

Dr. Schulze's
ORIGINAL CLINICAL FORMULAE
Since 1979

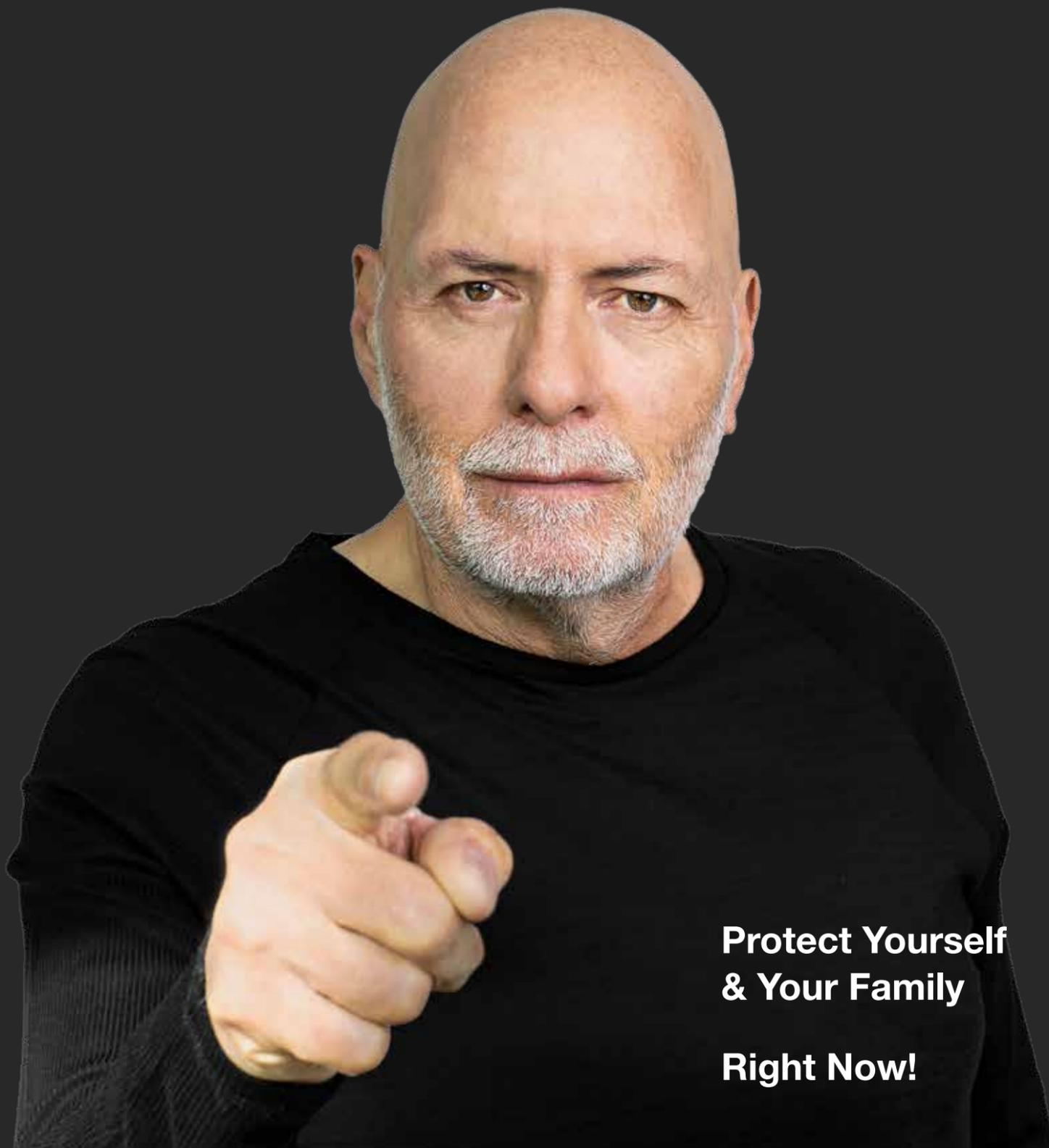
2021 – 2022
SURVIVAL GUIDE

Important new message from Dr. Schulze inside!

2021 – 2022

SURVIVAL GUIDE

By Dr. Schulze



**Protect Yourself
& Your Family**

Right Now!

WOW, what happened over the past two years?

The Bottom Line, like who killed President Kennedy, is that we will never really know the truth. It appears that most authorities are now moving away from the knee-jerk reaction and over-simplistic “Chinese fish market slippery floor food accident” theory and leaning towards the Wuhan, China Institute of Virology Laboratory in the same neighborhood. This Laboratory, which is partially funded by US dollars, conducts studies on bat coronavirus transmission into the general population, which is exactly what happened. This research was authorized by Dr. Anthony Fauci, the director of our National Institute of Infectious Disease, and paid for by you with your tax dollars. But the Wuhan, China Virology Institute won’t release its full records and never will (they probably destroyed them long ago), so we will never know what happened.

Now, two years later, trillions and trillions of dollars have passed hands (all paid with your tax dollars and an ever-increasing national debt) to fund this massive vaccine (and now booster shot) manufacture and inoculation program (the Federal Retail Pharmacy Partnership Program). Pharmaceutical companies have gotten very, very rich, while most Americans got poorer—either by being out-of-work or due to business shutdown and failure. As federal funds continue to dry up, Americans will be forced back into the workforce, only to discover there aren’t enough jobs to go around while many other businesses are simply gone. The worst is yet to come!

There have been political scandals, vaccines, more vaccines, freedom lost, and it’s still an extremely hot topic. Was it a man-made viral accident or the first strike in a new deadly biological warfare? There are highly qualified people supporting all sides of this debate. This topic is still SO HOT that numerous groups have threatened me to shut up or have my business closed, face prosecution, and even jail if I utter one word. Agents have threatened me and been to my business on numerous occasions this year. This is why my Instagram and website have been silent for almost two years.

As of writing this, Terrorist organizations (like the Taliban and ISIS) are writing manifestos and are free to speak all over the internet and social media. But Dr. Schulze is not! My videos have been banned because apparently, what I said is far more dangerous to governments, politicians, big pharma businesses, and international politics than any terrorist. There have never been losses of freedom in America like we have experienced over the past two years!

Since we will never know the truth (and even if we did, it’s too late), **I suggest right now you focus on the SURVIVAL of yourself, your family, and your loved ones before we have a deadly repeat of last year and you’re right back in the same hell this fall and winter.** That’s why I decided to write this **SURVIVAL GUIDE**. I wanted you to have as many ways as possible to increase your chances of survival! Even more importantly: I want you to THRIVE and FEEL GREAT.

What I CAN say to you (and what I have been saying for over 45 years now) is that every winter, at least 60,000 Americans will be killed by the annual reoccurring viral influenza, AGAIN! Also, thousands and thousands more (maybe even hundreds of thousands) will die from other viruses and their new mutant variants.

So what do we do RIGHT NOW?

In my clinic I had a sign that read:

**You Can Heal Yourself of Anything.
Just **STOP** doing what makes you Sick,
And **START** doing what will Create Powerful Health!**

This is EXACTLY what I want you to do right now!

That is why this month’s Special Report is my **SURVIVAL GUIDE**. It is a Big List of Do’s and Don’ts. **The Don’ts are all sorts of things that run your immune system DOWN, and the Do’s are all sorts of things that will boost and supercharge your immune system UP.**

By eliminating and stopping the things that run down your immune system and starting the many things that strengthen and supercharge your immune system, you can create almost super-human immunity! This will not only give you the best chance of survival this winter, but better yet, you will feel healthy, strong, and energetic to do all the things that you want to do in life.

So, let’s get started, my friends, and the next thing you know, you will have an amazing, healthy fall, and you’ll be celebrating the holidays with your family and friends, ringing in the New Year leaner and meaner and Creating a Powerful, Healthy foundation for 2022. So, let’s get the party started!!!

Dr. Schulze

2021 – 2022

SURVIVAL GUIDE

Wash Hands

Disinfect
Hands & Face

More Sleep,
Exercise, and
Fresh Air

Increase
Nutrition and
Eliminate Junk
Food

Eliminate
More Waste

Avoid Sick
People

Avoid Crowds

Hand Clean

Daily Oral Therapy

SuperFoods

Vitamin-C Complex

C&F "SHOT"

Defender Drink

Echinacea Plus

SuperTonic

Herbal Shield

Lung Tonic

Air Detox



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SURVIVAL GUIDE

Dr. Schulze's essential list of
**Do's and Don'ts to
stay safe and healthy...**



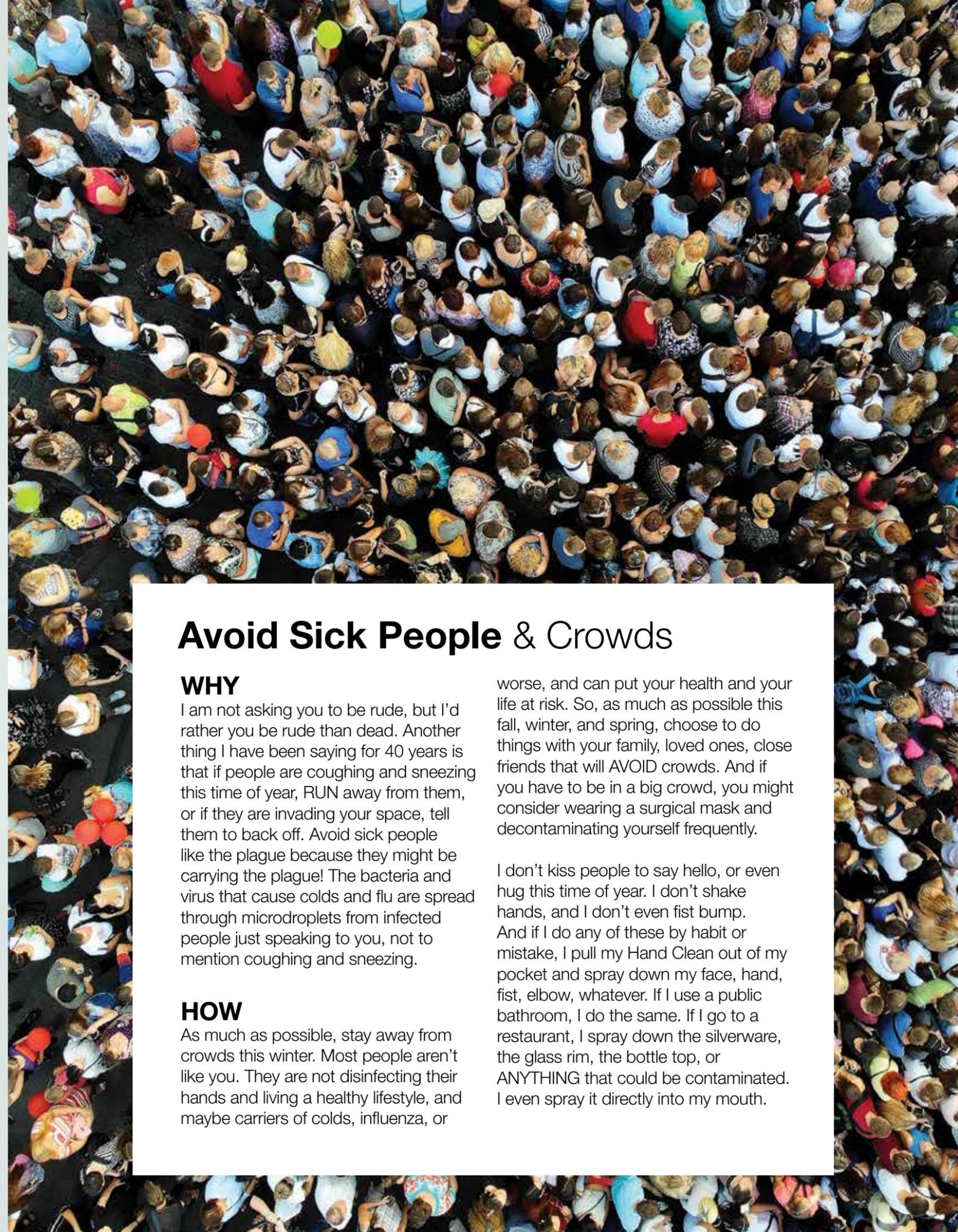
Wash Your Hands 10 Times a Day

WHY

Viruses and bacteria can live on surfaces for 8 hours or more, and human or animal hosts for much longer. If you touch these surfaces or people and pets and inadvertently touch your eye, nose, or mouth, you may not realize it. Still, you just injected these deadly bacteria and viruses directly into your mucous membrane and body. Viruses and bacteria then enter your body through the eyes, nose, and mouth to spread throughout your body rapidly!

HOW

Simply washing your hands with hot water and soap and using a hand sanitizer to clean your hands many times daily kills these viruses and bacteria before you infect yourself or a loved one. This time of year, you cannot wash your hands or disinfect them too much.



Avoid Sick People & Crowds

WHY

I am not asking you to be rude, but I'd rather you be rude than dead. Another thing I have been saying for 40 years is that if people are coughing and sneezing this time of year, RUN away from them, or if they are invading your space, tell them to back off. Avoid sick people like the plague because they might be carrying the plague! The bacteria and virus that cause colds and flu are spread through microdroplets from infected people just speaking to you, not to mention coughing and sneezing.

HOW

As much as possible, stay away from crowds this winter. Most people aren't like you. They are not disinfecting their hands and living a healthy lifestyle, and maybe carriers of colds, influenza, or

worse, and can put your health and your life at risk. So, as much as possible this fall, winter, and spring, choose to do things with your family, loved ones, close friends that will AVOID crowds. And if you have to be in a big crowd, you might consider wearing a surgical mask and decontaminating yourself frequently.

I don't kiss people to say hello, or even hug this time of year. I don't shake hands, and I don't even fist bump. And if I do any of these by habit or mistake, I pull my Hand Clean out of my pocket and spray down my face, hand, fist, elbow, whatever. If I use a public bathroom, I do the same. If I go to a restaurant, I spray down the silverware, the glass rim, the bottle top, or ANYTHING that could be contaminated. I even spray it directly into my mouth.

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Get **More Sleep, Exercise and Fresh Air,**
Stay Warm & Avoid Negativity

SLEEP

Get your sleep, seven or eight hours. Not getting enough sleep weakens your immune system and can double your chances of getting a bacterial or viral infection.

EXERCISE and FRESH AIR

Your immune system does not have a heart, so it doesn't have a pump. The ONLY way that your immune system can circulate throughout your body, protecting you, is by getting regular exercise. Also, get outside for at least 15 minutes a day in the sun. The Vitamin D from sunlight is proven to increase your defense against bacteria and viruses.

STAY WARM

Your body getting too chilled reduces your immune strength and makes you more susceptible to bacterial and viral infection. So get outside, but dress warm and don't get chilled.

AVOID NEGATIVITY

I always say that television news is a concentrated 30 minutes of the worst things that happened on the planet today. Why would you pollute your mind and body with that emotional junk food? It just runs your immune system down. Also, avoid negative people like the plague. I don't want any sick person around me, whether physically, emotionally, or spiritually ill. Sick is SICK, and I don't want my immune system working overtime defending me from any negative pollution and sickness.



Increase **Nutrition**

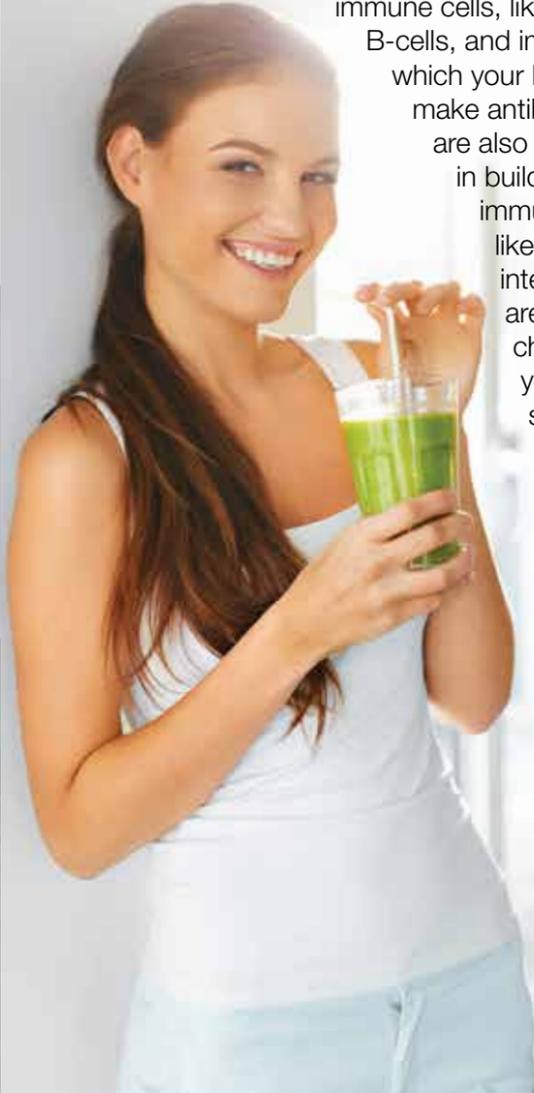
WHY

Your body is an amazing machine, and it can run on almost anything. But there is a big difference between just running and surviving or thriving at peak performance. Junk food pollutes your body and makes it run like shit. Worse, it makes your body work harder and wears it down at this time of year when you need your body, immune system, and all your defenses running at peak performance. It's your choice: Do you want to be driving a rusty, oil-burning, smoking rattling old junker car or a high-performance race car? This time of year, what can make the difference between getting sick or feeling great can be the amount of high-quality nutrition that you supply your body with every day.

HOW

Essential nutrients, like vitamins from foods and herbs, are the fuel that your immune system runs on.

Vitamins are also essential building blocks that your body needs to build immune cells, like T-cells and B-cells, and immunoglobulin, which your body needs to make antibodies. Vitamins are also essential in building natural immune chemicals, like interferon and interleukin, which are natural immune chemicals that your immune system needs.



Get **Powerful Herbal Support**

WHY

For millennia, cultures around the world have used Nutritional and Medicinal Herbs to maintain health and boost immunity. Today, the daily consumption of herbs and super foods remains one of the safest and most effective ways to support your overall health and well-being.

HOW

On the following pages, I will share about the powerful herbal support that I use every day to maintain my health. For more than four decades, I have made these formulas to support the health of my former patients, my loyal customers, my friends, and my loved ones. **I continue to create the absolute BEST herbal products on the planet for you and your loved ones too!**



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Doc's Daily Dozen

How Dr. Schulze keeps himself **protected all winter long!**



1) Hand Clean

FIRST and foremost, I will mention my Hand Clean simply because I use it more often than any of my herbal formulas. I keep a bottle in my car and another in my pocket whenever I go out. I clean my hands at least once an hour when I am out. Often, I put a lot of it on my hands and then wipe it all over my face. I even spray it in my mouth (my son, Arthur, calls it 'Mojito in a bottle' —Organic Sugar Cane Alcohol "rum" over 70% alcohol, Organic Lemon Oil, Organic Ginger tincture and Organic Thyme tincture, *yummy* 😊.) Just be careful not to spray it in your eyes. If I eat out, I spray the utensils, glasses, bottle tops, and anywhere someone besides me touched. It is the first formula I use every day and the last one I use before bed. I admit I have become obsessed with this formula. I may need therapy.



2) Daily Oral Therapy

This is the second formula I mention because I use it first thing in the morning after getting out of bed, so it lives on my bathroom sink. In the morning, the first thing I do is swish and gargle vigorously with **Daily Oral Therapy**, even straining it through my teeth. Not only does this formula work wonders for the health of my teeth and gums, but it also cleans my entire mouth of everything.



3) Throat & Tonsil

Right next to my Daily Oral Therapy, I keep a bottle of my **Throat & Tonsil** Spray. If I feel anything unusual in my throat and tonsils when I wake up (like a scratchy throat or any soreness), I spray this formula directly onto my tonsils using the very cool spray nozzle.

Your tonsils are an essential immune component, and if they show any sign of soreness, redness, or swelling, this means that your immune system has been compromised and is kicking in, and the tonsils are swelling with white blood cells. So, help them out!

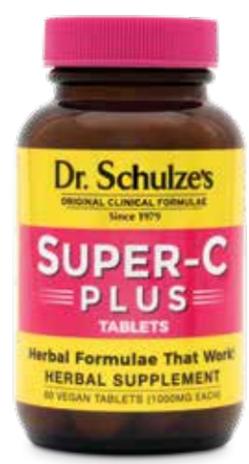
4) SuperMeal, SuperFood Plus & SuperFood 100

This is how I start my day, EVERY DAY, all year long! It IS my breakfast. But this time of year, it is NOT an option; it's a MUST. Getting a vitamin blast first thing in the morning will give your immune system all the nutritional building blocks it needs to build immune cells, immune chemicals, and keep your immune system running in high gear to protect and defend you. Even when I have my **SuperMeal** or **SuperFood** breakfast, I still put 3 **SuperFood 100** tablets in the coin pocket of my jeans and have them later in the afternoon for an additional nutritional blast.



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Doc's **Daily Dozen**



5) **Super-C Plus**

If there is one nutritional complex that's essential for your immune system, it is Vitamin C. My **Super-C-Plus** contains not just Vitamin C but also potent bioflavonoids, hesperidin, rutin, and 1,000 more Vitamin C complexes that we haven't fully identified yet. This formula is PURE IMMUNE FUEL that your immune system needs EVERY DAY. Don't you dare put that cheap, toxic chemical ascorbic acid crap from China in your mouth that all the other vitamin C manufacturers are using! First, it's highly toxic, and second, it's incomplete—missing all the God-given micronutrients, some we have discovered and some we won't discover for another 500 years. What better way to get your immune fuel every day than the way God and Nature intended—from 12 organic herbs, vegetables, and fruits that are the highest natural sources of Vitamin C complex on planet Earth.

6) **C&F Herbal "SHOT"**

Once a month, to keep my immune system running at peak performance, regardless of how I feel, I take a **C&F "SHOT"** every day for six days. And, if I feel like I may be coming down with something at any time, I take 1, 2, or 3 "SHOTS" a day until I feel great again. I blend the two most potent species of Echinacea in this formula that shift your immune system into high gear. Altogether, this powerful tonic contains over 20 potent immune-boosting herbs! Simply put, they stimulate your body to build more protective immune cells and immune chemicals.

NOTE: Years ago, my son, Arthur, said that when he feels sick, he doesn't want to bother putting 12 droppers full of my Echinacea Plus with six droppers full of my SuperTonic and mixing it with other herbal tonics and juices, so he pushed me to create the **C&F "SHOT"** which has been a huge success ever since.

7) **Defender Drink**

THE EASIEST, MOST DELICIOUS WAY TO BOOST IMMUNITY! Get a super-boost smoothie with over 1,500% Vitamin C!

RECIPE:
 In a blender add:
 8 Ounces of **any juice**
 1/2 Cup of **any fruit**
 1 **C&F Herbal "SHOT"**
 1 Level teaspoon of **Super-C Plus powder or 4 tablets**
 4 Ounces pure water
 Add ice if you want to cool your throat



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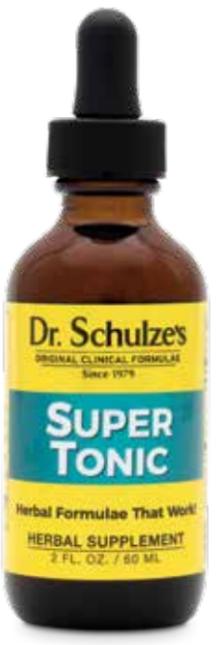
Doc's **Daily Dozen**



8) **Echinacea Plus & Children's Echinacea**

Echinacea Plus is my combination of Echinacea *angustifolia* root (the original medicine of the American Plains Indians) and an additional species of Echinacea, Echinacea *purpurea* seed. Both of which contain concentrated organic phytochemicals that help to supercharge your immune system NATURALLY! This formula works to strengthen your immune system and increase the number of immune cells and immune chemicals in your body and bloodstream.

HELPED FOR 15 YEARS!
 I have used the product for more than 15 years during the winter months and it has helped for all these years!
 – Melvin & Ilona D., Duluth, MN



9) **SuperTonic**

My SuperTonic is something never to be without during the winter season. I designed it at the beginning of my clinical career, something that my patients could use to basically eliminate anything that could hurt them. Over 45 years later it is still one of my most popular formula, I wish I could tell you more.

GONE IN ONE DAY!
 I had it bad. I took both Echinacea and SuperTonic, 60 drops of each, four times throughout the day. I love your products!
 – Susan H., Long Beach, CA



10) **Herbal Shield**

This is my 100% ESSENTIAL OIL BLEND to support immunity! It has an easy-to-apply roller ball dispenser. I roll it on my upper lip and then take a cotton swab and put it in my nostrils. I take it with me everywhere!

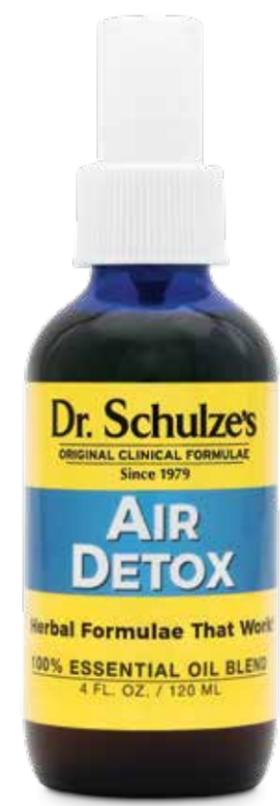
BREATHING EASY!
 "I breathe so much easier whenever I use the Herbal Shield. Not only do the essential oils open up my sinuses, but my anxiety level is reduced anytime I leave the house. It's become my security blanket. :) Thanks for another amazing product!"
 – Maggie S.



11) **Lung Tonic**

The herbs in this formula support easy breathing by opening up respiratory passageways and allowing more air to enter the lungs.

BACK TO FULL BREATH!
 I woke up early in the morning with tightness in my chest from a lawn mowing and weed-whacking job yesterday. I went right for my Lung Formula and took 3 droppersful and within 3 to 5 minutes my breathing opened up back to full breath.
 – Brian S.



12) **Air Detox**

I designed this formula in my clinic, and an atomizer sprayed it constantly to keep the air fresh and clean. It has a delightful eucalyptus/citrus scent that detoxifies the air and clears the mind.

STAYED HEALTHY!
 My sister was visiting and was sneezing and coughing everywhere. I sprayed the Air Detox and even hugged and kissed her, but I stayed healthy. I love this spray!
 – Robin S., Santa Monica, CA

Dr. Schulze's

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