

Dr. Schulze's
CREATING POWERFUL HEALTH
Since 1979

OCTOBER 2023 SPECIAL REPORT

Here We Go **Again!**





Survive & Thrive

Let's Face it...

Most of us are constantly beating ourselves up physically, emotionally, and spiritually. As if that wasn't bad enough, we've weakened our immune systems even more, mainly from wearing masks and being scared and told we might all die for the past three years. We watched the numbers go up on the news every night. They shut businesses down, millions were out of work with no money (everything costs more now, and inflation has skyrocketed), and we kept isolating ourselves—**that stress took its toll on all our immune systems!**

The good news is that the body can heal itself from ANYTHING. In fact, one of the first things you learn in Immunology class is that your body is a self-repairing mechanism, but it needs your help.

It's why this month's Special Report contains my essential tips and top products to help you **supercharge your immune system** to stay healthy. Inside, I give you my simple solutions from over forty years of Natural Healing experience.

So, let's get started, my friends!


Your Immune System is **LISTENING!**

Every one of your immune cells has a neuroreceptor that is listening to your brain's inner emotional dialogue.

It is now known that your immune system is listening to—and reacting to—your emotional dialogue!



Neuropeptides are chemicals created by your brain cells in response to various thoughts you are having. It has now been discovered that your immune cells, your T-Cells, and B-Cells have specific receptors on their surface for the neuropeptides created by your thoughts. There are numerous medical and scientific articles discussing how your body's "internal conversation" directly affects your immune system. It is also known that when your neuropeptides lock on to your immune cell receptor sites, they can turn on, turn off, speed up, or slow down your immune system.

A woman wearing a red helmet, glasses, a grey t-shirt, blue leggings, and white sneakers is climbing a large tree trunk in a lush green forest. She is smiling and looking up at the tree.

Camila H., Churchton, MD
(actual customer pictured below)

This is the reason why people who are stressed and depressed are at a much higher risk of getting sick. Your immune system also gets stressed and depressed because it's listening to all your negative thoughts!

I always say, one of the fundamental steps to regain a strong, powerful immune system is to **stay positive**. I've got a million affirmations I use to stimulate my immune system every day: "Tomorrow is what you believe and do today." And, "Every thought you think and every word you speak creates your tomorrow." I've got a truckload of positive affirmations that I use to boost and support my immune system. Whenever my patients said two negative things, I'd give them three positive affirmations. Remember, nothing positive ever comes from being negative. **I repeat: "Nothing positive ever happens by being negative."**

STOP Fighting Your Body!

Here's one GREAT example of how your immune system is protecting you: The minute people get fevers, we freak out. We give them aspirin to bring down the fever. We've known for years that a fever is a natural immune response. When your immune system detects something hurting you, it creates a fever because, for every degree your temperature rises, the speed at which your lymphatic system and immune cells can travel through your body is DOUBLED. So, for a 104-degree fever, your immune

system is moving 64 TIMES faster than normal! Now, do you want to reduce that fever? No way! A fever is like a smoke alarm going off, but we hit it with a hammer to stop the noise instead of looking for the fire.

Anytime you have a fever, stay hydrated and let it run its course. That fever is helping you fight whatever is attacking you.

We need to stop looking at our body as something that's going against us and realize that everything it's doing is keeping us healthy and alive. Instead of fighting it—by reducing the fever and inhibiting our immune systems—how about drinking a lot of water and staying hydrated? Have some fresh juice, get plenty of nutrition, rest, take a break, keep it simple, and then clean yourself out with a detox once a season. That's all it takes.

NATURE Does Not Favor The Weak!

Look, if you focus on supercharging your immune system, and supporting your body, when the next plague comes, you'll have nothing to worry about.

Nature weeds out the weak, my friends. I know this sounds harsh, but it's not. It's just Nature. With plants, the weak ones die off, and the strong ones survive to create stronger genetic strains. When a pandemic happens, the weak don't make it, but the strong will get stronger and survive. I want you to be the one who survives and thrives, and you need a supercharged immune system to do that.

Inside this Special Report are the tips and products I've been recommending for decades. Why? Because they WORK and they continue to work no matter what comes at us. Let's all thrive together, my friends, and stay SUPERCHARGED!

Dr. Schulze



Don't Suppress That Fever

Sometimes referred to as Leucotaxis, a fever is a direct response by your immune system. For every degree of temperature rise in your body, the speed at which your white blood cells can travel and get to the infection, virus, and bacteria is DOUBLED! This means, if you run a fever of 104-degrees, your immune cells are now traveling 64 times faster than usual. Consequently, reducing your fever will help the harmful invaders to spread by slowing down your immune response. Also, a fever directly hinders the reproduction of harmful pathogens in your body.

Be Prepared & Carry On!

Doc's **Winter Arsenal**



Avni A., Thousand Oaks, CA
(actual customer pictured)



C&F Herbal "SHOT"

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

Be Prepared & Carry On!

Doc's Winter Arsenal



Erika K., Fort Myers, FL
(actual customer pictured)



Super-C PLUS

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

Defender Drink

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

RECIPE:

In a blender add:

- 8 Ounces of **any juice**
- 1/2 Cup of **any fruit**
- 1 **C&F Herbal "SHOT"**
- 1 Level teaspoon of **Super-C PLUS powder, or 3 tablets**
- 4 Ounces pure water. Add ice if you want to cool your sore throat.

Blend until smooth.
Enjoy!



Be Prepared & Carry On!

Doc's **Winter Arsenal**



Jade S., Beaverton, OR
(actual customer pictured)



SuperFood ULTRA, SuperFood PLUS & SuperFood 100

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

Echinacea and other herbs can tell your body to build more cold-and-flu-fighting immune cells and chemicals, but your body needs nutrition as the building blocks to create these immune cells and chemicals.

There is not enough nutrition in the food that most people eat to build strong immune cells. Worse, what most people eat—snack food, junk food, and fast food—tears their immune system down even further.

My SuperFood nutritional products will give your body the nutritional building blocks it needs to create a powerful immune system.

Be Prepared & Carry On!

Doc's Winter Arsenal



Echinacea PLUS & Children's Echinacea

Echinacea PLUS is my combination of Echinacea angustifolia root (the original medicine of the American Plains Indians) and an additional species of Echinacea: Echinacea purpurea seed. This blend contains the highest concentration of organic phytochemicals to **SUPERCHARGE your immune system** and increase the number of immune cells and immune chemicals in your body and bloodstream.

HELPED FOR 15 YEARS!

I have used the product for more than 15 years during the winter months and it has helped for all these years!

– Melvin & Ilona D., Duluth, MN



SuperTonic

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

GONE IN ONE DAY!

I had it bad. I took both Echinacea and SuperTonic, 60 drops of each, four times throughout the day. I love your products!

– Susan H., Long Beach, CA

Doc's Winter Arsenal



Air Detox

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

STAYED HEALTHY!

My sister was visiting and was sneezing and coughing everywhere. I sprayed the Air Detox and even hugged and kissed her, but I stayed healthy. I love this spray!

– Robin S., Santa Monica, CA



Throat & Tonsil

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

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

AMAZING & WONDERFUL!

"I introduced Throat & Tonsil Spray to my friend. The product is unbelievably amazing and wonderful. Dr. Schulze is a genius!"

– Irene E., Encinitas, CA

Be Prepared & Carry On!

Doc's Winter Arsenal



Hand Clean

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



Daily Oral Therapy

In the morning, the first thing I do when I get out of bed is swish and gargle vigorously with **Daily Oral Therapy**, even straining it through my teeth. Not only does this formula work wonders for the health of my teeth and gums, but it also cleans my entire mouth of everything.

Doc's Winter Arsenal



Herbal Shield

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

BREATHING EASY!

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

— Maggie S.



Lung Tonic

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

BACK TO FULL BREATH!

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

— Brian S.

Dr. Schulze's

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