

# DR. SCHULZE'S 5-DAY BOWEL DETOX

## Quick Start Guide

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

### **BEGINNER**

#### **RESULTS WITHOUT COMPROMISE**

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

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

### **INTERMEDIATE**

#### **CLEAN LIVING BOOSTS RESULTS**

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

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

Exercise daily for one hour.

### **ADVANCED**

#### **FOR MAXIMUM IMPACT**

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

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

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

Turn over for **ADVANCED LEVEL** »

# STEP 1

The first thing you want to achieve is having a minimum of one bowel movement a day. Start by taking one capsule of Intestinal Formula #1 with or just after dinner. It is a powerful herbal formula so it is best to have some food in your stomach to buffer these effective herbs.

If the next morning you do not have a good, complete bowel movement, or none at all, then begin taking TWO capsules with or just after dinner. Continue to increase the dosage of Intestinal Formula #1 by one capsule each evening until you reach your “perfect dosage”. You will know you’ve reached your “perfect dosage” when you sit on the toilet the next morning and have a complete bowel movement.

It might take a few days or a week to have a bowel movement everyday, which means it might take two weeks to complete this 5-Day Bowel Detox. Don’t worry—you have enough herbs to take your time.

Once you are having one or more bowel movements a day for an entire week, without skipping, you may now move on to Step 2 and begin taking the Intestinal Formula #2.

## IMPORTANT TIPS & TRICKS

### **Don’t be too quick to get off the toilet!**

Once you begin taking Intestinal Formula #1 your bowel movement may be larger than normal, may come in several ‘waves’, be a bit loose or liquid, and you may even experience mild gas or cramping at first. All of this is normal.

### **Don’t rush to start Intestinal Formula #2 right away.**

Your bowel is sluggish, and is not yet active enough. Let Intestinal Formula #1 get your bowel working better first. Don’t worry, there are more than enough Intestinal Formula #1 capsules in your bottle to complete the entire detox program.

### **Monday – Friday works.**

It is best to start Intestinal Formula #2 on a Monday, finishing by end-of-day Friday. Just don’t wander too far from a bathroom.

# STEP 2

Intestinal Formula #2 contains the three most powerful and effective absorbers and neutralizers known: bentonite clay, tree charcoal and apple pectin. It is a powerful intestinal vacuum that cleans out old fecal matter, toxins, poisons, bacteria, drug residues and heavy metals.

Begin taking Intestinal Formula #2 while continuing Intestinal Formula #1.

## Intestinal Formula #2 CAPSULES

Take 10 capsules, five times a day for the next five days (That is 10 capsules about every 3 hours). You must drink 16 ounces of liquid (pure water, herbal tea or fresh juice) with or immediately after each dose of 10 capsules. You will be consuming 50 capsules per day for the next five days until the bottle is finished.

## Intestinal Formula #2 POWDER (Jar or Packets)

Take 1 rounded teaspoon or 1 packet, five times a day for the next five days. Follow the directions on the back of the JAR or PACKET for making your Intestinal Formula #2 drink.

Turn over for **ADVANCED LEVEL »**

### **This might take a little planning.**

Intestinal Formula #1 should be taken with food, but Intestinal Formula #2 gets taken every two to three hours on an empty stomach (so it absorbs excess waste in your bowel and not the food you just ate). It'll take some planning to get five Intestinal Formula #2 dosages in between three meals.

### **Intestinal Formula #1 every night.**

Intestinal Formula #1 removes many things from your bowel, including accumulated Intestinal Formula #2. So, continue taking your "perfect dosage" of Intestinal Formula #1 every evening with dinner.

### **This might do the trick.**

If on the morning after taking your Intestinal Formula #2 you do not have a bowel movement, increase your liquid intake today and also increase your dosage of Intestinal Formula #1 this evening by one additional capsule.

# ADVANCED LEVEL

Instructions for clinical food program  
to consume while doing the 5-Day Bowel Detox.

## DAY 1

### RAW FOOD

- Start your day with fresh, raw and organic fruit and fruit juice. Stop all fruit and fruit juice at least 1 hour before lunch. It is best while on this program not to mix fruits and vegetables.
- For lunch you can have fresh raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, and herb teas. You may use dressings for your salads and vegetables if you like, using olive oil, avocado, raw apple cider vinegar, lemon juice, garlic, onions, and any herbs and spices.
- All vegetable foods and juices must be stopped by 6 pm. After 6 pm, you can drink diluted fruit juices, smoothies, pure water and herbal teas, and eat fruit salads.

## DAY 2, 3 & 4

### JUICE FLUSH

Now we begin the three-day juice flush.

Consume at least one gallon (128 ounces) of liquid a day. That's eight 16-ounce servings a day. If you get hungry, drink more liquid!!!

- Start with pure water, herbal teas and your morning SuperFood Plus or SuperMeal drink until noon.
- Then after 12 noon have diluted vegetable juices, potassium broth, herbal teas and pure water until 6pm.
- After 6 pm consume only water, herbal tea and fruit juices.

## DAY 5

### RAW FOOD

Your food program will be the same as Day 1.

Remember, after three days of juice flushing take it easy when you begin to eat again. Chew all your food slowly until it is a liquid pulp. Eat until you are satisfied, but not full. You can always eat more later if you are still hungry.