

**KEEP  
CALM  
AND  
GET  
HEALTHY**

**The Philosophy and Fundamentals  
of Healing Disease, Naturally**

**by Dr. Richard Schulze**

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and Fundamentals of  
Healing Disease, Naturally

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# FOREWORD

## Who is this book for?

This book is designed for people who have just come from the doctor's office or hospital, and have been told that they have something seriously wrong with them, that needs immediate medical attention, either further diagnostic tests, invasive medical treatment, or both.

Now you are panicked. Maybe yesterday you thought you were fine, but some thing or some disease was just discovered in your annual medical check-up. Or, maybe you have been putting off getting that pain checked out, or that lump, and you finally did, and now you have some horrible medical news. Or, maybe something just popped up recently, and now it has become an overnight medical emergency.

Regardless of how you got to this point, you have arrived. You are concerned, worried, maybe even frightened, and worse, the doctors have told you that time is of the essence, and you must act fast, today, tomorrow, or early next week. The first thing I want to tell you is:

## **Calm Down, Take a Deep Breath, Slow Down, You Are NOT Alone!**

I've been in your exact same situation (probably even worse) as I had been told I would be dead in a few years, **44 years ago!** I have also had tens of thousands of patients and now hundreds of thousands of followers of my work who were in your same situation and were given bad news by medical doctors. So I will repeat:

## **Calm Down, Take a Deep Breath, Slow Down, You Are NOT Alone!**

In this book, I will explain to you why you have **more time** to make your decision than the doctors gave you.

I will also explain some **medical alternatives** you have, that they did not tell you about.

Best yet, **I will tell you about these alternative healing methods and give you the details and resources that you need to be successful in order to heal yourself naturally and Create Powerful Health.**

To your healing journey and your new, healthy adventure!

— Dr. Schulze

# INTRODUCTION

When I was just a kid, I remember my parents telling me about their hardship and tough times. They had been married during the decade of the Great Depression and the dust bowl, and soon after surviving that, World War II erupted. My parents were separated by the war as my father served five years in the U.S. Army, while my mother went to work for the first time in her life, in a factory assisting the war effort. My mother learned rationing and recycling while my father learned to eat rations, and how to kill. They had just survived the decade of the Great Depression and now they were separated for many more years.

During my clinical years, I spent two decades teaching Natural Healing and Herbal Medicine every summer in Europe. Half of that time I taught in Great Britain. I also had some senior students there who had survived World War II, or whose parents told them their stories. During this war, for years, the people of Great Britain, especially in London and other major cities, were sometimes bombed nightly. Some of my students literally grew up sleeping in air raid shelters, smelling the city burning every night. After all, the Nazis had built one of the biggest and most powerful war machines in the world, *and most of it was sitting less than 30 miles offshore.*

The British Government had their hands full, and worked constantly to keep the morale and spirit of the British people high, and keep them from panicking, in spite of the ever increasing threat of a full-blown Nazi invasion. One such effort was the creation of the slogan “KEEP CALM and CARRY ON” and the subsequent poster (at left).

Since World War II, this slogan has resurfaced from time to time, and in the last few years it has been used all over Europe and even in America, for various commercial marketing campaigns, including “KEEP CALM and KEEP SHOPPING”.



OK, what is my point here? Let me make a double analogy...

First, maybe the biggest Nazi war machine ever assembled is not 30 miles from your house, **but the biggest, most powerful, corporate giant, multi-trillion dollar disease management machine is.** And, this medical army that has assembled right down the street from your house, *with trucks ready to pick you up at a moment's notice*, is just waiting to invade your life, and turn you into a drug addict, maybe carve you up, rob you of your health, and everything you have worked so hard for all of your life, and take all of your money.

Second, even if this massive *disease management* machine doesn't invade your life, disease eventually will. And when it does, it may make the Nazi invasion, the Blitzkrieg, look like a tea party. Bacteria, Virus, Pathogens, Inflammation, Pain, and Cancer can attack fast and furious. They don't care about you, and can be far more ruthless than the Nazis ever dreamed of.

So as a doctor, I found myself daily (just like the British government) **having to keep the morale and spirit of my patients high, and keep them from panicking.**

And today, it's no different, with the hundreds of people writing to me weekly on my BLOG that are in a total state of PANIC.

In either case, patients or new BLOG readers have just returned from their medical doctor's office, where they either went in for a regular health check-up (disease search), or they went in to have a pain diagnosed or a bump checked, and have now been told two things:

**#1: They have blah, blah, blah, usually a long name in Greek or Latin that they have no idea what it is, nor the exact part of the body it is affecting.**

**#2: They must IMMEDIATELY undergo some intensive diagnostic procedure, or some invasive medical procedure,**

**like surgery, or at least start taking some powerful and risky chemical drugs, IMMEDIATELY, or things could get much worse, and they could even DIE!**

**Now they are completely panicked, need IMMEDIATE HELP and need to make an IMMEDIATE DECISION!**

In the past they would be walking, actually *running* into my clinic for an emergency meeting. Or currently, they are writing to me on my BLOG begging for immediate answers to their emergency medical dilemma, giving me their home phone number, and asking me to call them IMMEDIATELY, as they or a loved one are scheduled for some horrific, life-changing medical treatment the next morning (I kid you not)!

First of all, there is no way I can manage the hundreds, actually thousands of questions that come to my BLOG every week, that quickly, where I can give an immediate *written* or *telephone* response. And, even if I could, I am legally barred from contacting people directly regarding their health or disease issues, *especially emergencies.*

Secondly, the whole reason I designed the BLOG, and most of what I do, is to TEACH you Natural Healing and Herbal Medicine, so when the time and need arrives, you can be your own doctor. What I teach people to do is how to Heal Themselves, *Naturally* and Create Powerful Health!

**So, I want to address your panic, fear and sense of emergency right now: This book is for you. For everyone reading this, who is in the midst of a medical emergency, and for ALL OF THE REST OF YOU, that at one time or another in the future, will find yourself, or a friend or a loved one, in this exact same situation, face-to-face with a DISEASE! And, what I want you to focus on; what I want you to DO is...**

**KEEP CALM AND GET HEALTHY!**



# KEEP CALM AND GET HEALTHY

Trust me, I understand you! I get it. I know you are scared! I have also been told I was dying, 44 years ago, but I survived. So keep calm, give me a few minutes, and I will explain to you not only how and why you can be well by choosing a different *alternative* path, but I will also give you my entire step-by-step program for you to follow. But first...

**To understand what to do when faced with disease, you must first understand the Basic Principles and Philosophy of Natural Healing.**

As I have stated many times, the big difference between Modern Medicine and Natural Healing is:

**Medical Healing**, or what I often refer to as **Disease Management**, is the seeking out to discover (diagnose) what your problem, illness or disease might be, which is extremely difficult at best and often impossible. Then, when medical doctors *think* they have guessed right and *think* they know what is wrong with you, they develop a course of action (i.e. drugs, surgery, radiation, chemotherapy) to kill the disease or what I often refer to as “poison you well”, or even to cut out the rotten part or surgically alter your body.

**Natural Healing is COMPLETELY different. In fact, IT IS THE EXACT OPPOSITE APPROACH!** When you become ill, as a doctor I know, that to correctly diagnose exactly what is wrong with you, and what is going on inside your body and trillions of cells, even at the Mayo Clinic, it is almost ridiculously impossible. And even if I could, this type of diagnosis is often very harmful (i.e. CT Scans, X-Ray radiation, Endoscopic and Exploratory Surgery, etc.)

As a doctor, I was also taught that one of your body’s main jobs is to find imbalance, disorder, injury or disease, and then to rebalance and/or heal your disease ALL BY ITSELF!

**That’s right! One of the first things you learn in medical school is that your body is a self-repairing machine that is constantly surveying and looking for any injury, disease or invaders. And, when any problem is detected, your body unleashes a massive large scale and multi-faceted attack on the disease and works around the clock to cure you and bring you back to health.**

You then might ask, well, if this is true, why do we even get sick or diseased at all? This answer is quite simple.

Your body can only do so much to heal and repair you. And most of us are simply asking too much of our body, we are giving it very little assistance, and at the same time we are expecting great health and *hoping* if we get sick, our body will perform healing miracles. This is like taking an old horse, feeding it garbage, never letting it out of its stall, never exercising it, treating it like crap, beating it physically and emotionally, and then entering it the next morning in the Kentucky Derby, *and expecting it to win*. This is not likely going to happen!

So, when people would come running into my clinic, or when people write me on my BLOG site, panicked with an illness or disease, my job is to:

- #1: CALM them down.
- #2: REASSURE them, that their body can and *will* HEAL ITSELF.
- #3: TEACH them a NEW, HEALTHY LIFESTYLE that HEALS disease, PROMOTES self-healing, even CREATES self-healing, *and this is exactly what this book will do, and what it is all about!*



**“Focus on the GOOD to eliminate the bad.”**  
— *Dr. Richard Schulze*

## HOW NATURAL HEALING WORKS

At the end of this book, I have included a few Bonus Chapters, where I explain more in-depth what Natural Healing is. But for now, I want to just give you a few pages of very helpful food, of illumination, on how to get your mind in the right place, to begin healing yourself. I want to plant these powerful seeds.

Have you heard of my now famous Dr. Schulze Quotes that emphasize how Natural Healing works?

**“You can HEAL YOURSELF of ANY ILLNESS or ANY DISEASE, just:**

**STOP doing what makes you sick and**

**START doing what will Create Powerful Health!”**

Or...

**“Tomorrow is what you BELIEVE and DO today!”**

Or...

**“Your FOCUS determines your FUTURE!”**

But my favorite, most simple and most important here...

**“Focus on the GOOD  
to eliminate the BAD!”**

The reason I say this last statement is the most important is also why this statement is the essence of KEEP CALM and GET HEALTHY!

From the first days of my clinic, right up until today, my method, my philosophy, my Dr. Schulze Healing Program and TREATMENT, is to STOP FOCUSING on your dis-ease, and **START FOCUSING on getting extremely HEALTHY!**

Natural Healing is VERY SIMPLE. It is NOT Rocket Science. You do NOT need ANY knowledge of Anatomy, Physiology, Biochemistry, Chemistry, Physics, NONE!

This is soooo simple.

When you change the quality of your lifestyle from unhealthy, unconscious, asleep, or even unknown (as most people pay very little attention to what they eat, how their body functions, how they live and take care of themselves and what garbage is running through their minds, let alone spewing out of their mouths), to instead living EXTREMELY HEALTHY *and awake and conscious, well, when you do this, when you live this way...*

**“Disease simply LEAPS out of your body!”**

At the very least dis-ease will halt its progression, and it will begin to reverse its course and go into *remission*, if that’s how you think. And eventually, if you create a healthy enough lifestyle, and you have enough time, and enough healing energy left in your body, your body will HEAL ITSELF of ANYTHING! You should know that medical doctors have aggressively attacked me when I say this!

However, in my clinic, since my programs were so direct and aggressive, they were extremely effective. Hence what my patients and I witnessed was that, I’ll say it again, **“Disease simply LEAPS out of your body!”**

I had patients that had diseases 30 years ago that medicine still today has absolutely NO CURE for, potentially lethal diseases. These patients HEALED their DISEASES to where medical doctors couldn’t find any trace of the disease, sometimes in less

than 10 days! Hence my statement, **“Disease simply LEAPS out of your body!”**

OK, the majority of my patients had to *earn* their healing and health, but most every patient had completely healed themselves, or was 80% there after just 90 days.

**So then what is this Healthy Lifestyle or way of Healthy Living that will literally cause my body to Cure Disease and Heal Itself?**

It is a lifestyle, a way of living, that I developed as a teenager to save my own life, when medical doctors gave me only a few years to live.

And it is a lifestyle, a way of living, that I honed, sharpened and accurized in my clinic, dealing with tens of thousands of patients over three decades.

And it is a lifestyle, a way of living, that I have taught thousands of students all over the world, to use in their clinics, who have helped millions heal themselves.

And it is a lifestyle, a way of living, that I still live every single day in my home and with my family, and where I have been sharpening my healing programs, my herbal formulas and my healthy lifestyle for the past 44 years.

It is ironic, but I often say:

**“It takes a lifetime, to figure out how to live!”**

This is my life’s work, my Crusade, my Mission.

Natural Healing.

# LOOK INTO THE MIRROR

To start with, you must understand something about your disease. I didn't create it, *you did*. Your body did. Actually your body, mind and spirit did. Oh, I am not blaming you... OK, actually I am.

But blame, shame and all those bullshit emotions never helped anyone get well so let's forget that crap. Also, a patient once told me that the word 'sympathy' lies between 'shit' and 'syphilis' in the dictionary, and it never helped anyone get well, so you won't get any of that from me either.

All I want you to get here is some simple RESPONSIBILITY, because a medical doctor will NEVER tell you this.

Simply, everything that you experience, whether health or disease, is a combination of two factors adding up together: **Genetics and Environment.**

You have inherited genetic strengths and weaknesses from your parents. Celebrate it! It's over, it's done, it's water under the bridge and you cannot do anything about it. You are 50% Mom and 50% Dad, PERIOD! You inherited all the good things, and the bad, but luckily, as far as disease is concerned, you only inherit the disease *POTENTIAL*.

That's right, you only inherit the *possibility*. Whether or not you actually *manifest* or *develop* diseases that you are genetically predisposed to depends on your environment, your lifestyle. **All health, and disease, is a combination of your genetics reacting with your environment,** thus creating your current level of health or disease. **So, while you may not be able to change your genetics, you can certainly change your environment, and therefore, change the outcome.**



The reason I want you to understand this is because it makes YOU RESPONSIBLE. So look into the mirror right now. I am serious. Take this book, and walk over to the bathroom, or anywhere you have a mirror, and look at what you see. This person that you see, is simply the sum total of your **GENETICS** that has reacted with your **ENVIRONMENT**. Nothing more and nothing less.

For all of my patients, and for you, **it is a very important step to understand who is RESPONSIBLE for what has happened to you up to this point in your life.** This is not a lesson in self-torture, but a lesson in RESPONSIBILITY. **Because you are also the person that is now responsible for healing your disease.** Not ME, not any DOCTOR, but YOU!

So I mention this RIGHT NOW because with EVERY chapter in this book, and every program or instruction I give you, remember that the healing results that you will achieve, will be a direct reflection, of the dedication, effort and intensity **that you put into doing these programs, and creating your new Healthy Lifestyle!**

I will repeat:

**“The healing results that you achieve will be a DIRECT REFLECTION of the dedication, effort and intensity that YOU put into doing these programs, and creating your new Healthy Lifestyle!”**

This is simple Newtonian Physics that every action has an equal reaction. It's called balance. In my clinic, I could tell the winners from the losers in the first minute. I could see those that I knew would heal their disease, no matter how developed it was, no matter how dim their medical prognosis was, I knew they would be well. On the other hand, I could also see those that I felt would die soon, because I knew they were looking *for me to heal them*. This is not how it works, my friends.

I wish I could. I wish I was like Jesus and could just wave my hand over your head and you would be healed, but I don't know how to do that, and *maybe that's the real blessing here*. Maybe that's the lesson we all need to learn right here, that “God helps those that help themselves”, or that you “reap whatsoever you sow”, or however you want to look at it, religiously, new age, it doesn't matter. I always say that I never saw a farmer plant corn and then have strawberries come up from those corn seeds, so the bottom line is that...

**What you will receive, the RESULTS that you will create—your HEALING—will be a DIRECT REFLECTION, and a DIRECT RESULT, of the FOCUS, EFFORT, DEDICATION and INTENSITY that you put into every aspect of Creating your NEW Healthy Lifestyle!**



# STEP #1: CALM DOWN

Medicine, Medical Doctors, Hospitals and Pharmaceutical Drugs are a business, a BIG business, DON'T FORGET THIS for one minute. In fact, they are the biggest business in America, Two Trillion Dollars a year, which is over 20% of our Gross National Product.

I am not saying that medical doctors are bad people, or the devil incarnate. What I am saying is that they are businessmen and women, salespeople, spokesmodels if you will, for the biggest money-making industry in the world, and DON'T FORGET THIS!

They often graduate from medical college hundreds of thousands of dollars in debt, and now must go to work for the medical machine, to first pay back their student loans, then to eat, and create their life, and pay for all the expenses in their life. There is NOTHING wrong with this; this is the free enterprise system that makes America great. But, I mention it here because many doctors would have you believe that they are some knights in shining white coats, sacrificing themselves, and their lives, to curing the ills of mankind. This is NOT true: IT'S A JOB! No better or worse than a garbage collector, an accountant or a lawyer. But for some reason we get brainwashed into this idea that it is more than a business, and that they are saints.

I once heard the CEO of the largest private medical group in America open a dinner party speech for his top medical doctors with this joke:

“Running a hospital is just like running a whore house; you can't make money unless you keep all the beds full!” I kid you not. He actually said this.

Have you ever wondered why sometimes you cannot even get a room in the hospital for some serious disease, and other times you are admitted overnight for “observation” after a few minor stitches? It’s called ‘bed management’.

I remember the day after the big Southern California earthquake in 1994, at one small hospital, they had 200 hundred people staying there. This building was damaged, condemned and all the patients had to be evacuated. They moved about 20 people to other hospitals, **and then sent about 180 home**. I wondered why, if 180 of these people were well enough to be sent home, **WHAT WERE THEY DOING IN THE HOSPITAL?** I rest my case.

### **It is a BUSINESS!**

Also, I want to point out RIGHT HERE that medicine, the practice of medicine, medical doctors, emergency rooms and hospitals, are all based on this faulty philosophy:

- #1: You are stupid and wouldn’t understand, so just do as you are told.
- #2: You are lazy and ignorant, and don’t want to be involved in your healing process anyway. You won’t CHANGE the way you live.
- #3: Medical Treatment is the ONLY WAY! There is NO OTHER OPTION and no valid ALTERNATIVE.
- #4: (And the philosophy that prompted me to write this manual) THERE IS NO TIME!  
“Thank God we found this now, before it’s too late!”  
“You must ACT IMMEDIATELY!”  
“You must undergo some procedure or operation IMMEDIATELY, OR YOU COULD GET WORSE, AND YOU COULD DIE!!!!!!!!”

What a wonderful sales technique.

Just imagine you go to a car dealer to look at a car, let’s say a Ford, and the car salesman, after telling you about all the wonderful reasons you should buy this car, ends with the statement, ‘Mr. Smith, and by the way, if you don’t buy this car, YOU WILL DIE!’ Well, I bet you they might sell a lot more cars. What a sales pitch, what a closer, or closing line, to clinch the sale and drive the deal home.

Let me tell you, after working decades in my own clinic, and the clinics of my teachers *and my students*, I witnessed this exact scenario thousands of times. Patients would come in, scared, panicked, out of breath, sweating, shaking, crying, even sobbing out of control with snot running out of their nose, sometimes vomiting, **THINKING THEY WOULD DIE WITHOUT SOME HORRIBLE IMMEDIATE MEDICAL INTERVENTION!**

Today my clinic is closed, but nothing has changed. EVERY DAY I get panicked letters from people, submitted to my BLOG, asking, begging me for emergency answers and help, and they have been just put through this medical nightmare themselves, so they are giving me their home phone numbers, addresses, offering me money. They are desperate, scared, freaked out, panicked and feeling very afraid and very alone.

**Again, this was the reason I wrote this manual, so let’s get started.**

**CALM DOWN!**

**SLOW DOWN!**

In my over 40 years in this business, dealing with tens of thousands of patients, I can honestly say that 99.9% of the time, there is not as big of a hurry as your medical doctor has led you to believe. Taking a few more days to examine your situation, get second opinions, or better yet, research your alternatives, well, I never had a patient die on me in a few days, while they slowed

down and made their decision (especially if they started on all my programs immediately). In fact, I never had a patient die on me while taking a few weeks to make their decision, so AGAIN...

**CALM DOWN!**

**SLOW DOWN!**

What I am telling you is that you are most likely NOT dying in the next few days, maybe not even in the next few decades, so **STAY CALM and READ ON!**

Remember, only a few pages back I said...

**STOP FOCUSING** on your disease and **START FOCUSING on getting extremely HEALTHY!**

I know, I know, the book subtitle is called the Philosophy and Fundamentals of Healing **Disease**, Naturally. OK, I needed to use the word disease on the cover because that is how you were thinking in the past, like a medical doctor, killing disease, curing disease, healing disease, but STOP!

**From this point on we are forgetting about the disease, and focusing on Creating a Healthy Lifestyle and Creating Powerful Health!**

This is a great place to start right now. Staying calm. Focusing on creating a Healthy Lifestyle and getting extremely healthy will turn your body into a powerful Healing Machine. As I witnessed in my clinic, the outcome was that dis-ease would disappear!

And if necessary, read this book again. In fact, read it over, and over, and over, and over again EVERY DAY, as this may be the most important food for your healing.

**CALM DOWN and  
Start Creating Powerful Health TODAY!**

***“CALM  
DOWN and  
Start Creating  
Powerful  
Health  
TODAY!”***



# STEP #2

## FOOD

OK, FOOD. I will make this as simple as I can. Remember this is NOT a recipe book; it is a Guide to the Philosophy and Fundamentals of Healing, *Naturally*.

So the following information and food programs are based on what I discovered in my clinic, that promote the Creation of Powerful Health.

What I suggest for you to eat is NOT based on any trends, fads, cults, fashion, or religious, cultural or social groups. It is based on one simple truth:

**Eat foods that nourish your body that contain the highest concentration of NUTRITION and life force.**

**DON'T eat foods that deplete, irritate, inflame, poison, congest, block or constipate you.**

So for the first 30 days, I want you to STOP EATING most of the food that you are probably used to eating.

If you are seriously ill, or have a life-threatening disease, *one that might kill you*, then I would STOP EATING altogether, and follow my **Juice Flushing Food Program** for at least the first few weeks, if not the next 30 days.

You have to make this determination based on your level of disease, and your level of commitment and dedication. Again, if you are seriously ill, I highly suggest doing my **30-Day Detox Program** at the minimum, if not my **Incurables Program**. There is more information on these programs later in Step #5.

If you are not seriously ill, I would still start with a week of my **Juice Flushing Food Program** anyway, just to shock your body a bit and let it know we mean business, and begin the process of flooding your body with nutrition while flushing your body of old waste. Then, you can just follow my **Raw Food Program** and/or my **Health-Building Food Program** for the rest of the month. But LIMIT the amount of cooked food that you consume!

**NOTE:** If you don't want to start with a week of nice tasty Juice Flushing, fine—GO TO THE HOSPITAL! Look, you are asking my advice here, and I am telling you that if you want to HEAL YOURSELF then YOU have to do the work, and YOU have to take RESPONSIBILITY!

If this is too much for you, or you don't want to do it, or you can't afford a juicer, or juice makes you sick, or you are allergic to strawberries, or you have to eat because of your blood sugar problem or you are hypoglycemic, or you tried being a vegetarian before and you need more protein, or your medical doctor cautioned you on using herbs, or you have candida, myopia, scoliosis or hyperpalmerhydrosis, STOP!

I have heard the million excuses people have for not healing themselves naturally, and it's OK, so...

GO BACK TO YOUR DOCTOR, OR GO TO THE HOSPITAL!

**THIS BOOK IS FOR THOSE PEOPLE WHO ARE READY TO TAKE RESPONSIBILITY FOR THEMSELVES, AND ARE READY TO DO WHATEVER IS NECESSARY TO HEAL THEMSELVES.**

If you are full of excuses, GO TO THE HOSPITAL! They won't ask you to do anything except lie there, say 'ahh' and pay the bill, of course.

OK, I am done ranting and raving for a few minutes, and hopefully you got my point and are ready to stop eating solid food for a while.

This means no animal food of any kind. And no liquids other than pure water, herbal tea and fresh fruit and vegetable juice. You can read all of the specific details of my "3 Clinical Food Programs" in my Detoxification book...

Read my book, **Detoxification: Volume One**, Chapter 9, My 3 Clinical Food Programs (pages 53–79). This is where I describe in detail what you are to eat, and what you are NOT to eat.

Or...

Read my book, **20 Powerful Steps To A Healthier Life**, Chapters 2, 3 and 4 (pages 65–103).

By the way, if you have any fears about becoming a vegetarian, please read pages 75–79 of my '**Detoxification: Vol 1**' book, or pages 73–91 of my '**20 Steps**' book.

## **Nutrient Density**

The best food for us is food that supplies the maximum amount of nutrition, with the minimal amount of damage. I often call food like this **Nutrient DENSE**.

**Nutrient dense food is food that is the highest in NUTRITION, but the lowest in fat, sugar, calories, carbohydrates and protein.** You may say that we need carbs and protein, and we do, but in America today, NO ONE IS GETTING SICK FROM NOT HAVING ENOUGH OF ANYTHING, 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 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 who is lacking in ANY of these things. Just look at the CHART on the following pages...

FOOD TYPE	NUTRITION DENSITY	HEALTH IMPACT
<p><b>SUPERFOODS</b></p> <p>Fresh Organic <b>FRUIT</b> and <b>VEGETABLE</b> Juice</p> <p><b>HERBS</b></p> <p><b>RAW</b> Food like Greens and Sea Vegetables, Most Vegetables, Fruits, Nuts, Seeds, Sprouted Whole Grains</p>	<p><b>HIGH</b> Nutrient <b>DENSITY</b> Food</p> <p><b>EXTREMELY HIGH</b> Vitamin, Mineral and Nutrient Content</p> <p>Low Fat, Low Sugar, Low Protein and Low Calorie Food</p>	<p><b>CREATES POWERFUL HEALTH</b></p> <p><b>SLOWS</b> Aging</p> <p>Promotes <b>LONGEVITY</b></p> <p><b>PREVENTS</b> Disease</p> <p><b>HEALS</b> Disease</p>
<p>Cooked <b>VEGETARIAN</b> Food</p>	<p><b>MEDIUM</b> Nutrition</p> <p><b>MEDIUM</b> Nutrient Density</p>	<p><b>Neutral Impact</b></p> <p>WILL BUILD HEALTH but usually not enough of a positive impact to heal disease</p>
<p><b>JUNK FOOD</b></p> <p>Animal Food (Meat), Bread, <b>REFINED</b> food, Over-cooked Food, Fast Food, Desserts, Food so <b>PROCESSED</b> that you can no longer recognize what food it originally was</p>	<p><b>LOW</b> Nutrition</p> <p><b>LOW</b> Nutrition Density</p> <p>High <b>FAT</b>, High <b>SUGAR</b>, High <b>PROTEIN</b>, High <b>CALORIE</b> Food</p>	<p><b>BLOCKS &amp; CONGESTS</b></p> <p>Circulatory pathways like Arteries &amp; Lymphatic System and most major organs like Heart, Liver, Colon, Brain, Lungs etc.</p> <p><b>Causes INFLAMMATION</b></p> <p><b>Causes Premature AGING</b></p> <p><b>Causes DISEASE</b></p>

The bottom line is that 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 overloading 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.

## 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, depletes our energy, causes pre-mature aging and breakdown, and causes degeneration and disease.

On the contrary, increasing the amount of nutrient DENSE food that you eat assists your body to run much more fuel efficient, increases your energy level, helps you lose weight, it slows the aging process, promotes longevity and PREVENTS breakdown and disease, and heals disease.

I will repeat this:

**“The overeating of food in general, but especially nutrient DEFICIENT food, wears our body down, depletes our**

**energy, causes pre-mature aging and breakdown, and causes degeneration and disease.**

**On the contrary, increasing the amount of nutrient DENSE food that you eat assists your body to run much more fuel efficient, run leaner, and...**

**INCREASES your ENERGY level, helps you to LOSE WEIGHT, SLOWS the AGING PROCESS, PROMOTES LONGEVITY and PREVENTS breakdown, PREVENTS disease, and HEALS disease.”**

**Eating Healthy, Whole,  
Nutrient Dense Organic Food  
Creates Powerful Health!**



## STEP #3

# FOOD SUPPLEMENTS

It should be no big shock to you when I tell you that most of the food we eat today is polluted. Chemicals of every kind imaginable are added to the soil, sprayed on the plants and then finally added to the food itself to make it supposedly look, smell and taste better, stay fresher longer, have more shine, more crunch, and on and on. I often refer to this type of food, as *merchandise*, not food.

So I want you to eat plenty of fresh, whole, natural vegetarian food. Food that you can still recognize what it is, like fruits, vegetables, grains, beans, nuts and seeds and not the garbage that comes out of cans. The pollution of our planet, its soil and our food, also underscores the importance to buy only organic produce. Not only does organic food have a much higher nutritional content, because it is fed better soil, compost and food, but it's also not grown with, nor sprayed, with poisons.

And limit cooking, by eating plenty of RAW food, as heat destroys nutrition, period!

But beyond eating, it is important to use Nutritional Supplements, to *supplement* the food you are eating. To make sure that you are getting a full array, a full spectrum of your vitamins, minerals, enzymes, amino acids and other very important nutritional factors. Your body needs to manufacture healing cells and healing chemicals, like immune cells and immune chemicals, to heal disease, and Create Powerful Health.

**NOTE: There is no downside to using food and herbal supplements to increase the amount of nutrition you consume. Because they are food, even if you don't need them and are "nutritionally full", you cannot overdose and your body will just expel them. But in my clinic, my patients were far from**



**nutritionally full. Every single one of them, from years of bad eating habits to years of bad living habits, needed a powerful infusion of nutrients to fuel the healing and repairing of their body.**

In my clinic, I also soon discovered that man made synthetic vitamins, didn't get anyone well, and overdoses can make you sick, even kill you. And natural vitamins, were almost all made from disgusting and toxic material, like fish liver oils and desiccated beef livers and unusable material like oyster shells and hard minerals that no one can digest and assimilate.

So in my clinic I showed my patients how to make nutritional food blender drinks, with fresh fruit and/or fresh vegetables, fresh greens, fresh herbs, and with seeds, nuts and plenty of nutritional herbs and pure water. I added so many different herbal substances because I found out that certain herbs are some of the most concentrated natural sources of particular Vitamins, Minerals, and other nutrition, on the planet.

I soon discovered that my patients, who were dying of just about every known degenerative disease, started thriving. Their blood got enriched with nutrition, and consequently their bodies started developing the chemistry it needed, and they started healing themselves and eventually recovered from their illnesses and Created Powerful Health. And a big part of these healing miracles was because of my blender drinks, the vitality in the 'live' foods, and these powerful, nutritional herbal substances that I put in these drinks. This was the clinical birth of my **SuperFood** herbal formula.

So my **SuperFood** is what I created in my clinic, to supply my sickest patients, even the ones who were dying and couldn't digest any food and assimilate anything, with high amounts of pure, high quality nutrition, made only from super nutritionally concentrated herbs and foods. What I saw it do in my clinic

was nothing short of miraculous. It worked! **That's why I am suggesting it here for you.**

It comes in the original clinical powder, tablets, packets, two different bars and even a new condensed version, **SuperFood-100**.

For this program, I suggest starting each and every day with a morning blender drink, full of fresh, raw, organic fruits and/or vegetables, nuts, seeds, and anything else that you feel is good for you, pure water, **and topping it off with 2 full tablespoons of my SuperFood Plus powder**, and then the same again in the afternoon, or switch up in the afternoon and use my **SuperFood** tablets or one of my **SuperFood** bars, so you get a double dose of powerful **SuperFood** nutrition, every day.

**Adding SuperFoods into Your Life  
Creates Powerful Health!**



# STEP #4

## ELIMINATION

Almost every patient that walked into my clinic was constipated. Many of them had no idea and thought that having a few bowel movements a *week* was slightly abnormal, but acceptable. And even if they currently were not constipated, because of what they had eaten in the past, or their lack of exercise, well, they had accumulated years, usually decades, of old poison in their body. More often than not, it was in their colon. **Even if the toxic build up wasn't in their colon, but on their fat, muscles, liver, blood, lymphatic system, wherever... it would still end up being dumped into their colon, and eliminated through their colon, so either way, colon cleansing was a necessity to healing disease.**

Personally I don't care if someone is constipated or not, it makes no difference to me. But what I am talking about here is Creating Powerful Health, so constipation has no place in any health program and if not addressed and not corrected, it will severely limit a persons' self-healing ability. I just started off by saying "I don't care" so you know this is not some ignorant fad or cult colon cleansing movement. It is just simply, that...

**When your colon has old accumulated and retained fecal waste in it, it can slowly be reabsorbed back into your body. This will at minimum cause irritation and infection in your bowel (diverticulitis, diverticulosis), which according to medical reports almost EVERY American has or will develop eventually.**

**Worse, this ongoing irritation and infection, from retained fecal waste, causes your immune system to be over taxed, and run down, and this simply decreases your immune systems**



**response and ability to heal other diseases that you might develop.**

**It also slowly poisons your body, eventually affecting and infecting, your blood, and every organ, every system and every cell in your body.**

**Retaining old waste in your body decreases your immune function and ability, which lowers your resistance to disease and makes you more susceptible to developing disease.**

Even if you are one of the lucky ones with a completely clean colon, when you start to do any detoxification program, your body starts dumping the vast majority of the toxins you start to purge, into your large intestine for elimination. It may be through your liver, cleaning up old drugs out of your blood, or fat, which your liver in turn will dump into your elimination tract. If you are cleaning out poisons from your fat and tissues, that have retained old toxins and waste, this will also be dumped into your bowel. **Regardless of where the toxins and poisons are in your body, and regardless of how your body cleans it out, chances are it will be deposited into your digestive and elimination system, and will be expelled from your body via your large intestine, or bowel, or colon, whatever you want to call it.**

**For this reason, one of the very first steps in any disease healing or health creating program, MUST BE the stimulating, cleaning, flushing, toning, detoxifying and emptying of the bowel.** This is why in my clinic, I MADE EVERY PATIENT stimulate their bowel with herbs, to get it working, not normally, but working AWESOME, having bowel movements, and complete bowel movements, a minimum of two times every day, if not three.

So for this first 30 days, I want your bowel working AWESOME, and EVERY DAY, in fact I want it working two to three times a day. For a few of you, about 5%, this may be normal. But for most of you, 95%, this is not normal, and you are going to need some

help to create these daily bowel movements. And **ALL of you** are going to need more help beyond this, to draw and clean out any old fecal waste that is retained in your bowel.

In my clinic, I developed numerous Bowel Cleansing Herbal Formulas to address this issue. I first developed **Intestinal Formula #1**. I have endless pages on my website and catalog about what this herbal formula does, and how to use it, so I won't waste time here.

**The bottom line is that I want you to use my Intestinal Formula #1 to stimulate the actual muscles of your bowel to contract more often and more vigorously, which will in turn assist you to have more COMPLETE bowel movements, and more FREQUENT bowel movements. It's like a work out for your bowel, so after time, your bowel muscles will actually be more toned, stronger and more fit, and your bowel will work better on it's own.**

This will help you to eliminate retained waste and poisons in your colon *and anywhere else in your body*. And, when you have less poison in your body, your immune system can put more effort into healing disease, than just keeping you alive in the same state you are in. One of your very first steps in self-healing must also be a complete Bowel Detoxification, *which takes us to the next chapter*.

**Complete and Frequent Elimination  
Creates Powerful Health!**

# STEP #5 DETOXIFICATION

## 5-Day BOWEL Detox Program

Beyond getting your bowel working better, emptying its contents more completely and even more often, I also need to get in there, and clean out any old, stuck, encrusted, sticky, dried up, fecal paste, glue, or cement that is stuck in the nooks and crannies of your bowel.

I often hear medical doctors say that this is hogwash and colons are clean and don't retain this toxic debris. WOW, what an ignorant statement, even for a medical doctor.

I had thousands of patients who eliminated everything from 5-foot fecal snakes to 35-foot tapeworms (see photo below).



This picture is fecal sludge, 5 feet in length, that one of my patients eliminated *intact* when doing my **5-Day Bowel Detox Program**.

The Merck Manual, the most esteemed medical book on the diagnosis and prognosis of disease, a book that is on the shelf at EVERY medical doctor's office, states that every American eventually develops some type of bowel disease, most commonly diverticulosis, diverticulitis and polyps. And the bottom line (pun intended) is that diverticulosis is bowel herniations, or outpockets, most commonly found in the sigmoid colon, *the last segment of your colon*, and are caused by constipation and retained fecal waste

putting pressure onto the muscular wall of your colon, causing it to herniated or bulge. Diverticulitis is simply the inflammation of these bowel “pockets” and polyps and are abnormal cell growth in the colon, caused by a toxic environment. So the bottom line is that at least statistically, your bowel is not clean, empty or healthy, and needs constant preventative maintenance.

So beyond my **Intestinal Formula #1**, that causes your bowel to empty itself more **regularly**, *to prevent the build up of waste*, and causes your bowel to empty itself more **completely**, *to prevent the build up of waste*, we need to get in there and remove any old toxic fecal poisons that may be stuck on the wall of your bowel, in the cracks, and even in any herniations, that cause disease.

This is exactly what my **Intestinal Formula #2** does; it clings to the wall of your colon, softening, loosening and then drawing off old hardened fecal matter, absorbing and neutralizing the poisons, and then the **Intestinal Formula #1** will break it all up and flush this out of you.

So beyond just using my **Intestinal Formula #1** to create more bowel movements, and more often, or using my **Intestinal Formula #2** to remove any retained waste, my **5-Day BOWEL Detox**, which contains both of these formula, is much more effective than using either of these herbal formula individually. It is the bowel detoxification program that I used for years in my clinic. It is an extremely effective bowel detoxification program.

### **Additional 5-Day Detoxification Programs**

For all of the reasons that I have previously pointed out, **the 5-Day BOWEL Detox is the first detoxification program I want you to start with**. So I suggest doing this the first or second week of your KEEP CALM and GET HEALTHY 30-Day Program.

**But there are other very important organs and systems in your body that assist in your body cleaning itself and healing disease. So it is important that in the 3rd or 4th week of your first month, you choose a second 5-Day Detoxification Program, and do it.**

This would be either my **5-Day LIVER Detox Program**, which focuses on the Liver and Gallbladder, or my **5-Day KIDNEY Detox Program**, which focuses on your Kidneys and Bladder.

**Information about these 5-Day Detox Programs** can be found on my website, my BLOG, in my Books, and of course in the box the herbal products come in.

Depending on what your medical doctor said and how seriously ill you are, you should consider my **30-Day Detox Program** or my **Incurables Program**.

### **30-Day Detox Program**

My **30-Day Detox Program** is a total do-over. It is a physical, emotional and spiritual makeover. It will take you back in time, regaining the energy level, the health level and the waist-size that you had 20 or 30 years ago.

It is a great program to do if you are simply sick and tired of *feeling sick and tired*, or if you have gone through some physical, emotional or spiritual drama or trauma and just want to start over.

I have done it many times, and have had thousands of patients do it, and the only regrets people have, is that they hesitated and didn't do it sooner. Talk about being BORN AGAIN; the **30-Day Detox** literally gives you a new life!

### **Incurables Program**

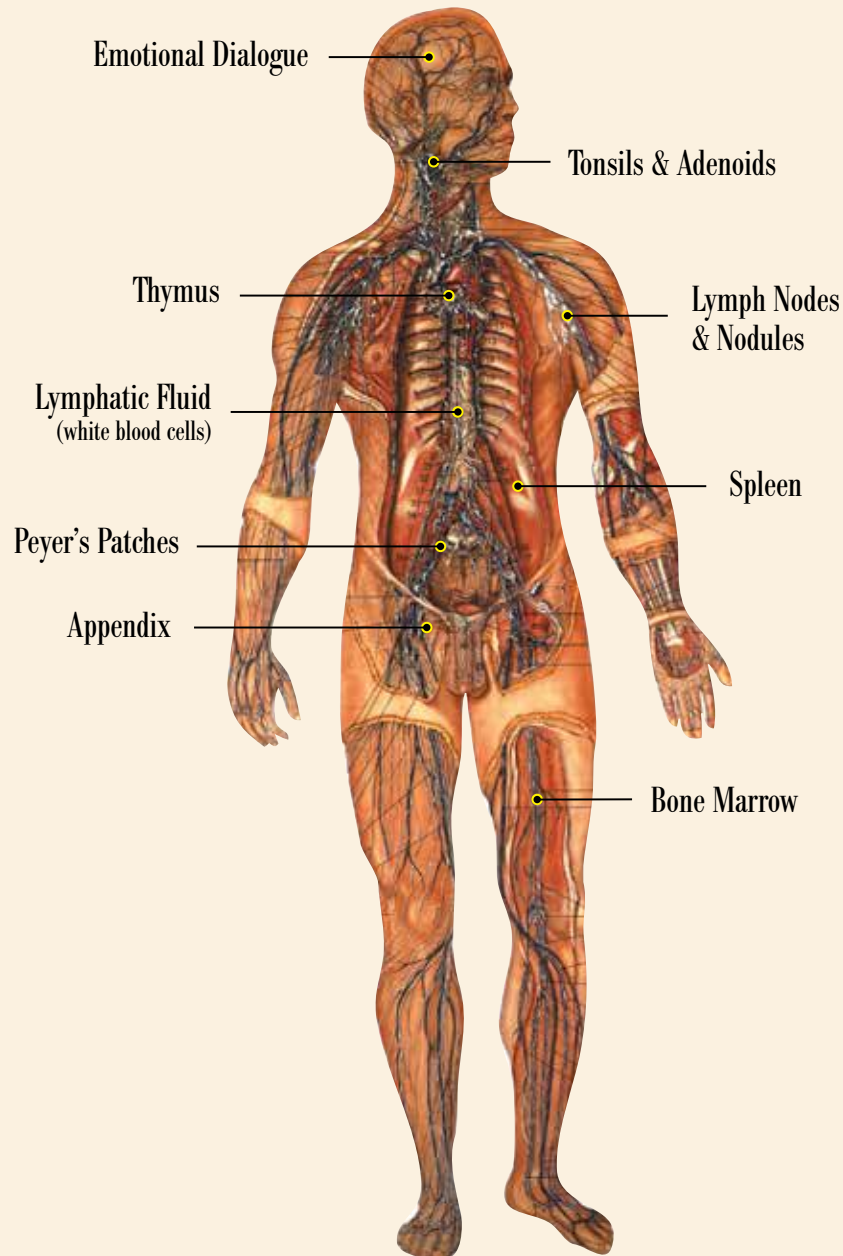
My **Incurables Program** is my most intensive and aggressive Natural Healing Program. It was developed in my clinic as a last ditch blitz for dying patients. I used this program on any patient that was given a death sentence by their medical doctor.

If this is you, get my Incurables Book, stop your life, start the program, **and prepare for a Healing Miracle**.

**Detoxification  
Creates Powerful Health!**



# Your Immune System



## STEP #6 IMMUNE SYSTEM BOOSTING

Another thing I discovered in my clinic, is that almost all of my patients' immune systems were underactive or worn out, if not totally beaten down, destroyed and barely working, leaving them more susceptible to disease. This was probably one of the main reasons they were sick in the first place.

As I mentioned in the last chapter, the retaining of fecal waste in your bowel can cause this, which your immune system has to constantly fight, like a constant infection. But there is no shortage of reasons why the average person's immune system is depleted.

We could sum it all up as modern life, or the modern lifestyle. Fast food doesn't give us the nutritional building blocks we need to develop new immune cells and immune chemicals. It also contains preservatives, sugar, colorings, flavorings, and thousands of additive chemicals that our immune system has to defend us against, not to mention the poisons used in growing the food. Add in a few bad habits like smoking, alcohol, sodas, candy, snack food, junk food and drugs, and not moving enough, not resting enough and not sleeping enough, and it's a wonder that our immune systems work at all, **it's a wonder we are alive!**

Finally, STRESS... and the stress of modern life and of modern living. Did you know that in just one single day, the average person today gets more stimulus and information from television, radio, newspapers, magazines, telephones, cell phones, smart phones, computers, i-pads, billboards, movies, etc., **than the average person living 100 years ago got in their ENTIRE LIFETIME! Just 100 years ago!** Is it any wonder our immune systems are broken?

Furthermore, a lack of exercise and a higher level of fat, increase our chances of almost every disease. Then, when you add in the negative emotional state and spirit of the average person, well, is it any wonder that there is more cancer today than ever before in history, and diseases are running out of control?

Years ago medical researchers discovered neuropeptide receptors on the surface of many immune cells. Neuropeptides are the chemicals that we manufacture in our brains, when we have thoughts. Different thoughts create different neuropeptides. Love, hate, stress, bliss, these thoughts all create neuropeptides and this is why we can *physically* feel the aftermath of these emotions in our *physical* body. Well... now science knows that your immune system and its many cells have receptors for these emotionally-created brain chemicals. And that your immune system is also *listening, responding* and *reacting* to your emotional dialog. With most of my patients' negative self-image, negative mantras, and almost constant negative affirmations, is it any wonder they were dying from degenerative diseases? I will remind you of this again in Step 8: Emotional Healing.

Beyond our thoughts, lately it is hospitals themselves that are the culprits, and the cause, of many diseases and infections, harboring infectious diseases like flesh-eating bacteria and Legionnaire's disease that no drug can combat.

The bottom line here is that in my clinic, my patients' immune systems were worn out, if not *shot*, from their lack of internal *house cleaning*, to the onslaught of internal toxic bacteria from their toxic lifestyles, to the constant day-in and day-out negative emotional bad habits. They ALL needed a serious and powerful IMMUNE BOOST.

Again, like the herbal formulas I discussed previously, it was in my clinic that I developed my **Echinacea Plus** to stimulate my patients' immune systems back to normal, and beyond, to give them a fighting chance at recovery.

This is why Step #6 is to stimulate your immune system using my **Echinacea Plus**. I want you to use 12 droppersful of my **Echinacea Plus** (three droppersful, four times a day) every day for six days, which will be one whole two-ounce bottle, on week one and week three of the first 30 days.

I want you to be bulletproof to disease, and the best way to ensure this is to build a strong, powerful and highly active immune system.

**Immune System Boosting  
Creates Powerful Health!**

# STEP #7

## MOVING, RESTING, SLEEPING

### Moving

Most of my patients were not fit, they rarely moved, and if they did, they did not move regularly. Most of my patients were overweight because of their eating habits and lack of moving. And being overweight dramatically shortens your life, and dramatically increases your chances of becoming diseased. Overweight people die decades sooner, because obesity shortens your life. Can I be more direct? Sure... not moving and being overweight **KILLS YOU!**

Moving regularly has almost endless health benefits. It keeps your heart, blood vessels and circulatory system clear, toned and fit, reducing your risk of the #1 KILLER in America—heart attacks, strokes and circulatory disease. **MOVING PREVENTS heart and circulatory disease and strokes. MOVING CURES heart and circulatory disease and significantly reduces your risk of a stroke.**

Moving helps to keep your weight normal and keep the fat off. Fat increases your risk of EVERY KNOWN DISEASE, and especially the #2 KILLER in America—CANCER. **MOVING PREVENTS DISEASE, CURES DISEASE and PREVENTS and CURES CANCER!**

So how do you move? **STARTING to MOVE is much more important than how you move**, but I will give you my most important tips.

### Tip #1: Fun is FUNdamental!

If anything we do is not fun, this will not help us to heal disease and Create Powerful Health. It will also cause us to quit doing it pretty



darn fast. Therefore, “Fun is FUNdamental”. This is ESPECIALLY true when it comes to moving our bodies, because if it isn’t fun, WE STOP, WE QUIT, usually IMMEDIATELY. So the first rule of MOVING is to ONLY move in ways that you enjoy.

## Tip #2: You Are The BOSS!

Remember this, and remind yourself of this constantly as you explore moving. If at anytime you are not having fun, FIRE THE BOSS! If you are not having fun, STOP, change, adjust, alter, shift, laugh, dance, whatever, AND KEEP MOVING! The most important thing is for you to move an hour a day, not how you move, but MOVE!

## Tip #3: Toys!

Toys are FUN! And since rule #1 was “Fun is FUNdamental”, well, you better get out and get some moving toys. This can be anything from cool, trendy running shoes or ultra-lightweight and comfortable hiking boots, to lightweight but warm workout outfits, to stop watches, pulse monitors or other electronic monitoring gizmos, to heavy bags and bag gloves to work out your aggressions, or punching dummies, to taking some space to build an indoor area, or better yet, an outdoor area to move and play in. I can go on for days here, but the bottom line is you have to MOVE, SWEAT, BREATHE and do this for an hour EVERY SINGLE DAY!

## Finally

Every day I do a trek—an Adventure Trek! Sometimes it is just a walk around the neighborhood, sometimes it is a run, and usually it is a blend of walking, fast walking, running, sprinting, and even walking sideways and backwards, and any movement that keeps me entertained. And since I spent my life in the Martial Arts, after my Adventure Trek, I usually beat the crap out of my heavy bag and “Bob” (a rubber dummy that takes the greatest abuse from me). Other days I swim, and I have lots of swimming toys that keep me entertained like face masks, fins, etc. In Italy I ride my bicycle up and down hills, which I don’t have here in Florida, and

I hike even more. So I keep my movement varied in a hundred different ways. Some of it is flexibility, some of it is strengthening, some of it is aerobic, some of it is core-building, and some of it is just insane, but it is ALL MOVING!

SO KEEP MOVING!

## Resting

Rest and relaxation is the time when your body rebuilds, renews, recharges, and all the other good re-words. It is the time when your body heals itself.

Most of my patients didn’t get enough rest. It doesn’t come natural for many people, especially in this day and age of computers, smart phones, television, cars and designer coffee. And no, texting is not resting just because you are not actually talking on the phone! And yoga isn’t resting either. Resting is doing... NOTHING.

Resting is not a vacation, as most people when they return from seeing eight cities in five days, need a vacation from their vacation.

Resting is not golf, swimming, checkers or even fishing. These may be relaxing, but they are not REST.

Think hammocks, lying in the grass, floating in a pond or Samadhi tank in the middle of the day. Just shut it all down. Take a physical, emotional and spiritual POWER DOWN and BLACKOUT for 15 minutes in the middle of the day.

REST is a very powerful healer.

## Sleeping

Sleep is vital. It is mandatory. Without sleep, our body breaks down, doesn’t renew, and eventually we will die. This is why sleep deprivation is the worst form of torture.

Many people I meet today try to convince me that they don’t need 8 hours a day of sleep, and that 4 or 5 or even 6 hours is enough



## Step #7: Moving, Resting, Sleeping

for them. I know this can even sound reasonable, especially in our modern, fast-paced world, where we all have so much to do... but it isn't.

Almost every single sleep study done today proves beyond a doubt that humans need 7 to 9 hours of sleep **EVERY DAY** to reach their healthiest potential—physically, emotionally and spiritually—and to live their longest life expectancy possible.

**SLEEP IS FOOD.** Sleep gives us a chance to eliminate our unused or unexpressed emotions. **SLEEP** does the same things as **REST**, but in a much deeper, effective and much more powerful way.

## **Moving, Resting and Sleeping Creates Powerful Health!**



# STEP #8

## EMOTIONAL HEALING

I remember years ago when I first read the research that identified receptors on almost every immune cell, for neuropeptide chemicals. This was a big day in my life. What does this mean?

As I mentioned in Step #6: Immune System Boosting, neuropeptides are the chemicals you make in your brain for just about every thought and emotion you have. They create that feeling you get when you are in love, or when you hate, or are angry, and everything in-between. The point here is why does your immune system have receptors for brain chemicals? The simple answer is that your immune system—**the #1 healing and repairing system of your body**—the system that literally KILLS disease and helps you Create Powerful Health...

### **Is LISTENING to, and REACTING to, your Emotional Dialog!**

Wow, your thoughts give direct orders to your immune system. That's a scary thought in and of itself for most people.

Since the average person I meet has a negative self-image, a negative vocal dialog, and a negative attitude and outlook on life, is it any wonder why the incidence of Cancer is on the rise? Is it any wonder why people get sick?

I had a patient, a young woman who had full-blown AIDS—not just HIV, but a T-cell count of 2—and numerous cancers eating up her body. She was extremely negative. I told her that if she wanted to heal herself she needed to get positive, very positive, and FAST. She tried and failed. One day I asked her to tell me something positive. She said, “The cancer is not going to kill me?” She was dead in a few days.



My point is that positive emotions are health food, not only for our immune system, but also for our entire body, mind and spirit. They give us the fuel to live, and the fuel to heal disease, and the fuel to Create Powerful Health.

So in my clinic, I made ALL of my patients learn how to be positive, and create hundreds of positive affirmations.

The dictionary definition of the word affirmation is:

**“Concentrating your Attention and Effort on Achieving a particular Outcome.”**

So, if the Outcome that you want is to heal disease, or better yet to Create Powerful Health, **then you had better make sure that every thought you think, and every word you speak, is designed to Create Powerful Health.**

If you are like me, and my tens of thousands of patients, this way of positive thinking didn't come naturally, and took some training and some effort. I am happy to say that today, I am intensely positive, with thousands of positive affirmations in my invisible toolbox, that I pull out when I first wake up in the morning, to my last thought when I fall to sleep at night.

If you want to truly Create Powerful Health, read my “Quotes and Healing Affirmations” bonus chapter at the end of this guide, over and over and over and over again. And work every second of every day, to monitor your thoughts, and make sure all of them help you Create Powerful Health.

**Finally, you must also disassociate, avoid, reject and even RUN from negative people.**

Most of us, especially when we are ill, are not strong enough, *no matter how positive we have become*, to stay positive in the midst of professional negative monsters. There are people that have honed their negativity into a fine art. So, if you cannot heal them with

your new positive attitude, then you must run. There is an old saying in war about the “killing fields” or “killing zone”, which is where bullets are flying and people are dying. It is, “If you find yourself in the killing fields, GET THE HELL OUT!”

The same applies when you find yourself in the “killing zone” of negative people. They can be people that you don't know but run into or encounter in the street. Or they can be acquaintances, friends, long-time friends, best friends, co-workers, family members, parents, children and even spouses. Many of my terminally ill patients, that were sent home to die by their medical doctors before totally healing themselves, sometimes had to eliminate their job, their friends, their family and even their spouse, as their intense negativity was too much to hear on a daily basis while trying to heal themselves. A negative person, spewing negative emotional garbage, can be just as unhealthy as junk food, constipation or any other negative habit.

Often, when I am out in the world, and when I am talking with someone, all of a sudden they start going on and on about something I am not interested in. And more often than not, it is negative propaganda, negative opinion, negative subliminal hypnotic brainwashing, trying to convince me that “life sucks and then you die”, in one way or another. And I feel like I am being sucked into the tractor beam of a negative psychic vampire or the gravitational pull of a negative BLACK HOLE.

My safety maneuver is that I simply do an immediate “about face”, that would make any marine corps gunnery sergeant proud, by spinning 180 degrees and walking away as fast as necessary. Often the negative ‘spewer’ just latches on to the next person nearest them and hardly even notices my hasty retreat.

Occasionally, I am with another person when this happens, and later the other person comes up to me and says, “Oh my God, that person was horrible, and you left me alone standing there with them, having to listen to their negative insanity.” All I can say is that sometimes in life, when you are just trying to get out of the



## Step #8: Emotional Healing

“killing zone”, it is “every man for themselves”. Usually I am the guy that will risk my own safety and life to help others, but when it comes to “psycho negatroids”... I RUN!

I had a patient named Brenda, who after her third attack of malignant cancer, was told by the chief oncologist at one of the best hospitals in the world, that she was dead. She had previously had both breasts removed, and still was now told that the cancer had spread to other parts of her body, and that even with all that medicine had to offer, chemotherapy, radiation and surgery, **that she would be dead in two months**. Brenda decided to blow up her life, change everything, from what she ate, drank, and thought, and she did! She was one of those great patients that taught ME, (I should have been paying her)!

I remember one of her strongest attributes was that she completely refused to hear any negative thoughts from anyone, and would throw up her hands right in the person's face, and shout, “That's not my reality!”, or some other statement to STOP the person from spewing their negative vomit and infecting her. She became a “black belt” in “emotional self-defense”, one of the best I ever saw. **She is still alive today, 30 years later!** Kiss to you, Brenda.

So I repeat: If the Outcome that you want is to heal disease, or better yet, to Create Powerful Health, **then you better make sure that EVERY thought you think, and EVERY word you speak, is designed to Create Powerful Health.**

**Remember, nothing positive EVER happens when you are being negative... SO GET POSITIVE!**

**Emotional Healing  
Creates Powerful Health!**



**“Don't Listen To Negativity!”**  
— *Dr. Richard Schulze*

# STEP #9

## SPIRITUAL HEALING

To me, Emotional Healing is more about training myself to be extremely positive, which causes my physical body to heal itself and to Create Powerful Health.

**Spiritual Healing is more about sharing this positive energy with others.** In other words, it is spreading the gospel of positive, healthy living—happiness, love, joy, laughter, bliss, passion, sex and more. *This also causes your physical body to heal itself and to Create Powerful Health.*

This includes stopping on the road to see if the person with their car hood up needs help, or needs your cell phone, or just needs to know that another human cares.

Beyond that helping hand, I LOVE to give people a hand UP when it comes to giving them the magic seed of a positive affirmation, which they can use and develop to eventually create their own healing.

Look, I am a man that spews positive affirmations faster than a used car salesman smiles and shakes hands, so I am very experienced at this. But, I can get overzealous and get harsh once in a while when I pop out a pearl of positive wisdom with bad timing. Still, I think that the person I give it to, although it was received badly in the moment, will use this positive affirmation at a later date.

There is an old saying, “Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime.”

So how about, “Stop and lend someone your jumper cables, and you only help them to start their car.”



But, while their battery is charging, how about telling them a joke, making them laugh, throwing them a pearl of positive wisdom, making friends with them, daring to give them a hug, or telling them that maybe being a little late today has put them in better sync with life now, and that from now on things will be much better for them? Well, maybe spreading this love every day will change the world.

OK, I am a positive work-in-progress, and this may need a little more polish, but I think you get the point!

The bottom line is that Steps 1 through 8 are all about YOU. Taking care of YOU. Being SELF-ish, SELF-centered, SELF-involved, and all about SELF and all about YOU.

Life is like oxygen masks on airplanes. Put them on YOURSELF FIRST, because if you pass out, you can't help your kids or anyone else. So this Guide to the Philosophy and Fundamentals of Healing Disease Naturally, is 90% about YOU, but Step 9 is about *them*.

I have a great friend named Buddy, a little rough on the outside, and not a model for anything New Age at all. We mainly ride motorcycles and play poker together, that's our bond. But, when Buddy says goodbye, he often says, "Make it a Great Day!" Not "Have a great day", but "MAKE it a great day". I love this! He told me his Mom used to say it and that it just caught on with him. "MAKE it a Great Day" takes the luck out of the equation, and puts you in the driver's seat—the *responsibility seat*—and now it is up to you to either make it a great day or not. I love this. This is planting a positive, yet *responsible* spiritual seed.

**Dare to be different, dare to be positive and dare to spread the gospel of positive thinking and positive living. It will heal you, and heal others. It will make this world a much healthier place.**

**Spiritual Healing  
Creates Powerful Health!**

## List Ways You Can Help Others:

1. **Smile More**
2. **Tell More Jokes**
3. **Spread Your Love**
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



# STEP #10 SPECIFIC HERBAL TREATMENT



Detoxification Formulae



Protect Formula



Heart, Brain & Circulation

Female Formulae



Male Formulae



External Formulae



Cold & Flu Formulae



Eyes & Mouth Formulae

So up until now, in this manual I have given you the **Foundational Principles** and **Foundational Programs** of Healing Disease Naturally, or what we have learned to call it in a positive way, “Creating Powerful Health.”

What I mean is that, so far, every piece of healing advice and every healing program and every herbal formula that I have told you up to this point is for EVERYBODY, NO EXCEPTIONS!

But, for the first time now, I am talking about treating the symptoms of your dis-ease, with multiple herbal formulas that are NOT for everybody.

So I will end the 10 Steps with one Specific, which is Specific Herbal Treatment. I leave this until last for one important reason, **because this is usually the first place people go.**

With modern medicine as our brainwashed health model, when we are sick, we immediately think of what is the cure, instead of thinking about upgrading the fundamentals of our life and lifestyle—like water, food, air, moving, elimination, positive emotions, etc.—bringing them back in line and on tract. The first place most of us go is what herb should I use for a headache, when the actual “herb” that we probably need is deep breathing, relaxation, rest, sleep, a kiss or a bowel movement, or maybe ALL of the above! So right here I caution anyone with any illness or disease to NOT start here, but to instead start with Steps 1 through 9.

In my clinic, my biggest discovery was that when my patients followed Steps 1 through 9, the vast majority of them, over 80% (maybe even 90%), healed their diseases. Many of them couldn't



even remember what was wrong with them in the first place. They healed themselves by NOT directly addressing or treating their symptoms, their problem, their illness or the specific organ or system that was out of balance, sick or diseased. Instead, they totally immersed themselves in Steps 1 through 9, totally immersing themselves in Creating Powerful Health, totally FOCUSING on Creating Powerful Health, and they created their Healing Miracle. The bottom line is that they did not focus on, nor treat, their dis-ease.

**OK, having said that, Herbal Medicine (the original medicine of our planet) is pure, clean, potent and powerfully effective medicine.**

So once you get the basics of great, healthy living down, and create a healthy lifestyle, and are living it, there is nothing wrong at all with nudging (if not shoving) a specific organ or body system with some specific herbal medicine. **In fact, I highly recommend it!**

Why suffer waiting for your healthy lifestyle to fully kick-in, when a few bottles (or even a few doses) of herbal medicine can calm your body down, ease your problem, relieve the pain, inflammation, irritation or infection, and stimulate an organ to start working better; even relieve your problem totally and make it go away?

**Just remember that true and powerful lasting health comes from creating a healthy lifestyle first. True Health, Lasting Health, is healing your entire Body, Mind and Spirit!**

Having said that, I created over 500 herbal formulas in my clinic, and today I manufacture about 40. If you want information about these, just ask for one of my Herbal Products Catalogs, or visit [www.herbdoc.com](http://www.herbdoc.com).

**Specific Herbal Treatment  
Creates Powerful Health!**

## Dr. Schulze's Specific Formulae

### Protect

Protect Formula

### Detoxification

L-GB Formula

Detox Tea

K-B Formula

K-B Tea

Detox Formula

### Cold & Flu

Cold & Flu Herbal

"SHOT"

SuperTonic

Throat & Tonsil Spray

Throat & Tonsil Formula

Lung Tonic

Air Detox

### Circulation

Heart Formula

Brain Formula

Cayenne Tincture

Cayenne Powder

### Nerve

Nerve Formula

### Female

Female "SHOT"

Female Formula

FEM+ (Female Plus)

### Male

Male "SHOT"

Prostate Formula

Male Formula

Super Ginseng

### Eyes & Mouth

Daily Oral Therapy

Fresh Breath Plus

Tooth & Gum Formula

Eyebright Formula

### External

Deep Tissue Oil

Deep Tissue Ointment

Jojoba & Tea Tree Oil

Jojoba & Tea Tree

Ointment

Anti-I Formula

Bug Barrier Ointment

Bug Block Spray

# KEEP CALM and GET HEALTHY 30-DAY PROGRAM

# QUICK REFERENCE CHART

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- #1 CALM DOWN and SLOW DOWN** to Create Powerful Health
- #2 Eat Healthy, Vegan and Organic Food**—plus Juice Flushing
- #3 SuperFood Plus** two times daily, or **SuperFood Plus Powder** one time daily and one other SuperFood product—**Tablets or Bars**
- #4 2 to 3 Bowel Movements** a day using **Intestinal Formula #1**
- #5 5-Day BOWEL Detox Program** plus another **5-Day Detox Program**, either my **5-Day LIVER Detox** or **5-Day KIDNEY Detox**
- #6 Echinacea Plus** 12 droppersful a day during weeks 1 and 3
- #7 Increase Moving, Resting and Sleeping**
- #8 Emotional Healing – GET POSITIVE**
- #9 Spiritual Healing – Spread the LOVE**
- #10 Specific Herbal Treatment** using **Specific Herbal Formulae**

# WHAT IS NATURAL HEALING?

Natural Healing is a style of healing in which you assist your body to increase its powerful self-healing ability. This is done by creating a lifestyle where you eliminate those things that create disease, and increase those things that Create Powerful Health. When your body is healthy and strong, it can and **it will heal any disease**, and repair and rebuild itself. Natural Healing is letting your body do what it knows how to do better than any doctor, and what it does best, which is repair and heal you of anything and everything.

This is easily seen with a cut. You cut your skin and you bleed. Your blood eventually clots and you form a scab. Your tissue and skin then starts regrowing. Eventually, the scab falls off and you are miraculously healed! Even though we take this basic healing function for granted, no medical doctor and no hospital can ever do this for you.

Without a doubt, our bodies are amazing repair machines ready to take on any illness or disease. But eventually, because of genetics, lifestyle and just plain aging, your body may not be up to the task of healing or repairing you. This is usually when a person seeks out outside help, usually from a medical doctor.

A medical doctor's approach is to take on the healing themselves, fighting and killing the disease with a barrage of chemical drugs and often getting the body functioning again by performing surgical procedures. This form of healing can work, but can be very dangerous. Medical intervention is so harsh and extreme it often hurts other organs and causes other diseases. It can also leave you with irreversible surgical impairment when it involves your organs being altered or removed. It is the best form of healing for those people who absolutely will not take any responsibility for their health and refuse to make any healthy lifestyle modifications.

On the other hand, Natural Healing is for people who are willing to make healthy and positive lifestyle changes. As a Natural Healing doctor, I helped my patients to dramatically raise their overall level of health, which in turn, **dramatically increased their body's ability to heal and repair itself.**

In my clinic, I discovered that with most people, it doesn't take much to get their body to heal illness or disease. Most of my patients' diseases were caused by what they were doing to themselves. In other words, their body was trying to heal itself, but it was too weak, or running into too much resistance, or both. This could simply be a lack of nutrition caused by a bad food program, all the way to a buildup of sludge in the body, causing everything from constipation and coronary-artery blockage to dementia. Most of my patients just needed a good cleanup and a new, healthy lifestyle, and they were on their way to health. However, my patients who had spent years damaging their bodies, ignoring their ill health and disregarding their many disease warning signs were now in a serious disease crisis and they needed more aggressive health programs.

Regardless of the level of my patients' illnesses and diseases, even in the worst stages of degenerative diseases, I always saw Natural Healing work more powerfully than medical intervention. My patients were always able to regain their health, and in fact, create powerful health by simply leading a very healthy lifestyle. Often the healing results are in balance with how many positive healthy changes a person is willing to make. Sure, for some, it took a lot of work, but when you compare it to the drama, trauma, pain, torture and expense of medical intervention, for most people with good common sense, it's a no-brainer. In fact, when you look at it this way, it is obviously the only real healing.

To sum all this up, Natural Healing is a style of healing where you assist your body in charging up its powerful self-healing ability by creating a lifestyle in which you eliminate things that create disease and increase those things that create powerful health. When your body is healthy and strong, it can heal, repair and rebuild anything.

# DR. SCHULZE QUOTES



“Tomorrow is what you **BELIEVE** and **DO** Today!”

“You can heal yourself of ANYTHING, any illness or dis-ease. Just **STOP** doing what made you sick, and **START** doing what will Create Powerful Health.”

“Your **FOCUS** determines your **FUTURE**.”

“There are NO incurable diseases, NONE. Take **RESPONSIBILITY** and be willing to **CHANGE**, and you can heal yourself of anything.

“**BLOCKAGE**—Physical, Emotional and Spiritual— is the cause of ALL DIS-EASE.”

“Your body has a **BLUEPRINT**, a **SCHEMATIC**, of what perfect health is and is constantly trying to achieve this goal for YOU.”

“Your body has the ability to completely **HEAL ITSELF** of ANY disease... All it needs is your assistance.”

“**Getting well is EASY**. It is getting sick that takes years of constant, dedicated hard work.”

“The main function of your body, is to constantly heal and repair itself; **REPAIR YOU!**”

“STOP focusing on your disease, and START focusing on Creating Powerful Health! Your disease is not a curse, it is a **GIFT**, a **BLESSING**. It is what brought you to this new beginning of the greatest adventure in your life, to discover and create a new life, a much better life, and to **Create a NEW YOU!**”

# POSITIVE HEALING AFFIRMATIONS

## INTRODUCTION

The dictionary description of Affirmation:

*Concentrating your Attention and your Effort on achieving a particular Outcome!*

Simple and to the point—I love it! So, let's get right to this point.

What I want is to be extremely healthy and live a very long life filled with Love, Joy, Happiness, Success, Relaxation, Fun, Laughter, Bliss, Great Moments, Great Sex and even more Love! Or as Star Trek's Mr. Spock said, I want to "Live Long and Prosper".

I want maximum QUALITY and maximum QUANTITY. I want to feel great and to do all the things that I want to do, for as long as I can possibly do them. YES!

OK, you can see that I have had plenty of time—on my own and with my patients—to get good at this. I spend a good part of my day thinking up better ways to ask for what I want. And, when I hear others that need a little help with their focus, well, I have an invisible toolbox of 10,000 Positive Healing Affirmations that I carry around with me everywhere I go to spread like magical seeds on everyone and everything.

Many people think that life just *happens* to them, and that they have no control over their future. They believe that it is all in God's hands or that "Shit Happens", or that they fluctuate between having Good Luck and Bad Luck or between being blessed and being cursed. **I don't!**

Others might think that this is selfish thinking, and are too embarrassed to focus this much on their own self.

On the contrary, I've helped thousands of others, actually tens of thousands. I used to help them through my clinic, and now I do it through my work, my Natural Healing Crusade and my Foundation. I LOVE helping others and I have spent most of my life doing this, but FIRST, I needed to help myself, or I would have been dead over 40 years ago, and helping no one. So, I had to get real healthy, I had to get real strong and I had to get real self-ish, really self-involved, really self-centered and self-controlled. It was all about me!

Then when YOU get strong and healthy, you can help others.

When I first opened my clinic doors back in the early 1970s, I absolutely saw that "you are what you eat". It is simple physics, the nutritional quality of what you consume, directly affects your metabolism and your level of vitality and health. By the time my clinic closed decades later and after spending hours with thousands and thousands of patients, I also knew that "You are what you THINK". In the first few minutes of any consultation with a new patient, I could see if they were "The Right Stuff". I could tell the winners from the losers just by the way they spoke, their choice of words and their attitude. I could clearly see those that were going to get tough, get to work and get well, and those that were not.

First, they had to **BELIEVE** that they could be well and that they could create a healthy lifestyle that was so powerfully healthy, that their body would heal itself. And second, they had to be willing to **DO** the healing programs and take the herbal medicine, in order to get well. Taking us all the way back to the beginning...

*Concentrating your ATTENTION and your EFFORT on achieving a particular OUTCOME!*



After having thousands of patients healed all over the world from every type of disease, illness and affliction known to mankind, I have seen the power of natural healing programs and lifestyle and herbal medicine. But, I have also seen that the power of natural healing (or any healing) is also directly related to a person's attitude, focus and effort.

In order for *anything* to be effective for you, you must Believe and Do.

My reality is that I am in control and I have the power to create my future; to create my destiny. I am not saying that I don't believe in God or even Fate or Luck. **What I am saying is that I know that I have the power to make things happen**—that I have the power to manifest things to happen in my life and to me and that I have the power to alter my future!

I have had many people say to me, “Whatever happens is God's will and you have no control.” What a wimpy, pathetic, victim mentality—an excuse to sit back and do NOTHING. I would immediately tell them that, “God helps those that help themselves!” So, get started helping yourself, right now, and you might not even need God's help! I have always felt that God has plenty to do, and if I was made in God's image, well, let's see what I can do FIRST, on my own, and not call in the “big guns”, until I have no other choice.

In my clinic, I had to teach ALL of my patients what to ask for and how to ask for it. So instead of just bouncing around life like a pinball in a pinball game, or blowing like a leaf out of control in the wind, instead, they started focusing on what they wanted to achieve, how to achieve it and doing what was necessary to achieve their goals. And, you know what happened next... they got exactly what they asked for.

I also know that your level of health, RIGHT NOW, is a PERFECT REFLECTION of your Genetics, REACTING with your Lifestyle. A PERFECT REFLECTION. This is

basic physics—I am just adding this new way of saying it to your Newtonian or genetic textbook.

How could you possibly receive anything that you didn't ask for? No farmer ever planted strawberries and then had corn come up in the field where the strawberries had been planted. You reap whatever you sow.

EVERYTHING that happens, happens because the energy was set up for this to happen. And, this energy was set up by YOU!

So, if you are like most people and are not happy with what you have created, all you have to do is CHANGE. And the best way to do this is to start focusing on creating something different.

I have used ALL of the following Positive Healing Affirmations to heal myself of my life-threatening physical deformity that medical doctors said was not possible. Remember, they said I would be dead by age 20. I have used these same affirmations to grow skin back on a fourth-degree burn that my medical doctors said could not happen—impossible! And, I have used these affirmations as part of my healing program to help my body repair all the ligaments in my knee after the top medical specialists in the world said that I would never walk again without surgery.

I did NOT have surgery and I am not just walking, I am dancing!

There are plenty of people out there in the world to tell you what WON'T happen, what you CANNOT do and what is IMPOSSIBLE.

**I am here to tell you what CAN HAPPEN!**

**I am here to tell you what you CAN DO!**

**I am here to tell you what IS POSSIBLE!**

**...And it is far MORE than anyone can IMAGINE.**

The following Positive Healing Affirmations helped my thousands of patients create their own personal healing miracles and helped them to transform their life in a very powerful way.

We are ALL very powerful, very successful, and we get exactly what we ask for. This is basic physics.

I just helped my patients ask for something different and live in a different healthier way, and this caused very different results.

### **AFFIRMATIONS that will CHANGE Your FUTURE!**

Your future is simply the time that is coming up next. I have discovered that you can change and shape this future by simply altering what you are doing in the moment—what you are doing right now.

*Again, basic physics. If you want something different to happen tomorrow, then simply change what you are doing today.*

Remember what I said earlier, that your level of health is a PERFECT REFLECTION of your lifestyle reacting with your genetic make-up. Your lifestyle is how you choose to live your life. The **Food** you eat, the way your **Elimination** organs work, the way and frequency that you **Move** your body and the **Thoughts** that you think—EVERYTHING that you do—is what adds up to what you can expect to happen tomorrow.

So, in order to get my patients to have different results, *different tomorrows*, they needed to CHANGE what they were doing today. Some of them just needed subtle shifts, while others (especially those that were dying) well, they needed to change EVERYTHING.

What I know is simple; that if you want to have different results, or a different tomorrow, then you have to be willing to change, and be willing to live differently, today. So, three of my favorite Positive Healing Affirmations to remind us that we have the power and ability to change our future are...

### **Tomorrow Is What You BELIEVE and DO Today!**

This is my quote, that I think I came up with in my clinic, to help my patients realize that they could change the results of their tomorrow. All you need to do is first, **BELIEVE** that you can change the future, and then **DO** the necessary things to make that change manifest.

### **Your Focus Determines Your Future!**

This one I heard in one of the later Star Wars movies, when the kid is afraid he can't win the spaceship race and the Jedi Knight (I think played by Liam Neeson) tells him to Focus, and says this amazing line, "Your focus determines your future!" Anyway, regardless of where it came from, and even if I paraphrased it, it is true! It is just another way of empowering yourself to see that, well I will say it again, that **Your Focus, Determines Your Future!**

If I would add anything to this, it would be that **"Your Actions Make It Happen!"**

So let's put it all together...

### **Your FOCUS Determines YOUR FUTURE, And Your ACTIONS Make It Happen!**

Now, this is great food.

Here is another one...

### **EVERY Thought You Think And EVERY Word You Speak Creates Your FUTURE!**

I think this one comes from Louise Hay... Thanks, Louise!

If I added anything (I always tweak everything, even my own work) I would add, "And EVERY Thing You DO." So let's put it all together...

**EVERY Thought You Think And EVERY Word You Speak And EVERY Thing You Do Creates Your FUTURE!**

My experience with myself (and with my thousands of patients) is that affirmations alone were not powerful enough to create healing miracles or manifest great goals in life. But, mixed with ACTION, well, that is when I saw MIRACLES HAPPEN—and happen FAST!

The bottom line my friends, is that YOU determine your reality and your future. So pick a great one and make it happen!

And finally...

**Focus On The GOOD To Eliminate The BAD!**

Or, I like it better the other way around, so I'll end on the positive note...

**To Eliminate The BAD, Focus On The GOOD!**

Either way, it works for me. I love this one. Some say the Chinese made this one up. Regardless, the point is it's a great Natural Healing concept. See, when they first came to see me, my patients were totally focused on their disease. They had actually become their disease, and so they were also totally focused on healing their disease. But, it was all about their DISEASE.

I have a very different approach. FORGET THE DISEASE, I DON'T CARE about the disease. Instead, let's focus on Creating Powerful Health!

**I have stated this many times before, in many places. I am not the smartest person in the world. But, I am just smart enough to know, and my ego is in check enough to admit, that I have no idea what is wrong with most people when they are dis-eased. And furthermore, I have no possible idea how to tell, instruct, command or medically force their body to heal.**

**On the other hand, what I do know is how to create such an amazingly healthy lifestyle and environment that surrounds the body, so that the body will get stronger and HEAL ITSELF! This is the only real and lasting healing and health.**

**So, instead of bullshitting my patients that I was some see-all, know-all, medical genius god, I instead FOCUSED on the GOOD, creating this amazingly healthy lifestyle for the body, mind and spirit and ignored their disease. That is when the healing miracles happened!**

*I have at least 999 more Positive Healing Affirmations, so keep checking my BLOG site and I will add more in the future.*

— Dr. Schulze

# DR. SCHULZE'S 10 COMMANDMENTS

*Based on Dr. Schulze's Book, "20 Powerful Steps to a Healthier Life"...*

## 1. I DRINK Liquids that Hydrate, Flush and Nourish Me

I Drink Pure Water, Fresh Fruit & Vegetable Juices and Herbal Teas!

## 2. I EAT Food that Creates Powerful Health

Vegetarian, Whole, Nutritious and Organic—  
Dr. Schulze's Health-Building Food Program!

## 3. I Use Natural Herbal and Food MEDICINE

To Prevent Dis-ease and Nourish, Clean, Detoxify,  
Tone, Balance and Heal My Body!

## 4. I MOVE My Body Every Day

Walking, Dancing, Running, Jumping, Stretching,  
Breathing, Sweating, Sex... Always Fun!

## 5. I Take a Week Off Every Season to CLEANSE Myself Internally

Juice-Flushing or Dr. Schulze's Purifying Food  
Program and Herbal Detox Programs!

## 6. I Use Only Natural HEALING to Prevent and Treat Dis-ease

Massage, Bodywork, Hydrotherapy and All Therapies  
that HEAL and Do No Harm!

## 7. I Create a Healthy HOME Environment for My Well-Being

Natural Soaps, Cleaners and Clothing, No Negative  
Television, Frequently Trashing!

## 8. I Have Positive THOUGHTS that Create Powerful Health

Positive Thoughts and Affirmations that Create  
Love, Laughter, Passion, Peace, Fun and Bliss!

## 9. I COMMUNICATE to Others as I Like to Be Treated

I Communicate Being Happy, Friendly, Positive,  
Clear, Honest, Sincere, Caring and Loving!

## 10. I LOVE Myself and My Life More and More Every Day

Practice Being Self-accepting, Self-ish, Self-  
centered, Self-involved, Loving YOU!

Appreciate All That You Have and Focus On All  
That You Want To Create.

Your FOCUS Determines Your FUTURE!  
Tomorrow Is What You Believe And Do Today!



# MY BOTTOM LINE

Life is a “limited time offer” it doesn’t last forever. As a young child, I watched as both my parents died quite horrible deaths from their diseases, and were aided into the coffin by their medical doctors. This is partly where I developed my passion for life, and living as healthy as possible, and as long as possible.

To date, I have outlived both of my parents by 6 years, and I’m still going, and I have outlived my medical death sentence by 40 years, and I’m still going. I am passionate about QUALITY, and feeling great, and I am also passionate about QUANTITY, and making this ride last as long as possible.

During my clinical years, I had the blessing of spending the final hours and even minutes, with some of my patients as they died. And sitting there, holding their hands, **I heard many of their regrets.** And I thought that one of the greatest gifts I could give to you, the living, is to tell you where almost all of these people went wrong in life, so you won’t make the same silly mistakes.

Most people live their life like it’s a dress rehearsal, holding back, like they will have a second time to get it right. But we may not! So don’t hold back, live with passion and gusto, and love with passion and gusto.

If you could hear these dead people talking to you right now, this is what they would say, this is what they would tell you, and this is what they want you to know!

# A POEM FROM MY DEAD PATIENTS

*We screwed up.  
Don't make our same mistakes. Don't hold back. Don't be stingy.  
We all waited until it was too late  
Now sitting on our deathbeds, gasping our last breath.*

*We all agreed. We wasted our lives. We didn't really live.  
We would do anything for a few more hours,  
But all we can do is warn you,  
Tell you that you are making the same mistakes we did.*

*We regret letting our fear and complacency rule us.  
We didn't go far enough. We didn't live enough.  
We didn't love enough. We didn't take enough chances.  
We kept our mouths shut and didn't say what we really wanted to say.*

*We should have trusted more, believed more,  
Laughed more, loved more.  
We should have taken more risks, lived life to the fullest,  
Traveled more, worked less and had more sex.*

*It's too late for us. We have so many unfulfilled wishes  
And so many un-lived dreams.  
Please don't make our same mistakes.  
Take the chance. Take the leap.  
Love Life and Live Life to the fullest.*

# ABOUT THE DOC

Dr. Schulze grew up in a small farming town in rural upstate New York. On one “snowed-in” winter’s night, he was awakened by his mother frantically trying to summon a medical doctor to their home, but all the roads were closed. That night his father slowly and painfully died from a heart attack. It took him over an hour to die, and he eventually stopped breathing right in his young son’s arms. Dr. Schulze was only 11 years old. Three years later when he was only 14, his mother also died of a massive heart attack. Both his parents were only 55 years old when their lives were cut short.

At the age of 16, after a year of ill health, medical doctors diagnosed Dr. Schulze with a genetic heart deformity and heart disease. The doctors told him that unless he underwent open-heart surgery, his weak and deformed heart would not be able to pump sufficient blood to an adult body, and he would be dead by the age of 20.

He declined to have the surgery, walked out of the hospital and instead, made it his quest to discover alternative ways to heal his heart. Over the next three years he made radical changes to his teenage lifestyle. He became a vegan, began an intensive exercise program and literally changed everything that went in and out of his body, mind and spirit. He immersed himself in literally hundreds of intensive alternative-lifestyle and Natural Healing programs, herbal-formulae and detoxification routines, as well as cleansing, fasting, flushing and health-building programs. After three years, he returned to the same medical doctors who had told him he would die without surgery. This time they told him his heart had miraculously healed itself. Dr. Schulze had created his first healing miracle.

## Training With The Best Teachers

Dr. Schulze admits that he “stalked” many of the greatest Natural Healers of the last century, including the famous European

naturopath, Paavo Airola. He trained directly under, and then served an internship with, the great Natural Healer, Dr. Bernard Jensen, at his Hidden Valley Health Ranch. He also studied and apprenticed with “America’s greatest herbalist,” the late, great, Dr. John Christopher, eventually graduating from his college. Dr. Christopher asked him to stay and teach alongside him for years. When the acclaimed teacher eventually passed away, Dr. Schulze continued teaching at his college for another decade.

In addition to acquiring a doctorate in Herbology, Dr. Schulze also received degrees as a Master Herbalist and Herbal Pharmacist, a doctorate in Natural Medicine, three degrees in Iridology and eight certifications in various styles of body therapy. Incredibly, he also possesses a yoga instructor’s degree and three black belts in the martial arts.

## Learning From His Patients

In the early 1970s, Dr. Schulze opened his first Natural Healing clinic in New York, and then a few years later, he moved his clinic to Southern California. He operated his Natural Healing clinic in America from the early 1970s to the mid 1990s. During this same period, he also managed and directed other Natural Healing clinics in Europe and Asia. In his two decades of clinical practice, he has treated literally thousands of patients. Dr. Schulze maintains that he learned 5% of what he knows from school and 95% in the clinic, and always credits his patients as his real teachers. Without a doubt, his real-life clinical experience is what sets him apart from other doctors in his field.

In his second decade of clinical practice he worked almost exclusively with patients suffering from cardiac, neurological, cancerous and other degenerative (so-called incurable) diseases. His clinic became famous for those patients whom western medicine had given up on and who were sent home to die. His

clinic was also recognized for Dr. Schulze's highly effective Natural Healing programs, his powerful herbal formulae and his many patients curing themselves, in spite of the death sentence handed to them by their medical doctors. Many of his patients are still alive today, 20, even 30 years after their medical doctors told them they would soon die!

The main reason his patients were able to create their own "miracle cures" was the fact that Dr. Schulze pioneered new techniques, therapies, programs and herbal medicines that went far beyond what anyone had done in the past, and he went to extremes, where most Natural Healing doctors and herbalists feared to go. Dr. Schulze always says, "I tried to kill my patients with extreme programs and herbal formulae; after all, they were supposed to be dead anyway, so we had nothing to lose." But his patients didn't die. Instead, they thrived and healed themselves. The outcome of his clinical work has been the achievement of miraculous and unprecedented results, far beyond what most people thought possible with alternative medicine.

Dr. Schulze's herbal formulae and Natural Healing programs are now used in clinics worldwide to help people heal themselves of numerous, supposedly incurable diseases. His clinical results have reverberated throughout both the Natural Healing and medical communities. His many patients are now the living testimony to the limitless possibilities of how you can literally heal yourself of anything, naturally.

### **Sharing His Healing Wisdom**

Dr. Schulze served as the Director of the College of Herbology and Natural Healing in the UK for 11 years. He held the title of Senior Professor at Dr. Christopher's School of Natural Healing for 10 years and also Co-director of The Osho School for Naturopathic Medicine in England, France and Spain. Additionally, Dr. Schulze is the co-founder of the Association of Master Herbalists in Great Britain.

He has taught and lectured at numerous universities, including Cambridge University and Oxford University in England, Trinity Medical College in Ireland, Omega Institute in New York, Cortijo Romero in Spain and other natural therapy and herbal institutes worldwide. He has been the guest speaker at numerous churches and also on numerous radio and television shows. Dr. Schulze is loved worldwide for his intensity, passion, dedication to students, sense of humor, creativity and his exciting, enthusiastic and evangelical style of teaching. He is mostly recognized for his unequalled understanding of Natural Healing.

### **Teaching Natural Healing Is His Life's Mission**

In 1994, after 15 years of formulating herbal medicines for his patients, Dr. Schulze opened the American Botanical Pharmacy, which manufactures and sells his effective pharmaceutical-grade herbal formulae to the public.

Dr. Schulze also continues his healing mission today by developing new herbal medicines and creating books, publications, CDs and DVDs describing his clinical Natural Healing programs.

He also communicates directly with the public daily through his BLOG site, <https://www.herbdoc.com/blog>, answering customers' questions and making video clips that explain his many natural detoxification, cleansing, flushing and health-building programs.



## Dr. Schulze talks about his **AMERICAN BOTANICAL PHARMACY**

I started practicing Natural Healing and Herbal Medicine, opening my first clinic in New York, in the early 1970s. A few years later, I came to California and opened a clinic in Hollywood, and started making herbal medicines for my patients. Eventually I moved my clinic to Santa Monica and Malibu. In 1994, my clinic was shut down for the last time. For a while, until the dust settled, I lived in Europe. When I returned, my patients begged me to continue making my herbal medicines for them, so I did.

Word spread, and I soon found myself making my clinical herbal medicines for not only my patients, but for their relatives, friends, co-workers, neighbors, dogs, cats, etc. I never advertised. After all, if something works great, you don't need any advertising.

That same year, 1994, I officially started my American Botanical Pharmacy. I made the herbal medicines in my kitchen, along with my clinical assistant, Anisha Jones. I hired one of my patients, Adam Loef, to help me handle the business side of things. My clinical assistant Anisha, is now the head of manufacturing and herbal quality control and my patient Adam, is now the CEO of the company. Me, well, I still get my hands into everything.

Today, after 34 years of making my herbal medicines, not much has changed. Sure, we have computers now, a few big buildings and more employees, but we still make our herbal medicines by hand, just like I did in my clinic.

I have the same exact focus now that I had 40 years ago: **Educate people in Natural Healing and make the cleanest, purest, most potent and most effective Herbal Medicines available anywhere,**



to help people to heal themselves naturally and Create Powerful Health.

Today, I write a weekly BLOG at [www.herbdoc.com/blog](http://www.herbdoc.com/blog). I also film and post videos there, write newsletters and books, and get my hands into the herbal medicine on a daily basis. I've never worked a day in my life because I love what I do every single day. I am training my son, Arthur, in the business even though he knows I will never retire.

Everything just keeps getting better and better,

— Dr. Schulze



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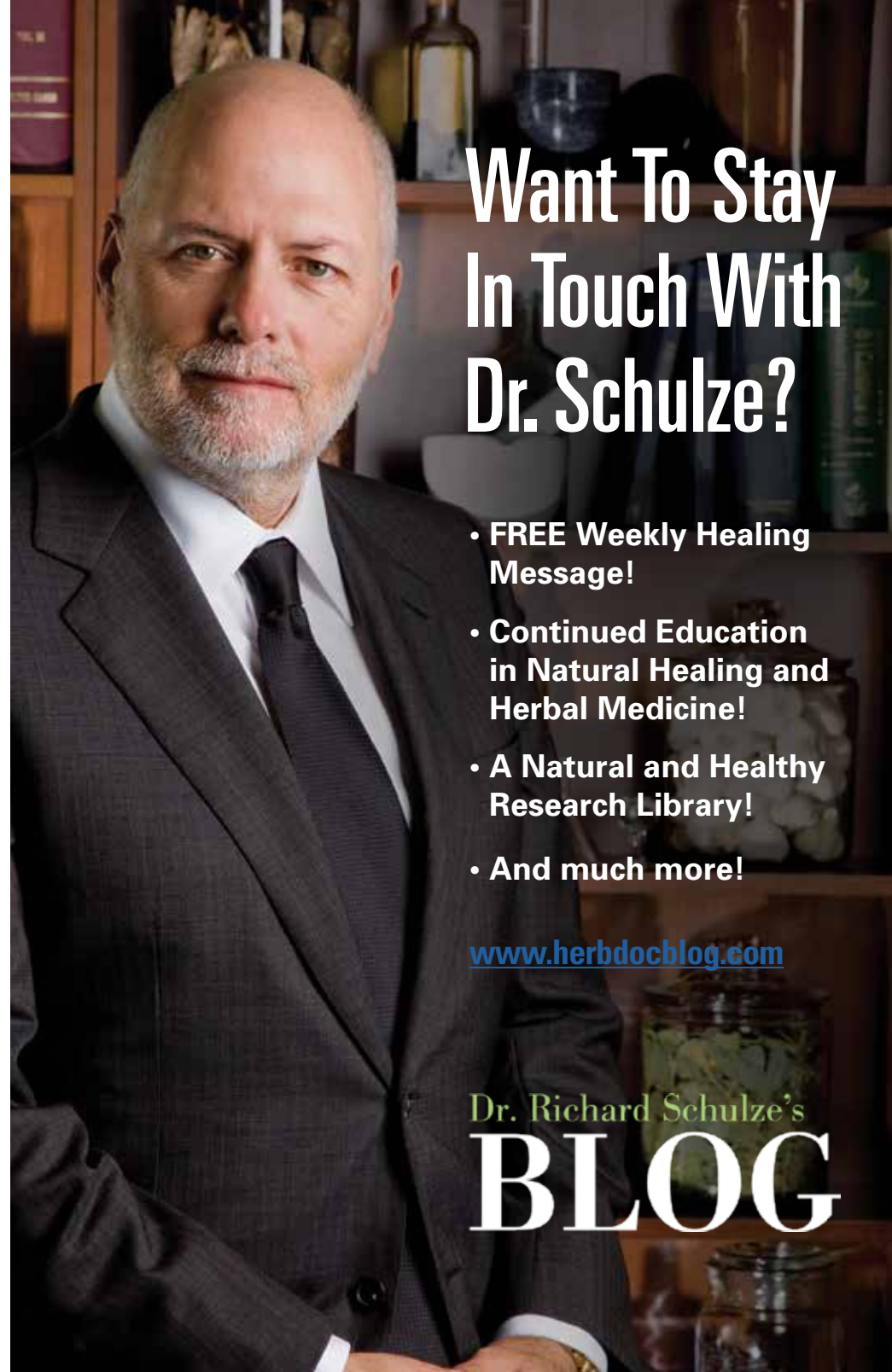
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Dr. Richard Schulze's  
**BLOG**





## DR. RICHARD SCHULZE

One of the foremost authorities on Natural Healing and Herbal Medicine the world.

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Every day of Dr. Schulze's life, people rushed into his clinic panicked. They had just been informed by their medical doctors that something was wrong and that there was no time to waste. Worse was what the medical doctors were suggesting to do.

If you or a loved one is in this situation, you have many alternatives. Alternatives that medical doctors don't understand, fear, or don't even know about.

KEEP CALM and GET HEALTHY explains why you don't have to panic and rush to make a costly, life-changing or even life-threatening decision.

It also includes Dr. Schulze's TOP 10 Game-Changing Strategies. These are strategies that he used in his now famous clinic to help his patients avoid medical doctors, drugs and hospitals. They also helped his patients completely heal themselves naturally and Create Powerful Health.

The bottom line is that EVERYONE has either been in this situation, or will be in this situation someday, so you better keep this book around!

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