



DR. SCHULZE'S SUMMER SURVIVAL GUIDE

Herbal Remedies
For Summertime Emergencies



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Mosquito Bites, Ticks, Bee Stings, Wasp Stings, Spider Bites and Dog Bites

Dr. Schulze's recommended formulae for this section: Echinacea Plus, Anti-I Formula, Intestinal Formula #2, Deep Tissue Oil or Ointment, Bug Block Spray and Bug Barrier Ointment

“I was riding my motorcycle through the canyons a few years ago and drove through a swarm of bees. They hit me all over, but I didn't feel any stings, so I thought I was OK and just kept driving.

A few minutes later, I felt this sensation of incredible heat between my legs, so hot I thought my motorcycle was on fire. I quickly pulled over and got off my bike, only to find that about 25 bees had been trapped between my legs and the motorcycle gas tank. They couldn't get out and had all stung me! That's a lot of bee stings and I could feel my legs swelling up, my body starting to get stiff and my breathing becoming difficult.

I reached into my backpack and pulled out a bottle of Echinacea Plus and drank half the bottle. In less than a minute, the swelling stopped and all the toxic symptoms went away. Echinacea is truly an antidote to toxic, poisonous and venomous bites and stings.”

There are three steps in treating bites and stings; first TREATING INTERNALLY, second TREATING THE WOUND and third, TREATING THE AFTER EFFECTS.

STEP ONE Take Echinacea Plus internally. Don't pussy foot around with your dosage. Depending on the number of stings or bites or the potency of the poison or venom, take from 24 droppersful to an entire ounce (a half bottle) of Echinacea Plus immediately. Just mix it with a few ounces of water, so the strong taste won't gag you. Remember, the Native American Plains Indians used Echinacea for centuries for poisonous rattlesnake bites, so don't worry if it is strong enough. It will keep you from having any horrible allergic or toxic reaction to any venomous bite and sting. I could tell you about hundreds of my patients, and their amazing stories, who were bitten by everything from Africanized bees to scorpions and copperhead snakes. They used only Echinacea and were fine.

STEP TWO Make sure the stinger, tick, whatever, is out. If there is a poison sack still attached to the stinger like with bees, be careful not to squeeze it when pulling out the stinger. Douse the area with **Anti-I Formula**. If it is a puncture wound (like a dog bite) let it bleed and then make sure you scrub it out with a cotton swab soaked with the Anti-I Formula. This will make sure you kill all of the germs.

Tweezers and high-powered magnifying glasses are important tools to have in your first aid kit, but absolutely necessary for bites, stings, slivers, cactus needles and all the other puncture wounds. Magnifying glasses are better than a magnifying glass, because they leave both hands free to work on the injury. Most camping, expedition and survival stores sell different types of suction devices for venomous snake bites. The best ones that I have used have a plunger on them and have very strong suction.

If you need to draw more out, like tiny needles from a prickly pear cactus, multiple small bites or stings, you can make a poultice of **Intestinal Formula #2**. You heard me right, this formula not only draws and pulls anything off the walls of your intestines, but can do the same for your skin. Just mix some Intestinal Formula #2 powder with a little solution of purified water and raw, organic apple cider vinegar. Mix it into a medium paste and apply it to your skin. Let it stay on until dried and it will draw anything out.

STEP THREE Last, but not least, after the emergency is over, the bite area can itch like crazy, especially mosquitoes, bees, spiders, whatever. **Deep Tissue Oil** is the greatest for stopping any itching. Apply about 6 drops and rub in, the itch will be gone in seconds. Ice is great also to numb the area if needed.

STEP FOUR This should really be **Step #1**, which will prevent bites and stings before you even get them. Using my **Bug Block Spray** or **Bug Barrier Ointment** will keep all the bugs away.

To prevent bug bites and stings in the first place, before they even happen, thoroughly spray any room or even yourself with my Bug Block. Spray these powerful essential oils into the air, in and around any area where you want to keep bugs away. It can be sprayed on to most plants, but do not saturate the leaves. It can also be sprayed onto window screens and most outdoor furniture, grass, dirt, cement, stones and on almost any outdoor environment. Bugs hate the scent and simply will go somewhere else.

For direct application to the skin, use my Bug Barrier Ointment. Simply squeeze a small dab (about a 1/2-inch long) onto each arm and leg and spread all over the skin. Don't forget the back of your neck, temples, forehead, ears, wrists, ankles, the back of your knees and all the other favorite places for bugs to bite you. You can even apply it

under clothing, because mosquitoes are famous for getting under loose fitting shorts and shirts, if not even biting you right through thick denim. In tick-infested areas, make sure you put it on your ankles, socks and calf muscles. You can also apply it to clothing, but it may stain some fabrics.

The bottom line: Stay protected and don't get sick by getting bitten by bugs!

“I had a man get rushed to my clinic one summer afternoon. He was removing what he thought was a dormant bees nest from under the eave of his house. Not only did he get stung about 25 times in the face and neck, but these were the more potent Africanized Bees here in California. By the time he was brought to my clinic, his throat and entire face were swollen, almost twice their normal size. He was gasping for air, his eyes were swollen shut and he was in extreme pain. Immediately, I gave him an entire ounce of Echinacea Plus along with a few droppersful of Nerve Formula for his throat spasms. I gave him an additional ounce of Echinacea Plus about 30 minutes later. In less than an hour, the swelling was completely gone and he was fine.”

STATISTIC: You are three times more likely to die from a bee sting than a shark attack.

“If you play a little too hard this Summer and make yourself sick, don't beat yourself up about it. Just follow my advice and use my herbal and natural healing tips to get yourself back on your feet again and get yourself well.

Have a GREAT, FUN and HEALTHY Summer!”

- Dr. Schulze

Poison Ivy, Poison Oak, General Plant Irritation, Dermatitis and Heat Rash

**Dr. Schulze's recommended formulae for this section:
Anti-I Formula, Deep Tissue Oil or Ointment, Echinacea Plus and Jojoba & Tea Tree Oil or Ointment**

“Poison ivy, poison oak, stinging nettle, whatever, these are not curses of the devil. Nature has many plants that irritate our skin and this is wonderful! This is nature's way of stimulating our immune system every year.

When you get a plant irritation, your immune system goes into overdrive. While your immune system is healing the plant irritation, it is also eating up poisons and toxins in other areas or your body. It could even be dissolving tumors and curing cancer. Remember, just by making your poison oak or ivy a positive experience, you are emotionally stimulating your immune system too, and assisting it to do its job better. If you make it a bummer, it is proven that your immune

response will be much weaker. So remember, these plants are a blessing... OK, an itchy blessing.”

ONE For plant irritations, first wash the affected area with a solution of 25% hot distilled water, 25% natural soap (like Dr. Bronner's), 25% organic, raw, unfiltered apple cider vinegar (like Bragg's) and 25% **Anti-I Formula**. This will dissolve and remove any irritating plant acids, resins and other substances that are still on your skin and that any scratching could cause spreading to other areas of your body. Make sure you wash ANY and ALL suspected areas of contamination. Also, make sure that you thoroughly wash all clothing that may also have been in contact with the plants.

TWO Apply **Anti-I Formula** (full strength) to the affected area with a cotton ball or scrub with a piece of gauze or cotton swab if necessary. Later, use **Deep Tissue Oil or Ointment** (as needed) for any itching.

THREE Take 4 droppersful of **Echinacea Plus** every hour for the first day to boost your immune response. Once the major trauma is over, apply my **Jojoba & Tea Tree Oil or Ointment**. This is very soothing and healing for the skin and the crusty blisters that follow all plant irritations. For heat rash, use the oil or ointment all by itself.

Sunburn, Barbeque and Campfire Burns

**Dr. Schulze's recommended formulae for this section:
Jojoba & Tea Tree Oil or Ointment
and Live Aloe Vera Cactus**

Prevention

The first step is sunburn prevention. Don't buy into this idea that you have to change your skin color to look cool or sexy, especially by roasting yourself in the sun. Your skin color is perfect. Sun is great for you and I suggest everyone run around naked for 15 minutes every day in the Summer. But, lying in the sun cooking yourself to change your skin color, DEFINITELY NOT.

Remember to not be in the direct sunlight for any length of time between the hours of 1:00 pm and 3:00 pm for any reason. If you have to look tanned more than you'll get from 15 minutes of sun a day, then there are a few instant tan cosmetics at the health food store that have the pigment beta-carotene in them (like the orange in carrots) that will temporarily stain your skin to make you look more tanned.

A good natural sunscreen is my **Jojoba Oil & Tea Tree Oil** or Ointment. It is naturally sun-protective with a SPF factor of around 16. Rub it on and it will protect you from burning and keep your skin healthy and germ-free.

As far as barbeque and campfire burn prevention, mainly keep the little ones away from the fire or under extremely close supervision. After my son cut himself in the hand with a camping knife last year, I told him that it was my fault and that I should not have let him play with the knife, that he was too young. He agreed with me that it was indeed my fault, but NOT because he was too young, but because I was not watching him closely enough as he used it and he was right!

A barbeque and a campfire is a family event and someone should be paying close attention to the kids at all times.

Many barbeques can tip over easy or can stay hot enough to burn you for hours, even the next morning.

With campfires, mainly watch out for popping embers that fly on to you or on sleeping bags and for logs rolling off the fire. I have a campfire at my house almost every week and have taught my son from a young age how to behave around a fire and respect it. Kids will play with matches and fire, so it is better to teach them the right way than to expect that they won't touch the matches and play with fire when your back is turned, just because you said not to. Don't set your kids up

for failure.

Sunburn

OK, you blew it and we all do every year—you are toast.

The sooner you put the fire out, the better. A cool shower can be a great first start. Make sure you get any suntan lotions or potions off. Then, cover your body with Aloe Vera Juice or Gel. Believe me, I know, there is no substitute. In my Malibu, California clinic, I had sun-burnt beach babes in every day with bikini line stripes like candy canes. Aloe Vera Juice and Gel puts the fire out and starts the healing IMMEDIATELY.

The best is to have your own cactus and just filet the gel out of the leaves and put the gel in the blender. You can add a little distilled water and vinegar to thin it down if you like and spread this liquid over any burnt areas. If you don't have fresh cactus available, the health food store is the next best thing. Buy what appears to be the best, pure, organic (if possible) undiluted Aloe Vera Liquid or Gel. Just stay away from anything that looks like fluorescent blue and green-colored hair-setting gels.

“In my Southern California clinic, I had so many patients run in screaming and crying with severe sunburns. Some even had burnt feet from running across hot sand. Aloe Vera Gel is not only a fire extinguisher, it speeds up the healing of the burn about 10 times faster. It is such an

amazing plant; you can almost watch the skin repair instantly, it works so fast. I had six foot high Aloe Vera plants outside the front office of my Malibu clinic and what a blessing! I used them daily to create miracles for summertime burns.”

Barbeque and Campfire Burns

Also, treat barbeque and a campfire burns like any other burn, and like you would for a sunburn (see above.)

On these heat contact burns, **ICE OR COLD WATER FIRST**, then Aloe Vera.

With burns, watch out for dehydration and also treat as I suggest in the section on dehydration.

Cuts, Scrapes, Brushburns and Friction Burns

Dr. Schulze's recommended formulae for this section: Cayenne Tincture, Cayenne Powder, Anti-I Formula, Deep Tissue Oil or Ointment and Live Aloe Vera Cactus

“Bicycles, rollerskates, rollerblades, skateboards, scooters, street hockey, basketball; the list is almost endless of all the ways I saw my patients' kids scraped and cut. There is nothing more empowering and calming than to be able to patch up most of these emergencies, without ever having to go to the hospital waiting room for six

hours to get physically, financially and emotionally tortured. Here's how to avoid the medical doctors and patch your little ones, or even your big ones, back together.”

Cuts and Scrapes

FIRST If it is a deep cut, don't let all the bleeding freak you out. Unless you have cut an artery (which is out of the scope of this guide), calm yourself and the patient down.

I remember as a child, my brother ran into the kitchen screaming, with blood covering and running down his entire face. He had stopped his bicycle too fast and flew over the handlebars. He looked like he tore his whole face off with all the blood running everywhere. After my mother cleaned his face up, there was only a small cut over one eye about a half-inch long.

Depending on where you cut yourself and if you hit a vein,

the bleeding can look like you're bleeding to death, but you are not. Just start by assuring the person that they are OK and applying some pressure to where the bleeding is coming from. If possible, also elevate this area above the rest of the body. If necessary, whether you are feeling squeamish, faint, in shock, or the patient is, use **Cayenne Tincture** as necessary. You can take it orally by the drop or dropperful, depending on the severity of the situation. Don't hesitate to use the Cayenne Tincture orally. You can hurt yourself worse by fainting and splitting your head open, so get the Cayenne into the mouth.

If the bleeding has not stopped or at least slowed way down, then, while you have the Cayenne Tincture in your hand, squirt a dropperful or two right into and over the wound. This will stop the bleeding in seconds and also helps to flush the wound clean. Surprisingly enough, it will not burn, you will just feel a little warming sensation.

In many a pinch, when I had only **Cayenne Powder**, I have used it to stop the bleeding and it works brilliantly. Just sprinkle it, or even pack it, onto the wound. And, if you can't get it all out of the wound later, don't worry, your body just eats it up. It will just eventually disappear.

SECOND You want to get the cut clean and for this you need the **Anti-I Formula**. If there is dirt, asphalt, gravel, whatever, in the cut

you need to flush it out. You can use pure water at first if it's really dirty, and cold water will make the cut feel better too. Eventually, you will want to liberally squirt many droppersful of the Anti-I Formula into and over the cut; this does many things. First, the Cayenne in the formula stops the bleeding and yes, this can be a replacement for using the **Cayenne Tincture** to stop the cut from bleeding as mentioned above. To destroy any and all pathogens (germs, bacteria and the like), the formula contains the very powerful botanical infection fighters Garlic, Goldenseal, Usnea Lichen, Tea Tree Oil and Echinacea Root. Echinacea also stimulates a local immune response. This formula is loaded with organic iodine from the Kelp Seaweed and the Black Walnut Hulls. Oak Bark is highly astringent, loaded with tannic acid, and helps to close the cut immediately. Finally the Myrrh, Eucalyptus and Pine Sap are not only very antibacterial, but they also leave a protective coating over the cut better than any bandage. This is because, once the alcohol in the formula evaporates, these resins seal the wound and become very hard to wash off.

So again, flush the wound liberally with this formula. **IT WILL STING, AND STING GOOD**, so keep your guard up, and help the little ones breathe. They will scream, maybe even worse than when they hurt themselves, but it will be a lot worse if the cut gets infected. I developed and used this formula for almost 20 years in my clinic and never saw an infection,

EMERGENCY WOUND CARE

- 1- FLUSH the wound with Cayenne Tincture to STOP the bleeding.**
- 2- Take 15 drops or more of Cayenne Tincture in your mouth.**
- 3- FLUSH wound with Anti-I Formula (Body Glue).**
- 4- Tape the wound together. Follow the Butterfly Bandage Routine (next page.)**
- 5- Use Hot & Cold Hydrotherapy to stop pain and increase healing circulation.**
- 6- Use Deep Tissue Oil or Ointment on the area, NOT directly on wound.**
- 7- The next day start with fresh Aloe Vera Gel right on the wound.**
- 8- Watch the miracle happen!**

NOT EVEN ONCE, with some of the dirtiest wounds. An infected wound can not only be a serious health threat, but can make you bring in the medical doctors to re-open wounds, give you antibiotics, stitches and cost you thousands of dollars. So, what's my point? A little scream and a few tears is not so bad.

THIRD If it's a little cut, then after applying Anti-I Formula you don't need to do anything else, not even a bandage. On a big or deep cut, where you would normally use stitches or staples, you can use butterfly bandages to keep it closed. Again, make sure the cut is flooded with Anti-I, which will actually glue the wound together. Then, follow the butterfly bandage directions on this page.

You should remove the old butterfly bandage every day. Clean and disinfect the surface of the wound with Anti-I Formula, then reapply another butterfly bandage. A big, deep cut that would normally need 3 to 7 stitches may need a butterfly bandage on it every day for 10 to 14 days.

A word of caution on removing the previous day's butterfly bandage: Always pull toward the cut, never away from it, which could re-open the wound. If needed, soak the bandage with a little water.

FINALLY After 24 hours, start applying pure Aloe Vera Gel to the cut.

BUTTERFLY BANDAGE ROUTINE

- ▶ **Don't use the little thin strips that look like strapping tape—they don't work.**
- ▶ **Do use the hourglass shaped ones made from adhesive tape—they work great!**
- ▶ **Peel one end of the butterfly bandage and tape it to one side of the cut.**
- ▶ **Reinforce that side with many pieces of regular wound adhesive tape or band-aids.**
- ▶ **Reinforce it good, with two to four inches of additional adhesive tape, because you are about to pull on the butterfly bandage hard.**
- ▶ **Now peel the other side of the butterfly bandage and pull and stretch it over the cut. This will pull the cut together, even sometimes a little too pulled together is good, better than left open.**
- ▶ **Immediately reinforce this side of the butterfly bandage with many pieces of tape. Also, the cut should be held together tightly now. The reinforcing is necessary because the bandage on it's own won't take the strain and tugging and will come off.**
- ▶ **The wound should be left to the air, except for the little piece of bandage that goes over it.**
- ▶ **If you need to protect it from dirt or bumping, wrap it with gauze.**
- ▶ **If you make a mistake, no problem. Just start again—practice makes perfect.**

Brushburns and Friction Burns

All burns should be treated the same, whatever their cause. So, you would follow the same advice in the previous section on sunburns. There are a few additional considerations. Often with a brushburn, you have dirt and debris in the wound, like from falling off a bike. First, apply cold water, even ice if necessary. Brushburns can be extremely painful, sometimes worse than a broken bone. So flush with cold water to clean the wound of debris. You can even soak the elbow, hand, whatever in ice water and then gently wash the area with a clean, wet rag. You can add a few droppersful of **Anti-I Formula** to the water for infection fighting.

When it is dry, if you are still worried about infection, you can lightly sprinkle or dust the wound with Goldenseal Powder. Then, apply filets of fresh Aloe Vera Gel, and if necessary, tape them on with gauze and tape. This is not easy to do, because the gel is very slimy and slippery, so have fun.

Fainting, Heat Stroke, Dehydration and Electrolyte Imbalance

Dr. Schulze's recommended formulae for this section: SuperFood Plus, Cayenne Powder and Cayenne Tincture

First thing's first—it's Summer, DRINK MORE WATER and DRINK LOTS. You're outdoors doing more, it is hotter and you're sweating more, you need to replace lost liquids. You have heard it before, your body is a big water balloon and the vast majority of you is liquid. It's simple, you lose more liquid in the summer and if you don't replace it you will get really sick. You can even go into shock and die.

So again, as usual, the first step is prevention. Start drinking more liquid in the hotter summer months. And, here is the big surprise to most people, what most people drink in the summer to quench their thirst won't keep them hydrated. Your body can hardly recognize beer, soda and refined sugar drinks. The alcohol, carbonation and unnatural level

of refined sugars inhibits quick absorption and assimilation. People have even died of dehydration after drinking such drinks, because they couldn't be assimilated fast enough to rehydrate you. Drinks that are too cold, have ice in them or are too hot, assimilate slower as well.

The best drink to rehydrate yourself in a hurry is room temperature water. I know it's boring, so make up a day-glow label for your water bottle at the local copy store. Just cut it out, tape it on and call it "PowerWater" or "Mega-Hydro-Blast", if that makes you feel better. Diluted fresh fruit juice 50/50 with water and cool herbal tea works well too.

For an electrolyte blast, just squeeze the juice of a lemon or a lime into a quart of purified water. This will do the trick. Citrus is loaded with calcium and trace minerals and works immediately to replenish your electrolytes. My Summer routine is to start out every morning with a SuperFood Plus drink. In the Summer, I like it a much thinner consistency, so I don't add a banana. I made this morning's SuperFood Plus drink with 8 ounces of purified water, 8 ounces of fresh watermelon juice (the rind has lots of mineral electrolytes), a few slices of cantaloupe melon and 2 heaping tablespoons of SuperFood Plus. This vitamin and mineral concentrate is loaded with easy to assimilate vitamins and nutrients and will give you an electrolyte charge all day long. Then, before I leave the house, I squeeze a fresh lemon or lime into a quart of purified water and sip

this all day long to make sure I get my minimum liquid requirement. And, I add a pinch of **Cayenne Powder** too!

If it's too late and you get heat stroke, get some water in immediately and then take a cool shower with some **Cayenne Tincture** in your mouth, so you don't faint or pass out. You will feel better in minutes. Lie down out of the sun and have a rest. Breathe.

"Having my clinic across from the beach for 10 years taught me a lot about dehydration. I treated many people quickly with a quart of air temperature lime water. Often people had tetany or muscle cramping, so a few drops to a dropperful of Nerve Formula in the lime water worked wonders. If they were fainting, then I used a few drops to a dropperful of Cayenne Tincture in their mouth to get their attention and keep them awake. By the time the paramedics arrived with their intravenous bags of chemical water and needles, the patient was always up and walking and didn't need any treatment."

Car, Bus, Plane and Motion Sickness

Dr. Schulze's recommended formulae for this section:
Digestive Tonic

This is the easy one. I have a cure that will let you ride across the US in the back of Uncle Harry's van with no air conditioning and the windows up, while he's smoking a cigar! Or, how about that big bus or the airplane ride that is more like a bouncing rollercoaster? What if you're lucky enough to get invited on a yacht trip in the Caribbean or the French Rivera? Are you going to say "NO" because you get seasick?!

My **Digestive Tonic** is a life saver. It is much more effective than any motion sickness drug on the market. Just take two droppersful in a little water before the travel begins and a few follow-up dosages during the trip, as needed. You will be laughing and bouncing along with a smile on your face.

"For 25 years, I have traveled the planet teaching Herbology and Natural Healing. From motorized rickshaws in rural India to hovercraft across the North Sea and the English channel, I have been on some very bumpy and spinning rides."

I remember I was on a flight from Los Angeles to London one night and we got caught in a powerful thunderstorm over the North Atlantic. There was lightning bursts on the wings and many on board thought we were going to die. The huge 747 was being tossed around like a ping-pong ball for over an hour."

During this trip there were two groups of people: Those that I shared my Digestive Tonic with. (We were laughing and telling jokes.) And those that smiled politely, but wouldn't take it. (Within 10 minutes, every one of those people had puke-bags over their faces.)

Food Poisoning and Vomiting

Dr. Schulze's recommended formulae for this section:
Digestive Tonic, Digestive "SHOT", Intestinal Formula #2, Intestinal Formula #1 or #3 and Organic Garlic

More people get food poisoning in the Summer months, than at any other time of the year. This is because refrigerators are open more to get drinks, they are less cold and food often stays out longer in the heat for second and third helpings after the picnic.

I had more patients poisoned (some damn near killed) by their dear Aunt Betty's potato or macaroni salad or Uncle Bob's special barbecue sauce.

If you feel that "uh-oh feeling", you know the one I mean, the best first step is to vomit the suspect food out. I know many feel to vomit is unpleasant, but far more unpleasant is a week of diarrhea and chills and pain, or worse, a hospital stomach pump. So, get your butt to the bathroom.

To make the vomit experience more pleasant, follow these few tips. Sorry to get gross, but no one wants to vomit up thick food mixed with gastric juice. It is not only hard to do, but often very unpleasant. The best thing to do to have a pleasant vomit experience is to first drink one to two quarts of warm water with a lemon or lime squeezed into it. Also, add a dropperful per quart of my **Digestive Tonic**. The citrus will cut the mucous and make things slide out easier. And, all the water will dilute everything, making you feel very full and making it easier to vomit everything up and out. The Digestive Tonic will keep you from getting a stomach ache or cramps afterward. Drink as much as you can, the more the better. Often drinking all of this warm water on an already full stomach will make you vomit on its own. If not, lean over the toilet and put your finger down your throat. Don't fiddle around, shove one or more fingers deep down your throat and gag yourself good. Get all that bad food out. Use more Digestive Tonic

as needed, even if it's just to get the taste of vomit out of your mouth.

An hour later, take two rounded teaspoons of my **Intestinal Formula #2** in 12 ounces of pure water or juice. This formula is loaded with charcoal, bentonite clay and fruit pectin, which will absorb and neutralize any leftover poisons that still could make you sick. It also contains other herbs, like Slippery Elm, Marshmallow and Psyllium, that will soothe your intestinal wall, which can be inflamed and even bleeding from food poisoning. In the evening, take a good dose of **Intestinal Formula #1** or **#3** to make sure you get all of this out of you in the morning.

It would also be a good idea to chew or swallow a few fresh pieces of Garlic to make sure you destroy any residual bacteria that may be lingering in your gut.

What if you ate the suspected bad meal six or more hours ago and you are sure it's already traveled down into your intestines? No problem. Forget the vomit routine and go straight to **Intestinal Formula #2** and **Garlic**. **By the way, there is no such thing as a 24-hour flu or a stomach bug. It is ALL food poisoning, so treat it as such.**

If you already have diarrhea, keep reading, because the next remedy will work for diarrhea caused by food poisoning, too.

Traveler's Diarrhea

Dr. Schulze's recommended formulae for this section: Digestive Tonic, Digestive "SHOT", Intestinal Formula #2, Intestinal Formula #1 or #3 and Organic Garlic

When Californians go to Mexico, and don't watch what they eat or drink, they can get serious food poisoning or traveler's diarrhea. Locals call it Montezuma's Revenge or the Mexican Hat Dance. Traveler's Diarrhea is common when you travel anywhere, even within the US.

The reason is simple. Your body gets bombarded with all types of bacteria that live and are present in water and food. You are used to the ones that are in your home and have already built up defenses against them. But, when you travel, you pick up bacteria that your body doesn't recognize or have any immune defenses for. That is why the locals do just fine, but when you drink or eat the same food as them, you get sick. You can make your Summer vacation a lot more fun and not get sick if you remember just three things:

ONE Most all of this bacteria lives in water. **DON'T DRINK THE LOCAL WATER.** Everything from cholera to typhoid fever is transmitted via water. So, having

a healthy, pure source of water on your trip is the best assurance against getting sick. Also, watch out for wet, freshly washed glasses with water drops on them or any drinks with ice cubes in them made from the local water.

Always take plenty of bottled water with you. Ten years ago, this was more important than today, because I now find bottled water available almost everywhere from primitive rural towns in India to the rainforests of Central and South America. I know it costs more than gasoline, but pay the price and stay healthy. Even brush your teeth with it. When I travel to some of the most remote places on earth, I also take a hand-pumping water filter with me. These can be found at most backpacking and camping stores and remove everything from Giardia cysts to fecal matter.

TWO Take some organic garlic cloves with you. At each meal, slice a clove up a bit and put it into your food. Garlic destroys both gram-positive and gram-negative bacteria, which covers all the bacteria that cause traveling intestinal problems. It also kills parasites and viruses.

THREE Anytime you have ANY digestive disturbance, from burps to food poisoning and diarrhea, use my **Digestive SHOT**. Just open it and knock it back. Never underestimate this very powerful formula for any digestive or elimination problem.

Remember, always take **Intestinal Formula #2** anytime you travel ANYWHERE, but especially when you go out of the country.

Diarrhea is a natural, protective response to intestinal poisoning. Normally, most of the water is removed from your fecal matter by your colon, which creates a partially-formed stool. But, when your immune sensors in your intestinal tract (the Peyer's patches and appendix) detect a toxic bacteria, they immediately force your bowels to evacuate all its contents before the water is removed from your feces. This is done to remove the toxic bacteria IMMEDIATELY, before it can penetrate your organs and hurt you... EVEN KILL YOU.

Often, a medical doctor will give you a drug, like an opiate, which stops the diarrhea by slowing down and temporarily paralyzing your bowel. This stops the diarrhea and gives you normal stools, but it also goes directly AGAINST what your body is trying to do to save you! It also sets up a perfect breeding ground for the bacteria to breed out of control and make you sicker. As usual, modern medicine's focus on comfort often makes you worse in the long run.

On the other hand, my Intestinal Formula #2 works in many different ways that assist your body, not go against it. First, the Charcoal, Bentonite Clay and Fruit Pectin absorb and neutralize the toxic bacteria and poison, encapsulate it and render it harmless. Second,

the mucilaginous herbs will give you thicker more gelatinous, semi-formed bowel movements. (Though they may still be frequent until all the bacteria is gone.) This is a pleasant rest from frequent brown water diarrhea discharges. The mucilaginous herbs also soothe inflamed, damaged, raw, bleeding intestinal lining and heal it fast.

Use a teaspoon at least five times a day shaken in liquid (as directed on the jar). You can also use it every hour, if necessary. Stop all solid food and juice-fast until you are feeling better. Also, I know you don't want to think about more pooping at a time like this, but often diarrhea is followed by constipation, so have your **Intestinal Formula #1** or **#3** ready and waiting.

Lastly, a few days after a bout of Traveler's Diarrhea is a perfect time to do my **5-Day BOWEL Detox**.

DR. SCHULZE'S FAMOUS HANGOVER REMEDY

The best way to avoid a hangover is not to drink or get drunk. One of my best friends always reminds me that it isn't a perfect world, and he's absolutely right. So, here's a few tips on how to survive a Summer beer or margarita party.

ONE: A few days before the party take my L-GB Formula. The reason is very simple. This formula is half Milk Thistle Seed, which will coat and protect your liver cells from any damage the alcohol might do. Now, when you start drinking, you have a protected liver. To be really safe, do my entire 5-Day LIVER Detox before you party.

TWO: Make sure you have your SuperFood Plus drink the morning you plan on drinking. This will give you a blast of nutrition that will greatly decrease any chance of a hangover.

THREE: If this manual arrived too late, you are sick to your stomach, your head is pounding and you don't remember why you had to be bailed out of jail last night, here is the recipe:

- ▶ 8 oz. of distilled or purified water
- ▶ 8 oz. of fresh apple juice
- ▶ 4 droppersful of L-GB Formula
- ▶ 5-50 drops of Cayenne Tincture (depending on your tolerance)
- ▶ 6 droppersful of Brain Formula
- ▶ 4 droppersful of Nerve Formula
- ▶ 44 droppersful of Digestive Tonic

Mix well, drink it down (don't sip it), sit down, do a little deep breathing and in a few minutes you will be ready to party again. Just kidding.



DR. SCHULZE'S SUMMER SURVIVAL GUIDE



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For most natural doctors, the summer months are very slow for their business. The whole health industry goes into decline this time of the year. This is generally because people are healthier during the summer, they are outside more, getting more fresh air, getting more exercise and eating lighter. Often a natural doctor doesn't see their patients in the summer at all, until the cold and flu season starts up again.

On the contrary, my clinic was always packed in the summer. **BECAUSE, UNLIKE MOST NATURAL DOCTORS, I TREATED EMERGENCIES.** Many summer nights, I would be called back into my clinic to patch up patients from overdoing it and having too much summer fun. Last year, I realized that there was almost nothing written on Herbal Medicine and Natural Healing for the various summertime emergencies. This is why I decided to tell you all the common summer sicknesses and injuries that I had to deal with, and what I used to relieve the suffering to help my patients heal themselves.

— Dr. Schulze