



Dr. Schulze's
ORIGINAL CLINICAL FORMULAE
Since 1979

OCTOBER 2022 **SPECIAL REPORT**

How To Build A
**Strong &
Powerful**
Immune System

Get Protected and **STAY** Protected!

Dear Friends:

In my clinic, I had a sign that read:



This is what I want you to do RIGHT NOW! By eliminating and stopping the things that run down your immune system and starting the many things that strengthen and supercharge it, you can create almost super-human immunity! This simple action will give you the best chance of survival this winter while keeping you healthy, strong, and energetic to do everything you want to do in life.

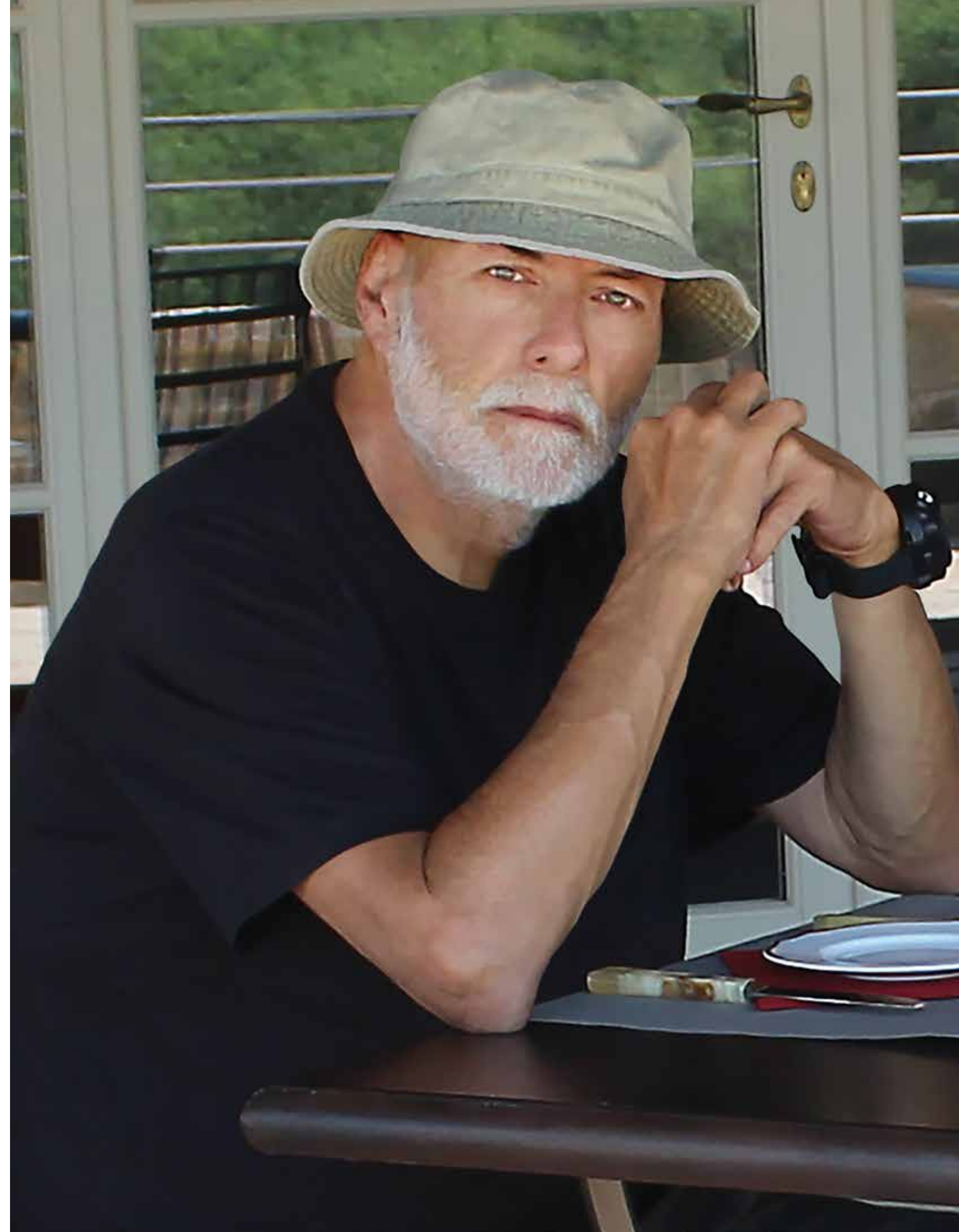
Come on, friends, if we know seasonal invaders are going to strike every year, then it just makes great common sense to get prepared—and STAY prepared! This way, when it does happen, instead of getting our butts kicked, we can “open a can of natural whoop-ass” on these alien invaders and stop them dead in their tracks.

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

I could have written a few thousand pages about immunology alone, not including the thousands of natural remedies and routines that created miracles in my clinic. I taught many Immunology classes and seminars in college, and I love teaching students about the magical internal self-repairing and self-healing cosmos we call our immune system (see pages 4-7). But I also love keeping things simple and to the point, so this year I'm giving you my most potent herbal medicines for treating winter ailments (see “Doc's Daily Dozen”, pages 8-13) and my 5 Bonus Tips To Stay Healthy (see pages 14-15).

So, let's get started, my friends, and the next thing you know, you will have an amazing, healthy fall! Soon you'll be celebrating the holidays with your family and friends, ringing in the New Year leaner and meaner, and creating a supercharged foundation for 2023.

Dr. Scholze

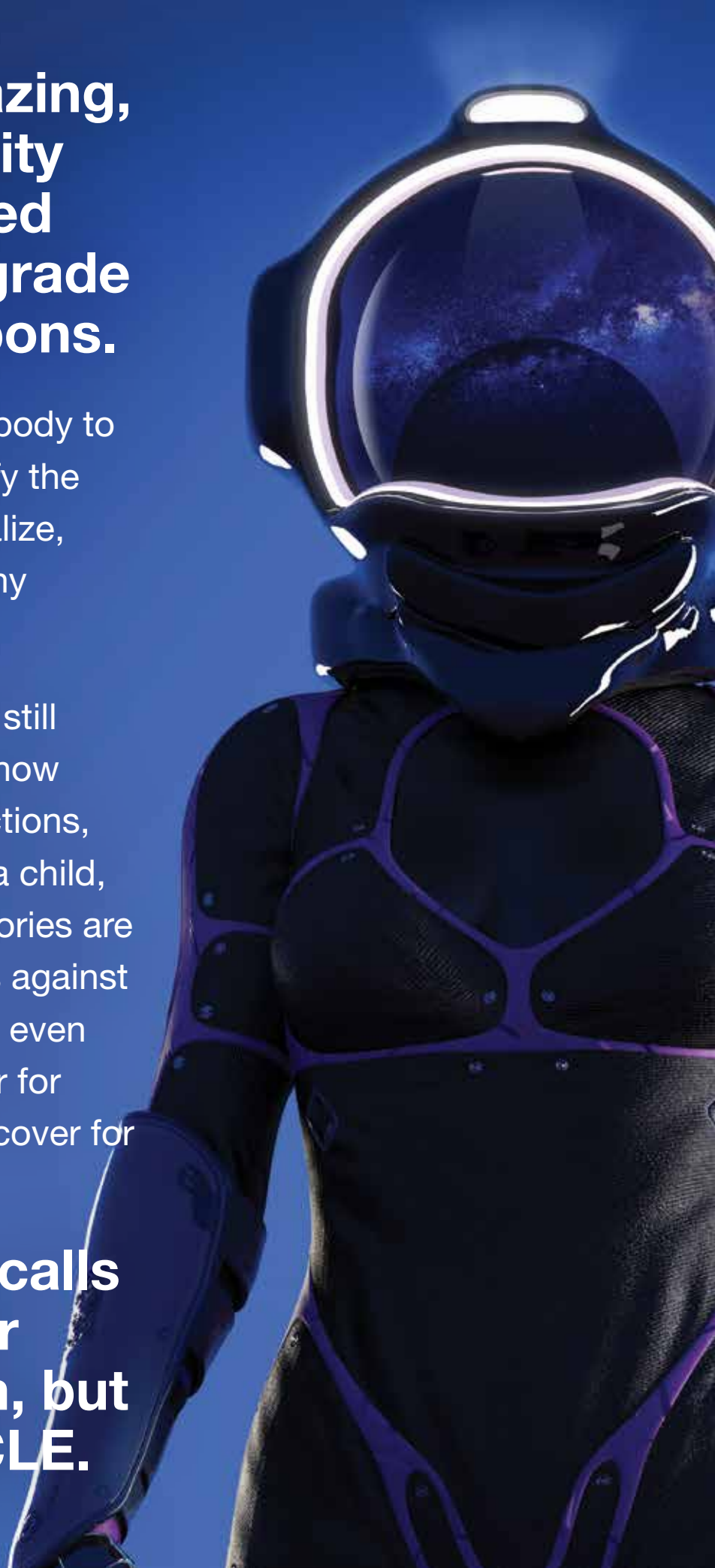


Imagine an amazing, high-tech security system combined with a military-grade arsenal of weapons.

It is all set-up inside your body to do surveillance and identify the bad guys, and then neutralize, poison, destroy, and kill any harmful invaders it finds.

It has a memory so vast it still stores the information on how to fight the diseases, infections, and influenza you had as a child, while its high-tech laboratories are already making antibodies against every COVID-19 variant. It even has information the Center for Disease Control won't discover for another decade.

Science simply calls this system your Immune System, but I call it a MIRACLE.



Your **Amazing** IMMUNE SYSTEM

by Dr. Schulze

DIGESTIVE Immune System

From the beginning to the end of your digestive tract, you have immune SURVEILLANCE CHECKPOINTS from your mouth to your large intestine.

These checkpoints are there to check the air you breathe and the food traveling through your digestive tract. If they detect anything that can hurt you (bacteria, virus, parasites, pathogenic microorganisms), they sound the immune alarm, bringing immune cells and immune chemicals to the rescue.

Multiple sets of Tonsils in your mouth and throat, the Peyer's Patches in your small intestine, and your Appendix in your large intestine—these are the three main security checkpoints from the beginning to the end of your digestive/elimination tract. When they detect any intrusion, they spring into action, triggering a complex and lethal immune response.

Tonsils

Long mistaken by medical doctors as a useless organ, and even surgically removed in children, the tonsils are now recognized as a competent and essential part of your immune response system. They are loaded with immune T-Cells, B-Cells, and potent immune chemicals, and their location puts them as the first line of defense against any harmful invader that you might inhale by breathing or ingesting in your food. It has even been discovered that the tonsils can synthesize the antibody for Poliomyelitis or Polio; in fact, the tonsils may be the ONLY place in your body that can do this. This fact may explain how ignorant surgeons removing tonsils left children defenseless against the paralyzing Poliovirus. This information underscores the importance of the tonsils in maintaining your immunity and makes surgically performing tonsillectomies barbaric and insane.

Peyer's Patches

Located in your small intestine, these lymph nodes are saturated with immune T-Cells and B-Cells, which not only directly kill harmful disease-causing germs in your digestive tract, but also mediate an entire immune response whenever germs are detected.

Appendix

Like the Tonsils, long thought by medical doctors as another useless organ of the human body (how egotistical), the Appendix is now recognized as an immune aggregation. Its perfect position at the very beginning of the large intestine means it can detect disease-causing microorganisms when they enter your bowel. It can then neutralize them and, if necessary, initiate an immune response telling your spleen and other organs to release more immune cells.

ORGAN Immune System

Numerous organs within the human body are also important parts of your immune system.

Your **Bone Marrow**, the “factory” that manufactures and churns out millions of blood cells, many of which are educated and become immune cells.

The **Thymus** is now known to be the “university” where your various T-Cells are educated. We don't know enough yet to figure out where your B-Cells are educated (we've figured it out in birds but not in humans).

The **Liver** and the **Spleen** are “storage” areas for large masses of immune cells and chemicals. In these organs, the immune cells and chemicals also interact, communicate, and share vital information.

CELLULAR

Immune System

Immune T-Cells, born in the bone marrow and educated in the Thymus (hence T-Cell), are divided into various groups, mainly TCD4+ and TCD8+ cells.

The **T4's** are considered HELPER and COMMUNICATOR cells. Whenever they come into contact with an invading microorganism, they communicate vital information about the invader back to the rest of your immune system. This information is used for a diverse counter-attack from simply sounding the alarm to sending out more killing immune cells, to telling the B-cells vital information they need to make specific poisons to neutralize and kill the invaders. Some **T-Cells (like the TH17)** produce immune chemicals, like Interleukin, and secrete these chemicals into your bloodstream. After they meet invaders, they excrete chemicals that announce an invasion, sound the alarm, recruit and activate additional T-Cells, and even create a fever.

T-8 cells are often called Cytotoxic or Killer T-Cells. They are assassins more than communicators. T-8 cells kill harmful microorganisms on contact. Additionally, new T-Cells are being identified all the time.

Interferon is another chemical released by your immune system. Interferon Type I mediates an anti-viral immune response while Interferon Type II mediates an anti-bacterial immune response.

You also have **Regulator T-Cells** that are like referees and can speed up or slow down the immune response based on critical information on how the battle is going. You don't want to slow down the immune system response to the invading microorganisms too soon before they are sufficiently destroyed, nor do you want to keep fighting after the invader is eliminated.

Macrophages, the largest of all the immune cells, devour anything and everything that can hurt you. They are like internal leeches combined with garbage trucks, hence the name (Macro=Big / Phage=Eater).

B-Cells are very sophisticated lethal immune weapons. After sharing information with your other immune cells, B-Cells use five different types of **immunoglobulins** on their surface to synthesize

particular poisons to kill the specific virus, bacteria, fungus, antigens, pathogens, microbes, etc. They are the chemical warfare cells of your immune system.

Neutrophils, Basophils, Eosinophils, and Mast Cells are your granulocyte immune cells. A very different type of immune cell is designed to deal with Bacteria, Parasites, and Immune and Allergic responses.

LYMPHATIC

Circulatory System

The Lymphatic system is the circulatory system for immune response. It is a series of pathways, with ducts, nodes, and nodules along these pathways, for immune cells and immune chemicals to travel around your body. You could consider this to be similar to your circulatory system, except it doesn't have a pump like your heart. Instead, lymphatic fluid is moved around your body by deep breathing, exercise, massage, skin brushing, etc.

Finally, Immunity and your EMOTIONAL Dialog

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. **It is now known that your immune system is listening to—and reacting to—your emotional dialog!**

As science progresses, it becomes more and more clear that a "body-mind-spirit" connection is happening with everything going on inside your body. How silly to think of ourselves, our anatomy, physiology, and every system in our bodies as disconnected separate systems, instead of one big organic machine with everything affecting EVERYTHING!

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 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.



Protect Yourself

Doc's Daily Dozen



All Winter Long!



4 Defender Drink

THE EASIEST, MOST DELICIOUS WAY TO BOOST IMMUNITY! Get a super-boost 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 4 tablets**

4 Ounces pure water. Add ice if you want to cool your throat

1 Hand Clean

FIRST and foremost, 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.

Hand Clean (Buy 2!)	\$20	\$17
2 ounces / 60 ml. bottle		
Hand Clean		\$36
REFILL SIZE (no sprayer) 8 ounces / 240 ml. bottle		

2 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 "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 that 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.

NOTE: Years ago, my son, Arthur, said that when he feels sick, he doesn't want to bother putting 12 droppers full of my **Echinacea PLUS** with six droppers full of my SuperTonic and mixing it with other herbal tonics and juices, so he pushed me to create the **C&F "SHOT"** which has been a huge success ever since.

C&F Herbal "SHOT"	\$84
(6-pack) 1.5 ounces / 45 ml. bottle	
C&F Herbal "10-SHOT" (Buy 2!)	\$224
15-ounce bottle	\$190

3 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, hesperidin, rutin, and 1,000 more Vitamin C complexes that we haven't fully identified yet. This formula is 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.

Super-C PLUS	\$26
Powder / 56 grams / 20-day supply	
Super-C PLUS	\$28
60 Tablets / 20-day supply	
Super-C PLUS	\$78
180 Tablets / 2-month supply	



Protect Yourself

Doc's Daily Dozen



All Winter Long!



5 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** 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.

SuperFood ULTRA	\$78
17.425-ounce powder	
SuperFood PLUS	\$52
14-ounce powder / 1-month supply	
SuperFood PLUS	\$60
390 tablets / 1-month supply	
SuperFood 100	\$38
90 tablets / 1-month supply	
SuperFood 100	\$96
270 tablets / 3-month supply	

6 Daily Oral Therapy

This is the second formula I mention because I use it first thing in the morning after getting out of bed, so it lives on my bathroom sink. In the morning, the first thing I do 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.

Daily Oral Therapy	\$40
16 fluid ounces / 1 month supply	

7 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. Both of which contain concentrated organic phytochemicals that help to supercharge your immune system NATURALLY! This formula works to strengthen your immune system and increase the number of immune cells and immune chemicals in your body and bloodstream.

Echinacea PLUS	\$30
(ECH+) 2 ounces / 60 ml. bottle	
Echinacea PLUS	\$52 \$46
(ECH+) 4 ounces / 120 ml. bottle	
Children's Echinacea	\$26
2 ounces / 60 ml. bottle	

8 Super Tonic

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. Over 45 years later it is still one of my most popular formula, I wish I could tell you more.

SuperTonic	\$24
2 ounces / 60 ml. bottle	

Protect Yourself

Doc's Daily Dozen



All Winter Long!



9 Air Detox

I designed this formula in my clinic, and an atomizer 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.

Air Detox	\$18
2 ounces / 60 ml. bottle	
Air Detox	\$30
4 ounces / 120 ml. bottle	
Air Detox	\$104
REFILL SIZE (no sprayer) 16 ounces / 480 ml. bottle	

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

10 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!

Herbal Shield	\$20
1/3 fl ounce	

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.

11 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, and the tonsils are swelling with white blood cells. So, help them out!

Throat & Tonsil	\$18
(Spray) 1 ounce / 30 ml. spray	
Throat & Tonsil	\$26
(Tincture) 2 ounces / 60 ml. bottle	

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

12 Lung Tonic

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

Lung Tonic	\$28
2 ounces / 60 ml. bottle	

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.



Doc's 5 Bonus

These are the top 5 things that I do every day to keep myself healthy and protected. Start doing these five simple things, and you will greatly increase your body's super-immune function, while limiting any chances of becoming infected.

#1: Wash your hands with hot water and soap 10 times a day!

Viruses live on surfaces, and when you touch these surfaces, you come in direct contact with the person who had the virus. Washing your hands with hot water and soap removes the bacteria and virus. So, especially when you're out and about, every chance you get, wash your hands. When you go into a public bathroom, wash your hands with hot water and soap. When you get home, wash your hands with hot water and soap. Do this ten times a day!



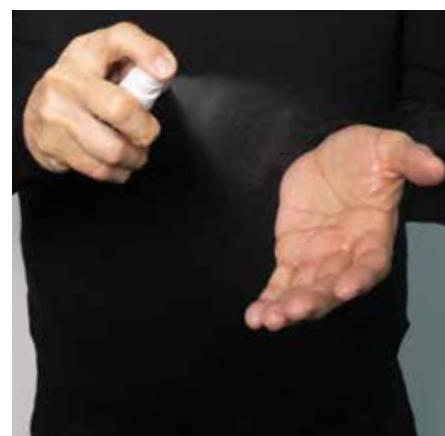
#2: Keep your hands away from your face!

If your hands come in contact with any bacteria or virus—and you don't get a chance to wash your hands and disinfect them—when you touch these entrances to your body, like your eyes, nose, or mouth, you infect yourself immediately. So, keep your fingers out of your eyes and mouth, and keep your booger finger out of your nose! If you would wash your hands and do those two things, chances are greatly improved that you won't infect yourself.



#3: Carry a great hand sanitizer with you everywhere!

Make sure it's at least 60% alcohol, or, better yet, over 70% alcohol, which immediately kills bacteria and the influenza virus. And, find an organic, natural, and herbal one that won't dry out your skin.



Tips To Stay Healthy

#4: Start consuming fresh, raw, organic garlic!

Garlic is a natural antibiotic. It kills both gram-positive and gram-negative bacteria, making it a **broad-spectrum antibiotic**. It also is a very positive **antiviral** that kills viruses on contact, plus it's a powerful **antifungal**. Garlic destroys just about any microorganism and pathogen that can harm you. But, at the same time—unlike indiscriminate antibiotics—garlic does not destroy your intestinal flora (the good, friendly bacteria that your body needs.) So, increase your intake of garlic. And, if anyone is sick around you, start chewing the raw cloves, and chopping it up raw to add to your food.



#5: Avoid sick people like the plague!

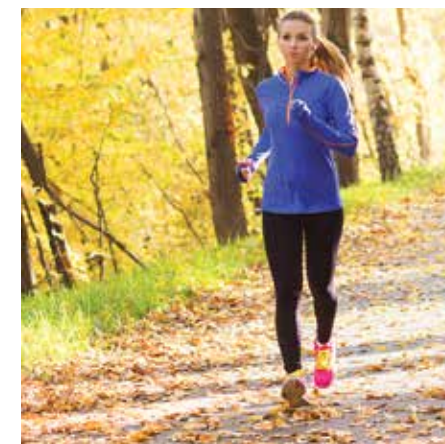
I've been saying this for 40 years. If you see anyone coughing or sneezing, get away from them or tell them to get away from you! I make a habit, 365 days a year, to avoid physically, emotionally, and even spiritually toxic people. I just want to hang out with people that are healthy, fun, positive, happy, loving, and blissed out. Call me a snob, but I've always social distanced, long before that name was politically correct. I surround myself with healthy and happy people, and steer clear of the rest. Like I said, I've been preaching this for 40 years, and I know it's a politically correct term now to say "social distancing," but whatever you wanna call it, I preach it, and I take it quite a few steps further than six feet.



More BONUS STEPS!

In addition, be sure you are getting daily exercise, eat more organic super-nutritious food, and take your **SuperFood ULTRA** or **SuperFood PLUS** every day to guarantee you have an abundance of all your needed nutrients in your blood. Get as much fresh air as possible and get some sunlight every day.

See the next few pages for my potent herbal formulas to protect you and your loved ones. Start building powerful super-immunity this coming fall, winter, and spring. We're gonna survive it, my friends!



Dr. Schulze's

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