

## Dr. Schulze's 5 Day Cleansing and Detoxification Program

**Step 1:** Upon rising drink 8 oz. distilled or purified water.

**Step 2:** Next prepare and drink either: OR

Liver/Gall Bladder Flush

Liver/Gall Bladder Formula

Detoxification Tea

D-Tox formula

Kidney/Bladder Flush

Kidney/Bladder Formula

Kidney/Bladder Tea

D-Tox formula

**Step 3:** One hour later drink your SuperFood Morning Nutritional Drink

**Step 4:** Continue with the Food Juice Program as outlined next.

**Step 5:** Remember to drink either the Liver/Gall Bladder Formula and Detoxification Tea OR Kidney Bladder Formula and Kidney/Bladder Tea 2 more times during the day and D-Tox Formula 4 more times during the day.

### **Food and Juice Program**

Fresh fruit or vegetable juice is the best way to get our vitamins, minerals and other essential nutrients. They are also very important for cleansing and detoxification.

#### **Day 1 and 5**

**Breakfast:** If you're hungry before lunchtime you may have fruit, diluted fruit juice and fruit smoothies. Stop all fruit and fruit juice at least one hour before lunch. It is best while on this program not to mix fruits and vegetables.

**Lunch:** You can have fresh, raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, herb teas. Use dressings for your salads and vegetables 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 vegetables salads, diluted vegetable juices, sprouts, potassium broth, and herb teas. All vegetable foods and juices must be stopped by 6 pm.

**Dinner:** Diluted fruit juices, fruit, fruit smoothies, fruit salads and herb teas.

#### **Day 2, 3, and 4**

Begin the 3 day fast. Consume at least one gallon (128 oz) liquid a day. If you get hungry, drink more liquid!

**Mornings:** Water, your morning flush, herbal teas/tonics and your morning nutritional drink.

**Mid mornings:** Diluted fruit juices, herb teas and water until noon.

**Afternoons:** Diluted vegetable juices, potassium broth, herb teas and water until evening.

**Evenings:** Diluted fruit juice, herb teas and water in the evening.

#### **Day 5**

Break the fast. Follow the food program as in day 1. Chew your food slowly and mix each mouthful with plenty of saliva. Eat until you are satisfied, not full. You can always eat more later if you are still hungry. Chew everything to a liquid pulp.

# RECIPES

## Herb Tea

6 Tbsp Detoxification Tea or Kidney/bladder Tea into 60 oz of distilled water. Use only stainless steel or glass cookware. Let the tea sit in the water overnight. In the morning heat up to a boil, reduce heat and let simmer for 15 minutes (Detoxification Tea) or 1 minute (Kidney/Bladder Tea). Strain the herbs, do not discard them. Let the tea cool a bit, but use it hot. This yields 6 cups for the day. Put the used herbs back into the pot and add 3 Tbsp of fresh herbs and 60 oz of distilled water. Sit overnight and repeat whole process again. Keep adding new herbs to old ones for 3 days then discard all herbs and start over.

## Potassium Broth

This broth will flush your system of toxins, acid and mucous while giving you concentrated amounts of minerals.

Fill a large pot with 25% potato peelings, 25% carrot peelings and whole chopped beets, 25% whole chopped celery and dark greens. Add hot peppers to taste. Add enough distilled water to just cover the vegetables and simmer on very low temp for 1-4 hours. Strain and drink only the broth, put the leftover vegetables in your compost. Make enough for two days, refrigerate leftover broth. Use only organic vegetables.

## Dr. Schulze's Liver Flush Drink

Mix the following in a blender:

8 oz distilled or purified water

1-5 cloves of garlic (start with one and increase daily)

1-5 Tbsp organic virgin cold-pressed olive oil (start with one and increase daily)

1 piece of fresh ginger root, about 1" long.

Don't chop the garlic or peel the ginger, just throw everything in the blender and liquefy it.

Drink the flush down in 2-3 minutes, don't sip it.

15-20 minutes after drinking your liver flush, drink 2 cups of previously prepared Detox tea.

-- Put 2 droppersful of the liver/gallbladder formula in each cup of tea (total of 4 droppersful) or have the tonic separately in an ounce of water.

-- Finally, take 3 droppersful of D-Tox formula. (you may put this in a little grape juice).

-- Repeat the same dosage of the detox tea, liver/gallbladder formula and D-tox formula 4 more times during the day.

## Dr. Schulze's Kidney Flush Drink

Mix the following in a blender:

Juice of 1 lemon and 1 lime

16-32 oz distilled or purified water

Pinch of Cayenne powder or 5-20 drops of cayenne tincture

Maple syrup to taste – optional

Consume the drink

-- Put 2 droppersful of the kidney/bladder formula in each cup of tea (total of 4 droppersful) or have the tonic separately in an ounce of water.

-- Finally, take 3 droppersful of D-Tox formula. (you may put this in a little grape juice).

-- Repeat the same dosage of the detox tea, kidney/bladder formula and D-tox formula 4 more times during the day.