

A collection of rare videos on advanced natural bealing techniques for supposedly incurable bealth conditions.

Chapter 5: Cleansing the Bowel

Featuring Dr. Richard Schulze

Cleansing the Bowel

The colon is the cork in your bottle. If you don't cleanse it, the wastes from your head to your lowlands can't get out of you.

Unless you have worked in a clinic with dying patients, you just won't "get it" how many diseases come from bad colon function.

Later on in this chapter, I will give you the herbal formulas you need. But right now, I want to give you a case from the private files of Dr. Richard Schulze, and some other information he shared with me.

A 67-year-old man suffered from massive depression that cleared when they emptied the 'warehouse' in his colon.

SCHULZE: Emotionally, the man was dead. He was a retired teacher and a guidance counselor in a public school. He had a normal life and was an intelligent man. Sixty-seven years old, and all of a sudden, they go in his room one day and his head was down.

He said, "I don't want to get up. I don't want to go to school. I don't want to get up or do anything." They diagnosed him with clinical depression in January 1993. They took him to four different hospitals, they had him on three different drugs, Prozac, Valium and other similar Valium-like substances to keep him sane.

His relatives brought him here and he wouldn't come in the office. He sat on the couch in the living room with his head down and he goes "No." He goes, "I just want to get out of here, I don't like this, there is going to be bad traffic."

I made him take mouth drops. I said, "Has anybody ever told you that your breath stinks?" He didn't answer.

You know, his condition was like coming home and finding that your toilet is overflowed with poop. When it comes to their own bodies, do you know what people do? Instead of cleansing their colons and "calling the plumber or the Roto-Rooter man", they burn incense and put Airwicks in. That's what they do.

The underarm deodorants, the mouthwashes, the toothpastes, the gels, the breath fresheners, the sprays, the colognes, the perfume business is gigantic. It's a billion-dollar industry to cover up their stink because they are rotten inside and they are filled with crap. And if they would just clean out their bowels, this industry would be gone. I could smell this man 10 feet away.

So I recommended two colon formulas you'll learn about in a moment. His family didn't contact me for the next month and a half, so not knowing any better, or wanting to help him, they went through an entire bag a day of the formula. That's ten days' supply in a day. They were going through more intestinal formulas than I think any patient ever did.

This was an incredible family. They gave their father liver cleanses every single day for 30-40 days. And they had him on the juices and everything. They kept pouring that colon formula into him to flush him out, and he was having 5 to 10 bowel movements a day.

When I found out, they said, "He's on the toilet all day long." In fact, his psychotherapist called me and said, "I don't know what you're doing, but it might be to the extreme." And I go, "Why?" And he says, "Because I can't even do a psychotherapy session with him anymore. He's going to the bathroom every 15 minutes."

And I said, "You know, we could cut it back." And he goes, "Oh no, he's healed." He says, "We have no more valium, no more drugs, nothing." They brought him back to my office and this guy was totally out of this depression, totally healed from just doing major bowel cleansing.

BISER: You didn't even do herbs for his depression?

SCHULZE: Nothing. I never even got to it. I was expecting to see him in 3 weeks, but here's the greatest part: His first visit to me was February, and he had already been a year-and-a-half chronically depressed and the doctors couldn't help him. And then the family put him on the herbs and programs I recommended. August 2nd, he came for his appointment

himself. He walked in here a happy-go-lucky individual. He wanted more bowel cleanser. He'll never stop using it.

BISER: What came out of him?

SCHULZE: They just said it was unbelievable. He blocked the toilets, they had to crush it out.

He was full of poop. I could smell it. They said it was disgusting. In fact, the psychotherapist said he can't stand to have him come because he stinks up the whole office for hours.

BISER: And they had to crush it up?

SCHULZE: Oh yea. And they said it blocked the toilets. They said he used whole rolls of toilet paper, they said that it was a disaster, but this is....it's another one of those stories that goes back to John Christopher and Bernard Jensen — you just don't know the power of getting that bowel cleaned out. I mean, this guy was impacted. We're talking about severe impaction.

BISER: And yet his stomach didn't protrude?

SCHULZE: Oh, not at all. He was a thin man. I finally sent him to a colonic therapist, and they said that after an hour's colonic, the built-up sh-- was still pouring out of him. They said they just had to stop and say, "Look, you're going to have to come back more times." They said, "It was treatment after treatment and the stuff was pouring out of him." Obviously, they didn't even know where it was coming from.

The bottom line is that in sixty days, that man was calling for his own appointments and driving for himself, and he would come to my office himself and say, "Hi, I'm so and so, and I'm here to see Richard Schulze." Of course, we used the brain herbs with him later on, but he was cured pretty much from colon cleansing and liver cleansing and nothing else. When this guy first came to me, he hung his head between his knees, shaking it saying, "No".

He just said "No, no," I think one time, he said "We've got to get out of here," and he was gone! It was three years ago when it

started and he was diagnosed with "severe clinical depression". Now eventually, they would have said it was Alzheimer's disease.

He was in retirement. He came out of retirement. His life has changed. He says he only has one fear left and I said, "What's that?" And he goes, "That I won't be able to get the herbal bowel cleansers. And that's his only fear in life. I said, "Don't worry."

If you don't cleanse the colon, the other organs can't cleanse their wastes.

BISER: Any of the herbalists you know would have put him on a brain formula.

SCHULZE: They would have started him on it right away. But I could smell his breath. I knew where it was coming from. You can't treat symptoms. Most people do, and I have always called that, "Allopathic herbalism". As Dr. Christopher said, "You have to get to the cause behind the cause."

BISER: Everyone thinks it's a wellness thing, cleaning the colon. They don't really think it changes health.

SCHULZE: They don't think that it will affect them if they have a tumor, or if they have kidney infection, or if they have heart disease.

They don't understand that even if you can clean the plaque out of the arteries — if you can't get the bowels cleaned out also, it's going to go right back in the body. You'll just re-absorb it.

The body doesn't want to dump wastes unless it knows the colon is working. These bodily systems are connected. When your appendix is giving information to your bloodstream, that's picked up everywhere.

BISER: The body appears to know when the colon is blocked?

SCHULZE: Absolutely. But when you get that colon brand-spanking clean, it's unbelievable the catharsis that's going to take place. Your body will start pulling poisons out from everywhere. Because it knows it can.

Also, you have to remember that wastes from the colon, as we'll see in a moment, can overflow the colon and pollute other organs. You can treat those other organs with natural methods — with only partial results — because these organs keep getting re-infected or re-irritated by particles from the colon.

The Merck Manual says that <u>all</u> Americans — if they live long enough — will have herniation of the large intestine.

SCHULZE: I find that most medical books nowadays back up natural healing. I quote from The Merck Manual daily to my patients. This is from Merck, Sharp and Dome, the largest drug manufacturer in the United States.

According to the latest edition, Merck, 16th edition, I'm quoting, "Every person will have many." That's many herniations. It's a hundred percent now. It says that if they live long enough, every American adult will have herniation of the large intestine. They say that it increases rapidly over age 40 and in every person.

Now Dr. Christopher said this 50 years ago! And they laughed at him. They ridiculed him. He said that the bowel has pockets in it. And that these pockets contain fecal matter. They laughed. They said this is the most ridiculous thing. They said, "We know the bowels don't have this." And he goes, "The bowels have pockets, they contain fecal matter." And then he went on to say that if it stays in there long enough, it will leak into your body and cause what he called auto-intoxication. Again, the doctors laughed. They swore at him. They ridiculed him.

I saw people who were natural healers go, "This is ridiculous". They said, "We have looked in bowels and we don't see this. We don't see these sacs of poop." I'll tell you why they missed them.

BISER: Why?

SCHULZE: Doctors used to always miss these because they are not inside the bowel, they are actually <u>outside</u> the bowel. So from inside the bowel, you can hardly see them, so when you go into the bowel with a scope, they look like little black dots. And that could just be a piece of

fecal matter. They think that's only a small piece of fecal matter stuck on the wall of the bowel.

But behind that fecal matter is one of these bowel pockets.

How constipation causes appendicitis.

BISER: So, the pockets are outside!

SCHULZE: Yes. In 1991, they came out with this, their newest chart, diseases of the digestive system, and it shows right here diverticulosis of the colon, and how the external herniations are filled with poop.

But what's even better is over here in the book; fecal obstructions are causing appendicitis. They are now saying that appendicitis is caused by fecal matter stuffed down into the opening which doesn't let the appendix release its fluid, and so it inflames. So this isn't some faulty organ, this is constipation causing appendicitis.

BISER: Do any natural healers keep up on these things?

SCHULZE: No. Nobody reads this. <u>The Merck Manual</u> is the Bible of diagnosis and treatment for the medical profession in the United States. Medical doctors don't even read these. I buy every edition and read from front to back. It gets better as the years go along.

They basically say that diverticuli occasionally are responsible for rectal bleeding and they often become inflamed causing diverticulosis. It says they are asymptomatic, so people don't know they have them, and...here's the best part, what do you do?

"Treatment: a bland diet is **not** indicated for persons with diverticulosis. For normal colonic functions, the diet should include a sufficient intake of fluids and roughage from whole wheat bread, bran cereal, fruits and vegetables."

This is what Dr. Christopher said, "If you get constipated, then you will get bowel pockets, and the best way to get rid of them is a mucusless diet, whole grains, bran, fruits and vegetables." They are just quoting Dr. Christopher right in the modern medical books. Isn't that incredible!

And then it goes on to discuss diverticulosis, the inflammation of the diverticuli, of those sacs protruding from the colon wall. It says that small, even minute, perforations of the thin-walled diverticuli due to inflammation or high colon pressure from constipation leads to — *guess what?* — bacterial and fecal contamination of the inner tissues.

BISER: Inner tissues?! There you've got it seeping out and that is in *The Merck Manual*. What edition? Page what?

SCHULZE: This one here is page 813 and 814 of the 15th edition of <u>The Merck Manual</u>. They only publish them every 5 years. This was the 1987 version. And here we have something that Dr. Christopher claimed for years and every medical doctor I have met said it was ridiculous. Now, This is in the 1992 <u>Merck Manual</u>. Most people can buy these in Crown Books. But I was shocked, and I have to say my jaw dropped when I saw this next one:

"Diverticuli, acquired sac-like mucosal projections through the muscular layer of the colon/rectum. Occur anywhere in the large bowel, but usually in the sigmoid and rarely below the rectum. Vary in diameter, most diverticuli are multiple, they are uncommon in persons younger than forty but increase rapidly then after that, so that essentially every person will have many."

That's the bottom line. Essentially every person, so forget the 10%, the 20%, the 15%, the 30% that they quoted in earlier editions. Essentially every person will have many. That's the bottom line.

According to <u>The Merck Manual</u>, these bowel pockets leak pus, blood, and fecal matter back into the bloodstream.

BISER: That means people are full of pockets.

SCHULZE: Sure. Full of bowel pockets, that's right. Patients will say to me, "I had a couple of bowel movements today, 'every day'. Do I really need to clean my bowels." According to The Merck Manual, every person will essentially have many herniations — and there are no symptoms. So

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just because you're regular doesn't mean you don't have these little sacks of poop bulging on the outside of your colon walls.

BISER: And inside of those protruding sacks can be inflammation, which means pus.

SCHULZE: Absolutely. When that fecal matter comes out of there, and Dr. Christopher used to say it too, it's not just going to be clean, healthy tissue. There is going to be worms under there, there is going to be pus under there, it's going to bleed.

That's why even in his colon formula, he put cayenne for the bleeding, goldenseal for the pus and for the infection. He designed it because he knew that these infected sacs were there.

Now the question I've always had is: How did he know these were there? How did he know that everybody had them in their bowel because, according to medicine, <u>they</u> didn't know that until 1992. That was nine years after his death.

"Leg ulcers never heal until you cleanse the colon. The body creates them as a second rectum which leaks wastes out of a clogged-up body."

SCHULZE: We've had people with leg ulcers where you couldn't stop the leg ulcer, it was just pouring. Blood and pus. They couldn't stop it. They wrapped bandages around it and it would leak through the bandage.

I learned with leg ulcers that they are like a second rectum. When your body can't get elimination out through the normal channel, it will burst it through anywhere. It's impossible to heal a leg ulcer treating the leg ulcer. I learned that. You cannot get a leg ulcer better when your body is dumping poison it can't get out.

BISER: Older people can even die of these ulcers.

SCHULZE: The only way to treat a leg ulcer is to clean the bowel. Clean the bowel and then you treat the leg ulcer and it goes away. But with a

constipated bowel or a congested bowel, you try to treat the leg ulcer and it will never heal.

Tumors can be the body's way of trying to dispose of wastes. Sometimes these external cancer tumors have little holes in the end, where they leak pus and blood. Sometimes the skin turns redder and darker in color, and then splits open. It did on this one woman.

This lady had a tumor on her neck. She had a band-aid on it, and a cloth around her neck, and she would have to keeping changing the tissue, it was leaking so much. I said to her, "What do you mean, it's leaking?"

She goes, "Look." And she took the band-aid off and it was like a stream of water. This water was pouring out of her neck, it was murky, stinking water. And you know, this is classic. Dr. Christopher said that your body will get out wastes any way it can if the channels of elimination are not kept open.

Richard Schulze's two formulas for cleansing and detoxifying the colon.

The *first bowel formula* causes the colon to move — even if the nerves to the colon are damaged or non-existent. You can make this formula at home, or purchase, but as I will tell you over and over again, I urge you to learn how to make your formulas at home.

Here is the first formula: *Dosage information is on page 101

2 parts Curacao and Cape Aloe Leaf. [If not available, use one part Buckthorn bark or two parts Turkey Rhubarb.]

One part Senna leaves and pods. [Start with one-half part.]

One part Cascara Sagrada aged bark. [Start with one-half part.]

1 part Barberry root bark

1 part Ginger root, or Peppermint leaf, or Fennel

1 part Garlic bulb, or Goldenseal root

1 part African bird pepper, or the hottest cayenne or black pepper you can find.

Don't be afraid to make this or other formulas, even if you are missing an ingredient or two or three, or if you have to substitute ingredients. Over time, this formula strengthens the walls of the small intestine. It destroys Candida overgrowth, and destroys and expels parasites, and relieves gas and cramps.

The *second bowel formula* is to be used in conjunction with the first colon formula. This formula is a strong purifier and intestinal vacuum.

Here are the ingredients: *Dosage information is on page 101

2 parts Flax seed

- **2 parts Apple Fruit pectin** [Optional, but available only in large quantities from wholesale suppliers. Difficult for layman to get. Minimum quantities are 50 lbs.]
- **2 parts Pharmaceutical Grade Bentonite Clay** [Aztec Clay, available from Aztec Secret Health and Beauty, P.O. Box 841, Pahrump, NV 89041. Their phone is (702) 727-1882.]
- 7 parts Psyllium seeds and husks
- 2 parts Slippery elm inner bark or Marshmallow root
- 1 part Fennel seed or Peppermint
- **1 part Activated Willow charcoal** [This can be obtained from Charles Wilson, (704) 622-3671, P.O. Box 693, Leicester, North Carolina 28748.]

This formula will draw old fecal matter off the walls of your colon and out of any bowel pockets. It will also draw out poisons, toxins, heavy metals such as mercury and lead and even remove radioactive materials such as strontium-90. This formula will also remove over 2,000 known chemicals and pharmaceutical drug residues. Its natural softening and

soothing properties will soften old hardened fecal matter for easy removal and soothe inflammation in the stomach and intestines.

Special instructions: This formula can sometimes be constipating. Therefore, all you have to do is to increase the dosage of formula number one to compensate.

Reserve special days for cleansing your colon.

SCHULZE: Once in awhile, like maybe once every couple of weeks, reserve a day or two for colon cleansing.

Maybe four times or more, have a day where you don't eat any food at all, or if you do eat, eat incredibly lightly and try to stick with fruit. And on that day drink a gallon of liquids; water, herb teas, fruit and vegetable juices.

On that day, it will be easy for you to stir around a teaspoon of the intestinal formula number two into those juices or liquids five or six times a day.

How to do a high enema.

BISER: These were required every other day for those on the incurables program, and obviously less often for those who are not so ill. Richard, what do readers need to know to do this right?

SCHULZE: A high enema is designed to wash and clean out and empty the entire colon, the large intestine. By comparison, a regular enema only washes fecal matter out of the area near your rectum.

In fact, if you are patient enough and persistent enough with a high enema, you will introduce so much water into your bowel that it will go all the way to your appendix. Of course, that's at the lowest part of your cecum, the beginning of the colon, all the way to the illeo-cecal valve which is where the small intestine ends.

BISER: Can readers do this at home?

SCHULZE: You can do this at home and it's easy. The first time you have to be a little patient. The way you begin is you just take a regular enema.

You introduce 8-16 ounces of water into your rectum, and usually most people will feel like, "Oh, gotta get this out of here now." So you hop on the toilet.

You're introducing the water or herbal tea while you are lying on your back on the floor. I always say it's best to have an enema party; it's much easier if you have two people, one person giving the enema and one person receiving.

Otherwise, you've got to work and move and strain and all of that. On your bathroom floor, put a couple of old towels, because chances are you are going to get a little water on the floor, but possibly a little bit of fecal matter, a little bit of herbal ointment or different things.

BISER: I always thought it was better to do a quick little insertion of a little water, and get out whatever is there.

SCHULZE: Yes, absolutely.

BISER: Otherwise when you try to put the big one in you, you won't hold it at all.

SCHULZE: That's right. You have to take at least a two or three just-rectal enemas. Make sure you are lying on the towels, make it nice and comfortable, put a little heater in the bathroom, get it warmed up.

BISER: Play some enema music?.

SCHULZE: Yes, play some nice enema music, spray some essential oils or light some incense, because this is going to smell a bit, because you have old fecal matter coming out. So make it a nice experience. Lie on the floor, make sure you put on some herbal ointment, grease up your rectum really good. This is one of the few times you may want to use some vaseline — because you are better over-greased than undergreased. Fill the enema bag with nice warm water, body temperature or a little bit less.

If you want, you can add some catnip to that if you are prone to having your bowel be a little spastic. Lie back and have the person introduce just a little water, you'll usually feel an initial cramp, get up onto the toilet, let that fecal matter out of the bowel. And do that again.

You can do a rectal flush like that two or three times. After awhile, water comes out.

Now, you want to start introducing water into the colon itself and it's very simple. The first thing you want to do is just lie on your left side. Lie on your left side, and have the person put the enema in. Now you want to refill the enema bag, and have at least a couple of quarts of water if you can get it in the enema bag. You can have some filtered herb tea in there, too. Lie on your left side and have the person unclip the enema hose so the water starts flowing.

You'll feel it go into the rectum; breathe. You need to breathe. Take some deep breaths, relax. You might feel a little cramping. If you do say, "Stop." Your helper will shut off the flow of the enema bag. Let them keep that off for awhile until the cramping subsides.

BISER: You're on your left side.

SCHULZE: You're on your left side, and you'll begin to feel the water, especially if you use a little bit cooler water, you'll begin to feel it on your left side. It's entering your sigmoid and descending colon. Again, if you feel a little cramp, or, like, "Oh, I can't hold this", tell them to stop the water and just relax and breathe, but try to get as much water in as possible.

BISER: What's the trick to not dumping the water as fast as it goes in, and all the water goes and you never get anything accomplished.

SCHULZE: You may have to do that. But remember, you're going to take about an hour to do this procedure of a high enema.

There's no hurry to get up. You'll empty your rectum, but you'll also have some emptying out of your descending or sigmoid colon. Lie back, use a little more bland herbal ointment or vaseline, fill the enema bag again, and then lie down on your left side. This time, you'll probably find the second or third time you'll get a lot of water in. You'll probably drain that enema bag.

You'll feel the water on your left side, and you'll think it's gone all the way up under your left rib, which is called your splenic flecture,

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because it's the bend right near your spleen. Roll over and lie on your back now.

It helps if you can put an old pillow under your butt. It will elevate your butt a little bit. Get on a little slant, and now you'll start to feel the water enter your transverse colon and go from left to right, going backwards through the colon, the opposite way the fecal matter goes.

Now you'll <u>feel</u> that water, and when you feel it go all the way above your navel at the base of your rib cage through your transverse colon, you may feel as though you have a belly or lower abdomen full of water; it will feel a little heavy — great! Now move over onto your right side.

As you move, you might have to have a water change at this point. Have the person pull the enema out. You know, in Europe, they have enema bags that have open tops, and so you can keep adding water as this is going in. But in this country, we have these sealed enema bags, so you have to stop, pull out the enema, fill the enema bag again and then restart. Now we are filling up the right side; you'll feel that water especially if it's a little cool, going down the ascending colon all the way down to that cecum and appendix, which is down half-way between your navel and your hip bone.

If you drew a line between your navel and what's called the ileac crest of your pelvis, that's about where your cecum is. You'll feel it all the way there. When you've had enough, stop. Say: "I'm full of water," and lie there. Maybe even get up into a higher slant where your butt's even higher, if you've got support under you.

BISER: That will help you hold it?

SCHULZE: Well, it will help just get the water around more.

You know, if you've done yoga, maybe try even a little bit of a yoga shoulder stand or a modified one, or if not, maybe put your feet up against the wall and let your feet climb up a bit. Try to get upside down a little bit. Lie there and relax.

Try to be there for at least 5 minutes, if not 10 or 15 minutes, and then get up on the toilet. Just relax. You may find that, at first, nothing comes out. Then, as you relax more, you'll have water come out and you'll think, "Was that it?"

Relax a bit more, and you'll have a real flush of water. You'll get a tremendous amount of water and a lot more fecal matter now. Now what you can do when you finish that, if you are up to it, is start again.

You won't have to do any more rectal flushes; your body will accept a high enema immediately the first time. So do it again. You'll find that you can do two or three of these before the water starts looking somewhat clear.

If you're lucky, you'll get what's called a cecal flush, which means you're sitting on the toilet and, all of a sudden, you'll feel a cramp in your bowel. The whole bowel contracts at once; you have what's called a cecal flush, meaning, at once, all the water from your cecum all the way through your bowel is out of you. On the way into the toilet, it will feel very hot and very warm and you'll feel a peristaltic wave from your right side to your left side. It's tremendous. Now you know you've done some deep cleansing. In the colonic industry that's called the cecal flush, and you can get it at home with a high enema.

BISER: In other words, you don't need the hundred gallons of water or whatever you get in a colonic.

SCHULZE: No, not at all. A colonic is about 20 high enemas in an hour, because they can put it in fast; they can operate faster than you can at home with an enema bag. That's all it is. It's the same thing.

When you're a little more advanced in this, you can have your friend do a little abdominal rocking, putting their hand on your abdomen while you are on your back, and rocking you a little bit. That relaxes you sometimes.

If you are more advanced, you can even have them do a light massage on your abdomen. What can be more beneficial is if they do a little foot reflexology on the colon points, or a little bit of a neck rub. Anything to help you relax. Any type of body work works well. At the

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end, when you're done, if you want, you can empty out all the water and you can introduce what's called an implant. This could be aloe vera to soothe the tissue of the bowel if there is colitis.

How to use an herbal implant after your high enema.

BISER: Or if you have cancer could it be red clover?

SCHULZE: Red clover, chaparral, and the most famous is wheat grass juice. You can take two, three, four ounces of wheat grass juice. You can take plantain juice, if you can find plantain growing around your area. You can use any herbs that you want for whatever you want to do.

Introduce them into the bowel, but in a small amount. We're talking about 16 ounces.

BISER: Because you don't want to dump it?

SCHULZE: That's right. You don't want to let it out. And then just leave it in there. Just relax and leave it in, and you'll find it a little absorbed. Your colon absorbs massive amounts of water, okay, that's one of the jobs of the colon. It absorbs liquid. If you're putting red clover, chaparral, wheat grass juice, aloe vera in your bowel, it will absorb it and take it right into the bowel tissue.

BISER: What about the criticism that by doing all this high enema, you are washing all the mineral nutrients out of your colon?

SCHULZE: You can resupply your body with a little bit of sea vegetable, an almond, a couple of Brazil nuts, the amount of minerals that you are taking out are not significant, plus we're not talking about doing this every day of your life. We're talking about every other day until you get well, and then at much greater intervals for those who are not as sick.

Why Dr. Schulze is against coffee enemas.

BISER: Some of these people do coffee enemas twice a day.

SCHULZE: They do it forever.

BISER: You are not in favor of that?

SCHULZE: No, not at all. Sure, coffee will stimulate the bowel to excrete more, but I would use coffee enemas as an extreme because, when you do a coffee enema, you get a high from the caffeine because your colon absorbs that coffee.

I know this because I've done them, and I've had patients do them, and they are absorbing tremendous amounts of caffeine. For the average person this might be okay, but for a heart patient, it's going to cause cardiac arrhythmia, tachycardia, flutters of the heart. In these cases, caffeine is contra-indicated — the same way I am against using salt as a bowel flush. Because large amounts of salt, if you are hypertensive, can give you a stroke.

I don't like to use things that can cause problems in other ways. So, I would suggest to use your detoxification herbs. Like we mentioned, your chaparral, your yellow dock works very nicely; a good cleansing herb is wheat grass juice.

You can't get a better detoxification than wheat grass juice. I'd rather have that than coffee every day because it's loaded with chlorophyll. I find that most people who do coffee enemas are enema-addicts. They do two coffee enemas a day for the rest of their lives.

BISER: You mean they have to do it.

SCHULZE: Yes, and then without it, their bowel doesn't work at all. This is typical of my clinic: A person comes in. I go, "How does your bowel work?" They go, "Hey, I have no problem with my bowel. I have two, three bowel movements every day. I go great."

"Do you drink coffee? Do you drink tea?"

"Yea. I drink about four cups a day."

But if they stop the coffee, that bowel never works again. Okay, coffee is a great bowel stimulant. Most of America thinks their bowel is working normal. If there was a coffee shortage in this country, we'd have constipation so bad, we'd need nuclear weapons to clear America. I mean, you know, it's a false sense of the body working.

Catnip and lobelia for high enemas.

SCHULZE: Some people have spastic bowels. You put a little water in and you can never really get the high enema going because it's cramping and it's always coming out. The way we always solve that is with lobelia. Add a little lobelia tincture to the water. You can even make it with catnip, which Dr. Christopher did.

Always have cayenne and lobelia on hand when doing enemas.

SCHULZE: Cayenne is used if the person is feeling faint, or if they are going to pass out, or if they are getting shaky and you want to get them stimulated, and if more blood to the head will bring them back to earth. Lobelia is useful if they are going into some type of a spasm. Maybe the bowel is spasming, or their hands are going into tetany, and it works the other way; it kind of slows things down a little bit.

The high enema is something that everybody should do.

BISER: If you are on the incurable program, do you really have to do the high enema that much?

SCHULZE: Absolutely, and an important thing to remember is also when you're juice fasting, you'll have a tendency for your bowel not to work. And that's part of the incurables program.

So if your bowel doesn't work, the intestinal formula number one and number two will almost guarantee you a bowel movement. That's what you use when you're juice fasting. Also take an enema when you're juice fasting, to make sure that bowel is staying nice and clean, and that you're getting it out as fast as possible.

Parasites get removed from high enemas.

BISER: Ever seen lots of stuff come out?

SCHULZE: Unbelievable. Everything. I saw one patient dump a whole toilet bowl full of parasites, full of worms. She never, ever had any complaints, never had any problems, never thought she had worms.

BISER: You saw the worms?

SCHULZE: Oh, I saw the worms. A whole bowl full of worms.

BISER: Now this was the first high enema?

SCHULZE: The first high enema. Dumped a whole bowlful of worms.

BISER: Has it ever happened that you do a series of them and nothing

happens — and then later you dump worms?

SCHULZE: Absolutely.

BISER: Just because you didn't get worms the first time doesn't mean there's no worms?

SCHULZE: Oh no, not at all. Anybody who has had long-term constipation will just clean out what was in the bowel on the first high enema. They won't get the crusts, or the pockets or the diverticula, the old stuff, the ham sandwich you overate on Thanksgiving when you were 14 years old.

BISER: How long does it take you to expel worms?

SCHULZE: Two, three weeks later, after doing five, six, eight high enemas. You can get worms then.

BISER: Are there any herbs that would encourage the worms to go?

SCHULZE: Absolutely. You could be using what are sometimes called vermifuge herbs, sometimes they are called vermicides. A vermifuge flushes the worms out; a vermicide kills the worms. One of the greatest, greatest vermifuges and vermicides, and people are going to think I'm a garlic nut, is garlic. There are more exotic herbs you can use, but garlic is wonderful. And of course the bitters; wormwood, worm seed, which is famous for cleaning worms out of the bowel.

BISER: You could use that in the high enema?

SCHULZE: Yes, absolutely. You could use wormwood in the high enema, but just be easy with the amounts because, remember, when you put it in your bowel, it's just like drinking it.

BISER: What kind of amounts?

SCHULZE: You would want to make a very mild wormwood tea. You could put a teaspoonful of wormwood leaves to a couple of quarts of water. That will do it. And you know, just remember one thing, garlic kills the worms and flushes them out of the bowel. No self-respecting worm wants to live near garlic. Don't put herbs in the enema bag, because they will clog the nozzle. Only use filtered herbal tea.

BISER: I can see natural healers who have their pet herb all saying that garlic couldn't kill those worms. They'll say, "You've got to use some special herbs from South America." or something like that.

SCHULZE: If you have one herb and one herb only in your house, make it garlic. It will save your life.

BISER: Last question on this, what else have you seen come out besides worms?

SCHULZE: I have seen actual fecal matter encasements come out. It's not as common as people would like to think.

We have diverticulosis, but not necessarily casings of fecal matter.

In certain cases of chronic constipation for years, I have seen that casing breakup and come out. I have seen quarts of mucus come out of the bowel. Long, stringy mucus that looks like cheese. I've seen blood come out of the bowel, fresh blood.

BISER: Was that from damage done during the enema?

SCHULZE: No, no, no. Absolutely not. A diverticulosis is like a bubble on the side of your colon. Fecal matter, due to constipation, pushes against the wall of that colon, and makes that bubble or that herniation.

Of course, that bubble is impacted with fecal matter. Now, when you clean that fecal matter out of there, it's not just nice, beautiful, clean,

sweet, pink tissue. It's infected, pus-filled, irritated, possibly even carcinogenic, tissue in there.

That's going to have pus, that's going to have bleeding and, of course, that's the importance of doing the first intestinal formula; it has cayenne in it to stop the bleeding. The formula also has garlic in it for the infection that may be there. That's where the power of using herbs comes in with a high enema. My patients have also seen balls in the toilet — gallstones that were flushed out during the high enema.

Enemas to breakup fevers.

BISER: I remember that earlier in my life, I used an enema to stop a fever that could have killed my wife. It was the only thing that brought the fever down.

SCHULZE: Enemas can bring in cooling water, and they can also remove the wastes that are making the fever worse.

I remember when I used an enema of Bentonite clay on a patient who had massive inflammation in his bowel. The doctors wanted to do a resection of his bowel. They said there was something lodged in the colon and they couldn't get to it. The tissue was ruptured and it was leaking into the patient's abdominal wall. We put Bentonite clay in and it sucked the poisons and obstructions right out. They checked the man and said, "Whatever it was is gone now."

BISER: What do you mean, you put clay in?

SCHULZE: Bentonite clay. We filled his bowel with large doses of Bentonite clay and water. Bentonite clay draws forty times its weight in fecal matter. It will suck the fecal matter out of the bowel pocket, out of a diverticula. It's been used for a hundred years in this country to do that, all the way back as far as I know. People have used liquid Bentonite to suck the bowel clean and it does it really well.

BISER: After you put that in, the enema was for how long — an hour or two?

SCHULZE: We kept it in for about a half an hour, and then once we expel it, it doesn't matter. It's all in there, and it's all dry.

BISER: Did you mix water with it or just straight Bentonite liquid?

SCHULZE: Bentonite and water. Use aloe vera too. When you have colitis and diverticulosis, you fill the whole bowel with aloe vera juice or aloe vera gel. It reduces inflammation.

The bottom line is: everyone is dying from rotten bowels.

SCHULZE: I just fired a teacher for telling my herbal students that cascara sagrada could irritate the colon and they had to be careful with it.

I find that absolutely irresponsible. What I said to him was, "Look, 100% of American adults, if they live long enough, have herniation of the bowel, and the #1 cancer among men and women together is colon/ rectal cancer."

The bottom line is that everybody is dying from rotten bowels. And I never heard of anybody, not one person, dying from cascara sagrada. The American Indians used to call it 'sacred bark'. They used it for everything.

It's this kind of irresponsible herbalism that comes out of the textbooks that just irritates me to no end. What good is that kind of information doing anybody? It's scaring them from using herbs. And all these herbs are going to do is save their lives.

Three-pound tumor coming out of the bowel.

SCHULZE: This case of the three-pound tumor leaving is a classic case of what the colon-cleansing herbs can do. These herbs are powerful, but they've been degenerated by the modern herbalists in the way that they've been described.

In other words, the old herbalists knew the power of these herbs was dramatic, but this has been whittled down by the herbalists of today with their talk about isolating one or more active ingredients. They've

lost the big picture of what the entire herb can do — or else they just don't want to know.

The herbs I talk about for the bowel, like the aloes or cascara sagrada or senna, these are emodin-containing herbs. The chemical emodin is a bitter principle that stimulates the liver and aloe stimulates the bowel to work better.

Years ago, that was also considered an herb that removes cancer from the body, but people don't talk about that anymore and for a lot of reasons.

I mean, Dr. Christopher, after his last arrest, wasn't allowed to use the word cancer. That was one of the things he'd agreed to, and he just couldn't help himself. But he basically got himself into trouble so many times because he said this herb is for cancer, so it's all been dropped.

But the bottom line is just the chemicals that are in those bitters, aloe, cascara sagrada and senna, used to be known as not only increasing the peristaltic action of your colon, they were also known to get rid of colon cancer.

But no-one dares say that anymore. No-one dares say the big cancer word when it comes to herbs or juices or natural healing. No-one dares say that wheatgrass juice absolutely cures cancer, yet I've seen it do it a thousand times.

But just because no-one says it, the tumors are still dropping out of people. When I was over in England, I got a report of a three-pounder coming out. Yes, just coming out with the bowel movement.

It was a colon cancer, and the herbs I recommended to your readers earlier made it happen. It was like a deflated orange.

BISER: You mean it was that small? How could it be three pounds and just be like a deflated orange? An orange doesn't weigh that much.

SCHULZE: Tumors are very dense, like, I'd like to say they're like a side of beef. It's something that has grown in a concentrated form for years and years and so they can be the densest of the tissue. It's almost like solid leather.

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You won't read about this in a book, because no-one will say anymore, but these herbs do that. And if you talk a pharmacist into a corner, he'll say, "Well, yes." Because the National Cancer Institute has even done studies that emodin does destroy certain types of tumors. But no-one will dare talk about this. If your life depends on it, you can't get a handful of information about degenerative diseases out of herbal books or even out of herbalists any more. They don't deal with it, they don't know anything about it, they won't touch it.

BISER: We should call this Collection "Raiders of the Lost Art."

Instructions for Bowel Formula Number One

<u>Dosage</u>: Take one capsule a day. If that gives you the bowel results you want, stop, this is your dosage. If it is not enough, increase by one capsule. Continue increasing the dosage by one capsule until you go to the bathroom in the morning and go "Wow."

Instructions for Bowel Formula Number Two

<u>Dosage</u>: Mix one heaping teaspoon of powder with four to six ounces of fresh juice. After consuming this, drink an additional eight to sixteen ounces of water. Repeat this five times per day, or increase the servings and take a smaller number of dosages. Please note that this formula can be slightly constipating, so you may need to increase the dosage of formula number one.