
How safe is Senna to take on a daily basis? I have an issue with sluggish bowels. If I don't take #1, I don't eliminate. I may go for days without a bowel movement. But Senna is a laxative, albeit a natural one. I am afraid I am creating a dependency. Not to mention, I am not always able to take it at dinnertime with food due to my work schedule. If I don't take it at the right time at night, it hits me in the morning at an inconvenient time. Will your herbal mucilage work better for me?
Thanks.
— Jamie H. in Cardiff, CA,

ANSWER
Dear Jamie,

I have a whole bunch of great answers for you.

First, you are not the first person to ask this question and you will not be the last. I get over 20 questions a day that are very similar (if not identical) to your question so this brings up a great point.

USE ME!

Many people just look for the answer on my BLOG for their particular question, not realizing that I have already answered their question in the past to another person. This is all the more reason to really use this BLOG site as I built this for you Jamie, and all my customers, crusaders and anyone who needs any healing, health or herbal answers.

For my great answer to your question, go over to the left side of your computer screen, on what I call my left-side navigation bar. Now scroll down the page a bit to the main Blue Heading that says BLOG ARCHIVES. Now go down to the very first sub category, which is SEARCH by Disease or Illness and click on this and a jillion sub-categories will open up.

Now, scroll down to Constipation and click on that, and a whole bunch of videos, articles and customer answers will pop up on your screen all about the bowel and Constipation. Scroll down to the eighth entry, which is a letter I answered for a customer, Sarah C. on September 9th, 2008 entitled To Poop or Not to Poop, that is the Question. In my answer you will find the answer to your question and probably much more.

You also have a question on HerbalMucil Plus and also the herbs in Intestinal Formula #1. In this very same section, the second entry as you scroll down is a 14-minute video on HerbalMucil Plus (Dr. Schulze Introduces his NEW HerbalMucil Plus). This video is ONE OF MY ABSOLUTE FAVORITES. My brother Larry filmed this with my handheld video camera and it starts off with me on the toilet and ends up in the kitchen—its really FUN! It may sound like it is all about HerbalMucil, but in actuality it is almost all about the bowel with some amazing statistics and some of my best Natural Healing Evangelism. This video should be shown in every school across America.

Also, in this same section are many videos including a 40-minute video on Intestinal Formula #1 and other videos on ALL of my Intestinal Formulas. Also, check out the Classic Video at the bottom of this section.

The point I am making here for you, Jamie—and EVERYONE reading this answer—is that I spent two years and over a hundred thousand dollars to get this BLOG site up and running to answer all of your questions, so PLEASE USE ME UP! Seriously, I have put sooooo much work into this BLOG site, and my entire life into the answers, videos and audios. You can even READ ALL OF MY BOOKS and
WATCH ALL OF MY DVD’s FREE right on this site! Just click on them and check out my really cool book-reading program. And, you don’t have to buy anything… YAHOO!!!!!!

This BLOG is my dream come true for my Natural Healing Crusade to EDUCATE the world about natural health, healing and herbal medicine.

So I invite all of you to take the time to really go over this BLOG site and see all that is on it.

Now Jamie, to give you a little personal attention, I answer your questions in the areas I mentioned on the BLOG in detail. I think you will be very satisfied. I am just giving you a little homework. And, if you still have questions, well, use this BLOG to ask more.

You are on the right path my friend, get your bowel working well and a new life awaits you! You will be absolutely amazed at the physical, emotional and spiritual changes that you will notice in your life when you have a clean and healthy bowel. It is a whole life makeover!

— Dr. Schulze

Also check: Gluten, Superfood and Celiac Disease (in: Allergies)
Cardiovascular diseases

Lower your Cholesterol Naturally

May 17, 2011, COMMENTARY by DR. RICHARD SCHULZE

Lower Your Cholesterol Naturally to 150 or Below, with NO DRUGS…

I get literally hundreds of questions from people who have recently returned from a medical doctor check-up to discover that they have high cholesterol. Some also have high LDLS and even VLDLS and Triglycerides. Others were even told that they have too low cholesterol. I will address all of these in my answer.

Below are just two of these hundreds of questions—one from a woman who is 68 and another from a man who is 35—both with high cholesterol.

After their questions, I will explain all about cholesterol and more important, I will explain my Clinical Cholesterol Reduction Program. No matter who you are, no matter what your age, and no matter how high your cholesterol level, if you want to maintain a healthy low cholesterol level, and do it naturally, without drugs, your answer is here…

Dear Dr. Schulze,

I recently had a blood test and it showed high cholesterol and LDL levels. What products of yours would you recommend to help reduce both those levels along with a better diet and exercise? I am 68 and have never had a problem with LDL levels. Cholesterol has always been around 200. Thanks for your info!

— Jean P. in Punta Gorda, FL

Dear Dr. Schulze,

I am 35-years-old and recently I had my annual physical and my doctor told me my cholesterol was high. Not sure what I am doing wrong for it to be high (triglycerides were fine). Of course, he wants to put me on cholesterol lowering medication, which I DO NOT want to do. What can I do to lower my cholesterol and keep it down at a healthy level, provided there is such a thing? I have read that cholesterol levels can rise when the liver/gallbladder are stressed and it’s a response your body reacts to... Is that the case or am I totally wrong?

— Jorge V. in Alexandria, VA

What is Cholesterol?

The word literally translated from the Greek means “solid bile”. It is a waxy-like fat that circulates in our blood. It comes from two sources:

Source #1 is that we manufacture cholesterol, in our liver and then it is turned into bile, which we need to digest food, like fats, and also fat-soluble vitamins like vitamins A, D and E. Cholesterol is also important for our body to manufacture hormones, even estrogen, progesterone and testosterone. It is an important fat for the human body and circulates in our blood, and excess cholesterol is stored in our gallbladder.

Source #2, the other source of cholesterol is dietary, it is in the food that we eat. Cholesterol is found in ALL animal foods, their flesh, eggs, milk, and all animal by-products including fish and seafood. There is
absolutely NO CHOLESTEROL in any fruit, vegetable, grain, seed, nut or sprout. Cholesterol is only found in animal food.

**How is Cholesterol measured?**

Cholesterol is measured by taking a sample of your blood and then calculating the amount of cholesterol that is in it. This measurement is how many milligrams of cholesterol (mg) that are found in a deciliter (d/L) (1/10 of a liter) of blood. It is written like this, 150mg/dL.

**What is a healthy Cholesterol level?**

In America, by almost all medical groups, associations and medical experts—including the Mayo Clinic—it is considered normal, healthy and desirable to have a blood cholesterol level of 200 milligrams of cholesterol per deciliter of blood, written 200mg/dL. It is considered borderline, to have a cholesterol level between 201 and 239, and it is considered high to have a blood cholesterol level at 240 and above.

A high blood level of cholesterol is associated with a high risk of cardiovascular diseases, heart attacks and stroke.

**Important Note:** I think it is very important to note right here that while medical experts consider a blood cholesterol level of 200 mg/dL to be normal, unfortunately what is also normal in America is cardiovascular disease, heart attacks and strokes. In fact, in America, we have the highest incidence of coronary artery blockage, coronary artery disease, heart attacks and stroke in the entire world, and almost all of this disease is directly related to cholesterol blocking arterial blood flow. I think it is also very important to note that the average cholesterol level in China is 122, much lower than in America, where they have a significantly and dramatically lower incidence of these same circulatory diseases. There is no doubt that the lower the cholesterol level in the general population of China, and the lower incidence of heart disease and stroke, is totally related. Considering this fact, while the medical experts in America say 200 is normal, it is also normal that the #1 cause of death in America today is heart attacks and stroke. I think these facts alone underscore the importance that the medical establishment in America take another look at what they consider normal, and recognize that what they consider normal is the major contributing factor to the #1 cause of death!

Another important fact here is that the Chinese on average consume one pound of animal meat a week per family of four. That is only two ounces a day or a half-ounce a day per person, so they mainly have a rice and vegetable food program, with very little animal.

Along with the Chinese, the average Vegetarian in America has a blood Cholesterol level below 130 and rarely dies from cardiovascular disease where one-third of all American meat eaters will die from cardiovascular diseases.

**Can your Liver produce too much Cholesterol?**

YES, and this can be a contributing factor to high cholesterol levels in the blood. But having said that, in my clinic I NEVER had a patient that followed my program and couldn’t reduce their blood cholesterol levels to below 160, regardless of how much cholesterol their body produced.

**What are Triglycerides, HDLs, LDLs and VLDLs?**

Triglycerides
Triglycerides are fats that exist in your blood, very similar to cholesterol and they exist with cholesterol in your blood plasma. They come from fat in the food that you eat, and like cholesterol, are also manufactured in your body.

When you consume food, and eat more calories than you need, triglycerides are stored with fat cells to be used later when you need energy. Unfortunately, because most people eat too much fat and carbohydrates, and do not get enough exercise, they store too many triglycerides.

High triglyceride levels in your blood (again, like cholesterol) is linked to cardiovascular and coronary artery disease.

Similar to cholesterol numbers, high and potentially dangerous are triglyceride levels above 200 and below 150 is considered normal. Personally I prefer triglyceride levels to be even lower.

**HDLs, LDLs and VLDLs**

Your total cholesterol level is a combination of all of your lipoproteins (HDLs + LDLs + VLDLs + a few more fatty substances). As the name suggests, lipoproteins are a combination of lipo (fat) and protein.

Lipoproteins have a very important function in your body, as they transport fats around in your blood. All the cells in your body need fats, cholesterol and triglycerides as food to build their cell membranes, the structure of the cell. It is the lipoproteins that transport cholesterol and fat from your liver, through your blood to all of your body’s cells, and then back to your liver.

Since fat and water don’t mix (like olive oil and water) and since your blood is more like water, the lipoproteins encase fats and transport them through your blood.

**HDLs are High density Lipoproteins**, and they basically pick up cholesterol from your body, blood vessels and blood and bring it back to your liver, where it can be eliminated via your gallbladder and bowel. HDLs are often called the “Good Cholesterol” as they can literally lower your cholesterol level by removing it from your body.

A level of HDLs in your blood greater than 60mg/dL is considered optimal and healthy, while a level below 40mg/dL is considered dangerous increasing your risk of arterial plaque and heart and circulatory disease.

Recent studies over the past few decades have even shown that high levels of HDLs can literally scrub and clean cholesterol and plaque off the walls of arteries that are already blocked. YES, your body will heal and repair itself if you give it a fighting chance!

**LDLs are Low Density Lipoproteins**, and they do the exact opposite of HDLs. They collect cholesterol from your liver and take it out through your blood to all the cells of your body. Although they are very necessary, too many LDLs transport too much fat through blood vessels and the body, which is not healthy and therefore they are often referred to as “Bad Cholesterol”.

Medical authorities suggest that a safe level of LDLs is less than 100 mg/dL, and this is considered healthy and optimal for LDL cholesterol. Personally, I would like to see my patients below 70mg/dL.

**VLDLs are Very Low Density Lipoproteins**, and they transport triglycerides through the blood to cells and fat in the body. These are also considered “Bad Cholesterol” as they transport cholesterol into your body and cells.
The bottom line is that all of these lipoproteins are necessary to be healthy, but the balance or ratio of them in your blood is what is important.

**What is the HDL / LDL Cholesterol ratio?**

Many doctors look at the ratio between HDL and LDL cholesterol, along with looking at the total cholesterol level, to determine the risk of coronary artery and cardiovascular disease. This ratio of HDL/LDL looks at the ratio of the HDL “good” cholesterol to the LDL “bad” cholesterol.

To deduce this ratio, divide your HDL cholesterol by your LDL cholesterol.

For example, if you have an HDL cholesterol level of 60 mg/dL and your LDL cholesterol level is 100mg/dL, then your HDL/LDL ratio would be 0.6. Most medical doctors think any ratio above 0.3 is good but I would like to see it above 0.4, or even higher.

**How can I raise my levels of HDLs and lower my LDLs and VLDLs?**

I knew you would ask this question, which takes me right to…

**What is the most effective program to reduce Cholesterol levels?**

**Dr. Schulze's Clinical Cholesterol Reduction Program**

**Food**

I am a doctor, and if the #1 cause of death in America, which would also be the #1 cause of death for my patients, is high cholesterol blocking the arteries to the heart, brain and other organs, killing them and killing you, well, I guess being a responsible doctor, it only makes sense that I would check my patients’ blood cholesterol levels and get them down to a safe level. (Not what medical doctors think is normal, but what the disease statistics dictate is normal.)

This is just one of the many reasons that in my clinic, why all three of my Clinical Food Programs were Vegetarian food programs. (Click on my book Detoxification Volume 1, on the right margin of this BLOG site, and you will see all three of these food programs, what they are and when to use them, all described in detail, within this book.)

If the #1 cause of death in America is cholesterol, then it is also the #1 cause of death for my patients, so I better do something about this, and the best thing I can think of is a food program that does NOT contain any cholesterol.

As I said, all of my Clinical Food Programs are Vegetarian. To me, being a vegetarian means absolutely no animal food, flesh, blood, eggs, milk—NONE. Now today in America, it can mean a wide variety of things, and because it is cool in some circles to say you are a vegetarian, I find there are many different meanings to this word, like fish and chicken eating vegetarians, to lacto-ovo (dairy and egg) eating vegetarians, so to be painfully specific here, I guess I mean what today we refer to as Vegan. Again, read my description in the book of my three food programs and you will understand exactly what I mean.

Now having said all of that, I realize that nobody ever dropped dead from eating one cheeseburger and a milk shake. But I am a doctor, and we are talking about a food program to bring dangerously high cholesterol levels down to safe low cholesterol levels. And, I would be lying if I said you could do this without drugs, *and still consume cholesterol*, you cannot, so stop eating it.
Whether you are trying to lower your cholesterol levels, or heal yourself of any disease, ANY disease, stopping eating ALL animals and their byproducts is a fundamental principal of Natural Healing. Once you have normal cholesterol levels and/or are disease-free, then I won’t watch what you put in your mouth on a Saturday night, but until then, stick to the program.

Another tip, if you are concerned about getting enough nutrition, please read Chapters 2, 3, and 4 of my “20 Powerful Steps” book, which is also available to read FREE, right on this BLOG. You might also consider taking my SuperFood Plus every day too, and it contains a lot of nutrition, and ZERO cholesterol.

Herbal

Cholesterol is also manufactured in your intestines, but regardless, my first detox is always my 5-Day BOWEL Detox. You must make sure that your bowel is clean and functioning well before you consider doing any other detoxification. This is simply because all solid waste, even old bile and gallstones (cholesterol) from your liver and gallbladder are eventually emptied into your intestines and bowel for elimination. If your bowel is sluggish, congested or constipated, you cannot effectively clean out your body. So get the bowel clean, toned and healthy FIRST!

Then, it is time to do my 5-Day LIVER Detox, which includes my Liver and Gallbladder Flush. This detox is basically a laxative for the liver and gallbladder, cleaning it out and purging it of its contents, including cholesterol. And, it also tones and strengthens your liver and gallbladder and gets them healthier. The herbs are also powerful liver protectors, and protect your liver cells from the constant chemical bombardment we call “living the American Dream”.

Once your liver and gallbladder are clean, you may also consider my PROTECT Formula for the rest of your life, to keep that liver protected. You can read up about that formula on my Herbal Medicine website by clicking here: http://www.herbdoc.com

Garlic

Garlic is famous for its ability to reduce cholesterol levels, so much so it is used medically for this purpose in many countries around the world. I would have my patients consume three cloves a day, (one clove, three times a day) raw or chopped. Have it either swallowed or mixed into cooked food, but don’t cook the garlic, just mix it in your food. And forget about garlic pills—just eat it RAW!

Exercise / Movement

A regular exercise program, even an hour of brisk walking a day, kept up daily for a month or two, has been proven to reduce your cholesterol level by up to 30%, so let’s get moving.

Remember, especially with moving, fun is FUNdamental. If you do not make moving fun, you will quit moving, so make it FUN! I highly suggest you go to my “Links” page in the upper Navigation Bar of this BLOG, and the third link down is my movement Guru, ZenKahuna. Check out many of his fun ways to get moving more, while having lots of fun doing it. He breaks all the rules.

Stress

Stress makes you sick, and can even raise cholesterol levels and make it harder for you to get rid of it, so let’s start to melt the stress away. Slow down a bit, time is a man-made nightmare. Move more, breathe deeper, and see how you can eliminate things from your life that take up your time and cause stress. A month ago, I realized I had been run over by the information highway, and the safest thing I could do was
get off the road. So, I stopped emailing and closed my email account. This immediately gave me more time to get healthy and lowered my stress.

**Finally**

My patients who followed this program for three months, ALL dropped their cholesterol levels to absolutely normal, their triglycerides too, and lowered their LDLS and VLDSLs and raised their HDLS. And, I had patients with some of the highest cholesterol levels that medical doctors have ever heard of.

While on this program, most of my patients had normal cholesterol levels in only one month, and great HDL / LDL ratios, but why stop the fun after only one month?

**How do you know for sure these programs work?**

Read the following letter…

"18 months ago my cholesterol was 1469, almost 1500, my triglycerides reached 8664, almost 9000! It was really scary. My head felt like the top of it could just explode, and my brain even felt like it was shaking, along with the rest of my body. I had to resort to nerve medication, and I tried the drugs to lower cholesterol, but found it was damaging my liver. I was hospitalized three times with pancreatitis, and I had another four attacks after, but just stayed home and survived. The hospital stays were complete nightmares. No one I have ever talked to, no doctor or lab worker, had ever heard of someone with cholesterol and triglyceride levels so HIGH and still be ALIVE. I did your 5-Day LIVER Detox five weeks in a row, as well as the whole Incurables Program. I passed two tumors with ‘tentacles’ and hundreds of small green stones. After a year on the programs, my cholesterol is now 158 and my triglycerides are down to 444! I thank God for the information arriving when it did! May God bless you and guide you in your adventure! If I could do it, I know you can do it too!! My prayers are with you. Love in Christ."

— J.K. in Mound City, MO

**Should I use the Heart Tonic?**

YES! Anyone who has or has had a high cholesterol level should be using the **Heart Tonic**. The Heart Tonic, besides being a tonic for your entire Cardiovascular and Circulatory System, PROTECTS your heart, and lets it function on less blood and oxygen if your arteries are already blocked or your blood is thick with fat and cholesterol. I would use this formula daily, for at least three months, until all of your numbers are perfect.

**If my Arteries are Already Blocked with Cholesterol and Fat, can I Remove this Blockage Naturally?**

YES! Dr. Dean Ornish, one of the nation’s leading vegetarian cardiologists, has done numerous studies proving that you can stop, and even reverse coronary artery plaque and cholesterol build-up, and remove it by living a healthy lifestyle. My Clinical Cholesterol Reduction Program is a few steps beyond what Dr. Ornish did to achieve these results. Remember…

Your body can and will heal itself of ANYTHING, ANY DISEASE. Just STOP doing what you did that made you sick And START doing what will Create Powerful Health! And dis-ease will disappear!

See my description of this action above under HDLs.
My Medical Doctor says my arteries are blocked with calcium plaque, not cholesterol.

This is a misconception. FIRST, excess cholesterol was deposited and got stuck onto the walls of your arteries. Then, white blood cells attached to it causing inflammation. Finally, it was covered with calcium plaque and became a type of scar tissue on the inside of your arteries, causing a reduction in blood flow. If this is in your coronary or cerebral arteries it can cause a heart attack or stroke. So, this top layer or “crust” of this plaque may indeed be calcium, but underneath it is cholesterol and was caused by high cholesterol levels or what is referred to as hypercholesterolemia.

Regardless of what your arteries are blocked with, your new, healthy lifestyle will remove it and clear your arteries.

Do you ever advise Cholesterol Lowering Medications?

NO. NEVER!

FIRST, I say this simply because I have NEVER found them to be necessary. I have had the most extreme cases of high cholesterol ALWAYS respond to my Natural Healing program. Every patient with high cholesterol was able to bring their cholesterol levels down to normal and BELOW, by just following my program.

SECOND, ALL DRUGS are dangerous and have health-damaging side effects, especially cholesterol lowering drugs. So, I suggest you avoid them at all cost.

My Medical Doctor says my Cholesterol level is too low and that I should eat more meat. What do you think?

Your MD is an IDIOT! I have heard many patients over the years tell me this exact same thing. That they went in for a regular check-up, and their medical doctor said their blood cholesterol was 130 mg/dL or 120 mg/dL and that is dangerously low. What utter bull! I have had many patients that were told by their MD to eat more red meat and cheese to raise their cholesterol. The stupidity of some doctors never ceases to amaze me.

I have NEVER read, or heard of ANYONE (and I have researched this) who was ill because their cholesterol level was too low. On the other hand, millions are dying because their cholesterol levels are too high! So, unless these MDs were trying to make their patients sick, give them high blood pressure or a heart attack or stroke, I go back to my original statement that they are simply being ignorant idiots.

The Bottom Line!

I will say it again… Every patient I ever had—no matter how fat, no matter how high their cholesterol and triglyceride levels were, no matter how out-of-whack their HDL / LDL ratio was—ALL OF THEM were able to return to normal blood cholesterol and triglyceride levels and ratios on this program, PERIOD!

— Dr. Schulze
Cavities

Keeping your teeth and gums healthy and strong

October 17, 2008, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

How do I use your Tooth & Gum Formula? Also, any other suggestions to keep my teeth?

— Tom B.

ANSWER

Tom,

Well, let me tell you, because I just did it this morning. The best way to use the Tooth & Gum is to get a water pick. Get yourself a water pick and fill it with distilled water, put in about 8 dropperfuls of the Tooth & Gum, and then turn it on and work it deeply in between your teeth and deep under your gums. Turn on that water pick as strong as you can handle it. If it makes your teeth bleed, stop there and use this formula and it will stop the gum infection, it'll stop your gums from bleeding, and eventually tighten up your gums and stop them from any receding. So put the formula in a water pick. That's the best way to use it.

Or, if you don't have a water pick, after brushing and flossing just swish and gargle with 1 dropperful of Tooth & Gum Formula, 1 dropperful of my Digestive Tonic and 1/2 ounce of distilled water. Put these ingredients into a shot glass, swish, strain it through your teeth, gargle and spit it out. Using these two formulae will destroy the bacteria that cause cavities, bad breath and many diseases.

— Dr. Schulze
QUESTION

Dear Dr. Schulze,

I went through your 5-Day Bowel Detox and I must say I feel 10 years younger; I stopped smoking just 4 weeks prior to that too! What an achievement ;)

I need your help on something though - I have Sinusitis and don't know how to resolve it. I tried your Cold and Flu SHOTS, Ech+ and SuperTonic, but just ain't getting anywhere! It's still there, still all blocked, the 5-Day Bowel Detox which I just completed has handled my Eczema, but not my Sinusitis unfortunately. I completely changed my diet to vegetarian too! Could you please tell me what I can do to resolve it?

Thank you, so much!

Sincerely,

— David S. in Los Angeles, CA, United States

ANSWER

Dear (10 Years Younger) David,

I know exactly what you mean. It’s always amazing to me, even after tens of thousands of patients, at how only 5 days and a few little herbs can create such a HUGE DIFFERENCE in how you feel, and heal so many chronic problems, like it healed your Eczema. GREAT JOB, on your Detox, and also on quitting smoking!

As far as your Sinusitis, you should know two things.

One is that your sinus is an almost encapsulated region of your head, deep in, dark, and very restricted, so it’s a perfect breeding ground for disease, bacteria, virus, fungus, and many micro-organisms. And if it is congested, it is even more restricted and even more susceptible to infection.

The other thing you should know is that Chronic illness and disease often needs an intensive, concentrated and dedicated natural ASSAULT to get rid of it.

If you have ANY disease long term, that you have had for a long time or for most of your life, you will need to do an intensive natural blitz assault to it, much more than what most people imagine.

The late Michael Moore, a great American herbalist, use to say often that Americans really “pussy foot” around when it comes to quantities and dosages of herbal medicines, compared to other cultures. I totally agree! When you leave a Chinese herbalist you leave with a big grocery size bag or of herbs (and dried bugs, animal horns and gonads - I couldn’t help myself here), whatever it is, the dosages are huge. They know that you need to consume a large quantity of herbs to get well. Americans are used to highly concentrated chemical drugs, like little pills and small droppers of chemical liquids. When using herbs to heal chronic diseases, one of the reasons that I, Dr. Schulze, became so famous, is simply because I dared to go where no other herbalist would, when it comes to dosages. I tried to kill my patients with huge overdoses of herbs. Besides a few of them vomiting on my office floor, all that happened was… THEY GOT WELL!

**SINUSITIS HERBAL MEDICINE BLITZ**
As far as an herbal medicine blitz, for your chronic Sinusitis,

I suggest the following for 2 weeks.

One Cold & Flu “SHOT” 2 to 3 times a day for 2 weeks, taking Sunday off, so 6 days a week. Yes, that’s 24 to 36 Cold & Flu “SHOTS” over the 2 weeks!

Additionally, 24 droppersful of my Echinacea Plus tonic daily (4 droppersful 6 times a day), spread out throughout the day. YES, that is TWO - 2 ounce bottles of Echinacea Plus, each week, for two weeks, 4 bottles total (or 2 bottles of my new 4 oz size).

Additionally, 12 droppersful of my SuperTonic daily (2 droppersful 6 times a day), spread out throughout the day. YES, that is one 2 ounce bottle of SuperTonic each week, for two weeks.

Air Detox: Use this formula liberally and constantly, spraying it throughout the entire house, car, office, wherever you are. And every day, in your daily shower, make it really hot and steamy, and spray copious amounts of the Air Detox in the shower and do a lot of deep breathing, through your nose. Also, a few times a day, apply it to a damp washcloth and breathe it in, again through your nose. And at night, spray a lot of it onto your pillow. Also at night, put a small amount of my Deep Tissue Ointment right under your nostrils, before you go to bed.

Horseradish Root and White Onions: Everyday, chop up some whole white onions until you cry, and also grate some fresh Horseradish root. Then when you are really tearing, chew up some of this fresh horseradish root too. Just by breathing in the odor of these two herbs will destroy the bacteria and virus that are living in your sinus cavity.

Garlic: Everyday, consume at least 3 cloves of raw garlic. You can just chop up a clove of it, put it in a spoon and swallow it whole if you want, 3 times a day. But chewing it is best!

Finally, My HERBAL SNUFF FORMULA for Sinusitis:

O.K., it’s not really a new formula like I said in the title of this BLOG answer, it is an old formula from my clinic, probably 35 years old, but it may be new to all of you.

Mix finely powdered and sifted…

1 Tablespoon of Goldenseal root powder

1 Tablespoon of Bayberry Root bark powder

1 small pinch of Cayenne pepper powder

1 small pinch of dried Garlic powder (not Garlic salt)

One of the questions my students always had about this formula is what is a pinch, how much? Just take a pinch, a little will be enough, if you must have a measurement, try 1/8 of a teaspoon. Mix all of these ingredients together well, and then make sure there are no bits or sticks in this powder.

Take a pinch of this herbal mixture and snuff it deep through each nostril up into your sinuses. I want to hear you snorting LOUD! Warning, this will hurt and burn a bit the first few times you do it, so do not do it while driving a car or operating dangerous machinery. Sit down, or stand at a sink, and snuff it up, and be prepared to yell a little if need be. YAHOO! It will also burn a bit for a short time after you snuff it.
Along with all of the herbal medicines and routines listed above, and then including my herbal snuff formula, I have seen the worst chronic Sinusitis healed.

**One Final Thing, Vegan, NOT Vegetarian for Sinusitis:**

I want to congratulate you for becoming a Vegetarian, but because you have chronic Sinusitus, I need you to take it one step further and become a Vegan. Here's why;

If I could pick the biggest food source offender for causing and contributing to Sinusitis it would be dairy products. Milk, milk products, dairy products, cheese, all of these things that I call “liquid meat”, are the worst at congesting and infecting the sinus. I don’t care if it is organic and chemical free, I don’t care if it is from sheep instead of cows, or from goats, or even from monkeys or pigs, which many scientists say are more similar to humans. The only milk that was ever designed for human consumption is human milk, period. Never anywhere on this planet would you ever see any animal sucking off the tit of a different animal; this doesn’t exist.

Cows milk has all the fats, proteins, hormones, genetic material and DNA coding to create and build a beautiful baby COW! NOT a human. *(just one of the reasons obesity is plaguing America)* The same goes for sheep, goats, or any animal. WE ARE ALL LACTOSE INTOLLERANT when it comes to the milk or milk products of another species of animal, other than a human. And consumption of this *alien* milk directly causes the production of excess mucous in the lungs and sinus, and leads to lung and sinus irritation, inflammation, congestion, and then blockage and infection. I saw this a thousand times in my clinic - I would get a patient to stop consuming ALL dairy products from all types of animals, and the sinus infections would disappear.

**So becoming a VEGAN, not just a Vegetarian, is the natural FOOD CURE for chronic Sinusitis.**

You can easily heal your chronic Sinusitis with just a little directed attention. So It’s Time for the BLITZ!

Dr. Schulze
10 natural & common sense ways to prevent any cold & flu
November 02, 2009, VIDEO by DR. RICHARD SCHULZE

The Best Defense is a Strong Offense. If you follow these 10 Natural and Common Sense PROACTIVE health tips, then the odds are way in your favor, and chances are you won't get infected this winter.

Video Length: 16:56
Click to View

8 herbal medicines to prevent any cold & flu
November 02, 2009, VIDEO by DR. RICHARD SCHULZE

Why not increase your odds even more? Build a strong defense by supercharging your immune system with these 8 powerful herbal formulae.

Video Length: 20:16
Click to View

7 powerful steps to prevent any cold & flu
November 02, 2009, VIDEO by DR. RICHARD SCHULZE

These are the same 7 steps Dr. Schulze used in his clinic to knock out the worst cold and flu cases and get his patients back on their feet FAST!

Video Length: 5:11
Click to View
Take a ride on a ski lift with Dr. Schulze!

February 26, 2009, VIDEO by DR. RICHARD SCHULZE

Friends,

This is my latest video. It is short and to the point. Don’t let your guard down now, as cold and flu season isn’t over yet.

In this video I tell you about my Cold & Flu Herbal “SHOT”…

- How It Works
- What It Does
- What’s In It

And most important…

- How EASY It Is To Use It

So come take a ride with me on a ski chair!

– Dr. Schulze

Video Length: 5:44
Colitis

Still Alive! Colitis and Pregnancy

March 14, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

First of all I want to thank you for what you do, your products have improved my life significantly. About 5 years ago I was admitted to the hospital for rectal bleeding. As it turned out I was diagnosed with ischemic colitis.

The doctors recommend removing my sigmoid colon and said if I didn't get the surgery I would be dead in 3 weeks to a year.

Being only 30 years old at that time I thought there had to be another way.

After a year of seeking out and trying many different types of alternative medicines, I was introduced to your products. I did your Vitality Program and felt the best I had felt in years. From there I continued on with your Bowel Detoxes and I'm still alive!

Fast forward to now, 5 YEARS LATER! I've been using your Intestinal Formula #1 and your HerbalMucil ever since to stay regular. I eat well, I'm sure you would say I could do better ;-) However, I'm now pregnant with my first child and wondering if it’s safe to keep taking your Intestinal Formula #1? I'm having some constipation. I've been using the HerbalMucil but it doesn't seem to be enough. I would love any advice you can offer. Much thanks and appreciation!

— Jennifer S. in Westminster, CA,

ANSWER

Dear Jennifer,

First off, CONGRATULATIONS!

For being alive 4 years AFTER the medical doctor said you would be dead!

Welcome to the club, I am now 40 years past when the medical doctors said I would be dead. Actually this club has hundreds of thousands of members, all over the world. I like this club, as it is far better than the club of being cut, burnt and poisoned. It is far better than the club of having to glue a bag on your belly daily to store your feces in. Healing disease by Creating a Healthy Life and Lifestyle. It’s a lot more fun than surgery, doctors, hospitals and chemical drugs, and a lot cheaper! And it just makes COMMON SENSE!

Colitis Simplified

Colitis, well, let’s just start with “itis”. Itis is a suffix (something that is added to the end of any word) that when added to any word simply adds inflammation to that word. Like Appendicitis meaning inflammation of the Appendix, Tonsillitis, inflammation of the Tonsils, Hepatitis meaning liver inflammation, and in your case Colitis, inflammation of the Colon.

Colitis = Colon Inflammation

Ischemia is a combination of two Greek words, Isch which means to restrict, and Haema meaning blood, so Ischemia added to any word means the restriction of blood, such as Ischemic Heart Disease which is heart disease caused by the restricted blood flow through the coronary arteries to the heart muscle itself. Ischemia can be caused by arterial restriction, blood clots, tumors, tight clothes, and it is usually a disease of the elderly.
So, Ischemic Colitis simply means that your colon, or a portion of your colon, is inflamed due to restricted blood flow. By the way, I must add that Ischemic Colitis is usually a disease of the elderly, NOT 25-year-olds, so this is something that you probably genetically inherited.

Don’t Worry

The bottom line is I wouldn’t worry at all anymore since it has been 5 years since your diagnosis and I will assume that you no longer have rectal bleeding, ischemic colitis or any symptoms at all except a lazy bowel.

Many Americans have sluggish bowels due to our American food program and lifestyle. And since you added a ;-) on your letter after your comment on your food program, I know that you can do better too.

Just remember that my HerbalMucil Plus that you are taking is to make up for the fiber that you are not getting enough of in your food program, so I appreciate your patronage, but please try to remove any fiberless food from your diet, like any animal foods, and at the same time increase the fiber rich foods like fruits, veggies, grains, legumes, nuts, seeds etc. BTW, I take my HerbalMucil EVERY DAY even though I eat Vegan and Raw for breakfast, with my SuperFood of course, and a Vegan Raw Lunch everyday, so I get tons of fiber. But I grew up having only 1 BM a week, and inherited a sluggish bowel, so I LOVE the HerbalMucil Plus too, even if it’s my own product.

Intestinal Formula #1 and Pregnancy

Again, no worries at all. During the first 2 trimesters, just use your usual dosage. But don’t do any overdoses and any major catharsis or bowel stimulating or flushing. Just keep yourself regular.

During your third trimester, do the same, but just be aware, that during months eight and nine, when you are VERY pregnant, that a huge overdose of Intestinal Formula #1 could bring on labor, actually I have used it to do this in a few instances. But using your normal dosage is safe and you won’t have any problems AT ALL!

Also, you can use any and all of my Herbal Medicines ALL during your Pregnancy. I would even have many mom’s in my clinic do my 5-Day BOWEL Detox, or my 5-Day LIVER Detox and 5-Day KIDNEY Detox. A baby living in a clean mom is better than living in a toxic mom. Again, there is no herbal medicine that you cannot use while you are Pregnant. Just use your good common sense and don’t throw your body into any extreme catharsis or flushing! Regular cleansing, detoxification and flushing is absolutely fine.

Two Additional Pregnancy Tips!

Tip #1

The biggest problem ALL my patients had during pregnancy was gaining too much weight. A perfect weight gain during pregnancy is 25 pounds, but no more than 30 pounds.

In my clinic I would constantly have pregnant mom’s come in with a weight increase of 20 pounds in their first trimester, and be bragging about their big baby. I would then explain to them that their baby was only the size of a pinto bean (at this time) and their weight was NOT their baby but instead 19 ½ pounds of FAT! Look, I don’t care if someone is FAT, but PREGNANT and FAT is NOT a good combination. It can be challenging enough during months 8 & 9 to eat and breathe when you are in good physical shape and fully pregnant, but if you add on 20 or 30 extra pounds to this already challenging period, well you are setting yourself totally up for failure, being really uncomfortable at best. Many women who gain too much
weight during pregnancy develop Preclampsia, and put themselves and the baby at risk, and also risk a premature or sick baby, SO KEEP YOU WEIGHT NORMAL!

Tip #2

You are building another human being, WHAT AN AMAZING MIRACLE! So you need double the nutrition during pregnancy, and during lactation. So start taking your SuperFood Plus twice a day, morning and afternoon or early evening. And continue this while you are breast feeding also. You can start the morning with your SuperFood Plus nutritional blender drink. If you have any morning sickness during your first trimester, then use the SuperFood Plus tablets instead. In the afternoon have a SuperFood Bar. Getting this boost of extra nutrition will not only ensure you have a healthy and strong baby, but will enrich your own milk to make incredibly nutritious baby food.

Finally…

Great job in healing yourself naturally, avoiding life-robbing surgery and proving the medical doctors and their DEATH SENTENCE, VERY WRONG! Great Job in discovering the alternative and natural healthy path, and healing yourself naturally.

You may always need a little natural herbal bowel medicine during your life to keep your elimination regular. But having said that, after 12 years on Intestinal Formula #1 myself, and all the while improving my eating, moving and thinking, and making my lifestyle healthier, well I did not need to take Intestinal Formula #1 anymore.

Way To Go, MOM!

— Dr. Schulze
Crohn’s Disease, IBS and Intestinal Formula #2

August 08, 2008, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

My husband has been suffering from Crohn’s Disease almost all of his adult life but the last few years have been terrible for him. He can’t work and can barely leave the house. His medical doctor says there is no cure, but I have heard you say there is. Please explain.

— Wilma M. Eureka Springs, Arkansas

ANSWER

Dear Wilma,

I am sorry your husband is suffering, but his medical doctor is wrong, there is a cure for all diseases. I may sound like a broken record, but the cure for disease is to STOP doing what causes the disease and to START doing what will heal it.

What his medical doctor means to say is that he doesn’t know how to cure Crohn’s Disease with a chemical pill or a surgery, NOT that there is no cure. Your husband’s body knows how to cure it; it just needs his help.

To bring all of my readers up to speed, Crohn’s Disease is a chronic inflammatory disease of the intestinal tract, usually the colon. The person often feels burning, cramping and pain in the intestines and has diarrhea and sometimes bloody stools. Some doctors believe it is genetic but officially according to medicine there is no known cause and no known cure. Similar diseases are Colitis (inflammation of the colon) and IBS or IBD (Irritable Bowel Syndrome or Irritable Bowel Disease).

Regardless, in my clinic, I treated many patients with Crohn’s Disease and other inflammatory bowel diseases and ALL of them were able to make it completely go away. Some of them were so sick and had so many ulcerative lesions (burnt holes) in their intestines they were scheduled for colon-resection surgery. One of my patients, before she saw me, had to have her anus and rectum cauterized numerous times because it was so ulcerated from her 20 to 30 bowel movements a day and she was bleeding profusely from the rectum. I mention these patients just so no one reading this thinks I only treated people with mild symptoms. My Natural Treatment has a few steps, which I will detail below.

First, your husband needs to STOP consuming ANY and ALL liquid and food that is irritating to the entire intestinal tract. This simply means ALL junk foods and ALL junk liquids. He needs to get on a whole food program.

Next, your husband needs to take my Intestinal Formula #2 multiple times a day. I suggest 1 heaping teaspoonful of the powder, or 1 packet of the powder in liquid as directed in the instructions on the bottle, 5 times daily, or more if necessary. I would have him take the Intestinal Formula #2 indefinitely until all signs of his intestinal disease are gone. He does NOT need to take any Intestinal Formula #1.

Finally, if he needs even more help, which most people don’t, I suggest you find a great colonic therapist who has treated people with irritable-bowel diseases. I would also suggest this therapist use implants of Organic Flax Seed Oil and Organic Aloe Vera Gel half and half, between 4 and 16 ounces. An implant just means that after the enema or colonic, the rectum and colon are injected with some of this oil and gel mix, which is left there to absorb and heal. Both Flax Seed Oil and Aloe Vera Gel are AWESOME at reducing
inflammation and healing burnt, ulcerated and inflamed tissue. If you don’t have a great colonic therapist nearby, you can simply do cool high enemas with purified water at home with a common enema bag. Immediately following the enema, implant 4 to 16 ounces of this oil and gel mix using a rectal syringe that you can buy at any pharmacy. After the implant, it would be helpful if your husband would relax on his back and even tilt his lower torso or pelvis area upwards a bit so this implant liquid can go into his colon and reach the inflamed area. He will find that this enema and implant treatment really puts the fire out.

Enjoy your healing adventure, and remember to always smile and laugh when giving or getting an enema. Learn some jokes and make it a party.

Get Well,

– Dr. Schulze

**INTESTINAL FORMULA #1**

March 26, 2009, VIDEO by DR. RICHARD SCHULZE

This video is 40 minutes of pure Bowel Evangelism. In this video Dr. Schulze explains his famous Intestinal Formula #1, how and when to use it, what you should expect when using it and he also reads and answers numerous questions from customers about this formula and gives his recommended dosages.

Video Length: 40:14

[Click to View]

**Also ckeck:** A Hospital Nightmare: Why do you vomit? (in: Acid Reflux)

**Also ckeck:** Don’t Worry, Be regular! (in Candida)
Celiac Disease
Check Allergies

Colon Disease

The WINNER! FINALLY #1 Video Award

August 30, 2011, VIDEO by DR. RICHARD SCHULZE

Natural Healing Evangelism from the TOILET!

Click on Photo to View

Original Posting Date: March 24, 2010

OK, that’s right, you picked this as Number One. That just goes to show you that you are as weird as me, my friends. I thought there is no better place for me to talk about the American nightmare of constipation than right from the throne, so I asked my brother Larry to grab my hand-held video camera. I went off to my bathroom, and told him to come a knockin’, and he did. Seriously, this is a very amazing and very shocking quick video report about some shocking statistics about how bad constipation has become in America, and more important, how easy it is to do something about it, and that is when I take you right into my kitchen for the solution.

I really hope that you have had some fun the last 5 weeks, with these 5 short videos, and more important, that you have learned a few things that will help you, your family and your loved ones Heal Disease Naturally, Create Powerful Health, and live a very long, and very healthy life!

See you next week with some answers to your questions!

— Dr. Schulze

Video Clip Length: 13:56

Click to View
I'm Still Constipated!

May 24, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I have been using Dr. Schulze products for about 5 years and have suggested and helped out many people with these products. I have completed all the detox programs multiple times. I eat all organic foods and have tried everything short of a raw diet. Nevertheless, I still have an issue with constipation and if I don't use the Formula #1, then I don't eliminate. I would really like to get off the constant use of the Formula #1 product. What do you suggest?

— Diane R. in Green Bay, WI,

ANSWER

Dear Diane,

In my decades of clinical practice, seeing tens of thousands of patients, I have ALWAYS been able to sort out people’s constipation, even in Hirschsprung’s Disease where there are no nerves to the bowel. Also, I have had the most extreme cases of constipation in my clinic that I have ever heard of in any medical books. (See my 5-Day BOWEL Detox book, or my NEW Detoxification: Volume Two book, both available FREE now for the asking. Or better yet, check the right side of this blog to read them right now!)

In both of these books there is a section called Constipation Record Breakers (in the 5-Day BOWEL Detox book, see page 37, and in the Detoxification: Volume Two book, see page 49) that tells many of these EXTREME stories. They will make you feel downright healthy.

OK, It sounds like you inherited a very dysfunctional and lazy bowel, so I am sure constipation is a family trait. Usually this begins with generations of bad eating habits and bad genetic “engineering” from basically people with genetically weak colons falling in love with other people who have genetically weak colons, and then having babies who have even weaker colons. In the same way that we can genetically “breed” strengths, and I am sure you have many of these, we can also “breed” weaknesses, and we know your big one is constipation. (Does all of this breeding talk sound too German of me?)

Anyway, you state that you have used my Intestinal Formula #1 for five years, and would like to stop using it. I hear you, but I want to tell you that I too inherited a very dysfunctional and lazy bowel, and as a child I had only one bowel movement a week. As a teenager I tried all of the colon cleansing formulas available and NONE of them worked for me, so that is why I eventually designed my Intestinal Formula #1. I took this formula myself for 12 YEARS—7 YEARS LONGER THAN YOU—before my bowel really worked great on its own. Now the only time I use this formula is when I eat constipating food or travel. Having said that, I do have a few people that have been on this formula for almost 30 years now, and they have such dysfunctional bowels, or will not change their lifestyle enough, that they may end up using this formula for life, BUT THAT IS BETTER THAN BEING CONSTIPATED! Which brings me to another part of your letter.

First, I want to congratulate you for all of the dedication and work you have done to be healthier. Doing all of my Detox Programs, eating better, making lots of great healthy changes in your life (can you tell I am setting you up to whoop your ass)... If you are really serious about curing your constipation, you say you have done everything except raw foods, well, I suggest you go there now and begin a Vegan Raw Food Program. I have never had a patient do this and still be constipated—NEVER—but it could be possible, so I suggest you find out.

I would also increase your movement program to an hour a day, every day, and also check and make sure that you are not emotionally “holding on” to anything. I would get a FREE copy of my 20 Steps To A
Healthier Life book and look into each and every one of my 20 steps and see if there is anything that you have missed. You can find this book on the right side of this blog, too. Click to read it right now—FREE!

Remember, the Natural Healing of disease is the process of changing our lifestyle and our life for the better—physically, emotionally and spiritually—until our body heals ITSELF and our disease simply goes away. So be patient.

I would also try some of my other bowel formulas, like the HerbalMucil Plus, which will add more fiber than a raw food program, and this may be your answer. I would also try my Intestinal Formula #1 Maximum Strength and my Bowel Flush “SHOT”. These formulas may offer your body a break from the Intestinal Formula #1, and also they will work differently for you, so try them too.

If raw foods are too much of a push for you, I totally understand. Natural Healing dictates that you can heal yourself of ANYTHING—ANY DISEASE—and that all you have to do is STOP doing what makes you sick and START doing what will Create Powerful Health. Well, that can be easier said than done. Most of us have our limits of what we are willing to do. This is where the herbal medicine help comes in.

So in the mean time, while you are becoming a health fanatic, we have herbs to literally assist your body to work perfectly, even though your current lifestyle improvements have not been enough to offset your genetic weakness, but KEEP GOING!

This is the beauty of herbal medicine. It will keep you clean inside, make your bowel work well and keep you safe from colon disease while you are figuring out how to live.

Please, congratulate yourself for all that you have done so far. Give yourself lots of appreciation and hugs and kisses, and then take the next steps to a healthier life! Who knows? You might be one day away, or one week on raw foods away from your healing of a lifetime!

Celebrate whatever it is, keep smiling, keep laughing and have FUN with the journey and adventure!
The Danger of CT Scans

April 05, 2011, COMMENTARY by DR. RICHARD SCHULZE

I have always said that if I am ever unfortunate enough to be run over by a train, and my torso is on one side of the tracks and my legs are on the other, that I would like to have a CT scan, an MRI and a top team of surgeons put me all back together ASAP.

But, barring some major catastrophe, and trauma medicine, I have always said that most people are better off avoiding most medical care all together, especially when it comes to the diagnosis and treatment of diseases.

I remember reading a study a few years back (to most all oncologist’s dismay) that in spite of all of the amazing claims of advancements and cures, the average person with cancer, would live longer, if they simply did nothing at all, outliving those that choose aggressive medical therapy. That’s right, if they do nothing at all they actually live longer! In fact, the study went on to say that they would have a much better quality of life too, be a lot less tortured, not to mention save hundreds of thousands of dollars and avoid giving their house and entire nest egg to doctors, pharmaceutical companies and hospitals.

Back to CT scans… The cat is now out of the bag, pun intended. According to the most recent evidence, many CT Scans are NOT necessary, and that is according to Dr. Rita F. Redburg, editor of the Archives of Internal Medicine.

In 2007 (the most recent data), it was estimated that 29,000 Americans will develop Cancer because they got a CT scan, and that more than 15,000 will die from Cancer due to CT scans!

This means that CT scans are now one of the highest causes of cancer and DEATH! Doesn’t anyone but me think this is insane?!

A while ago I got a call from an old friend, his wife was in severe abdominal pain and distress and he called me asking for advice. After asking a few questions, I suggested that it was probably trapped gas, and suggested one of my Digestive “SHOTS”, which is a powerful carminative that offers strong help for indigestion, heartburn, acid reflux, gas, nausea, etc. He said she was scared, but I even suggested a hot water bottle over the lower abdomen, a few teaspoons of my Intestinal Formula #2 in 16-ounces of water, doing some easy stretches, even an enema, at which point he sounded like I was going way too far, so I didn’t mention putting his finger in her anus and stimulating it.

Regardless of my advice, he rushed her to the hospital emergency room late at night. They waited a few hours to be seen while she was in agonizing pain (as they didn’t take my herbal advice) and then finally the medical doctor suggested a CT scan and they agreed. They called me from the hospital and asked me again, and told me the medical doctors wanted to do a CT scan and had already taken blood and were already injecting chemicals, and I repeated, “Get out of there! It is probably just gas!” I also mentioned to them that a CT scan was dangerous and was equal to hundreds of x-rays in radiation exposure and at this point I could see I lost them, like I was out of my mind.

Anyway, they took more blood, injected more chemicals, did a CT scan and after six hours found nothing, and told her to go home, and that it was probably… just gas.

What they didn’t tell them was the bill that was coming in the mail in a week would be for over $8,000.00 and also that the CT scan they gave her was actually equal in radioactive exposure to 442 chest x-rays!
They called me a few days later and said they felt real stupid. Hey, we all do stupid things, I just hope she isn’t one of the over 50,000 that will get cancer this year because of an unnecessary CT scan.

So I will REPEAT:

In 2007, the most recent medical data on this subject, it is estimated that **29,000 Americans will develop Cancer because they got a CT scan, and that more than 15,000 will die from Cancer due to CT scans!**

This means that CT scans are now **one of the leading causes of cancer and DEATH!** Doesn’t anyone but me think this is insane?!
Eating Meat Is Hazardous To Your Health

July 25, 2008, VIDEO by DR. RICHARD SCHULZE

Friends,

I happened to see these three articles on CNN within a short time of each other. I hope you can see the humor and insanity in them as I did.

Look, I don't care what anyone wants to eat, Cows or Sprouts, it doesn't really matter to me, it's your business, but . . . . .

I am in the business of helping people Heal Diseases naturally, and also to Create Powerful Health naturally, and you are NOT going to achieve either of these stuffing dead animals or their eggs or milk into your body.

For one, no dead animal, or any animal egg or milk contains one drop of fiber, NONE. This simply means that once it gets into you, it is very hard to get it back out of you, so it is very, very clogging, congesting and constipating to everything from your arteries to your colon. In fact animal flesh mixed with your digestive fluids has been linked to causing colon cancer and many other colon diseases and other cancers, the #2 cause of death in America.

Additionally, it is rich in cholesterol and fat, in fact animal flesh and animal byproducts are the ONLY source of dietary cholesterol, PERIOD. There is NO cholesterol in any Grain, Vegetable, Fruit, Legume, Seed, Nut, Sprout, NONE. Animals and their by products have been linked to coronary artery and carotid artery disease, the #1 cause of heart attacks, and strokes AND DEATH in America.

Also, they are loaded with antibiotics, hormones, steroids and a 100 other pharmaceutical drugs, so if you think you don't take pharmaceutical drugs, but you eat animals, think again. In fact animal flesh and animal byproducts are loaded with drug residues. Over 50% of the antibiotics manufactured are not used on people, but on animals for slaughter because of the filthy infected conditions they live in. And even if you eat meat that is hormone and drug free, and the animals are treated humanely and killed humanely (is that an oxymoron?), they still contain their own natural hormones that are very alien to your body, like a cows that help it grow from 200 to 2000 pounds in a few years, do you really need hormones like that in your body?

And if you think chicken, or fish is a good healthy alternative, think again. Chicken has just as much fat and cholesterol as fatty hamburger meat and even the freshest fish is still loaded with parasites, mercury, it's scary.

And finally read my latest Summer Catalog 2008 report, page 17 on the right side, my article called "Hamburger Pollution" which shows you how the animal business in America is contributing to global warming much more than all car, bus, truck, airplane and all means of transportation and the burning of fossil fuels combined.
So look, this is not some save the whales plea, or some be kind to animal thing. If I were starving to death, and there was no food in sight, like a desert island, I would probably kill the person next to me and eat them if I needed to, especially if they were irritating me, but, I am far from starving and I am not stranded on a desert island.

The bottom line is that if you are trying to heal yourself of any disease or illness, and/or you are trying to Create Powerful Health, take a break from eating animals and their byproducts. You don't need the bacteria, fat, cholesterol, drugs, antibiotics, parasites, mercury or whatever in your body when you are healing and building health.

Like me, you will probably find that when you stop eating it, you will feel a lot better, lighter, less heavy and bloated, have more energy and will end up just dropping eating the garbage all together. I did, about 40 years ago.

Be Well

– Dr. Schulze

Video Length: 13:51

Click to View
Constipation
Re-RUN This Video!

CONSTIPATION!
August 29, 2012, VIDEO by DR. RICHARD SCHULZE

Friends,

I meet people EVERY WEEK that only have one bowel movement a week, if not one bowel movement a month!

So, I have asked my Web Department to RERUN this classic Dr. Schulze video that was taped in my California Pharmacy YEARS AGO, when I was introduced to a wonderful woman who was very constipated all of her life.

(Notice my longer hair and fatter face, compared to the new slimmer and trimmer Dr. Schulze!!!)

Anyway, constipation is such a common problem in America I should probably rerun this video every month!

If any of you are constipated, PLEASE start on my Intestinal Formula #1 right away. And, if you know someone that is constipated, or only has a bowel movement once a week, or even less often… SEND THEM AN EMAIL WITH A LINK TO THIS VIDEO!

It is not just a matter of being regular; it is a matter of PREVENTING DISEASE and BEING HEALTHY!

Free the BLOCKAGE!

— Dr. Schulze

Click to View
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 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.

Dr Schulze’s Blog 2008-2012 by diseases – 30/10/12
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 HerbalMuclil 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
**Orange Juice Causes Cancer?**

**March 21, 2012, ANSWER by DR. RICHARD SCHULZE**

**QUESTION**

Dear Dr. Schulze,

I am taking Intestinal Formula #1. However when I look up two of the things that are in the product - Senna & Cascara Sagrada, some very disturbing things are said. Senna is toxic to tissue and organs. Cascara Sagrada an herbal stimulant laxative is considered quite dangerous. Causes constipation, the very thing it supposed to relieve, along with digestive problems, liver damage, lesions in colon, rectal bleeding, Hepatitis. You are saying it helps... seems contrary to what I am hoping to accomplish. I hope you will respond to this please.

— Pat S. in Independence, MO, USA

**ANSWER**

Pat,

**WHOA! What garbage are you reading and where the heck are you looking?**

The Libertarians have a great statement: QUESTION AUTHORITY, which simply means to Question the AUTHOR. Personally, I question almost everything, and then I go into my heart and I make my best-informed decision.

A small amount of the information regarding herbs on the Internet is written by people who have no education or training in herbal medicine or for whatever reason hate plants! Then, you have the articles about herbs (usually they are more like negative warnings) written by Medical Doctors, Medical Groups and Associations, the Pharmaceutical Industry and Drug Manufacturers. Again, usually these articles are more like warnings, *that seem to always start out by promoting the herb*, but by the end of the article they always end up saying things like, “*this herb is not proven effective*”, or “*it may not be safe to use*” and then they always end with telling you to not use the herbs unless you consult your medical doctor (a person who knows absolutely nothing about herbs and usually will suggest chemical drugs instead). Generally, the medical industry DOES NOT want you to use herbs to treat yourself. It takes money right out of the pocket of that **$2 trillion dollar** industry! So let’s take a big breath here and look at the stupidity of the ridiculous statements you are making, or that they are making and you are repeating.

**Senna, the Real Jewel of the Nile!**

Senna has been used by humans for health since the beginning of time. It is often called Alexandrian Senna as it grows and is a native plant of the Nile delta area of Egypt, **and has been used as bowel medicine there for 5,000 years.** It is still used today by people all over the world, **including medical doctors in America. It is a non-prescription herbal medicine that is safe and is sold in EVERY regular pharmacy under numerous brand names like Sannacot, etc., and in health food stores all across America, and has been sold like this for over 150 years. Medical doctors worldwide even regularly prescribe it.** I don’t know where you read that it is toxic to tissues and organs, but I could probably find many things in your own kitchen that are toxic—and it is not the Senna.

**Cascara Sagrada, Sacred Bark!**

Cascara Sagrada literally translated means “Sacred Bark”. It was given this name by Native Americans, and then the Spanish, for its amazing healing ability. Native Americans have used it for thousands of years. In the past 500 years it has been used by immigrants to the United States, and in the past few hundred
years, internationally. Cascara Sagrada bark, Senna leaves and pods and Aloe all contain emodin. Emodin is a cathartic anthraquinone that stimulates the muscular contractions (peristalsis) of the colon, which promotes more frequent and more complete bowel movements, relieving constipation. The FDA has recognized it as being effective for this purpose, but there have been some FDA disagreements over Cascara Sagrada in 2002 (in ridiculously high dosages, that would almost be impossible to ingest), but regardless, it is still very legal to use as an herbal supplement. All of my herbal products meet FDA guidelines to manufacture and sell, and my facility is also an FDA inspected and approved ORGANIC herbal manufacturing facility.

FIRST, repeat after me… “In Dr. Schulze I Trust!”

You can buy a lot of herbs and herbal products. There are many sold in stores and even in pharmacies. You can buy them online, you can even buy bags of herbs and even make your own formulas, but when you buy herbal medicines from me… you are not just buying herbal medicines… you are buying DR. SCHULZE. And there is a BIG DIFFERENCE!

Look, I am not asking you to blindly trust me, but I am asking for some level of trust here, otherwise you should just go to the store and buy any old herbal products, or go to a medical doctor and take drugs.

Why should you trust me? Mainly because I have been an Herbal Doctor all of my life. My two teachers alone practiced herbal medicine in their clinics for a combined 100 years, and when you add in my over 40 years of experience so far, well, you have got 140 years of experience and well over 200,000 patients. I don’t know everything, but I KNOW Natural Healing and I KNOW Herbal Medicine, and I know how to help people to heal themselves using herbal medicine. This I know!

Pat, you have to trust in somebody, some of the time, so I suggest you STOP looking for the few negative reports written by ignorant people about wonderful healing herbs, and START focusing on Creating Powerful Health, and START trusting in me. Or, STOP using herbs altogether and go to medical doctors. Just pick one and stop panicking and STOP working yourself up into a frenzy—this is what’s going to make you sick!

Orange Juice Causes Cancer?

If you look hard enough, you can find articles written promoting or condemning anything and everything. God exists. God doesn’t exist. Apples heal. Apples cause cancer. Two glasses of orange juice fed to a male rat supposedly gave it cancer—yep, that’s on the Internet too! Look it up. Oh yeah, and there are lots of stories about computers causing cancer, too. Inoculations save lives? Inoculations KILL? It’s all out there.

Just look up Chemotherapy on Wikipedia and you will see a woman smiling in the picture, like she is having a ball, getting her chemotherapy. Then why did most of my patients say it was like getting HIT IN THE HEAD WITH A BASEBALL BAT, or like getting RUN OVER BY A TRUCK? Also, Wikipedia says it’s an effective cancer treatment, but to the contrary, the Federal Government’s own General Accounting Office report stated that: “There was no observable improvement” with using chemotherapy! It’s a confusing world out there.

Seek Your Own Truth!

Look Pat, you have to believe in something. So go inward into your heart, you will find what is right for you. Trust yourself. Seek your own truths!

The Bottom Line
It seems to me that you are looking for evidence to NOT get your bowel working, to NOT get healthy and to NOT use Natural Healing and Herbal Medicine. Because this is exactly what you found!

Most people when researching herbs they want to use, just read the articles about how using the herb will improve their life, and maybe even save it. So the Big Question I have here is why are you doing this? Whom are you trying to convince—what is your point?

My patients that were always looking for reasons to not use herbs and not get healthy, well, they usually found their reasons and achieved these goals. I strongly suggest that you get your head screwed on straight, focus on what you WANT, and want to achieve, and Just Do It! What you are doing now will cause illness and disease, and it’s NOT FUN!

“Your Focus Determines Your Future!”

“Tomorrow is what you DO and BELIVE Today!”

— Dr. Schulze
QUESTION
Dear Dr. Schulze,

My son has suffered with chronic constipation and partial rectal prolapse since he was four. He is now 11 and still having the same issues. I’ve been to many doctors/specialists and nothing seems to help. He has been allergy tested and it came up positive for several foods including all nuts, seeds, soy, and pretty much everything outside. He does not have a reaction that I can see when he eats these foods. He is also an extremely picky eater, which gets worse as he gets older. I’ve tried everything to try and get him to eat fruit and vegetables but he refuses and gags on everything. I did just order your Intestinal Formula #1. How much do you think I should give him daily? He is 11 and 60 pounds. Any other recommendations?

— Mindy M. in Salt Lake City, Utah,

ANSWER

Dear Mindy,

Please forget the allergy testing, and keep your son away from these medical idiots! If they don’t know that a few simple herbs and foods will dramatically help your son, and cure his disease, then they are worse than idiots, they are dangerous ignorant medical doctors that will fumble around with your son until one day he will be seriously diseased and then they cut his colon out!

Yes! I have herbs that will work a miracle with your son, and end his constipation, and probably save him from a gastrointestinal nightmare like a life of digestive diseases, cancer and even a colostomy bag, but I must get you to meet me halfway by changing his food program too, which is the cause of his constipation.

As I talk about all the time, our level of health is a PERFECT REFLECTION of our GENETICS mixed with our LIFESTYLE. So not to blame it all on your cooking or your son’s eating, but for whatever reason he has also inherited a sluggish bowel. Well, as I always say, that’s water under the bridge and there is nothing we can do about genetics that were created 12 years ago. But, just because your son may be genetically prone to constipation, this does NOT mean that he has to live with it.

What we can do is change his food program so that it contains enough fiber, mucilage, roughage and other material so he has normal bowel movements. Then, we can also give him some herbs that will guarantee he has normal bowel movements, even if he eats cement.

First Things FIRST!

The first thing I must do is to make sure that your son starts having daily bowel movements. Regardless of his genetically weak colon and regardless of his food program, the last thing we want is your son getting sick, going to the hospital, having appendicitis or having a life-changing surgery nightmare like a colostomy, so let’s get him going immediately.

You ordered my Intestinal Formula #1. Great start. How much to give him? Well, this answer is for EVERYONE reading this out there who is trying to figure out the dosage for kids, babies, or dogs or cats, or anyone or anything that is not an average adult about 150 pounds.

The safest way to decide dosage for kids is ALWAYS by WEIGHT. You simply take the child’s weight and make a fraction by putting it over 150 pounds, so in your case it would be 60/150 which reduces to about 1/3, which is close enough. So your son would take 1/3 of the adult dosage.
Also with kids, you have to start out a bit slow, because if you teach your son the laws of jet propulsion by giving him an overdose right out the gate, well, he may not forgive you and never take the herbs again.

So I would start him on about a ½ capsule (since his history of constipation) and increase this dosage by a ½ capsule daily until you reach the desired dosage, that causes him to have daily bowel movements. If you need to, keep him out of school for a few weeks until you get him regulated. (OK, for the constipated and/or mathematically challenged out there, just pull open the capsule and pour half of the contents into a container. Save these herbs. Buy some empty capsules at your local health food store and you can encapsulate and use this leftover herbal powder later.)

Another great formula that I made especially for children is my Intestinal Formula #3, which is a good tasting liquid version of my Intestinal Formula #1. Follow the same dosage rule with this formula also. This might be a better way for your son, try them both.

Again, our bowel movement goal to start is a minimum of one bowel movement per day. EVERY DAY!

What Does Your Son Eat?

I can imagine. Probably the typical, constipating, fiberless, American, animal food-based diet. I must tell you that the main food ingredient that makes us eliminate fecal waste is FIBER. This is why when people are constipated they eat a bran muffin, which is almost total fiber. Anyway, most people don’t know that there is NO FIBER in ANY ANIMAL FOOD!

That’s right, there is absolutely ZERO FIBER in any beef, pork, chicken, turkey, fish, dairy, eggs or any animal flesh or byproduct. So consequently, the typical American diet (being animal food-based) is very low in fiber and therefore, very constipating. The only foods that contain fiber are fruit, vegetables, grains, legumes, nuts and seeds. This is why a Vegetarian-based food program promotes healthy elimination. You don’t run into many constipated vegetarians.

Fiber To The Rescue

An easy way to introduce FIBER into your son’s food program, and more importantly into his colon, is my HerbalMucil Plus. It has no taste, and you can mix it into a fruit smoothie and he won’t even know it’s there. Just add a little water to the smoothie and have your son drink it right away, because if it sits around it may become too thick and turn into “jell-o”.

Required Reading

Mom, you MUST read Chapter 4, or my Detoxification: Volume Two book! It is only four pages long (pages 43–46) about constipated children and about a constipated 11-year-old boy. In fact, you MUST read my entire Bowel Detox section of this Detoxification book, from page 17–120. You can either call 1-800-HERBDOC (437-2362) and ask for a FREE copy (just tell them I said you could have one from this BLOG posting) or just go over to the right margin of this BLOG right now (that has pictures of all of my books) and go down to what is currently the fourth book down, Detoxification: Volume Two, and just click on it. ALL of my books are FREE to read right on this BLOG! We paid a lot of money for this book reading software and it is really cool—so let’s use it.

Finally, The Food Program

So Mindy, PLEASE, we need to get your son eating better. Eating is NOT just about eliminating waste; it is about NUTRITION! Your son is only 11 years old; he is in his most formative years, building his body, building his mind and building his spirit. You MUST get him to understand that what he eats DIRECTLY...
feeds and builds his body and his mind. You MUST get him to eat fresh fruits, vegetables, whole grains, nuts, seeds and all the other great nutritious foods. Take him to the health food store with you, let him browse around, let him take his time and let him buy what he might like. Take him to the local farmers’ market with you, and let him taste some of the food and meet the farmers and vendors. My son grew up going to the local farmers’ market.

And, start him on my SuperFood-100 immediately, which I made especially to give super nutrition to finicky kids. Later hopefully, you can introduce my SuperFood Plus into his smoothies.

I would rather see you take your son completely out of public or private school, and home school him the rest of this year. Get his bowel working normally, and get his food program healthy and nutritious. It will be best education for his future that you can give him. He would never forget this gift. You will save his life!

11 and Constipated: Continued

March 07, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I just read YOUR BLOG about the 11-year-old boy.

I used your Intestinal Formula #1 for many years to treat my son’s sluggish colon. My son is diagnosed with severe autism. I found your herbs from an acquaintance and began giving him a whole cap when he was probably 8 or 9 years old. If you know anything about autism, you will know that most kids suffer with bowel trouble.

Your Intestinal Formula #1 kept his bowels moving. I gave him usually, 4 caps per day, for many years, say twelve years. We had eaten vegetarian all his life and I had given him good, nutritious, real food all his life, but because of the autism, none of that was enough.

Thank you, Dr. Schulze. I wanted to say to folks who have autistic kids (or just constipated kids), and are looking for help: Dr. Schulze’s Intestinal Formula #1 is MUCH better and MORE EFFECTIVE than Miralax or the other drugs that are recommended by big pharma to treat our kids’ constipation.

Don’t be afraid of high dosages (sometimes my son required 6-8 capsules a day) and don’t be afraid of using it for long periods of time. When I would take my son in to see the medical doctors for the rare visit, most of them would comment on how well he was doing, given the severity of the autism. Keeping his bowel moving by using Intestinal Formula #1 and using Dr. Schulze’s other recommendations (natural foods, good water, etc.) was a big part of that.

Thank you, thank you, thank you, Dr. Schulze.

— Susan C. in Atkins, AR, USA

ANSWER

Dear Susan,

Letters like yours make all of my hard work worth it. If I can save just one child the horror of bowel disease, or worse, the horror of the medical and surgical treatment of bowel disease, it’s all worth it!

I often think how kids lives are changed for the worse—ACTUALLY RUINED—when parents go ahead with medical doctors’ suggestions of bowel resections and colostomy bags for teenagers. And medical doctors suggest this all the time! They are sooo… out of touch with reality and destroy a child’s entire life.
PLEASE, anyone reading this with a constipated child, just read the BLOG question I answered two weeks ago, **11 and Constipated**, if you haven’t read it yet. In this BLOG I lay out an entire program for constipated kids with all the natural solutions and natural herbal medicines. Childhood constipation, no matter how extreme it may be, IS A VERY SIMPLE FIX!

I have even treated babies in my clinic with Hirshsprung’s disease, where the medical doctors say there is no hope because the babies are born without any nerve supply to the colon, and wanted to remove their bowels. Imagine that, a bowel removal on a baby—that’s criminal!

I have never had a patient that I couldn’t get to have normal bowel movements, whether 9 months old or 99 years old, no matter what their problem or disease, no matter how constipated—herbs make them have normal bowel movements!

I won’t say anymore, Susan, because you said it all. I just want to thank you for being such a great Mom and keeping your boy as healthy as possible.
I'm Still Constipated!

May 24, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I have been using Dr. Schulze products for about 5 years and have suggested and helped out many people with these products. I have completed all the detox programs multiple times. I eat all organic foods and have tried everything short of a raw diet. Nevertheless, I still have an issue with constipation and if I don't use the Formula #1, then I don't eliminate. I would really like to get off the constant use of the Formula #1 product. What do you suggest?

— Diane R. in Green Bay, WI,

ANSWER

Dear Diane,

In my decades of clinical practice, seeing tens of thousands of patients, I have ALWAYS been able to sort out people’s constipation, even in Hirschsprung’s Disease where there are no nerves to the bowel. Also, I have had the most extreme cases of constipation in my clinic that I have ever heard of in any medical books. (See my 5-Day BOWEL Detox book, or my NEW Detoxification: Volume Two book, both available FREE now for the asking. Or better yet, check the right side of this blog to read them right now!)

In both of these books there is a section called Constipation Record Breakers (in the 5-Day BOWEL Detox book, see page 37, and in the Detoxification: Volume Two book, see page 49) that tells many of these EXTREME stories. They will make you feel downright healthy.

OK, It sounds like you inherited a very dysfunctional and lazy bowel, so I am sure constipation is a family trait. Usually this begins with generations of bad eating habits and bad genetic “engineering” from basically people with genetically weak colons falling in love with other people who have genetically weak colons, and then having babies who have even weaker colons. In the same way that we can genetically “breed” strengths, and I am sure you have many of these, we can also “breed” weaknesses, and we know your big one is constipation. (Does all of this breeding talk sound too German of me?)

Anyway, you state that you have used my Intestinal Formula #1 for five years, and would like to stop using it. I hear you, but I want to tell you that I too inherited a very dysfunctional and lazy bowel, and as a child I had only one bowel movement a week. As a teenager I tried all of the colon cleansing formulas available and NONE of them worked for me, so that is why I eventually designed my Intestinal Formula #1. I took this formula myself for 12 YEARS—7 YEARS LONGER THAN YOU—before my bowel really worked great on its own. Now the only time I use this formula is when I eat constipating food or travel. Having said that, I do have a few people that have been on this formula for almost 30 years now, and they have such dysfunctional bowels, or will not change their lifestyle enough, that they may end up using this formula for life, BUT THAT IS BETTER THAN BEING CONSTIPATED! Which brings me to another part of your letter.

First, I want to congratulate you for all of the dedication and work you have done to be healthier. Doing all of my Detox Programs, eating better, making lots of great healthy changes in your life (can you tell I am setting you up to whoop your ass)… If you are really serious about curing your constipation, you say you have done everything except raw foods, well, I suggest you go there now and begin a Vegan Raw Food Program. I have never had a patient do this and still be constipated—NEVER—but it could be possible, so I suggest you find out.

I would also increase your movement program to an hour a day, every day, and also check and make sure that you are not emotionally “holding on” to anything. I would get a FREE copy of my 20 Steps To A
**Healthier Life** book and look into each and every one of my 20 steps and see if there is anything that you have missed. You can find this book on the right side of this blog, too. Click to read it right now—FREE!

Remember, the Natural Healing of disease is the process of **changing our lifestyle and our life for the better—physically, emotionally and spiritually—until our body heals ITSELF and our disease simply goes away.** So be patient.

I would also try some of my other bowel formulas, like the **HerbalMucil Plus**, which will add more fiber than a raw food program, and this may be your answer. I would also try my **Intestinal Formula #1 Maximum Strength** and my **Bowel Flush “SHOT”**. These formulas may offer your body a break from the **Intestinal Formula #1**, and also they will work differently for you, so try them too.

If raw foods are too much of a push for you, I totally understand. Natural Healing dictates that you can heal yourself of ANYTHING—ANY DISEASE—and that all you have to do is STOP doing what makes you sick and START doing what will Create Powerful Health. Well, that can be easier said than done. Most of us have our limits of what we are willing to do. This is where the herbal medicine help comes in.

So in the mean time, while you are becoming a health fanatic, we have herbs to literally assist your body to work perfectly, **even though your current lifestyle improvements have not been enough to offset your genetic weakness**, but KEEP GOING!

This is the beauty of herbal medicine. It will keep you clean inside, make your bowel work well and keep you safe from colon disease while you are figuring out how to live.

Please, congratulate yourself for all that you have done so far. Give yourself lots of appreciation and hugs and kisses, and then take the next steps to a healthier life! Who knows? You might be one day away, or one week on raw foods away from your healing of a lifetime!

Celebrate whatever it is, keep smiling, keep laughing and have FUN with the journey and adventure!

— Dr. Schulze
Fasting, Flushing, but no “Pooping”!

March 22, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I love doing your 5-Day Detox kits. I feel so clean, clear-minded, healthy and have so much energy when I finish them, they are the best. Thank You.

My question is that always when I juice fast, or as you say “juice flush”, or when I do any of your Detox programs, I pee my brains out, but I don’t poop! Sometimes I don’t even have a bowel movement for the entire five days and that cannot be good.

Normally, I go like you suggest, once for every big meal that I eat and I don’t need any help. But during your 5-Day Detox programs, even the bowel, I always have a problem pooping. I recently finished your 5-Day Kidney/Bladder Detox and I didn’t poop the whole five days! This can’t be good. Do you have any suggestions?

— Debbie O. in Marysville, WA.

ANSWER

Dear Debbie,

Your problem is a common one and I have a very simple yet effective remedy.

First, Why This Happens

Most of us store about five pounds of digesting food and fecal matter in our stomach, small intestines and colon. (Unhealthy people can store 10 pounds or more.) When we eat a major meal, we swallow more food into our stomach, which causes peristaltic muscular waves and “helps” the previous contents of your stomach to be moved into your small intestine for nutrient assimilation, which moves the previous contents of your small intestine into your large intestine (or colon or bowel), for dehydration, which causes the previous contents of your large intestine to move into your rectum and to be eliminated as fecal matter.

This is why it is normal to have one bowel movement, about 30 minutes after every major meal that you eat. Eating a meal starts the “waves” that move the food you ate—that is in various stages of digestion, assimilation and elimination—to the next organ or stage.

When you stop eating, as you do during a juice fast or a juice flush, or during my 5-Day Detox Programs, your entire intestinal tract becomes empty. After a day you have nothing left in it, so it is empty to store quite a lot. But, since you are not eating during your Detox program, the little amount of solids in juice, smoothies, potassium broth, SuperFood or a liver flush drink, even a salad, is not enough to cause a bowel movement. So, for many people it just starts storing up.

Now, How To Fix This Problem

The best way to assure you have a daily bowel movement or even two, during any fast, Flush or Detox program, is to take a good dose of fiber and mucilage every day during your cleanse.

What I do (and highly suggest to anyone who stops pooping during a cleanse) is to take a daily dose of my HerbalMucil Plus. This will cause a daily, complete bowel movement. It does this because the herbs in this formula swell up and cause volume, they are almost pure fiber, both of which cause you to have a daily soft and satisfying bowel movement, even if all you are consuming is liquids.
So, for you or anyone that stops “pooping” during any of my 5-Day Detox Programs, simply have 1 or 2 doses of my **HerbalMucil Plus** during the day, and you will have complete bowel movements like normal. This should put a smile on your face.

Stay Healthy,

— Dr. Schulze
To Poop or Not To Poop… that is the Question.

September 09, 2008, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I have been seriously constipated for years and want to try using your Intestinal Formula #1 and eventually do your 5-Day BOWEL Detox Program, but I am afraid. I have heard that taking bowel herbs can be addicting and I would like to know what you think. Also, I have a friend that has been taking your Intestinal Formula #1 for years and she wants to know if there are any dangers of taking it indefinitely?

— Sarah C.

ANSWER

Dear Sarah,

Most people start taking the Intestinal Formula #1 and feel great immediately. They love it. They begin having regular, frequent, softer and complete bowel movements, probably for the first time in their life. They lose weight, their tummy gets flat, but then a few of them wonder, can I take this formula for a while or a month or six months or a year, or even indefinitely? And of course the answer is very simple: To poop or not to poop... that is the question.

The downsides of constipation are almost infinite. You can have sickness, illness, disease, immune weakness, low energy, back problems, headaches, leg pain, menstrual irregularity, hormone imbalance, erectile dysfunction and prostate problems, emotional problems, bad digestion, poor assimilation... numerous diseases, including diverticulosis and herniation of the intestine due to fecal matter impaction.

Modern medical books say that 100% of ALL Americans, before they die, are going to have herniated intestines due to lifelong constipation. I saw hundreds of patients that developed cancer in the bowel simply because of constipation. I also saw every disease and every illness helped by cleaning out the bowel, no matter what it was. You may think that your disease or your problem is totally unrelated to your bowel, but let me tell you, the old natural healers knew it, and they were right. You clean out your bowel and miracles can happen. I have seen everything from chronic back pain and migraine headaches, to every disease known, be relieved and helped by a thorough colon cleansing like my 5-Day BOWEL Detox. For many of my patients, their disease or chronic problem just disappeared.

Now, for those whose diet and lifestyle inhibit them from having regular bowel movements, or those who have inherited sleepy and sluggish bowels, GET STARTED taking my Intestinal Formula #1 IMMEDIATELY! START taking the formula IMMEDIATELY to get your bowel movements normalized and regular until the time comes when your bowel works perfectly on its own. What's the downside? I don't know of any. Besides the cost of the herbs, there's none that I'm aware of.

Rumors suggest that constant use of cathartic herbs will become addicting, but I've never, ever seen this. Constant use of cathartic herbs with no lifestyle changes, no food program changes, no movement changes and no attitude changes, well, if you want to continue to poop, you better keep taking the herbs. Intestinal Formula #1 will make you have normal, regular and frequent bowel movements no matter what you eat, drink and think. So if you want to call this addiction, so be it, but I call it staying healthy in spite of yourself!

On the other hand, I've seen thousands of people worldwide, including myself, that used Intestinal Formula #1 for years and then, when their lifestyle was corrected and adjusted enough, the bowel started working...
naturally two to three times a day on its own, and they were completely able to wean off of this herbal formula entirely. I'm one of those. I took the formula for over ten years before my lifestyle, my exercise program, my new emotional program and all of the good things I was doing kicked in enough for me to feel better and have those regular two to three bowel movements a day, where my bowel moved thirty minutes after each major meal. So it can take some time, especially if you have years of hard living or bad living habits or, again, have inherited a very weak, sleepy bowel.

Once my patients would start having regular bowel movements without the formula, the only time they used Intestinal Formula #1 again was during episodes of constipation, usually Thanksgiving, Christmas, and any time the family gets together and eats, or when they traveled... any time they temporarily abandoned their healthy lifestyle program and it resulted in constipation. Then you can use Intestinal Formula #1 on a temporary basis to keep your bowel working, but believe me, my patients didn't get addicted.

I always like to use the analogy—*it's like taking your bowel to the gym*. If you go to the gym and do isolated bicep curls, that workout your biceps muscles, after a while, your biceps muscles get much stronger, and when they're stronger they work better. When your colon is sluggish and weak, taking my Intestinal Formula #1 actually stimulates and tones your bowel muscles to move more, and this is what causes you to have better bowel movements. Over time this muscular movement and toning makes your bowel muscles stronger, and stronger bowel muscles work better on their own. This is the opposite of addiction; this is healing.

Finally, back to the bottom line "pun intended", it is a matter of having bowel movements or not, and considering the disease and downsides of constipation, I highly suggest that you get your bowel working right away. Immediately. TODAY.

Tomorrow is what you Believe and DO Today!

– Dr. Schulze
Friends,

This is a great video clip where I talk with a customer who has suffered with constipation all of her life. She had started my SuperFood Plus and Intestinal Formula #1 and had an amazing story to tell. I also explain to her what my Intestinal Formula #2 does, and the importance of doing both formulas (my 5-Day BOWEL Detox).

This is a great video that will answer many of your questions regarding Intestinal Formula #1 and Intestinal Formula #2, and many other questions that people have about constipation and getting your colon cleaned out and working properly again.

- Dr. Schulze

Video Length: 9:48

Click to View
Coronary Artery Disease

Eating Meat Is Hazardous To Your Health

July 25, 2008, VIDEO by DR. RICHARD SCHULZE

Friends,

I happened to see these three articles on CNN within a short time of each other. I hope you can see the humor and insanity in them as I did.

Look, I don't care what anyone wants to eat, Cows or Sprouts, it doesn't really matter to me, it's your business, but . . . . .

I am in the business of helping people Heal Diseases naturally, and also to Create Powerful Health naturally, and you are NOT going to achieve either of these stuffing dead animals or their eggs or milk into your body.

For one, no dead animal, or any animal egg or milk contains one drop of fiber, NONE. This simply means that once it gets into you, it is very hard to get it back out of you, so it is very, very clogging, congesting and constipating to everything from your arteries to your colon. In fact animal flesh mixed with your digestive fluids has been linked to causing colon cancer and many other colon diseases and other cancers, the #2 cause of death in America.

Additionally, it is rich in cholesterol and fat, in fact animal flesh and animal byproducts are the ONLY source of dietary cholesterol, PERIOD. There is NO cholesterol in any Grain, Vegetable, Fruit, Legume, Seed, Nut, Sprout, NONE. Animals and their by products have been linked to coronary artery and carotid artery disease, the #1 cause of heart attacks, and strokes AND DEATH in America.

Also, they are loaded with antibiotics, hormones, steroids and a 100 other pharmaceutical drugs, so if you think you don't take pharmaceutical drugs, but you eat animals, think again. In fact animal flesh and animal byproducts are loaded with drug residues. Over 50% of the antibiotics manufactured are not used on people, but on animals for slaughter because of the filthy infected conditions they live in. And even if you eat meat that is hormone and drug free, and the animals are treated humanely and killed humanely (is that an oxymoron?), they still contain their own natural hormones that are very alien to your body, like a cows that help it grow from 200 to 2000 pounds in a few years, do you really need hormones like that in your body?

And if you think chicken, or fish is a good healthy alternative, think again. Chicken has just as much fat and cholesterol as fatty hamburger meat and even the freshest fish is still loaded with parasites, mercury, it's scary.

And finally read my latest Summer Catalog 2008 report, page 17 on the right side, my article called "Hamburger Pollution" which shows you how the animal business in America is contributing to global warming much more than all car, bus, truck, airplane and all means of transportation and the burning of fossil fuels combined.
So look, this is not some save the whales plea, or some be kind to animal thing. If I were starving to death, and there was no food in sight, like a desert island, I would probably kill the person next to me and eat them if I needed to, especially if they were irritating me, but, I am far from starving and I am not stranded on a desert island.

The bottom line is that if you are trying to heal yourself of any disease or illness, and/or you are trying to Create Powerful Health, take a break from eating animals and their byproducts. You don't need the bacteria, fat, cholesterol, drugs, antibiotics, parasites, mercury or whatever in your body when you are healing and building health.

Like me, you will probably find that when you stop eating it, you will feel a lot better, lighter, less heavy and bloated, have more energy and will end up just dropping eating the garbage all together. I did, about 40 years ago.

Be Well

– Dr. Schulze

Video Length: 13:51

Click to View
Depression

7 Miracles For Depression

November 08, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I have a real problem with Depression. I am not one of these women who just says this to get attention. I have been diagnosed with clinical depression by my medical doctors for years, since being a teenager. It started sporadically, I would be going along feeling great, and then all of a sudden I would just wake up some days feeling different, like a different person, like my life was all of a sudden all wrong. As a few years went by, on these “bad days” I wouldn’t even want to get out of bed. It progressively grew worse. I am now 37 and have been on numerous anti-depressive drugs for 20 years now. I am not even going to tell you the meds I am on as I know what you will say. I just wondered if there is any chance that I can get off of these meds. I have been using your Intestinal Formula #1 and Bowel Flush “SHOT” since a friend introduced me to your products a few years ago and they are a godsend. As you may know some anti-depression drugs are constipating and I suffered with this until I discovered your products. Thanks to you my bowel works normal now, so I was just wondering if you had any other miracles for me, with my depression. I look forward to your answer.

— Shelly C. in Philadelphia, PA, United States

ANSWER

Dear Shelly,

If you want a Miracle, you came to the right place. I’ve got all sorts of Miracles for you.

Let’s start at the beginning…

HORMONES, Miracle #1

It is a big clue to me that you started noticing your depression as a teenager, and it was sporadic, with a few weeks feeling fine, only to wake up one day “feeling like a different person”. What you are describing, I heard 1,000 times (probably 10,000) from my female patients in my clinic—it is called PMS. What you were feeling is a hormonal crash.

Unfortunately, because Pre-Menstrual Syndrome was not recognized for decades due to the male-dominated medical establishment, it was just dismissed as women just being a little sensitive or crazy. Of course now it is recognized as a serious medical issue that has all sorts of physical and emotional illnesses and dis-eases associated with it. In my clinic, I noticed that EVERY female patient experienced some level of monthly imbalance, some hardly noticeable, while others were life, health, family, marriage and career destroying.

When depression is cyclic in a female, and you go for a few weeks feeling great, only to wake up feeling like another person, this is ALWAYS CAUSED by your HORMONE LEVELS dropping severely before the onset of menstruation, like with PMS. This also happens during menopause, but it is less cyclic then, as your hormone levels are naturally tapering off.

A medical doctor with more experience, or one who simply had a girlfriend or wife, would have recognized this cyclic depression as hormonal.
So, the first thing I want you to do is start taking my Female Plus Tonic, as I KNOW that your hormones are out of balance, AND PROBABLY HAVE BEEN FOR 20 YEARS! Start with 2 droppersful, three times a day, indefinitely.

**BOWEL CLEANSING, Miracle #2**
I am happy that you found me through my ability to make people poop! Many of my patients used to say that, “I make shit happen, literally!” I am glad that you got your bowel working better, but this is just the beginning. Now I want you to start getting the old waste out by doing my 5-Day BOWEL Detox program a few times, once right now and again in the New Year.

During my years in the clinic, I had more than one patient with clinical depression snap right out of it—and I mean SNAP—just by doing my 5-Day BOWEL Detox program for a few weeks in a row.

Think about it, your brain can only work as good as the quality of nutrition in the blood it receives, and the ability of the waste it produces to be eliminated. In almost every brain disease—from Alzheimer’s to Dementia and Senility—it is ALWAYS observed, post mortem, that the brain was filled with toxic waste fluid, if not thick waste and even lesions. This is simply the case with any organ where the circulation is deficient and the nutrition IN and waste OUT cycle is constricted, slowed down, or weakened.

Worse, toxins from built-up bowel waste due to constipation can be reabsorbed back into your blood and then eventually all of your blood will circulate into your brain. Also your body, and blood, will just be more toxic because your main elimination organ, your bowel, is not doing its job.

An old, great Natural Healer that I interned with used to do a lot of bowel cleansing with his patients. We used to comment and discuss how much nicer his patients would become after a good bowel cleanse. One day when I asked him why this was he simply said, “Don’t you know, you can’t have sweet thoughts on a sour stomach!” Simple, but true!

**NUTRITION, Miracle #3**
OK, I just mentioned that your brain can only work and function as well as the amount and quality of the blood it is receiving. NUTRITION is the QUALITY!

The best way I know to raise the quality of your blood, from depression inducing fluid to high-octane “positive thought” super fuel, is quality food and quality nutritional supplementation.

For quality food, well, this is simple… STOP eating any junk (i.e. coffee, tea, alcohol, soft drinks, sugar, animal food) or ANY food that we KNOW affects hormones adversely and also doesn’t offer you the best and easiest to assimilate nutrition. Then, START on an organic, mostly raw, high-nutrition, vegetarian food program.

Secondly, start taking a double dose of my SuperFood Plus, morning and afternoon. I don’t care if you make morning green drinks with the powder, take the tablets or eat my SuperFood Bars, just EAT IT! You will be amazed how nice your thoughts can be when you start giving your brain all the quality nutrition it needs to function at its highest ability.

**CIRCULATION, Miracle #4**
I will repeat the first sentence under nutrition, “Your brain can only work and function as well as the AMOUNT and quality of the blood it is receiving. NUTRITION is the quality!”

In nutrition we dealt with the quality of your blood, but in the above sentence, now I stress the word: AMOUNT!
GETTING BETTER BLOOD CIRCULATION TO YOUR BRAIN IS ONE OF THE ABSOLUTE BEST REMEDIES FOR DEPRESSION!

It has been known for decades that when certain areas of your brain do not get enough blood circulation, you get depressed. It is one of the main physiological reasons for depression, simply, a lack of brain circulation. Consequently, over the past few decades hundreds of studies have taken place with patients suffering from depression, using exercise to decrease depression and in EVERY single study, the groups that exercised had a dramatic reduction in their depression.

So it is true, in a way your ass and your brain are connected, because when you move your ass, your brain functions better.

MOVE YOUR ASS BRAIN, Miracle #5
YES, exercise reduces depression, this is a fact, but there is much more. Exercising, which increases more blood circulation to your brain, has many other brain benefits.

• People who exercised walking 15 miles a week, that’s only about three miles a day, five days a week, had up to 25% better test scores than the sedentary group.

• People who exercised daily had dramatic reductions, even reversals of memory loss, dementia, senility and even Alzheimer’s Disease.

In fact, it is known that most new brain cells die shortly after they are created, but now it has been proven in numerous studies that when a person gets regular exercise by simply moving their body, ANY TYPE OF MOVEMENT, well, the new brain cells have a much greater survival rate and DO NOT DIE!

BRAIN HERBS, Miracle #6
My Brain Formula is one I developed in my clinic for my patients with everything from depression and anxiety, to memory loss, dementia and senility, to Alzheimer’s Disease and even serious brain injuries and post-stroke treatment and recovery.

I had used the herb Ginkgo biloba for a few years in my clinic with good results, but it wasn’t until I started using much higher doses of it, at much greater concentrations, and then turbo-charged it with Habenero to literally force feed the Ginkgo and the other herbs in the formula to your brain cells, that my patients started getting their miracle results. I suggested my patients take 2 droppersful three to four times a day to keep the depression away.

If you are going to wean off of your medication, do it slowly, over a period of months. Anti-depression medications are VERY powerful chemicals, and not fully understood. They are well known and documented to cause people to kill themselves, so play safe. It is always best to wean off most chemical drugs over time, and balance it with the aggressiveness of your new, healthy lifestyle changes.

POSITIVE BRAIN EXERCISE, Miracle #7
Finally, you MUST practice POSITIVE BRAIN EXERCISES. What I mean by this is POSITIVE AFFIRMATIONS. I have no answer to why most people today are negative thinkers. Junk food, a lack of jokes, a lack of pooping, a lack of sex, I don’t know, probably all of the above and much more. But, like it or not, most of my patients and most people I meet have negativity down pat. It comes natural to them, an automatic response, so you have to do daily training in being positive.

I use my affirmations, and I have 10,000 of them. I have multiple toolboxes filled with positive thoughts and affirmations that I have heard, learned, borrowed, stolen and made up over my lifetime. And, any time I hear anything negative, I just open one of my invisible toolboxes and pull out a positive anecdote, which is also the eraser of the negativity, and another one to secure the positive influence.
Just for a minute imagine yourself in my place—in my clinic during the final decade—where the average person I saw was already supposed to be dead six months before I saw them. WOW, did that make me a POSITIVE JUNKY! I had to be able to see the light when all I heard was doom, gloom, disease and death.

I remember I had a woman who had cancer in most of her major organs and body. She had already had numerous surgeries, many radiation treatments and four rounds of chemotherapy. She was supposed to be dead about nine months before I saw her, but was still clinging to life by a thread. I had to visit her in her home as she was sent home to die and could not even move. When I got to the house it was like a horror movie. She looked worse than dead. Her skin was cracked and bleeding as with most patients who had been though this type of medical torture, she smelled really bad, had vomit on her clothes, and the room (in fact, the whole house) smelled really bad. She was lying in her deathbed mostly naked, as they had just catheterized her.

I yelled at both of them, she and her husband, and I said next time I come over, I want you looking hot, in a nice dress, no puke, and the house aired out and smelling good. She looked at me and said, “But I’m dying, and I have malignant cancer throughout my entire body.”

I said, “That’s no excuse, we are ALL dying, that’s part of life, but until your heart stops beating, I want you looking like your living, and celebrating whatever you have!”

I then told her to stop whining and that she had a better ass than most women I know, and that even though they didn’t have cancer, they will never have as good an ass as her. (I could see it, as she was barely covered, remember… being catheterized.)

She grabbed a bottle of pills from her bed and threw it at me, told me to go ‘F’ off and get the hell out of her house and then cried for half an hour, sobbing and even throwing up. All the while I sat there staring at her. Then she started laughing—hysterically laughing—and eventually said, “All I have left is a great ass. It’s the only place I don’t have cancer,” and I saw a spark in her spirit. She saw one positive thing!

I had planted a very powerful seed, not the cancer-burning and soul-killing radiation seeds that had been implanted in her body by the medical doctors, but a positive seed—a seed of LIFE.

She still died, but four-and-a-half years later, after regaining her strength, regaining her dignity, and being able to walk again and travel with her family. She enjoyed four more Christmases and four more birthdays. Her time wasn’t up yet; she and her doctors had just given up.

So, my point here is that positive thoughts may be the most powerful healing tool in my Natural Healing arsenal, not just for erasing depression, but healing all illness and disease.

So Shelly, this was more than you asked for, I know, but an amazingly beautiful, happy and bliss-filled life awaits you!

— Dr. Schulze

PS: For a good start on your Positive Affirmations, please take your cursor up to the top navigation bar on this BLOG, to “Quotes and Healing Affirmations”, and then click on “Healing Affirmations”.

Dr Schulze’s Blog 2008-2012 by diseases – 30/10/12
Diabetes

Two Readers Respond, One A Medical Doctor!

November 29, 2011, COMMENTARY by DR. RICHARD SCHULZE

I always get response letters to my BLOG postings. Most of them are “Thank You's”, a few are “Burn in Hell, Dr. Schulze”, and some are great “Healing Testimonials” of customers who were usually sicker and worse than the customer who wrote the letter, and then healed their diseases using my programs. As usual, I got a lot of responses to last week’s BLOG—my answer to Regina M. from Lakeside, CA—whose kidneys were failing, functioning at only 9%, and on 10 Pharmaceutical Drugs. Here are two AWESOME responses!

Response From A Medical Doctor

Dr. Schulze,

You were incorrect. Regina, the lady that you answered in your BLOG, is on 11 medications! The pain medication she is on Hydrocodone-Acetaminophen (Norco) 10-325 mg. is a horrible kidney toxin and a combination of two different drugs (Acetaminophen plus Hydrocodone). This counts as two meds. So the story is even worse than you stated, and it gets worse...

She’s also on Lasix (Furosemide). A friend of mine was talking with the president of (Sanofi Aventis) the company that manufactures Lasix. My friend was suggesting to the president that he had some tools to assist the kidneys. The president of this company got really angry and said he’d fight my friend if necessary. He said his company made, get this... $20,000,000.00 net profit PER DAY from the sales of Furosemide alone!!!

I am an MD who supports the kind of advice you gave this poor soul! Please, keep it up!

— R.M., MD

(name and city/town withheld at medical doctor’s request)

Response from Dr. Schulze

Doc, thank you so much for your support and your information. I often find out from medical doctors like you, that the reality is even worse than I stated, or even imagined. And I knew that the diuretic and adult diaper business was huge, but as usual, I underestimated the enemy.

I really appreciate your support of my common sense natural medicine. We need a lot more medical doctors like you, my friend.

— Dr. Schulze

Lasix, has 41 additional names…

Like sugar, Lasix is sold under at least 41 different names besides its brand name (Lasix) and its generic name (Furosemide). Here they are: Aisemide, Apo-Furosemide, Beronald, Desdemin, Discoid, Diural, Diurapid, Dryptal, Durafurid, Edemid, Errolon, Eutensin, Flusapex, Frudix, Frusetic, Frusid, Fulsix, Fuluvamide, Furesis, Furix, Furo-Puren, Fusosedon, Fusid.frusone, Hydro-rapid, Impugan, Katlex, Lasilix,
Lodix, Lowpston, Macasirool, Mirfat, Nicorol, Odemase, Oedemex, Profemin, Rosemide, Rusyde, Salix, Trofurit, Uremide and Urex.

Also, click to watch this VIDEO if you want to see this same multi-national trillion dollar pharmaceutical company and their $$$ focus!

My Mom Was Worse And Is Healing Herself!

Dear Dr. Schulze,

Please pass my response on to Regina M. of Lakeside, CA, the person whose question you answered in last week’s BLOG re: kidneys functioning at 9%.

In August of this year (three months ago) my Mom, who is 71 years old, had a GFR of 6. (This equals a kidney function of only 6% to 7%, worse than Regina.) She was in Stage 5 (the worst and final stage) of kidney disease. She was referred to a specialist who advised her she must be placed on dialysis immediately. She asked to have two weeks reprieve before starting. The specialist agreed. (We later discovered that the specialist didn't hold out any hope for her anyways.)

We inquired to the medical doctor about using herbs. We were advised they could kill her and then we were told to go to a drugstore and get an OTC vitamin B supplement and folic acid. GAME ON!

I asked her if she wanted to be doctored, or if she wanted to be healed (she chose healed). She ceased consuming all fast food and frozen dinners (her main dietary staples). At the time she was not able to keep much food down, so she started with the SuperFood-100 for basic nutrition. I made her drink as much K/B Tea as she could handle and got her on the K/B and Detox Formulae. We estimate she did about 2/3 of the 5-Day Kidney Detox.

Two weeks later her GFR was 9 (her kidney function INCREASED to from 6% to 10%) The medical doctor specialist was dumbfounded (as this never happens). He wanted to biopsy her kidneys to determine what was causing the fluctuation. As my mom comes from the generation of, "Doctor knows best," this was very difficult for her, but in her heart she knew the operation was wrong and might lead to her demise. She declined the operation.

I'm happy to report that my mom's GFR is now 25 (a kidney function INCREASED to over 27%, from 6%) which puts her in only stage 4 kidney disease and not stage 5 anymore. (A reversal of kidney disease medical doctors know absolutely nothing about!) She has not eaten any fast food or frozen dinners since her diagnosis. She now eats raw organic food and adjusts some foods tailored to a kidney disease diet.

I thank God she chose healing over doctoring, and, most of all, I thank God you made that possible. There is always hope!

If you would pass the above info on to Regina in Lakeside, I'd be appreciative.

— Elizabeth C. in Santa Maria, CA

Response from Dr. Schulze

Elizabeth, I thank God for daughters like you. Twenty or 30 years ago I would have asked you to come work for me in my clinic. Your mom is very lucky to have a daughter like you, so GREAT JOB! And keep it up, you are adding years, even decades to your mom’s life by refusing the biopsies, the dialysis and
kidney transplants. You are saving your mom lots of sickness and torture, and saving yourself a lot of money. By the way, I guess the herbs didn’t kill her like the medical doctor predicted.

God Bless You!

— Dr. Schulze

**Apples to Apples…**

Just to be correct, in the first BLOG answer from last week, Regina M. said her kidneys were only working at 9%. In the second response this week, Elizabeth C. said her mother’s GFR was at 6, which equates to the kidney function being at about 6% or 7%. For you health geeks I offer the following GFR tech intel…

**GFR for Health Geeks…**

GFR or (glomerular filtration rate) is the total filtration rate of both of your kidneys working together. It is NOT an exact test, but rather a close estimate that your medical doctor can calculate from a blood test by counting the amount of filtration markers, like creatinine, that are present in your blood sample. This is the accepted standard estimate for overall kidney function and measured like 100mL/min/1.73 m2 or higher.

Basically a GFR of healthy people with kidneys that are healthy is between 90 and 116, above 90 usually for people under 60 with the highest ranges being in your twenties. From 60 to 69 years of age it is considered that 85 is normal and above 70 years of age it is considered that 75 is normal.

**Fast Food & Frozen Food = SALT Overdose = Kidney DISEASE!**

Elizabeth C’s mother was on almost a pure diet of junk food and frozen food. These two foods are the highest in salt. Salt is used specifically to enhance the flavor of poor quality food, and food that is overcooked and old. Salt is also a preservative.

Salt is also the worst food in the world for anyone with kidney disease or kidney impairment.

Salt is necessary to help your body retain its fluid balance. But, all the salt that you need is already naturally present in food; you do not need additional salt except in extreme circumstances and extremely hot climates.

Now, if someone already has kidney disease, and their body is already retaining fluids because their kidneys are not healthy and not functioning well, they are retaining fluid anyway. Then you add in salt, which causes them to retain even more fluid. This causes the blood pressure to skyrocket, which in turn damages the sensitive filtering cells of the kidneys even further. This is a deadly killer cycle for your kidneys and one that millions and millions of Americans have fallen into, taking diuretics and anti-hypertensive drugs, and eating salt-laden junk food. When you cut out the salt and junk food, you don’t need the diuretic and blood pressure drugs anymore and your kidneys will heal themselves as Elizabeth experienced with her mother.

**BEWARE!**

**Junk food, prepared frozen foods, and even restaurant food usually has between 20 and 50 times more salt added to it than is naturally present in the food, or that you would add at home!**
QUESTION

Dear Dr. Schulze,

My kidneys are now working at 9% and I am scheduled for the shunt procedure IN 2 WEEKS. I have spent the last four days reading and taking notes on the information that you have wrote regarding this matter. I am on a lot of medicine and don’t know what will counteract each other. When asking my Doctors about natural healing methods, they had a fit and advised me to not take any herbal medicine as it might harm me. Please, Please help me to know what to do with this issue. I am currently taking:

- **Glipizide** 5mg. 2 times a day
- **Furosemide** (Lasix) 20 mg. 2 tablets daily
- **Losartan** (Cozaar) 50mg. 1 per day
- **Hydrocodone-Acetaminophen** (Norco) 10-325 mg. no more than 6 per day
- **Gabapentin** (Neurontin) 300 mg. 2 per day
- **Fluoxetine** (Prozac) 10 mg 3 per day
- **Atezolol** (Tenormin) 50 mg. 1 1/2 tablets 2 times a day
- **Nortriptyline** (Aventyl/Pamelor) 10 mg. 4 per day
- **Simvastatin** (Zocor) 20mg. 1 per day
- **Beclomethasone Dipropionate** (Qvar) 80 mcg. 1 puff 2 times a day

Should I keep taking the medicines and start the detox, or am I in danger of overdosing? Herbs are natural, but the doctors told me I would put myself in danger. I really just need some real guidance. Please help me as I am in my final kidney days and need some Godly advise. I know you don’t e-mail, but I am begging you to make this exception.

Thank You,
— Regina M. in Lakeside, CA, United States

ANSWER

Dear Regina,

Sometimes when I get a letter like yours, and the story is so outrageous (like yours), I wonder if it’s a joke, and if someone is “pulling my leg”. Sadly, I know yours is a true story.

You are so far gone, and taking so many chemical drugs, that I don’t know of any natural doctor in the world that would touch you, let alone consider helping you. They wouldn’t even answer your email.

Luckily, people like you are my specialty. As you know, I spent the last decade of my clinical life dealing with people just like you. Patients would wait to come and see me until they had exhausted all other options, their organs were failing and they were at “death’s door”. Often I would see them after all their medical doctors would tell them they would be dead in a few months and that there was nothing more that they could do, and go home and die. And all of their natural doctors, psychics and religious healers had given up too and the priests had given them their last rites. So you are pretty healthy compared to them.

Finally, I have to laugh that your doctors warned you about the dangers of using herbal medicine, and that it may harm you, even though the doctors themselves have put you on 10 EXTREMELY POTENT, POWERFUL AND VERY DANGEROUS PHARMACEUTICAL DRUGS! What a joke! The doctors, hospitals and pharmaceutical companies must love you. You are paying for their yachts.

OK, let’s begin.
The program for you to start IMMEDIATELY is my Incurables Program. But besides this, I will tell you and the other readers some of the absolute most important steps that anyone must follow to literally save their life when their kidneys are failing.

FOOD

You must stop eating all solid food.

At this point you need to begin a liquid diet, but because your kidneys are failing, we need to keep the liquids to a minimum. We must also make sure that all liquids you consume are cleansing, detoxifying and flushing to your kidneys meaning that they are diuretic.

I would start with…

• 1 quart of Distilled Water daily

The water must be distilled, as this is the most cleansing water you can drink for your kidneys. It will dissolve any sludge or sediment in your urinary tract. Squeeze the juice of one lemon and one lime into this water.

• 1 quart of Organic Raw Juice daily

The reason I stress RAW is because I don’t want you drinking any cooked or pasteurized juices. So I want you to get a juicer and start making your own fresh, organic juice every day. In fact, I want you to not only get a juicer, but I want you to get a wheatgrass juicer, too. If you have a Champion juicer, you can simply get the attachment that allows you to also make your own fresh wheatgrass juice. If you must buy your juice in a store, buy it from a health food store where they will make it fresh for you while you wait. Below I will give you a few juice recipes.

Vegetable Juice Combination

All produce must be organic, of course.

• 8 ounces of Fresh Apple juice
• 8 ounces of Fresh Carrot juice
• 8 ounces of Fresh Beet root juice
• 4 ounces of Fresh Celery juice
• 2 ounces of Wheatgrass juice

adding through the juicer…

• 3 cloves of raw Garlic
• 6 pieces of Asparagus
• 1 piece of Ginger root
• 1 bunch of Parsley Leaf

Fruit Juice

I would start with my vegetable juice combination above, but a great diuretic fruit juice is watermelon. You can simply just eat an entire watermelon everyday. I know they are not in season right now, but I would find one anyway.

HERBAL MEDICINE
I would NOT start my **5-Day KIDNEY Detox** just yet. This is simply because you cannot tolerate all the additional liquid.

But you must start on my **K-B Formula** and my **K-B Tea**.

Take 4 droppersful of my **K-B Formula** five times a day. You can just add it to the juices, water, or the tea that you will be drinking.

Drink as much of my **K-B Tea** as you can consume with a minimum of 16 ounces a day. Also, you must make it double-strength, so double my standard recipe using twice as much herbs in the water.

As far as your concerns or worries about any negative interaction between the drugs you are taking and any natural herbal medicine, forget about it. This is something you should’ve worried about a long time ago—long before you started taking so many dangerous pharmaceutical drugs. The medical doctors, hospitals, and even the drug companies have absolutely no idea what this lethal chemical cocktail will do to you that you are taking. It’s any wonder you are even alive!

I would also make absolutely sure that your bowel is empty and working efficiently. So I would start taking one of my nine different bowel tonic formulas immediately, if not all nine of them. A great one to start with would be my **Bowel Flush “SHOT”**, and then work to your daily personal dosage of my **Intestinal Formula #1**.

Additionally, I would take a double dose of **SuperFood Plus** every day. Don’t even bother to ask why.

**ADDITIONAL ROUTINES**

**Movement:** You must move vigorously one hour in the morning and an additional hour in the afternoon. I want you sweating and breathing hard.

**Circulation:** I want you to do my hot and cold shower hydrotherapy routine, multiple times a day, blasting the hot and cold water over your entire body, and then do it again, blasting the water onto the area of your kidneys.

**Attitude:** I don’t know what to tell you to get you to run away from the medical doctors, the hospitals and the drugs, but all I can say is that if I were you, I’d run like hell and not look back, and take my chances with my own natural self-healing lifestyle. You are at the kidney transplant door, so it’s long overdue for you to immerse yourself in a total Natural Healing lifestyle. Get your butt into all the health food stores you can find, and surround yourself with positive people who are behind you leaving the doctors and beginning this journey to heal yourself.

**Spirit:** Get as many self-help positive attitude and healing affirmation books that you can find. You can start with going right up to the top navigation bar on this BLOG site and click on my **Quotes and Healing Affirmations**, and read and re-read everything I say in both of these files every day. Remember, “Tomorrow is what you Believe and Do TODAY!”

**A few closing thoughts…**

As far as weaning off of all the chemical poison drugs that you are taking, this is something that you will have to figure out on your own. But generally speaking, I would wean your body off of them over the next couple of months, as you get stronger and healthier, and your kidneys start working better.

The big question that you have to ask yourself, is how did you get here? How did you get yourself into this mess, this desperate life-threatening situation? **This will be the true healing for you.** You need to
discover why you have done this to yourself, and STOP doing this. Remember I always say that you can heal yourself of anything, any disease, and all you have to do is STOP doing what you did that made you sick in the first place and START doing what will Create Powerful Health.

In America, I often see people waddling around that weigh 250, 300, 400 pounds or more. I mean really obese half-human/half-cow looking things, that haven’t seen their own genitals in years. And I often wonder to myself at what point do these people not realize that they were negatively spinning out of control, self-destructing, killing themselves and ruining their lives? Like when they couldn’t tie their own shoes anymore, or wipe their own butt, or breathe or walk normally?

It takes a huge amount of unconscious living to get yourself into the position that you, and many, many Americans are in—as the average American senior over 65 is also taking a combination of 10 pharmaceutical drugs, just like you.

According to the American Medical Association themselves, properly prescribed medications like you are taking kill over 150,000 Americans every year. Personally, I think the real number is 1,000,000 dead!

So it is high time for you to WAKE UP! To realize that you are only steps away from death’s door, and that you must pull out all the stops, remove all your excuses, and put 110% into SAVING YOUR LIFE.

Remember, I had thousands of patients that were in much worse shape than you, and they were able to turn it all around, Create Powerful Health, and live a long, healthy, and happy life.

Do It Now!

— Dr. Schulze
Dearest Dr. Schulze,

I am 58 years old, 5’11”, and weigh 440 lbs. Needless to say I am at a very dangerous weight. I believe the only reason I am up and about is because of Cayenne and Protect. I want so much to turn my health life around but not real sure in what order. My legs and ankles swell and I currently sleep in a chair for comfort. My main concern is to make sure my body is getting enough calories, so I don’t get sick. My diet consists of chicken mostly and not eating at set times. I have never eaten a salad before and sorry for that. I understand Vegan is the way to go but it is such a foreign food to me. I am inspired by 20 Powerful Steps and have been working on changes. I would appreciate anything you might be able to share with me. The most successful diet I have ever done was Optifast, no food decisions worked easiest for me. Losing 115 lbs in 20 weeks and I felt so good. You know the rest, bad decisions of bad food choices after that and now I am at this point. I need some guidance Dr. Schulze. I want to reclaim my life and health if it is possible. Thank you for all that you do.

— Tom H. in Newport News, VA, United States

Dear Tom,

First, before I even start, thank you for taking the Cayenne and the Protect Formulas. I agree with you and I will take it one step further, they are keeping you alive!

OK, let’s start with a dose of REALITY. You are 58, 5 foot 11 inches and 440 pounds. A normal BMI (Body Mass Index) for your height, not that I follow BMI, but just to get an idea, is 25 weighing in at under 180 pounds, and you weigh 440 pounds and have a BMI of 61. Oh My God, you are a GIANT, you are HUGE! Look, I don’t think fat or thin is right or wrong, I am only thinking about your longevity and you have NONE. If you are still alive and can read this, YOU MUST ACT IMMEDIATELY! If you are dead and your relatives are reading this, I am sorry that I didn’t get to you in time, and this answer will be for the other huge people out there, as America has no shortage of obese people. You are almost 300 pounds overweight. I can’t even begin to explain what that does to your body and internal organs and systems, not to mention your lifespan. The good news is you must have strong genes to have even survived this far. You must be a really strong person, physically, that you have been able to even handle this much added physical stress without having a heart attack, stroke, cancer or dying from any one of a thousand different diseases.

I helped many, many patients normalize their weight, some even worse than you, so listen up.

Step #1: STOP looking at weight loss.

The first and most important thing we have to fix is your mind. You have to STOP looking at your future as a weight loss program and START looking at the rest of your life as Creating Powerful Health. One of the reasons the Optifast did not work (and I will get into Optifast later) is that it is a weight loss program, not a food program, so when you lost 115 pounds and were sick of doing it, you simply went back into your old food program, and put all the weight back on, which is typical. No matter what Optifast or any medical doctor says, weight loss programs usually fail long-term, without another goal. Instead, you have to begin a food program that will Create Powerful Health, nourish your body, even cleanse your body and help you to lose almost 300 pounds. This is going to take a few years and I hope you have enough time left to survive the experience, so let’s get started RIGHT NOW!
Step #2: Optifast vs. your New Dr. Schulze Food Program

The best news here is that we both know it is possible for you to lose weight, YOU CAN DO IT because you have done it before.

BUT, we are going to STOP looking at the next part of your life as a weight loss program. We are going to START looking at the ENTIRE REST of your life, as creating a healthy food program for the entire rest of your life, again our focus is going to be Creating Powerful Health. This is not just semantics; there is a huge difference here.

I often talk about the old Chinese proverb that states, “Focus on the GOOD to Eliminate the Bad”. What I simply mean by this is that, instead of looking at yourself as a dying big fat slob who is torturing yourself with the medically designed chemical liquid diet to survive obesity, you will instead need to look at life in a very different way, in which you are excited about creating a new food program and a new way to eat, with healthy foods that supply your body with powerful life-giving vitality and nutrition. One that will Create Powerful Health. All of this so you can enjoy life to the fullest—laughing, having fun, having sex and feeling great! Your life is NOT over unless you decide it’s over. Again, you are Creating Powerful Health. Focus on Creating Powerful Health and the fat will just disappear.

Optifast, in my opinion, is a medically designed diet for obese people. It is NOT a health program, it is NOT about Creating Powerful Health and it is NOT even a food program, and certainly NOT one that you will stay on for the rest of your life. It is a program of liquid chemotherapy, adding in some chemo-nutritional bars and fiber, that are so loaded with chemicals and other crap, they won’t even list the ingredients on their website. I am not saying it doesn’t work, I am saying it is about chemo-weight loss, not Creating Powerful Health.

You can achieve the exact same results, using my Juice Flushing Food Program, along with my Superfood Plus powder, instead of the Optifast chemo-drink, and replacing the Optifast bars and fiber drink, with my SuperFood Bars and my HerbalMucil Plus. Now you have amazingly powerful and superior nutritional food programs and supplements to create a powerfully healthy body, mind and spirit, instead of just a chemo-weight loss program. See the difference?

I would immediately go out and buy a juicer, any juicer, but if you read my articles before you know I suggest Champion Juicers for their high level of quality and extreme ease of use and especially ease of cleaning.

I would immediately start on my juice-flushing program using my SuperFood Plus powder, SuperFood Bar, and HerbalMucil Plus, just like I mentioned above. And, PLEASE keep taking your Cayenne and your Protect formula.

(NOTE: Click on my “20 Powerful Steps” book at the top of this BLOG and read my chapter on “Fresh Juice” on pages 65-70. Then, go to page 83 for specific instructions on my Juice Flushing Program.)

By doing this, you would be mimicking the Optifast program that you have done before, and had successful weight loss results with. You will have the same exact weight loss results with my program, but your focus will be on building powerful and lasting health. And Creating a NEW LIFE!

Once you have lost 100 pounds, and feel much better again, you can start looking into my Purifying Raw Food Program, and when you are down 100 pounds more, or at least under 250 pounds, you can investigate my Health Building Food Program.

You can also consider my SuperSlim Program and products, but I hesitate to put you on any program that moves your focus into weight loss versus Creating Powerful Health.
Step #3: MOVE!

If you don’t start moving immediately, you’re going to die. I know that at 440 pounds it hurts to even breathe. The French Foreign Legion has an unofficial saying, “March or Die”. This needs to be your saying now, for the rest of your entire life. And it must be every single day.

I am not going to get into any of the details here, but you need to push yourself every single day, until your weight is normal. And you need to make it FUN!

A great place to start might be one of my best friends and colleagues YouTube site. Just go to my “Links” section of this BLOG and click on “Zenkahuna” and you will find his YouTube Channel. You may find many of his movements to be way over the top for your ability right now. But listen to this great man’s philosophy on movement. Start searching his site just to pick up some of his wonderful Natural Healing pearls of wisdom when it comes to moving your ass. And do what you can every day.

I want your entire initial focus to be on creating powerful physical and emotional health. Using your Dr. Schulze Food Programs and Herbal Medicine and Herbal Nutritional Supplements, and movement, to create your new “normal weight” life.

Additionally, I want you to move into flexibility and stretching. At first even flexibility and stretching movement will be like aerobic exercise for you simply because of the 300 pounds of fat that you have attached your body. This is a great place to begin, just stretching.

Step #4: CLEANSE!

Once you have started my foo food programs, and my movement program, and feel at least stable during both of these things, it is time to think about cleansing and detoxifying your body. Which detox program? Hmm… let me think… ALL OF THEM!

I would suggest you start with my 5-Day BOWEL Detox, then wait a few weeks or a month and get stable again, and then do my 5-Day LIVER Detox program. And again, when you are stable, you can do my 5-Day BOWEL Detox again, and later on, my 5-Day KIDNEY Detox.

You Make Me Laugh!

I almost fell off my chair laughing, when I read your statement…

My main concern is to make sure my body is getting enough calories, so I don't get sick.

Who are you kidding? It was getting too many calories that has almost killed you and turned you into a huge obese giant, and made you extremely ill, if you are even still alive. I think you can drop this concern!

I also laughed really hard at…

I have never eaten a salad before and sorry for that.

No need to be sorry, and if you follow my advice you’ll be drinking your salads instead of eating them.

Finally…

I am inspired by 20 powerful steps and have been working on changes.
Me too! Yes, I know I wrote them, but I too work to master these 20 steps every day of my life. And I will be thinking of you for awhile as I’m working on all twenty.

I need some guidance, Dr. Schulze. I want to reclaim my life and health if it is possible. Thank you for all that you do.

OK, all of the above is plenty of guidance to begin with. If I address one more thing with you, your fat, and your life, I would like to say that it would be also very helpful for you to take a look at why you have sabotaged yourself to such an extreme level, not to participate in life.

Life itself, may be the greatest gift we will ever receive. And as far as I know, it’s a limited time offer, and you have made this time even more limited. I really appreciate you reaching out to me, and so if I say one thing in closing, it’s to take a look at WHY you decided to cover yourself with almost 300 pounds of excess fat. I can tell by the way you wrote your letter that you’re a nice person. I’m not saying that you have to spend the next 20 years in deep psychotherapy trying to figure out where the hell you went wrong. I have never seen much good come out of this type of therapy. What I am suggesting is that you need to seriously rewrite YOUR script for your life. And come up with 10,000 new positive life-affirming affirmations, to use as tools and to keep your positive mental focus, while you are making a dramatic and life-changing, positive, healthy transformation.

Don’t forget, you really need to start loving yourself!

— Dr. Schulze
Is Diabetes Curable?

July 06, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I am intrigued by your web site and excited about the possibilities of your "Incurables Program". Having had Type I Diabetes for over a quarter of a century, I have tried countless different diet and lifestyle changes in hopes of curing this disease. While I have been able to decrease the amount of insulin I need to inject each day, a cure has not been my experience. Oftentimes, Type II is curable, but not Type I. Have you had people who have had success with curing their Type I Diabetes with your "Incurables Program"?

— Kathy S. in Windermere, FL, United States

ANSWER

Dear Kathy,

My patients healed themselves of both Type II Diabetes, and Type I.

As you said, Type II Diabetes is curable, and I want you to know that EVERY patient I had with Type II Diabetes was able to cure it if they were willing to do the following:

**Food Programs:** A Vegan Vegetarian Low Glycemic Food Program *(Try my Low Glycemic, Low Fat, Low Calorie, High Nutrition, High Fiber and AWESOME TASTING morning drink in the intro of my July Newsletter.)*

All processed foods have a high glycemic index, meaning they raise your blood sugar rapidly. Whole grains, vegetables, foods in their natural state, and even most fresh fruit have a low glycemic index. So the more natural and whole the food you eat, the Harder and Slower it is for your body to digest and assimilate and therefore does not raise your blood sugar rapidly. Managing your food program, and reducing body fat along with detoxification and regular exercise was powerful enough to totally eliminate Type II Diabetes with all of my patients and also most of my patients with Type I Diabetes.

**Routine Detoxification:** Get your elimination organs cleaned out, toned and healthy!

**Daily Exercise and Movement:** An hour each day!

**Oh yeah, and STOP eating crap:** NO sugar and man-made foods!

Anyone can get their blood sugar into the normal range easily in just 30 days on this program. You can even get it into the normal and great range for anyone, even anyone who doesn’t have Type II Diabetes. That’s right, let’s go for the best blood sugar levels of fasting below 110 and after meals below 140… anyone CAN DO IT! Follow ALL the steps in my “20 Steps” book. (Just click on the book cover in the right column, and read it for FREE right here on my BLOG!)

**Now, about your Type I Diabetes.**

You say that you have done “diet” and “lifestyle” changes and you have been able to decrease the amount of insulin that you inject each day. YES! This is your teaser, the proof, and we just need to take it a few steps further AND turn up the intensity of the program a little!

Making further diet and lifestyle changes will allow you to decrease your insulin even more, and like many of my patients, stop using it altogether.
I have had many people with Type I Diabetes recover from this disease, cure themselves, heal their pancreas and stop using insulin all together, but most of them needed to make more extreme and powerful changes, and what you were thinking, my **Incurables Program** is just the place to begin. Follow that and also every step in my “20 Steps” book.

Many of my patients, and now hundreds of my customers with Type I Diabetes have been able to cure their disease and STOP taking all insulin by making these powerful lifestyle changes.

We have had many write in, but any of you reading this, please write in your healing stories about healing yourself of Type I and Type II Diabetes and I will publish it right on this BLOG. In fact, any great HEALING MIRACLE I will publish, so send them in. Put in the title, HEALING MIRACLE, so I will be able to sort them out easier.

OK Kathy, you can do this. I have had people with Type I Diabetes longer than you, and sicker than you, totally heal themselves.

So let’s get started!

— Dr. Schulze
Eye Disorders

**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 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!
**Eyewash Directions**

July 11, 2008, ANSWER by DR. RICHARD SCHULZE

QUESTION

How exactly do you use your Eyebright Formula? One friend told me to drink it, while another told me to put it into my eyes. Please explain.

— Janice B. in Santa Monica, California, USA

ANSWER

Dear Janice,

I can’t legally tell you to or even advise you to put my Eyebright herbal extract into your eyes. It is for internal consumption only. But the following is how I personally use it and how I do it.

First, I get an eyewash cup. You can find many antique ones for sale on the Internet. These are my favorite kind for many reasons. For one, they are made from glass where most modern eyewash cups are made from plastic. Not only do the plastic ones feel uncomfortably sharp on the skin surrounding my eye, but every day, there are more and more news stories about plastic being very toxic. The glass eyecups are more aesthetic, feel better, are nontoxic and just plain work better. There are still new ones being made out of glass and some pharmacies still sell them, but again, check the Internet.

So I get a glass eyecup, some room temperature distilled, reverse osmosis or purified water and my Eyebright Formula.

Next, I put 1 to 12 drops (only 1 or 2 if this is your first time) of my Eyebright Formula into the eyecup FIRST, I will explain why “first” later. Next, I fill the eyecup 95% of the way to the top with some room temperature distilled, reverse-osmosis or purified water.

Then I hold a dark-colored washcloth under my eye to catch any dripping water, and face down, place my eye tightly over the eyecup. I tip my head back, facing it straight up, with my eye under the liquid. Now, I open my eye while it is under this solution. I just put the solution into my eye for a brief moment and stop. This is just to get my eye used to the solution and the temperature of the water. Now I do this again and this time, I open my eye for a few seconds under the water and stop again. I repeat this process a third time, but this time I do some eye exercises under the solution for a minute.

I move my eye in circles clockwise, then counterclockwise, then up and down, then left to right, then make Xs and any other movements I can think of while my head is tilted back, facing up and my eye is open and under the solution. Then I stop, throw the solution out and repeat this procedure on the other eye. Even if only one of my eyes is bothering me, or infected, I always wash both eyes.

Here is a general dosage idea on how much Eyebright Formula to use:

To start, place only 2 drops of the Eyebright Formula in the eyecup. Then fill the eyecup up the rest of the way with your purified water.

NOTE: It is very important to put the Eyebright Formula in FIRST and then add the water. This way the tonic mixes well with the water before you do the eyewash. If you do it the opposite way, the Eyebright Formula could float on the surface of the water and be put directly into your eye undiluted. This won’t do damage to your eye, but it can sting a bit.
Always start with 2 drops. Then when you are used to doing this, and this may only take one time, you can increase the amount of Eyebright Formula. You may feel:

2 drops a slight tingling sensation

4 drops a mild tingling and warming sensation

6 drops a moderate tingling and warming sensation

8 drops a warming and burning sensation

10 drops a burning sensation for 10 to 20 seconds

12+ drops WOW!! YES!

For eye infections and conjunctivitis, use at least 6 to 8 drops in water, 3 to 6 times a day. For eyesight problems, work your way up to 10 drops or more 3 times a day.

NOTE: Using the higher dosages may cause you to have some temporary involuntary eye closure. In other words, after washing your eye, when you open it, it will burn a little bit and you will want to close it for a few more seconds. This will only last a few seconds to a minute and is not harmful. Just breathe and relax. You will not believe how much brighter the world will look and how much better you will see almost immediately.

The reason for the burning is the cayenne in the tonic. This ingredient simply increases the circulation in your eye immediately, which promotes healing. It can have a burning sensation and cause a little temporary redness, but don’t worry, it will not hurt you.

My Eyebright Formula also contains Goldenseal root, which is famous for being a mild acting, but highly effective antibacterial and antiseptic herb. In the clinic I found it extremely useful for destroying infection around the sensitive areas of the body like the eyes, inside the sinus, and sensitive mucous membrane areas where garlic could be too strong. It contains the alkaloids hydastine, berberine and canadine, and volatile oils and resins. The first two alkaloids are listed medically as antibacterial and antiseptic.

Eyebright herb and Fennel both have a long history of being used for the eyes, soothing inflammation and reducing irritation, especially for conjunctivitis. Mullein is very soothing and demulcent to the delicate mucous membranes. Red Raspberry is a mild astringent and Rue an antispasmodic. Again, the law restricts me from commenting any further.

Just get washing!

– Dr. Schulze
**Eyewash Drama**

May 09, 2012, ANSWER by DR. RICHARD SCHULZE

**QUESTION**

Dear Dr. Schulze,

I have been plagued with bouts of Conjunctivitis and Eye Irritations and Infections most of my adult life. I manage a mill, which is a very dusty and dirty environment. My doctor says it’s caused by a combination of this dirty environment plus a deformity in my tear ducts. Anyway, I seem to have an eye infection most of the time, and have been on medication and drops and creams for years, that don’t seem to have done me any good.

Last year during the holidays my ex-wife gave me a bottle of your Eyebright formula and a few of your books, and they sat on my shelf for the last few months where they haven’t done me any good. Finally, last week my eye infection was so bad, that itched so bad, I thought I was going to damage my eye as I was rubbing it so hard and so often, because it was itching and burning so bad. So I started taking your Eyebright and it didn’t help me either. I emailed my ex-wife to complain, who told me that I had to put it into my eyes, not drink it.

I have to say I felt a bit stupid, and also I was afraid to put this stuff into my eyes. Then, when I did all my fears were realized, it stung like hell, so bad I thought it would permanently blind me. I grabbed the emergency eye wash bottle off the wall of the shop screaming, and dumped this emergency medicine all over my face, and poured this stuff into my eyes. The other employees thought I went nuts. Once I recovered, I immediately emailed my ex and screamed at her, and that is when she told me that I needed to dilute it with pure water and then wash my eyes with it. I’m not too sure she didn’t skip that part to get me back for some old pain I caused her. Anyway, she convinced me to dilute it and do it again, and she told me how to wash my eyes this time, the eye exercises, etc.

This time I listened, and I followed her specific instructions to the T, did it three times the rest of the day, and it didn’t sting this time, well, maybe it was just a little warming. The very next morning when I woke up my eye infection was completely gone! The painful itching, the burning, the infection, GONE! This has never happened to me before with any of the doctors’ medicines.

I have a complaint and a few questions. First, my complaint is that your directions suck and are not clear at all on how to use this formula, especially if my ex-wife is correct. My questions are first, is she correct and second did I do any damage to my eyes or to myself by using it undiluted directly into my eyes, or by drinking it?

I am so relieved that my eye infection is gone, and hasn’t come back in two weeks, which is a record, but I am also worried that I may have damaged my eye not knowing how to use the medicine correctly.

Please advise.

— Brian D. in Helena, MT, USA

**ANSWER**

Dear Brian,

I apologize for any drama and trauma that was caused by my lack of clarity. I can assure you, that you DID NOT do any damage to yourself by drinking my Eyebright Formula, nor putting it directly into your eyes. Well, maybe a little emotional damage, but certainly no physical damage. Again, I apologize for my directions not being clear.

**Unfortunately, I cannot legally advise ANYONE to put my Eyebright herbal tonic into their eyes, and this is the reason my directions are not clear, nor specific, on this formula at all.**
Your wife is right, and has finally instructed you correctly. I agree with you, she may have been unclear at first just as some kind of payback for past mistreatment, but now you know how to use this formula correctly.

I am thrilled to hear that it worked so well, and that your eye infection or conjunctivitis has not returned in two weeks.

MOST IMPORTANT, to PREVENT any future eye infections, please continue to use this formula a few times a day for a few more weeks. Then, I would highly suggest a prevention program, where you wash your eyes at least once a day right when you get home from work, or better yet, in your office before you leave work.

This will not only keep your tear ducts open, clear and flowing, but will also clean your eyes of any debris and disinfect them, too.

Again, I apologize for our stupid government that has caved in to pressure from big medicine corporations to pass laws that gag me (and others) to help you heal yourself naturally using herbs, foods and common sense.

Finally, this link should help you regarding my Eyebright Formula.

— Dr. Schulze
**Eyewash Directions**

July 11, 2008, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

How exactly do you use your Eyebright Formula? One friend told me to drink it, while another told me to put it into my eyes. Please explain.

—Janice B. Santa Monica, California

ANSWER

Dear Janice,

I can’t legally tell you to or even advise you to put my Eyebright herbal extract into your eyes. It is for internal consumption only. But the following is how I personally use it and how I do it.

First, I get an eyewash cup. You can find many antique ones for sale on the Internet. These are my favorite kind for many reasons. For one, they are made from glass where most modern eyewash cups are made from plastic. Not only do the plastic ones feel uncomfortably sharp on the skin surrounding my eye, but every day, there are more and more news stories about plastic being very toxic. The glass eyecups are more aesthetic, feel better, are nontoxic and just plain work better. There are still new ones being made out of glass and some pharmacies still sell them, but again, check the Internet.

So I get a glass eyecup, some room temperature distilled, reverse osmosis or purified water and my Eyebright Formula.

Next, I put 1 to 12 drops (only 1 or 2 if this is your first time) of my Eyebright Formula into the eyecup.

FIRST, I will explain why “first” later. Next, I fill the eyecup 95% of the way to the top with some room temperature distilled, reverse-osmosis or purified water.

Then I hold a dark-colored washcloth under my eye to catch any dripping water, and face down, place my eye tightly over the eyecup. I tip my head back, facing it straight up, with my eye under the liquid. Now, I open my eye while it is under this solution. I just put the solution into my eye for a brief moment and stop. This is just to get my eye used to the solution and the temperature of the water. Now I do this again and this time, I open my eye for a few seconds under the water and stop again. I repeat this process a third time, but this time I do some eye exercises under the solution for a minute.

I move my eye in circles clockwise, then counterclockwise, then up and down, then left to right, then make Xs and any other movements I can think of while my head is tilted back, facing up and my eye is open and under the solution. Then I stop, throw the solution out and repeat this procedure on the other eye. Even if only one of my eyes is bothering me, or infected, I always wash both eyes.

Here is a general dosage idea on how much Eyebright Formula to use:

To start, place only 2 drops of the Eyebright Formula in the eyecup. Then fill the eyecup up the rest of the way with your purified water.

NOTE: It is very important to put the Eyebright Formula in FIRST and then add the water. This way the tonic mixes well with the water before you do the eyewash. If you do it the opposite way, the Eyebright
Formula could float on the surface of the water and be put directly into your eye undiluted. This won’t do damage to your eye, but it can sting a bit.

Always start with 2 drops. Then when you are used to doing this, and this may only take one time, you can increase the amount of Eyebright Formula. You may feel:

2 drops a slight tingling sensation

4 drops a mild tingling and warming sensation

6 drops a moderate tingling and warming sensation

8 drops a warming and burning sensation

10 drops a burning sensation for 10 to 20 seconds

12+ drops WOW!! YES!

For eye infections and conjunctivitis, use at least 6 to 8 drops in water, 3 to 6 times a day. For eyesight problems, work your way up to 10 drops or more 3 times a day.

NOTE: Using the higher dosages may cause you to have some temporary involuntary eye closure. In other words, after washing your eye, when you open it, it will burn a little bit and you will want to close it for a few more seconds. This will only last a few seconds to a minute and is not harmful. Just breathe and relax. You will not believe how much brighter the world will look and how much better you will see almost immediately.

The reason for the burning is the cayenne in the tonic. This ingredient simply increases the circulation in your eye immediately, which promotes healing. It can have a burning sensation and cause a little temporary redness, but don’t worry, it will not hurt you.

My Eyebright Formula also contains Goldenseal root, which is famous for being a mild acting, but highly effective antibacterial and antiseptic herb. In the clinic I found it extremely useful for destroying infection around the sensitive areas of the body like the eyes, inside the sinus, and sensitive mucous membrane areas where garlic could be too strong. It contains the alkaloids hydrastine, berberine and canadine, and volatile oils and resins. The first two alkaloids are listed medically as antibacterial and antiseptic.

Eyebright herb and Fennel both have a long history of being used for the eyes, soothing inflammation and reducing irritation, especially for conjunctivitis. Mullein is very soothing and demulcent to the delicate mucous membranes. Red Raspberry is a mild astringent and Rue an antispasmodic. Again, the law restricts me from commenting any further.

Just get washing!

– Dr. Schulze
Food Poisoning

**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 1960’s, 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*
Health has become a 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-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!

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

<table>
<thead>
<tr>
<th>FOOD TYPE</th>
<th>NUTRITION DENSITY</th>
<th>HEALTH IMPACT</th>
</tr>
</thead>
</table>
| SUPERFOODS      | HIGH Nutrient DENSITY Food | Creates Powerful Health  
                  | EXTREMELY HIGH Vitamin, Mineral and Nutrient Content  
                  | Low Fat, Low Sugar, Low Protein and Low Calorie Food | SLOWS Aging  
                  |                                         | Promotes Longevity  
                  |                                         | Prevents Disease  
                  |                                         | Heals Disease |
| RAW Food like  | MEDIUM Nutrition  | Neutral Impact  
                  | MEDIUM Nutrient Density | Will build Health but usually not enough of a positive impact to heal Disease |
| Cooked VEGETARIAN Food | | |
| JUNK FOOD      | LOW Nutrition     | Blocks & Congests  
                  | LOW Nutrition Density  
                  | High Fat, High SUGAR, High PROTEIN, High CALORIE Food | 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.

**ALL My Herbal “SHOTS”**

December 03, 2009, VIDEO by DR. RICHARD SCHULZE

In this fast-paced, but very informative 5-minute video, Dr. Schulze explains WHAT his herbal “SHOTS” are, WHY he makes them, WHAT to use them for and HOW to use them.

Video Length: 5:34

[Click to View](#)
Dear Dr. Schulze,

I have been a customer of yours for many, many years. I cannot even begin to tell you how much your advice and herbal medicines have changed my life for the better, not to mention that you have benefitted my entire family. But I am writing you with a question regarding your Deep Tissue Oil and healing trauma from accidents, but first let me give you my testimony.

Last year, I hopped off my tractor in the cold weather, and instead of landing on the ground, my left foot landed on a rock. When I hit the rock, my ankle and knee twisted, bent sideways and I collapsed. I heard and I felt a huge pop come from both my knee and my ankle. As it turns out, I sprained and even tore the ligaments in my ankle and my knee really, really bad. I could not walk. My medical doctor sent me to an orthopedic surgeon, who then told me that I needed to put a cast on my entire leg for at least two months. He also said that within two months if my leg was not better, that I would need arthroscopic surgery. This wasn’t even an option as harvest season was just beginning. At this point I remembered the story you wrote about your knee and how the orthopedic surgeon wanted to do the same surgery on you. I was actually thinking of this as the doctor was telling me the grim news, and I could hear your voice telling me not to do this, louder than the orthopedic doctor was telling me to do it. So I decided to leave instead and not to put a cast on my entire leg from my ankle to my thigh for two months. Instead I did nothing and went home in a wheelchair. The doctor told me that I was crazy and would damage my ankle and knee even more, and maybe never even walk again. My wife thought I had gone nuts.

As soon as I got home I started as much of your program as I could remember. Of course I doubled my SuperFood, started juicing immediately, but I often do this anyway if I am feeling bad. I immediately started your hot and cold water routine on my leg and ankle, then applied your Deep Tissue Oil, and had my daughter who has had some training in massage rub my ankle and knee as much as possible, but I was in excruciating pain. You should know that I could not walk at all, nor could I put any weight on this leg.

The next morning, it was about exactly the same. I was in just about as much pain, and I still couldn't walk at all. My wife again reminded me that I was totally insane, and that I should go back to the orthopedic surgeon immediately. I have to tell you that I was scared, in a lot of pain, and had my own doubts popping up, but I made it through that day. During that day and night I kept busy doing the hot and cold treatment numerous times, and reapplied your Deep Tissue Oil numerous times, along with asking my daughter to rub it into my leg for as long as she possibly could. She complained about the smell, and the vapor is so strong she was in tears the whole time she was working on me, and her nose was constantly running, as was mine. At one time the vapors actually traveled up the leg of my shorts and felt like they were burning my private parts. This was almost more scary than my injury.

On Day 2, when I woke up, the pain was noticeably less, and I had more movement in my ankle and the knee than the day before. There was a lot less swelling and I was even able to walk very slightly but I could only put very little of my weight on the leg. I kept up the same routines all during the day.

On Day 3, I was walking with a limp. I also had a lot less pain, and I was able to move my ankle and knee quite a bit more.

On Day 4, I was walking even better, still with a limp, and still quite scared to put much weight on this ankle and knee. I had almost no pain, and could move my ankle and knee me quite a bit. My wife was even starting to believe that I was onto something.

On Day 5, it was like a miracle. I had no pain at all, I could walk on the leg, I was still scared, and I still felt a little weak in that leg, but I felt completely healed.
One week later, it was like it never happened. My wife and my daughter were amazed, even though they were a little sick of smelling your Deep Tissue Oil in every room of the house, and my wife was a little mad because I stained the bed sheets and a few towels, and everyone complained about the way I constantly smelled of mint and wintergreen.

Like you, I made a 2nd appointment to see my orthopedic surgeon, and when I walked in the room his jaw dropped. Like your experience, he said he had never seen anything like this before and said maybe his diagnosis was wrong, except he had the x-rays that proved how injured I was. They even showed some slight cracking and fractures in bones both in my ankle and in my knee.

I remember reading many times that your patients call this formula a “Miracle in a Bottle”. I mainly wanted to let you know that your Deep Tissue Oil really is a miracle formula, and my whole family witnessed it, and even my orthopedic surgeon. A week later, I was back on my tractor, like nothing had ever happened. I don't know where to begin to thank you for my miracle. My finances would have gone upside down if I wasn’t able to get back to work.

OK, I have a few questions…

One is, could you describe to me in detail, how you would have done it yourself, and if you would've done anything differently. As since I couldn't call you I made up much of the program. Secondly could you give me all the additional programs that you would've done and is there anything I should do for my ankle and knee now. The accident and injury took place 6 months ago. By the way, I wear a support bandage on my knee now when I'm out in the field. Is this bad?

Again, thank you! I am now a total believer in miracles too. I am a living, walking, and even dancing living testimony to the power of your magical herbal remedies.
— Scott D. in Salina, Kansas,

ANSWER

Dear Scott,

I love your letter, your healing testimony and your healing miracle, I know exactly what you went through, how you felt, your pain, your fear and what it feels like when someone tells you that you may never walk again. I also know what it feels like to create your own personal healing miracle, and how downright empowering that is for not only you but also your family.

GREAT JOB!

As far as what would I have done, if anything different, I doubt it. And your results speak for themselves, I don't think anyone could have healed themselves quicker from such a traumatic and devastating injury then you did. But for you and all the readers, I will briefly outline the steps that I would've taken.

Step #1: ICE

Immediately after an injury such as this, where you feel the muscles, tendons, ligaments, and even bones have been injured, ICE is the 1st and most important step. You can see how I do this, and how I make a natural icepack, on my First Aid DVD, which is free for the asking, and even viewable for free on this blog site. But basically I put a bowl full of ice in a cotton towel, draw the towel together tightly and close it with rubber bands so the ice doesn't fall out, and then slightly wet it with cold water, which makes it much more effective, and much colder. Now apply the ice to the injured area for about 8 minutes, then take the ice off for about 5 minutes, and then reapply the ice again, and do this for as long as you can, but for at least an hour.

Step #2: Deep Tissue Oil (the Miracle in the Bottle)
After you have used the ice, on and off, for the 1st hour, now it is time to apply my Deep Tissue Oil or my Deep Tissue Ointment. This formula does three main things.

A) It increases circulation. The more I can get blood flowing back to, and in and out of the injured area, the quicker it will heal. Often after any traumatic injury, the body swells, and circulation is blocked off. This slows and hinders the healing process. The concentrated Peppermint Oil and the Habanero Pepper and Ginger Root in the Deep Tissue Oil dramatically increases your blood flow and circulation to the injured area, and breaks up congestion which dramatically speeds up the healing process.

B) It reduces inflammation. The Wintergreen oil in Deep Tissue Oil has a very powerful effect at reducing congestion and inflammation in the injured area. This also dramatically speeds up the healing process.

C) It repairs trauma. The Arnica, St. John's Wort, and Calendula in the Deep Tissue Oil are used worldwide by traditional doctors to heal everything from bangs, bruises and sprains, to torn and damaged muscles, tendons and ligaments to even repairing fractured and broken bones. I have had thousands of patients and now tens of thousands of customers that have had serious trauma to their body, and not only found themselves healed in only a few days like you did, but never even having any bruising.

Deep Tissue Oil speeds up the healing process and your body’s ability to heal itself. It has turned many a doctor's dismal prognosis into a healing miracle in just a few days.

Step #3: Alternating HOT & COLD Hydrotherapy Treatment

The most powerful non-herbal way to increase circulation, reduce inflammation and greatly speed up the healing process is alternating hot and cold hydrotherapy. Hot water draws the blood in your body to the surface; this is why your skin turns red when anything hot is applied to it. The red you see is simply blood coming to the surface. Cold water when applied to your body turns your skin white. This is because it is driving the blood away from the surface and driving it deep into your body. By alternating hot and cold water on the surface of your body, you are drawing the blood to the surface and then forcing it away from the surface deep into your body. It is the most powerful way known to move blood in and out of an injured area. You can do alternating hot and cold hydrotherapy treatments in a number of ways.

The simplest way is just in a shower using a handheld shower wand. Turn the water on in the shower. If you have a single control for the temperature just turn the water temperature up to the hottest you can stand it and let the water run over the injured area for about a minute. Then turning the water all the way to cold, and let the cold water run over the area for about a minute. Repeat this alternating hot and cold treatment seven times, which will take about 15 minutes. Do this 15-minute treatment at least 4 times a day.

Another way you can do this treatment is simply by using a homemade icepack as I described in Step 1, and then a very hot, hot water bottle, or even a heating pad.

If the injury is to a hand or foot, you can even fill 2 pails up, one with ice water with plenty of ice in it, and the other with hot water, as hot as you can stand it. Then you simply place the injured wrist or ankle into the pail of hot water, keeping it there for 1 minute, and then moving it into the pail of ice water, and repeating this 7 times, again taking about 15 minutes to complete.

There are many more ways to do this hot and cold alternating hydrotherapy treatment. Just use your imagination.

Step #4: Additional Routines

Food
Whenever you are injured or have any illness or disease, it is always best to stop consuming solid food, and go immediately to juices. Just a few reasons for doing this are you get a lot more nutrition from the juices. Fresh, raw, organic fruit and vegetable juices are concentrated nutrition, giving you very high amounts of the vitamins, minerals, enzymes, amino acids and other nutritional substances that you need for your body to heal itself. So why not give your body all that it needs, even more than it needs. In my clinic I called juice therapy my natural healing blood transfusion, just to give you an idea of what a powerful therapy it is. And as you did, I would add a large dose of my SuperFood Plus to every glass of juice to send the nutritional values way over the top.

Also, you don't need to eat heavy meals and fill your gastrointestinal tract with a lot of food, that will take a lot of your body’s energy to digest, not to mention eliminate, which brings me to the next step.

Elimination

I would also immediately take a Bowel Flush “SHOT”. Whenever you injury yourself almost everyone becomes constipated. There are a lot of reasons for this, from the pain of the injury to the emotional fear and shock that usually accompany the injury. Trauma to the body almost always causes constipation, so let's prevent this before it even happens by getting your bowel working great immediately. Then I would continue using my Intestinal Formula #1 or whichever one of my many bowel formula you are used to or have on hand, using it every day until you feel that you are out of the pain and the emotional trauma and shock and your bowel will work normally on its own.

Managing Pain

For pain management, usually I suggest nothing. A little pain, even moderate pain, is a natural part of the healing process. It lets your body and you know, that it's not time to resume your normal activities. You will also find that all the above suggestions will dramatically reduce the pain immediately, especially the Deep Tissue Oil, and probably you will have no pain within just a day or two. If you are in extreme pain then I would suggest my Nerve Tonic. I never advise pharmaceutical pain relief. First it masks the pain so you have a false sense of getting better, not to mention that it will probably also constipate you. My Nerve Tonic will reduce the pain and help you to sleep, and at the same time will NOT hinder your body in healing itself and never constipate you.

Now, as far as anything that you could do more now, six months later, I think you are well healed and your ankle and knee are fine. I would highly suggest not to jump out of tractors anymore, and simply to climb down them like normal people. I do not think it is necessary to wear a support bandage anymore but if it makes you feel more confident then go ahead.

Scott, again congratulations for creating your own personal healing miracle. You did an awesome job! And I also thank you for sharing your healing experience with the rest of us, because everybody at one time or another in their life will injure their body like this and it is important for them to know that they have an alternative, right in their own home, a simple alternative, to the pain, torture, hopelessness, financial stress and lengthy recovery time that is often the case with the medical treatment of trauma. I have seen it 1,000 times in my clinic, a patient’s physical trauma was actually made much worse by the medical procedures and medical treatment, not made better. So again Scott, thanks for believing, and thanks for sharing.
INTRODUCTION First Aid At Home With Dr. Schulze
July 19, 2010, VIDEO by DR. RICHARD SCHULZE

Video Length: 3:02

Click to View

DISCLAIMER: This BLOG's purpose is to promote the sharing of information about healthy living and dietary supplements. The views and opinions of Dr. Schulze and those of his companies and BLOG administrators are offered for your information and are not intended to constitute medical advice. If you are sick, injured or pregnant, consult a licensed medical professional.

Dr. Schulze Speaks About Dealing With Trauma
July 19, 2010, VIDEO by DR. RICHARD SCHULZE

Video Length: 5:55

Click to View

DISCLAIMER: This BLOG's purpose is to promote the sharing of information about healthy living and dietary supplements. The views and opinions of Dr. Schulze and those of his companies and BLOG administrators are offered for your information and are not intended to constitute medical advice. If you are sick, injured or pregnant, consult a licensed medical professional.

Dr. Schulze’s First Aid Tools
July 19, 2010, VIDEO by DR. RICHARD SCHULZE

Video Length: 9:42

Click to View
Dr. Schulze’s Essential Herbal Medicines For Your First Aid Kit

July 19, 2010, VIDEO by DR. RICHARD SCHULZE

Video Length: 12:42

Click to View

Treating Bangs, Bumps, Bruises And Blunt Trauma

July 19, 2010, VIDEO by DR. RICHARD SCHULZE

Video Length: 12:46

Click to View

Treating Burns

July 19, 2010, VIDEO by DR. RICHARD SCHULZE
Treating Cuts And Open Wounds
July 19, 2010, VIDEO by DR. RICHARD SCHULZE

Video Length: 25:57

Treating Fractures And Broken Bones
July 19, 2010, VIDEO by DR. RICHARD SCHULZE

Video Length: 8:16

Using Herbs And Herbal Formulae For Emergency Situations
July 19, 2010, VIDEO by DR. RICHARD SCHULZE
Video Length: 13:29

Click to View

DISCLAIMER: This BLOG's purpose is to promote the sharing of information about healthy living and dietary supplements. The views and opinions of Dr. Schulze and those of his companies and BLOG administrators are offered for your information and are not intended to constitute medical advice. If you are sick, injured or pregnant, consult a licensed medical professional.

Family First Aid And Home Trauma Care
July 19, 2010, VIDEO by DR. RICHARD SCHULZE

Video Length: 1:42:12

Click to View
Gallstones
Say Goodbye To Gallstones!
May 04, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION
Dear Dr. Schulze,
I have been diagnosed with gallstones for over a year. Two weeks ago I did the liver/gallbladder cleanse and went to the doctor for an annual ultrasound, which showed that I still had a gallbladder full of stones. I followed the cleanse exactly as written. What do you suggest I do now, because I really do not want my gallbladder removed? Thank you!
— Robin E. in Las Vegas, NV.

ANSWER
Dear Robin,
Whenever I think of healing anything, any illness, any dis-ease, or any problem, I think of what should we STOP and what should we START in order to heal ourselves. I always say, “You can heal yourself of anything—just STOP doing what you’re doing that’s making you sick, and START doing what will Create Powerful Health.”

STOP
In your case, and with most Americans, what is plugging up your gallbladder and forming into stones is fat and mainly cholesterol. So the first thing I want you to do is reduce your consumption of fat, by going on a low-fat food program, and eliminate cholesterol entirely, which is ALL animal fat. Cholesterol only exists in animals—flesh, fluids, eggs, blood (THERE IS NO CHOLESTEROL in any fruit, vegetable, grain, bean, nut, legume, sprout, NONE!!!) and so I want you to stop eating all animals, all meat of any kind including fish, and all eggs, dairy products and any animal by-products. If it came from anything that had a face, don’t eat it. So we call this a vegan-vegetarian food program.

When you stop consuming any cholesterol and go on a low-fat food program, this will ensure that you will no longer be developing any stones. See, it is possible that you got rid of your original stones but are producing new stones while you are flushing the old ones out, so I want to make sure that we don’t produce any more stones.

START
By saying that you followed the cleanse exactly as written, I will assume that you did Dr. Schulze’s 5-Day LIVER Detox. The reason I am being very specific here is not my ego, but simply because there are many products and programs out there that claim to be my products and programs, BUT ARE NOT my clinical programs and my herbal medicines. Some of these people mean well, and some of them are just rip-off jerks, but in any case, make sure you are doing my program using my herbal medicines because they will give you the results that I am talking about here.

Now, assuming that you are, I suggest that you do my 5-Day LIVER Detox again, this time being on a vegan-vegetarian food program, specifically using only my Raw Food Program on days 1 and 5 and my Juice Flushing Food Program on days 2, 3 and 4.

I also suggest that when making your Liver Flush Drink that instead of starting out with 1 clove of garlic and 1 tablespoon of olive oil on day one, and increasing through day 5, that you start out day one with at...
least 3 cloves of garlic and 3 tablespoons of olive oil, if not 5 cloves of garlic and 5 tablespoons of olive oil. This time, I want you to consume much stronger Liver Flush drinks during ALL 5 days to purge these stones out of your gallbladder.

**NOTE:** The herbs in my L-GB Formula create the flushing effect on your liver and gallbladder in many ways, one being the purging of bile. And, the olive oil in the Liver Flush Drink causes your bile duct to dilate and your gallbladder to purge itself and empty its contents… *the stones.*

**NOTE #2:** Just like melting ice, where two pounds of ice cubes will dissolve faster than a two-pound block of ice, many small gallstones will dissolve faster than two big ones. Also, many small ones can be quickly and easily flushed right out of the gallbladder with one Liver Flush while a few big stones must be dissolved *before* they are removed, simply because they cannot fit through the bile duct tubes. This may take more time and more than one 5-Day LIVER Detox program.

In my clinic, I rarely had to have anyone repeat my 5-Day LIVER Detox program to remove gallstones, so again, make sure you are not still manufacturing them with your food program, and two, increase the intensity of your Liver Flush Drink. This will solve your problem.

Remember, my programs were created from decades in my clinic, with actual patients, not just something I made up, so I KNOW that they work. If anyone does any of my programs and does not get the results they expected, this may be because they did not STOP doing what is making them sick. If they did, I suggest they repeat the program again and this time to turn up the intensity of the program. Like with you, I suggested a stronger Liver Flush Drink. This will always give you the results you want.

If you are in the mood for a Natural Healing and herbal adventure, you could even try my “Emergency Gallbladder Attack Treatment”. To find that routine and treatment just go to the right margin of this BLOG site and look for my book, *Dr. Schulze’s 5-Day LIVER Detox.*

**NOTE #3:** A lot of you reading this might not know that all of my books are available for you to read FREE right here on this BLOG site. Now, I would prefer to SELL you a book, but save the 12 bucks and right now take a look over on the right margin, find the 5-Day LIVER Detox book, click on it, look at the page numbers on the bottom of the pages, and go to page 57. There you’re going to find my “Emergency Gallbladder Attack Treatment”. If you’re feeling like you want to, go ahead and try this routine, which is a much more concentrated treatment where you’re consuming a “Day 5” version of my Liver Flush Drink and more of my L-GB Formula and Detox Tea, too. This routine is also on page 179 of my new *Detoxification: Volume Two* book that is coming out this month.

Also, note that on page 58, there is a letter I received from a medical doctor, the head hepatic surgeon at one of the biggest hospitals in the Los Angeles area, who used my 5-Day LIVER Detox effectively with himself and his patients, to remove gallstones, and avoided removing his patients’ gallbladders.

**Another note…** Right on this BLOG site, go over to the left margin, under BLOG Archives, click on SEARCH by Disease or Illness. When all the titles appear, click on Gallstones, and the first entry that will appear on your screen will be my video *“How the Liver Flush Actually Works.”* After a lot of my raging and rambling, about 3 minutes into the video, I explain in detail how and why the liver flush actually works. I quote: *“The most potent stimulus for the release of bile from the gallbladder is the presence of fat in the duodenum. This stimulates contractions of the gallbladder and the common bile duct (the tube pathway from the gallbladder to the duodenum) resulting in the release of bile, AND GALLSTONES. And the Olive Oil in the Liver Flush is PURE FAT!”*

So Robin, I want to recap…
First, make sure that you’re not creating new stones by stopping eating all animal foods. Go on a completely vegan-vegetarian food program. And don’t consume any high-fat vegetarian foods either. So you’re going on a vegan, low-fat food program.

Then, do my 5-Day LIVER Detox again, being more aggressive with the Liver Flush.

And, for positive emotional reinforcement, watch my video on this BLOG site, “How the Liver Flush Actually Works”.

This will get your gallbladder cleaned out once and for all!

— Dr. Schulze

How the Liver Flush Actually Works
June 27, 2008, VIDEO by DR. RICHARD SCHULZE

Dear Friends,

In this video clip, I talk about my clinical Liver Flush drink. Don’t be confused. I sometimes call this the Liver Flush, the Gallbladder Flush or the Liver and Gallbladder Flush. Whatever I call it, I am always talking about the exact same drink, and the exact same program. There is no other Liver or Gallbladder Flush I use or recommend. It is the Liver and Gallbladder Flush drink used as part of my 5 Day LIVER Detox Program. In my clinic, I refined this drink and program to be the most effective over 30 years ago, I then used it with thousands of patients and I continued to use this exact same drink and program for decades. I never used anything different. This drink and program always worked, even for my most stubborn patients and their stubborn liver and gallbladder problems. Sometimes my customers, crusaders and I use different names to describe it because we are so excited and passionate about our Natural Healing Programs and Adventures. Regardless, it is always the same exact drink.

Whew, now that I’ve got that cleared up, this drink, well we could call it an enema for the Gallbladder. The Gallbladder is kind of like the rectum for the Liver. The Liver, as it does its job cleaning our body and our blood of impurities, waste, alcohol, drugs, chemicals, poisons and toxins, well it neutralizes and eliminates this waste and dumps it into the Gallbladder. The Gallbladder is where the waste of the liver, and its digestive fluids are stored, for elimination. When it gets filled with too much waste, because of an unhealthy lifestyle, the waste gets thick gooey and this organ can become full of sludge and this sludge can even eventually turn into stones (gall stones). This means you not only have a constipated sick gallbladder, but now your Liver gets backed up, sick, congested and constipated too. Considering that your Liver’s main job is to detoxify you, and keep your body and blood clean and clear of toxic poisons, this is dangerous and not good.

I have often said that long before a person has a heart attack or stroke, they had a sick congested Liver that was not clearing the fat and cholesterol out of their blood that eventually clogged their coronary or cerebral arteries causing their heart attack or stroke. In the same way, I have always said, that long before anyone develops cancer or any serious degenerative disease, their sick and constipated Liver stopped filtering all of the toxic carcinogenic chemicals out of their blood, which ended up causing their cells to mutate, and
caused their cancer or disease. The bottom line, before any major disease begins in your body, your Liver was sick first. This is why Cleaning and Protecting your Liver is one of the most important disease prevention programs you can do.

In the following video clip, I talk mainly about the Liver and Gallbladder Flush Drink. I wanted to clear up some misconceptions about it, and also to let you how easy, wonderful and effective it is.

For more information about the Liver and Gallbladder, where they are, what they are, what they do, how they work and most important, everything you need to know about doing my 5 Day Liver and Gallbladder Detox Program including all the directions, with details and pictures, please read my book in my Creating Powerful Health Series, Dr. Schulze’s 5 Day Liver and Gallbladder Detox Program. This book is included FREE inside my 5 Day Liver and Gallbladder Detox Kit. You can either go to my store now right on this website and order this program, or if you want a free copy, just call or e-mail my company, and ask for your FREE copy of this book. Do it now!

Get Healthy, Clean your Liver and Gallbladder, and Stay Healthy

– Dr. Schulze

Video Length: 9:16

Click to View
Genetic Weakness
Cancer, Genetics & Lifestyle
January 11, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION
I have just been diagnosed w/ breast cancer. I just don't know how!!! I am 52 y/o. I am vegan, eat 75% raw, drink distilled water, never smoked. I use your products and have just finished a bowel cleanse last weekend. I am working on all the 20 lifestyle principles you suggest. I exercise, lost 50 lbs going from vegetarian to vegan in the last 3 years. (143 lbs, 5’8”). I have never taken meds. I have been healthy all my life. I did have my gall bladder removed. I have had counseling and got my head on straight. I have gotten rid of so much trash in my life (stuff and unhealthy people), my head and my bowels. I am a positive, happy person, help others and have a strong faith that I practice and not just talk about. I work in the medical field and have seen all the sickness you mention in your info. I have tried HARD to avoid being one of these patients. My family has thought I was nuts at times and I don't even have to tell you how my coworkers feel about my lifestyle choices.

I have seen the breast surgeon, plastic surgeon, radiation oncologist and naturopath. My lymph nodes are clear and my options are 1) lumpectomy w/ radiation 2) mastectomy w/ reconstruction and to take Tamoxifen for 5 years!!!! The naturopath even advised me to go through w/ option one. I have been encouraged to do something soon as to not have it spread to my lymph nodes and have a worse diagnosis. I don't know what to do. I did grow cancer even after all that I am doing! I'm afraid if I don't at least do the lumpectomy (the lump is quarter size) it will spread. I mean it is there after all SOME HOW!

Do I need to check myself into some holistic center so I can get all these alternative therapies? All this stuff takes a lot of time as you know and I am willing to do it, but I only have 2 hands and 24 hours!!! I have drank so much juice, taken formula 1 & 2 until my plumbing is on fire! I will keep doing it but I need some direction here. Even my holistic veggie, raw, organic, hippy chick friends can't believe this.

I have gotten over the initial freaking out and crying and I need to get busy. I need more ammo, a plan. So please will you give me some specific guidance, heck why don't you come to Montana and help me!! You know, kick my cancer's butt! I watched your old video on the cold sheet treatment. Should I do that, how often? I don't care how you answer me, but will you just please answer me? Thank you sooooooo much Dr Schulze.

Sincerely,

— Rhonda N. in Kalispell, MT, United States

ANSWER

Dear Rhonda,

I will answer your questions in two parts—first, “Why You” and second, “What To Do”…

Why You?

Your first question is how is this possible, that you developed breast cancer after living an extremely healthy lifestyle?
Well, you gave me a few possible clues in your letter. One was that you used to weigh about 200 pounds just a few years back. I must tell you that everyone from your average oncologist to the American Cancer Society agrees that there is a direct relationship between being obese and developing cancer, especially breast cancer. And if you were 5’8” and weighed about 200 pounds, (lost 50 pounds and are now 143 pounds) yikes, I wouldn’t have dated you, YOU WERE FAT OBESE, BABY! Granted you have changed, YES!!! So this may just be a case of too little too late. This cancer may have been sub-clinical and not detectable but still growing for years. Also, you mentioned that you had your gallbladder removed showing me a past history of liver and gallbladder congestion. When anyone has cancer, I know they had a sick liver and a depressed immune system long before they developed cancer.

But all of this ‘Why’ stuff was wasted energy and it isn’t going to help you dissolve your cancer and heal you. I just wanted to point out to you a few possible reasons, and to let you know that you are not perfect, only Dr. Schulze is perfect! Seriously, we are all just on the path of healthy living, and I need to nudge you onto an even healthier path.

I must tell you that you have done an amazing job at turning your life around, and getting really, really healthy. You might laugh and say, “But I have breast cancer and this is not healthy”. OK then, let’s say that 95% of you is really healthy and you just have a little congestion and sickness in one of your breasts, but let’s not blow this breast cancer thing way out of proportion here. You are not sick all over. In fact, the vast majority of you is healthy and working GREAT. I think all you need is to stimulate your immune system and to break up a little congestion in your breast. Let’s not panic and make this a bigger deal that it is, OK?

More Why You!

Genetics and Environment
Your level of health, or disease, is a perfect reflection of your Genetics reacting to your Environment. In other words, what you get in life is the sum total of all of your inherited genetic coding and how this reacts with how you live every day, your lifestyle.

This is why you developed breast cancer, PERIOD!

Genetics, as I always say, is water under the bridge. It already happened, 53 years ago, when your mom and dad had sex and conceived you. There is nothing we can do about that. You inherited 50% of your genetic makeup from your mom and 50% from your dad. DONE! You inherited their strengths, and also their weaknesses.

This is the hand you were dealt, and it may have included a predisposition for cancer, whether they have had it or not, or even a predisposition for breast cancer, or not. We will never know.

You Are Unique
By the way, there is only one you. This is why looking at your healthy lifestyle, and your dis-ease, and then comparing yourself to any of your friends and co-workers is a BIG judgmental mistake. There is only one of you. You are unique; a snowflake, a fingerprint… there are no two people alike. So you cannot accurately compare yourself with anyone else.

The “What Ifs”
Maybe if it wasn’t for your healthy lifestyle you would have been dead by now? Maybe you would have developed breast and liver cancer, which would have metastasized and killed you 20 years ago, at 32, instead of just a little breast cancer at 52? No one will ever know. Even the conservative American Cancer Society says that almost everything you have done to be healthy—from your food choices to losing weight—REDUCES your risk of developing cancer, but somehow you still got it?
Don’t torture yourself comparing to relatives and friends. There is always that “George Burns” relative, friend or co-worker—the person who eats garbage, drinks plenty of alcohol and coffee, smokes stogies, never exercises and hates life—and lives to be 100. These are the human “exceptions to the rule”. Again, Genetics and Environment. Just imagine how old George Burns may have lived to if he lived your lifestyle… 150? So don’t frustrate yourself or make yourself sick looking at all the positive things that you have done in your life, and then comparing your health, or your dis-ease, to someone with totally different parents, different Genetics, and a totally different Lifestyle. This is BAD MATH and an improper, stupid equation and comparison.

People who live a very unhealthy lifestyle and brag about being disease-free, and even put down people who live a healthy lifestyle, well, they almost always live to eat their words. People like this are like the man who jumps off the Empire State Building and as he is flying past the second story above the ground, at terminal velocity, only a few feet from smashing into the sidewalk, he says, “I feel great!”

Regardless, don’t you really hate people who are really healthy and look great, at least on the outside, but live on doughnuts, candy bars, burgers and chocolate? OK, that was a test! You have to give this one up too. Hate doesn’t get anyone well. As John Lennon said, “LOVE is the answer”.

Look on the Positive Side
Imagine in my clinic, how hard it was to get a 52-year-old person (who had never done anything healthy in their life) to follow the lifestyle program you are already on and already used to? It took months and a lot of brain washing and a lot of education and a lot of drama and trauma—and plenty of failure. BUT YOU ARE ALREADY THERE! So any changes that I will suggest later will be easy, and even FUN!

DON’T DOUBT THIS DIVINE PLAN
If I know anything at all, it is that “What Ifs”, judgment, and drawing any conclusions from it, is TOTAL BULLSHIT and will not get you well.

Nobody has any idea what God’s plan is for you, or what the universe’s plan or future is for you. Maybe this breast cancer is your greatest blessing. Maybe a higher power than us knows that you can handle this just fine, and you needed a small nudge to get you to your next higher level. Maybe all the work you have done so far earned you this gift of breast cancer. Maybe there is some divine plan that once you get through this, you will work with people who have cancer, and come up with a program yourself, maybe this cancer is just an added credential to your life. I don’t know, nobody knows, so NO JUDGING!

Just imagine where I would be and what I would be doing if my parents had not died when I was just a kid, and if I had not inherited heart disease and a deformed heart, and the medical doctors didn’t tell me that I would be dead by 20, and all the other gifts that I have received in my life, had not happened? Where would I be now? A drug addict? Dead? Maybe worse, a medical doctor?! (OK, only joking… kind of.)

Did you watch the old Jimmy Stewart movie “It’s a Wonderful Life” over the holidays? This is what I am talking about!

So for any one of a 1,000 reasons that you or anyone can come up with that you developing breast cancer is a bad thing, I can come up with A MILLION positive reasons that your breast cancer is an AWESOME thing, from a gift of an amazing learning experience, to a health nut ego removal equal to 40 years in a Zen Buddhist monastery, to finally getting your doctorate in Natural healing and Herbal Medicine. Nothing qualifies me as a great doctor better than creating a program that saved my life and survived my own medical death sentence, 40 years ago.

ALL of my patients that had life-threatening diseases, or were given death sentences, and then learned how to heal themselves—and DID HEAL THEMSELVES—all of them eventually saw their disease as a huge blessing… a gift from God. Their disease became a gift that nudged them onto a different path in life.
Look, I know this can be a bit scary, and can make you feel a bit insecure at times. I know what it feels like when a medical doctor tells you that you could die, and now you do too. Welcome to the club. Transform this fear energy into a powerful positive tool to motivate you into your next level of healing and living.

CELEBRATE EVERYTHING!
As you can see, I could go on for ten thousand pages on why your cancer is a gift, but I know that when one of my Guru’s in India told me to Celebrate Everything, he did not mean celebrate everything except heart disease, or in your case Celebrate Everything except breast cancer, he meant CELEBRATE EVERYTHING. Celebrate Breast Cancer!

Having said this, I know what you are feeling, and I know it may take a few days to digest this, and to shine a positive light on this, but I know you will.

STAY POSITIVE!
OK, one final tidbit. I KNOW from my life and clinical experience, that NOTHING POSITIVE will ever come out of being negative, EVER. So there is NO UPSIDE to being negative, NONE! But, there are plenty of upsides to being positive, from just being happier, to your immune system working much better and being much stronger, so GET POSITIVE.

There will always be plenty of people out there who will want to back up their own bullshit and unhealthy lifestyle by looking at you and saying, see what happened to her. She wasted all this time and money on being so healthy and she still got cancer. The same way there are plenty of people out there who think that I am a total quack. Who cares? There are plenty of people out there who will be helped by your healing. They are the ones you will seek out—actually they will find you!

OK, What To Do Now?
Well, obviously you have been on a quest for years to create a healthy lifestyle. And as far as we know, all of these positive and healthy changes that you have already made are what has kept you cancer-free for all of these years. But, I do have a few suggestions…

#1: UPGRADE
Since we now know that your lifestyle worked to keep you healthy for 52 years, we now have to upgrade it a bit to first, heal your cancer, and then keep you cancer-free and healthy for the next 52 years. You have done so much, and learned so much, I would just suggest a software upgrade.

What I mean is that it is time for you to look deeper at EVERY aspect of your life (like the 20 steps in my “20 Powerful Steps” book) and see how you can INCREASE your level of participation, involvement and intensity in each of these 20 steps. I know you have done a lot, but we can always eat better, eliminate better, move more, be more positive, learn more jokes, laugh more, love more, have more sex—get the idea? It is time to turn up the volume in EVERY aspect of your life.

#2: My Incurables Program
It is time for you to do my Incurables Program. You can get the book, "There Are NO Incurable Diseases", FREE from my company by calling 1-800-HERBDOC (437-2362) or just read it online right here on my BLOG!

And remember a lot of Breast Stimulation. Years ago in my clinic, I had a woman who had developed breast cancer. It was more involved and much more aggressive than yours. Her name was Christine. All of the medical doctors and oncologists suggested a radical mastectomy plus radiation and lots of chemotherapy. Instead, she did not do any of these things and came to me. She was a great patient, and she did everything I asked, and more. Hot and cold showers on the breast and lymph nodes many times a day, skin brushing in the shower and also out of the shower, lymphatic massage, breast massage, herbal packs
on the breast, lots of bouncing exercises, lots of inversions like yoga, plus all of the other programs from Juice Flushing to Bowel Cleansing to Attitude Cleansing. She was doing something every waking hour, it was a full-time healing job. In FIVE DAYS the tumor had decreased in size by 50%. After 10 DAYS it was not detectable by the medical doctors anymore. This just goes to show you what is possible.

#3: Alternative Cancer Treatment Centers
I have suggested to many people over the years to get into a live-in situation, like the Hippocrates Health Institute, or the Max Gerson Clinic in Mexico, or the Optimum Health Institute in the San Diego area.

But personally, I do not think that you need to do this. I know that you have plenty of knowledge and brains to figure this out on your own. So I would only suggest this as further training, but not necessary at all to heal yourself of breast cancer. On the other hand, for people who do not have a clue what a healthy lifestyle is, I always suggest the extra support of getting into a live-in program such as these, at least to start.

#4: Detox Formula, Fresh Wheatgrass Juice & Garlic
These are all part of my Incurables Program, but I wanted to give them special mention here.

**Detox Formula.** Just read what it says in my herbal products catalog. Since ALL of my great teachers went to prison at one time or another for their variations of this formula, I will not comment on it here. Again, read what it says in my catalog.

**Wheatgrass Juice.** I have seen more people heal their cancer with wheatgrass juice, than maybe any other food. It is a foundational part of the Hippocrates Program, and the Optimum Health Institute, and almost all natural cancer treatment programs worldwide. I have personally met hundreds of people, maybe thousands, besides my patients, that healed their cancer by drinking wheatgrass juice. So, just start growing it, cutting it, juicing it and then drinking it every day.

EVERY SINGLE DAY for lunch I have an ounce of fresh, organic Wheatgrass Juice in a little fresh carrot and beet juice, and my 17-year-old son, Arthur, has a shot of it every morning when his Mom makes it.

**Garlic.** It should be your friend. Garlic KILLS cancer cells, it is that simple. So start having raw garlic EVERY DAY—a minimum of 3 cloves! I had one patient who healed his supposedly terminal cancer by eating 50 cloves of raw garlic a day for three months, amongst other things. You will also need to use my Fresh Breath Plus and also my Daily Oral Therapy when you start using this much garlic, so you don’t lose your job and your friends.

#5: Toxins
One thing we do know for sure is that cells mutate and turn cancerous, again, by Genetics reacting to Lifestyle. Even the prestigious medical oncologists from the huge cancer research center at the City of Hope say that first you have to have the genetic predisposition, and then these cells that are genetically predisposed to mutating and developing cancer have to run head-on into some irritant or catalyst, which stimulates these genetically predisposed cells to begin to mutate and then become cancer. The ONLY reason I mention this here is that it is important for you to look at any possible exposure to toxic chemicals.

Having said that, I almost laugh, because modern living in America, even in the middle of nowhere in Montana, is still a toxic nightmare. We are bombarded with poisons in our home, car, workplace… EVERYWHERE! Now I don’t want you to get paranoid here, or become obsessed with this or to make toxins become your focus in life. I simply want you to take a look at your level of exposure, and simply see if you can reduce it. There are many tips in my “20 Powerful Steps” book about this too, which you can read right on this BLOG! Just check the right-hand side of this page and click on the book cover.
Because you have such a vast experience in a healthy lifestyle, and my work, and also because your cancer is at such a beginning stage with no lymph node involvement, I have every reason to believe that you should be able to heal your cancer in three months or less, if not 30 days, if you start on an extremely aggressive natural treatment program, like my Incurables Program.

In my clinic, I would NOT have suggested that you undergo ANY medical treatment, neither surgery, radiation or chemotherapy.

To be honest, I never suggested ANY medical intervention for anyone, no matter what their disease, no matter how far advanced it was, no matter how lethal their prognosis.

I'll repeat my first paragraph…

Because you have such a vast experience in a healthy lifestyle, and my work, and also because your cancer is at such a beginning stage with no lymph node involvement, I have every reason to believe that you should be able to heal your cancer in three months or less, if not 30 days, if you start on an extremely aggressive natural treatment program, like my Incurables Program.

Rhonda, I have no doubt that you will heal yourself of this cancer and live a very healthy and very long life. Have fun with this new project.

Remember, “Focus on the GOOD to eliminate the BAD”. Your focus needs to be on the NEW Lifestyle that will Create Powerful Health, not the cancer.

— Dr. Schulze

I Had A Friend
October 12, 2011, COMMENTARY by DR. RICHARD SCHULZE

I had a friend who just died. So I wanted to share a few truths with you, about life, dis-ease, healing, and death. For those of you that only have two minutes, I Put The Most Important Points In Bold.

This friend was diagnosed many years ago with the deadliest of diseases, a rare form of cancer. The medical doctors said he only had a few months to live.

He was a man of some faith, so I reminded him that only God knows when a person will live or die, not medical doctors. And from my experience, the medical doctors are dead wrong, pun intended, far more often than not.

In fact, if I had a hundred dollars for every patient of mine that was told they would be dead in a few months, only to live decades after their “medical death sentence”, well, I would be a far richer man than I am today.

Anyway, this man decided to give my Incurables Program a try. He wasn’t a great patient; he didn’t even meet my minimum requirements. Sure, he drank some of the drinks, took some of the herbal medicines, and went through some of the motions of some of the programs, but generally, he had that medical mindset that some of my patients had been brainwashed into: In the back of his mind somewhere, he believed the medical doctors, he believed their diagnosis, their prognosis, and I think he felt that they were very smart people, and therefore they must be at least partly correct. To me this is kind of like believing that the President, or the Queen, or the Pope is the smartest person in the world, or is psychic. I
think he felt that somehow surgery, at some point, was going to help him. This can be a deadly mistake, much more deadly than any disease.

I think he expected me, or my herbal formulas, to almost magically heal his cancer. He said if it did, he would tell the masses, at which point I told him I didn’t need “this kind of attention”. He never saw the healing process as “him healing himself” and creating powerful health. I know if he would have just believed, he could have healed himself of anything.

His worst failure, was that he absolutely refused to take what I consider enough time off, to heal himself—at least three or four months, if not six—but again to be fair he did some of the program. So I fired him as a patient, after three days, and then again after five days, but we kept in touch.

By the way, in case anyone is wondering, I am not Jesus, nor a prophet of God. I have never healed anyone. I cannot heal anyone. All I can do is Illuminate the Healing Path, for a person to walk on, guide them on their Healing Adventure with my wisdom, and supply them with some of the Healing Tools that they will need along their Journey.

OK, so he got very lucky and had his healing miracle, his minimum involvement was enough, he created his own healing miracle, and his disease went into remission, and as my patients often experienced in my clinic, the disease was eaten up by his own immune system. Often when this happens, when the cancer is literally destroyed by your own immune cells, then just the fiber or “skeleton” of the cancer remains. He even had the medical doctors perform a biopsy, and they said, “we don’t even know what this is anymore… it is NOT cancer, it is just some dead cells.” I said, “Wonderful, we have had another healing miracle.” But the medical doctors, nor him, were satisfied with this. They could not leave miracles alone, so they all decided to go in and “clean things up,” which I always feel is a drastic mistake, for a few reasons…

First, surgery in itself causes a drastic reduction in our life energy, our chi, ki, prana, pilot light, or energy level, whatever you want to call it. I always say unless a surgery is absolutely necessary, and you will be dead in hours unless you have it, then DO NOT have it!

His cancer had been devoured by his immune system, it was gone as far as I was concerned, and to go in with invasive surgery, just to clean out already dead cancer, is simply a waste of time, money and a HUGE waste of your internal energy. Your body will do this eventually anyway. This was NOT a good idea, especially when you have just healed yourself from a supposedly very lethal disease. I have faith in our body’s ability to completely heal itself of any disease—he did not. So he just couldn’t help himself, he did it, he had the “clean up surgery” and it was a huge energetic blow to him, like getting hit by a car… no, a TRUCK!

Another reason to avoid surgery whenever possible, but especially when you are healing yourself of cancer, is that I believe the surgical procedure itself can cause the cancer to spread. Actually, it is more than just a belief… I have seen this happen time and time again.

Some of you might wonder why he got sick in the first place. Well, many reasons that I could see.

To give you the best of my decades of clinical practice, ALL diseases are caused by a combination of things, and cancer is no different.

ALL disease is caused by:

Inherited genetic predispositions

(or)
Diseases that are activated or created by physical, emotional and spiritual poisons

Most often, it is a combination of both.

Physically
Physically, he could have been poisoned by a number of carcinogenic chemicals that are present in almost all of our lives. He worked at a very large manufacturing company, and this company uses chemicals in manufacturing that are known carcinogens. So he could have been exposed to many manufacturing toxins, or just environmental toxins that are commonly present on most work environments.

Emotional Trauma
Emotionally, there were many obvious poisons. He had a huge emotional trauma during his career, and when he explained it to me, he said it was like getting struck right in the guts, at which time he unknowingly pointed to exactly where the cancer lied underneath. He also said that he had physical pain there for a few years after, and even a “twinge” now and then ever since.

Many diseases (especially cancer) are often caused, at least in part, by powerful emotional upsets that we never resolve, or forgive and forget. And this man had a huge one. He wasn’t big on forgiveness—he was big on getting even.

Spiritual Trauma
This man had also made some business decisions that he was not proud of making, to put it mildly. A few of them were very big decisions that made the company a lot of money, but they were decisions that he did not feel good about making at all. He had severe guilt and severe shame about this one decision that he was just in the process of making.

I suggested a solution, which was to simply… NOT DO IT. But my simple and very healing solution, well, it was just overwhelming to him. He couldn’t even imagine admitting his mistake, let alone stopping this project that was just about to launch. It would have cost the company millions of dollars and blah, blah, blah. I believe this guilt, shame and “spiritual trauma” was a big part of why his immune system was shutting down, and why he developed cancer.

A great Guru once told me, “You can’t get what you want out of life, by doing what you don’t want to do”. WOW, how simple is that? This man was simply doing what he did not want to do, and “it” was killing him. What is this “IT”? This “IT” was him, so a better more accurate statement would have been “I am killing myself” if I do this thing. Well, he did it, and he did! We are all extremely successful, powerfully successful, and get exactly what we want. If we are not getting the results we want, then we simply need to change our program.

You cannot be healthy and disease-free carrying a huge amount of guilt, shame and remorse around. We are human—we ALL screw up! Be honest with yourself. Fix any mistakes you have made the best way you can, the best way you know how, and then MOVE ON!

I have a very smart CPA and many, many years ago I was considering an investment that was so complex, neither of us even understood it. He simply said to me, no matter how much money you make on this deal, if you lose sleep over it, it’s not worth it. He then went on to explain to me that he judges all deals based on their “sleep factor”. He said that if any investment or any business deal keeps you awake at night, worrying, it is not worth doing it. So I did NOT do this deal, and I have slept like a baby following this important advice, ever since.

The bottom line is that carrying around guilt and shame will make you sick and kill you, as effectively as any disease. Actually, it is part of the disease!
OK, so now my friend is dead. So what is my point here? Well, I have a few…

First, I only share this story with you so we can ALL avoid these same mistakes and pitfalls in our own lives. He would have liked this.

If you are seriously ill, with any one of the thousands of life-threatening diseases, and you want to heal your dis-ease naturally, well, you simply need to take enough time off to heal yourself. In my clinical experience, the minimum is three months on the programs, but with getting started and recuperation, plan on six months. If you will not take the time off, well, this is what medical doctors, drugs and surgery are for.

Medical doctors are NOT Natural Healers. If you are going to embark on a Natural Healing Adventure, STOP listening to them. In fact, STOP asking them questions. In fact, STOP going to them. By the way, they DO NOT know when you are going to die!

Dr. Schulze is NOT Jesus, Buddha, Moses, Mohammed, Lao Tzu, Confucius or any other prophet of God or spiritual leader. He has never healed anyone, except himself. ALL of his patients healed themselves!

ALL diseases have physical, emotional and spiritual components. It is very important when healing yourself to identify as many of these disease-causing factors as possible, and eliminate them. They can be toxic food, toxic emotions and toxic spiritual poisons. Guilt and shame can kill just as fast as French fries and trans-fatty acids—actually faster.

Surgery in itself causes a drastic reduction in our life energy—our chi, ki, prana, pilot light, energy level—whatever you want to call it. Only consider it if you will be dead in hours without it. Otherwise, postpone it as long as possible.

With ALL of your decisions in life, remember… consider the “sleep factor”.

OK, I’ll see you next week!

— Dr. Schulze

Hormones, Cancer and the Female Tonic
September 06, 2011, COMMENTARY by DR. RICHARD SCHULZE

Below is a question from Debbie M. in Boyertown, PA. Sometimes it is best if I answer a customer’s letter within the letter itself so it makes more sense, and this is what I am doing below...

Dear Dr. Schulze,
I’m so glad you finally got your blog up and running. Thank you for your persistence. I have been a fan since I bought the book “Curing with Cayenne” and have been making the women’s formula ever since.

In my forties this formula helped with severe cramping. I just turned 55 and am now perimenopausal. My parents both have reproductive cancer. My mother has since passed from breast cancer. The doctors say it was estrogen driven. Someone in the health field told me I shouldn’t take the women’s formulas because some of the herbs may have an estrogenic effect and since my mother had estrogen driven breast cancer, I should stop. Well, that scared me and I stopped about a year ago…
OK, let’s begin…

First, you say that this formula helped you with severe cramping and that you started taking it at age 40 and that you are now 55 and I am assuming that you have been taking the formula for 15 years, either straight or on and off. This all sounds good.

You also state that BOTH of your parents have reproductive cancer and that your Mom has passed away from it, and that the medical doctors said it was estrogen driven.

The first thing I did in my clinic with every patient was take a health history, which would include all of their relatives and going back to grandparents. If both of your parents have reproductive cancer, and you mother has actually died from it, this does in fact put you in a higher risk group for developing reproductive cancer, BUT, it is not a guarantee at all that you will develop cancer at all, and I am sure that you will NOT. So take a breath here, please.

If you live a very different life than your parents, physically, emotionally and spiritually, and have a very different lifestyle, then you can expect to have a very different health outcome. Basically, you can expect to be healthy and cancer-free.

Remember, your level of health is determined by your GENETICS REACTING to your LIFESTYLE, meaning, that you may be genetically predisposed to reproductive cancer, (and there is nothing that you can do about that, that's water under the bridge) but if you create a powerfully healthy lifestyle, again, not just physically, but also emotionally and spiritually, well, you simply WILL NOT develop reproductive cancer. On the other hand, if you live in a similar way as your parents did, or even a lower quality or lower health lifestyle, well you can expect a similar outcome, possibly creating Reproductive Cancer.

For all of us, the best way to PREVENT genetic weaknesses (family diseases) from developing in our bodies, and the best way to pass on stronger genetic coding to our children, is to live a healthy life. I don’t want to sound like a German geneticist or Dr. “Adolph” Schulze here, but this is a very basic law of Nature. The weak become diseased and die out and the strong survive, and I want to make sure that you are strong, healthy, live long, and that we will all create stronger and healthier future generations.

OK, so good so far.

Then you say:

“Someone” in the “health field” told me I shouldn’t take the women’s formulas because some of the herbs may have an estrogenic effect and since my mother had estrogen driven cancer, I should stop. Well, that scared me and I stopped about a year ago...

They were wrong!

This is where I have a problem—‘Someone in the health field’. Just like medical doctors, there are so many people in the health field that mean well, but don’t really know what they are talking about and pass on a lot of misinformation, even real stupid suggestions and even more ridiculous treatment ideas. This is the vast MAJORITY of both medical doctors and natural health professionals.

To make things worse, the vast MAJORITY of “health practitioners” and even “natural” doctors, still THINK like medical doctors, using standard medical algorithms or thought patterns with treatments, meaning they think and treat just like medical doctors, and this is where the problem lies. Let me explain…

Herbs are just one of the many tools of Natural Healing. They are to be used along with healthy food
programs, flexibility, movement and exercise programs, cleansing and detoxification routines, emotional and spiritual programs and hundreds of other positive lifestyle changes.

Herbal Medicines, when used correctly, are never used like a drug. Herbs do not act like drugs, and should not be prescribed like drugs. Many herbalists around the world, if you have a headache, would prescribe herbs for reducing pain—I definitely would not. Unfortunately most people, who practice natural medicine, do so with an allopathic or standard medical doctor’s mindset.

If you have a headache, I want to know WHY, not, I repeat NOT, just kill the pain. You can have a headache for 1,000 different reasons from tight neck muscles and stress, to constipation, toxicity, eyestrain or even a brain tumor. Pain is the way the body communicates and lets us know that something is out of balance. To tell it to shut up, and use drugs or even herbs, to make it go away without knowing why it exists is a very ignorant form of medicine that is practiced by most doctors, both Orthodox and Alternative.

The herbs in any of my Female Formulas do not contain estrogen, nor would these herbs promote any cancer in your body, nor would they promote your body to develop any cancer, in fact they will do just the opposite.

The herbs do contain nutrients that your body can use to build hormones, but only if you need them. Mostly what these herbs do, is sensitize or assist your body to be more sensitive in detecting the amount of hormones that you have created that are present in your bloodstream and then suppressing or stimulating the manufacture of them, as needed.

For instance, many of the female herbs in my Female Formulas have been found to work by increasing the sensitivity of the hypothalamus organ in your brain. It’s the hypothalamus that constantly checks your blood for hormone levels every minute of every day. If it detects that you are low in any endocrine chemical (like a hormone such as estrogen) it will release chemicals that tell your ovaries to produce more estrogen. If the hypothalamus detects that you have enough estrogen, it will release other chemicals that slow down or even stop your ovaries from producing estrogen. So you can see that these herbs do not contain estrogen, but instead sensitize your own endocrine system to produce exactly the amount of hormones, or estrogen, that your body decides that you need, not what I (or any doctor) thinks you need.

Since I don’t use herbs that actually contain estrogen, you have nothing to worry about.

Now, having said that, all animal foods, because of the huge amount of growth hormones and steroids that are used in all meat, milk and egg production, are loaded with residual growth hormones and steroids. So, when you consume animals and their byproducts, you consume large amounts of these growth hormones and steroids. The residual hormones and steroids in animal food and animal byproducts have been directly linked to the increase in reproductive cancers, including breast, uterine and ovarian in women, and prostate and testicular in men. So if you read my books and follow my work, then you already know that—especially for you with a family history of cancer—that I highly recommend a vegan food program. Even the American Cancer Society says that this will reduce your risk of cancer. So this is the FIRST place this “health practitioner” should have gone, stopping you from consuming any animal food, and left the herbal medicine advice to the herbal doctors.

Now my symptoms are crampiness and spotting almost every day. I tried going back on the formula, but I started to get slight hot flashes, so I stopped again. When I started taking it, was I just not taking enough? Now, I don’t know what to do. I’m thinking I should be taking it to balance my hormones, but don’t want hot flashes. I would love to hear your thoughts.

— Debbie M. in Boyertown, PA

OK, let me give you a few of my thoughts here…
First, relax; this is not such a big deal. I know this is very important to you, and your health, but I do not feel that you are in any serious danger, just a little bit out of balance. So it is important that you keep this in perspective.

#1: At the beginning of your letter you state that you have been ‘making’ my formulas for years—I hope this is a typo and you meant ‘taking’ my formula for years. If it is not, and you are actually ‘making’ my herbal formula, this may be the beginning of your problem. As you know, I do promote people to make their own herbal medicine if they want to. But, my concern here is that any herbal medicine that you make, can only be as powerful as the herbs you begin with. I am a fanatic; in fact, fanatic is not even close to a powerful enough word to describe how insane I am about herbal quality and my manufacturing techniques for my herbal medicine. Please, read the beginning of my catalog under why my herbal formulas are the very best. I am not tooting my own horn here, or pumping up my ego, but it is one thing to make your own herbal medicine for general use, and another thing to make it to save your life. I suggest you start using my Female Formula, at least for a while, as I know exactly how I make it. This is the exact formula that created the extremely positive results with my patients in my clinic.

#2: I definitely suggest getting some of my Female Formula and start using 2 droppersful three times a day. With an additional dose of 2 droppersful anytime you need it. And, if you are having a powerful negative symptom of menopause—like extreme hot flashes, night sweats or any other symptom—I suggest using my Female “SHOT” immediately. Then, after a period of time when you feel that your hormones are back in balance and that you are healthy again, you can feel free to start making your own herbal medicine if that is what you want to do. But at least for now, please, use my herbal medicine, until we get you healthy, strong and out of any danger.

#3: You are not your mother and you are not your father. Sure, you have inherited many of their genetic strengths and weaknesses. But remember, you do not have to live out any of their genetic weaknesses, and the best way to make absolutely sure that you do not manifest any of their, or your, genetic weaknesses is to live a much healthier lifestyle—physically, emotionally and spiritually—then your parents did. I am sure that your parents did a lot of great things; all I’m asking of you is an UPGRADE. I want you to take a good look at what your parents taught you. And then I want you to eliminate the bad, keep the good, and create a new, more healthier lifestyle for yourself then your parents did for themselves.

So stop worrying, get healthier, have fun and let’s get going on Creating Powerful Health.

— Dr. Schulze

**Liver Disease and on the Liver Transplant List**

September 26, 2008, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I have been to your advanced training class and love being healthy using your products. I have a family constantly stricken with liver disease. Two moms died from it. That started me on my journey to find solutions. Now my sister-in-law is being put on the liver transplant list. I have been encouraging her to do liver cleanses, but it is always, “I'm afraid to do it unless a doctor says it would be OK.” Any suggestions on how to break through that reliance on the “trained” professional to dictate how her life will be, and end?

— Glenda M.

ANSWER
Dear Glenda,

I gave up years ago trying to convince anyone of anything. My Natural Healing message is for those that want an alternative, or an option to the standard practice of medicine. But this alternative comes with a hefty price tag. It is called RESPONSIBILITY.

Her current medical doctors' hefty price tag is in dollars, whether she pays it to them, the hospital, the insurance company or even if the insurance is part of her pay compensation. There are no free lunches when it comes to medicine. Somebody pays, and pays big, even if it's the taxpayers paying for her Medicare.

There is also an additional fee in the form of the pain, torture, disfigurement, drugs, side effects and the new, medically dominated lifestyle that she will have to adjust to, to medically “maintain” her disease.

So when anyone says they need a medical doctor to approve a natural program, they are simply saying that they don't want to do the program. This is simply because everyone knows that medical doctors have absolutely NO TRAINING in Herbal Medicine, Nutrition nor ANYTHING NATURAL and almost always say NO to anything they don't understand. And also because they make NO MONEY if she heals herself naturally. For these and many other reasons, I must assume that anyone who uses this very lame excuse really doesn't want to attempt to heal themselves, outside the box of standard medicine. I therefore wouldn't waste my breath or time with them.

Asking a medical doctor if one should do an Herbal or Natural Program is like asking your plumber if you need a new electrical service panel box in your house. THEY SIMPLY DON'T KNOW. Your plumber would have the brains to say, I don't know, but a medical doctor's response is almost always to say NO to anything they don't understand.

Having said all of that, I have had many patients, and customers remove themselves from the Liver Transplant List by doing my 5-Day LIVER Detox program, and also by following my guidelines to create a very healthy lifestyle. But, I heard you say she won't do this, so I guess the transplant list it is.

Finally, at the beginning of next year, I am releasing a new version of an old formula I used in my clinic. I am calling it my PROTECT Formula. This formula is designed for all the people we love, that won't do anything healthy for themselves, in spite of the fact that they are diseased and dying.

This formula is to protect the Heart and Circulatory system, the Liver and the Brain, and therefore, protect us from some of life's biggest killers-like Heart and Circulatory Disease, Strokes, Cancer, Liver Disease, Dementia and Brain Disease, etc.

Just one of the herbs in it, Milk Thistle (which is also in my L-GB Formula), is famous for protecting liver cells. There are volumes of scientific and medical research done on this plant and its powerful phytochemicals and their powerful ability to protect liver cells and prevent liver disease and death.

I designed this formula for our parents, friends, relatives and loved ones like your sister-in-law, who won't do anything natural, won't eat right, won't move, won't stop torturing themselves with medical doctors and won't stop having surgeries. We know where they are headed, and if we can just get them to swallow a few herbal pills a day, well, it will buy them some time and slow down their self-destructive path and hopefully keep them around for a few more years.

My PROTECT Formula will be re-released in January and I would highly suggest it for her.

Thanks for your support and stay healthy,
Headaches

Brought Back From Death’s Door!

April 04, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

My question is simple.

Why are you not featured on Good Morning America, or 20-20 or 60 minutes? I try to figure it out for myself, and the only conclusion I can reach is perhaps if the world at large, through mega-media learns about you, I won't be able to get my SuperFood or anything else you have, because of the flash mob result!

My wife and I have been on your juicing program and SuperFood - SuperFood Plus for over 15 years. I'm 72, my wife is 69, and neither of us has ever been to a hospital. We never visit doctors, not once, have we had the flu or colds.

I have personally helped three people through your "Incurables Program" with fabulous results. However, I must tell you about my brother-in-law, Steve K. in Auburn, Ca.

Over the last 25 years or so, Steve had heart problems, and three or four back surgeries, and two or three knee surgeries. Five years ago, his wife called me to tell me that the doctors sent him home with no hope for beating MRSA, that he'd contracted in the hospital after a recent knee surgery. They told him he had received so many anti-biotics over the years, they concluded he was immune to them. He was 150 lbs overweight, (at least) and stuck in a wheel chair at home with a surgical wound that would not heal on his knee. He had lost all will to live and was waiting to die.

I talked to his wife at least three more times for over an hour each time, and I finally got them to agree to try your "Incurables Program". I told them I would fly out to their home from Charleston, S.C., and spend a week with her teaching her how to complete the remaining three weeks administering the plan after I had to leave.

At the end of the first week, Steve started to have color in his face again and I managed to get him to do some upper-body exercising. I secretly, after Day 2 of my first week there, started exponentially increasing garlic and your Cayenne tincture to all the treatments. On Friday of that first week, two nurses from hospice came to dress his wound, and were flabbergasted to see actual blood flowing to the knee and the area around the wound was actually healing.

My sister-in-law continued the next three weeks with the program, and when he went in to see his doctor at the end of his 30-day incurables program, his blood count went from 54 down to 3! It was the doctor's turn to be flabbergasted. Steve had all his energy back, had lost 75 lbs, and was obviously on the mend, big time.

Today, 5 YEARS LATER, he has a straight rod in his leg, and walks around with Canadian Crutches, and drives his truck from California to Oregon, Kentucky, and wherever else he needs to go. The first day I walked in to see him when we started the program, he looked like death warmed over. He even had trouble talking, his energy level was so low.

I'd be happy to document any of this at your request, and give you the name of his doctors and you could talk to about 12 other couples who have since bought and use juicers, daily, after seeing for themselves what happened to Steve.

We started the SuperFood with you, because a friend of mine told me about your story, and how you helped people heal themselves by first cleaning the bowel. My wife, Sharon, had migraines every week, debilitating migraines, the type that made her go sit in a dark closet on the floor, take out her earrings, and wait till she had to vomit kind. For 50 years she had them and had tried everything, with no success. She started juicing and did Formula #1 followed by #1 & #2 and cleansed her bowels. It's been 14 years since she had a single migraine.
My biggest problem with you over the years has been trying to calm people down from being pushed back over your arrogance. I just had to tell them, "I love his arrogance, he couldn't be that way if he didn't have the goods!!" Keep it up.

— Joe T. in Camden, ME, USA

ANSWER

Dear Joe,

I want you to know how much I appreciate your letter. For me, I never get tired of evangelizing the power of Natural Healing and Herbal Medicine, and I NEVER get tired of getting letters like yours with miracles testimonies. I have seen so many miracles in my life, helping people to bring themselves back from deaths door, but for all the people reading the BLOG every week, I can guarantee you Joe, your letter will inspire relatives to act and it will save many lives. So I thank you personally, and from my customers, for taking the time to write this letter.

Why I am not on Good Morning America, 20/20 or 60 Minutes?

That’s a great question; I think I have a few answers for this.

My clinic was closed not because I ever had a patient complain to the authorities, not one. It was closed as best as I can see because…

My patients were an embarrassing living testimony to the great failure of Medical Doctors, Hospitals and Pharmaceutical Drugs.

This type of healing we call modern medicine can work occasionally. But it is just a temporary quick-fix because it is your lifestyle changes that will heal you permanently.

The ONLY true healing is the one that your body performs BY ITSELF, ON ITSELF, HEALING ITSELF, not what medical doctors do. And, since this modern medical show in America alone is a 2 TRILLION DOLLAR business—over 20% of the Gross National Product of the entire United States—well, the medical mafia and the drug cartels not only sponsor these television networks with commercials, but also they don’t take too kindly to cheap, inexpensive, common sense, natural and herbal healing. When you make statements like I do, and you do, that you can heal killer diseases with a $200 juicer, a few handfuls of weeds, some garlic and hot peppers, a little detoxification and flushing and a whole lot of good old common sense, well, that just plain pisses them off.

But don’t stress, the world is coming around, one by one. It’s hard to find someone these days who isn’t a bit disgusted with his or her medical doctor, and who hasn’t heard of common sense Natural Healing, and who isn’t making some kind of healthy lifestyle changes. Or, just turn on the television and you will see ads by lawyers who want to assist you in suing the drug companies (1-800-BAD DRUG) because you or a relative were injured or even killed by a pharmaceutical drug. And thanks to you, my friend, we just keep getting the word out more and more.

As far as being able to make enough SuperFood, or Intestinal Formula #1 to go around, there is no doubt that the Oprah effect would put a strain on my business. We buy only the finest and most expensive herbs, we make everything by hand and we make herbal MEDICINE, not herbal products, so we can only grow so fast. Also, I have to let my organic farmers know a year ahead of time how much herbs I think I will need for the following year, so I can steadily grow bigger, but I am a “word of mouth” niche business. I like growing though, because the beauty of my company growing a lot bigger every year is that the bigger I get, the more I need from my organic farmers, wild harvesters and their families, the less chemicals being dumped on American soils, it’s a win, win, win for everybody.
My Arrogance? Hmmm…

What About THEIR Arrogance?

First off, I should say that the most arrogant people I ever meet on this planet are definitely medical doctors. My arrogance is mild compared to them.

They are so arrogant and myopic, they only see things their way. They think their form of healing is the only true or real healing, and warn people to stay away from any other form of healing besides modern medicine that they do not understand or have any knowledge of, especially natural and herbal healing. They are so arrogant, they never like being questioned, they just want you to do as they say. After all, you are too stupid to understand medicine. Beyond this, their worst arrogance is that they will tell you when you are going to die.

As far as my arrogance, well, there is no denying that here. I am pretty darn arrogant, I agree. But there is a reason behind this arrogance. (BTW Joe, I know you don’t think I am arrogant, but this is for anyone who thinks I am.)

I watched my Dad die in my arms when I was 11. He was definitely murdered by medical doctors. My Mom dropped dead just a few years later. The medical doctors had her on a dozen drugs, and the last few years of her life she was a stoned drug addict. I watched as the medical doctors killed my parents and destroyed my family. Were my parents responsible? OF COURSE they should have questioned the doctors, and not lined up like sheep to the slaughter.

Then, at 16, I was told by the medical doctors that I would be dead by 20 without open heart surgery. I refused and discovered another way to heal my heart.

Later, working, apprenticing and interning in my great teachers’ clinics, I witnessed thousands of healing miracles. Thousands!

Then in my clinic, I walked my patients through my programs and herbal medicines just like you taught your sister-in-law and helped your brother-in-law save his life when he was sent home to die.

I have seen, now thousands of times, that your body can heal itself of ANYTHING, ANY DISEASE, if you are willing to simply STOP killing yourself and START a new Healthy Lifestyle!

Yep, you’re right again, no denying it, I’m a pretty loud, pushy, passionate, and ARROGANT Natural Healer.

Think about it, though… Is it so arrogant to say that if you get really healthy, that disease will simply leave your body? Even diseases like Arthritis, Alzheimer’s, Artery Blockage, Nerve Degeneration or Cancer? I think not. I think it’s just plain common sense. If it is arrogant, then I’m arrogant for sure. Guilty as charged.

Today I get letters, emails and walk-in testimonies at my pharmacy every day, telling me more miracle stories.

My personal crusade is to make damn sure that I get this message to everyone out there like my parents, who didn’t know there was an alternative to Doctors, Drugs and Hospitals.

Yeah, I’m Arrogant!

Joe, I think we probably have this in common, my friend.
I thank you so much for your email. It will help so many.

— Dr. Schulze

**Natural REMEDIES for Migraine Headaches**

May 31, 2011, VIDEO by DR. RICHARD SCHULZE

Say goodbye to migraine headaches with Dr. Schulze’s simple suggestions. What they are, foods that trigger them and herbs that stop the spasm and stop the pain, and as usual, a good dose of Dr. Schulze Natural Healing Evangelism.

Video Length: 5:22

[Click to View](#)

**Healing Headaches, Naturally**

March 15, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I hope you can help me with my problem. I seem to be fairly healthy and thank God I have no big health complaints, except a nagging one.

Almost every day at work, in the mid-afternoon, I get a headache. I am a manager at a manufacturing plant so usually I am sitting at my desk talking on the phone, or working on my computer checking invoices and then it starts. Often with a knot in my neck, sometimes with a pain in my temple, but then it turns into a full-blown headache. I hate to take drugs, but I take a few aspirin almost every day just to get through the afternoon. Can you please suggest anything that I can do to make them go away?

— Daniel S. in Manchester, NH,

ANSWER

Dear Daniel,

I can help my friend, and you can get rid of these headaches permanently, totally, guaranteed, just follow my simple steps…

First, we simply need to begin by listening to your body, instead of telling it to shut up. What I mean is that every day, your body is sending you a message, and is trying to communicate something to you, and you are telling it to shut up instead of listening to this communication. What you are doing is no different than if you were awakened in the middle of the night by the sound of the smoke detector screeching in your bedroom, but instead of looking for the fire, you just rip the batteries out of the smoke detector to stop the noise, and then go straight back to sleep. This would be a very dangerous thing to do as the alarm is trying to warn you that something is very wrong, and the house is on fire.
In the same exact way, your body is telling you almost every afternoon that something is wrong. And instead of finding the problem, and solving it, you are just ripping the batteries out of the alarm by taking drugs. The big danger of doing this is that after awhile—if we continue to ignore our body’s feedback and communication—well, little ignored problems have a tendency to become very big problems, if not big diseases. So let’s get to the cause of this “alarm” or your body’s communication before it turns into something more serious. I think you will find these headaches are a fairly easy problem to solve.

First, the fact that they come in the afternoon is an important sign, and also the fact that they are often preceded by a knot or pain in your neck or temples. And you mentioned that you are often on the telephone or computer. So let’s eliminate the obvious first.

They are probably stress-related, physical stress and tension from sitting in one position and keeping your neck, head and eyes stuck in one position all day and also the way you hold your neck while you are on the telephone, or staring at a computer monitor for hours. Add in the mental job stress and tension, and there you have it, the perfect breeding ground for a daily headache.

The cure will probably be as simple as about a half hour before you usually get these daily headaches, TAKE A SHORT BREAK! Take 5 to 10 minutes to just breathe. Find a quite place to be alone, the lunchroom, locker room or even a broom closet, and turn the lights out.

Before you go to your quiet space, take 2 to 4 droppersful of my Nerve Tonic. It is a powerful anti-spasmodic and naturally relieves the pain by relaxing tension and tight muscles in your neck and temples before they spasm, and releases these muscles, and also relaxes your mind and mental state. Put 2 to 4 droppersful into an ounce or two of juice, this will help to disguise the strong flavor, and just drink it down. It is a potent physical and emotional relaxation tonic.

Next, take along some of my Deep Tissue Ointment or Oil and place a dab on your neck and temples, and rub it in real well, until it is gone. Close your eyes now as the vapors are strong and will make your eyes tear.

Next, do two minutes of deep breathing. Then after two minutes, keep breathing, and start doing some neck stretches. Lift your shoulders up high and try to pinch your ears with them, then let them drop, repeat this. Then some neck rotation, circles to the left, then right, then stretch forward and back. This isn’t rocket science, just move and stretch your neck. You might even begin with a little neck massage. I am always for finding a friend at work to exchange massages with, but you can also do this yourself. Massage your trigger points, in other words where the pain usually starts, or where the knot is in your neck, massage both sides, your temples, face, scalp and neck. Massage yourself HARD, be tough, and continue your neck stretches. If you are really tight you can always use a heating pad on your neck. I would set up a little mini-environment somewhere at work where you can be alone for 10 minutes every day. If the area is noisy, then I would also bring a music storage device and some mini-headphones and play some relaxation music, or positive affirmation meditations with music.

You will find that in only in five minutes, you will feel like a new man, and in 10 minutes, you will feel like you have had a weekend at the spa. Think of it as an afternoon power nap, breathing, massage, herbal, relaxation, meditation, physical, emotional and spiritual makeover. Most important you will not get your usual headache in the afternoon.

And, if you have already have a headache, do the exact same routine I have suggested above and that will get rid of it.

Also, I would have a SuperFood Bar before you begin this routine. Most people have a physical and emotional slump in the mid-afternoon. Many people have low blood sugar, or are exhausted from what they ate for lunch, usually lots of fat, grease and junk with no nutrition. This is why so many people need
coffee to keep them awake in the afternoon. By the way, if you drink coffee in the afternoon, STOP! This may be a contributing factor as it causes muscles to tighten and does the complete opposite of what you need to do. So, eating an afternoon SuperFood Bar, or just taking a few bites of one, can make a huge difference in how you feel.

If the Nerve Tonic doesn’t feel like the right solution for you, then you can also try the Brain Tonic. This tonic drives more blood, oxygen and the nutrition from your SuperFood Bar right up into your brain, it gets your brain feeling better and your nerves firing better, and will change how you feel all afternoon. Use 2 to 4 droppersful of Brain Tonic as an option to the Nerve Tonic. Or use both of them together!

You know, 10 years ago, this would sound crazy, but today it is easy to find others at work that would benefit from this session too—an afternoon 10-minute self-healing massage and meditation moment. So, see if you can find someone at work you can share this experience with, especially somebody with strong hands.

Finally, please remember, you can heal yourself of anything, ANYTHING! So just STOP doing what is making you sick, and START doing what will Create Powerful Health. Let’s stop supporting the drug companies, and stop drugging and numbing our body’s wonderful communication system! Instead, get to the cause of the headaches and heal your body, mind and spirit. It’s fun, and it feels good!

— Dr. Schulze
Friends,

OK, here is a blast from the past, I think you will really enjoy this video clip, and the next one I am going to post in a few weeks. They are both the very beginning of a seminar I taught here in America many, many years ago. This is classic Dr. Schulze footage. I say this because this clip is my story. And for many of my new friends who have found me on the internet, and new customers, and anyone who hasn't seen me live, well this is basically the story of how I got into this line of work, from my personal "death sentence", to my healing journeys and adventures, to "Creating My Own Healing Miracles"!

This is an awesome video clip for anyone to watch who doesn't know the main reason I always say that I am not a "virgin sex counselor". This is the story of the health challenges that I faced personally, and how I refused medical treatment and put my own ass on the line in a life or death situation when I was only 16 years old (including some rare pictures of my injuries). Most important, this is what I discovered to heal my diseases and injuries, and keep me off of the operating table on three different occasions.

If you can just get past some of my bad jokes, and my very loud gold vest, you will see the essence of my message today, the classic fundamental and basic principles of Natural Healing, and some of the most important keys, tools and affirmations to healing yourself of anything, and any disease, NATURALLY!

So sit back and enjoy this antique footage where I will truly explain how I discovered Natural Healing 40 YEARS AGO. This is where it all started, when I proved way before my clinic, and way before my thousands and thousands of patients, why, if you are willing to STOP doing what has created your disease, and START doing what will Create Powerful Health, you can truly Heal Yourself of any Disease or Injury, NATURALLY!

– Dr. Schulze

Video Length: 20:48

Click to View
Kidney Disease

I Saved My Cat’s Life!

September 12, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I SAVED MY CAT’S 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.

Anyway, I took him to the vet, long story short, 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.

I had a huge breakdown, and I believe my 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. I added diluted Bragg’s apple cider vinegar, I made a strong garlic oil, and added 100% organic non-diluted cranberry juice (I know it is still pasteurized, but I have found it to still be beneficial to the bladder and urinary tract). I also knew my cat needed to be well hydrated 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 fresh parsley tea.

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!!! 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!!

I have sent a picture of me and my little natural health warrior, (notice the SuperFood in the background).

I know you hear these stories all the time, but I have read every blog post you have, and you have no stories about healing miracles with pets.
Please publish this testimonial, as people need to know they do not have to be dependant upon the mainstream medical system or vets (even with our pets) if they are willing to take responsibility and do the work.

Thank you and please to continue to do what you do.

P.S. I have one question. I have heard you say in one of your videos that you have cats. I would absolutely love to know what you feed them. I have had mine on the best health food store cat food, but I know there must be a way to do better, as this processed stuff is far from natural.

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 wont upset you 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.*

Dr Schulze’s Blog 2008-2012 by diseases – 30/10/12

207.
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
**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
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 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—consumming 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
**Diapers to Dating**

May 30, 2012, ANSWER by DR. RICHARD SCHULZE

**QUESTION**

Dear Dr. Schulze,

I need to tell you that I have had almost constant kidney infections over the last 20 years. All my medical doctors told me that this is just something I had to live with, because of a slight deformity on my urethra. I also have scarring from all the infections and I have also had many bladder infections too. I have been on and off of sulfur drugs and synthetic sulfur drugs, antibiotics and dozens of other prescription drugs during this 20-year period.

Eventually, I began to also have leakage, then occasional total loss of bladder control, so my medical doctor put me on adult diapers. I was so desperate I even asked him for a kidney transplant, but he refused because he said that my kidneys were fine, it was just an anatomy problem and any type of surgery would not correct it.

To say the least, my quality of life degenerated, and I got divorced, so dating was out of the question, when I was wearing diapers.

In spite of all the medical doctors’ negativity and telling me this would be a lifelong problem, two years ago a dear friend introduced me to you and your products. I started with your 5-Day Kidney and Bladder Detox. I did it three times in a row for three weeks. Then, I used your KB Tincture and KB Tea on and off for the last two years, along with improving my food program, adding garlic and trying to stay away from harsh liquids, like you suggest.

Well, you have done what NO medical doctor, no hospital and no drug have ever been able to do! I HAVE NOT HAD ANY TYPE OF KIDNEY OR BLADDER INFECTION IN TWO SOLID YEARS! NOTHING! All the bladder leaking and involuntary urine release stopped, and I have not worn adult diapers in two years. Better yet, I began dating again, and this last February I got married to the most wonderful man. None of this would have happened without you.

In a few months I will be traveling to Hawaii with my new husband and I will send you a postcard from there. When I was first dating again, I told my new husband that you were the most important man in my life, and after hearing my story, he understood why. He has done many of your programs now, too.

Thanking you doesn’t seem to be near enough, so every day I add you into my prayers. Thank you so much Dr. Schulze, you have saved my life. Everything I have is because of you and your herbs.

I am almost embarrassed to ask this one question... I have a friend who has reoccurring bladder infections whose teeth have turned yellow from taking all the antibiotics. I don’t think she will commit to the 5 Day, but can she just use the tonic and/or tea just by themselves?

Thank you for EVERYTHING!

— Carrie J. in Los Angeles, CA, USA

**ANSWER**

Dear Carrie,

Thank you for sharing your amazing healing adventure. I am very proud of you for not buying into your negative medical diagnosis and prognosis, and changing your life and creating your personal healing miracle. YOU ARE AWESOME!

As far as your friend, the answer is YES! But as usual, I do have a few additional suggestions...

**Urinate After Sex**
This may sound too simple, but one of the most common causes of kidney and bladder infections in women is from bacteria—even e. coli bacteria—that gets all over the urethral opening during sex. Then, it migrates up the urethra into the bladder and even into the kidneys, causing kidney and bladder infections. A simple solution that will prevent 99% of these infections in the first place is simply going to the toilet and forcing yourself to pee, as soon as possible, after having sex.

One of your urinary tract’s best defense mechanisms against bacterial infection is the physical act of urinating. This is because 1) urine has a very acid pH which alone will destroy many types of bacteria and 2) just the physical flow of urine, down and out from your kidneys to your bladder, and then out your urethra tube, will FLUSH any bacteria out of your body. These two things—the pH of your urine and also the flushing action of urinating—are two primary defense mechanisms of your urinary tract that again, will stop the vast majority of urinary tract infections.

Next, My 5-Day KIDNEY Detox, Kidney Flush Drink, K-B Formula and K-B Tea…

Seriously, a friend that is plagued with reoccurring kidney and bladder infections, and won’t do my easiest and simplest 5-Day Detox? This is ridiculous. Tell her for me that she doesn’t deserve to be well if she is this much of a wimp. As you know, my 5-Day KIDNEY Detox is simple, easy and even tastes good. Anyone who won’t make this minimal investment, I have no pity for.

In my clinic, I used to say that sympathy comes between shit and syphilis in the dictionary, so I don’t have any time for it. I highly suggest you kick your friend’s ass a bit and tell her to get with the program, or enjoy her antibiotic-stained yellow teeth.

I must state right here and now that, in my clinic, my 5-Day KIDNEY Detox worked 100% of the time. I NEVER had a patient that wasn’t able to get rid of even the most stubborn, most deep-seated, antibiotic-resistant urinary tract infection using this herbal detox. Again, it worked 100% of the time! Using just my K-B Formula and my K-B Tea (separate or together) worked too, but why not give yourself the best winning chance and add in both the tea and tonic, and also the Kidney Flush Drink and the Detox Formula.

Garlic, a Natural Sulfur Drug and Natural Antibiotic

Garlic is the best all around sulfur antibiotic for all kidney and bladder infections.

As you are well aware from your experience, sulfur drugs and eventually synthetic sulfur drugs, are the choice of medical doctors worldwide for all urinary tract infections, kidney infections and bladder infections. Garlic, has over 80 different natural sulfur compounds and phytochemicals in it. A much bigger and much more broad-spectrum array of sulfur than any pharmaceutical drug.

Also, as far as antibiotics, Garlic is also one of the most powerful natural antibiotics, killing both gram-positive and gram-negative bacteria, making it the absolute best broad-spectrum antibiotic known.

So, when you add up 80 different sulfur compounds with the most powerful herbal broad-spectrum antibiotic, well, you have the perfect kidney and bladder herb. I suggest chewing (or chopping up and swallowing with food) about three to six cloves a day for a week.

Carrie, kick her ass a little bit, but don’t feel sorry for her. And congratulations for creating your own healing miracle! And, congratulations on your marriage!
Can A Damaged Kidney Be Repaired?

November 01, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I am a 48-year-old female who has had Diabetes for 38 years. About five years ago I started taking blood pressure medicine for high blood pressure. Recently I saw a kidney doctor and they told me that my kidney function is at 18%. When it gets to 10% I will have to start dialysis and then a transplant. They also told me that you can’t repair an already damaged kidney. I drink your K-B tea and your Detox tea. I use the SuperFood and Intestinal #2. What do you suggest for me? Thank you for your time.

— Leslie S. in Cove, AR, United States

ANSWER

Dear Leslie,

I will skip right to your bottom line here…

“They also told me that you can’t repair an already damaged kidney.”

Hmmm. I have heard this before.

Speaking from Personal Experience:

I was told that the only way I would live past the age of 20 with my deformed heart was with surgery. I did NOT have surgery and I am now 59 years old. This means I was supposed to be dead 39 years ago, but I am very much alive!

I was also told by one of the top orthopedic surgeons in the world that I would never walk again without knee surgery, unless they sewed cadaver ligaments into my leg. Well, I NEVER had the surgery and I am walking just fine, and running, and dancing and have three Black Belts in the Martial Arts.

I was also told that I would never have skin on my hand after my fourth-degree burns without skin grafts, but you know what? I never had the grafts and my hand looks fine. It is covered with skin and works just fine.

Speaking from Professional Experience:

If I had a dollar for every time a medical doctor told one of my patients, “NEVER, IMPOSSIBLE, WON’T HAPPEN, CAN’T HAPPEN, DOES NOT HAPPEN, NEVER SEEN IT”, and then said, “OH MY GOD, IT’S A MIRACLE”, well, I would be a richer man than I already am.

The bottom line is that I am an expert in what your body CAN do and WILL do! If you love your body, support it and create a healthy lifestyle and environment, your body will Heal Itself of Anything, ANY Illness, ANY Disease and ANY Injury.

Medical doctors are experts in negative affirmations, no faith in your body’s ability to repair itself, surgery, chemotherapy and chemical drugs and organ transplants.
What the medical doctors are actually saying is that if you do NOTHING, and continue living, as you have been, that your outlook is bleak. Your kidney will eventually fail and you will eventually need a transplant. Statistically, they are probably right!

I highly suggest that if you want to turn this prognosis around you get to work. It is now time for you to pull out all the stops and create your own personal healing miracle.

What to do?

**STOP EATING:**

Take a look at my Three Clinical Food Programs in Chapter 9 of my book “Detoxification: Volume One”, starting on page 53. (Just click on the book cover in the right column, and read it for FREE right here on my BLOG!) If you are more than 10 pounds overweight, and I am sure you are, then STOP EATING and go right onto my Juice Flushing Food Program for 30 days. Then look at the other two food programs.

**A VEGAN / VEGETARIAN FOOD PROGRAM**

This is what you will be eating for the rest of your life.

**MOVEMENT**

Move your body for at least an hour a day EVERY DAY. Sweat baby, SWEAT!

**ATTITUDE ADJUSTMENT**

Create the new mindset to Create Powerful Health.

Get a copy of my “20 Steps” book and follow every step!

Get a copy of my “Incurables” Book, and follow every step!

You can make the medical doctors’ prognosis wrong. It is up to you.

Your body CAN and WILL heal itself of ANYTHING—ANY DISEASE!

All you have to do is STOP doing what is making you sick and then START doing what will Create Powerful Health.

Your healing lies somewhere in-between the four herbal formulae that you are taking now and doing everything that I have said to do in every book I have written, every video I have ever recorded, every newsletter I have written and on every page of this BLOG!

Save Your Kidney and Save Your Life.

**So get to work and enjoy the healing adventure!**
Kidney Stone Dissolving Routine

September 05, 2008, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I have a KIDNEY STONE lodged way down in my urethra. Can I use your kidney and bladder flush to dissolve it?

— Margie P.

ANSWER

Dear Margie,

Yes. My 5-Day KIDNEY Detox—which includes my K-B Formula, K-B Tea and Detox Formula—along with my Kidney/Bladder Flush Drink and also my Kidney Stone Dissolving Program, will dissolve any stone, whether it’s in your kidneys, in your bladder, or stuck in your urethra. And if it’s really stuck in your urethra, I know that no pain in life seems to come close to the pain of a kidney stone stuck in your urethra. So don’t be afraid to use my Nerve Formula, which will reduce the pain and keep you relaxed. That will keep your urethra and your body from continually having spasms when the stone is in there. But you need to do my Kidney Stone Dissolving Routine repeatedly, until you have no stones in your kidneys, your urethra, or anywhere. See the directions below for making my Kidney Stone Dissolving Routine, and get to work.

Dr. Schulze’s Kidney Stone Dissolving Routine

This routine takes two days and can be repeated. It should be stressed here that this routine should only be done once you have completed Dr. Schulze’s 5-Day KIDNEY Detox.

First, fill a gallon jug with 2.5 quarts (80 ozs.) of fresh-squeezed, organic apple juice. Be sure to use strong apples; ones that make you pucker. Add twenty ounces of fresh-squeezed organic citrus juice (half lemon, half lime juice is best.) Add ten ounces of organic, raw, unfiltered apple cider vinegar, one entire bottle of K-B Formula and two entire packages of K-B Tea.

Let sit for 24 hours, then strain. That morning, start drinking four ounces every hour, consuming a total of sixty-four ounces each day for the next two days. You can even drink an ounce every fifteen minutes. You should also be drinking distilled water, up to sixty-four ounces a day. Store the brew in your refrigerator until finished (two days).

— Dr. Schulze
Pain

**The Dr. Schulze Pain Rule**

January 18, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I have been doing your Bowel Detox for a week now. I am up to six pills a day on formula one. This has produced two bowel movements a day when I am used to having only one every other day. I will take these six pills through this weekend and then start on formula two on Monday. My question is this: about four days into this detox I started having lower back pain and yesterday started having pain in my abdomen. Is it possible that the Intestinal Formula #1 is breaking loose toxins in my colon and causing this pain? Also I had gallbladder pain this week. I have your 5-Day Liver Detox to do after I do the bowel. So last night I mixed up some of the Detox Tea and drank two cups. Woke up this morning with no pain. What can you tell me about the pain I am experiencing in my back and abdomen? FYI - I have been eating a pretty strict vegetarian diet for the last six months.

Thanks,

— Tom K. in Vine Grove, KY, United States

ANSWER

Dear Tom,

The fact that you were having only three to four bowel movements a week tells me a lot about you. First, it tells me that your bowel habits are those of the Average American. Being Average at first doesn’t sound too bad, until you take a look at the disease statistics of the Average American. So my job as a doctor was to get all of my patients, *and to get you*, out of this average category and into the *above* average category. Then you can expect levels of health and levels of disease resistance and levels of longevity to be far above that of the Average American. This is what the Dr. Schulze program is all about: **Quality and Quantity**. Having a much better Quality of life (feeling great and having tons of energy, more than the Average American) and having a much greater Quantity of life (or lifespan) than the Average American.

70,000 Bowel Movements Short

Second, your past bowel habits tell me that you will be approximately 70,000 bowel movements short in your lifetime than a person whose bowel is working at a healthy and normal frequency, which is one bowel movement a day for every major meal that you eat every day.

*For a more detailed explanation of this 70,000 number and what normal healthy bowel habits are, click and watch this SHORT VIDEO CLIP I did on this subject.*

OK, so after starting on my **Intestinal Formula #1**, your bowel movements increased from three or four a week, to two per day, or up to 14 each week. GREAT!

**First, let me say that you have followed my directions well** by NOT starting on the **Intestinal Formula #2** until you first got your bowel working more frequently, by increasing to at least two bowel movements a day. You get a gold star for paying attention to detail here.
I will also assume that because you have been doing my 5-Day BOWEL Detox for a week already, and you are now taking 6 capsules a day of the Intestinal Formula #1, that you also started with one capsule a day, and increased this dosage by only one capsule daily until you reached your personal dosage of 6 capsules a day (to achieve two bowel movements a day), which is EXACTLY the correct way to begin my 5-Day BOWEL Detox. Again, GREAT job for paying attention to these two details.

Is This Pain Normal?

So your question is that a few days into doing your bowel detox, you started having some pain in your lower abdomen and lower back, and even a little gallbladder pain, and you are wondering if this is normal.

Well, it is not normal, but it is also not abnormal and nothing to worry about. I will assume that by the time I am answering you, the pain is probably gone by now anyway. But I would like to explain what this pain probably is, for the rest of my readers.

One HUGE Organ

First, you must imagine that your bowel is a HUGE organ. It is actually the LARGEST organ in your body. It is basically a HUGE muscle. Your complete intestinal tract is as long as two cars parked end-to-end, and your colon is the largest organ of this system.

The Intestinal Formula #1 is waking this muscle up and EXERCISING this very large bowel muscle, like taking it to the gym. It is stimulating this muscle to move more frequently and to move more forcefully to eliminate more fecal matter, more often and more completely. And since your bowel, this huge muscle, has been sleeping instead of moving, well, when you start to use any muscle more, it is not abnormal to feel it more. This is the same as if you started exercising more and going to the gym, you would notice that a few of the muscles you are using are sore for the first week.

Starting The Old Car

Imagine that you have an old car in your garage and you haven’t started it in a few years. Then, one day you go out to the garage and hook a jumper cable up to the battery and start to crank it over. What can you expect to happen? Well, it will probably sputter, shake, backfire, smoke, rattle and run rough for a few minutes until it warms up. Then, after a few minutes, the engine will smooth out and it will run normally. This is not unlike when we start getting an internal organ to work more—you will notice it working more! It might sputter, backfire, run rough for a bit, and you may perceive this as slight aching or pain. Again, this is not normal, especially since you started on the programs gradually, as I suggest, but it is not abnormal either.

What I hear more often is that chronic back pain and abdominal pain goes away after starting on my Intestinal Formula #1, but again, having some lower abdominal sensations is perfectly normal. You are waking up a sleeping giant. So keep going!

The Dr. Schulze Pain Rule

I used to use this rule in my clinic, to decide what is good pain and what is bad pain. We can call this the Dr. Schulze Pain Rule. The first thing you have to ask yourself is what have you been doing?

If you have been staying up late, drinking alcohol, partying, not getting enough sleep and eating a lot of junk food, and you have abdominal pain, this is not good pain. This is your body telling you to PLEASE STOP!
On the other hand, if you are doing my 5-Day BOWEL Detox, eating more healthy foods, and using my Intestinal Formula #1 to overcome constipation and create more frequent bowel movements, and then you experience some lower abdominal pain, PLEASE KEEP GOING! This is GOOD PAIN.

The pain may feel exactly the same in both instances, so in order to determine if it is good pain or bad pain you must ask yourself, “Have I been doing good things and making healthy changes in my life, or have I been burning the candle at both ends and partying hard?” The answer to this will easily determine whether this is good pain or bad pain, and whether to STOP or KEEP GOING. I used this rule in my clinic and it was right 99.9% of the time.

One Additional Note

You say that you have also started a vegetarian food program, which is a high-fiber food program and this will also help your bowel to eliminate better. Animal food—meat, eggs, dairy, chicken, fish, ALL animal food, by-products, milk and eggs—have ZERO fiber. NONE! This makes it hard to digest, slower to digest and very hard to eliminate as fecal matter. The only source of food fiber is vegetarian food—fruit, vegetables, grains, seeds, nuts, etc—are all loaded with fiber, which naturally promotes better digestion and much better bowel elimination. Even some vegetarians who still eat dairy or inherited a sluggish bowel need more fiber, hence my HerbalMucil Plus formula.

Finally, the fact that you made up some Detox Tea (a digestive and liver stimulant) and drank two cups, and the next morning the gallbladder pain was gone, is also a great sign that you were just experiencing the feeling of getting your engine started after it has been sleeping in the garage for too long. By the way, you get another gold star for this good self-treatment decision. (That’s three gold stars so far!)

I also noticed that you are planning on doing my 5-Day LIVER Detox after you finish your 5-Day BOWEL Detox, which sounds like a great idea as I believe your entire digestive tract has been abused, and also been sleeping for too long.

This is a great reminder to all of us that the way I designed all of my programs is for you to get maximum results with little or no discomfort or pain, but sometimes it still does happen. Often all it takes is a little sleep, maybe a hot bath or my favorite, a good old-fashioned hot water bottle, a little Nerve Tonic (a bowel antispasmodic) or some Digestive Tonic, Detox Tea or a Digestive “SHOT”, and you are back on your feet in no time.

Good job, Tom, and keep going! And three Gold Stars! I rarely give out three!

— Dr. Schulze
Healing Headaches, Naturally

March 15, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I hope you can help me with my problem. I seem to be fairly healthy and thank God I have no big health complaints, except a nagging one.

Almost every day at work, in the mid-afternoon, I get a headache. I am a manager at a manufacturing plant so usually I am sitting at my desk talking on the phone, or working on my computer checking invoices and then it starts. Often with a knot in my neck, sometimes with a pain in my temple, but then it turns into a full-blown headache. I hate to take drugs, but I take a few aspirin almost every day just to get through the afternoon. Can you please suggest anything that I can do to make them go away?

— Daniel S. in Manchester, NH,

ANSWER

Dear Daniel,

I can help my friend, and you can get rid of these headaches permanently, totally, guaranteed, just follow my simple steps…

First, we simply need to begin by listening to your body, instead of telling it to shut up. What I mean is that every day, your body is sending you a message, and is trying to communicate something to you, and you are telling it to shut up instead of listening to this communication. What you are doing is no different than if you were awakened in the middle of the night by the sound of the smoke detector screeching in your bedroom, but instead of looking for the fire, you just rip the batteries out of the smoke detector to stop the noise, and then go straight back to sleep. This would be a very dangerous thing to do as the alarm is trying to warn you that something is very wrong, and the house is on fire.

In the same exact way, your body is telling you almost every afternoon that something is wrong. And instead of finding the problem, and solving it, you are just ripping the batteries out of the alarm by taking drugs. The big danger of doing this is that after awhile—if we continue to ignore our body’s feedback and communication—well, little ignored problems have a tendency to become very big problems, if not big diseases. So let’s get to the cause of this “alarm” or your body’s communication before it turns into something more serious. I think you will find these headaches are a fairly easy problem to solve.

First, the fact that they come in the afternoon is an important sign, and also the fact that they are often preceded by a knot or pain in your neck or temples. And you mentioned that you are often on the telephone or computer. So let’s eliminate the obvious first.

They are probably stress-related, physical stress and tension from sitting in one position and keeping your neck, head and eyes stuck in one position all day and also the way you hold your neck while you are on the telephone, or staring at a computer monitor for hours. Add in the mental job stress and tension, and there you have it, the perfect breeding ground for a daily headache.

The cure will probably be as simple as about a half hour before you usually get these daily headaches, TAKE A SHORT BREAK! Take 5 to 10 minutes to just breathe. Find a quite place to be alone, the lunchroom, locker room or even a broom closet, and turn the lights out.

Before you go to your quiet space, take 2 to 4 droppersful of my Nerve Tonic. It is a powerful anti-spasmodic and naturally relieves the pain by relaxing tension and tight muscles in your neck and temples before they spasm, and releases these muscles, and also relaxes your mind and mental state. Put 2 to 4
droppersful into an ounce or two of juice, this will help to disguise the strong flavor, and just drink it down. It is a potent physical and emotional relaxation tonic.

Next, take along some of my Deep Tissue Ointment or Oil and place a dab on your neck and temples, and rub it in real well, until it is gone. Close your eyes now as the vapors are strong and will make your eyes tear.

Next, do two minutes of deep breathing. Then after two minutes, keep breathing, and start doing some neck stretches. Lift your shoulders up high and try to pinch your ears with them, then let them drop, repeat this. Then some neck rotation, circles to the left, then right, then stretch forward and back. This isn’t rocket science, just move and stretch your neck. You might even begin with a little neck massage. I am always for finding a friend at work to exchange massages with, but you can also do this yourself. Massage your trigger points, in other words where the pain usually starts, or where the knot is in your neck, massage both sides, your temples, face, scalp and neck. Massage yourself HARD, be tough, and continue your neck stretches. If you are really tight you can always use a heating pad on your neck. I would set up a little mini-environment somewhere at work where you can be alone for 10 minutes every day. If the area is noisy, then I would also bring a music storage device and some mini-headphones and play some relaxation music, or positive affirmation meditations with music.

You will find that in only in five minutes, you will feel like a new man, and in 10 minutes, you will feel like you have had a weekend at the spa. Think of it as an afternoon power nap, breathing, massage, herbal, relaxation, meditation, physical, emotional and spiritual makeover. Most important you will not get your usual headache in the afternoon.

And, if you have already have a headache, do the exact same routine I have suggested above and that will get rid of it.

Also, I would have a SuperFood Bar before you begin this routine. Most people have a physical and emotional slump in the mid-afternoon. Many people have low blood sugar, or are exhausted from what they ate for lunch, usually lots of fat, grease and junk with no nutrition. This is why so many people need coffee to keep them awake in the afternoon. By the way, if you drink coffee in the afternoon, STOP! This may be a contributing factor as it causes muscles to tighten and does the complete opposite of what you need to do. So, eating an afternoon SuperFood Bar, or just taking a few bites of one, can make a huge difference in how you feel.

If the Nerve Tonic doesn’t feel like the right solution for you, then you can also try the Brain Tonic. This tonic drives more blood, oxygen and the nutrition from your SuperFood Bar right up into your brain, it gets your brain feeling better and your nerves firing better, and will change how you feel all afternoon. Use 2 to 4 droppersful of Brain Tonic as an option to the Nerve Tonic. Or use both of them together!

You know, 10 years ago, this would sound crazy, but today it is easy to find others at work that would benefit from this session too—an afternoon 10-minute self-healing massage and meditation moment. So, see if you can find someone at work you can share this experience with, especially somebody with strong hands.

Finally, please remember, you can heal yourself of anything, ANYTHING! So just STOP doing what is making you sick, and START doing what will Create Powerful Health. Let’s stop supporting the drug companies, and stop drugging and numbing our body’s wonderful communication system! Instead, get to the cause of the headaches and heal your body, mind and spirit. It’s fun, and it feels good!
Menopause

Weight Gain Mystery… SOLVED!

October 04, 2011, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I'm 46 years old and am into menopause - I do not eat "totally" clean, but pretty healthy - I rarely eat red meat, occasional chicken or fish, try to stick with vegetables, nuts (almonds and walnuts), fruit and recently started juicing as a supplement. I workout at least 6 days a week and jog a mile 3 times a week. I've recently started swimming laps (although right now, I'm sucking in more water than I care to admit while I learn to breathe!). Over the past month, I have literally gained 10 pounds! Now, I know that some of it may be muscle mass, but I also know the difference between fat and muscle - and this is FAT on my abdomen, thighs and butt! Could this be caused by a hormone imbalance and if so, can your FEM tonics balance them out?

I am ready to SCREAM!!! I have considered doing a juice flush, but I don't know if that's the answer. I have tried increasing my metabolism by eating 5-6 times a day and that's when this all started.

I would appreciate any help you can give! Our family nutritionist introduced us to your products 20 years ago and we have used the Formula 1 "forever" - don't leave home without it! I'm at a loss as I do not consult medical doctors for anything unless I absolutely have to and refuse to take Estrogen, (horse urine) as a remedy (SERIOUSLY?? Do people actually take that stuff???)

Thanking you in advance for your response. We so appreciate your knowledge and candid, straight-forward way of addressing things!

Continued blessings to you and those who consult you ~

— Lori N. in Henderson, NV, United States

ANSWER

Dear Lori,

I have your answer.

I extracted the following sentence out of your letter…

“I have tried increasing my metabolism by eating 5-6 times a day and that's when this all started.”

I believe you!

If you put gas in your car, and a mile down the road your engine quits, you don't start wondering if the tune-up you had two years ago was faulty, you look at the most recent thing that you did or change that you made—the new gas! That is almost always what caused the problem.

Also, I always found in my clinic that my patients had the answer, no matter how complicated and confusing their dis-ease was, or how little their knowledge was of anatomy, physiology or biochemistry, whatever—it didn’t matter. Most people KNOW exactly what’s happening in their body, what and where it’s gone wrong, and my job was just to confirm their belief and instruct them how to Create Powerful
Health.

So, let’s start with what you’re telling me, which is basically in your attempt to increase your metabolism by eating five or six times a day, well, that’s when the 10 pound weight gain happened.

You’re on the right track, and eating five or six times a day (I call it grazing) is not a bad thing to do. You just have to make sure that you are not—I repeat NOT—consuming more food and more calories than you were in the two or three meals that you were originally eating. In fact, it would be fine to try this new food program as long as you are consuming LESS calories than in your original two or three meals.

Lori, you are not alone here at all. Many people, when they switch from eating two or three meals a day, to eating five or six times a day, simply forget that those five or six times should NOT be meals, but more like grazing snacks. It is really easy when going to five or six meals to overdo it, and overeat. Do not beat yourself up about this. I am sure that once you get your food consumption and calorie consumption back to normal, you will lose those 10 pounds, and feel better than ever.

Don’t get discouraged!

You are doing a lot of really great things, and introducing a lot of healthy lifestyle changes that will make you feel terrific and promote a very healthy and very long life. Stay positive, smile, even laugh at yourself (no screaming) and have fun with it all.

Finally, you know I always push my personal lifestyle, and what created the healing miracles and life transformations in my clinic with my patients. So I highly suggest that you start your day with my extremely low-calorie—and extremely high-nutrition—SuperFood Plus morning blender drink. You can find the VIDEO and RECIPE right on this BLOG site.

Just scroll down the left-side margin under Blog Archives until you see “ALL VIDEOS”. Click this and then scroll down and click on my SIXTH entry on the page that loads up, which is called, “I Just Filmed This, My Summer Breakfast”, where I tell you—AND SHOW YOU on video—exactly how to make my low-calorie, low glycemic index, high nutrition and high fiber morning breakfast blender drink.

Also, I would eat one of my SuperFood Bars for at least one, if not two, of your grazing meals. Again, they are extremely high in nutrition but very low-calorie (only 165 calories in a 60-gram bar), which is almost unheard of!

So, if your breakfast is my suggested low-calorie SuperFood Plus blender drink, and two of your other meals are my SuperFood Bars, then you are well under 600 calories for three of your five daily meals. This means that you have another 600 calories or more for your other two grazing meals.

Keep Positive and Continue your Great Lifestyle Transformations!

— Dr. Schulze
Below is a question from Debbie M. in Boyertown, PA. Sometimes it is best if I answer a customer’s letter within the letter itself so it makes more sense, and this is what I am doing below...

Dear Dr. Schulze,
I’m so glad you finally got your blog up and running. Thank you for your persistence. I have been a fan since I bought the book “Curing with Cayenne” and have been making the women’s formula ever since.

In my forties this formula helped with severe cramping. I just turned 55 and am now perimenopausal. My parents both have reproductive cancer. My mother has since passed from breast cancer. The doctors say it was estrogen driven. Someone in the health field told me I shouldn't take the women’s formulas because some of the herbs may have an estrogenic effect and since my mother had estrogen driven breast cancer, I should stop. Well, that scared me and I stopped about a year ago...

OK, let’s begin…

First, you say that this formula helped you with severe cramping and that you started taking it at age 40 and that you are now 55 and I am assuming that you have been taking the formula for 15 years, either straight or on and off. This all sounds good.

You also state that BOTH of your parents have reproductive cancer and that your Mom has passed away from it, and that the medical doctors said it was estrogen driven.

The first thing I did in my clinic with every patient was take a health history, which would include all of their relatives and going back to grandparents. If both of your parents have reproductive cancer, and your mother has actually died from it, this does in fact put you in a higher risk group for developing reproductive cancer, BUT, it is not a guarantee at all that you will develop cancer at all, and I am sure that you will NOT. So take a breath here, please.

If you live a very different life than your parents, physically, emotionally and spiritually, and have a very different lifestyle, then you can expect to have a very different health outcome. Basically, you can expect to be healthy and cancer-free.

Remember, your level of health is determined by your GENETICS REACTING to your LIFESTYLE, meaning, that you may be genetically predisposed to reproductive cancer, (and there is nothing that you can do about that, that's water under the bridge) but if you create a powerfully healthy lifestyle, again, not just physically, but also emotionally and spiritually, well, you simply WILL NOT develop reproductive cancer. On the other hand, if you live in a similar way as your parents did, or even a lower quality or lower health lifestyle, well you can expect a similar outcome, possibly creating Reproductive Cancer.

For all of us, the best way to PREVENT genetic weaknesses (family diseases) from developing in our bodies, and the best way to pass on stronger genetic coding to our children, is to live a healthy life. I don’t want to sound like a German geneticist or Dr. “Adolph” Schulze here, but this is a very basic law of Nature. The weak become diseased and die out and the strong survive, and I want to make sure that you are strong, healthy, live long, and that we will all create stronger and healthier future generations.

OK, so good so far.

Then you say:
“Someone” in the “health field” told me I shouldn’t take the women’s formulas because some of the herbs may have an estrogenic effect and since my mother had estrogen driven cancer, I should stop. Well, that scared me and I stopped about a year ago...

They were wrong!

This is where I have a problem—‘Someone in the health field’. Just like medical doctors, there are so many people in the health field that mean well, but don’t really know what they are talking about and pass on a lot of misinformation, even real stupid suggestions and even more ridiculous treatment ideas. This is the vast MAJORITY of both medical doctors and natural health professionals.

To make things worse, the vast MAJORITY of “health practitioners” and even “natural” doctors, still THINK like medical doctors, using standard medical algorithms or thought patterns with treatments, meaning they think and treat just like medical doctors, and this is where the problem lies. Let me explain...

Herbs are just one of the many tools of Natural Healing. They are to be used along with healthy food programs, flexibility, movement and exercise programs, cleansing and detoxification routines, emotional and spiritual programs and hundreds of other positive lifestyle changes.

Herbal Medicines, when used correctly, are never used like a drug. Herbs do not act like drugs, and should not be prescribed like drugs. Many herbalists around the world, if you have a headache, would prescribe herbs for reducing pain—I definitely would not. Unfortunately most people, who practice natural medicine, do so with an allopathic or standard medical doctor’s mindset.

If you have a headache, I want to know WHY, not, I repeat NOT, just kill the pain. You can have a headache for 1,000 different reasons from tight neck muscles and stress, to constipation, toxicity, eyestrain or even a brain tumor. Pain is the way the body communicates and lets us know that something is out of balance. To tell it to shut up, and use drugs or even herbs, to make it go away without knowing why it exists is a very ignorant form of medicine that is practiced by most doctors, both Orthodox and Alternative.

The herbs in any of my Female Formulas do not contain estrogen, nor would these herbs promote any cancer in your body, nor would they promote your body to develop any cancer, in fact they will do just the opposite.

The herbs do contain nutrients that your body can use to build hormones, but only if you need them. Mostly what these herbs do, is sensitize or assist your body to be more sensitive in detecting the amount of hormones that you have created that are present in your bloodstream and then suppressing or stimulating the manufacture of them, as needed.

For instance, many of the female herbs in my Female Formulas have been found to work by increasing the sensitivity of the hypothalamus organ in your brain. It’s the hypothalamus that constantly checks your blood for hormone levels every minute of every day. If it detects that you are low in any endocrine chemical (like a hormone such as estrogen) it will release chemicals that tell your ovaries to produce more estrogen. If the hypothalamus detects that you have enough estrogen, it will release other chemicals that slow down or even stop your ovaries from producing estrogen. So you can see that these herbs do not contain estrogen, but instead sensitize your own endocrine system to produce exactly the amount of hormones, or estrogen, that your body decides that you need, not what I (or any doctor) thinks you need.

Since I don’t use herbs that actually contain estrogen, you have nothing to worry about.

Now, having said that, all animal foods, because of the huge amount of growth hormones and steroids that are used in all meat, milk and egg production, are loaded with residual growth hormones and steroids. So, when you consume animals and their byproducts, you consume large amounts of these growth hormones.
and steroids. The residual hormones and steroids in animal food and animal byproducts have been directly linked to the increase in reproductive cancers, including breast, uterine and ovarian in women, and prostate and testicular in men. So if you read my books and follow my work, then you already know that—especially for you with a family history of cancer—that I highly recommend a vegan food program. Even the American Cancer Society says that this will reduce your risk of cancer. So this is the FIRST place this “health practitioner” should have gone, stopping you from consuming any animal food, and left the herbal medicine advice to the herbal doctors.

Now my symptoms are crampiness and spotting almost every day. I tried going back on the formula, but I started to get slight hot flashes, so I stopped again. When I started taking it, was I just not taking enough? Now, I don’t know what to do. I’m thinking I should be taking it to balance my hormones, but don’t want hot flashes. I would love to hear your thoughts.

— Debbie M. in Boyertown, PA

OK, let me give you a few of my thoughts here…

First, relax; this is not such a big deal. I know this is very important to you, and your health, but I do not feel that you are in any serious danger, just a little bit out of balance. So it is important that you keep this in perspective.

#1: At the beginning of your letter you state that you have been ‘making’ my formulas for years—I hope this is a typo and you meant ‘taking’ my formula for years. If it is not, and you are actually ‘making’ my herbal formula, this may be the beginning of your problem. As you know, I do promote people to make their own herbal medicine if they want to. But, my concern here is that any herbal medicine that you make, can only be as powerful as the herbs you begin with. I am a fanatic; in fact, fanatic is not even close to a powerful enough word to describe how insane I am about herbal quality and my manufacturing techniques for my herbal medicine. Please, read the beginning of my catalog under why my herbal formulas are the very best. I am not tooting my own horn here, or pumping up my ego, but it is one thing to make your own herbal medicine for general use, and another thing to make it to save your life. I suggest you start using my Female Formula, at least for a while, as I know exactly how I make it. This is the exact formula that created the extremely positive results with my patients in my clinic.

#2: I definitely suggest getting some of my Female Formula and start using 2 droppersful three times a day. With an additional dose of 2 droppersful anytime you need it. And, if you are having a powerful negative symptom of menopause—like extreme hot flashes, night sweats or any other symptom—I suggest using my Female “SHOT” immediately. Then, after a period of time when you feel that your hormones are back in balance and that you are healthy again, you can feel free to start making your own herbal medicine if that is what you want to do. But at least for now, please, use my herbal medicine, until we get you healthy, strong and out of any danger.

#3: You are not your mother and you are not your father. Sure, you have inherited many of their genetic strengths and weaknesses. But remember, you do not have to live out any of their genetic weaknesses, and the best way to make absolutely sure that you do not manifest any of their, or your, genetic weaknesses is to live a much healthier lifestyle—physically, emotionally and spiritually—then your parents did. I am sure that your parents did a lot of great things; all I’m asking of you is an UPGRADE. I want you to take a good look at what your parents taught you. And then I want you to eliminate the bad, keep the good, and create a new, more healthier lifestyle for yourself then your parents did for themselves.

So stop worrying, get healthier, have fun and let’s get going on Creating Powerful Health.

— Dr. Schulze
For Women Only!

July 21, 2009, VIDEO by DR. RICHARD SCHULZE

A testimonial on Dr. Schulze’s Female Formula; how it regulates and balances female hormone levels, gives you a sense of well-being and control, and eliminates anxiety, depression, panic attacks, bloating, water retention, mood swings and hot flashes associated with PMS and menopause!

Video Length: 9:31

Click to View
Skin

Poison Ivy, Oak & Sumac Information & Treatment

August 22, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

HHHHEEEEELLLLPPPPP! 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 sooo 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 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...**

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)…

Natural Treatments For Poison Ivy, Oak & Sumac!

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 ¼ of a 2-ounce bottle, or about ½-ounce every day for four days. Put the ½-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
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 WHATSOEVER CELLS AND NATURAL CHEMICALS ITS 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
Sore throat
Take a ride on a ski lift with Dr. Schulze!

February 26, 2009, VIDEO by DR. RICHARD SCHULZE

Friends,

This is my latest video. It is short and to the point. Don’t let your guard down now, as cold and flu season isn’t over yet.

In this video I tell you about my Cold & Flu Herbal “SHOT”…

- How It Works
- What It Does
- What’s In It

And most important…

- How EASY It Is To Use It

So come take a ride with me on a ski chair!

– Dr. Schulze

Video Length: 5:44

Click to View