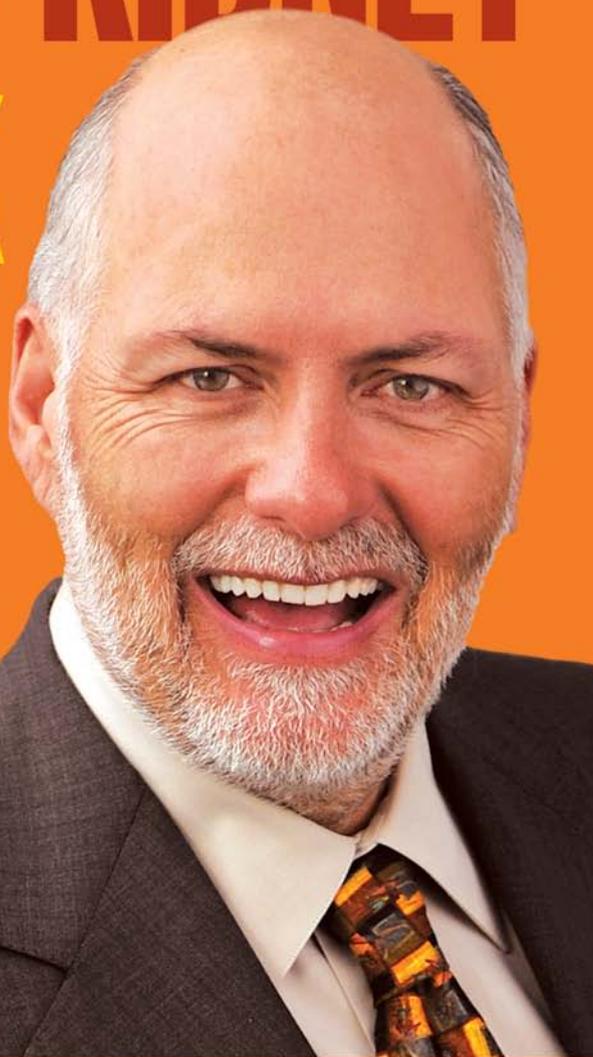


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bladder will help
you to **HEAL**
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POWERFUL HEALTH
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WARNING

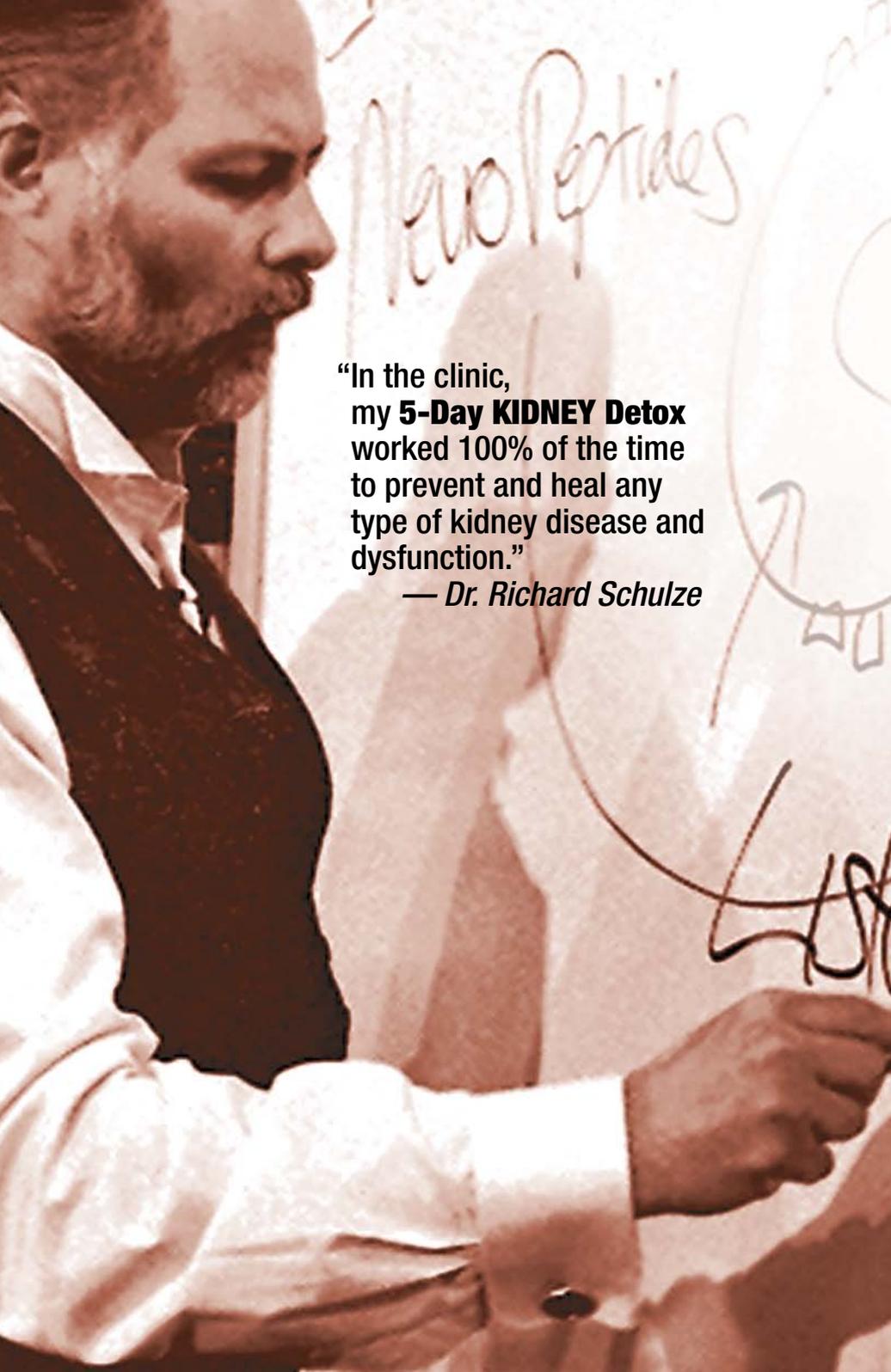
This book is published under the First Amendment of the United States Constitution, which grants the right to discuss openly and freely all matters of public concern and to express viewpoints no matter how controversial or unaccepted they may be. However, medical groups and pharmaceutical companies have finally infiltrated and violated our sacred constitution. Therefore, we are forced to give you the following WARNINGS:

If you are ill or have been diagnosed with any disease, please consult a medical doctor before attempting any natural healing program.

Many foods, herbs or other natural substances can occasionally have dangerous allergic reactions or side effects in some people. People have even died from allergic reactions to peanuts and strawberries.

Any one of the programs in this book could be potentially dangerous, even lethal. Especially, if you are seriously ill.

Therefore, any natural method you learn about in this book may cause harm, instead of the benefit you seek. **ASK YOUR DOCTOR FIRST**, but remember that the vast majority of doctors have no education in Natural Healing methods and Herbal Medicine. They will probably discourage you from trying any of the programs.



**“In the clinic,
my **5-Day KIDNEY Detox**
worked 100% of the time
to prevent and heal any
type of kidney disease and
dysfunction.”**

— Dr. Richard Schulze

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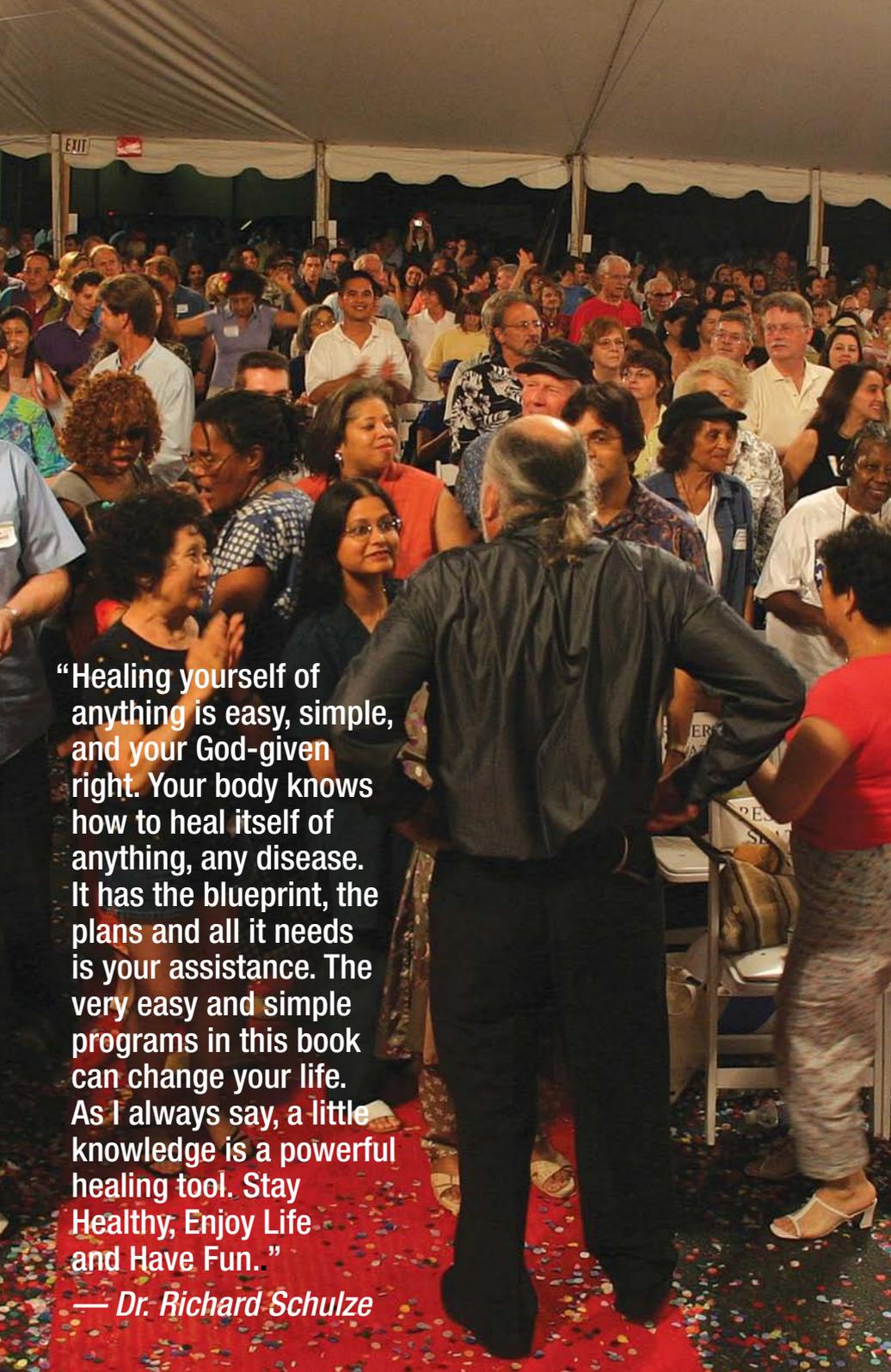
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“Healing yourself of anything is easy, simple, and your God-given right. Your body knows how to heal itself of anything, any disease. It has the blueprint, the plans and all it needs is your assistance. The very easy and simple programs in this book can change your life. As I always say, a little knowledge is a powerful healing tool. Stay Healthy, Enjoy Life and Have Fun.”

— Dr. Richard Schulze

FOREWORD

BY DR. RICHARD SCHULZE

ASSIMILATE AND ELIMINATE

THE OLD “IN AND OUT”

You and every organ in your body, in fact, every one of your 100 trillion cells, have the same two basic functions—in and out, in and out, in and out.

Assimilate nutrition in and **Eliminate** waste out. And, when it comes to the out (the elimination of waste), your body only has two major ways to get this waste out of your body.

Your solid waste is removed by your **large intestine** and your liquid waste is removed by your **kidneys and bladder**.

Your solid waste removal system (also known as your intestinal tract), is as long as two cars parked end to end. It is a big, long tube from your mouth to your anus. Your colon, just one part of this system, is the biggest

organ in your body, measuring in at 7 inches in circumference and 60 inches long.

Your kidneys, on the other hand, are much more refined organs. They are comprised of approximately 2,000,000 very complex, microscopic units called nephrons that filter mostly liquid waste out of your blood. The end waste product is urine and is about 95% liquid and 5% dissolved substances like minerals, nitrogen waste products and even blood, pus, bacteria and microscopic parasites.

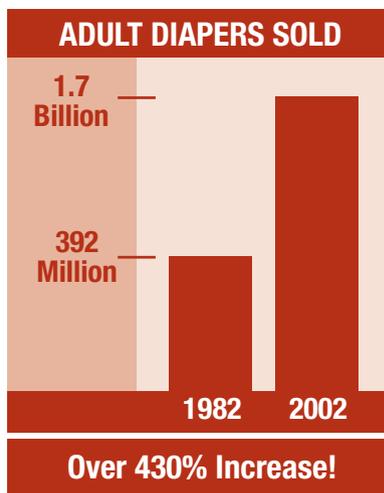
As I always say, on a very basic level, scientists and medical doctors understand the anatomy and physiology of the urinary tract (in other words, the basic parts and how they work). But this system (as you will see me describe in Chapter 2), like all systems of the human body, is really beyond mankind’s comprehension.

Early on in my medical career, it became very obvious to me that the human body was designed and put together by someone or some force much greater and much smarter than me. Therefore, the next simple, logical and common sense conclusion for me to make was to never attempt to heal this amazing machine from the inside, like medical doctors do with surgery, radiation, chemotherapy and even kidney transplants. But instead, healing the human body from the outside by creating a healthy lifestyle that would involve STOPPING my patients from doing what made them sick and what hurt their organs in the first place and STARTING them on new habits that healed their bodies and prevented future disease. This is what created the thousands of healing miracles in my clinic.

In this book, I will take you on a journey. In the first chapter, I will expose just how bad the kidney and bladder disease epidemic has gotten in America, from the over 40,000,000 Americans with kidney impairment, infections and disease to the 100,000 new cases of kidney and bladder cancer every year to the skyrocketing increase in sales of adult diapers.

Then, in the second chapter, I will simplify the kidneys, bladder and the entire urinary system, so anyone can understand it. At least, you will know the basic parts and the fundamental ways they work, which can help when you, a loved one or a friend gets sick. More importantly, this information can help you get well.

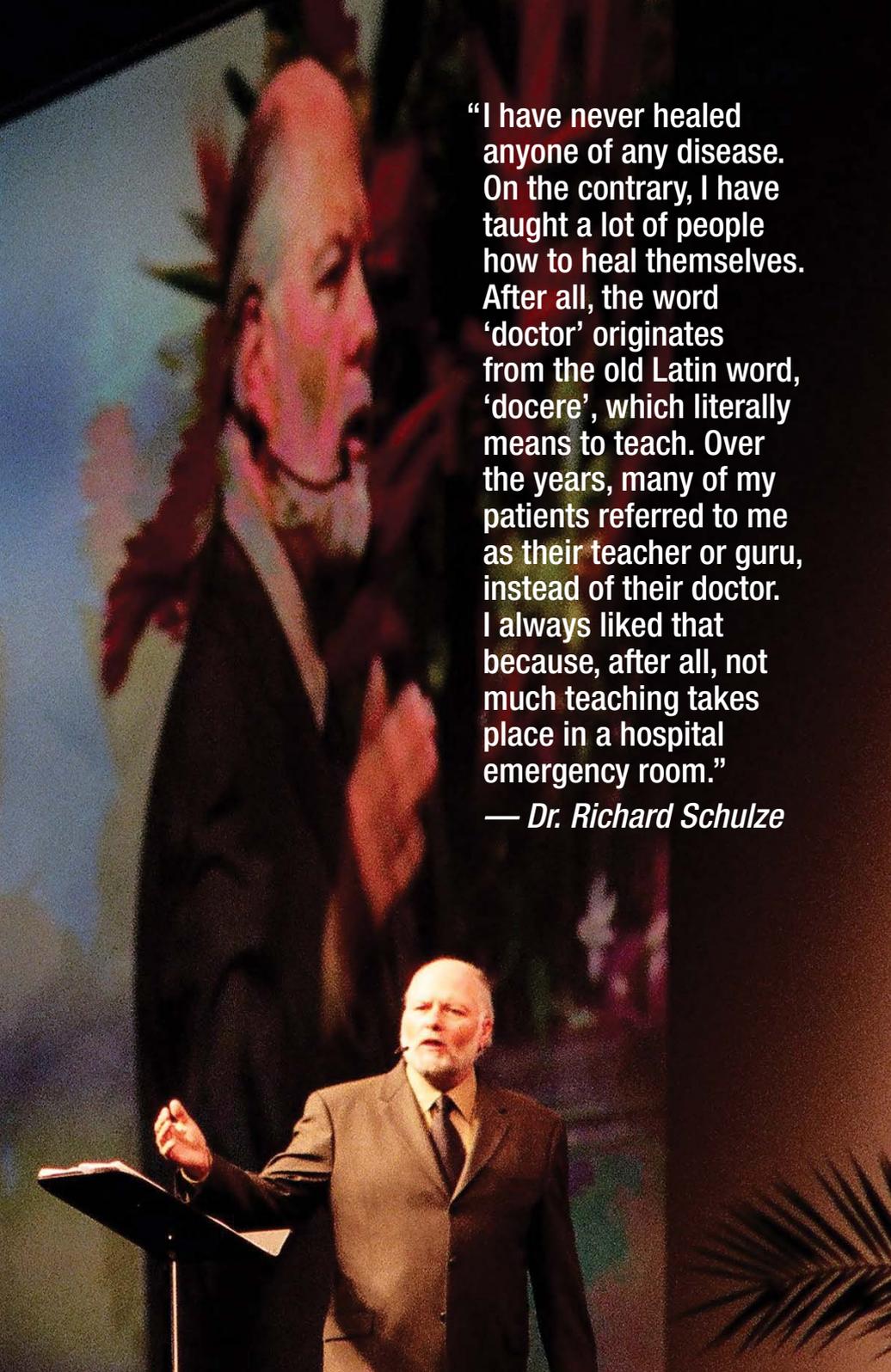
In the third chapter, I tell you all about kidney and bladder disease with lots of pictures that will hopefully shock and motivate you into the fourth chapter, which includes my many natural flushes, routines and programs that I developed in my clinic to help you clean, detoxify, strengthen and protect your kidneys and bladder.



Friends, don't be the Average American. Don't suffer with painful and debilitating diseases that destroy and shorten your life. Don't torture yourself with the horror, pain and bankrupting expense of medical doctors, hospitals and drugs.

My **5-Day KIDNEY Detox**, outlined in this book is my easiest program to do. In the clinic, my patients had amazing results just by doing a routine seasonal cleansing of their kidneys and bladder, and so can you!

It's so silly that kidney and bladder disease has become an epidemic in America, especially since it's so easy to prevent . . . and so simple to heal."



“I have never healed anyone of any disease. On the contrary, I have taught a lot of people how to heal themselves. After all, the word ‘doctor’ originates from the old Latin word, ‘docere’, which literally means to teach. Over the years, many of my patients referred to me as their teacher or guru, instead of their doctor. I always liked that because, after all, not much teaching takes place in a hospital emergency room.”

— *Dr. Richard Schulze*

CHAPTER ONE

KIDNEY AND BLADDER DISEASE: THE PREVENTABLE EPIDEMIC

FACTS

- ▶ **Over 40,000,000 Americans have kidney and bladder infections, impairments and disease.**
- ▶ **Incontinence, the new American epidemic, attacks over 25,000,000 adults.**
- ▶ **Over 300,000 Americans drain their blood with “mechanical vampires”, also known as dialysis machines.**
- ▶ **Kidney and bladder cancer attack over 90,000 Americans.**

There is nothing more debilitating and horrifying than kidney and bladder disease. Just imagine having your veins punctured and hooked up through plastic tubes to a machine that drains every drop of blood out of your body, because your kidneys are too degenerated to filter it themselves. You feel horrible and weak, because your blood is critically overloaded with toxic waste and poison. If you don't have it drained out, you will die. This is like a recurring vampire nightmare that keeps playing over and over again, but you can't wake up because...**you are awake!**

“The doctor of the future will give no medicine, but instead will interest their patients in the care of the human frame through lifestyle, diet, and in the cause and prevention of disease.”

**— Thomas Edison
1847-1931**

FACT

Over 40,000,000 Americans have kidney and bladder infection, impairment and disease.

SOLUTION: It's very simple. Effective powerful herbal formulae and natural healing programs can stop kidney and bladder disease right in its tracks—chronic kidney disease often starts with a kidney or bladder infection, and because many are asymptomatic, many people don't even know they have one. This is why my routine **5-Day KIDNEY Detox** with Kidney/Bladder FLUSH Drink was a standard yearly protocol for ALL of my patients in my clinic. Also, every patient who came to see me with a kidney and bladder infection, healed it using herbs. **EVERY ONE OF THEM, NO EXCEPTIONS, 100%.** For over 20 years in the clinic, I saw kidney and bladder herbs destroy every type of infection in the urinary tract.

In fact, I still have audio tapes from my clinic answering machine with patients exclaiming their shock and surprise that my herbal formulae “did what no medical doctor or antibiotic could do,” which was cure their chronic kidney and bladder infections.

These same herbs I discuss in this book are so powerful that they are now listed as diuretics and urinary antiseptics in the Merck Manual, a leading medical chemistry book published by a drug manufacturer.

FACT

INCONTINENCE, the new American epidemic, attacks over 25,000,000 adults.

SOLUTION: I had a female patient named Joan, who was about 50 when she came to see me. Her life had been devastated, literally ruined by over 20 years of incontinence. This poor woman had no life— her husband divorced her, she had no social life, lived in adult diapers and rushed home every day after work to hide in her apartment, covered with urine. She hadn't had a date or made love in 15 years.

Kimberly-Clark reports sales of their Depends™ Adult Diapers have skyrocketed, increasing 85% in just the last few years.



The medical doctors said that there was nothing that could be done. What they should have told Joan was that there was nothing that THEY knew of that could be done. After just a few months of simple lifestyle changes and my Kidney and Bladder Programs, her incontinence was subsiding and she started going out, dating and even taking ballroom dancing lessons. I didn't see her for a few months, and then all of a sudden, I got a postcard through my clinic mail slot from her. She was in Europe CLIMBING THE MATTERHORN WITH HER NEW HUSBAND!!! So much for incurable!

If you're one of the 25,000,000 Americans living with the shame and embarrassment of incontinence, you don't have to suffer and miss out on life! It's time to DO SOMETHING ABOUT IT! Remember, everyone DIES, but not everyone really LIVES!

FACT

KIDNEY AND BLADDER CANCER attacks over 90,000 people every year.

SOLUTION: Undetected and untreated kidney and bladder infections are most often the

beginning of organ scarring, degeneration and cellular breakdown. Eventually you get kidney failure, and all too often... cancer, which eats you alive from your urinary tract out. This is so unnecessary, because it is so easy to prevent. Not only because kidney and bladder infections are 100% curable, but also because it is a common medical fact that if you make sure that you drink only two quarts of liquid a day (water, fresh juice and herb tea), you REDUCE your risk of developing kidney and bladder cancer by 50%. That's right, you heard it right, drinking more water PREVENTS kidney and bladder cancer! The reason for this is very simple. There are many potentially carcinogenic (cancer-causing) toxic chemicals and waste materials found in urine. If you drink less liquid, your urine is more concentrated and also flows less frequently. This longer exposure time of concentrated urine against the delicate inner tissues of your bladder increases irritation, infection and eventually cancer. Drinking more liquid, especially water, juice and herb tea, dilutes these poisons in your urine. And, it also creates more urine flow, which in turn reduces the exposure time these potentially carcinogenic chemicals have in your bladder. In other studies, just one glass of high quality

cranberry juice was found to reduce bladder infections by 80%.

Sure, as usual, modern medicine is ignorant of simple healthy living and lifestyle changes that can prevent or heal kidney and bladder disease. Medical doctors and hospitals can make a lot more money treating urinary disease with a dialysis machine at a cost of about \$75,000 a year per person, on average. Remember, the old medical credo, the hippocratic oath, a patient healed is money lost. So, Friends...

STOP! STOP! STOP!

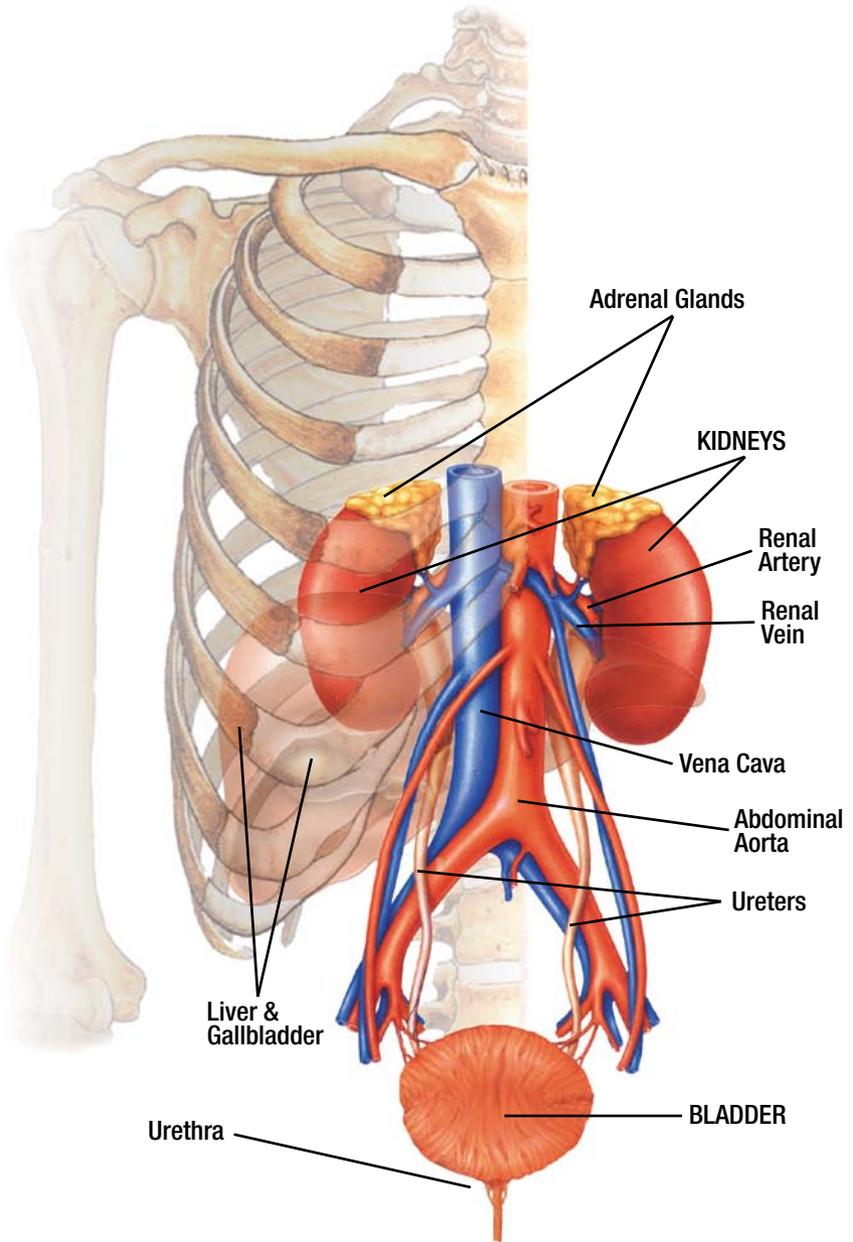
Don't be the next victim.

Protect yourself by preventing kidney and bladder disease.

In this case, just a few more ounces of water is worth a pound of cure. However, if you already suffer from ANY kidney or bladder infection or disease start NOW on my 5-Day KIDNEY Detox outlined in Chapter 4 (page 41) of this book



THE URINARY SYSTEM SIMPLIFIED



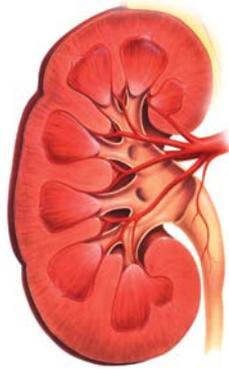
CHAPTER TWO

ANATOMY AND PHYSIOLOGY OF THE KIDNEYS AND BLADDER

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

At last, a basic understanding of your kidneys, bladder and urinary system that your medical doctor wouldn't tell you about. And, even if medical doctors did talk to their patients and explain things, you would need a dictionary in Greek, Latin, late Latin, French, ancient Anglo-Saxon, Old English, numerous other languages and scientific terminology to decipher all their secret code words.

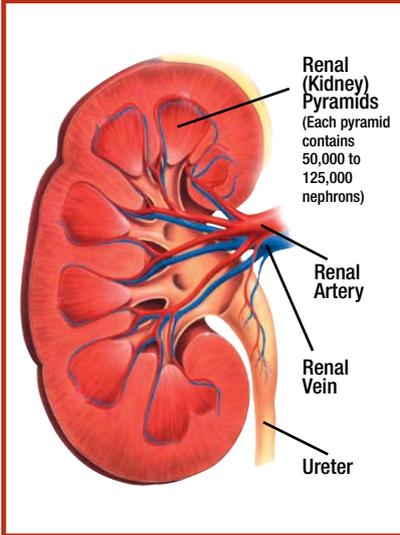
I have broken down all of their ten-dollar words, so you can understand the basics of what your kidneys and urinary bladder look like, where they are, what they do and how they do it, at least as far as we know.



So don't be scared, take a deep breath, and in ten minutes you'll know all you'll need to know about peeing, and then some!

Very simply put, your urinary system is comprised of two kidneys, one bladder and a series of tubes. The kidneys look similar to kidney beans in shape, and also have a similar purple-brown color. They each weigh about five ounces and are about the same size as the palm of your hand, not including your fingers or thumb. You have one on each side of your spine.

NORMAL KIDNEY



The top of each kidney is at about the 12th thoracic vertebra, the bottom being at about the 3rd lumbar vertebra (from your mid to lower back). They are almost completely covered by your lowest back ribs.

The inner side (spinal side) of each kidney has an indentation (the smaller curve of the kidney shape), which is called the hilum or hilum. This is where the renal artery, renal vein and ureter—which take blood in and out, and take urine out—connect and go into your kidneys. **The renal artery (“renalis” is Latin for kidney) brings blood to the kidney to be filtered and cleaned. The renal vein returns**

clean blood to your body. The waste liquid, urine, leaves the kidney via the ureter. Both the ureters from each kidney connect to the bladder. As with all metabolic processes of the human body, this process of blood filtering and urine formation is also very intricate, detailed, complex and similar to when I talked about the liver. (See the companion book in this series, “Create Powerful Health Naturally with Dr. Schulze’s 5-Day LIVER Detox.”)

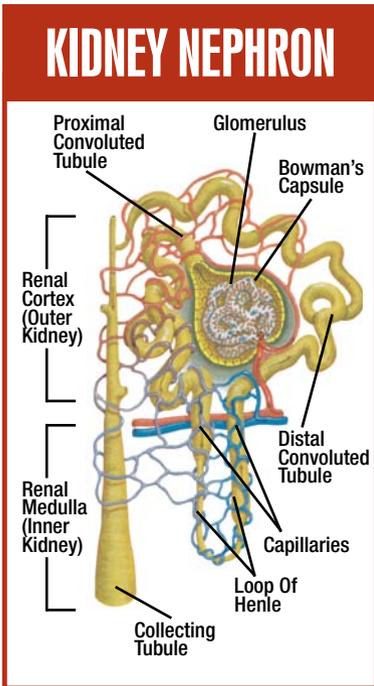
In other words, this is beyond mankind’s comprehension. Knowing that, I will simplify this process, so you will have a basic understanding of what the kidneys do and how they do it.



Pathologist View Of Renal Pyramids

Each kidney is divided into between 8 and 18 wedge-shaped chambers, called renal pyramids. Each of these pyramids contains the many parts of the kidney required to filter the blood. The outside of each renal pyramid is

called the renal cortex (“cortex” is Latin for rind or outer edge), and the inside closest to the hilus or smaller curve of the kidney is called the renal medulla (“medulla” is Latin for inner or center).



The renal artery branches off inside the kidney to form numerous smaller arteries, which enter the outer portion of the kidney, the renal cortex. A very small renal artery branch eventually enters one of the many nephrons (“nephros” is Greek for kidney).

The nephrons are the individual small filtering units in your kidney, and it is believed that each kidney contains approximately 1,000,000 of these nephrons.

Inside each nephron is a renal corpuscle and a tubule. The renal corpuscle is made up of a capillary network called a glomerulus, enclosed in a Bowman's capsule. The renal tubule extends from the Bowman's capsule, via the proximal convoluted tubule, the loop of Henle, the distal convoluted tubule and the collecting tubule **all of which are surrounded and wrapped by peritubular capillaries.**

NOTE: Capillaries, from the Latin “capillaris” meaning hair-like, are the smallest of the blood vessels/tubes, averaging 0.008mm in diameter. They connect the very ends of the smallest arteries (arterioles) to the beginnings of the smallest veins (venules).

Eventually, the filtered blood waste (urine) enters into collecting tubules and then on to the papillary ducts, which are in the renal medulla (or the inner or center portion of the kidney). These papillary ducts eventually empty into the ureter through, which the urine leaves the kidney.

I know that for those of you who just want to do my Kidney/Bladder Flush Drink and **5-Day KIDNEY Detox**, this information is not only an anatomical overload, but downright unappetizing—hang in there with me for a few more minutes, and it will begin to make some sense.

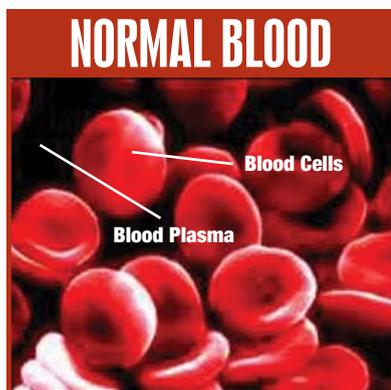
It is the kidneys' job to filter blood plasma, return good blood to the body and create urine to carry waste out of the body. Your blood plasma is the liquid that your blood cells (including your red blood cells) swim around in.

While many know that most cars have water-cooled engines, the human kidney is a water-run waste removal system. Much of the water that you consume is necessary to clean the blood and flush waste material out of the body, via the kidneys. The kidneys also regulate the water,

electrolyte and acid/alkaline balance of the blood and, indirectly, all body fluids.

HOW IT ALL WORKS

Blood enters your kidneys in the inner indented section (hilus) closest to the spine, via the renal artery. Inside of your kidney, this artery divides down into many other smaller arteries that enter one of the pyramid-shaped separate kidney chambers (renal pyramid) and branch down into even smaller arteries in the renal cortex. One of these small arteries enters a very small microscopic sac (nephron), which is an individual filtering unit. As blood passes inside the nephron into the renal corpuscle, through the glomerulus and Bowman's capsule, water, dissolved substances and small bits are filtered out of the blood—but, big things like blood cells and large proteins are retained in the capillaries and blood. As the water and dissolved substances that were filtered out of the blood (which is now called glomerular filtrate or pre-pee), pass through the renal tubules, the proximal convoluted tubule, the loop of Henle, the distal convoluted tubule and the collecting tubule, it moves into



the other area of the kidney called the renal medulla. Here, the urine goes into the papillary ducts and eventually leaves the kidneys through the ureter.

Useful materials such as water, glucose, amino acids, vitamins and minerals are reabsorbed into the blood, via the small capillaries. This reabsorbing is monitored and limited by your body. The reabsorbing of nutrients is stopped if you have too much of a nutrient already, and the reabsorbing of water is regulated by hormones.

The kidneys not only filter the blood, but they also regulate the physical properties and composition of the blood by monitoring the acid-alkaline balance. What is left in the remaining liquid, now urine, is about 95% water and 5% dissolved substances. The dissolved substances are minerals (especially sodium), nitrogenous waste products like urea, uric acid, creatine, creatinine, ammonia, chlorides, calcium, magnesium, phosphorous and many other substances like blood, pus, bacteria and parasites (all depending on the disease or health level of the person).

The urine leaves each kidney, via the ureter and both right and left kidney ureters connecting

to the bladder separately, on the corresponding side. Bladder is a general term from the Anglo-Saxon “blaedre”, meaning a sac or receptacle for a secretion, like the gallbladder. The urinary bladder then, of course, is the muscular receptacle for urine—without it, your urine would just constantly run out of your body. The bladder is in the lower front of your pelvic cavity. In women, it is in front of the vagina and in men in front of the rectum.

The bladder has a normal storage capacity of about a quart or more. When the bladder fills, it stretches, which initiates nerve impulses to the spinal cord. When you want to urinate, returning motor nerve impulses simultaneously cause contraction of the bladder and relaxation of the bladder sphincter muscle. This process can be stopped temporarily by the voluntary contraction of the external urethral sphincter muscle.

At the very bottom of the bladder is the urethra, a tube that the urine passes through to leave the body. On a man, this tube passes through the center of the prostate gland and then out through the center of the penis and out the end. It is also used for the passage of semen. This is why when a man has a swollen prostate (due to sexual

function or disease), it squeezes off the urethra making voiding urine very difficult. In a woman, the urethra leaves the bladder, and the orifice where the urine is voided is in the vestibule between the vagina and the clitoris.

OK, enough is enough. Knowing a few of the details can not only help you understand your illness if you have kidney disease, but also will help you to understand when I explain my kidney and bladder cleansing, detoxification and healing programs.

DIAGNOSIS OF URINARY SYSTEM DISEASE

THE “AMOUNT” OF URINE

Normally, a person should urinate about four to six times a day. This amount can vary greatly, depending on the amount of liquids you consume, how much you weigh and how much you are exercising, breathing, sweating, etc. The average person eliminates between one and two quarts of urine a day. Any change in the amount of urine excreted can be a sign that something is wrong with the urinary system.

THE “LOOK AND SMELL” OF THE URINE

Since recorded history, people have noticed that another sign of urinary system disease is a change in color, transparency, and smell of the urine—so, examining urine was something all doctors did thousands of years before modern medicine. I have studied with many traditional doctors who examined urine with just their eyes and nose and diagnosed many diseases and metabolic imbalances, better than many modern urologists with their high tech laboratories. Even modern medical texts contain pages of descriptions of urine colors and smells to help doctors diagnose urinary illness. Just a few of the colors in medical text are blue, black, bile-colored, colorless, lime green, milky, orange-red, pale, red and reddish, and the odors listed are endless, from fishy and new-mown hay to over-ripe apples.

So again, any changes in urine quantity, color, transparency, odor, specific gravity, dilution ability and acidity can be a warning sign that your body is out of balance and your kidneys are unhappy and starting to get damaged.

If you are interested in further study of disease diagnosis from changes in the urine, read “Ancient Healing Wisdom Blows Away Modern Technology” on page 37, or consult your local medical university bookstore.

“All diseases and imbalances that
cause the destruction of the kidneys can be
TOTALLY REVERSED. GETTING WELL IS EASY.
STOP doing what is making you sick.
START doing what will heal your **BODY.**”

— *Dr. Richard Schulze*



CHAPTER THREE

THE PROBLEM: KIDNEY & BLADDER DISEASE

In the past 10 years, the number of Americans with kidney failure has doubled to more than 400,000 now being treated at a cost of \$25 BILLION annually.

DISEASES THAT CAUSE URINARY SYSTEM BREAKDOWN AND ILLNESS

TOXEMIA

Most damage to the kidneys and their ability to filter and clean your blood is caused by toxemia (excessively dirty blood), which is the result of a degenerative lifestyle.

If your blood has too much toxic waste in it, it is very hard on your kidneys. This can be caused by

being constipated, having pounds of old fecal matter in your bowel and reabsorbing the poisons back into your blood (known as auto-intoxication). Your food program may also be too high in junk food, which is laden with toxic



and poisonous chemicals from preservatives and insecticides. With a high level of poisons and toxins in your bloodstream, from your retained waste and your food program, your

kidneys don't stand a chance and can't handle the filtering job. They are just plain overloaded. It is like expecting your oil filter in your car to do its job, when you haven't changed your oil in 100,000 miles and it is filled with impurities. Your oil filter (kidney) is just going to fail and your oil (blood) is just going to stay dirty, until your engine (body) quits.

All of this toxic waste build-up in your kidneys is a leading cause of kidney and bladder cancer.

If this is you, make sure that along with my 5-Day KIDNEY Detox (Chapter Four), you also need to do my 5-Day BOWEL Detox (see “Create Powerful Health Naturally with Dr. Schulze’s 5-Day BOWEL Detox”) and start a healthy food program.

HYPER-CHOLESTEROLEMIA & HYPERTENSION

Your liver and gallbladder may be congested, overloaded and plugged, because your food program is too high in animal foods. This causes hyper-cholesterolemia (high cholesterol levels), which in turn causes hypertension (high blood pressure). High blood pressure causes almost half of all kidney disease.

Your kidneys have a much harder time filtering out thick, fatty blood, than filtering out thinner blood. This is just basic physics. Try pouring water through a coffee filter. It will run through the filter very quickly. Now try pouring in and filtering ice cream or cheese. Not very easy, is it? Saturated fat from animal foods makes your blood very thick, increasing your

cholesterol level and making it very difficult for your kidneys to filter your blood. In fact, it will clog the tiny filtering capillaries and nephrons in your kidneys, rendering them incapable of filtering anything.

This fatty blood is also much harder for your heart to pump around your body, so your heart has to increase its pumping force (your blood pressure). Again, this is basic physics. If you are pumping water through a pipe 100 feet long and now you want to pump cheese instead, it will take more pressure to pump a thicker mass. This causes high blood pressure and higher pressure ruptures and hemorrhages the very tiny capillaries and microscopic parts of your kidneys’ blood filtering system, scarring and eventually killing them.

If this is you, make sure that along with my 5-Day KIDNEY Detox you also do my 5-Day LIVER Detox (see “Create Powerful Health Naturally with Dr. Schulze’s 5-Day LIVER Detox”) and begin a healthy, vegetarian food program.

DIABETES

High blood sugar or diabetes causes most of the other half of kidney disease, that high blood pressure doesn't. There are many known ways in which high blood sugar hurts the kidneys and many additional theories. Again, the micro-filtration systems of the kidneys are very fragile to blood viscosity, pressure, toxic waste and severe blood imbalances, like diabetes. Diabetics have excessive urination, hence the name diabetes (from the Greek meaning passing through).

These comprise just some of the reasons being a diabetic can cause the rupture, breakdown, eventual scarring and lesions on the small, delicate, kidney-filtering micro parts and render them at first incapacitated, and eventually, incompetent and dead.

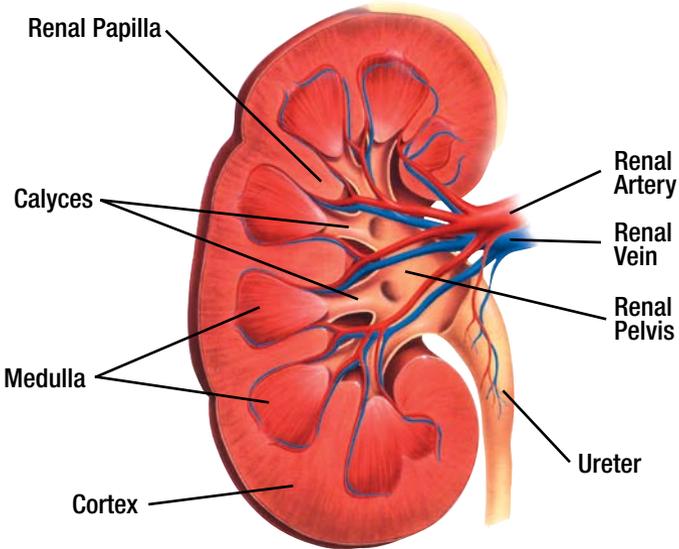
In my clinic, I treated hundreds of diabetics, all of whom, if they were willing to go far enough, got their diabetes under control and off of any insulin with a healthy food program, exercise and routine cleansing and detoxification programs.

DEATH ROW DIALYSIS



Kidney dialysis is really a death sentence, like a ticking time bomb. After 5 years on dialysis, only about 1/4 of the people are left alive. After 10 years, less than 8% are still living. On dialysis, you actually die sooner than the average person rotting to death with malignant cancer. Whether you know it or not, your doctor is just waiting for someone else to die, so they can cut a kidney out and sew it into you. On average, this “cadaver kidney” and you will be dead in 9 years.

NORMAL KIDNEY



DISEASED KIDNEYS



KIDNEY CANCER



POLYCYSTIC KIDNEY

THE BOTTOM LINE ON ANY KIDNEY, BLADDER OR URINARY SYSTEM DISEASE

I have seen a lot of strange things in my life, especially in my clinic. But, I've never seen a kidney walk into my office, lie down on my examination table and say, "Doc, I don't feel so good."

Early in my practice, I realized that there is a real person in my office and that the true problem is probably NOT where the pain is, and true healing is getting to the cause of disease.

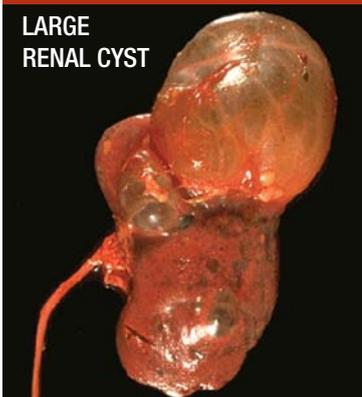
Medical doctors have a bad habit of looking at where the pain is or where the final breakdown occurs. So, with kidney disease, the medical doctor reacts by looking at the kidneys (seeing that they are failing, inflamed or falling apart), then suggests kidney medications and dialysis and eventually puts you on a kidney transplant list. This is as stupid as if you put cola, coffee or cow's milk in the gas tank of your car, and then blame the engine when it quits running. Sure, the

engine doesn't work, and may be damaged, but the cause of the problem is NOT the engine. The engine can run again just by flushing and cleaning it out and putting some proper fuel in the tank. Any grease monkey kid knows this. Maybe we should make all medical doctors take a year of basic auto repair, before they start their pre-med curriculum.

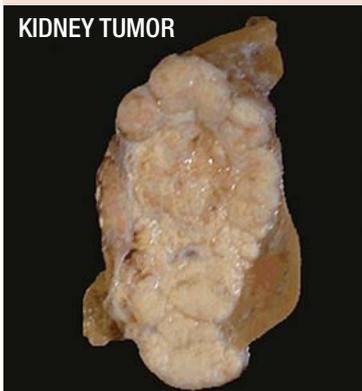
Even if the medical doctor realizes that your kidneys are self-destructing because of your high blood pressure or fatty blood, most doctors think this is just the normal disease process of the American lifestyle and that you are incapable of any modification. This may include taking on of some radical, extremist health program like eating less meat, drinking a little juice and walking. Consequently, medical doctors rarely suggest any changes in your lifestyle. They try to HEAL your kidneys or any failing organ, without your help! This buys time, but it never heals.

DISEASES OF THE KIDNEY

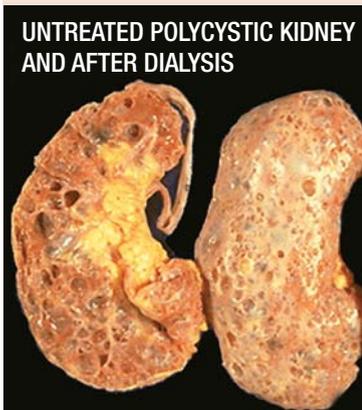
LARGE
RENAL CYST



KIDNEY TUMOR



UNTREATED POLYCYSTIC KIDNEY
AND AFTER DIALYSIS



A Picture Is Worth A **1000** Words

The only reason your kidneys are failing is because the blood that they are trying to filter is more like a toxic sludge. If you clean up your lifestyle, improve your food program and flush out your elimination organs (especially your bowel, your liver, gallbladder, and of course, your kidneys) your kidneys and body will heal themselves.

DIFFERENT KIDNEY STONES



KIDNEY STONES

“When I was a kid, I remember hearing my dad screaming in pain in the toilet, then coming out in about 15 minutes, totally soaked in sweat. I later discovered that he had passed a kidney stone. For those of you that have never passed a stone, you don’t want to know the pain and torture of it all. Although I have never personally passed one, I had many patients that did, some right in the bathroom of my clinic. Most described it as a pain so severe, that it took their breath away. Some dropped right to the floor, crying and screaming. There is no running away from it and it feels like you are peeing a combination of sharp broken glass and boiling acid. From the amount of blood in some of my patients’ urine, it looked like they were bleeding to death. Not a pleasant experience at all.”

Because the kidneys try to filter acids and minerals out of your

blood, but get overloaded as I stated earlier, you can get a build-up of mineral gravel, stones, acid crystals and mineral plaque inside your kidneys. This sediment can build up over years and turn into rocks, but it can also literally turn your kidneys into petrified rock. It can take over your entire kidney structure and eventually become fossilized.

The vast majority of all kidney stones are made up of calcium. Isn’t it interesting, that we always seem to be trying to get more calcium into our diets?

In many people’s attempts to get more calcium into their bodies, ironically, they actually lose more instead. This often happens when women, worried about osteoporosis, start drinking more milk and eating more dairy products.

Animal food is very high in calcium, but **also very high in protein**. When you consume it, as part of the digestive process of any high-protein food, you often

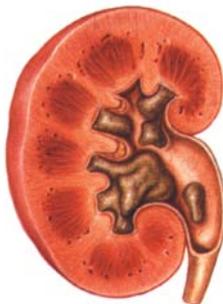
TYPES OF KIDNEY STONES



70% of all stones are calcium stones.



15% of all stones are uric acid stones.



15% of all stones are magnesium, ammonium and phosphate stones.

end up peeing out more calcium, because your body attempts to utilize all this protein. All this calcium pouring out of your blood and flooding through your kidneys actually overloads your kidneys with calcium. And remember, over 70% of all kidney stones are calcium rocks!

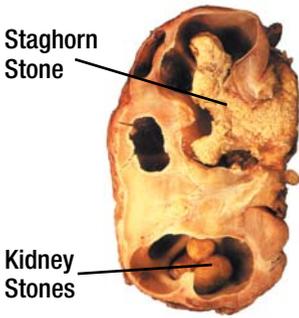
So, what you want to do is not only get more calcium into your mouth, but also get calcium that will stay in your blood and eventually get into your bones, not getting urinated away. This is why **low-protein**, but **high-calcium** foods, are much better choices and we can retain the calcium in our blood.

Carrots, citrus and greens are much better choices than high-protein milk and dairy products. Ounce for ounce, organic carrot juice made at home in your own juicer has as much, if not more, calcium than cow's milk—and, you don't pee all the calcium into the toilet. Plus, it tastes better. If you are not used to the taste of carrot juice, then mix it with a little, (or a lot), of apple at first, until you get used to it. This is also a great way to get the kids drinking carrot juice—combine 90% fresh organic apple and 10% fresh organic carrot. Any kid will love that.

NOTE: This same calcium plaque that causes kidney

stones also builds up in coronary arteries and cerebral arteries, along with cholesterol, causing heart attacks and strokes, and is caused by a diet high in animal foods.

Diseased Kidney



The latest fad high-protein diets, (like Atkins and the Zone), can take people's weight off, but can also turn your kidneys to stone. Most medical books suggest the first place to look when a patient has kidney stones is the diet—and, if they are on a high-protein diet, get them off it, immediately. Over the years the tabloids have been full of reports about Hollywood stars having to be hospitalized for hurting their kidneys with these high-protein weight loss diets.

Other stones are formed from uric acid and actually form uric acid crystals in the kidneys. Again, this build-up is often

caused by a diet high in animal foods (which contain tons of uric acid), along with processed foods, junk foods, etc.

Most medical texts state that alkalization of the urine through diet can dissolve uric acid crystals and stones. In my clinic, I would use both the alkalization of the urine through a raw food and juice program (Dr. Schulze's **5-Day KIDNEY Detox**) and foods and herbs that dissolve urinary stones and gravel. Use Dr. Schulze's **K-B Formula** and **K-B Tea** to dissolve all types of stones, uric acid, calcium... **EVERYTYPE OF STONE!**

Remember, the alkalization of the urine and blood has nothing to do with the pH (acid or alkaline) level of a particular food, but how the food reacts to your body's metabolism. In other words, acidic foods with a low pH like citrus and apple cider vinegar actually have a very strong alkalizing effect on



Cystic Stones

your urine and blood. Generally, foods that have an alkalizing effect on your body fluids are fruits, vegetables, sprouts, raw foods and juices. Foods that have an acidifying effect are animal foods, processed foods, sugar and junk food—you know, the bad stuff.

So, getting on a good raw food and juice program can dissolve stones, rocks, crystals and any kind of sediment in your kidneys.

IF YOU DON'T WANT ROCKS AND GRAVEL IN YOUR KIDNEYS, STOP EATING ROCKS AND GRAVEL.

Since calcium and uric acid are what most kidney stones are made of, just by stopping eating animal foods you can halt the formation of stones. Refraining from eating stones, gravel and dirt is also very helpful.

Since most mineral supplements are made from rocks, gravel, stones, pulverized oyster shells, old animal bones and even metal, eliminating this junk mineral supplementation can also prevent the formation of kidney stones. I would put all of my patients that either had kidney stones or a family history of them on my **SuperFood Plus**. The minerals in **SuperFood Plus** will give

you a nutrient blast, but will not contribute to the formation of stones. In fact, **SuperFood Plus** will alkalize your blood, which will actually help you to dissolve stones.



Uric Acid
Stones

Uric acid crystals in the kidneys are easy to dissolve, quickly. Small calcium gravel and

plaque is easier and faster to dissolve than one large stone. Regardless of the size of your crystal and rock collection, if you have or even suspect any type of sediment, gravel or stone in your kidneys or bladder, or have been diagnosed by a doctor as having them, it is time to get to work.

As a minimum, do my **5-Day KIDNEY Detox** on pages 41-49 that includes the Kidney/Bladder Flush Drink and all of the Kidney/Bladder Herbal Formulae.

If the problem still persists, I suggest doing my **5-Day KIDNEY Detox** for an additional week. You can also do my Kidney Stone Dissolving Routine (on page 48) that I used in my clinic to literally dissolve thousands of kidney stones.

APPLES, THE DISSOLVER OF CALCIUM AND URIC ACID STONES: A DR. SCHULZE DEMONSTRATION

Fill a canning jar about three-quarters of the way up with apple cider vinegar (acetic acid) or use white vinegar, which is clearer and makes it easier to see. (I never advise consuming white vinegar—this is only for this experiment). Place a chicken egg into the solution. (I know this is gross and you may be a vegan, so borrow an egg from a neighbor—a picture can be worth a thousand words.) Within a few days, the vinegar will dissolve all of the eggshell (which is made of calcium), but it will not harm or dissolve the thin membrane that holds the egg together. In this same way, phytochemicals in raw apple juice and apple cider vinegar can dissolve calcium stones in your kidneys, but never harm nor irritate the delicate membranes.

BLADDER INFECTIONS: THE STATISTICS

One of the most common types of all infections in men and women are bladder infections. They are sometimes referred to as cystitis (“kystis” is the Greek word for bladder and “itis” for inflammation).

- ▶ **Women are 50 times more likely to get bladder infections than men.**
- ▶ **95% of bladder infections are caused by bacteria entering the opening of the urethra and literally travelling up the urethral opening into the bladder.**
- ▶ **About 80% of these bacterial infections are caused by the gram-negative *Escherichia coli* bacteria (*E. coli*) and the rest usually by other well-known bacteria.**

In my clinic, I saw two major reasons for bladder infections, especially in women, and both were based on sexual activity. Most common was when one of my single female patients had not been sexually active for a time, then met Mr. Right and had a weekend fling, making love just about all weekend long. During sexual intercourse, lots of generally benign bacteria that are very common to the male and female body (like *E. coli*), are spread around the vaginal and urethral openings. **Just urinating will flush these bacteria out of the urethra and prevent a bacterial infection.** But sometimes, couples fall asleep after intercourse and sleep all night, which gives the bacteria time to work their way

DISEASES OF THE BLADDER



Bladder Cancer

These are large cancerous tumors found inside the bladder. There are over 60,000 new cases of bladder cancer diagnosed every year!



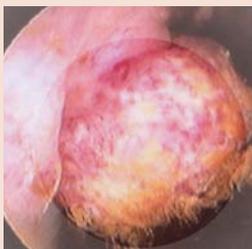
Incontinence

From fecal impaction pressing against the bladder to prescription and over-the-counter drugs, such as antihistamines, antidepressants and heart & blood pressure medications, the causes of urinary incontinence are endless!



Bladder Stone

Bladder stones are usually the result of another urologic problem, such as urinary tract infection or an enlarged prostate. Approximately 95% of all bladder stones occur in men.



Cancerous Tumor

This is a cancerous tumor on the external wall of the bladder.

up into the bladder. No matter how unromantic this sounds, **GET UP AND PEE** soon after intercourse. This will reduce your chances of getting a bladder infection to almost nothing.

The other most common causes of bladder infections are antibiotics, spermicides (used for diaphragms and on condoms) and any other medication that is proven to imbalance your vaginal bacterial flora and permit the overgrowth of *E. coli* bacteria. In any case, everyone (men, women, sexually active or celibate, with cystitis or bladder infections and even infections of the urethra or ureter) is treated exactly the same, as kidney infections, by following my **5-Day KIDNEY Detox** in Chapter Four. My program worked 100% of the time in healing any kind of bladder infection.

ANCIENT HEALING WISDOM BLOWS AWAY MODERN TECHNOLOGY

Many years ago while working in a clinic in Asia, I was told of a rural doctor that had an almost perfect success rate at diagnosing urinary tract diseases and many other illnesses from studying his patients' urine. I traveled to visit his clinic, which to my surprise was not much more than a mud

hut. He would ask the patient to urinate into a cup. After the patient gave him a urine sample, he would walk out the back door of the hut, come back through the door in a few minutes, and have his diagnosis (which according to what I observed, was incredibly accurate).

When I asked him if I could observe his laboratory tests and evaluations, he invited me through the back door of his hut to a small table and chair out back. The first thing he would do was look at the urine in the clear glass with the sun behind it and study the color. Next, he would take a long, deep sniff (similar to a wine taster deeply inhaling a fine Chardonnay) and would then often mumble something. He would then proceed to pour some of the patient's urine on an ant hill, taking the leftover to the table. He first divided it into two bowls, and then proceeded to drop various herb powders and grains into the urine. In a few minutes, he went back and checked the ant hill and then the urine on the table in the bowls. Then, without hesitation, walked back into the hut and gave his incredibly accurate diagnosis. After a few days, I figured some of his genius out.

First, he checked the color and transparency of the urine,

which can tell you everything from liver disease and kidney inflammation to poisoning. Then he smelled the urine, which can give you 100 more clues. The human eyes and nose are still much more sensitive than any laboratory equipment ever developed, although many doctors don't like to admit it. The rate at which his ants were attracted or repelled by the urine told him many things, including the amount of sugar in the urine. Diabetes is the #1 cause of kidney disease, so he needed to rule that out. Dropping herb powders in the bowls of urine samples told him many things from specific gravity to dilution ability (both tests for kidney and pancreatic disease). He also could tell the acidity of the urine (by which certain herbal flowers changed color), which can tell you about everything from infections to low-grade fevers. All I can say is a few days with this man taught me more than a year in a hospital lab, especially in using my favorite diagnostic protocols of simplicity and common sense.

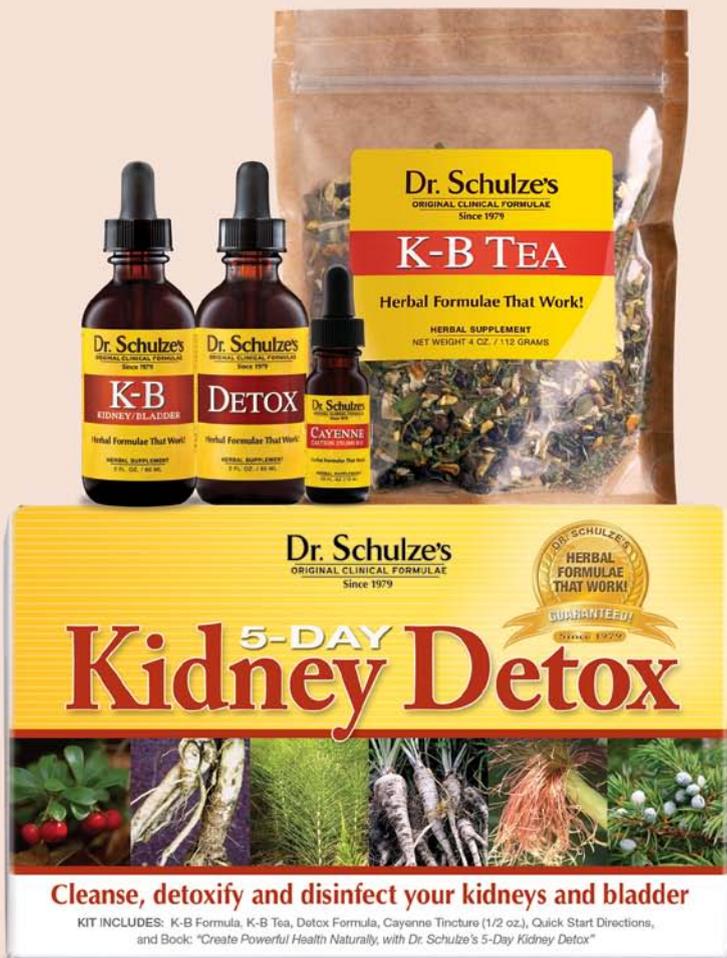
First of all, no one but God really understands the kidneys, the bladder and the urinary tract. All the systems of the human body are way too complex for us to even begin to understand.

But on a basic level, I can get you to understand them enough to figure out and see what's going on, to make a good common sense decision and once you use your common sense, you'll see that...

Real healing, true healing, is all about YOU healing YOURSELF.



Dr. Schulze's 5-Day KIDNEY Detox



- ▶ **Flushes and detoxifies your kidneys and bladder**
- ▶ **Eliminates kidney and bladder infections**
- ▶ **Helps to dissolve and remove kidney stones**
- ▶ **Cleans and detoxifies your blood and promotes healing**

...ALL IT TAKES IS 5 DAYS!

CHAPTER FOUR

THE SOLUTION: DR. SCHULZE'S 5-DAY KIDNEY DETOX

I created my 5-Day Detox Programs as an entry level cleanse for all my patients. This program is an EASY cleanse that anyone can do.

My 5-Day KIDNEY Detox, which includes my Kidney/Bladder Flush Drink and my Kidney/Bladder Herbal Formulae, have many healing benefits to your urinary system.

The citrus juices in the kidney flush not only supply you with needed electrolytes, but also alkalize your blood, which is proven to dissolve uric acid crystals and even kidney stones. They also help flush out mucous and are diuretic, making you urinate more.

Just by consuming all this liquid, you are literally flushing the kidneys out. Just by urinating more, you can remove infections and stones in the kidneys and bladder. This is very important,

especially first thing in the morning, since your kidneys have been sleeping and near dormant all night long. In the morning, you most likely have a higher bacteria count and higher level of sediment in your kidneys, than any other time.

This flush is based on a wonderful old drink by Stanley Burroughs (known as the Master Cleanser) that was successful in helping thousands of people heal themselves of many different diseases.

The citrus juices contain citric acid, but apple cider vinegar contains acetic acid and can be used as a replacement if you cannot get good quality fresh citrus fruit. The apple cider vinegar must be raw, organic, and unfiltered (like Bragg's or Spectrum). It will have the same action.

The herbs in my **K-B Formula** and my **K-B Tea** have 3 major

actions—diuretic, disinfectant and dissolving. Herbs such as Uva Ursi Leaves, Juniper Berries, Corn Silk, Horsetail Herb, Parsley Root, Carrot Tops and others in the formula have been used for centuries as diuretics (herbs that make you urinate more). Even today, this action is listed in medical and chemistry books for most of these herbs. Some of these herbs, like Juniper Berries and Uva Ursi Leaves, contain phytochemicals like volatile oils that are also powerfully disinfectant and destroy bacteria that lives in your kidneys and bladder, healing kidney and bladder infections. Herbs like Hydrangea Root and Gravel Root are famous for their ability to dissolve kidney stones. So, the Kidney/Bladder herbs make you urinate more, disinfect the kidneys and bladder and dissolve and flush out any sediment, before it turns into rocks. And if you already have rocks, it starts breaking them down and dissolving them.

HOW TO DO DR. SCHULZE'S 5-DAY KIDNEY DETOX

YES, I designed my **5-Day KIDNEY Detox** to be done during the week, at work or during your regular weekly routine. Look, nobody wants

to do a cleanse or detox on the weekend, and usually if you are silly enough to plan it that way, the phone rings, friends or relatives call, and the next thing you know you've blown it. With weekend fun, friends and parties, eating is a big part of it all. During the week, you are all very busy at work. You can do this program at work and you will hardly even notice that you've done it—**IT WILL FLY BY**. You might even set an example for a few of your co-workers, who would be nicer people with their kidneys and bladders cleaned out.

Continued on page 47.

5-DAY DETOX DAILY ROUTINE:

DO THESE 8 STEPS EVERY DAY!

- STEP 1:** Upon arising, drink 8 oz. of distilled or purified water.
- STEP 2:** Prepare and drink the Kidney/Bladder Flush Drink. (See How to Make Dr. Schulze's Kidney/Bladder Flush Drink on page 46.)
- STEP 3:** 15-20 minutes after drinking your Kidney/Bladder Flush Drink, drink two cups of **K-B Tea**. (See Dr. Schulze's **K-B Tea** directions on page 54.) Put 2 droppersful of my **K-B Formula** in each cup of tea (consume total of 4 droppersful) or have the tonic separately in 1 oz. of water.
- STEP 4:** Finally, take 3 droppersful of my **Detox Formula**. This formula is my strongest tasting, so you can put it in a little grape juice if you wish.
- STEP 5:** One hour later, drink your SuperFood Plus Morning Nutritional Drink.

SuperFood Plus Morning Nutritional Drink Directions:

In a blender, mix 8 ounces of organic fresh fruit juice, 8 ounces of pure water, 1/2 cup of fresh organic fruit and 2 tablespoons of **SuperFood Plus**.

- STEP 6:** Repeat the same dosage of the **K-B Tea** and **K-B Formula** two more times during the day.
- STEP 7:** Repeat the same dosage of my **Detox Formula** four more times during the day, consuming a total of 3 droppersful five times a day.

THE FOOD & JUICE PROGRAM

Fresh fruit or vegetable juice is the best way to get your vitamins, minerals and other essential nutrients. They are also very important for cleansing and detoxification.

Day 1 & 5 (Raw Food)

BREAKFAST: If you're hungry before lunchtime, you may have fruit, diluted fruit juice and fruit smoothies. Stop all fruit and fruit juice at least one hour before lunch. It is best not to mix fruits and vegetables, while on this program.

LUNCH: For lunch, you can have fresh raw vegetable juices, raw vegetables (alone or in salads), sprouts, potassium broth and herb teas. You may use dressings for your salads and vegetables, if you like—use olive oil, avocado, raw apple cider vinegar, lemon juice, garlic, onions and any herbs and spices.

AFTERNOON SNACKS: Raw vegetables, raw vegetable salads, diluted vegetable juices, sprouts, potassium broth and herb teas. All vegetable foods and juices must be stopped by 6pm.

DINNER: Diluted fruit juices, fruit, fruit smoothies, fruit salads and herb teas.

Days 2, 3 & 4 (Juice Flush)

Now, we begin the 3-day fast. Consume at least one gallon (128 ounces) of liquid a day. That's eight 16-ounce servings a day. If you get hungry, DRINK MORE LIQUID!!!

MORNINGS: Start with water, your morning flush, herbal teas/tonics and your morning **SuperFood Plus** drink.

MID-MORNINGS: Diluted fruit juices, herb teas and water until noon.

AFTERNOONS: Diluted vegetable juices, potassium broth, herb teas and water until evening.

EVENINGS: Diluted fruit juice, herb teas and water in the evening.

Day 5 (Raw Food)

Day #5 is the day you will be breaking your fast. Your food program will be the same as Day #1. Breaking your fast is a very important part of this program. Chew your food slowly, mixing each mouthful with plenty of saliva. Eat until you are satisfied, not full. You can always eat more later, if you are still hungry. Chew everything to a liquid pulp.

See Dr. Schulze's Kidney/Bladder Flush Drink on page 46 and K-B Tea recipes on page 54.

How To Make Dr. Schulze's 2-Minute Kidney/Bladder Flush Drink

Put these ingredients in a blender:

- ▶ 16-32 oz. of distilled or purified water
- ▶ Juice of 1 lemon and 1 lime
- ▶ A pinch of Dr. Schulze's **Cayenne Powder** or 5-20 drops of Dr. Schulze's Famous **Cayenne Tincture**
- ▶ Optional: A small amount of maple syrup to taste



Blend on high speed for 10-15 seconds.

Consume the drink.

- ▶ NOTE: It only takes me 60 seconds to make my Kidney/Bladder Flush Drink in the morning. Drink the flush down in 2-3 minutes. Don't sip it.

After drinking your flush drink:

- ▶ 15-20 minutes after drinking your Kidney/Bladder Flush, drink 2 cups of previously prepared **K-B Tea** (see directions on page 54). Put 2 droppersful of my **K-B Formula** in each cup of tea (consume a total of 4 droppersful) or have the tonic separately in 1 oz. of water.



Continued from page 42.

KIDNEY STONE DISSOLVING ROUTINE

This routine takes two days and can be repeated. Take a stainless steel pot and fill it with 3 quarts (96 oz.) of fresh-squeezed organic apple juice. Use strong apples that have a lot of organic malic acid, ones that make you pucker (not some tasteless, politically correct, delicious apples that have little or no nutritional or medicinal benefit at all). Add 20 oz. of fresh-squeezed organic citrus juice, lemon and lime half and half is best. Then, add 10 oz. of organic, raw, unfiltered apple cider vinegar. Add one entire bottle of my **K-B Formula** and two entire packages of my **K-B Tea**. Let this mixture steep in a warm place for a whole day, stirring every couple of hours for a minute or two. If you have a real serious stone problem, add a few additional ounces of Hydrangea Root and a few more ounces of Gravel Root to this brew.

To make this formula stronger, mix all the ingredients in a blender. This will break down and smash all the herbs.

Let this sit for 24 hours and then strain through a stainless steel strainer or squeeze through

a clean, cotton t-shirt. The strained formula must now be kept in the refrigerator, until it is all consumed.

The next day after it has brewed, drink 4 oz. an hour of the liquid. You can even drink an ounce every 15 minutes. Considering that you sleep eight hours and are up for 16, if you drink 4 oz. every hour that you are awake you will consume a total of 64 oz. each day; this means this brew will last you almost two days.

You will also be drinking some distilled water, up to 64 oz. a day. Only distilled water (the emptiest water) is allowed. Distilled water is so empty that it is like a vacuum. It is the universal solvent, especially for unwanted mineral deposits. Just by drinking distilled water on a regular basis you dissolve stones and prevent new ones from forming—but, when added to this routine, you'll have a real winner.

Dr. Schulze's Kidney Stone Dissolving Formula Ingredients

In a 1-Gallon Jug, mix:

- ▶ 96 oz. Organic, Fresh-Squeezed Apple Juice
- ▶ 10 oz. Organic, Fresh-Squeezed Lemon Juice
- ▶ 10 oz. Organic, Fresh-Squeezed Lime Juice
- ▶ 10 oz. Organic, Raw, Unfiltered Apple Cider Vinegar
- ▶ One-2 oz. bottle of Dr. Schulze's K-B Formula
- ▶ Two-4 oz. bags of Dr. Schulze's K-B Tea



PATIENT CASE HISTORY

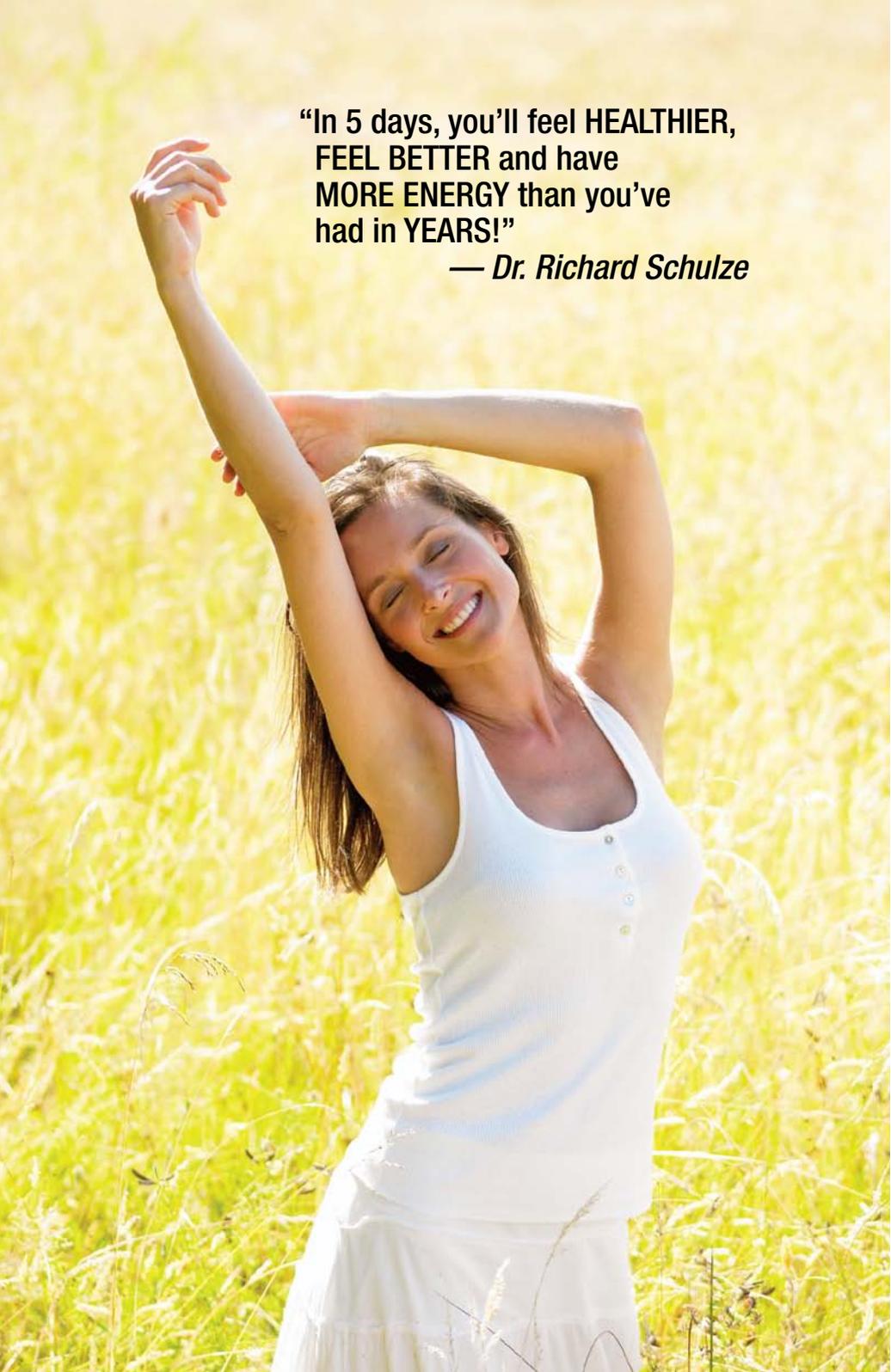
I had literally hundreds of patients who came to my clinic with kidney stones, and all of them were able to dissolve them.

I had a man in his early 30s come to see me from UCLA Hospital, where they x-rayed him and found 19 large kidney stones. One doctor suggested kidney surgery and the other suggested the sound wave blaster that breaks up the stones. And, hopefully the stones wouldn't get stuck on the way out, OUCH!!!!!!

Instead, he had heard about my clinic from a friend of a friend who I helped dissolve their

kidney stones—so, he came to me. I put him on my kidney stone dissolving routine, and then we did it a second time for good measure. Against my advice, he returned to the hospital about 2 weeks later for another x-ray—they discovered that his stones were gone, VOILA!

Remember, when dissolving any type of stone, (kidney, gallbladder or whatever) 100 small stones will dissolve faster than one large stone—just like a bag of ice cubes will melt faster than a big block of ice. So the program can be repeated as often as needed, until all the gravel or the Rock of Gibraltar, is gone.

A woman with long brown hair, wearing a white tank top and a white skirt, is standing in a field of tall, golden grass. She is smiling with her eyes closed and has her arms raised, stretching her neck and shoulders. The background is a soft, out-of-focus field of grass under bright, warm light.

**“In 5 days, you’ll feel HEALTHIER,
FEEL BETTER and have
MORE ENERGY than you’ve
had in YEARS!”**

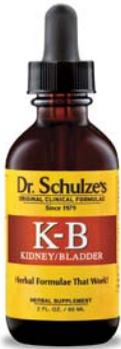
— *Dr. Richard Schulze*

CHAPTER FIVE

DR. SCHULZE DESCRIBES HIS HERBAL FORMULAE

Flush and detoxify your kidneys and bladder and promote healing.

K-B FORMULA



- ▶ **Fights urinary tract infections**
- ▶ **Diuretic and disinfectant for the kidneys and bladder**
- ▶ **Prevents kidney stones**
- ▶ **Combats incontinence**

Botanical Ingredients:

Botanical Ingredients: Uva Ursi Leaf, Juniper Berry, Horsetail Herb, Burdock Root, Corn Silk, Parsley Root

This tonic is both diuretic (increases the flow of urine) and disinfectant (destroys urinary tract infections) to the kidneys, bladder and urinary system. Although this action has been known and reported since the beginning of recorded herbal medicine, modern medicine has finally filled its medical books documenting this powerful medicinal action.

Whenever I used these formulae in my clinic, they cured every patient with a urinary tract infection, even after antibiotics had failed. It worked 100% of the time. This formula works best if used along with the **K-B Tea** and the **Kidney/Bladder Flush Drink**, as directed in Chapter 4.

METABOLIC ACTION AND BOTANICAL CHEMISTRY

Uva Ursi Leaf contains powerful phytochemicals, such as volatile oils, arbutin, quercetin and malic and gallic acids. Arbutin is highly antibacterial and destroys bacteria and fungus that infect the urinary system such as *E. coli*, candida albicans, staphylococcus, etc. One of the ways Arbutin does this is by releasing aglycone hydroquinone and other phytochemicals into the urine. Quercetin is a capillary protectant, protecting the literally trillions of capillaries existing as part of the delicate kidney-filtering system. Malic and gallic acids (the same as found in apples and apple cider vinegar) have long been used for kidney and bladder infections.

All of the other herbs in this formula contain phytochemicals that are either diuretic, anti-microbial or anti-inflammatory to the entire urinary system.



Uva Ursi Leaf

K-B TEA



- ▶ **Fights urinary tract infections**
- ▶ **Diuretic and disinfectant for the kidneys and bladder**
- ▶ **Helps dissolve kidney stones**
- ▶ **Soothes the urinary tract**

Botanical Ingredients:

Juniper Berry, Corn Silk, Uva Ursi Leaf, Parsley Root, Horsetail Herb, Goldenrod Herb, Hydrangea Root, Gravel Root, Marshmallow Root, Orange Peel, Peppermint Leaf

A mild-tasting, but powerfully effective tea. It is both diuretic and antiseptic to the entire urinary tract. It soothes urinary tract inflammation and also dissolves kidney stones and renal gravel.

This formula has all the actions of the **K-B Formula** (though slightly milder), but also contains additional herbs for reducing inflammation in the urinary tract and for dissolving kidney stones and renal calculi.

METABOLIC ACTION AND BOTANICAL CHEMISTRY

The herbs in this formula have the identical action as the **K-B Formula** plus the addition of Hydrangea Root and Gravel Root, which are used specifically for dissolving kidney stones and renal calculi.

Juniper Berries are by far my favorite kidney and bladder herb. I used them in every clinical **Kidney/Bladder Formula** that I ever made. I found them to be the diuretic herb that always worked and a urinary disinfectant that worked even on the most stubborn cases. I believe this is due to their wonderful essential and volatile oils. They worked miracles in my clinic, but are not officially recognized for any of the above uses, but, Uva Ursi is.

Potassium Broth Recipe

This is a great-tasting addition to your cleansing program. It will flush your system of toxins, acid and mucous, while giving you concentrated amounts of minerals.

- Fill a large pot with peelings of five potatoes, peelings of five carrots, five whole chopped beets, two chopped whole onions, five cloves of garlic, five stalks of whole chopped celery and the remaining dark beet greens.
- Add hot peppers to taste. Add enough distilled water to just cover vegetables and simmer on very low temperature for 1-4 hours. Strain and drink only the broth. Make enough for two days, and refrigerate the leftover broth. Use only organic vegetables! We do not want to consume any toxic, immune suppressive insecticides, pesticides or inorganic chemical fertilizers, while we are on a detoxification program.

My broth will flush you out and build you up. Start it now!

HOW TO MAKE K-B TEA

Directions to start the tea:

Put 6 tablespoons of this tea into 60 oz. of distilled water. Be sure to use only stainless steel or glass cookware. Let the tea sit in the water overnight. In the morning, heat it to a boil, reduce heat, and let simmer for one minute. Strain the herbs; do not discard them. Let the tea cool a bit, but use it hot. This will give you enough tea to drink two cups three times during the day. If you are planning to drink the tea for more than one day, put the used herbs back into the pot, adding three tablespoons of fresh herbs and 60 oz. of distilled water. Let sit overnight and repeat the whole process. Keep adding new herbs to the old ones for three days. Then, discard all herbs and start over.

DETOX FORMULA



- ▶ **The most powerful DETOX formula available anywhere**
- ▶ **Cleans accumulated toxins and poisons out of the body's blood and lymphatic system**
- ▶ **Promotes healthy skin and complexion**

Botanical Ingredients:

Red Clover Blossom, Mojave Chaparral Herb & Resin, Oregon Grape Root, Burdock Root, Yellow Dock Root, Poke Root, Goldenseal Root, Fresh Garlic Bulb, Lobelia Herb Seed, Habanero Pepper

Some of the botanicals in this “politically incorrect” herbal formula have been vigorously attacked by our federal government and medical groups for the past century, and especially within the past 10 years. These “gifts from God” have created everything from Senate hearings, witch hunts, raids by government agencies and vicious AMA attacks to having American herbalists and naturopathic physicians thrown in jail, and even exiled from the country. What are they so afraid of? I’d say that speaks for itself. Some of these herbs have been illegal to use,

like Chaparral, which was outlawed for almost five years. Suppliers stopped selling it and herbalists sucked-up politically. Instead, I harvested my own in the California deserts and continued to use it. After all, in my clinic, potent healing ability dictated which herbs I put in my formulations and used with my patients, NOT politics. How could I look a patient in the eye who was suffering and tell them that I know what helps, but legally I can't sell it to you? Because I continued to use this herb during its prohibition, this became just one of the reasons my clinic was shut down. Other botanicals in this formula, like Lobelia Seed, Poke Root, and even Red Clover Blossoms, are highly discouraged by medical doctors. Consequently, many herbalists (myself included) have been arrested and incarcerated for even discussing the benefits of these types of herbs, because of their association with treating cancer and chronic disease. Having said all of this, I must tell you that the herbs in this formula are classic and traditional blood and lymph cleansing tonics and the ones that I used successfully for many years in my clinic. Every patient in my clinic consumed one entire bottle of this formula when doing one of my **5-Day Detox Programs**.

This formula is based on the famous Hoxey Formula, Dr. Christopher's Red Clover Combination (both herbalists were arrested on numerous occasions for these formulations) and many similar powerful alternative (blood cleansing) formulae from around the world. These herbs are used in herbal medical clinics worldwide for scrubbing the accumulated toxins and poisons out of the body's blood, fat and cells, and also heralded for their efficacy.

METABOLIC ACTION AND BOTANICAL CHEMISTRY

The following is common knowledge from highly respected and accepted medical text. According to pharmacology manuals, Chaparral contains nordihydroguaiaretic acid. According to the Merck Manual, one of the most respected medical chemical books in the world, the acid from Chaparral is listed as an anti-oxidant with a therapeutic category as an anti-neoplastic. According to Taber's Cyclopedic Medical Dictionary, an anti-neoplastic is "an agent that prevents the development, growth and proliferation of malignant cells."

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CHAPTER SIX

FREQUENTLY ASKED QUESTIONS

The following are the most commonly asked questions and concerns about KIDNEY cleansing.

HOW MANY TIMES A YEAR SHOULD I DO THE CLEANSE, AND HOW LONG SHOULD I STAY ON THE FORMULAS WHEN I'M CLEANSING?

For the average person who's healthy and does not have any disease or illness, the great prevention is to have a one week cleanse four times a year. That's one week during the Spring, Summer, Fall and Winter. And pick a week when you can, for five, six or seven days, give yourself a cleanse, oil change and prevention. Clean yourself up. My patients who did that rarely had any health problems or ever got sick. And the length of it is a week long. That's

usually good enough for the person who lives a good, healthy lifestyle to prevent any problems from happening. Now, if you're ill, certainly, you can do it more often. And certainly, if you're ill right now, you can extend it. Remember, my **Incurables Program** starts with a minimum of 30 days of juice-fasting and health programs. So, you can cleanse for as long as you want. But, the minimum is one week, four times a year.

THE COLOR OF MY URINE USED TO BE BRIGHT YELLOW. NOW IT'S SORT OF A YELLOWISH-ORANGE. IS THAT NORMAL, OR DOES IT MEAN SOMETHING'S WRONG?

If your urine has changed to a yellowish-orange, the first thing I would ask is if you're taking **SuperFood Plus**. **SuperFood Plus** has three to four to five times

the B Vitamins you need for the whole day. One of the things that is a component of B Vitamins is they have a yellowish-orange color—and, when you take **SuperFood Plus**, it doesn't matter, your urine will turn yellowish-orange. So, it may be that you're just a SuperFood-a-Month customer, and you're noticing that your urine is getting darker. Another one of the components of **SuperFood Plus** is beets, and if you sit down and eat a nice plate of raw beets one evening (grated raw beets), you'll notice that the next time you urinate, it'll be red. You'll think you're bleeding from your kidneys. It's just the Beta-Carotene. **SuperFood Plus** is one of the highest sources known of Beta-Carotene (which is a coloring) and also of B Vitamins. And both of those things will make your urine change from yellow to orange (if not fluorescent), when you're urinating. So if you're a SuperFood-a-Month member, "No worries," as my friends in Australia would say. If you're not a SuperFood-a-Month member, you need to be. Because any time your body changes, it's something you want to notice. Everything that changes in you as you grow and age is either changing for the better or for the worse. If you're doing nothing and you're just

getting older, it's changing for the worse. You're starting to rot or break down, your body isn't working as well. On the other hand, if you notice a change that looks very similar, but it's because you're drinking lots of carrot juice and exercising and loving yourself; well, then that's a positive change.

People used to always ask me in my clinic, how do I know if it's a healing crisis or a disease manifestation happening to me? Because, the symptoms can look the same. They could be vomiting green bile and having parasites coming out of their ears. There's only one way to know. You have to ask yourself, what did I do last night? What did I do last week? Did I party hardy? Did I go to a bachelor party? Did I drink a keg of beer, eat a box of frozen pizza, eat all this garbage food, stay up all night and do this for weeks? Have I been partying? Or did I just buy a juicer, and have I been juicing every fruit and vegetable I can get my hands on? Have I been exercising and taking long walks every day, doing deep breathing and loving myself? The symptoms can look identical. Whether it's a disease or a healing, is based on what you've been doing. And, that should help you with

the change in the color of your urine.

WHAT IS THE NORMAL AMOUNT OF URINE ONE SHOULD ELIMINATE EVERY DAY?

Normally, a person should urinate about four to six times a day.

This amount can vary greatly depending on the amount of liquids you consume, how much you weigh, how much you are exercising, breathing, sweating, etc. The average person eliminates between one and two quarts of urine a day. Any change in the amount of urine excreted can be a sign that something is wrong with the Urinary System.

I SUFFER FROM CHRONIC BLADDER INFECTIONS. A FRIEND TOLD ME THAT BLADDER INFECTIONS CAN BE CAUSED BY HOLDING YOUR BLADDER FOR TOO LONG AND CAN ALSO LEAD TO MORE SERIOUS PROBLEMS. IS THIS TRUE?

First, no one should ever hold their bladder. I'm not saying

that your bladder infection is from holding your urine too long—but, no one should hold their elimination ever for any reason, whether that's bowel elimination, bladder, or urine elimination, whether that's gas from the rear end or the front end, sneezing, or anything... Never, ever, ever, ever, ever suppress your body's elimination. In fact, a fundamental of the Dr. Schulze program of how to heal yourself of anything is stimulating and increasing the amount of elimination that comes out of your body. The worst thing anybody can do is to suppress their elimination, that includes suppressing your urine. Holding on to your urine can certainly stretch your bladder and cause scarring infection.

The flow of urine is one of the simplest, natural immune functions of your body to keep your urinary tract, kidneys and bladder from getting infections. If you want to guarantee a fast infection of the kidneys and bladder, all you have to do is stop someone's urine flow. Naturally flowing urine moving out of the body washes bacteria, parasites and all types of harmful micro-organisms out of your kidneys and bladder, before they have a chance to develop and grow into anything that can

hurt you. So your elimination system (which flushes your body continuously) is one of the primary functions of your immune system that keeps you from getting diseased. Also, you have to realize that all infections (especially chronic ones like this person is talking about) cause heat and inflammation. And, heat and inflammation cause scarring. So, any chronic infection of the kidneys and bladder will cause scarring. So, I'm agreeing with this person.

The best way to get rid of any kidney or bladder infection (whether it's acute or chronic) is to increase your flow of urine (which is what a diuretic does) and destroy the bacteria—that's what the Kidney/Bladder formulas do. Just Juniper Berry alone has volatile oils that destroy bacteria in the urinary tract, and at the same time this wonderful plant causes you to urinate more. It's a diuretic. Uva Ursi (my second favorite herb in both the formulas) is not only a diuretic (which increases the amount you urinate, so it's going to flush that bacteria out sooner), but it also has essential oils that kill bacteria in your urinary tract. And, it's famous for doing that. So, the two main functions of the herbs in these formulas is to help you urinate more frequently and to destroy the bacteria that lives in your kidneys and bladder.

I should also point out here that the number one cause of bladder infections is E Coli bacteria, and E Coli bacteria, of course, is the bacteria that is from our intestinal tract. So, two things that I always told my patients about, primarily my ladies... this may sound overly simple, but you would be surprised at the amount of women in my clinic that after they peed wiped from back to front after they eliminated. You can't do that without getting E Coli bacteria from your rectum around your vagina and your urethra. So, you don't ever wipe from back to front. I know for some of you that are laughing right now that sounds like common sense—but again, I used to have to instruct many of my ladies on how to wipe, after they had eliminated.

Secondly, for men and women, a very important way that people could eliminate the vast majority of kidney and bladder infections is to urinate after sex. During sexual activity, it is very common for E Coli bacteria around the genitals to get into the opening of the urethra, whether it's a woman or a man. And bacteria move, and right up that urethra into your bladder. A great way to get rid of E Coli bacteria after sexual intercourse is to just urinate. And, all I can say is that those who urinate after sex rarely,

if ever, get a bladder or kidney infection, due to E Coli bacteria.

If I could say one more thing, garlic is our sulfur plant. It contains over eighty known sulfur compounds. Remember that it was the drug of choice for doctors for urinary tract infections—nowadays, they use synthetic sulfur. I say, how about just using God's sulfur, which is definitely garlic. And I suggest three raw cloves a day eaten at different times, breakfast, lunch and dinner, for anyone that has a kidney or bladder infection to augment my **5-Day KIDNEY Detox**.

I HAVE HAD CHRONIC KIDNEY INFECTIONS MY WHOLE LIFE. CAN YOUR PROGRAM REALLY HELP?

In the three decades that my clinic was open, I literally treated thousands and thousands of patients for kidney infections. For some, it was their first infection—for many other people, they had experienced chronic kidney infections their whole life and had finally made it into my clinic doors. In either case, acute or chronic, people should know that my **5-Day KIDNEY Detox**, which includes my **K-B Formula**, **K-B Tea** and **Detox Formula**,

along with my **Kidney/Bladder Flush Drink**, always worked, 100% of the time. Whether it was a person's first kidney infection or their hundredth kidney infection, it always worked! I had patients with kidney infections that were so raging, that no drugs that a team of medical doctors had prescribed worked at all.

I remember the first time a particular patient of mine followed my **5-Day KIDNEY Detox**. In their own words (which they left on the answering machine in my clinic), "My kidney and bladder infection that no doctor and no drug could heal was completely healed after just doing your 5-Day program." Kidney infections are not so difficult to get rid of.

For years, medical doctors used sulfur drugs until, they realized that the sulfur drugs were destroying other parts of your body and ruining your health. Today, they prescribe synthetic sulfur drugs, which just hurt you in a different way, as they're trying to deal with your kidney infection. Herbs are the safest and most powerful way to heal any infection of the urinary tract. They work in a number of ways, but mostly by killing the bacteria and increasing your

flow of urine (which naturally just reduces the bacterial or infection count in your urinary tract). So, to keep this simple and to the point, anybody reading this who's got a kidney infection gets the Dr. Schulze guarantee that if they follow my **5-Day KIDNEY Detox** (along with my Kidney/Bladder Flush Drink), their kidney infection will be gone. I've never had an exception to this rule in all the years that I saw patients with kidney infections in my clinic.

RECENTLY I HAVE BEEN HAVING A TERRIBLE TIME HOLDING MY BLADDER. I UNDERSTAND THIS HAPPENS WITH OLD AGE BUT I REFUSE TO START WEARING DIAPERS. IS THERE ANYTHING I CAN DO ABOUT IT, OR IS IT TOO LATE?

My first thought is, don't accept old age. Yes, there is something that you can do about it. It's called getting healthy. Some people call it reversing the aging process. Get on all of my programs. I often say to people, start with **SuperFood Plus**, end up with **Air Detox**, and do everything in between. Obviously, you would do the Kidney/Bladder Flush, the

whole **5-Day KIDNEY Detox** with the kidney and bladder herbs and my Detox Formula.

You may have an infection. Often, infections cause people to urinate more frequently and not be able to hold their bladder. This will make sure that if you have an infection, you will get rid of it. And, create a healthy lifestyle, just like the people need to in the previous question, that have infections. Create a healthy lifestyle, and you will reverse the aging process—your bladder will get stronger and you will disinfect your urinary tract. One of the reasons people have a hard time holding their bladder is because of the amount of toxins that come out in the urine. People go, "Well, where do all these toxins come from?" Well, I can tell you. They come from you. They're going into your mouth, from your hand and your arm. They're what you're eating and drinking, especially drinking drinks like sodas, habitual coffee use and alcoholic beverages.

Some people out there who read this know that after a night of partying, you wake up in the morning and you urinate and it burns like you're pissing fire. And, it's because of all the toxins that are in your urine at this point.

So, by creating a healthy lifestyle, your urine will be less toxic, your bladder will be less irritated and you will find that you won't need to start buying diapers.

I HAVE A KIDNEY STONE LODGED WAY DOWN IN MY URETHRA. WILL YOUR KIDNEY FLUSH DISSOLVE IT?

Yes. My **5-Day KIDNEY Detox**, which includes my **Kidney/Bladder Formula**, **Kidney/Bladder Tea**, and with my **Detox Formula**, along with my **Kidney/Bladder Flush Drink** and also my **Kidney Stone Dissolving Program**, will dissolve any stone, whether it's in your kidneys, bladder or stuck in your urethra. And, if it's really stuck in your urethra, I know that no pain in life seems to come close to the pain of a kidney stone stuck in your urethra. So, don't be afraid to use my **Nerve Formula**, which will reduce the pain and keep you relaxed. That will keep your urethra and body from continually having spasms, when the stone is in there. But, you need to do my kidney stone dissolving routine repeatedly, until you have no stones in your kidneys, urethra or anywhere. And, get to work.

WHAT DO HYPER-CHOLESTEMIA (HIGH CHOLESTEROL) AND HYPERTENSION (HIGH BLOOD PRESSURE) HAVE TO DO WITH KIDNEY DISEASE?

Your kidneys and bladder may be congested, overloaded and plugged, because your food program is too high in animal foods. This causes hyper-cholesterolemia (high cholesterol levels), which in turn causes hypertension (high blood pressure). High blood pressure causes almost half of all kidney disease.

Your kidneys have a much harder time filtering out thick, fatty blood, than filtering out thinner blood. This is just basic physics. Try pouring water through a coffee filter. Now try pouring it and filtering ice cream or cheese. Not very easy, is it? Saturated fat from animal foods makes your blood very thick, increasing your cholesterol level, and therefore making it very difficult for your kidneys to filter your blood. In fact, it will clog the tiny filtering capillaries and nephrons in your kidneys, rendering them incapable of filtering anything.

This fatty blood is also much harder for your heart to pump

around your body, so your heart has to increase its pumping force (your blood pressure). Again, this is basic physics. If you are pumping water through a pipe 100 feet long and now you want to pump cheese instead, it will take more pressure to pump a thicker mass. This causes high blood pressure and higher pressure ruptures and hemorrhages the tiny capillaries and microscopic parts of your kidney's filtering system, scarring them and eventually killing you.

WHAT IS DIABETES, AND HOW DOES IT AFFECT THE KIDNEYS?

High blood sugar, diabetes, causes almost the other half of kidney disease that high blood pressure doesn't. There are many known ways in which high sugar hurts the kidneys, and many additional theories. Again, the microfiltration systems of the kidneys are very fragile to blood viscosity, pressure, toxic waste and severe blood imbalances, like diabetes. Diabetics have excessive urination, hence the name diabetes (from the Greek meaning passing through). These comprise just some of the reasons being a diabetic can rupture, break down and scar your delicate kidney filtering

micro-parts and render them, at first, incapacitated, and eventually incompetent and dead.

In my clinic, I treated hundreds of diabetics, all of whom, if they were willing to go far enough, got their diabetes under control and off of any insulin with a healthy food program, exercise and routine cleansing and detoxification programs.

If you're a diabetic and you've managed to stay off insulin, then now is the time to try my **Incurables Program**. But understand that my program should be a constant celebration, make sure that you love every little bit about it. Everything you do, you should do with a smile on your face. Celebrate every breath and every thing you put in your mouth. Savor the herbal tonics, like they're the finest French wines.

Will diabetes begin to damage your kidneys? Of course, it will. Diabetes will destroy your kidneys—medical doctors will tell you that in the long run your kidneys would be better off if you took insulin. No, in the short run, they'd be better off. Because if you take insulin, in the short run, your kidneys might be slightly relieved, because your blood sugar is

regulated. But in the long run, the first thing you're going to do is kill your pancreas—because the minute your pancreas detects that you're taking insulin, it will quit making insulin for you, forever. So now, you're addicted to insulin. And in the long run, anybody who is diabetic and on insulin knows that eventually they're kidneys get destroyed anyway. So your kidneys are going to be destroyed following the medical protocol, no matter what you do.

My suggestion would be to get off your ass and create a lifestyle that is so damn healthy that your pancreas starts working again, and you get rid of your diabetes. Not struggling, managing or trying to cope with it, but really healing yourself. Thousands of people have healed themselves of diabetes with my programs. Yes, Type 1 and Type 2. I saw hundreds of them in my clinic. I see them at my natural-healing seminars. They're on my videos. So, stop struggling and suffering—get to celebrating and healing yourself.

CAN I REALLY GET OFF DIALYSIS, EVEN THOUGH MY SECOND KIDNEY HAS GIVEN OUT? IS THERE ANY WAY I CAN RECOVER?

If you're wondering if, after your kidneys have failed, whether you'll be able to wake them back up... absolutely. I have seen every organ, especially ones that doctors declare are dead, come back alive with natural healing and herbal treatment. I've had numerous patients that were on dialysis because of kidney failure—by changing their lifestyle and their food program, along with putting them on herbal programs and natural healing routines, we got the kidneys working again. It's not over. That's all I can tell you—it's not over.

I'm always impressed when people don't get it, when their first kidney quits. You think that would be the wake-up call, but for many, it isn't. If you let the second one quit, then you're on dialysis—this means you have your blood drained entirely out of your body two or three times a week, have it filtered, and chemicals dumped into it. If this is you, then the first thing I want to tell you is that any function that your

body turns off, you can turn right around and turn it back on. If a kidney stops working, you can get it to work again. If two kidneys stop working, then you can get them both to start working again. At every natural healing seminar that I can remember, someone has told me that they got off dialysis and got their kidneys working again. So, many people have been told by medical doctors that, well, their bone marrow that was once red and alive is now yellow and fatty, and they can't build new immune cells. Hogwash. Well, I'm sorry, but this infection, there's nothing we can do about it. Hogwash. I'm sorry, your arteries are so clogged, the only thing that will help is to do a coronary bypass surgery. Hogwash. I had so many patients that were told by chief oncologists at the best hospitals that they'd be dead in two weeks, because their third bout with cancer was taking them out—and, they're still alive today. Anything is possible. Tomorrow is what you do and believe today. And, that means also getting off of your dialysis.

Never give up on yourself. Never give up on a failed organ. Create your greatest healing environment, and your body will heal itself by turning these organs back on. I always say

STOP doing what you did that made you sick, and START doing what will heal you. In this case, stop doing what you did to make your kidneys stop working and start doing what's going to turn your kidneys on again, and get them working, healed and strong.

WHAT ARE THE BENEFITS OF TAKING INTESTINAL FORMULAS #1 AND #2, WHILE DOING THE KIDNEY/BLADDER CLEANSE?

Anatomically, waste from the liver and gallbladder is dumped into our intestine—therefore, cleansing your liver, if you are constipated, is a very bad idea.

First of all, when you're flushing out one elimination organ, like cleaning out that gallbladder, or the kidneys and bladder, it never hurts to have another elimination organ open and working. Remember, your bowel is your major elimination organ for your solids. Some of the herbs in the **Intestinal Formula #1** also stimulate your liver and gallbladder, so this helps with their cleansing. Also, by keeping your bowel clean, this takes the pressure off your kidneys and bladder and certainly will assist in their cleaning. So, it is very important to use your

Intestinal Formula #1 and **Intestinal Formula #2**. In other words, do your **5-Day KIDNEY Detox** during my **5-Day Detox**, whether you're doing the Liver/Gallbladder Flush or the Kidney/Bladder Flush.

WHAT SHOULD I DO TO PREPARE FOR MY PROGRAM?

The best way to do it is to prepare for about two to four weeks before doing the cleanse. And the minimum, you should be doing for those two to four weeks is my **Intestinal Formula #1** and **Intestinal Formula #2** to get your bowel clean and working efficiently. And, of course, the second thing would be getting on a good food program.

While you're preparing for your cleanse, start leaving out the foods that you know aren't helping you—start introducing more of the fresh fruits, vegetables, sprouts, legumes and grains that you know are going to heal you and build your body.

After you get on a good food program, start exercising, increase your exercise routine, try some new types of exercise and remember to work on that emotional program a little bit. Start loving yourself more and do

some positive affirmations. If you do that for the first two to four weeks, then when you begin your cleanse, you'll get 10 times more out of your cleanse and your detoxification, than if you don't get healthier first.

CAN YOU MODIFY THE KIDNEY/BLADDER CLEANSE?

Well, I never really expected anybody to follow exactly what I said, anywhere. You would have to be a robot to follow it. All I want you to do is do your best. Of course, the times can be modified. They can be modified to your lifestyle and your workplace, because you're probably doing the cleanse at your workplace. What I would like you to think about is, by the end of the day, I would like you to have consumed all the foods, juices, herbs and herbal formulas that I suggested. And, space them out as much as possible.

Do you have to follow my program down to the minute or the hour? No, you don't. And, you'd probably have a very hard time doing that. In fact, any patient that follows my programs to a tee, I worry about them. They may be a little bit neurotic. Sure, modify it to where it works with your life.

The bottom line is I want you to do it. You're never going to get well if you look at my **5-Day Detox Program** and study it, but figure I can't ever do it perfectly, so you won't do it at all. Do your best. That's all I'm asking of any of you is, do your best at doing the program.

WHICH SHOULD I DO FIRST, THE LIVER/GALLBLADDER OR THE KIDNEY/BLADDER FLUSH?

There's a couple of ways to make this decision. The first has to do with your history. Have you had any problems with your liver and gallbladder? Have you had any gallbladder congestion? Do you have high cholesterol? Any history of hepatitis, or any family history of any liver or gallbladder problems? If you fall in that category, then yes, go ahead and start my **5-Day Detox Program** for your Liver/Gallbladder.

On the other hand, if you've had kidney stones, kidney or bladder infections, frequent urination or any family or personal history of kidney or bladder problems, then you would choose with your first **5-Day Detox Program** to do the Kidney/Bladder Program.

If you haven't had any problems at all and have no family history of problems with either the liver and gallbladder or the kidney and bladder, then there's a very simple way to decide. If your eyes are light brown or brown, then I would suggest that you do the Liver/Gallbladder Flush for the first cleanse. And if you have blue eyes, then you should start with the Kidney Flush during your first **5-Day Detox Program**. And if you have green eyes, you can go either way. And then on your next seasonal cleanse, do the other program. Now, if you have problems with either one, you can do that flush for the first two or three seasonal cleanses, but at least once a year try the other flush and the other herbs. So if you do the Liver/Gallbladder Flush Drink and the Liver/Gallbladder herbs for spring, summer, and fall cleanses, then in the winter do a Kidney/Bladder Flush and herbs. You should at least do the other cleanse one time a year.

DO I NEED TO RESERVE SPECIAL DAYS FOR DOING MY CLEANSE?

Everything in life works better, when you prepare yourself for it. Mark out the days on your calendar at least a couple weeks

in advance. It doesn't do you any good to wake up in the morning and say, "Hey, I'm going to do my cleansing routine", but you binged the weekend before—and then, you open your refrigerator and there's nothing you need to start your cleansing routine. Just like anything else you want to succeed in, a little preparation will really help you in being successful.

WHAT KIND OF SUPPLIES DO I NEED TO GET FOR THE CLEANSING?

KIDNEY FLUSH INGREDIENTS:

- ▶ **16 - 32 oz. of distilled or purified water**
- ▶ **Juice of 1 lemon and 1 lime**
- ▶ **A pinch of Dr. Schulze's Cayenne Powder or 5-20 drops of Dr. Schulze's Famous Cayenne Tincture**
- ▶ **Optional: A small amount of maple syrup to taste. Blend on high speed for 10-15 seconds. Consume this drink.**

HERBAL FORMULAE:

- ▶ **1 bottle of my K-B Formula**
- ▶ **1 bag of my K-B Tea**

- ▶ **1 bottle of my Detox Formula**
- ▶ **Dr. Schulze's Cayenne Powder or Cayenne Tincture**

TOOLS:

- ▶ **Blender (any)**
- ▶ **1 water glass (at least 20 oz.)**
- ▶ **1 manual citrus juicer**
- ▶ **1 tablespoon**

IS JUICE FASTING MANDATORY?

Personally, if you want to get well, juice-fasting is mandatory. As you know, my **5-Day Detox** is two days of raw foods and three days of juice-fasting. If you do it Monday through Friday, then Monday and Friday are raw foods, and Tuesday, Wednesday and Thursday are juice-fasting.

When you look at any of the great natural healers of the past century, you'll see that juice-fasting was a foundation of the programs they used to get well. I don't care who you study and who you look at. All my great teachers, like Paavo Airola, Dr. Bernard Jensen and Dr. John Christopher, used juice-fasting

as one of their primary healing tools. We should really call it juice-flushing, because what you are doing is introducing a gallon a day or more of herb teas, distilled water and fresh juices through your body, that not only give you super nutrition, but also flush out unwanted acids, salts, old minerals, toxic accumulations and chemicals.

This is probably the greatest part of a natural healing, cleansing and detoxification routine. So, do not skip your juice-fasting. I have seen it create miracle after miracle in the clinic. Juice-fasting is what you want to be doing.

However, having said that, you do not have to do the whole program. You know, some mornings I wake up (and you should never hesitate to do what I do)... I wake up in the morning and I feel, gosh, I feel like I could use a Liver Flush, I feel a little sluggish. Or I might think, you know, I feel like I could use a Kidney/Bladder Flush. So, I make a Liver Flush or a Kidney Flush and I have it in the morning. And then, I just go about the rest of my day. Maybe have a **SuperFood Plus** drink a few hours later— and then a few hours after, that I might have some lunch and then some dinner.

So the point is, never hesitate to just wake up in the morning and do a flush drink, whether it's the Liver/Gallbladder or the Kidney/Bladder. You don't have to do the whole program. I would rather see you modify the program all the way down to doing one flush drink, than not doing anything at all.

Now certainly, it's optimum to add in the juice-fasting. Some people ask this question, because they have diabetes and they're afraid to do juice-fasting. Let me tell you, I have had so many diabetics, both Type 1 and Type 2, do my juice-fasting and juice-flushing programs. You have nothing to worry about. Just use your good smarts and your common sense, and you can do it, too. Because the program is much more powerful, both the Liver/Gallbladder and the Kidney/Bladder, if you do it with the whole **5-Day Detox Cleansing**, which includes my 5-Day Food Program.





CHAPTER SEVEN

FINAL THOUGHTS

Remember, the people who don't get well using Natural Healing, don't get well, because they didn't do enough... not because they did too much.

When building a house, you need lots of different tools. To start, you need large powerful bulldozers to grade the site level and dig the trenches for the foundation. Then, you need concrete mixers, sledge hammers, big heavy framing hammers, table saws and hand-held power tools to build the frame of the house. Finally, for the finish work you need more delicate tools like small screwdrivers, pliers, small finish hammers, sandpaper and paint brushes.

In my clinic, I created numerous natural healing and herbal tools, some small tools, some medium tools and some real BIG and STRONG tools.

In my clinic, I learned the importance of picking the right tool for the job and of having a variety of tools. I needed my big powerful Natural Healing routines and herbal medicine tools for the big jobs (like my **Incurables Program**), to help my patients heal their serious and life-threatening diseases. I also needed an assortment of finishing and maintenance tools (like my **5-Day Detox** and **SuperFood Plus**) to help my patients build healthy and strong bodies and to keep them healthy for years to come.

Since my clinic is closed and I'm not there to personally guide you along on your healing journey, when in doubt, do my programs more intensely, and for a longer period of time.

DR. SCHULZE'S HERBAL PRODUCT CATALOG

Dr. Schulze's 5-Day KIDNEY Detox Program



Have you ever had any of the following symptoms and ailments?

Back pain, numbness, weak or inflamed, high blood pressure, leg cramps, arthritis, diabetes, frequent urination, fatigue, dizziness, low energy, unexplained weight gain or loss, depression, chronic fatigue, bloating, nose irritation, swelling, edema, colds, coughs, flu and sore throat, headache or dizziness, vertigo, frequent urination at night, lack of concentration, sleep or no concentration, increased sweating and flushing, joint, frequent urination, muscle twitching, ringing, hearing, dizziness or tinnitus.

Kidney impairment and dysfunction can be the cause behind countless list of symptoms and ailments. Keeping your kidneys and bladder



THE KIDNEY

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The TOP FIVE Ways Kidney Cleansing Builds Your Powerful Health

Your kidneys are doing a lot more work than you think they do. While you're asleep, they filter out toxins from your blood and remove water so it's able to reach its target, but they usually do 20-30,000,000.

- 1 Your kidneys filter ALL of the blood in your body EVERY HOUR.
- 2 Your kidneys balance your body's fluid levels, regulate blood pressure, and control your metabolism.
- 3 Kidneys filter out toxins from your blood and control the production of your energy regulator, your blood sugar.
- 4 Your kidneys regulate and control the production of your body's hormones.
- 5 Your kidneys are responsible for the production of your blood cells, which carry oxygen to every part of your body.

The Bottom Line

In his clinic, Dr. Schulze discovered that even though your kidneys are complex, keeping them healthy and doing their job efficiently is actually very simple... and it's one of the most important steps you can do for your health!

In his clinic, Dr. Schulze's 5-Day KIDNEY Detox, which includes Dr. Schulze's 5-Day and 5-Day Detox, along with the Kidney Detox Drink, removed 90% of the toxins. What's more a powerful test we call Kidney Cleansing, it allows you to see how healthy your kidneys are to begin with, the 5-Day KIDNEY Detox.



5-DAY KIDNEY DETOX



KIDNEY DETOX DRINK

These comprehensive and EASY-TO-USE KITS contain the exact same herbal formulae that Dr. Schulze developed in his clinic and used successfully to treat thousands of thousands of patients and customers.



KIDNEY DETOX DRINK



5-DAY KIDNEY DETOX



Dr. Schulze's Catalog Includes...

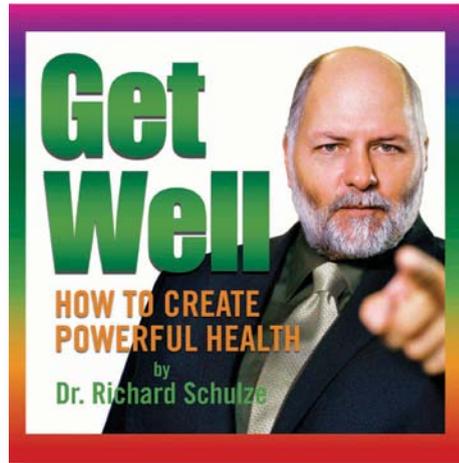
- ▶ Easy to understand descriptions of ALL his powerfully effective Herbal Formulae
- ▶ His common sense natural healing wisdom and clinical experiences
- ▶ NEW Herbal Formulae and clinical detox programs
- ▶ Plus many new inspiring customer testimonials and healing miracles

CHAPTER EIGHT

ADDITIONAL RESOURCES

Get Well: How To Create Powerful Health

- ▶ Let Dr. Schulze introduce you to his philosophies of Natural Healing
- ▶ Learn the importance of attitude, emotions and spirituality in the quest for health
- ▶ Listen to stories from Dr. Schulze's clinic
- ▶ Learn Dr. Schulze's 20 simple and easy steps toward a healthy new life



Ask for your **FREE** copy today!
Call **1-800-HERB-DOC (437-2362)**
or visit us at **WWW.HERBDOC.COM**

DR. SCHU

HEALING



CHAPTER NINE

WHO IS DR. SCHULZE?

PERSONAL HEALING MIRACLE

When Dr. Schulze was only eleven years old, his father suffered a massive heart attack and died. Three years later, when he was 14, his mother also died of a heart attack. Both were only 55 years old, when they died.

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

He declined to have the surgery and instead made it his mission to discover alternative ways to heal his heart. After three years of intensive self immersion in Natural Healing programs and herbal formulae, he was given a clean bill of health by the

same medical doctors who had told him he would die without surgery. His heart was healed. After curing himself of this so-called “incurable” disease, he set out on a mission to help others and enrolled himself into Naturopathic & Herbal College.

LEARNING FROM THE BEST

Dr. Schulze studied with the famous European Naturopath, Paavo Airola. He trained under, and then served an internship with, the famous Natural Healer Dr. Bernard Jensen. He also studied and apprenticed with America's Greatest Herbalist, the late, great Dr. John Christopher, graduating to teach alongside him, until his death. Besides having a doctorate in herbology and a doctorate in natural medicine and three degrees in iridology, he is certified in eight different styles of body therapy and holds three black belts in the martial arts.

GROWING FROM EXPERIENCE

In the early 1970s, he opened his first natural healing clinic in New York, and then later moved his clinic to Southern California. In total – Dr. Schulze operated his natural healing clinic in America for almost 20 years. During this same time, he also managed and directed other natural healing clinics in Europe and Asia. In his two decades of practice, he treated thousands of patients—and in the second decade, he became famous for his intensive natural healing programs and his powerful Herbal Formulae designed for degenerative diseases.

SPREADING HIS HEALING MISSION

Dr. Schulze's natural healing programs and Herbal Formulae are now used in clinics all over the world, and have assisted countless numbers of people to create healing miracles and regain their health. He is considered an innovator, purist, even an extremist by many of his colleagues, but to his patients he is considered a lifesaver.

TEACHING AND HEALING

Dr. Schulze dared to pioneer new techniques and therapies, which went far beyond what

most people thought possible with alternative medicine. The outcome of his work has been the achievement of miraculous and unprecedented results. His Herbal Formulae and Natural Healing programs are used in clinics worldwide to help people heal themselves of any number of supposedly incurable diseases. The positive results have reverberated throughout both the natural and medical communities.

Dr. Schulze has served as the Director of the College of Herbology and Natural Healing in the United Kingdom for 11 years and is also Co-Director of The Osho School for Naturopathic Medicine in England, France and Spain. He has taught and lectured at numerous universities, including Cambridge and Oxford Universities 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 on numerous radio and television shows. He is loved for his intensity, passion, dedication to students, sense of humor, creativity and his exiting, enthusiastic and evangelical style of teaching. He is

mostly recognized for his unequalled understanding of Natural Healing.

TODAY . . . YOU BENEFIT

Dr. Schulze continues his healing mission today, revealing the truth about the unlimited healing power of our body, mind and spirit. After 15 years of manufacturing his own herbal formulations in his clinic, Dr. Schulze opened the American Botanical Pharmacy in 1994, which manufactures and sells his industrial-strength, pharmaceutical-grade extracts.

Dr. Schulze is also a leader in exposing fraud in medical, pharmaceutical and even herbal industries. To this day, he continues to promote the message of Natural Healing through his videos, audios, books and newsletters.



“Healing yourself of anything is easy, simple and your God-given right.”

DR. RICHARD SCHULZE

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

Your body knows how to heal itself of anything, any disease. It has the blueprint—the plans—and all it needs is your assistance.

You don't have to suffer with painful, debilitating diseases that destroy and shorten your life. Don't be like the Average American and torture yourself with the horror, pain and bankrupting expense of medical doctors, hospitals and drugs.

Inside this book, you will discover how kidney and bladder disease—a growing epidemic in America—is so easy to prevent and so simple to heal, **NATURALLY**, with my powerfully effective programs. I will show you how a routine cleansing and detoxifying of your kidneys and bladder will help you create powerful, lasting health and vitality.

The very easy and simple programs in this book can change your life. As I always say, a little knowledge is a powerful healing tool.

— Dr. Schulze

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Dr. Schulze's
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Since 1979

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