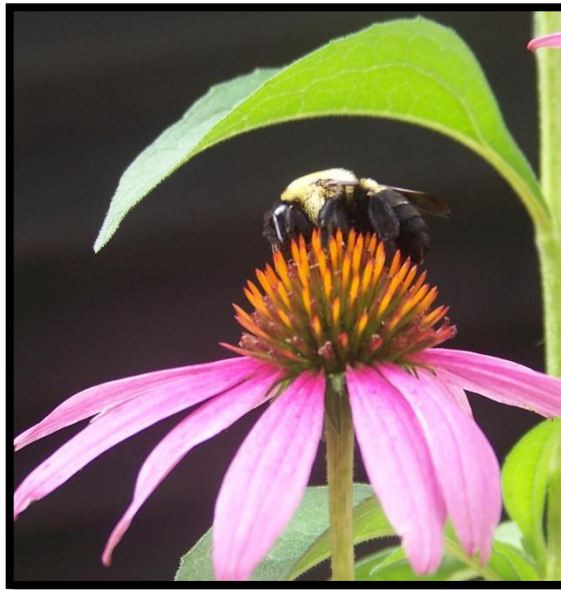

5 Day Cleanse & Detox Programs



Cleansing and Immune Boosting for Health
Basic Cleansing and Detoxification Program
Use of Herbal Home Colonic Formulas
Five-day Cleansing and Detoxification Program for Liver
Five-day Cleansing and Detoxification Program for Kidney
What Determines Your Current Level of Health?
Healthy Life Style Changes --Dr. Schulze

Mailing Address:

HEAL Marketplace
360 Carpenter Road
Rutherfordton NC 28139

Phone Numbers:

Toll Free Order Line
866-581-4390

Cell & Text: 828-287-8787

Web pages:

www.healmarketplace.com

Email:

mail@healmarketplace.com

Cleansing and Immune Boosting for Health

Why the Foundational Health Programs?

When I began my natural healing journey, I was attracted to the complex herbal formulas and intricate natural healing routines. I understood how serious my kidney disease was and knew it would take an intense program to heal them. I was anxious to begin and mapped out a sensible treatment plan for myself.

My healing program worked well for me. As my experience in all things natural grew the importance of beginning EVERYONE, regardless of their physical condition, with the basic foundational programs became evident. Good common sense taught me that EVERYONE has to start here first.

SUPER NUTRITION CLEANSING AND DETOXIFICATION OF THE ELIMINATION ORGANS, IMMUNE BOOSTING, These programs must be established before starting any advanced routines. Then THE BIG SURPRISE HAPPENED.

95% OF MY OF OUR H.E.A.L. MEMBERS, AFTER FINISHING THE BASICS, WERE WELL! That's right, the vast majority of our members cleared their issues before they ever got to treat their specific problem.

80% OF OUR MEMBERS WERE WELL JUST AFTER DOING A THOROUGH BOWEL CLEANSING PROGRAM. The big surprise was that after our members followed the basic foundational programs for a few months, they had made themselves all better. Only members with seriously advanced diseases needed to do an extended program of Liver & Kidney Cleansing.

For this reason I began to call these programs my Foundational Programs. The vast majority of our members didn't need to go any further. Also, following the Foundational Programs makes the use of our supportive herbal formulas even more effective.

For this sole reason, I cannot over-emphasize the importance for everyone to begin with the programs and formula on the next few pages called ***The Foundational Programs***. If you do, you will probably forget what was wrong with you in the first place.

Everyone, who wants a healing experience, I MEAN EVERYONE, needs to start with the same basic programs for the first TWO MONTHS. They may need to add some of the specific herbal Formulas; listed on our website, but nobody escapes doing ALL of these Foundational Programs.

Basic Cleansing and Detoxification Program

Digestive system and colon health have reached an-all-time low in the United States. Diseases of the digestive tract are on the rise. In 1994 the #1 Cancer among men and women was Colon Rectal.

Modern lifestyle has taken its toll on our digestive/elimination organs. Refined, processed, low fiber foods, animal fats, a lack of exercise and an ever-increasing level of stress all contribute to our current gastrointestinal health crisis.

The frequency at which a normal, healthy person should move their bowels has been a great misconception among the public and most medical professionals. For years, doctors have thought that anywhere between 1 bowel movement a day and 1 a week was normal. In the examination of more primitive peoples, we find that their bowels move much more frequently, 2 to 3 times daily on the average. This is due to the fact that these people eat better, get more exercise and have much less stress. What we have learned is that it is normal to have 1 bowel movement a day for each meal you eat, (if you eat 3 meals you should have 3 bowel movements).

The Merck Manual, the medical industry's standard text for the diagnosis and treatment of disease, tells us that colon degeneration is on the rise. The incidence of diverticulosis has increased dramatically over the last 40 years. It states, that in 1950, only 10% of adults over the age of 45 had this disease, in 1955 15%, in 1972 30% and in 1987 almost 70%. The latest edition states that the incidence "increases rapidly" over age 40 and that "every person will have many" if they live long enough. Every American adult will have herniation of the large intestine.

Diverticula are saccular herniations that protrude through the wall of the colon. These "bowel pockets" are almost always *asymptomatic*, (you can't feel them). They are caused by a sluggish constipated bowel. These pockets fill with old fecal material which can be reabsorbed back into the bloodstream. This can infect the entire body causing all types of toxic reactions.

A sluggish bowel can retain pounds of old, toxic and poisonous fecal matter. Many times the real cause behind sickness and disease is this retention and reabsorption of this toxic waste.

The first step in everyone's health program should be stimulating, cleaning and toning all the elimination organs, and the bowel is the best place to begin.

Day #1: Start with only one capsule of Lower Bowel Formula #1 during or just after dinner. This formula works best when mixed with food.

Day #2: This morning you should notice an increase in your bowel action and in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference in your bowel behavior today or the difference wasn't dramatic, then tonight increase your dosage to two capsules. You can continue to increase your dosage every evening by one capsule until you notice a dramatic difference in the way your bowel works. It has taken most of us years to create a sluggish bowel so let's be patient for a few days and increase by one capsule each day only.

By the end of the first week you, should know what your dosage is. If not, then remain on this formula alone for an additional week to get regulated before you go on to the next step.

Week #2: At the beginning of week two is when we begin to start the Lower Bowel Formula #2. We will take this formula 5 times each day beginning in the morning. One hour after your morning nutritional drink, mix 1 heaping teaspoon of Lower Bowel #2 powder with 8 ounces of diluted juice. It mixes best if you shake it in a small jar. Do the same ½ hour before lunch, between lunch and dinner, ½ hour before dinner and 1 hour before bed, so that you are consuming a total of 5 heaping teaspoons each day.

During or after dinner, take your Lower Bowel Formula #1 as usual but increase the dosage you discovered the first week by 1 additional pill. If you feel a bit bound by the #2 formula, you can increase your dosage of the #1 formula even more.

Helpful Hints: It is helpful to drink additional liquid after each dose of Lower Bowel Formula #2, at least 8 more ounces. Drink plenty of pure water, herb teas and diluted fruit and vegetable juices during this two-week colon cleanse. A good amount is between 64 and 128 ounces of liquid each day. This makes the program more effective.

Use of Herbal Home Colonic Formulas

NUTRITION

SUPERFOOD: This is the way to start your day, EVERYDAY. The adult dosage is 2 rounded to 4 rounded tablespoons per day. If you need extra nutrition, because of an illness, you can take an additional 2 tablespoons in a drink in the afternoon.

In the morning, I suggest to take a blender, put in 8 ounces of fresh fruit juice, 8 ounces of purified or distilled water, ½ to 1 cup of fresh organic seasonal fruit and two rounded tablespoons Superfood. I have started my day for the last 20 years with this morning drink.

If you choose to have another dosage of Superfood in the afternoon I suggest 8 ounces of carrot juice, 4 ounces of a vegetable combination (beets, greens, etc.) and 4 ounces of purified or distilled water. You can also do the same fruit drink as in the morning. Superfood can be mixed with either fruit or vegetable juice.

BOWEL CLEANSING & DETOXIFICATION

LOWER BOWEL FORMULA #1:

Patient Type #1: The sluggish bowel type. This formula is for 97 % of my patients. The ones who need help getting their bowel working frequently enough. Follow the directions for Lower Bowel Formula #1.

Patient type #2: The irritated bowel type. This is only a small percentage of my patients. This is the exception to the rule, those with bowels that work too often, more than 3 bowel movements a day. This includes those that have colitis, irritable bowel syndrome, Chrones disease, etc. If your bowels are irritated, hot or are working too frequently, skip this formula and go to the Lower Bowel Formula #2.

INTESTINAL FORMULA #2:

Patient type #1: The sluggish bowel type. Continue to use Lower Bowel Formula #1 until your bowels are moving 2 to 3 times a day and the consistency is softer. Wait at least one week before adding the Lower Bowel Formula #2, but you can wait a month if necessary. Once you have achieved 2-3 bowel movements a day, begin the Lower Bowel Formula #2. You want to use up the entire 8 ounce jar within one week. That's about 1 heaping teaspoon 5 to 6 times a day. Follow the mixing directions on the can or the directions in the Intestinal Detoxification Program sheet. Repeat this the second month by consuming 1 more 8 ounce jar in a week.

Patient type #2: The irritated bowel type. Since you will not be taking the Lower Bowel Formula #1 at any time during this program, unless you get constipated, you can use the Lower Bowel Formula #2 on a daily basis, to sooth your bowel and solidify your bowel movements. You can use this formula continuously during the first two months of this program, you can use this formula forever if you wish. You may find that 1 teaspoon a day does the job, you may need three. Experiment to see what dosage is best for you.

IMMUNE SYSTEM STIMULATING

ECHINACEA PLUS Use at least 1 4oz bottle of Echinacea Plus each week for the first two months. Monday-Thursday Mid-morning consume an ounce of Echinacea.

If you desire to remove the alcohol follow the directions below.

This procedure will remove the alcohol from the solution:

- 1) Add 1 oz Echinacea to large cup or soup mug.
- 2) On the stove bring 2 to 4 cups water to a rolling boil.
- 3) Pour boiling water into cup over Echinacea, allow to stand 10 minutes or until cool enough to drink.

Five-day Cleansing and Detoxification Program for Liver

2 Days of a Purifying Raw-Food Program and a 3-Day Juice Fast

IMPORTANT NOTICE: You must complete the 2-week bowel detoxification and rebuilding program using Intestinal Corrective Formulae #1 and #2 and CONTINUE taking #1 & #2, before you begin this program. Then you may either do this 5-day Liver Cleanse, or the 5-day Kidney Cleanse. Or you may do both! The liver usually is detoxified before the kidneys, but you may reverse this if desired.

Day 1: Upon arising drink 8 ounces of distilled water

Breakfast: This is a great way to start your day. The water rinses and flushes your digestive tract of any leftover food and digestive juices. Within 1 hour prepare for the following Morning Drink:

Morning Drink

Liver & Gallbladder Flush: Mix in a Blender
(in Spring and Summer) 8 ounces of fresh orange juice or a citrus juice combination (1 lemon or 1 lime and enough orange, grapefruit or tangerine to make 8 ounces) or (in Fall and Winter) 8 ounces of fresh apple and/or grape juice

8 ounces of Distilled Water 1-5 clove(s) of garlic (start with one and increase daily) 1-5 tablespoon(s) of organic virgin cold-pressed olive oil (start with one and increase daily) 1 small piece of fresh Ginger Root (about 1 inch long)

15 minutes after this drink, consume 2 cups of Detoxification Tea. Consume 2 dropperfuls of LG/AP Tonic and 2 dropperfuls of the Detox Tonic; this should be done 2 to 4 times daily during this cleanse. Take in a few ounces of Detox Tea. They should be quite bitter.

Suggestion: Set up your two cups of Detox Tea along with two shot glasses each containing 2 dropperfuls of either the LG/AP or Detox Tonic. Add a few ounces of the detox tea to each shot glass. Knock back the LG/AP followed by the first cup of Detox Tea, wait a couple minutes then knock back the Shot glass with the Detox Tincture followed by the second cup of Detox Tea.

Day #1 Breakfast: Live, FRESH fruit or vegetable juice is the best way to get your Vitamins, Minerals and other Essential Nutrients. They are also very important for cleansing and detoxification. If you are hungry before lunch time you may have fruit, diluted fruit juices, and fruit smoothies. *Stop all fruit or fruit juices at least 1 hour before lunch.* It is best while on this program not to mix fruit and vegetables together.

Day #1 Lunch: For lunch you can have diluted fresh raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, and herb teas. You may make dressings for the salad if you like using Olive oil, Avocado, Raw Apple Cider Vinegar, Lemon Juice, Garlic, Onions and any Herbs and Spices. Afternoon Snacks: Raw vegetables, raw vegetable salads, diluted vegetable juices, sprouts, potassium broth and herb teas. *All vegetable food must be stopped by 6 p.m.*

Day #1 Dinner: Diluted fruit juices, fruits, fruit smoothies, fruit salads and herb teas.

Day #2, #3 and #4 Now we begin the 3 day fast. Start with your water, morning flush drink and herbal tea. Diluted fruit juices and herb tea until noon, diluted vegetable juices, Potassium Broth and herb tea mid-day and afternoon and diluted fruit juices and herb tea again in the evening. Consume at least 1 gallon (128 ounces) of liquid. That is 8 ounces every hour! If you get hungry, DRINK MORE!!!

Potassium Broth Recipe: This is a great-tasting addition to your cleansing program. It will flush your system of toxins, poisons and unwanted salts and acids while giving you a concentrated amount of vitamins and minerals. Fill a large pot with 25% potato peelings, 25% carrot peelings and whole chopped beets, 25% chopped on-ions including 50 cloves of garlic, 25% celery and dark greens. Add hot peppers to taste. Add enough distilled water to cover vegetables and simmer on very low temperature for 1-2 hours. Strain, or just dip your mug in, and drink only the broth. Put the vegetables in your compost. Make enough for two days, refrigerating the leftover broth. It is important to use Organic vegetables. We do not want to consume any toxic

insecticides, pesticides or inorganic chemical fertilizers while we are on a cleansing and detoxification program.

Day #5: Today is the day to break your fast. Make this day the same as day #1. Continuation of the fast with your morning drink and then you can have some fresh fruit. Chew it very slowly and mix each mouthful with plenty of saliva. Remember, breaking your fast is a very important part of this program. Chew your food well and eat until satisfied, not full. You can always eat more later if you are still hungry.

After 1:00 PM you may have a small vegetable salad, and fruit again in the evening, chewing everything to a liquid pulp. Remember, this program restricts the types of food you will be eating, not the amount. If you are hungry at any point during this detoxification program, drink and/or eat more. The more you eat and drink, the more you will flush the toxins out of your body.

Also remember to have a fun time. Your positive, healing attitude is most important to achieve maximum benefits out of this program; be loving to yourself. Take it easy when returning to a new healthy food program. Choose lighter foods for a few days and be careful not to overeat. Chew your food well. Eating smaller meals more often is better than one or two large meals.

Enjoy your new set of values on food choices and amounts. For the best health, become a vegetarian.

Repeat this program until you are well but do it at least once every 3 months.

Five-day Cleansing and Detoxification Program for Kidney

2 Days of a Purifying Raw-Food Program and a 3-Day Juice Fast

IMPORTANT NOTICE: You must complete the 2-week bowel detoxification and rebuilding program using Intestinal Corrective Formulae #1 and #2 and CONTINUE taking #1 & #2, before you begin this program. Alternate this Kidney Cleanse Program with the 5 Day Liver Cleansing and Detoxification Program.

Day 1: Upon arising drink 8 ounces of distilled water

Breakfast: This is a great way to start your day. The water rinses and flushes your digestive tract of any leftover food and digestive juices. Within 1 hour prepare one of the following Morning Drinks:

Morning Drink #2:

Kidney & Bladder Flush:

Juice of one Lemon and one Lime

16 to 32 ounces of Distilled Water

Cayenne Tincture (5 drops to 2 dropperfuls)*

Maple Syrup (a little) to Taste

**May substitute a pinch of Cayenne Powder*

15 minutes after this drink, consume 2 cups of Kidney/Bladder - Dissolve Tea with 2 dropperfuls of Kidney/Bladder Tonic added per cup. Consume 2 more cups of this tea with the tonic added 2 more times each day.

Day #1 Breakfast: Live, FRESH fruit or vegetable juice is the best way to get your Vitamins, Minerals and other Essential Nutrients. They are also very important for cleansing and detoxification. If you are hungry before lunch time you may have fruit, diluted fruit juices, and fruit smoothies. Stop all fruit or fruit juices at least 1 hour before lunch. It is best while on this program not to mix fruit and vegetables together.

Day #1 Lunch: For lunch you can have diluted fresh raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, and herb teas. You may make dressings for the salad if you like using Olive oil, Avocado, Raw Apple Cider Vinegar, Lemon Juice, Garlic, Onions and any Herbs and

Spices. Afternoon Snacks: Raw vegetables, raw vegetable salads, diluted vegetable juices, sprouts, potassium broth and herb teas. All vegetable food must be stopped by 6 p.m.

Day #1 Dinner: Diluted fruit juices, fruits, fruit smoothies, fruit salads and herb teas.

Day #2, #3 and #4 Now we begin the 3 day fast. Start with your water, morning flush drink and herbal tea. Diluted fruit juices and herb tea until noon, diluted vegetable juices, Potassium Broth and herb tea mid-day and afternoon and diluted fruit juices and herb tea again in the evening. Consume at least 1 gallon (128 ounces) of liquid. That is 8 ounces every hour! If you get hungry, DRINK MORE!!!

Potassium Broth Recipe: This is a great-tasting addition to your cleansing program. It will flush your system of toxins, poisons and unwanted salts and acids while giving you a concentrated amount of vitamins and minerals. Fill a large pot with 25% potato peelings, 25% carrot peelings and whole chopped beets, 25% chopped on-ions including 50 cloves of garlic , 25% celery and dark greens. Add hot peppers to taste. Add enough distilled water to cover vegetables and simmer on very low temperature for 1-2 hours. Strain, or just dip your mug in, and drink only the broth. Put the vegetables in your compost. Make enough for two days, refrigerating the leftover broth. It is important to use Organic vegetables. We do not want to consume any toxic insecticides, pesticides or inorganic chemical fertilizers while we are on a cleansing and detoxification program.

Day #5: Today is the day to break your fast. Make this day the same as day #1. Continuation of the fast with your morning drink and then you can have some fresh fruit. Chew it very slowly and mix each mouthful with plenty of saliva.

Remember, breaking your fast is a very important part of this program. Chew your food well and eat until satisfied, not full. You can always eat more later if you are still hungry.

After 1:00 PM you may have a small vegetable salad, and fruit again in the evening, chewing everything to a liquid pulp.

Remember, this program restricts the types of food you will be eating, not the amount. If you are hungry at any point during this detoxification program, drink and/or eat more. The more you eat and drink, the more you will flush the toxins out of your body.

Also remember to have a fun time. Your positive, healing attitude is most important to achieve maximum benefits out of this program; be loving to yourself. Take it easy when returning to a new healthy food program. Choose lighter foods for a few days and be careful not to overeat.

Chew your food well. Eating smaller meals more often is better than one or two large meals. Enjoy your new set of values on food choices and amounts. For the best health, become a vegetarian.

Repeat this program until you are well but do it at least once every 3 months.

What Determines Your Current Level of Health?

Your current Level of Health is a Perfect reflection of how your body, mind and spirit is responding to the Environment and Lifestyle you have created for yourself.

Intake

The quality of the air we breathe, the liquid we drink and the food we eat.

Elimination

The function and efficiency of our organs designed to remove and expel waste.

Movement/Circulation

The ways we move our body to keep it toned, flexible, with good circulation.

Lifestyle

How we live, work and play.

Emotions/Spirit

Do we have positive/healing or negative/destructive emotional and spiritual habits?

Inherited Constitution

You're physical, emotional and spiritual constitution inherited from your parents, your genetics and what you choose to do about it.

Add up to Your Overall Level of Health.

Your entire body totally rebuilds itself in less than 2 years !!! 98% in less than 1 year. A new brain in 1 year, blood in 4 months, skeleton in 3 months, DNA in 2 months, liver in 6 weeks, skin in 1 month and stomach lining in 5 days !!!!!

WHY ARE YOU STILL CREATING THE SAME BODY????

Healthy Life Style Changes

ADDITIONAL LIFESTYLE CHANGES

I also ask all of my patients to make the following healthy lifestyle changes:

Stop eating all ANIMAL FOODS.

Don't eat anything that had a face or came from anything that had a face. Come on, you can do this for 2 months. It will change your life, and save it too.

Stop other bad habits.

Like smoking, drinking alcohol, sodas, coffee, black tea, highly refined & processed foods.

Begin eating lots of fresh RAW organic fruits, vegetables, sprouts.

Enjoy, Baked Potatoes, Brown Rice, Whole grain products. Enjoy yourself, Eat until satisfied, Just keep it Vegan and Healthy.

Exercise more.

Come on. Get out and play. And sweat a little more while you are at it.

Get your head together.

Start learning how to laugh, love and enjoy life more. Learn more jokes. Love yourself.

Once you have succeeded making these lifestyle changes, stopping the old bad habits, adding the new healthy ones and conscientiously taking the herbal formulas for two months, now you have done the preparatory work necessary to get the most out of your detoxification program, and have a safe fun cleansing.

Continue to follow the same program you have been doing for the last two months, and when you feel ready, you can do my 5 Day cleansing and Detoxification Program outlined later in this patient handbook.

DON'T EVER FORGET THE FOUNDATIONAL PROGRAMS

Super Food,

Super Food adds power to all of these herbal remedies and makes them more effective.

Lower Bowel Formula # 1 & # 2,

Cleansing the bowel allows the body to rid itself of toxins and poison.

Echinacea Plus

Stimulating the Immune system helps your body heal itself.

And always do my 5 Day Cleansing and Detoxification Program once every season.

Using these foundational programs along with your specific herbal treatments will give you the healing you desire.

Be Blessed!